IDAGujcon 2026

INTEGRATING SCIENCE, NUTRITION & INNOVATION

INDIAN DIETETIC ASSOCIATION 1962

GUJARAT BRANCH

In Collaboration with

ARIDH GUJARAT CHAPTER

Diabetes India 2027 — WORLD CONGRESS OF DIABETES & OBESITY — 11–14 FEB — CHENNAI TRADE CENTRE, CHENNAI

Eat Right India — सही भोजन, बेहतर जीवन.

fssai — FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA — Inspiring Trust, Assuring Safe & Nutritious Food — Ministry of Health and Family Welfare, Government of India

IAPEN INDIA ASSOCIATION — Parenteral and Enteral Nutrition

NetProFaN — NETWORK OF PROFESIONALS OF FOOD AND NUTRITION

Scientific Program

• EVIDENCE • EXCELLENCE • IMPACT

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IDAGujcon 2026
INTEGRATING SCIENCE, NUTRITION & INNOVATION

ORG.COMMITTEE MESSAGE

ORGANIZING COMMITTEE

Message

A Warm Welcome to IDAGujcon 2026

The Indian Dietetic Association – Gujarat Branch warmly welcomes you to **IDAGujcon 2026, being held on 5th–6th December 2026** at Hyatt Regency, Ashram Road, Ahmedabad.

With the Theme

"Evidence • Excellence • Impact"
Integrating Science, Nutrition & Innovation

IDAGujcon 2026 brings together dietitians, nutritionists, clinicians, researchers and healthcare professionals for an enriching scientific experience focused on knowledge, evidence-based practice and innovation.

Join us for expert insights, scientific discussions, knowledge exchange and meaningful professional connections, as we explore the evolving role of nutrition in healthcare.

We look forward to welcoming you to Ahmedabad for an inspiring and impactful IDAGujcon 2026!

Warm regards,
Organising Committee
IDAGujcon 2026



Organizing Chairperson
Ms. Rima Rao, RD



Organizing Secretary
Ms. Arwa Mohammad



Organizing Secretary
Ms. Shruti M Patel



Organizing Secretary
Ms. Amita Tambekar, RD

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IDAGujcon 2026
INTEGRATING SCIENCE, NUTRITION & INNOVATION

ORGANIZING Committee

Organizing Chairperson

Ms. Rima Rao, RD

Organizing Secretary

Ms. Arwa Mohammad | Ms. Shruti M Patel | Ms. Amita Tambekar, RD

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Ms. Salome Benjamin, RD
Ms. Shilpa Joshi, RD
Ms. Naaznin Husein

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Dr. Bhavana Chauhan
Dr Sheetal Chhaya
Ms. Shazia Sharma
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Ms. Shruti K Bhardwaj
Dr. Shilpee Agrawal
Dr. Swati Parnami

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Ms. Huma Vasudev
Ms. Krishna Kothari
Ms. Zalak Vaghasia
Ms Geeta Chandani

Local Coordination Team

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Dr. Nimisha Shah
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Ms. Nirali Bhatt
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INTEGRATING SCIENCE, NUTRITION & INNOVATION

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Dr. Vaishali Deshmukh
Dr. Vipul Chavda
Dr. Yash Patel
Ms. Zamurrud Patel, RD

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SCIENTIFIC PROGRAM

IDAGujcon 2026 INTEGRATING SCIENCE, NUTRITION & INNOVATION

DAY 01 | 5 DECEMBER 2026 • SATURDAY

TIME	SESSION DETAILS

• SESSION 01 | KEYNOTE ADDRESS

09:00 - 09:30

The Opening Note - Ms. Amita Tambekar RD

CHAIRPERSONS Ms. Rima Rao RD, Dr. Geeta Dharmatti

- **Food Bioactives, Metabolic Health and Longevity** — **Dr. Jagmeet Madan**

• SESSION 02 | FEED THE PATIENT, STARVE THE CANCER

09:30 - 10:20

CHAIRPERSONS Ms. Paheli Bhatt, Ms. Zamurrud Patel RD

- **Precision Beyond the Prescription: Rethinking Nutrition in Oncology** — **Dr. Somesh Chandra**
- **When Cancer Steals Muscle: Beyond Calories and Protein** — **Dr. Rakesh Raval**
- **When Every Bite Becomes a Challenge: Precision Nutrition in Upper GI Cancers** — **Ms. Poonam Vaswani**
- **When the Bowel Changes the Rules: Precision Nutrition in Lower GI Cancers** — **Dr. Alka Sanghavi**

• SESSION 03 | KEYNOTE ADDRESS

10:20 - 10:50

CHAIRPERSONS Ms. Shilpa Joshi RD, Ms. Mitali Palodhi

- **Life course evolution of Diabesity in Indians** — **Dr. C. Yajnik**

• SESSION 04 | PANEL DISCUSSION- COMMUNITY NUTRITION

11:00 - 11:50

MODERATOR Dr. Asna Urooj

- **Food, Folks and Future: Building Healthier Communities**

Panelists

Dr. Komal Chauhan, Dr. Manoj Kumar, Dr. Manisha Vyas

Ms. Mitali Palodhi, Dr. Bhavana Chauhan, Ms. Sumona Mondal

Dr. Shweta Chhabra

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DAY 01 | 5 DECEMBER 2026 • SATURDAY

TIME	SESSION DETAILS

• SESSION 05 |

11:50 - 12:05

CHAIRPERSONS Dr. Swati Dave, Ms. Vandita Inamdar RD

Small Nut, Big Science. India's Growing Evidence on Almonds	Ms. Sheela Krishnaswamy RD

• SESSION 06 | FUELING THE FEMALE CODE- XX FACTOR

12:00 - 12:50

CHAIRPERSONS Dr. Nimali Singh, Ms. Hirva M Bhojani

The metabolic continuum of PCOS: From adolescence to post menopausal years	Dr. Vaishali Deshmukh
Beyond Skin Deep: The Magnesium–Collagen Connection in Women's Health	Dr. Shilpa Varma
Every Age, Every Stage: A Woman's Roadmap to Strength and Bone Health	Dr. Rucha Mehta

• SESSION 07 | KEYNOTE ADDRESS

12:50 - 13:20

CHAIRPERSONS Ms. Shiny Surendran, Ms. Arwa Mohammed

Everest Within: Nourishing the Ascent of Aspirations	Dr. Usha Hegde

13:20 - 14:00 — **NOURISH & NETWORK**

• SESSION 08 | WEIGHT A MINUTE

14:00 - 15:15

CHAIRPERSONS Dr. Preeti Shukla, Ms. Krishna Kothari, Dr. Mansi Patil

Beyond BMI: Waist, Staging and Sarcopenia	Dr. Neeta Deshpande
Metabolic Crossroads: Muscle, Fat and Diabetes	Dr. Sanjay Agarwal
When the Scale Stops: Has GLP-1 Failed—or Have We Misdefined Success?	Dr. Mahendra Narwaria
Body in Motion : Exercise for Strength and Resilience	Ms. Shiny Surendran
Avocados Beyond Toast: Practical Nutrition for the Indian Plate	Ms. Kavita Devgan

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DAY 01 | 5 DECEMBER 2026 • SATURDAY

TIME	SESSION DETAILS

• SESSION 09 | SHAKEN OR STIRRED? THE CHANGING COCKTAIL OF NUTRITION SCIENCE

15:15 - 16:00

CHAIRPERSONS Dr. Bhavana Chauhan, Ms. Nimisha Shah, Dr. Renu Singh

Born with a Metabolic Code: Can Nutrition Rewrite the Story?	Ms. Anuja Agarwala
Muscle Maintenance in Weight Watchers	Ms. Smita Shah
Breaking Barriers: The Voice of Dietitians	Ms. Shilpa Joshi

• SESSION 10 | THE GUT IN THE CROSSFIRE

16:00 - 16:45

CHAIRPERSONS Ms. Neelanjana Singh, Ms. Amita Tambekar RD, Dr. Swati Parnami

Food in IBD - A Friend or a Foe	Ms. Ritu Sudhakar RD
From Amma's Achar to the Microbiome: Can India's Traditional Foods Nourish the Gut?	Dr. Geeta Dharmatti
The Gut-Health Connection: Small Bacteria, Big Impact	Dr. Aditi Govitrikar

• SESSION 11 | EAT RIGHT INDIA

16:45 - 17:05

CHAIRPERSONS Ms. Shilpa Varma, Dr. Renuka Mainde

Shaping Healthier Food Choices Through Behavioural Change Campaigns	Ms. Priti Singh

17:05- 17:30 — **INAUGURAL CEREMONY**



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DAY 01 | 5 DECEMBER 2026 • SATURDAY

TIME	SESSION DETAILS

• SESSION 12 | KEYNOTE ADDRESS

17:30- 18:00

CHAIRPERSONS Ms. Naaznin Husein, Ms. Shruti M Patel

▪ **The Digital Transformation of Dietetics: Promise, Peril and Possibility**	**Dr. Dharini Krishnan**

• SESSION 13 | MANO YA NA MANO

18:00 - 18:45

CHAIRPERSONS Ms. Jinal Parmar, Ms. Heena Padia, Ms. Jayati Antani

▪ **Protein Mania: Over hype or Need**	**Ms. Meena Hardasani vs Ms. Geeta Chandani**
▪ **Intermittent fasting: Metabolic tool or another diet trend**	**Dr. Shilpee Agrawal vs Ms. Paheli Bhatt**
▪ **Gadgets for everyone :Data important vs Drama**	**Dr. Arya Singh vs Dr. Rajal Shah**



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IDAGujcon 2026 — INTEGRATING SCIENCE, NUTRITION & INNOVATION

DAY 02 | 6 DECEMBER 2026 • SUNDAY

TIME	SESSION DETAILS

• SESSION 01 | KEYNOTE ADDRESS

09:00 - 09:30

CHAIRPERSONS Dr. Dhruvi Hasnani, Dr. Sheetal Chhaya RD

- **One Region, Many Metabolic Realities** — **Dr. Banshi Saboo**

• SESSION 02 | FROM FAILURE TO FUNCTION- TRANSPLANT NUTRITION

09:30 - 10:00

CHAIRPERSONS Ms. Neelanjana Singh, Ms. Shruti Bhardwaj

- **Are We Assessing Nutrition Right? Nutritional Assessment Before Kidney and Liver Transplant** — **Ms. Ipsita Chakravarty**
- **A New Beginning, A New Life: Are We Getting Nutrition Right After Kidney and Liver Transplant?** — **Ms. Zamurrud Patel RD**

• SESSION 03 | NUTRITION UNPLUGGED: IDEAS BEYOND TEXTBOOKS

10:00 - 10:10

CHAIRPERSONS Dr. Meghana Patel

- **NutriX Talks** — **Ms. Simmi Khanna**

• SESSION 04 | PANEL DISCUSSION

10:10 - 11:10

MODERATOR Ms. Naaznin Husein

- **Beyond the Plate: Shaping India's Nutrition Future: Aligning science, policy and industry for meaningful change**
- **Panelists**: **Dr. Sunita Chandorkar, Dr. Mini Sheth, Dr. Renuka Mainde**; **Dr. Sirimavo Nair, Mr. Prashant Nagre, Ms. Avani Nathvani**

White Paper Release

• SESSION 05 | KEYNOTE ADDRESS

11:10 - 11:40

CHAIRPERSONS Ms. Sheela Krishnaswamy RD, Dr. Mini Sheth

- **Out of Sync: When Our Meals Fight Our Metabolism** — **Dr. Shashank Joshi**

SCIENTIFIC PROGRAM

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INDIAN DIETETIC ASSOCIATION 1962 — GUJARAT BRANCH

DAY 02 | 6 DECEMBER 2026 • SUNDAY

TIME	SESSION DETAILS

• SESSION 06 | LIFESTYLE LAB: A PROFESSIONAL TOOLKIT

11:40 - 13:10

CHAIRPERSONS Ms. Rajashree Kajale, Ms. Ami Shah, Ms. Nirali Bhatt

The Hidden Body: What BMI Can't Reveal	Dr. Piyush Desai
The Right Bite: Does Eating Order Matter?	Ms. Niti Desai
Nutrition on Life Support: Are We Getting ECMO Feeding Right?	Dr. Kapil Thakkar
Beyond Ultra-Processed Foods: Understanding India's Changing Food Syste Ms. and Their Implications for Nutrition and Health	Dr. Priyali Shah
Nutritional Blueprint for Sexual Health	Ms. Ambika Nair
TBD	TBD

• SESSION 07 | NUTRITION UNPLUGGED: IDEAS BEYOND TEXTBOOKS

13:10 - 13:20

CHAIRPERSONS Ms. Minakshi Lahar RD

NutriX Talks	Dr. Bhumita Makwana

13:30 - 14:15

RECHARGE AND RECONNECT

• SESSION 08 | NUTRITION ON TRIAL: THE COURTROOM DEBATES - WHERE NUTRITION SCIENCE TAKES THE WITNESS STAND

Court Room Associates: Dr. Megha Solanki, Ms. Harakh Baxi, Ms. Nirali Bhatt

14:15 - 15:45

JUDGES Dr. Rita Patil, Dr. Nimali Singh

The Longevity Trial	Dr. Mansi Patil vs Dr. Preeti Shukla
The Supplement Scandal	Dr. Datta Patel vs Dr. Kavita Gupta
ICU Bed Side Wars: The Battle for Nutrition	Ms. Sunita Sahoo vs Ms. Shraddha Vijan

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DAY 02 | 6 DECEMBER 2026 • SUNDAY

TIME	SESSION DETAILS

• SESSION 09 | NUTRITION UNPLUGGED: IDEAS BEYOND TEXTBOOKS

15:45 - 16:00

CHAIRPERSONS Ms. Aakanksha Bhargava, Ms. Huma Vasudev

- **NutriX Talks**

Ms. Heti Varma
Ms. Shaily Chauhan

• SESSION 10 | AAHAR PANCHAYAT

16:00- 17:00

SAR PANCH Dr. Banshi Saboo, Ms. Rima Rao RD, Dr. Dharini Krishnan, Ms. Naaznin Husein, Ms.Shilpa Joshi

- **Sugar, Science aur Samaj Ki Panchayat**
  A Dialogue on Food, Culture, Conflicting Advice and Diabetes Care.

MEMBERS

Dr. Yash Patel, Dr. Sushil Patel, Dr. Malay Parekh
Dr. Vipul Chavda, Dr. Dhruvi Hasnani, Dr. Rutul Gokalani
Dr. Parikshit Goswami, Ms. Monika Goswami, Ms. Shanu Phatak
Ms. Smita Shah

17:00 onwards **A Moment Of Appreciation – Awards & Valedictory Ceremony**



INDIAN DIETETIC ASSOCIATION 1962
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Registration

Category	Regular (Upto 4th Dec)	Spot
Dietitians/Nutritionists	3,500	4,500
Doctors	4,500	5,500
Students	2,500	3,500

Applicable 18% GST

REGISTER NOW

Secure your spot now – Register now and be a part of IDAGujcon 2026!

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IDAGujcon 2026 INTEGRATING SCIENCE, NUTRITION & INNOVATION

ABSTRACT/ CASE STUDY SUBMISSION GUIDELINES

Important Dates & Deadlines

Call for Abstract / Case Study : **15th August 2026**
Abstract / Case Study Submission Deadline: **15th November 2026 (23:59 IST)**
Author Notification: **25th November 2026**

ABSTRACT AND CASE STUDY CATEGORIES

Authors may submit Abstract/Case Studies under any of the following categories:

- Public Health Nutrition
- Maternal, Infant, Child & Adolescent Nutrition
- Sports Nutrition
- Food Safety, Security & Sustainable Food Systems
- Micronutrients & Nutritional Deficiencies
- Dietary Assessment
- Digital Nutrition Innovations and Emerging trends
- Enteral and Parenteral Nutrition- Peri & Post Nutrition Care
- Diabetes, Obesity & Metabolic Syndrome
- Liver And Renal Nutrition
- Pulmonary and Heart Nutrition
- Onco-Nutrition
- Transplant Nutrition
- Nutrition for Brain

ELIGIBILITY AND SUBMISSION REQUIREMENTS

- Presenting author must be qualified Nutrition professional or student and must have registered for the conference.
- Abstract/Case Studies must be submitted in English through the online submission portal only. Submissions by email, post, or any other mode will not be accepted
- The Abstract/Case Studies must be original work and should not have been previously published.
- The submitting author will be considered the presenting author; acceptance is non-transferable.
- Authors are responsible for the accuracy, spelling, grammar, and content of the submission.
- Abstract/Case Studies submitted after the deadline may not be considered for review.

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ABSTRACT FORMAT

- Maximum: 300 words (Times New Roman font, 12 pt, Double spacing, Word PDF File).
- Include: Title, Authors, Affiliation, Email, Objectives, Methodology, Results, and Conclusion.
- Underline the presenting author's name. **Only one abstract submission is allowed per presenting author.**
- All abbreviations must be clearly defined.
- Any Brand promotion is not permitted.

CASE STUDY FORMAT

- Maximum: 400-500 words (Times New Roman font, 12 pt, Word PDF File).
- Include: According to RD Case Study Format
- Underline the presenter's name. **Maximum two Case Studies submission is allowed per presenting author.**
- All abbreviations must be clearly defined.
- Any Brand promotion is not permitted.

POST-SUBMISSION

- A unique Abstract/Case Studies ID will be provided to the submitting author after successful submission.
- Authors should check their registered email regularly for information regarding Abstract/Case Studies status, acceptance, **e-poster presentation**, and other conference updates.

REVIEW AND ACCEPTANCE

- All submitted Abstract/Case Studies will be reviewed by the Scientific Committee.
- The decision of the Scientific Committee regarding acceptance will be final.
- Abstract/ Case Studies that are incomplete, inappropriate, outside the conference scope, or do not meet the prescribed guidelines may be rejected.
- Accepted Abstract/ Case studies will be considered for e-poster presentation in the main Conference.

SCAN OR CLICK FOR ▶

Abstract & Case Study Submission Form

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IDAGujcon 2026

INTEGRATING SCIENCE, NUTRITION & INNOVATION

EVIDENCE • EXCELLENCE • IMPACT

DECEMBER 5-6, 2026

Venue : Hyatt Regency,
Ashram Road, Ahmedabad

General Queries (Ms. Zalak Patel)
+91 80006 22067
+91 63518 92756

Conference Secretariat :

Ms. Shruti M. Patel
48, Jitendra Park Society, Near Vishva Kunj Cross Road,
Narayan Nagar Road, Paldi, Ahmedabad-380007, Gujarat

Email : idagcevents.official@gmail.com

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