

International Life Sciences Institute India
Webinar on: Recent Knowledge on
Nutrients, Health and Immunity

By

ILSI India Knowledge Center on Functional Foods, Immunity and Gut Health

Date: February 26, 2021

Time: 16.30Hrs.-18.30 Hrs.

Background

The microbiome is essential for human development, immunity and nutrition. The bacteria which are living in human gut are beneficial colonizers and are involved in maintaining the balance. It has been pointed out that the microbiome plays an important role in maintaining intestinal health, ensuring optimal nutrient absorption, educating the host immune system or limiting colonization with potential pathogens. Recent studies have revealed that dysregulation of the microbiome predisposes the host to pathologies ranging from chronic inflammation and obesity to metabolic syndrome, Irritable Bowel Syndrome (IBS) and even cancer and weakens the immune system.

Objectives

It is important and now possible to design new strategies for the management of diseases by manipulating gut microbiota. The common practice now available is the use of functional foods including prebiotics, dietary fiber, nutraceuticals and probiotics to rehabilitate gut ecosystem. **The Webinar aims to look at the latest research and evidence on role of Nutrients in building overall health including physical and mental health and modulating immune functions.**

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.

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 four thematic areas that capture the core of ILSI / ILSI India's work: Food Safety, Risk Science and Toxicology, Nutrition and Health, Sustainable Agriculture and Nutrition Security. They also help elucidate new opportunities for driving scientific progress.

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 Center 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.

The activities undertaken by K-FFIG include: include preparation of Status Paper on Role of Probiotics in Promoting Healthy Microbiome for Health and Immunity, Survey on Probiotics & Consumer Perception, Resource Centre on latest research on Microbiome and Gut Health, Functional Foods including Probiotics and Prebiotics. Recent Studies on Probiotics and Prebiotics, Immunity and Probiotics, Probiotics and Health Benefits, Recent Studies on Gut Microbiome and Health Effects, Recent Studies on Antimicrobial Resistance.