



PFNDAI



**Protein Foods & Nutrition
Development Association of India**
in collaboration with
SNDT College of Home Science, Pune
organizes webinar on
**Nourishing a Healthier Tomorrow:
The Role of Nutrition in Modern
Lifestyles**

Sponsored by



Speakers



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



Ms. Nupur Agarrwal
Manager Nutrition Science,
ITC Foods Division



Mr. Swarn Singh
R&D Director -
Kellanova South Asia

Date: 31st January 2025

Time: 3:00 pm

Registration link:

<https://forms.gle/FzM9X5iAxsJVpDSQ6>



ZOOM



CELEBRATING 75+ YEARS OF EMPOWERING PEOPLE TO SNACK RIGHT!



Spreading *mithas* in India since 1948 with Cadbury Dairy Milk

House of iconic brands like Tang, 5 Star, Gems, Perk and more

Driving efficiency in Sales, Supply Chain and Marketing at the back of digitised solutions

100% supporter of sustainably sourced cocoa, 100% renewable energy status for 3 (out of 4) sites

Empowered community of 100,000+ farmers across Tamil Nadu, Karnataka, Kerala & Andhra Pradesh under the Cocoa Life programme

Mondelēz
International
SNACKING MADE RIGHT

MDLZ family of 3500+ colleagues across the country

Making in India with a wide network of manufacturing capabilities, a global R&D center and a digital services hub

Strong community interventions in the areas of Nutrition, Healthy Lifestyles and Environment, positively reaching 100,000 beneficiaries

53% Protein Per 100 g



Aashirvaad Soya Chunks



100 g




OR



OR



[^]1 glass of cow milk ~200 ml | [^]1 boiled egg (whole, poultry) ~50 g | [^]1 portion of paneer ~50 g
**Nutrient Content of reference foods (Cow Milk, Boiled Eggs (Whole, Poultry) & Paneer)
as per Indian Food Composition Table, 2017

Creative Visualisation 
Serving Suggestion

Kellogg's



MULTIGRAIN + NO MAIDA



High Fibre



High Protein



Zero Added
Preservatives



Webinar Schedule

Welcome Address	Dr. Shashank Bhalkar, Executive Director, PFNDAI
Theme Address	Ms. Shraddha Patankar, Assistant Prof. Dept. of Food Science and Nutrition, SNDT College of Home Science, Pune
Speakers Introduction	Ms. Sanyukta Telange, Food Technologist & Regulatory Support, PFNDAI
Role of Mindful Snacking in Modern Lifestyle and Nutrition	Ms. Nitika Vig Nutrition Strategy and Comm Sr. Specialist Mondelēz International
Plant-Based Proteins	Ms. Nupur Agarrwal Manager Nutrition Science, ITC Foods Division
Balancing Nutrition in Modern Lifestyles: Trends, Challenges, and Everyday Solutions	Mr. Swarn Singh, R&D Director - Kellanova South Asia
Interaction with the Students	TBD
Winner's Announcement	Ms. Anuja Kinikar HOD, Dept. of Food Science and Nutrition, SNDT College of Home Science, Pune
Vote of Thanks	Ms. Anuja Padte, Food Scientist, PFNDAI