

SCIENTIFIC PROGRAMME

WCMN 2026

GOA

International Society for Medical Food and Nutrition

6th World Congress on Medical Food and Nutrition



2nd – 4th October 2026



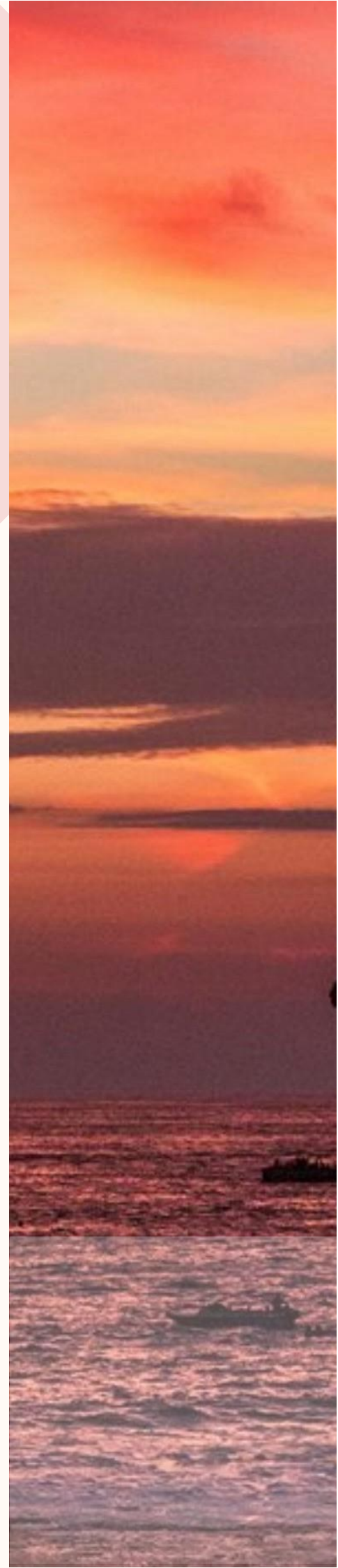
Taj Cidade de Heritage, Goa



www.ismnworld.org

3 DAYS OF SCIENTIFIC EXCELLENCE

Organised by the **International Society for Medical Food and Nutrition (ISMN)**



OVERVIEW

Programme at a Glance

DAY 1 — Friday

2 October 2026

- Registration, High Tea & Inaugural / Award Ceremony
- Session I — Oration Lectures (Presidential, Swaminathan, Lavoisier, Gopalan)
- Session II — Critical Care, Policy & Organ Health
- Welcome Reception & International Networking Dinner

DAY 2 — Saturday

3 October 2026

- Session III — Nutrition Engineering & Innovation + Panel Discussion I
- Sessions IV & V — ISMN Research Showcases (10 presentations)
- Panel Discussions II & III • Lunch
- Session VI — International Clinical Research Showcase
- Session X — International Consensus Assembly & Electronic Voting
- Session VII — Adoption Ceremony • Session VIII — Fellowship Ceremony 2027
- Session IX — Closing Scientific Session
- ISMN Presidential Gala Dinner & International DJ Ball Night

DAY 3 — Sunday

4 October 2026

- Breakfast, Networking, Hotel Check-out & Departure of Delegates

DAY 1 • FRIDAY

2 October 2026

Theme: Global Leadership Forum on Medical Foods

12:00 – 4:30 PM Registration & Hotel Check-in

4:30 – 5:00 PM High Tea & Networking

5:00 – 5:30 PM Inaugural & Award Ceremony

Master of Ceremonies: Dr Abhinav Verma

Welcome Address • Presidential Welcome • Congress Overview • Welcome Address • ISMN Award Ceremony



SESSION I

5:30 – 7:00 PM Oration Lectures

Session Moderator: Ms. Anna likela Nangombe

- 5:30–6:00 PM

Presidential Oration: Pioneering Nutrition for Better Health and a Sustainable Future

Prof. (Dr.) Narsingh Verma — President, ISMN
- 6:00–6:20 PM

M. S. Swaminathan Oration: Transforming Food Systems into Medical Food Systems for Global Health

Padam Shri Prof. Kamlakar Tripathi — IMS, BHU
- 6:20–6:40 PM

Antoine Lavoisier Oration: Metabolism, Energy Homeostasis and the Scientific Basis of Medical Foods

Prof. C. M. Singh — Director, Dr. RMLIMS, Lucknow
- 6:40–7:00 PM

C. Gopalan Oration: Clinical Nutrition, Public Health and Medical Foods: From Discovery to Implementation

Dr. Manoj Srivastava — Consultant Physician, Lucknow

SESSION II

7:00 – 7:30 PM Medical Nutrition, Redefined: New Frontiers in Critical Care, Policy and Organ Health

Moderator: Dr. Shivam Verma | Chairpersons: Prof. Narsingh Verma, Prof. Kamlakar Tripathi, Dr. Abhishek Arun

- 7:00–7:10 PM

Nutrition in Critical Care and Perioperative Recovery: Role of Enteral Medical Foods in Improving Clinical Outcomes

Dr. Sirshendu Pal — Senior Consultant Physician
- 7:10–7:20 PM

Bridging Policy and Bedside: Iodized-Salt Coverage and Thyroid Disease Burden Across Indian Districts

Dr. Ajay Shukla — Max Hospital, Lucknow
- 7:20–7:30 PM

Navigating the Supplement Minefield in Chronic Kidney Disease: Risks, Benefits, and Clinical Realities

Dr. Shivendra Singh — Professor, Dept. of Nephrology, BHU, Varanasi
- 7:30–7:40 PM

Food-Derived Bioactive Peptides as Adjunctive Therapy in Hypertension: Clinical Evidence of Renin-Angiotensin System Inhibition

Dr. Deepak Bhagchandani — KGMU

7:30 – 10:00 PM • Welcome Reception & International Networking Dinner

DAY 2 • SATURDAY

3 October 2026

Theme: Medical Food Discovery, Innovation, Clinical Research & International Consensus Development

8:00 – 8:30 AM Registration & Networking Tea

SESSION III

9:00 – 10:00 AM Nutrition Engineering & Innovation — Designing Medical Foods for Performance, Recovery and Sustainability

Moderator: Dr. Jyoti Yadav | Chairpersons: Dr. AK Tandon, Dr. Sandip Kumar, Dr. Navnit Agarwal, Dr. Harendra Dev Singh

- 9:00–9:10 AM

The Era of Nutrition Engineering: From Molecules to Medical Foods — Designing Nutrition for Human Health
Dr. Kshitij Bhardwaj — Secretary General, ISMN
- 9:10–9:20 AM

Prescribing Performance: Bridging Medical Nutrition Therapy and Athletic Fuelling for Peak Recovery and Resilience
Dr. Abhinav Verma
- 9:20–9:30 AM

Access and Equity in Medical Foods: Making Clinical Nutrition Affordable and Available across Low- and Middle-Income Countries
Dr. Abhishek Arun
- 9:30–9:40 AM

Precision Oral-Biomics: Targeted Medical Foods as Modulators of the Oral-Systemic Axis
Dr. Ayushi Nanda
- 9:40–9:50 AM

Plant-based Pea Protein as Novel Ingredients for Next-Generation Medical Foods: Formulation, Tolerance and Clinical Acceptability
Dr. Nishant Kanodia
- 9:50–10:00 AM

The Gut–Retina Axis and Medical Nutrition: Emerging Roles of Diet, Micronutrients, and Microbiota in Ocular Health
Dr. Pooja Kanodia

PANEL DISCUSSION I

10:00 – 10:30 AM Medical Foods and Bioactive Nutrition: Emerging Strategies for Prevention and Management of Chronic Health Conditions

Moderator: Dr. Nishan Kanodia | Panellists: TBA

SESSION IV • ISMN RESEARCH SHOWCASE

10:30 – 11:30 AM Medical Foods, Bioactive Nutrients and Precision Nutrition — From Mechanisms to Clinical Applications

10 min per presentation | Moderator: Dr. Abhishek Arun | Chairpersons: Dr. Sushil Kumar Shukla, Dr. Arshad Ali, Dr. Tarun Chavada, Dr. Sanjay Kumar Pathak

- Presentation 1**

Cinnamon in Precision Nutrition: Bioactive Compounds, Mechanisms, and Clinical Evidence for Type 2 Diabetes
Dr. Satish Kumar — KGMU
- Presentation 2**

Peptide-Based Enteral Nutrition: Clinical Evidence on Gut Hormones and Metabolic Regulation
Dr. Shivam Verma — Dr. RMLIMS
- Presentation 3**

Nanoparticle-Based Delivery of Bioactive Nutrients in Cancer: Biochemical and Clinical Evidence
Dr. Astha Sachan — Dr. RMLIMS
- Presentation 4**

Histopathological and Clinical Evidence in Nutritional Modulation of Metabolic Disease
Dr. Sunita Yadav — Dr. RMLIMS
- Presentation 5**

The Folate–Vitamin B12–Homocysteine Axis in Psychiatry: Clinical Biomarkers, Medical Foods and Evidence-Based Therapeutic Applications
Dr. Anuranjan Vishwakarma — Dr. RMLIMS

11:30 – 11:45 AM • Tea and Networking

SESSION V • ISMN RESEARCH SHOWCASE

11:45 AM – 12:45 PM Medical Foods in Community and Clinical Nutrition: From Evidence to Implementation

10 min per presentation | Moderator: Dr. Shipra Bhardwaj | Chairpersons: Dr. Dhiraj Kumar, Dr. Mohd Shahid, Dr. Ajay Jain, Dr. Dharmraj Maurya

- Presentation 1**

Gut Microbiota-Targeted Medical Foods in Athletes: Current Research and Clinical Applications
Dr. Pravesh Kumar — UPUMS
- Presentation 2**

Medical Foods in Community Health: From Awareness and Appropriate Use to Clinical Implementation
Dr. Vinita Shukla — Dr. RMLIMS
- Presentation 3**

Protein-Enriched Medical Foods in Community-Dwelling Older Adults: Addressing Malnutrition and Sarcopenia
Dr. Beena Sachan — Dr. RMLIMS
- Presentation 4**

Ready-to-Use Therapeutic Food in Community Management of Severe Acute Malnutrition: A Clinical Perspective
Dr. Rashmi Kumari — Dr. RMLIMS
- Presentation 5**

Role of Protein, HMB, and Micronutrient-Based Medical Foods in Preventing Sarcopenia and Frailty among Older Adults in India: A Community Health Perspective
Dr. Amit Kaushik — Dr. RMLIMS

PANEL DISCUSSION II

12:45 – 1:30 PM **Malnutrition to Precision Nutrition: Can India's Public Health System Deliver Both?**

Moderator: Dr. Shipra Bhardwaj | Panellists: TBA

1:30 – 2:30 PM • Lunch

PANEL DISCUSSION III

3:30 – 3:15 PM **Medical Foods in India: Defining the Grey Zone Between Food, Drug and Supplement**

Moderator: Dr. Abhishek Arun | Panellists: TBA

SESSION VI • ISMN RESEARCH SHOWCASE

3:15 – 4:15 PM **International Clinical Research & Medical Food Trials: Evidence, Regulation and Digital Precision**

10 min per presentation | Moderator: Dr. Abhinav Verma | Chairpersons: Dr. Gyanendra Singh, Dr. Kamlapati Baswant Rao, Dr. Ramesh R Modi, Dr. Praveen Gupta

- Presentation 1** Clinical Effects of Keto Acid Analogues and Essential Amino Acids on Nitrogen Homeostasis in Uremic Patients
Dr. Jasmeen Gupta — Dr. RMLIMS
- Presentation 2** When Food Becomes Medicine: Therapeutic Boundaries, Potential Harm and Regulatory Challenges in the Use of Medical Foods
Dr. Krishna Kumar Singh — Dr. RMLIMS
- Presentation 3** Fermented Foods in Inflammatory Bowel Disease: Clinical Evidence Linking Gut Microbiome Modulation, Intestinal Barrier Function and Inflammatory Biomarkers
Dr. Manish Raj Kulshrestha — Dr. RMLIMS
- Presentation 4** From Data to Dietary Decisions: Clinical Evidence in Biomarkers, Continuous Glucose Monitoring & Digital Phenotyping
Dr. Sanjay Arora — Consultant Physician
- Presentation 5** Myo-Inositol in PCOS-Associated Metabolic Dysfunction: From Molecular Mechanisms to Clinical Translation
Dr. Rupita Kulshrestha — Dr. RMLIMS

4:15 – 4:30 PM • Tea and Networking

SESSION X • INTERNATIONAL CONSENSUS ASSEMBLY

4:30 – 6:00 PM **Chairman: Dr. Narsingh Verma**

- Consensus I** Consensus Assembly for Medical Food in Diabetes Management: ISMN Guidelines — Presentation of recommendations by Rapporteurs, open expert discussion, revision of draft recommendations
- Consensus II** Consensus Assembly for Medical Food in Chronic Kidney Disease: ISMN Guidelines — Presentation of recommendations by Rapporteurs, open expert discussion, revision of draft recommendations
- 5:30–6:00 PM** **Electronic Consensus Voting:** ISMN Medical Food Development Framework • Medical Food Therapy in Type 2 Diabetes Mellitus • Medical Food Therapy in Chronic Kidney Disease (CKD)

SESSION VII • ISMN REPORT

6:00 – 6:30 PM

ISMN Fellowship Report 2026 • ISMN Global Medical Food Registry Framework • ISMN Medical Food Clinical Trial Network Framework • ISMN Medical Food R&D and Testing Lab Development • ISMN Official JNM Journal Update • ISMN Global Research Consortium • ISMN School of Medical Food and Nutrition

SESSION VIII

6:30 – 7:00 PM **ISMN Fellowship Ceremony 2027**

SESSION IX • CLOSING SCIENTIFIC SESSION

7:00 – 7:30 PM

Congress Summary by Prof. Narsingh Verma • Announcement of WCMN 2027 • Vote of Thanks

8:00 – 10:00 PM • **ISMN Presidential Gala Dinner & International DJ Ball Night**

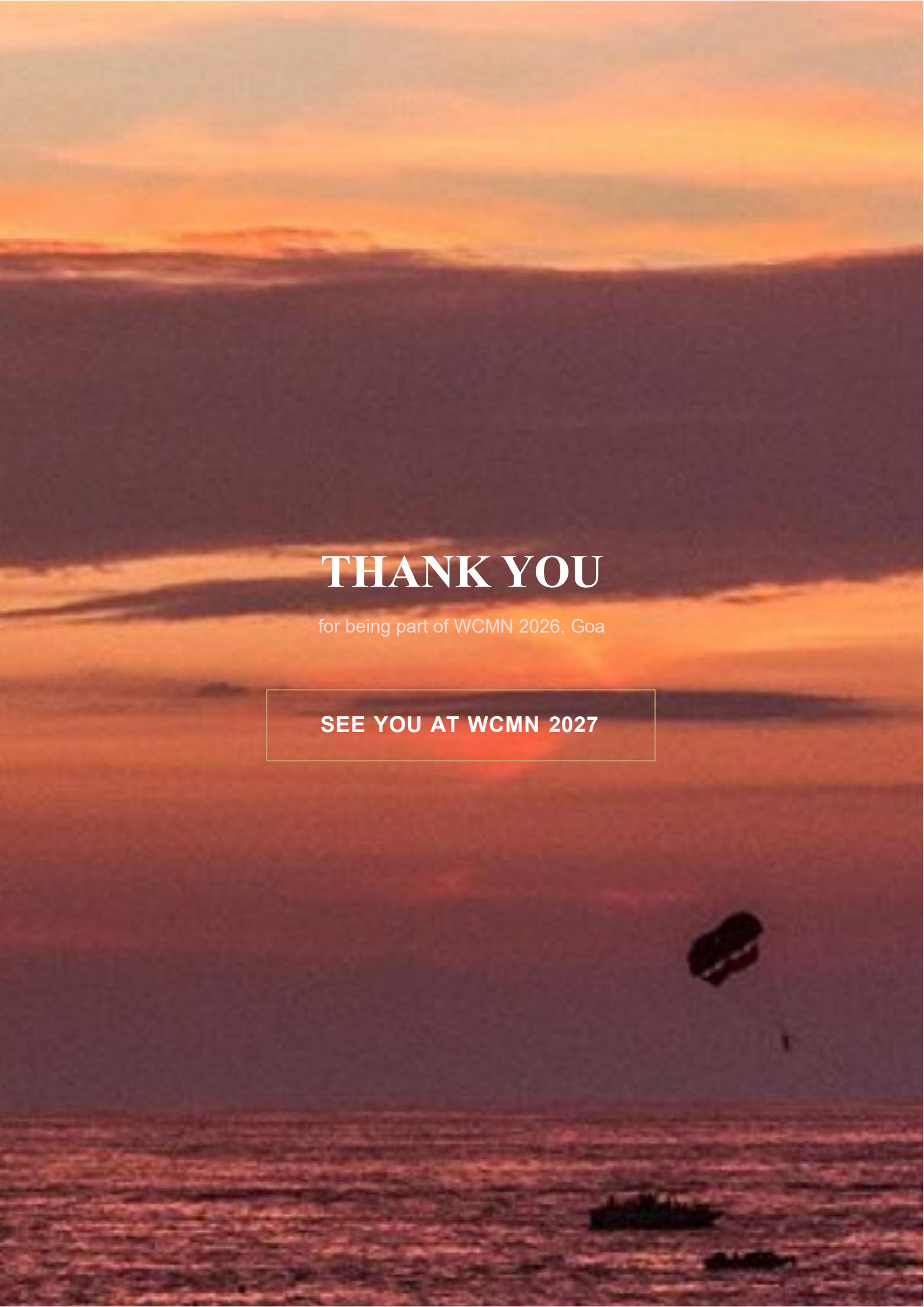
DAY 3 • SUNDAY

4 October 2026

Departure

7:00 – 10:00 AM

Breakfast • ISMN GBM-AGM • Hotel Check-out • Airport Transfers • Departure of Delegates

A full-page background image of a sunset over the ocean. The sky is filled with soft, orange and pink clouds. The water is dark with gentle ripples. In the lower right, a parasailer is visible against the horizon, and a small boat is on the water.

THANK YOU

for being part of WCMN 2026, Goa

SEE YOU AT WCMN 2027