



**Seminar on**  
**Bioactives and**  
**Functional Foods**  
**Safety, Benefits and Challenges**

**Date**  
**Thursday, August 4, 2022**

**Time**  
**4. 30 PM - 7 PM IST**

**Camp : New Delhi**  
**Web Platform CISCO WEBEX**

**The CISCO Webex Link for joining Seminar is:**

<https://ilsi-india.webex.com/ilsi-india/j.php?MTID=mc32e85e15f239bf741acc4e7ce4b0964>



**Knowledge Center on Functional Foods, Immunity and Gut Health**

## Background

**Bioactive compounds** are extranutritional constituents present in small quantities in many food products including fruits and vegetables, nuts, oils, legumes and whole grains. There is a variation in the chemical structure and functions and they are grouped under different categories e.g. carotenoids, flavonoids, carnitine, choline, coenzyme Q, dithiolthiones, phytosterols, phytoestrogens, glucosinolates, polyphenols, and taurine. Since vitamins and minerals elicit pharmacological effects, they can be categorized as bioactive compounds as well.

Most of the bioactive compounds have anti-oxidant, anti-carcinogenic, anti-inflammatory, and anti-microbial properties. Bioactive compounds are being studied intensively for their protective effects on health including Cardio Vascular Health, Diabetes, Cancer and Inflammation. Globally many studies are being conducted to isolate the Bioactive Compounds, study the mode of action and health effects and build a data base using the modern technologies like Artificial Intelligence.

## Objectives

Since **Bioactive components** are expected to play an important role in health maintenance in the future the Seminar aims to:

- Look at evidence on health effects.
- Discuss the need to generate information on the bioavailability of bioactive food components and the effective dosage required in humans to optimize health benefits.
- Find out whether there are any safety issues and the regulatory guidelines for their usage.
- Identify the challenges and research needs.

## Who Should Participate?

The Seminar will be of interest to researchers, scientists and experts from Government, Academia, International Organizations, the Industries manufacturing processed foods, food ingredients, functional foods, bioactives and nutraceuticals, NGOs and R&D organizations and Life Sciences organizations working on Nutrition and Health.

# AGENDA

**CHAIR: Dr. B. Sesikeran**  
**Chairman, K-FFIG**

## 4.30 PM - 6.15 PM Opening and Technical Session

### Welcome

*Ms. Rekha Sinha*, Executive Director, ILSI India

### Welcome and Keynote Address on Basic Principles of Bioactive Molecules - Mechanisms of Action, Efficacy, Safety, Interaction and Evidences

*Dr. B. Sesikeran*, Chairman, K-FFIG, Former Director, ICMR-National Institute of Nutrition, Hyderabad

### Bioactive Molecules from Traditional Indian Products

*Dr. Shobha A. Udipi*, Hon. Director, Integrative Nutrition and Ayurceuticals, Medical Research Centre-Kasturba Health Society, Mumbai

### Bioactive Peptides in Dairy Products

*Dr. Subrota Hati*, Assistant Professor, Dept. of Dairy Microbiology, SMC College of Dairy Science, Kamdhenu University, Anand

### Regulating the Use of Bioactive Substances -National and International Approaches

*Ms. Rini Sanyal*, Director, Global Regulatory Affairs & Product Compliance - India, Herbalife International India Pvt. Ltd., New Delhi

## 6.15PM-6.45 PM Panel Discussion- Challenges and Research Needs

### Panel of Experts

*Dr. D. B. Anantha Narayana*, CSO, Ayurvedye Trust, Bangalore & Responsibility Chair SP Nutraceuticals FSSAI, Bengaluru

*Prof. (Dr.) J. B. Prajapati*, Chairperson, Verghese Kurien Centre of Excellence (VKCoE), Institute of Rural Management, Anand

*Dr. Subarna Roy*, Scientist G & Director, ICMR- National Institute of Traditional Medicine (NITM), Belagavi

### Speakers

## 6.15 PM Observations by Panel of Experts

### Discussion

## 6.45 PM Observations by Prof. P. K. Seth, Chairman, ILSI India

## 6.50 PM Concluding Remarks by Chairman, K-FFIG

## Free Registration

There is no registration fee, however, it is important to register by **Monday, August 1, 2022**. To register click the following Link :

<https://forms.gle/psgPbjY1fkMuC6bn6>

ILSI India will send Registration Confirmation.

If the Link does not open please copy to the browser to open or contact ILSI India for Soft Copy of Registration Form at:

[vbisht@ilsi-india.org](mailto:vbisht@ilsi-india.org), Tel: 011-41654760 / 29848752 / 29843478.

## 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 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. 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 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. **K-FFIG** has undertaken several activities including: organization of **Scientific Meetings**, undertaking **Surveys**, sponsoring **Research**, publishing **Monographs** and articles in journals, creating **Resource Center** 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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