

First National Seminar on
Postbiotics – New Emerging
Area in Functional Foods

**Health Benefits, Applications in
Food Industry & Future Prospects**



Date: Tuesday, August 13, 2024

Time: 14.30 -17.30 Hrs.

Camp: New Delhi

Web Platform: Zoom

To Register click the following Link:

<https://forms.gle/T5qmVohZDcDckgej9>



**Knowledge Centre on Functional Foods, Immunity and Gut Health
International Life Sciences Institute India**

BACKGROUND

Functional Foods for building health has gained great deal of significance over the last few years. Among the Functional Foods it has been scientifically recognized that the use of probiotics, prebiotics that strengthens probiotics and synbiotics which is a combination of pro and prebiotics help in improving Gut health by keeping good and bad bacteria in balance, building immunity and improving overall physical and mental health.

Now another “biotics” is getting attention. Scientists have recently started investigating whether metabolites derived from relevant probiotic strains can also confer health benefits. These have been called by different names such as “Parabiotics”, “Ghost Biotics” and “Postbiotics”. “Postbiotics” is emerging as the most popular name. The International Scientific Association for Probiotics and Prebiotics (ISAPP) defines **Postbiotics** as "a preparation of inanimate microorganisms and/or their components that confers a health benefit on the host."

The ongoing research has revealed that “Postbiotics” considered as “gift of probiotics” are beneficial not only for promoting good health but that their benefits extend beyond health benefits. To name a few they can build gut health, modulate immune responses, reduce inflammation, have anti-cancer and anti-diabetic effects, alleviate obesity, relieve symptoms in a range of diseases such as infant colic and in adults atopic dermatitis and different causes of diarrhea, multiple sclerosis, inflammatory bowel disease, Alzheimer, and help with anti-microbial resistance, improve the quality of feed, can be used for food preservation, food packaging and removal of biofilms to improve food safety. **Keeping in view the emerging evidence on the benefits of “Postbiotics” K-FFIG decided to look at the recent developments and explore how it can be used to improve public health.**

Objectives of the Seminar

- To provide an Overview on latest research on Postbiotics including:
 - *The Probiotics strains that are used for Postbiotics.*
 - *Different Postbiotics and nutritional and bioactive components.*
 - *Health benefits of Postbiotics.*
- To look at Application of Postbiotics in: 1) Food Industry 2) Other Applications.
- **To Identify Research Gaps / Challenges.**
- To discuss Strategy for facilitating the use of Postbiotics.

Who Should Participate?

The Seminar will be of interest to researchers, scientists and experts from Government; Academia; International Organizations; Industry manufacturing processed foods; food ingredients; functional foods; probiotics and prebiotics; postbiotics, bioactives and nutraceuticals; Health Professionals; NGOs; R&D organizations and Life Sciences organizations/ laboratories working on Nutrition and Health.

AGENDA

Chair : Dr. B. Sesikeran, Chairman, K-FFIG

14-30 Hrs. Opening of Meeting Room, Assembly and Announcement

14.35-15.00 Hrs. Opening Session

Welcome Address and Opening Remarks

Dr. B. Sesikeran, Chairman, K-FFIG

**15.00-16.20 Hrs. Technical Session on Postbiotics:
What They Are-Health Benefits & Potential Applications**

15.00 Hrs. Decoding Postbiotics?

Dr. Sunita Grover, Former- Head, Dairy Microbiology Division, ICAR- National Dairy Research Institute, Karnal

15.20 Hrs. Health Benefits of Postbiotics

Dr. Rama Chaudhary, Ex Dean Research, Former Professor and Head, Department of Microbiology, All India Institute of Medical Sciences, New Delhi

15.35 Hrs. Research Initiatives on Postbiotics in India

Dr. Prakash M. Halami, Chief Scientist and Head, Department of Microbiology and Fermentation Technology, CSIR—CFTRI, Mysuru

15.50 Hrs. Traditional Indian Fermented Foods and Postbiotics

Dr. Rashmi H M, Senior Scientist, Dairy Bacteriology Section, ICAR- National Dairy Research Institute, Southern Regional Station, Bengaluru

16.05 Hrs. Postbiotics Applications in Food Industry

Prof. J. B. Prajapati, Chairman, Indian Dairy Association (West Zone), Mumbai

**16.20-17.20 Hrs. Panel Discussion on :
Future Scope, Research Gaps, Challenges and Strategy for
Facilitating use of Postbiotics**

Panel of Experts

Prof. Jyoti Prakash Tamang, Senior Professor, Department of Microbiology, School of Life Sciences, Sikkim University, Gangtok

Dr. Jai Kumar Kaushik, Principal Scientist and Head, Animal Biotechnology Division, ICAR-National Dairy Research Institute, Karnal

Dr. Shalini Srivastava, Director – Clinical Development & Strategy, Vedic Lifesciences, Mumbai

Dr. Jeswanth Sathyanesan, Professor and HOD, Institute of Surgical Gastroenterology & Liver Transplant, Government Stanley Medical College, Chennai

Dr. Diwas Pradhan, Senior Scientist, Dairy Microbiology Division, ICAR-National Dairy Research Institute, Karnal

17.20 Hrs. Concluding Remarks and Way Forward by Chair

Vote of Thanks

Ms. Rekha Sinha, Executive Director, ILSI India



Free Registration

There is **no registration** fee however it is important to register by **8th August 2024**. To register click the following link:

<https://forms.gle/T5qmVohZDcDckgej9>

If the link does not open please copy to the browser to open or contact Mrs. Varsha Bisht at ILSI India for Soft Copy of Registration Form at vbisht@ilsi-india.org, Tel: 011-41654760/29848752/29843478.

ILSI India will send Registration Confirmation and the Participation Link.

About ILSI India and K-FFIG

ILSI India is an entity of the International Life Sciences Institute (ILSI), headquartered in Washington DC., USA. ILSI India provides scientific inputs and secretariat assistance to the South Asian Region. It has headquarters in New Delhi. It is a scientific, non-profit organization.

ILSI India designs programs to foster multi-sector collaboration for conducting, summarizing, and disseminating science related to most pressing health issues in the region. *ILSI strategy encourages global action on identifying and then resolving outstanding scientific questions in the three thematic areas that capture the core of ILSI/ILSI India's work: Diet and Nutrition; Food Sustainability and Food Safety.* ILSI India also helps elucidate new opportunities for driving scientific progress in these core areas. All activities follow Principles of Scientific Integrity which are part of ILSI Mandatory Policies. More information can be downloaded from: <http://www.ilsi-india.org>.

Gut Microbiome is an exciting new field of research. As the science of microbiome and the role of food based approaches in strengthening it over a lifetime is emerging ILSI-India launched Knowledge Centre on Functional Foods, Immunity and Gut Health (K-FFIG) - a center of excellence - in **New Delhi in October 2019**. *The Knowledge Center acts as a Think Tank, involving stakeholders from Government, Academia and Industry, that works towards sharing relevant research and technological developments in the area of human microbiome and functional foods.* K-FFIG has undertaken several activities including: organization of Scientific Meetings, undertaking Surveys, sponsoring Research, publishing Monographs and Articles in journals, creating Resource Centre on latest studies on Microbiome and Gut Health and Functional Foods including Probiotics and Prebiotics. For more information visit: <http://www.ilsi-india.org/kffig.htm>.



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