

Interdisciplinary Seminar Series

NUTRITION IN ACTION- TRANSLATING SCIENCE INTO PRACTICE

21ST FEBRUARY 2026 TO 28TH MARCH 2026

ORGANISED BY:

**DEPARTMENT OF POSTGRADUATE PROGRAMS AND RESEARCH
S.V.T. COLLEGE OF HOME SCIENCE, SNDT WOMEN'S UNIVERSITY, MUMBAI**

**Inviting all
Students, Faculty &
Professionals in Nutrition,
Health & Fitness**

Shape Your Expertise. Strengthen Your Impact. Lead the Future.



Interdisciplinary Seminar Series

Date: 21st February 2026 | Time: 10 am to 12noon



Session 1 - 'Fueling Performance through Nutrition- From Theory to Practice'

Ms Shreya Adhav

Leading Sports Nutritionist, Founder SpirEat Nutrition Clinic



Session 2 - 'The First Thousand Days - A Public Health Perspective'

Dr Sheila Vir

Director and Senior Consultant, Public Health Nutrition and Development Centre (PHNDC)

Date: 28th February 2026 | Time: 10 am to 12noon



Session 1 - 'Unraveling the World of Sports - An Expert's Perspectives'

Mr Bhushan Thakur

International Sports person, Management and Sports Entrepreneur



Session 2 - 'Managing Competition Stress among Athletes'

Dr Mansi Vora

Consultant General and Sports Psychiatrist

 **REGISTER NOW!**



Interdisciplinary Seminar Series

Date: 7th March 2026 | Time: 10 am to 12noon



Session 1 - 'Start up Founder Vs Business Developer: What's the Difference?'

Dr Yogita Kasturi
Co-Founder, Ready2innovate Worldwide



Session 2 - 'Business Development Strategies in Competitive Markets'

Dr Tripti Lahiri
Founder Director, Confederation of Empowerment Initiatives

Date: 14th March 2026 | Time: 10 am to 12noon



Session 1 - 'Biomechanics and Movement Science'

Dr Poonam Bajaj,
Sports Physiotherapist, HN Reliance Foundation Hospital



Session 2 - 'From Idea to Market: How to Build and Scale a Start up'

Mr Nilesh Lele
Founder and Managing Director of Exelon Foodbio Advisors Pvt. Ltd.

 **REGISTER NOW!**



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Date: 21st March 2026 | Time: 10 am to 12noon



Session 1 - 'Barbell to Plate- Training Intensity Analytics'

Ms Gauri Murthy

Founder, Gauri Murthy's Nutrition Centre and Academy



Session 2 - 'Enteral Nutrition in Critical care Settings'

Ms Disha Jhaveri Shah

Registered Dietitian, Founder- Nutrient Insights

Date: 28th March 2026 | Time: 10 am to 12noon



Session 1 - 'Meal Planning for Residential Sports Academies'

Ms Apurva Surve

Sports Nutritionist & Asst. Prof. S.V.T. College of Home Science



Session 2 - A Shift from 'Clean Eating' to 'Supportive Eating': A Case Study Approach

Ms Megha Kapoor

Clinical Dietitian and Onco Nutrition Expert

 **REGISTER NOW!**

