



YENEPOYA

Naturopathy & Yogic
Science College & Hospital



A CONSTITUENT UNIT OF YENEPOYA (DEEMED TO BE UNIVERSITY)
AYUSH Campus, Naringana, Deralakatte Post, Mangalore - 575018

NATIONAL LEVEL CONFERENCE ON



AHARA VIJNANA

“**HOLISTIC AND TRANSDISCIPLINARY
APPROACHES TO NUTRITION IN
HEALTH MANAGEMENT**”

15.12.2025 TO 16.12.2025 09.30 am - 4.30 pm

YNYSCH Auditorium



ABOUT THE INSTITUTION:

Yenepoya (Deemed to be University), Mangalore, recognized under Sec 3(A) of the UGC 1956, Accredited by NAAC with 'A+' Grade, ranked 85th in NIRF Rankings 2023, Band 51-100 in Atal Ranking of Institutions on Innovative Achievements (ARIIA) and 301-400 band in "Times Higher Education" Global Impact Ranking. Located in the green suburban part of Mangalore, the University has eleven constituent colleges with over twelve thousand students under its ambit. Yenepoya Naturopathy and Yogic Science College and Hospital is proud to claim to be the first Naturopathy and Yoga Medical institution brought up by a Southern Indian State Deemed-to-be University which has integrated conventional medical facilities.

ABOUT THE CONFERENCE:

The National Level Conference on Ahara Vijnana: Holistic and Transdisciplinary Approaches to Nutrition in Health Management aims to highlight the integral role of diet in promoting health and preventing disease. It brings together experts from Ayurveda, Naturopathy, Siddha, and Unani, Modern nutrition sciences to explore the convergence of traditional and contemporary dietary practices. The conference will focus on concepts such as personalized nutrition, seasonal and regional diets, and the relevance of functional foods. It provides a platform for scholarly exchange through keynote addresses, paper presentations, and discussions and encourages collaborative thinking to develop integrative and sustainable approaches to nutrition in health care.

OBJECTIVES OF THE CONFERENCE:

1. To understand the different dietary approaches as a foundational element in promoting health and holistic well-being.
2. To facilitate transdisciplinary collaboration between traditional dietary principles and modern nutritional science.
3. To inspire innovative research and practical applications of integrative nutrition in clinical and healthcare settings.



SCHEDULE OF THE CONFERENCE:

Day 1: 15.12.2025

Timings	Event	Resource Person
09.30 am - 10.00 am	Registration	
10.00 am - 10.30 am	Inaugural function	
10.30 am - 11.30 am	Integrating Modern Nutrition with Lifestyle Medicine: A Holistic Health Perspective	Dr. Shweatha H E Assistant Dean - Academics JSS Academy of Higher Education and Research and Assistant Professor Department of Academics division and Nutrition & Dietetics JSSAHER, College, Mysuru
11.30 am - 11.45 am	Tea Break	
11.45 pm - 12.45 pm	The Science of Ayurvedic Diet: Balancing Doshas for Optimal Health	Dr. Veeraj Praveen Hegde Professor Department of Swasthavrutta and Yoga, Yenepoya Ayurveda Medical College and Hospital Yenepoya (Deemed to be University)
12:45 pm - 01:30 pm	Lunch break	
01:30 pm - 03:00 pm	Oral Presentation / Poster Presentation	
03.00 pm - 04.00 pm	The Role of Functional Foods and Nutraceuticals in Contemporary Nutrition	Dr. Praveen Jacob CEO, Alpha Natural Nutrition Bangalore, Karnataka
04.00 pm - 04.30 pm	High Tea	

SCHEDULE OF THE CONFERENCE:
Day 2: 16.12.2025

Timings	Event	Resource Person
09.30 am - 10.00 am	Key note address	Dr. Prerana Hegde Senior Dietitian & HOD Department of Nutrition & Dietetics, Justice K.S Hegde Charitable Hospital, Deralakatte
10.00 am - 11.00 am	Naturopathic Nutrition for Lifestyle Disorders Era	Prof. Dr. S T Venkateswaran Director I/c International Institute of Naturopathy and Yogic Sciences, (IIYNMS) Chengalpattu, TN.
11.00 am - 11.15 am	Tea Break	
11.15 am - 12.15 pm	The Science of Mizaj and Diet: Foundations of Unani Nutritional Therapy	Dr. Syed Zahid Hussain Medical Superintendent AYUSH Composite Hospital Wenlock Hospital Campus Mangaluru
12.15 pm - 1.15 pm	Integrating Siddha Dietary Concepts in Modern Health Management	Dr. V. Vikramkumar Community Health officer Govt. Community Health Centre Andiappanur, Tirupattur dist.
1.15 pm - 2.00 pm	Lunch break	
2.00 pm - 2.45 pm	Integrating Yogic Principles in Dietary Choices for Holistic Health	Dr. Puneeth Raghavendra Principal Yenepoya Naturopathy and Yogic Science College and Hospital
2.45 pm - 3.30 pm	Bridging Traditions and Science: Integrative Nutrition for Holistic Health Management	Dr. S N Raghavendra Professor Department of Postgraduate Studies and Research in Food Science St Aloysius (Deemed to be University), Mangaluru
3.30 pm - 4.00 pm	Valedictory function	
4.00 pm - 4.30 pm	High Tea	

Paper and Poster Presentation Details:

The conference invites original research papers and posters related to the theme "Holistic and Transdisciplinary Approaches to Nutrition in Health Management". Submissions are welcome from students, research scholars, academicians, and practitioners from AYUSH systems, modern medicine, and nutrition science.

Themes for Submission:

- Ayurveda/Naturopathy/Yoga/Siddha/Unani perspectives on Ahara Vijnana
- Role of diet in prevention and management of lifestyle diseases
- Functional foods and nutraceuticals
- Seasonal and regional dietary practices
- Integration of traditional and modern dietary sciences
- Community nutrition and public health strategies

Guidelines:

- Abstracts should be limited to 250–300 words and must clearly state the objectives, methodology, results, and conclusions.
- All abstracts must be original.
- Submit abstracts in MS Word format, Times New Roman, 12 pt, 1.5 spacing.
- Clearly mention if the submission is for oral or poster presentation.
- Participants will receive email if their abstract is selected and they have to present the paper at the venue.

Important Dates:

- Last date for abstract submission: 05.12.2025
- Notification of acceptance: 10.12.2025

Presentation Format:

- Oral Presentations: 8-10 minutes followed by 2 minutes of Q&A.
- Poster Presentations: Posters should be of size A1 (portrait) and include title, author details, introduction, methodology, results, and conclusion.

Awards & Recognition:

- Two Best Paper and Best Poster in each category will be awarded.
- Certificates will be provided to all presenters

Category	Oral presentation	Category	Poster presentation
1st prize	₹3000/-	1st prize	₹2000/-
2nd prize	₹2000/-	2nd prize	₹1000/-

PATRONS

Dr. Yenepoya Abdulla Kunhi

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Yenepoya (Deemed to be University)

Mr. Mohammed Farhaad Yenepoya

Pro Chancellor

Yenepoya (Deemed to be University)

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Yenepoya (Deemed to be University)

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Yenepoya (Deemed to be University)

ORGANIZING COMMITTEE

Organizing Chairperson:

Dr. Puneeth Raghavendra

Principal, YNYSCH

Organizing Committee members:

Dr. Sunitha D'Souza H

Assistant Professor

Dr. Ajith K

Assistant Professor Cum Dietician

REGISTRATION LINK:

<https://forms.gle/sBgTs58oZ9jdNd447>



PAYMENT LINK:

<https://rzp.io/rzp/0R1A22H>
₹800/-



<https://rzp.io/rzp/6ku51sZ>
₹500/-



<https://rzp.io/rzp/R6hOKNR>
₹500/-



For more details, contact:

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Yenepoya Naturopathy and Yogic Science College and Hospital

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REGISTRATION FEE DETAILS:

Graduates/ Physicians / Processionals	₹800 (Including GST)	Off line mode
PG/UG Students /Interns		
Yenepoya University Faculties/ students	₹500 (Including GST)	
Professional/ Graduates/ Students	₹500 (Including GST)	Online mode

Last date for registration - 10.12.2025



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