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Seminar on

Innovations in Processed Foods:

Pathways to Health and Wellness

9th Oct 2026 | 10 AM | Bharat Ratnam, Mega CFC, Seepz, Andheri (E), Mumbai

SCAN HERE TO REGISTER

Innovations in Processed Foods: Pathways to Health and Wellness

Food is no longer viewed solely as a source of sustenance but as a means to actively support health and wellness. Advances in nutrition science and processing technologies have enabled the development of foods that not only provide essential energy and nutrients but also deliver functional health benefits. Processing methods now allow for nutrient preservation, controlled energy content, and the incorporation of dietary fibres without compromising taste or texture.

Consumer demand for products tailored to specific needs—such as women's health, vegan diets, and weight management—has encouraged the industry to design foods that align with daily wellness goals. This shift has redefined the market, where convenience must coexist with long-term well-being. Reductions in fat, salt, and sugar are being complemented by innovative replacements, while food additives are increasingly valued for their sensory appeal.

Enzyme technology has emerged as a powerful tool, improving product quality and nutritional value. Applications include lactose-free formulations, removal of phytates to enhance mineral bioavailability, and reduction of harmful acrylamides during cooking. Similarly, botanicals used as nutraceuticals are being incorporated into foods through techniques like microencapsulation, which protect sensitive compounds and mask undesirable flavours, ensuring both health benefits and consumer acceptance.

These innovations highlight how processing can make foods healthier, affordable, and widely accessible, helping to combat malnutrition while meeting modern lifestyle demands. To showcase these advancements, the Protein Foods & Nutrition Development Association of India (PFNDAI) is organizing a seminar in Mumbai on Friday, 9th October 2026. The event will bring together eminent food scientists, technologists, nutrition experts, regulatory authorities, and industry professionals. It will feature expert presentations, panel discussions, and exhibits of novel products and ingredients designed to transform ordinary foods into functional, health-promoting options. So please join us for the seminar.

Dr Malathy Venkatesan, Convener, Seminar & Project Coordinator, PFNDAI

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PROGRAMME

Inaugural Session

Introduction: Dr Malathy V., Convener, Seminar, PFNDAI
Welcome: Dr Shatadru Sengupta, Chairman, PFNDAI
Keynote: Mr Bhupinder Singh, MD, Vista Processed Foods
Special Address: Dr Krishna Methekar, Executive Director, PFNDAI
Vote of Thanks: Ms Dolly Soni, Marketing and Projects Manager, PFNDAI

Session 1: Processing for Pleasure & for Health - Chairman: Prof. Uday Annapure

- Sugar Reduction Problems and Strategy: Mr Jitin Garg, Mondelez
- Trust through Transparency: Enabling Informed Choice: Ms Amritha Devnani, HUL
- Beyond Hydration: Wellness Beverages that Nourish Body & Mind: Ms Mili Bhattacharya, Coca-Cola India and South-West Asia.
- Boosting Nutrition Through Food Fortification: Mr Hitesh Assudani, Hexagon

Lunch & Visit to Stalls

Session 2: Food Be Thy Medicine - Chairman: Dr Joseph Lewis

- Data to Claims: Building Credibility Through Scientific Substantiation: Mr Yogish B T, Herbalife
- The Gut - Brain Conversation: Beyond Gut, Brain and Metabolism: Dr Palaniyamma, Amway
- Innovations in Nutrient Protection by Newer Technologies: Dr Manutosh M Acharya, Roots Formulations
- Bridging the Gaps Between Science & Consumer Perception: Ms Rini Sanyal, Glanbia

Tea Break

Session 3: What Makes Food Healthier & Tastier - Chairman: Mr Purnachand Upadrashta

- Speciality Fats & Oils: Enabling Innovation in an Evolving F&B Landscape: Ms Hema Rajwani, AAK
- Snapshot of Fine Ingredients and Oleoderivatives Portfolio, with Focus on Emulsifiers for Biscuits and Cookies: Ms Sanjana Naik, Fine Organics

Panel Discussion - Regulatory Enablers for 'Innovations in Processed Foods: Challenges and Way Forward

- Panel Moderator - Mr Jitin Garg, Mondelez
- Panel Members - Dr Krishna Methekar - Executive Director - PFNDAI, Mr Sunil Adsule - Reliance, Mr K. K. Joshi - ITC, Ms Meenu Yadav - Marico, Ms Nirupama Sharma - Amway India & Dr Sakshi Bhushan - HUL

Concluding Remarks: Prof J S Pai, Chairman, Seminar Committee
Vote of Thanks: Ms Sanyukta Telange, Food Technologist & Regulatory Support

Registration Fees details

- PFNDAI Members – 2000 INR
- Non-members – 3000 INR
- Students – 1000 INR
- On-spot (Members) - 2500 INR
- On-spot (Non - Members) - 4000 INR
- Please mention the correct email IDs in the registration form, as payment details will be sent via mails.