



Illness to Wellness

Conference on

HEALTHY NUTRITION FOR A HEALTHY NATION

Thursday, 3rd September 2026, New Delhi



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Overview



Illness to Wellness Foundation (ITWF) promotes holistic well-being by raising awareness through health education, sustainable hygiene, lifestyle changes, and blending ancient wisdom with modern technology. ITWF is guided by a Governing Council under the chairpersonship of Shri Rajesh Bhushan, Former Secretary, Ministry of Health & Family Welfare, Govt of India. The Council includes Shri Sushil Kumar, Former Secretary, Ministry of Mines, Govt of India; Prof. N. K. Ganguly, Former Director General, ICMR; and Mr. Anil Rajput, Chairperson, Advisory Council, ITWF, supported by an Advisory Council of over 20 leading health experts from across the country.

India continues to face a triple burden of malnutrition, micronutrient deficiencies and rising obesity. These challenges highlight the need for a life-course approach to nutrition, particularly for women, children and adolescents, with greater focus on dietary diversity, safe and nutritious food, anaemia prevention and nutrition support in conditions such as TB. Therefore, strengthening nutrition is essential to improve health, learning, productivity and resilience, and to advance India's journey from illness to wellness.

Nutrition is not only a health priority but also a foundation for human development and national progress. Safe, diverse and nutritious diets can help build healthier individuals and stronger communities. Therefore, a holistic and collaborative approach involving government, healthcare, industry, academia, schools and communities is essential to translate nutrition awareness into sustained action and improved health outcomes.

The Government of India has adopted a life-cycle and multi-sectoral approach to nutrition and health through initiatives such as Poshan 2.0, Anaemia Mukta Bharat, PM POSHAN, Eat Right India and Nikshay, addressing maternal and child nutrition, school and adolescent health, anaemia, food safety and nutrition support for TB. Through community participation and positive behavioural change, these initiatives are advancing India's journey from illness to wellness and towards a healthier, nutrition-secure nation.

With the objective of raising awareness about the role of safe and nutritious food in promoting the health of women, children and adolescents, strengthening school health, and preventing and managing anaemia and TB, the Illness to Wellness Foundation (ITWF), in association with FICCI, is organising a conference on "Healthy Nutrition for a Healthy Nation" on 3rd September 2026 at New Delhi.

Conference Highlights



Discussion on nutrition across the life course, including maternal, child, adolescent, adult and healthy ageing nutrition.

Stakeholder dialogue on government initiatives and nutrition action, with a focus on strengthening awareness of Poshan 2.0, Anaemia Mukt Bharat, PM POSHAN, Eat Right India and Nikshay.

Expert conversations on strengthening the role of nutrition in disease prevention, recovery and overall well-being.

Sharing of best practices to translate nutrition awareness into community participation and sustained behavioural change.

Highlighting the link between nutrition, TB and anaemia, including the role of nutritional support in treatment and recovery outcomes.

Exchange of insights on safe, diverse and nutritious food, promoting dietary diversity, food safety, healthy food choices and nutrition literacy.

Interactive dialogue on strengthening school nutrition, food safety, physical activity and healthy lifestyle practices.

Addressing malnutrition in all its forms, including undernutrition, micronutrient deficiencies, anaemia, overweight and obesity.

Role of Innovation and Technology in Nutrition – exploring digital tools, data, technology and innovative approaches to improve nutrition outcomes.

Participants Profile



- Healthcare professionals, nutritionists, dietitians, public health experts, healthcare administrators and practitioners
- Representatives from professional associations, CSR organisations, development partners and philanthropic institutions
- NGOs, community-based organisations, patient advocacy groups and civil society organisations
- Schools, educators, teachers, students, young professionals and health and nutrition champions
- Representatives from hospitals, healthcare institutions, medical colleges, diagnostic centres and laboratories
- Industry leaders and representatives from food, nutrition, pharmaceutical, biotechnology and healthcare companies
- Food safety, fortification, functional nutrition and healthy food organisations
- Healthcare technology, digital health and innovation organisations
- Health communicators, media professionals, awareness campaign representatives and other stakeholders engaged in promoting healthy nutrition and lifestyles

Glimpses



Association Partner



Hygiene Partner



Media Partner



For any further information, please contact

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