



10<sup>th</sup> International Conference  
on Nutritional and  
Environmental Medicine

# Nutrition, Ayurceuticals & Metabolomics

Key to Optimal Health

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Venue: IOE Hall, Vijnana Bhavan, University of Mysore  
Hotel Sandesh The Prince - Mysuru

Date: 14<sup>th</sup> - 16<sup>th</sup> February, 2020



Organizers






Being healthy is critical in today's fast-paced life. But in our Modern world, this has become a great challenge where the majority of the population are affected by chronic diseases and are not contained by conventional medicine methods. Evidencebased health care makes a positive difference for patients and their families.

Decennial NEMCON 2020 is an international platform to discuss and share the knowledge regarding the current research and innovations in the role of Nutrition, Diets, Herbs and Natural measures to balance the immune system that is absolutely necessary for better cellular health.

Decennial NEMCON 2020 focuses on the theme "Nutrition, Ayurceuticals & Metabolomics"...KEY TO OPTIMAL HEALTH which provides a great opportunity to share views, exchange knowledge and establish research, collaborations and networking.

### Registration Fee

Registration Type	Early Bird (Till 5th Feb 2020) *GST @ 18%	Normal Registration (6th Feb 2020 till 13th Feb 2020) *GST @ 18%	Spot Registration (From 14th Feb 2020) *GST @ 18%
Members & Affiliates	INR 11,900	INR 14,875	INR 17,850
Non-Members	INR 14,875	INR 17,850	INR 21,420
Academics	INR 6,545	INR 8,330	
Students	INR 2,380		
UOM & AFST(I) Members	Rs 4165		



### TARGETED AUDIENCE & IDEAL PLATFORM FOR THE FOLLOWING

- Doctors & Physicians from all streams
  - Modern Medicine & Dental Professionals
  - Ayurveda
  - Yoga & Naturopathy
  - Homeopathy
  - Siddha
  - Energy Medicine
  - Nurses & Paramedics
  - Nanomedicine Experts
  - Wellness, Cosmetic & Aesthetic Professionals
  - Researchers & Scientists from Biochemistry, Biophysics, Biotechnology, Bioinformatics
  - Researchers in Advanced Medicines
  - Food Science & Technology Professionals
  - Healthcare Professionals from Genetics, Molecular Biology
  - Life Science Professionals
  - Clinical Researchers
  - Research Institutes & Organizations
  - Students & Research Scholars
  - Any person interested in Self Health & Wellness
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## University of Mysore



The University of Mysore was established on 27th July 1916 during the benevolent reign of the Maharaja of Mysore, His Highness Nalvadi Krishnaraja Wodeyar. In 1960, all the post-graduate studies of the University were brought to one location. This location was named as "Manasagangotri" (birthplace of Eternal Knowledge) by Dr. K.V. Puttappa the then Vice Chancellor, which is adjacent to scenic Kukkarahalli lake within the heart of the heritage city of Mysuru. Today the University has 42 Postgraduate Departments at the Main Campus, 3 Postgraduate Centers and 4 Constituents Colleges. The University of Mysore was reaccredited "A" grade in 2013 by NAAC. University of Mysore has been ranked one of the top 20 Universities in India for Scientific and Research activities by Current Science.

## Yuvaraja's College, Mysore



Yuvaraja's College (Autonomous Constituent College of the University of Mysore accredited with A Grade by NAAC) was established by erstwhile Maharaja of Mysore - His Highness Sri Krishnaraja Wodeyar, nine decades ago as an Intermediate College and was upgraded to First Grade College in the year 1947-48. It is one of the leading academic centres serving to the cause of higher education in Science.

## Department of Food Science and Nutrition, Yuvaraja's College, Mysore

The Department of Food Science and Nutrition had its humble beginning as an Undergraduate course in combination with Food Science and Nutrition as one of the optional in the year 1994. During the year 2016-17, M.Sc in Food Science and Nutrition course was also introduced, which indicates the phenomenal growth of the department. The Department has collaborations with DFRL, UAS Bengaluru, Soukhya Foundation, KMF, Akshaya Patra, Ayush for MSc research work. The data emanating from such research has been published in reputed national and international journals.

## Soukhya Training Research Institute



Soukhya Foundation & Soukhya Training and Research Institute (STRI) is a globally emerging body of like-minded professionals from all streams of medicine and related fields. Soukhya was launched in 2012, by Dr. A. Sreekumar, Chairman of the well-known Holistic Treatment Center - Wellness Solutions Pvt Ltd. with the aim of spreading global awareness in Cellular Health Management and Rejuvenation with Nutritional and Environmental Medicine. Soukhya is a fast-growing organization with members from India and abroad.

## AFST (India)



The Association of Food Scientists and Technologists (India), established in 1957, is one of the largest professional and educational organizations which brings together a large Number of food scientists and technologists, Nutritionists, Entrepreneurs and captains of industries. The major objective of AFST(I) is to stimulate and advance knowledge base on various aspects of Food Science and Technology by organizing National (ICFOST) and International (IFCoN) Conferences and bringing out technical publications including prestigious journals-Journal of Food Science and Technology (JFST, Springer Publisher) and Indian Food Industry Mag (IFI Mag).





This conference is aimed at throwing light on Linking Genes & Genetic expression, Nutrition and Ayurvedic Herbs in Metabolism and Health Management at the Cellular & DNA Level. In fact, this shows the most advanced form of scientific & revolutionary health care that helps in personalized prevention, integration, reversal from chronic and acute diseases and also in healing of the body; A perfect three-dimensional medical care where mind, body and environment are balanced for better life.

A unique platform for Plenary sessions, invited & free paper presentations.

Presentations by young doctors, scientists, students, and pre-conference workshops.

### Pre-Conference Workshop: "Nutrigenetics and Nutrigenomics:

### Current Status and Implications for Personalized Nutrition"

Date: 14.02. 2020

Time: 8 am to 12 pm

Venue: Vijnana Bhavan, Manasagangotri, UOM, Mysuru

A four hour power packed pre-conference workshop is organized in a run up to the conference. The workshop includes a series of lectures from eminent speakers.

Key resource person:



**Dr. Vimal Karani S**, Associate Professor in Nutrigenetics & Nutrigenomics, Programme Director for Food & Nutritional Sciences degree programmes - School of Chemistry Food & Pharmacy, University of Reading, Reading, UK.



**Dr. Anuradha Udumudi**, PhD in Human Genetics, Founder of GeneTech, Post-doctoral work in USA at UMDNJ Medical School (New Jersey), Walksman Institute (New Jersey), Integrated Lab Systems (North Carolina).

Registration fee

Note: Limited Seats available

Students INR 1190

Visit [nemconference.com/preconference](http://nemconference.com/preconference) to register.

Academician INR 1428

Delegates INR 1785



### Our Partners



Tridhi Wellness Center, Mysore





## Main Speakers



**Dr. Sanjeev Khulbey**

Cardiothoracic and Vascular Surgeon, India.

**Topic | What I see every day, but would rather not see — Present-Day Heart**



**Dr. Vimal Karani S**

Associate Professor in Nutrigenetics & Nutrigenomics, UK.

**Topic | Genetics & Cardio-Metabolic Health — Personalised Care**



**Prof. Dr. Rangappa K S**

Ex Vice Chancellor - University Of Mysore, Karnataka Open University, India.

**Keynote | President- Indian Science Congress,**



**Prof. Dr. Ushy Mohandas**

CEO Dr. Ushy's Wisdom Works, Founder - The Mind Workshop, India.

**Keynote | Your Body Hears Everything Your Mind Says**



**Dr. A Sreekumar**

Consultant ENT - Head & Neck Surgeon, Senior Consultant in Nutritional & Environmental Medicine, Founder of Soukhya Foundation & President of Indian Nutritional Medical Association, India.

**Topic | Alarming Increase of Cancer — The Need for Integrative Medicine Approach**



**Dr. Kamal Karl**

An Integrative Medical Solution Environmental Hazards Leading to Cancer and the Ways to Overcome

**Topics | Challenges of Treating Mental Health in India**

**Functional Regenerative Medicine Physician, New Zealand.**



**Dr. Avani Karl**

Integrative Medicine Practitioner, New Zealand.

**Topics | Women's Heart are Different Breast Cancer Updates**





## Speakers



### Prof. Dr. V. Prakash

Former Director of CFTRI, Mysore, Vice-President of International Union of Nutritional Sciences (IUNS), London, UK. Board Member of International Union of Food Science and Technology (IUFOST), Canada.

**Keynote | The Prakriti Symbiosis between Herbs and Human Body through Biology of Life in Gut**



### Prof. Dr. Jamuna Prakash

Visiting Professor, International Union of Food Sciences and Technology, Department of Food Sciences and Biotechnology, Zhejiang Gongshang University, China.

**Topic | Phytochemicals and Healthy Ageing Former Professor - University of Mysore,**



### Dr. L N Shenoy

Assistant Director, State Ayurveda Research Centre, India.

**Topics | Ayurceuticals in Mental Health Ayurceuticals in Cancer Care**



### Dr. Lenny Dacosta

Geriatric Cardiologist, India.

**Topic | Key Nutrients in Cardio Metabolic Health**



### Dr. Patana Tengumnuay

Physician & Nephrologist, Thailand.

**Topics | It's not all about Cholesterol Kidney and the Heart**



### Dr. Suresh Shottam

Member AHMA (American Holistic Medical Association), A5M (AustralAsian Association of Anti Aging Medicine), and Ozone Forum of India.

Topic |



### Dr. Murali Thyloth

Professor and Head, Department of Psychiatry, M S Ramaiah Medical College and Hospitals.

Topic |



### Dr. Michael Osiecki

Managing Director, CEO of Bio concepts, Australia.

**Topic | The Role of Nutrients in Mental Health**



### Dr. Mahesh M S

Assistant Professor, Food Science & Nutrition, Yuvaraja's College

Convener, International Consortium for Ayurveda, Nutrition & Food Technology (ICAN-FT)







## Speakers



**Dr. Leroy Rebello**

Dermatologist, Cosmetologist Pain Management & Aesthetic Medicine Practitioner.

**Topic | Stem Cells for Treatments**



**Dr. Sudha Chepyala**

Physician, Integrative Medicine.

**Topic | Role of Environmental Toxins in Cancer**



**Dr. Sunita Banerjee**

Consultant- Aesthetic Medicine, Family Medicine- Mumbai.

**Topic | Brain Boosters: Enhancing the Aging Brain**



**Dr. Mili Arpan Shah**

President of Ozone Forum of India.

**Topic | Ozone in Cancer Therapy**



**Mr. Munna Anand**

Founder of IRONBUTTERFLY 24 a Mind Body Metamorphosis Program, METABALL TRAINING SYSTEMS, MIGHTOCHONDRIA NUTRITIONAL SYSTEMS

**Topic | Metabolic Training System for Cardio-Metabolic Diseases**



**Prof. Shekhara Naik**

HOD-Dept of Food Science & Nutrition, Yuvaraja's College, Mysore.

**Topic |**



**Dr. Praveen Saxena**

Clinical Metal Toxicologist, Managing Director Dr Saxena Integrative Medicine Pvt Ltd

**Topic | Hyperbaric Oxygen therapy in Autism**

### Reach Us

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Kundannoor, Maradu, P.O, Kochi - 682 304, Kerala, India

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## Committee

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**Dr. Hemanthkumar**  
Vice Chancellor, UoM, Mysuru

### Chairman



**Dr. Sreekumar A**  
Founder Director,  
Soukhya Foundation

### Convener



**Dr. Kamal Karl**  
Vice President  
ACNEM, Australia

### Patrons



**His Highness Yaduveer**  
Krishnadutta Chamaraja Wodeyar  
27th Custodian of Royal House of Mysuru



**Prof. S N Hegde**  
Former Vice Chancellor  
UoM, Mysuru



**Prof. Dr. Rangappa KS**  
Former Vice Chancellor  
UoM, Mysuru



**Dr. Shivappa R**  
Registrar,  
UoM, Mysuru



**Dr. Rudraiah**  
Principal,  
Yuvaraja's College, Mysuru

### Co-chair



**Prof. Dr. Ushy Mohandas**  
CEO, Dr. Ushy's Wisdom Works  
Founder, The Mind Workshop

### Scientific Advisory



**Dr. Shekhara Naik R**  
HoD, Dept. of FSN  
Yuvaraja's College, Mysuru



**Prof. Dr. Jamuna Prakash**  
Former Professor,  
UoM, Mysuru



**Dr. B R Pai**  
VWF Foundation,  
Mysuru



**Dr Baskaran V**  
President, AFSTI and Head,  
Biochemistry and Nutrition, CFTRI,



**Dr. Harish Prashanth K.V**  
Joint Secretary, AFSTI, and  
Sr. Scientist, CFTRI



**Dr. Chandra Nayak S**  
Principal Scientist &  
Co-Ordinator UPE-UoM



**Dr. L N Shenoy**  
Asst. Director,  
State Ayurveda Research Centre



**Mr. Vishwanath Sheshachala**  
Founder Director,  
ICAN-FT



**Dr D D Wadikar,**  
Secretary, AFSTI and Scientist, DFRL, Mysuru



**Dr Naveen S**  
Treasurer Designate,  
AFSTI, and Scientist C DFRL, Mysuru



**Dr H C Devarajegowda**  
Administrative officer  
Yuvaraja's College, Mysuru

### Organizing Secretaries



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