



International Symposium on  
**Gut Health &**  
Lifestyle Disorders

**20th January, 2024, Sat**

India Habitat Centre, New Delhi, India

**Millets for the Microbiome:  
Your way to wellness**

Register today at [isgh.in](https://isgh.in)



Doctors and Nutritionist complementary,  
special rates for students

**Supported by**



**Hindustan Times**



**ISGH aims to highlight gut related disorders as a mainstream health issue underlying several health disorders suffered by Indians at large.**

- Follow your Gut to good health
- Network with Global health & wellness specialists
- Enjoy gut-healthy products, give aways and live food demos with expert chefs at the Good Gut Expo
- Re-discover the power of millets
- Discover better living through food





**Ms Meenakshi  
Lekhi**

Hon. Minister of State for  
Culture & External Affairs



**Mr Sukumar  
Rangnathan**

Editor-In-Chief,  
Hindustan Times



**Mr. Amitabh Kant**

Sherpa G20, NITI Aayog



**Dr Tom O'Bryan**

International Expert on Gut  
Health & Microbiome



**Dr Natasha Campbell**

MD MMedSci  
(Neurology & Nutrition)



**Dr Jill Carnahan**

MD, Functional  
Medicine Expert



**Dr. S K Sarin**

Padama Shri, Sr. Prof. and  
Head, Department of Hepatology  
Director, ILBS



**Dr Khadar Vali**

Padama Shri, Millet Man  
of India, Scientist &  
Environmental



**Dr Srinath Reddy**

Padama Bhushan, Cardiologist  
& President of PHFI



**Dr. C K Pandav**

Padama shri, Iodine Man of India,  
Former Professor and Head,  
Community Medicine, AIIMS



**Dr Shikha Sharma**

Nutritionist



**Dr Raj Bhandari**

Paediatrician, Tec. Adv. to  
the Indian Institute of  
Millets Research





**Dr Navin Dang**

Founder & Chairman -  
Dr. Dang's Lab



**Dr Harsh Mahajan**

MD, (Padma Shri ), Founder &  
Chairman, Mahajan Imaging & Labs



**Dr Anupam Sibal**

Med. Dir. & Sr. Paediatric  
Gastroenterologist,  
Apollo Hospital



**Dr Tara Satyavathi**

Director, ICAR-Indian  
Institute of Millets Research



**Dr Ashutosh Shukla**

Med. Dir., Max Healthcare & Prana  
- The Integrative Medicine Institute



**Dr Neelam Mohan**

Sr. Dir - Dept. of Pediatric  
Gastroenterology, Hepatology  
Medanta Hosp.



**Dr Alok Chopra**

Cardiologist at Aashlok  
Hospital



**Dr V M Kohli**

Cardiologist & Functional Medicine  
Practitioner at Fortis Hosp.



**Dr Neelam Kler**

Chairperson, Dept. of Neonatology,  
Sir Ganga Ram Hosp.



**Dr. Ajay Bhalla**

Director & HOD Gastroenterology  
& Hepatology, Fortis Hosp



**Dr O P Sharma**

Sr. Consultant Geriatric  
Medicine at Apollo Hosp.



**Dr Sarath Gopalan**

Sr. Consultant, Paediatric  
Gastroenterologist and  
Hepatologist, Rainbow Hosp.





**Dr Ashima Shukla**

Clinical Psychologist, Founder  
& CEO Prana - The Integrative  
Medicine Institute



**Dr Anoop Bhagat**

Integrative and Functional  
Medicine Expert



**Dr Randhir Sud**

Gastroenterologist and the  
Chairman of the Medanta Hosp



**Dr Mankul Goyal**

Consultant, Dermatologist,  
Integrated Medicine,  
Sitaram Bhartiya Hosp.



**Dr. Chandrakant Lahariya**

Epidemiologist &  
Policy Expert



**Dr Deepak Gupta**

Child & adolescent  
psychiatrist



**Dr Raka Guleria**

Senior Obstetrician and  
Gynecologist, Fortis la femme



**Chef Manisha Bhasin**

Corporate Executive Chef,  
ITC Hotels



**Dr Neerja Hajela**

Head of Science & Regulatory  
Affairs at Yakult India



**Dr Debjyoti Dhar**

Co-Founder and Director at  
Leucine Rich Bio Pvt Ltd



**Dr Arjun Dang**

CEO, Dr. Dangs Lab



**Ms Asha Chandra**

Founder Asha Chandra  
Foundation, Patron AIWEFA





**Dr Jean-Pol Warzee**

Researcher Microbiotics, Co founder  
ESLP - European Scientific  
League for Probiotics



**Dr Vivek Nangia**

Chief of Pulmonology Max  
Healthcare India



**Dr Yash Gupta**

Researcher of Scriptures,  
author & Surgeon



**Dr Jagmeet Madan**

National President, Indian  
Dietetic Assoc



**Dr Jeffrey Smith**

Best selling author, Executive Dir.  
of Responsible Technology



**Dr Pankaj Verma**

General Physician



**Ms Pooja Kothari**

Volunteer, Celiac Society  
of India



**Ms Ishi Khosla**

Clinical Nutritionist & Founder,  
Celiac Society of India



8:45 am - 8:50 am	<b>Saraswati Vandana</b>	<b>Ms Alka Vikas</b>
8:50 am - 8:55 am	<b>WELCOME ADDRESS</b>	<b>Dr Navin Dang</b>
8:55 am - 9:10 am	<b>Nutrition &amp; the Gut</b>	<b>Dr Shikha Sharma</b>
	<b>GUT AND CHILD HEALTH</b>	
	<b>Chairperson</b>	<b>Dr Neelam Mohan Dr Deepak Gupta</b>
9:10 am - 9:35 am	<b>ADD, ADHD and Autism</b>	<b>Dr Natasha Campbell</b>
9:35 am - 10:00 am	<b>Constipation and Bowel Disorders in infants and children</b>	<b>Dr Anupam Sibal</b>
	<b>INAUGURAL SESSION</b>	
10:00 am - 10:05 am	<b>Opening Remarks</b>	<b>Ms Ishi Khosla</b>
10:05 am - 10:15 am	<b>Book Launch</b>	<b>Dr CS Pandav</b>
10:15 am - 10:25 am	<b>Guest of Honour</b>	<b>Mr Sukumar Ranganathan</b>
10:25 am - 10:35 am	<b>Guest of Honour</b>	<b>Mr Amitabh Kant</b>
10:35 am - 11:00 am	<b>Setting the context</b>	<b>Dr Tom O'Bryan</b>
11:00 am - 11:10 am	<b>Chief Guest</b>	<b>Ms Meenakshi Lekhi</b>
11:10 am - 11:25 am	<b>Keynote Speaker</b>	<b>Dr Srinath Reddy</b>
11:25 am - 11:40 am	<b>TEA BREAK</b>	
	<b>BRINGING BACK THE STORY OF MILLETS</b>	
	<b>Chairperson</b>	<b>Dr Raj Bhandari</b>
11:40 am - 12:05 pm	<b>Millets and Chronic Diseases</b>	<b>Dr Khadar Vali</b>
12:05 pm - 12:45 pm	<b>Chairperson &amp; speaker</b>	<b>Dr Raj Bhandari</b>
	<b>Panelist</b>	<b>Ms Asha Chandra</b>
	<b>Panelist</b>	<b>Ms Ishi Khosla</b>
	<b>Panelist</b>	<b>Dr Tom O'Bryan</b>
	<b>Panelist</b>	<b>Chef Manisha Bhasin</b>
	<b>Panelist</b>	<b>Dr Tara Satyavathi</b>
12:45 pm - 1:30 pm	<b>LUNCH</b>	
	<b>GUT AND ADULT HEALTH</b>	
	<b>Chairperson</b>	<b>Dr Srinath Reddy Dr Vivek Nangia</b>
1:30 pm - 2:00 pm	<b>Panel Discussion - Cardiometabolic Syndrome A Clinician's perspective</b>	

	<b>Panelist</b>	<b>Dr Ashutosh Shukla</b>
	<b>Panelist</b>	<b>Dr Alok Chopra</b>
	<b>Panelist</b>	<b>Dr Chandrakant Lahariya</b>
	<b>Treating Cardio Vascular Disease through the Gut</b>	<b>Dr V M Kohli</b>
2:00 pm - 2:25 pm	<b>Obesity and MASLD</b>	<b>Dr S K Sarin</b>
2:25 pm - 2:50 pm	<b>Leaky Gut / SIBO</b>	<b>Dr Randhir Sud</b>
	<b>GUT &amp; WOMEN HEALTH</b>	
	<b>Chairperson</b>	<b>Dr Neerja Hajela</b> <b>Dr Raka Guleria</b> <b>Dr Anupam Kr Anveshi</b>
2:50 pm - 3:15 pm	<b>Impact of the Gut Microbiome in Pregnancy</b>	<b>Dr Neelam Kler</b>
3:15 pm - 3:40 pm	<b>Hormonal Imbalances, PCOD, Infertility</b>	<b>Dr Jill Carnahan</b>
3:40 pm - 3:55 pm	<b>TEA BREAK</b>	
	<b>GUT HEALTH &amp; ELDERLY</b>	
	<b>Chairperson</b>	<b>Dr C S Pandav</b> <b>Dr Yash Gupta</b>
3:55 pm - 4:20 pm	<b>Disorders of Gut Brain interaction in the elderl</b>	<b>Dr O P Sharma</b>
4:20 pm - 4:45 pm	<b>Gut, Longevity and Cancer</b>	<b>Dr Jean-Pol Warzee</b>
4:20 pm - 4:45 pm	<b>GUT &amp; CHRONIC DISORDERS</b>	
	<b>Chairperson</b>	<b>Dr Ajay Bhalla</b> <b>Dr Jagmeet Madan</b> <b>Dr Jeffry Smith</b>
4:45 pm - 5:10 pm	<b>Gut and GMO</b>	
5:10 pm - 5:40 pm	<b>Panel Discussion - Joining the dots</b>	
	<b>Gut and Mental Health</b>	<b>Dr Ashima Shukla</b>
	<b>Gut and Mould</b>	<b>Dr Anoop Bhagat</b>
	<b>Gut and Skin</b>	<b>Dr Mankul Goyal</b>
	<b>Knowing your microbiome</b>	<b>Dr Debjyoti Dhar</b>
	<b>Gut and Diabetes</b>	<b>Dr Pankaj Verma</b>
5:40 pm - 6:10 pm	<b>Closing Remarks - Building a Healthy Microbio</b>	<b>Dr Tom O'Bryan</b>
6:10 pm	<b>Vote of Thanks</b>	<b>Dr Sarath Gopalan</b>