



Protein Foods & Nutrition  
Development Association of India  
in collaboration with  
Mondelez India Foods Pvt. Ltd.  
organizes Webinar on



## Role of Balanced Diet and Controlled Portion



**Dr. Rita Patil,**  
Professor at MNWC  
SNDT Women's University



**Ms. Pei Gee Chew,**  
Senior Manager,  
Nutrition Strategy &  
Communications  
Mondelez International



**Ms. Shipra Sehgal,**  
Manager -  
Scientific Affairs and  
Regulatory Affairs at  
Mondelez International

**Date: 21st June 2024**

**Time: 3:00 pm**

**Registration link:**

**<https://forms.gle/ARYogAaBhhDBf5Cb9>**



## **Panel Moderator**

**Dr. Jasvir Singh,  
Director,  
Head- AMETI Regulatory Affairs,  
IFF**



**Dr. Alka Walavalkar  
Director, Resonance  
Clinical Dietitian**

**Dr. Veena Bettadapura  
Senior Manager, Scientific Affairs,  
HNL Business Services Private Limited  
Herbalife, India**



**Ms. Nitika Vig  
Nutrition Strategy and Comm Sr. Specialist  
Mondelēz International**



**Ms. Nupur Agarrwal  
Manager Nutrition Science  
ITC Limited**



# Webinar Schedule

|   |  |
|---|--|
| Welcome address   | Dr. Shashank Bhalkar,<br>Executive Director, PFNDAI  |
| Speakers Introduction   | Ms. Sanyukta Telange,<br>Food Technologist and Regulatory Support, PFNDAI  |
| Role of a balanced diet in maintaining a healthy lifestyle and Preventing Nutrient deficiencies | Dr. Rita Patil<br>Professor at MNWC<br>SNDT Women's University   |
| Mindfulness while eating and making food choices  | Ms. Pei Gee Chew<br>Senior Manager, Nutrition Strategy & Communications<br>Mondelēz International  |
| Understanding food labels and serving sizes in packaged foods                                   | Ms. Shipra Sehgal<br>Manager Scientific Affairs and Regulatory Affairs at<br>Mondelēz International  |
| Panel Discussion<br><br>Topic: Role of active lifestyle and portion size                        | <b>Panel Moderator</b><br>Dr. Jasvir Singh,<br>Director,<br>Head- AMETI Regulatory Affairs, IFF<br><b>Panelists</b><br>Dr. Alka Walavalkar<br>Director, Resonance, Clinical Dietitian<br>Dr. Veena Bettadapura<br>Senior Manager, Scientific Affairs,<br>HNL Business Services Private Limited<br>Herbalife, India<br>Ms. Nitika Vig<br>Nutrition Strategy and Comm Sr. Specialist<br>Mondelēz International<br>Ms. Nupur Agarrwal<br>Manager Nutrition Science<br>ITC Limited |
| Vote of Thanks  | Ms. Samreen Shaikh,<br>Jr. Food Technologist, PFNDAI   |





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We Make in India with a wide manufacturing and sales footprint, R&D, technology hubs, farming of cocoa

Partnered with over 100,000 farmers in India through our 55 years' old Cocoa Life Program

Working for consumers' delightful experience, we have 3500+ colleagues, spread across every corner of the country

Sustainability is at the core of our business – with 100% sustainability-sourced cocoa for chocolates, 100% Renewable Energy status for 3 (out of 4) sites, and 100% Extended Producer Responsibility (EPR) for plastics

Engaged with the community via interventions in the areas of Health, Education, and Environment under our Shubh Aarambh program - new impact programs on Agriculture & Plastics Waste Management to be launched soon



## AND THE BEST IS YET TO COME!