

Global Indian Scientists & Technocrats Forum

January 2026



“One can take Indian out of India but never take out India from an Indian.”



- Dr. Raghunath Mashelkar

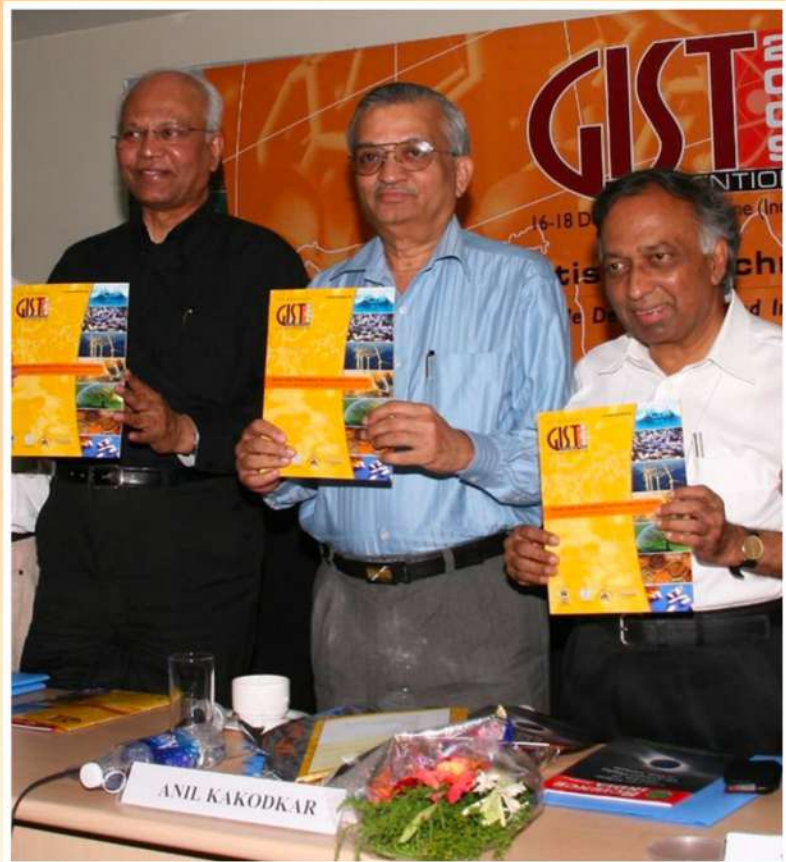
GIST - 2009

FIRST ANNOUNCEMENT www.gistconvention.org

GIST CONVENTION
16-18 December, 2009 Pune (India)

Global Indian Scientists & Technocrats Convention
Theme: Science and Technology Led Sustainable Development and Inclusive Growth - Focus Maharashtra

Supported By:  Organisers: 



GIST 2009

GIST is a platform to connect and channelise the intellectual capital of Indian Scientists & Technocrats from India and around the world towards developing solutions that will help transform India into a developed nation with inclusive growth.

Why GIST?

In the last decade we have seen the beginning of a major turnaround in the Indian economy. People of Indian Origin have made a significant contribution to this change. 'Dollar Wealth' is being harnessed through various channels, bodies and platforms.

The enterprising Global Indian Diaspora has also contributed in a major way to the various streams of science & technology worldwide. However, there is no platform that taps and channelises their 'intellectual wealth' and the invaluable knowledge resource that comes with it. For India, this is where GIST will play a role. GIST aims to channelise this untapped strength towards collaborating and contributing in innovation led enterprises which will help create Indian IPs. With over 1,00,000 Indian scientists and technocrats more than willing to get in touch with their roots, India can surely 'brain gain' by absorbing them into the R&D fabric of the country.

"In the recent Indian history, very rarely have we come across a situation like that which exists now. We have an ascending economic trajectory, continuously rising foreign exchange reserves and global recognition of our technological competence. We also have the energy of 540 million youth, the connectivity of 20 million people of Indian origin in various parts of the planet, and the interest shown by many developed countries to invest in our engineers, scientists and other professionals including setting up of new research and development centres in India".

- APJ Abdul Kalam

The Theme

Science & Technology Led Sustainable Development and Inclusive Growth
Focus Maharashtra

The world is in the grip of an economic slowdown but India continues to march ahead with a GDP growth rate of 6.7%. However, the nation's achievements will be comprehensive only when sustainable development and inclusive growth are integral components of the development agenda.

The maiden GIST convention will focus on addressing development challenges faced by the country. There will be special forum on Maharashtra to commemorate the 50th year of the State's formation.

The Prime Movers



Dr. Vasant Gowarikar
Chairman,
Convention Committee



Dr. Anil Kakodkar
Chairman,
Advisory Board



Dr. R.A. Mashelkar
Chairman,
Vision Committee



Dr. Vijay Bhatkar
National President,
Vijaya Bharti



Dr. Yeshwant Waghmare
Chairman,
Organising Committee



Dr. Bhushan Patwardhan
Chairman,
Academic Programme Committee

Chief Minister's Message



My heartfelt Greetings to everyone on the Golden Jubilee of formation of State of Maharashtra. In the last 50 years Maharashtra has made glorious contributions to the progress of the nation. Maharashtra has historically contributed avant-garde ideas for socio-economic progress that have shaped the fortunes of independent, sovereign India and its citizens. It has been a land that has given birth to many movements that have contributed to nation building. The maiden Global Indian Scientists & Technocrats Convention being held at Pune in December 2009 is one such significant initiative that will mark the Golden Jubilee of Maharashtra. It is planned to be a platform that will integrate the Indian and Global Indian S&T community to contribute for the sustainable and inclusive development with focus on the State of Maharashtra. Eminent scientists of India like Dr. Anil Kakodkar, Dr. R. A. Mashelkar, Dr. Vijay Bhatkar and Dr. Vasant Gowarikar are leading this initiative. As the Chief Patron of GIST I appeal to the Indian and Global Scientists and Technocrats to participate in GIST as this will make significant contribution to the forward march of Maharashtra as the economically and industrially advanced state which offers superior quality of life to its citizens.

On the occasion of its Golden Jubilee, Maharashtra is keenly looking at the opportunities and challenges of the globalised world. We have the infrastructure of scientific and academic institutions, quality manpower, global connectivity and social harmony. We have ambitious plans of building world-class infrastructure to further strengthen our position as the most favoured investment destination in India. I once again make an appeal to you all to participate in GIST and to contribute to the progress of Maharashtra.

Ashok Chavan
Chief Minister, Maharashtra State



GIST Forum

Mentors

Prof. M M Sharma
Dr. Anil Kakodkar
Dr. Raghunath Mashelkar
Dr. Madhavrao Chitale
Dr. V K Saraswat
Dr. Anil Sahasrabudhe
Dr. Shekhar Mande

President

Dr. Vijay Bhatkar

Inspiration

The Late Shri. JayantRao
Sahasrabudhe

Vice-President

Dr. Sudhir Bhadauria

International Convenor

Dr. Yelloji-Rao Mirajkar

Advisors

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Shri. Praveen Ramdas
Shri. Vivekanand Pai
Dr. Satheesh Shenoi
Dr. Arvind Ranade

International Convenor EU

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“When Global Indian Minds Unite, Nations Rise.”

Scientific innovation has consistently been a powerful catalyst for social and economic transformation across the world. Over the past few decades, India has witnessed remarkable breakthroughs in Science, Technology, and Innovation, redefining disciplinary boundaries and fostering integrated approaches for sustainable development. This momentum must continue to grow—creating greater opportunities for young researchers and scientists to showcase their work, collaborate across domains, and contribute meaningfully to the development of a New Bharat and, through it, to the progress of humanity.

India is uniquely endowed with a vast and accomplished Science and Technology diaspora spread across the globe. These professionals contribute significantly to the advancement of the nations in which they reside, and many are eager to share their knowledge, expertise, and experience to accelerate India’s development through purposeful and structured engagement.

The Global Indian Scientists and Technocrats Forum (GIST) was established to bring together this global community of Indian-origin scientists and technologists onto a single collaborative platform. Conceived as a visionary and pioneering initiative under the patronage of Vijnana Bharati, GIST represents a first-of-its-kind global science movement dedicated to harnessing diaspora expertise for national resurgence. It provides a robust ecosystem for knowledge exchange, collaboration, mentorship, and innovation to support India’s developmental priorities.

Members of the Indian S&T diaspora have created a profound global impact through their excellence and achievements. The time is now ripe for this collective strength to actively participate in and contribute to the growth and transformation of a resurgent Bharat.

GIST’s mission is to unite scientists, technologists, research organizations, and academic institutions to inspire innovation, foster collaboration, and develop eco-friendly, sustainable solutions that enhance quality of life for present and future generations, and contribute to a better, more harmonious world.



GIST Meet 2025

Theme: Science, Society, and Spirituality for Global Harmony

Introduction

The GIST-USA Annual Meet 2025 was successfully held at Pine Lake Retreat in Orlando, Florida, on October 11–12, 2025, bringing together scientists, technocrats, academicians, innovators, and young leaders from across the United States and beyond. The hybrid meets symbolized GIST's threefold mission:

- Building a New Bharat (Punya Bhumi)
- Supporting the Adopted Land (Karma Bhumi)
- Promoting Gaurav Bharat (Pride of India)

This year's meet created a vibrant platform for dialogue and collaboration, advancing GIST's core verticals: Agriculture, Education, Environment, Ayurveda, and Artificial Intelligence (AI), and highlighting emerging programs such as Nutrition 360 and the Next-Gen Scholars Initiative.

Inaugural Session

The meet was inaugurated in the esteemed presence of eminent dignitaries and thought leaders:

- Prof. T. G. Sitaram, Chairman, AICTE delivered the keynote address emphasizing India's expanding technological education ecosystem and the vital role of diaspora collaboration.
- Shri Vivekananda Pai, General Secretary, Vijnana Bharati (VIBHA) traced VIBHA's evolution from the Swadeshi Science Movement to a nationwide force for indigenous science.

- Dr. Yelloji Rao Mirajkar, International Convener, GIST shared the remarkable growth of GIST across 15 countries, connecting over 400 experts in a collaborative network.
- Mananeeya Sunil Ambekar, Akhil Bharatiya Prachar Pramukh, RSS highlighted GIST's role as the 19th vertical of VIBHA, bridging science and spirituality to promote human welfare.

The session was moderated by Dr. Prakash Jha, Secretary, GIST-USA, who welcomed all delegates and set the tone for the two-day deliberations.

Thematic Sessions and Activities

GIST Verticals and Strategic Focus

Intensive brainstorming sessions were held across GIST's five strategic verticals:

- Smart & Sustainable Agriculture – technology-driven agri-innovation and soil health frameworks.
- AI for Health & Environment – ethical, human-centred AI applications.
- Ayurveda and Holistic Health – mainstreaming integrative approaches to wellness.
- Education & EdTech – diaspora-led learning ecosystems and global mentorship.
- Environment & Climate Action – eco-literacy and climate adaptation initiatives.

Nutrition 360 Initiative

The Nutrition 360 session was a significant highlight. Building on the Aahara Kranti movement, this initiative focuses on addressing "wrong nutrition" through multidisciplinary collaboration in Ayurveda, public health, and nutritional science.

Key accomplishments include:

- Weekly strategy sessions engaging Ayurveda and nutrition experts.
- 100+ experts contributing to content on dosha-based diets, gut health, and life-cycle nutrition.
- Launching of Nutrition 360 with all Indian Consulates in the USA





- Tagline: “Eat Food as Medicine, else Medicine Will Become Your Food.”
- Youth ambassador programs and plans for school curricula and longitudinal studies.

Next-Gen Scholars Program

Evolved from the GIST Summer Internship Program, this initiative fosters scientific curiosity and leadership among youth, with plans to scale nationally.

Cultural Evening

The Saturday evening cultural program blended art and tradition. Shri Bramhanand Bhatt’s soulful Hindustani renditions, accompanied by Shri S. Kulkarni on tabla, reflected the harmony between science, culture, and spirituality that defines GIST’s ethos.

Plenary on International Coordination with Bharat



Dr. Tanuja Nesari

Ayurveda’s role in nutrition and preventive health: She emphasized that Ayurveda offers a holistic framework for nutrition, disease prevention, and lifestyle management. She highlighted the Ahara (diet) principles of Ayurveda, which emphasize seasonal, region-specific, and constitution-based diets to maintain dosha balance and metabolic harmony. Dr. Nesari also underscored the need to integrate Ayurvedic wisdom with modern nutritional science to combat lifestyle disorders and promote evidence-based preventive healthcare through the Ahara Kranti and Nutrition 360 initiatives.



Dr. A. K. Mishra

ICAR’s global agri-tech collaborations: He represented the Indian Council of Agricultural Research (ICAR), emphasizing the institution’s expanding global partnerships aimed at advancing climate-resilient agriculture, digital farming technologies, and capacity-building programs.

GIST Meet 2025

He highlighted India’s leadership in precision agriculture, germplasm exchange, and data-driven innovation through collaborations with USDA, FAO, and CGIAR. Dr. Mishra underscored the potential of diaspora-led platforms like GIST to bridge research, innovation, and implementation across continents.



Prof. Anil Sahasrabudhe

Diaspora engagement for innovation: As a former Chairman of AICTE and current Chairman of the National Educational Technology Forum (NETF), he emphasized the critical role of the Indian scientific diaspora in driving global innovation ecosystems. He highlighted the importance of creating structured platforms for collaboration between Indian and overseas experts to co-develop technologies, mentor startups, and advance skill-based education. Prof. Sahasrabudhe urged GIST to act as a bridge of knowledge and innovation diplomacy, linking Bharat’s academic excellence with global opportunities for sustainable development.



Dr. Subba Rao (ICMR-NIN)

Insights from India’s Nutrition Atlas: He represented the Indian Council of Medical Research – National Institute of Nutrition (ICMR-NIN), presented key insights from India’s Nutrition Atlas, a comprehensive database that maps dietary patterns, micronutrient deficiencies, and regional nutrition disparities across the country. He emphasized its role in evidence-based policymaking and highlighted how such data-driven frameworks can guide global initiatives in nutrition security, chronic disease prevention, and public health planning. His remarks underscored the importance of international collaboration to translate these insights into community-level action and cross-cultural dietary interventions.

Closing Ceremony

The ceremony was graced by:



Shri Brahma Ratan Agarwal, Chairman of the Board at Park Square Homes, Orlando. He is a renowned philanthropist and community leader known for his commitment to promoting education, cultural heritage, and spiritual values. In his address, he emphasized the deep interconnection between science and spirituality, highlighting how true innovation must serve humanity's moral and ethical advancement. Drawing from his vast experience in business and community service, he urged the GIST fraternity to balance technological progress with compassion, integrity, and societal well-being, aligning science with the higher purpose of human development.



Dr. S. Somanath, Chancellor, Chanakya University and Former Chairman, ISRO. Delivered an inspiring address drawing upon his decades of leadership in India's space program. He emphasized India's growing capabilities in space exploration, indigenous innovation, and the spirit of self-reliance driving the nation's scientific pursuits. Dr. Somanath also highlighted Chanakya University's global vision to serve as a hub for multidisciplinary research and international collaboration, integrating science, technology, and ethics for global well-being.



Shri Ramesh Babu Lakshmanan, Consul General of India, Atlanta, conveyed his warm appreciation to GIST-USA through a special video message. He lauded the forum's consistent efforts to connect the Indian scientific diaspora with national priorities and to advance India's vision of global leadership in science and innovation. He also encouraged continued collaboration between U.S.-based professionals and Indian institutions to foster knowledge exchange and sustainable development.

Dr. Mahadevan Seetharaman, Dean of California College of Ayurveda, delivered the Vote of Thanks, emphasising future collaboration.

Participation and Impact: The hybrid meets saw active participation from over 70 delegates across regions, reinforcing GIST's expanding role in global Indian scientific collaboration.

Conclusion: The GIST-USA Meet 2025 reaffirmed its mission of integrating science, spirituality, and societal values for global harmony. By launching new verticals, engaging youth, and strengthening international coordination, GIST-USA continues to build bridges between Bharat and the world, upholding the ethos of Vasudhaiva Kutumbakam (One Earth, One Family).





Nutrition 360



Six Indian Consulates Jointly Launch GIST USA's Nutrition360 Program on Ayurveda Day 2025

In a historic and coordinated celebration of Ayurveda Day 2025, six Indian Consulates across the United States jointly launched Nutrition360, the flagship nutrition and wellness initiative of GIST USA (Global Indian Scientists & Technocrats Forum, USA). This landmark initiative reflects a unified commitment to promoting holistic health, preventive care, and conscious nutrition within the Indian diaspora and the wider community.

The launch was held across multiple cities:

Seattle (CG Prakash Gupta) – September 22, 2025

San Francisco (CG K Srikar Reddy) – September 23, 2025

Houston (CG D. C. Manjunath) – September 23, 2025

Atlanta (CG Ramesh Babu Lakshmanan) – September 23, 2025

New York (CG Binaya Srikanta Pradhan) – September 27, 2025

Chicago (CG Somnath Ghosh) – October 3, 2025



Launch at Consulate General of India, New York

With the powerful message “Eat Food as Medicine, Else Medicine Will Become Food,” the Nutrition360 campaign draws deeply from the timeless wisdom of Ayurveda while integrating insights from modern science to promote long, healthy, and meaningful lives through conscious food and lifestyle choices.

During the New York launch, Ambassador Binaya Srikanta Pradhan, Consul General of India, highlighted that Ayurveda, like Yoga, is poised to become mainstream in American society. He praised ongoing efforts to popularize Ayurveda and ancient Indian wisdom of healthy living, and announced the CGI New York partnership with GIST for the Nutrition360 initiative.

Dr. Yelloji-Rao Mirajkar, International Convener of GIST, emphasized, *“Nutrition360 is not just a campaign; it is a movement to reawaken the global Indian diaspora’s connection to the timeless principles of Ayurveda. By launching this on Ayurveda Day, we are reaffirming our commitment to prevention, balance, and natural well-being.”*

In Atlanta, Consul General Ramesh Babu Lakshmanan stated, *“It is an honour to launch Nutrition360 in Atlanta, an initiative dedicated to promoting holistic wellbeing and science-based dietary guidance. Nutrition360 will empower individuals and families to make informed choices, offering resources and support for lifelong health and healthy eating habits. This initiative reflects our shared commitment to building a healthier community and fostering lasting wellness for all.”*



Introducing Nutrition-360 at Consulate General of India, Atlanta

Dr. Mahadevan Seetharaman, Dean of the California College of Ayurveda and Core Team Member of GIST USA Nutrition360, added, *“Ayurveda taught us centuries ago that food, thought, and breath are medicine. Nutrition360 is our call to action - to engage communities across the U.S., correct dietary misconceptions, and inspire a culture of conscious nourishment.”*

Program Highlights

The Nutrition360 initiative focuses on:

- Adolescent nutrition, gut health, and preventive care
- Awareness on hidden hunger, early NCD risks, and lifestyle disease prevention
- Workshops on the Rainbow Diet, healthy food combinations, fasting, and detox
- Evidence-based support for Indian-origin youth, families, and senior citizens

Inspired by India’s Aahaar Kranti mission, Nutrition360 is being thoughtfully adapted for the U.S. landscape in collaboration with Ayurveda professionals, scientists, and community leaders.

Call to Action

GIST USA expresses its sincere gratitude to all the Consulate Generals for their visionary leadership and support. GIST invites organizations, schools, temples, community groups, and youth organizations across the U.S. to host their own Nutrition360 awareness events and become partners in building a healthier, more conscious society.

Sewa International's North Jersey Chapter, in collaboration with a variety of local community businesses and vendors, successfully organized an Environmental Exposition aimed at promoting awareness and engagement around environmental conservation and sustainable living practices.

The event, which was open to the public, invited individuals and families from all walks of life to participate, learn, and take actionable steps toward reducing their environmental impact. The exposition brought together a diverse group of organizations dedicated to environmental sustainability.

Notable partners included Save Soil Foundation, World Vegan Vision, Tripathaga LLC, Wildlife Preserves, and the Parsippany Rotary Club. These partners played a key role in educating the community through informative booths, interactive demonstrations, and valuable resources centered on sustainable practices and environmental responsibility.

A major highlight of the event was an Electronic Recycling Drive, during which volunteers and student leaders from the LEAD program facilitated the collection and responsible recycling of outdated electronic devices and components. This initiative not only helped reduce electronic waste but also served as a hands-on learning opportunity for participants about the importance of e-waste management. The exposition also featured a series of inspirational presentations and live demonstrations by environmental leaders and community advocates.

Among the speakers were Dr. Yelloji-Rao Mirajkar from Nutrition 360, Gina Mangelino from Straighaway Coaching, Nirman Shah from World Vegan Vision, Praveen Gavvala from the Sewa Community Garden, each of whom shared valuable insights on pressing environmental issues, such as plant-based living, food that we eat how it impacts our health, conservation practices, and sustainable urban gardening.

Their talks were well-received and sparked thoughtful discussion among attendees. With a total of 148 attendees, the event was a tremendous success. Guests actively engaged with the various booths, participated in educational activities, and connected with local organizations that are working to make a tangible difference in environmental preservation.

Feedback from both vendors and attendees was overwhelmingly positive, highlighting the importance and impact of such community-centered initiatives.

In conclusion, the Environmental Exposition not only raised awareness but also empowered individuals with practical knowledge and resources to make environmentally responsible choices.



- Partnering with SEWA International USA, GIST-USA supported the Memorial Day services held on and around September 11, 2025 across several states in America. GIST Members and subject matter experts joined the events organized by chapters of SEWA at Pennsylvania, North Jersey, South Jersey, Houston and Pennsylvania and delivered invited talks on various topics such as importance of balanced nutrition, environment and sustainability. Dr Sonal Gupta (Houston), Dr. Mahadevan Seetharaman (Houston), Vaidya Mukta Marathe, Smt. Pratiksha Gaikwad - New Jersey, Vaidya Rajesh Kanwar - Las Angels. In all these events together the message reached over 600 individuals that mostly included teenagers and their volunteers as well as guests that attended those events.
- GIST-USA celebrated signing of Memorandum-of-Understanding with IIT-Roorkee Foundation, USA with the scope of identifying and or creating opportunities for engagement. Also, under this collaboration, IIT-Roorkee Foundation has expressed interest in supporting Aahaar Kranti Initiative in Bharat. In this regard GIST Presented the the details of Aahaar Kranti to the board members as well as some selected individuals that showed interest in this initiative. Dr. Lov Kher, Sri Prabhat Sharma, Sri Kewal J Sharma, Shri Gunjan Mishra are the office bearers of IITRF.
- Add on to Nutrition-360: The launch activities were supported by many individuals including Vaidya (Dr) Usha Pappu, Vaidya, (Dr) Ashlesha Rout, Vaidya (Dr) Rajesh Kanwar, Vaidya (Dr) Namyata Pathak, Dr. Mahadevan Seetaraman, Vaidya Meenakshi Gupta, Dr. Sridevi Kulkarni, Vaiday Rupali Panse, Vaidya Rupali Biradhar, Dr. Vivek Shanbaug, Smt. Yashaswini Desai, Vaiday Shunmati Gurumoorthy, Vaidya Rucha Kelkar, Dr. Renee Mehrra, Dr. Kiran Patil, Dr Ashish Shah, Dr. Arti, Vaidya sharanya Srikumar, Dr. Harshada, Smt Kritanjali, etc. Launch events were further held in other 10+ places across the country.



Prof. P V Vara Prasad



- He has been appointed as a Director, Center for Crops, Climate and Communities at Kansas State University.
- He will be serving as the president for the Council of Agricultural Science and Technology, USA
- He has been conferred the American Society of Agronomy's ASA Carl Sprengel Agronomic Research Award

Prof. Vijay Gopal Kakani



He has been appointed as Associate Director of Research of the Global Food Systems Institute at the University of Florida.

As Associate Director of GFSI, Dr. Kakani is spearheading efforts to expand UF's global footprint, especially in underrepresented regions at UF such as India and Southeast Asia.

In January 2025, he co-led a UF delegation to India, where they built new partnerships with national institutes like ICAR and NABARD, state agricultural universities, national councils, and industries.

These efforts lay the groundwork for the upcoming summit on AI and South-South cooperation, which will focus on co-developing solutions for food security, nutrition, and climate resilience.

Dr. Prakash Kumar Jha



He has been awarded the national early career award by the American Society of Agronomy

Congratulations





Europe Activities



Dr. Senthil Srinivasan
International Convenor - Europe

Shaping Future Leaders in Science and Technology

GIST Forum Europe, established in mid-2025, is the European wing of the global GIST Forum organization. Our mission is to support early and mid career scientists and technocrats by addressing the professional challenges they face and transforming these challenges into opportunities for leadership and societal impact.

Leadership Beyond the Lab

At the heart of GIST Forum Europe is networking and leadership development. We believe that leadership in science and technology cannot be confined to laboratories or offices. True growth requires engagement beyond traditional professional spaces.

Members are encouraged to inspire students, connect with experienced leaders and pioneers, and learn from their journeys and experiences. These interactions broaden perspectives and help members develop the skills needed to lead effectively in their fields.

Tackling Real-World Challenges

Our programs address the day-to-day challenges professionals encounter. For researchers and academics, this includes securing funding, navigating publications, and increasing visibility within their institutions. For industry technocrats, challenges involve leading high-impact projects, managing teams, and advancing in leadership roles.

GIST Forum Europe encourages a dual approach: members mentor students while also learning from experienced leaders. This model fosters continuous learning, growth, and self-reflection.



Europe Activities

Program Highlights

GIST Forum Europe offers a range of events and programs designed to strengthen professional connections and drive innovation:

- **Quarterly Networking Events:** Inperson meetups hosted across European countries. These events foster professional and social connections among Indian-origin scientists, technocrats, and professionals while linking participants with local innovation ecosystems and policymakers in Europe and India.
- **Conclave Series with Focused Outcomes:** Thematic gatherings combining keynote sessions with collaborative working groups. These conclaves encourage knowledge exchange between Europe and India, resulting in actionable white papers and policy recommendations.
- **Connecting Diaspora Experts with Indian Institutions:** Promotes collaboration between Indian-origin professionals in Europe and institutions in India to enhance research, innovation, and policy impact.
- **Mentorship for Students and Young Researchers:** Enables experienced professionals to guide emerging talent, nurturing the next generation of leaders in science and technology.

Our Guiding Pillars

GIST Forum Europe is guided by the principle that science and technology must ultimately serve society. Our activities focus on three pillars:

- **Inspire Students** – Encourage and attract the next generation to science and technology.
- **Learn from Leaders** – Develop leadership skills by engaging with experienced professionals.
- **Collaborate with Policymakers** – Align research and innovation with societal and national needs.

Through mentorship, networking, leadership training, and policy engagement, GIST Forum Europe nurtures a new generation of leaders ready to make meaningful contributions to science, technology, and society.

Diaspora Visiting Bharat



Dr. Yelloji-Rao Mirajkar's Bharat Visit

During his visit to Bharat, Dr. Yelloji-Rao Mirajkar undertook a series of strategic engagements to introduce and expand the outreach of the Global Indian Scientists and Technocrats Forum (GIST) and the national nutrition awareness movement Aahaar Kranti: Uttam Aahaar, Uttam Vichaar. The visit focused on connecting with academic institutions, CSR partners, and stakeholders across sectors, including education, research, health, sustainability, and community development. Key activities included introductory meetings, campus interactions, participation in conferences, and formalizing collaborations through institutional partnerships and MoUs.

Institutional Engagements and Academic Interactions

IIT Bombay and Tata Institute of Social Sciences (TISS), December 1, 2025:

Dr. Yelloji-Rao Mirajkar, along with Shri Hrishikesh Joshi and Ms. Vrunali Panchal, visited IIT Bombay and TISS to introduce GIST and the Aahaar Kranti Initiative to faculty and students. The delegation also had a brief interaction with Prof. Shirish Kedare, Director, IIT Bombay. Both visits identified scope for follow-up and potential collaborative engagements.

WINJIT Technologies, Nashik November 30, 2025:

Dr. Yelloji-Rao Mirajkar, along with Shri Nandkumar Palkar, Shri Hrishikesh Joshi and Shri Surendra Joshi met Shri Abhijit Junagade, Managing Director, WINJIT Technologies, to express gratitude for the company's CSR support to the Aahaar Kranti Initiative. The meeting also highlighted WINJIT's sustained commitment to supporting diverse social and nonprofit causes.





Sampradaya Pathashala, Nashik November 30, 2025:

Dr. Yelloji-Rao Mirajkar, accompanied by Shri Nandkumar Palkar, Shri Hrishikesh Joshi and Shri Surendra Joshi, visited Sampradaya Pathashala, a residential school educating over 150 girls. The institution's holistic approach—integrating academics with cultural and traditional values—was noted as a significant contribution to character building and cultural continuity.



Chanakya University Friday, November 20, 2025:

At Chanakya University, he interacted with distinguished members from academia, nonprofit organizations, and industry to explore opportunities for collaboration in areas such as joint programs, research strengthening, and volunteer-driven initiatives. Dr. Mirajkar also conducted an interactive session with students and faculty, highlighting the global opportunities available through the GIST network, the importance of nurturing a scientific temperament, and the growing role of the Indian science and technology diaspora in national development.



“Don't compare yourself with others No one can play your role Better than you.”

DR. APJ ABDUL KALAM



Participation in Conferences and Events

International Seminar: “Smart Eating, Strong Living, and Educating Communities for Nutritional Well-being” (November 28, 2025):

An international seminar was hosted at Sant Darbara Singh College of Education for Women, Lopon, Moga, under the leadership of Dr. Tripta Parmar, Principal. Dr. Yelloji-Rao Mirajkar delivered an address aligned with the seminar theme and encouraged educational and nursing institutions to adopt nutrition-awareness initiatives on their campuses.



Dr. Tripta Parmar agreed to take a leadership role in advancing this mission. From GIST, Dr. Rashmi Kulkarni and Dr. Vikram Pattarkine also delivered talks. The seminar was attended by Dr. Sumeet Gupta (Aahaar Kranti Coordinator, India) and several GIST members from Punjab and Himachal Pradesh.

Centenary Foundation Week, IIT (ISM) Dhanbad (December 3, 2025):

Dr. Yelloji-Rao Mirajkar was invited through Prof. Chandraprakash Dwivedi of Vijnana Bharati to deliver a lecture during the Centenary Foundation Week celebrations at IIT (ISM) Dhanbad. He highlighted how the Aahaar Kranti initiative can meaningfully contribute towards the vision of a Viksit Bharat, emphasizing the importance of nutrition literacy in national development.



National Conference on Advances in Information Technology and Management (November 29, 2025):

The national conference titled “Leveraging AI for Sustainability – Viksit Bharat” was organized by Dr. Sonu Gupta at Thakur Institute of Management Science and Career Development Research. Shri Uday Singh, leading the Environment vertical under GIST, conducted an engaging session on Sustainability in Indic Education, and Dr. Lok K. Kher, heading the Networking with Similar-Minded Organizations vertical, delivered a well-received talk. In his valedictory address, Dr. Mirajkar motivated students to focus on application-based research and encouraged them to view challenges as opportunities to strengthen critical thinking, analytical ability, and problem-solving skills.



CMS College of Science and Commerce, Coimbatore (November 24, 2025):



GIST, which already has an MoU with CMS College, facilitated a visit to introduce Dr. Mirajkar to the Principal and Heads of Departments.

The meeting was facilitated by Smt. Poornima and coordinated by Dr. Thilagawathi. Discussions included proposals for collaborative research, identifying potential funding agencies, and planning activities aligned with Aahaar Kranti.



Young Scientists Conclave, India International Science Festival (IISF), Panchkula (December 6-9, 2025):

The Young Scientists Conclave at IISF was coordinated by Dr. Rajnish Chaturvedi (Coordinator – GIST India). Dr. Mirajkar, along with Shri Uday Singh attended the festival and delivered insightful talks. Dr. Mirajkar introduced GIST, Aahaar Kranti, and the Nutrition-360 campaign launched in the United States, highlighting its complementary role in strengthening awareness across Bharat and the USA, and he also participated in the valedictory ceremony. Several individuals associated with GIST and Aahaar Kranti, including Shri Nandkumar Palkar and Ms. Rashmi Singh, attended IISF, making it a valuable platform for networking with key decision-makers and stakeholders.



Adhiyaman Arts and Science College for Women, Uthangarai | November 25, 2026:



Dr. Yelloji-Rao Mirajkar addressed students and faculty as the Chief Guest, delivering a talk on Aahaar Kranti: Uttam Aahaar, Uttam Vichaar, a national movement promoting positive nutrition for holistic health and well-being.

He highlighted the importance of balanced nutrition, raised awareness about the harmful impact of fast foods and processed foods on gut health, and encouraged students to adopt healthy dietary habits. Emphasizing the role of women as future caregivers, he urged students to become ambassadors of the Aahaar Kranti movement by spreading awareness within their families and communities.



PES School, Uthangarai, Tamil Nadu | November 25, 2026:

Dr. Yelloji-Rao Mirajkar addressed students and faculty with an inspiring talk on Aahaar Kranti: Uttam Aahaar, Uttam Vichaar, a national movement promoting positive nutrition for longevity, happiness, and holistic well-being.

Through interactive engagement, he encouraged students to reflect on their understanding of balanced nutrition, highlighting both its benefits and the adverse impact of fast foods and ready-to-eat packaged foods with preservatives on gut health. He urged students to carry the message of positive nutrition to their families and relatives, gradually adopting and practicing healthy dietary habits in daily life.

Dr. Mirajkar also invited faculty members to reinforce these messages through sustained academic and co-curricular activities, enabling teachers to emerge as subject-matter resources and champions of the Aahaar Kranti movement. Such collective efforts, he noted, would significantly enhance awareness and adoption of healthy nutrition practices within families and the wider community.

Interestingly, Shri Tirumal Murugan, Principal and Owner of the college, introduced faculty members who are actively engaged in transforming information and guidelines into activity-based learning modules, making concepts easier and more engaging for children. Dr. Yelloji-Rao Mirajkar addressed a gathering of over 150 teachers, inviting them to collaborate with the initiative by developing nutrition-focused activity modules in Tamil, thereby strengthening regional outreach and impact.

SS Institute of Medical Sciences and Research Centre, Davanagere, Karnataka | December 12, 2025:

At SS Institute of Medical Sciences and Research Centre, Dr. Latha Shamanur, GIST member and faculty with expertise in Pediatric Nutrition, organized a lecture titled "Balanced Nutrition: The First Step Towards Better Health." The session was followed by an interactive question-and-answer discussion, enabling students and faculty to engage deeply with practical aspects of balanced nutrition and its role in lifelong health.

Institutional Partnerships and MoUs for GIST



Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham, Amritapuri (November 22–23, 2025):

Dr. Yelloji-Rao Mirajkar attended the programme as Chief Guest and delivered an address on Aahaar Kranti: Uttam Aahaar, Uttam Vichaar, encouraging students and faculty to become ambassadors of the movement. Representatives of Arogya Bharati and Vijnana Bharati also participated, with talks by Dr. Adarsh C. Ravi (General Secretary, Vishwa Ayurveda Parishad) and Dr. Radhakrishna (President, Arogya Bharati – Kerala State). An MoU was signed on November 23, 2025 between Amrita School of Ayurveda and the Global Indian Scientists and Technocrats Forum (GIST) by Swami Sankaramritananda Puri (Dean, Amrita School of Ayurveda) and Dr. Mirajkar (International Convener, GIST), in the presence of Prof. Dr. Ramesh N. V (Principal-in-charge), Dr. Delvin T. Robin, Dr. Shyam Vinayan, and Dr. Vishnu U, to strengthen collaboration in research, education, and community outreach.

Key Partnership Areas:

- Promoting balanced nutrition and traditional healing foods/local produce
- Joint research and publications
- Conferences, workshops, seminars, and training programmes
- Exchange of books, journals, e-materials, and teaching resources



“The true laboratory is the mind, where behind illusions we uncover the laws of truth.”

DR. JAGDISH CHANDRA BOSE

Nandha Ayurveda Medical College & Hospital (November 24, 2025):

Dr. Mirajkar addressed students and faculty as Chief Guest and delivered a motivating lecture on Aahaar Kranti. A major milestone was achieved through the signing of an MoU between GIST and Nandha Ayurveda Medical College & Hospital, strengthening collaboration in research, education, and outreach. This partnership aligns with the national vision of promoting nutrition literacy, preventive healthcare, and preservation of traditional knowledge systems through community-oriented health education.



Mahatma Gandhi Rural Development and Panchayat Raj University, Gadag (December 15, 2025):



A one-day conference titled “Aahaar Kranti Towards Sustainable Health and Wellness” was organized by the university, in which GIST (already having an MoU with the institution) participated actively. Dr. Nadagowder, Vice Chancellor—who had earlier attended the Aahaar Kranti National Meeting at AIIMS Delhi in 2024—reaffirmed the university’s commitment to contribute meaningfully to the campaign. Dr. Mirajkar delivered the keynote address, while other GIST members including Dr. Ashwani (Principal, Sanjeevini Ayurveda College, Davangere) and Dr. Budesh Kanaj (Gadag) delivered talks on Ayurvedic dietary principles and their practical applications for sustained wellness.



“There is no delight like that which springs from a discovery”

ACHARYA PRAFULLA CHANDRA RAY

Diaspora Visiting Bharat



Shri. Uday Singh - Bharat Visit

Environment and Youth Indic Education Update:

- [Jul-2025]: Signed MoU with Lalpur, Gujarat, municipality to establish a wet waste management plant similar to the one that is already running sustainably in Jamnagar, Gujarat
- [Oct-2025]: Sri Krishna Ashram on the outskirts of Vijayawada, Andhra, has initiated discussions and planning to the rollout a similar wet waste management plant (the ashram supports 900+ cows, large agricultural land, and free anna daan for the devotees to the ashram)
- [Nov-2025]: GIST Environment was represented and held speaker sessions at IIFS in Chandigarh, Punjab, and in Thakur Institute of Management Sciences, Mumbai, Maharashtra.
- [Sep-2025]: GIST Environment held brainstorming sessions with diaspora youths at the Hindu University near Orlando, Florida (USA), and captured ideas for improving work-away/ exchange programs for diaspora youths to visit and work out of Bharat (and vice versa); also on developing few walks across Bharat (one such proposal was a walk of 1400 kms from Visakhapatnam to Kanyakumari, along the eastern shore)



Diaspora Visiting Bharat



Dr. Lou Kher

1) GIST - I am very pleased that I was invited to give one of the Thematic Talk - A Strategic Roadmap for India's Energy Independence and Decarbonization by 2047 as well as be part of a Panel Session on Sustainable Technologies Accelerating Viksit Bharat 2047. This AICTE sponsored National Conference was organized by the Thakur Institute for Management Studies in Mumbai. I had a very interactive dialogue with the students, faculty and staff during these sessions.

2) Additionally, while I was in Bharat, I was invited by

- IIT Mandi, Himachal Pradesh, and I delivered an invited talk on "Bridging Academia and Industry: Technology Trends and Solutions for a Sustainable Future." Saw various advanced labs and interacted with students, research scholars. Briefly discussed about Aahaar Kranti.
- IIT Gandhinagar, Gujarat, I had interactions with faculty and research scholars and visited their advanced labs. Here we had discussions on AI and Urban Sustainability, Urban Flood Modeling, Smart Power Electronics, 5G-Enabled Education Technologies, Hydrogen and Fuel Cell Systems, and Carbon Sequestration and Natural Hydrogen.
- NIST University, Berhampur, Odisha to attend Board of Advisors meeting and I delivered a keynote address on "Technology Trends & Opportunities in the Renewable Energy Sector." Briefly discussed about Aahaar Kranti. Visited their Labs and saw live demos of 5G, AI and Energy.
- Indian Energy Congress, in association with Indian Institute of Engineering Science and Technology, Howrah, West Bengal, as chief guest at the VALEDICTORY SESSION of the National Seminar on Renewable Energy Integration for Powering a Sustainable Future-Vision 2047, where I delivered a talk on "A Strategic Roadmap for India's Energy Independence and Decarbonization by 2047."

Activities in the USA between GIST and IIT Roorkee Foundation (IITRF) in 2025:

- Several meetings with Yelloji Rao in NJ
- Signed an MOU between GIST and IITRF
- Yelloji gave two training sessions on GIST and Aahaar Kranti to IITRF Board
- Attended the launch of Nutrition 360 USA in NYC
- IITRF Board was invited to the GIST-USA Meet 2025 in Orlando. I, as the President, and Prabhat Kumar, Deputy Treasurer of IITRF attended the two days meeting.



आहार क्रांति Aahaar Kranti

उत्तम आहार, उत्तम विचार
UTTAM AAHAAR, UTTAM VICHAAR



Aahaar Kranti is a national awareness movement guided by the motto "**Uttama Aahaar, Uttama Vichar**", aimed at empowering individuals with a clear understanding of balanced nutrition as a foundation for long, healthy, and fulfilling lives. The core objective of this movement is to enable people to make informed dietary choices that support not only physical health but also mental well-being and overall happiness.



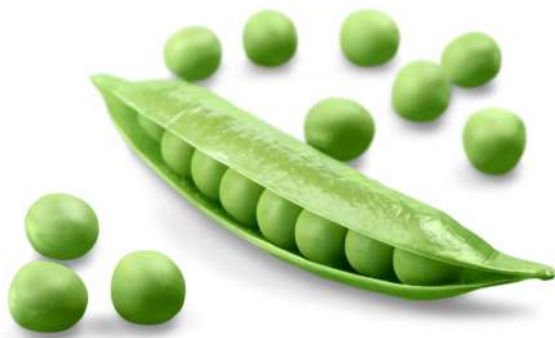
Positive Nutrition & Immunity Awareness Mission

Awareness, in this context, is akin to planting a seed in the mind—one that must be nurtured continuously. Through sustained engagement and education, individuals gradually deepen their understanding of balanced nutrition and its role in sustaining health across the lifespan. The human body has diverse and dynamic requirements to support growth, development, and coordinated physiological functioning; accordingly, nutrition must be equally diverse, balanced, and purposeful.

Global discussions, including those led by the United Nations, often emphasize food security. However, the critical question remains:

Is merely filling the stomach sufficient, or should the focus be on providing nutritionally balanced food that enables optimal growth, coordinated bodily functions, reduced disease burden, and longevity?

True food security must therefore extend beyond caloric sufficiency to include nutritional adequacy and quality.



In Bharat today, the overall health status of individuals presents significant challenges, largely due to a widespread lack of understanding of balanced nutrition. This subject is seldom addressed systematically within formal academic curricula or public education frameworks. While Ayurveda has traditionally offered profound insights into nutrition and health, its principles must now be complemented and validated through modern science and evidence-based research. Integrating traditional wisdom with contemporary scientific validation will provide a comprehensive framework to address the questions of what, why, and how of balanced nutrition.

The broader vision of the Aahaar Kranti Initiative extends beyond individual health. It envisions guiding Bharat toward:

- **Ayushman Bharat**, emphasizing longevity and preventive health
- **Ayurvedic Bharat**, fostering a culture of holistic living that is healthy and happy
- **Vidwan Bharat**, nurturing cognitive strength, productivity, and skilled human capital—thereby contributing to improved maternal health outcomes and reducing unnecessary medical interventions
- **Poshit Pradhan Bharat**, supported by access to natural, organic, and nutritious food systems

Together, these pillars lay the foundation for a Samruddha Bharat, ultimately contributing to Bharat's role as a Vishwaguru. This vision is particularly relevant in the global context, where existing nutrition models—across developed, developing, and underdeveloped nations—have not adequately addressed rising health challenges.

At present, the most comprehensive alternative system known to humanity is Ayurveda, especially when its principles are thoughtfully integrated with modern science and evidence-based research. Taking this integrated knowledge to the common citizen forms the essence of Aahaar Kranti - a movement that seeks to transform individual awareness into collective well-being and global leadership in health and nutrition.

Aahaar Kranti Events



Eat right gamethon at CMS College, Coimbatore.

The State Level Intercollegiate Gamethon was successfully organized by the Department of Food Science and Nutrition, CMS College of Science and Commerce (Autonomous), Coimbatore, on **21 March 2025**, as part of the Nationwide 4th Anniversary Celebration of Aahaar Kranti. The event was conducted in collaboration with Global Indian Scientists and Technocrats Forum (GIST), Vijnana Bharati (VIBHA), Aahaar Kranti, and Ariviyal Sangam Tamil Nadu, with support from the Tamil Nadu State Council for Science and Technology, DST, Government of India.

The Gamethon aimed to create awareness among youth about Ayurveda-based nutrition, traditional foods, seasonal eating, and healthy lifestyles through innovative and interactive games. College students from across Tamil Nadu participated enthusiastically, designing indoor and outdoor games aligned with the theme "Uttam Aahaar, Uttam Vichaar." A total of 30 teams from 10 colleges registered, out of which 15 teams were shortlisted for the grand finale. The games were evaluated by an expert jury based on innovation, scientific accuracy, creativity, and educational impact.

The inaugural session featured eminent dignitaries from the Food Safety Department, Ayurveda, and Aahaar Kranti, followed by engaging game demonstrations, an Ayurveda medical camp, and an Eat Right and Food Safety Expo. Cash prizes were awarded to the top three teams for their outstanding contributions.

The Gamethon proved to be a meaningful platform that successfully integrated traditional wisdom with modern learning approaches. It empowered students to creatively disseminate nutrition education, reinforced the objectives of Aahaar Kranti, and highlighted the potential of gamification as an effective tool for community nutrition awareness.





Aahaar Kranti Events & MoU's

Lal Bahadur Shastri Govt. Degree College, Saraswati Nagar, Shimla, Himachal Pradesh:

A one-day National Seminar-cum-Campaign titled "Unwrapping the Truth", against packaged food items, was organized by Lal Bahadur Shastri Govt. Degree College, Saraswati Nagar in collaboration with the Global Indian Scientists & Technocrats Forum (GIST) and Aahaar Kranti. The campaign was led by Dr. Shallu Dogra, Assistant Professor of Chemistry, along with her B.Sc. Medical and Non-Medical students, and was held at PM SHREE Govt. Model Sr. Sec. School, Saraswati Nagar, with participation of over 100 students. Through an interactive session, Dr. Dogra and the students highlighted the hidden health risks of packed and processed foods, particularly due to excessive intake of harmful chemicals, and encouraged students to adopt healthier eating habits by choosing fresh, local, and home-made food as affordable alternatives. The campaign also promoted food-label awareness and safe nutritious choices, inspiring long-term behavioural change among students and society. The initiative received strong appreciation from students and teachers.

An MoU was also signed between Lal Bahadur Shastri Govt. Degree College (LBSGDC), Saraswati Nagar, Jubbal, Shimla, Himachal Pradesh and Global Indian Scientists & Technocrats Forum (GIST). MoU signed by Dr. Poonam Mehta, Pricipal, LBSGDC and Dr. YellojiRao Mirajkar, International Convenor, GIST Forum.



विद्यार्थियों को खाद्य पदार्थों पर किया जागरूक
रोहड़। लाल बहादुर शास्त्री राजकीय महाविद्यालय सरस्वतीनगर में एक दिवसीय सेमिनार का आयोजन किया गया। यह सेमिनार में डिग्री कॉलेज सरस्वतीनगर, ग्लोबल इंडियन साइंटिस्ट एंड टेक्नोक्रेट्स फारम (जीआईएसटी) और आहार क्रांति के सहयोग से आयोजित किया गया। सेमिनार का नेतृत्व रसायन विज्ञान के सहायक प्रोफेसर डॉ. शालू डोगरा ने किया। पीएमश्री राजकीय उत्कृष्ट वरिष्ठ माध्यमिक पाठशाला सावड़ा का भी सहयोग रहा। सेमिनार में विद्यार्थियों को दुकानों में विकने वाले पैकेड खाद्य पदार्थों के छिपे हुए खतरों के बारे में जागरूक किया गया। एक इंटरैक्टिव सत्र के माध्यम से डॉ. शालू डोगरा ने पैक किए गए भोजन में मौजूद रसायनों के अत्यधिक सेवन के हानिकारक प्रभावों को समझाया। संवाद

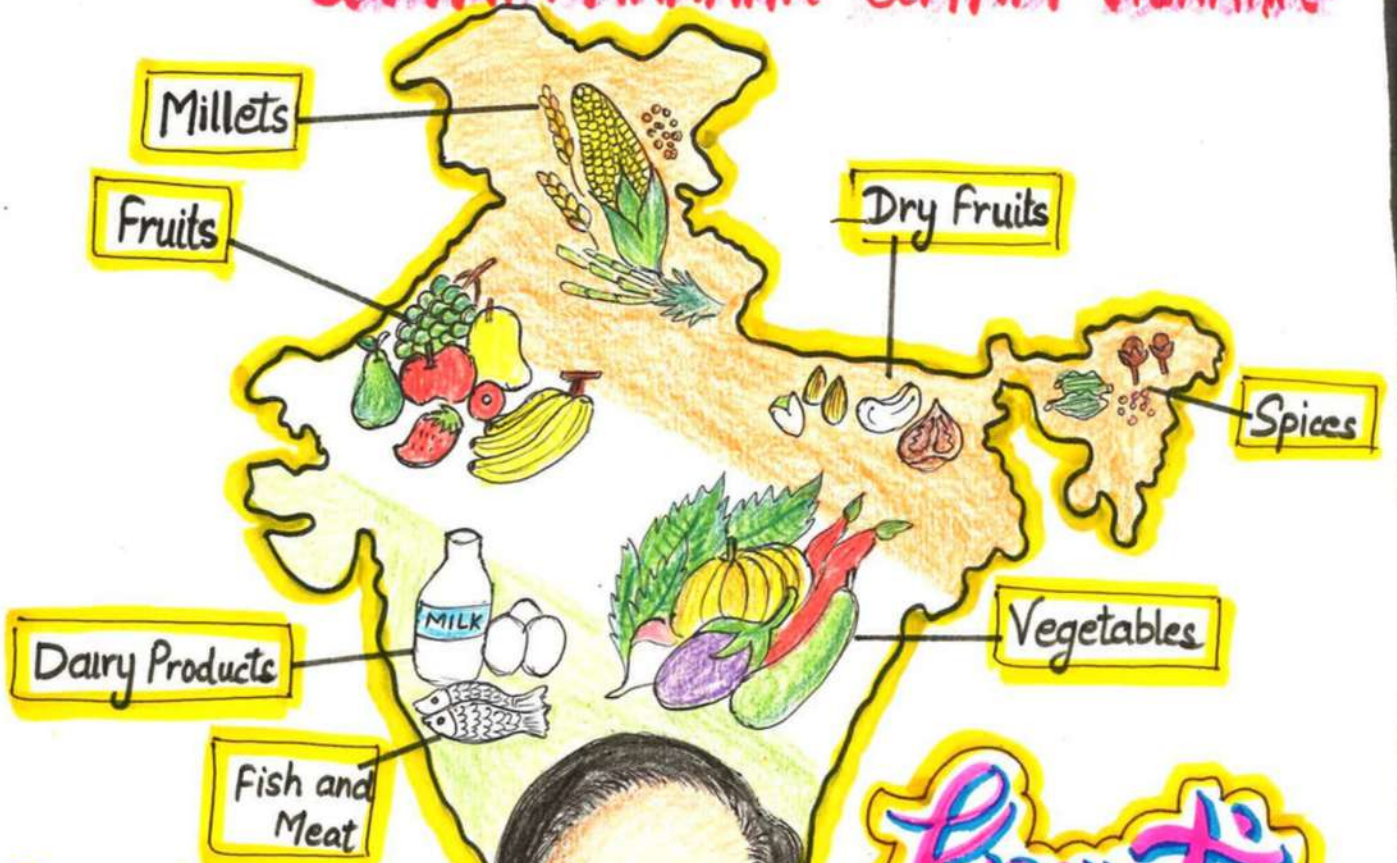




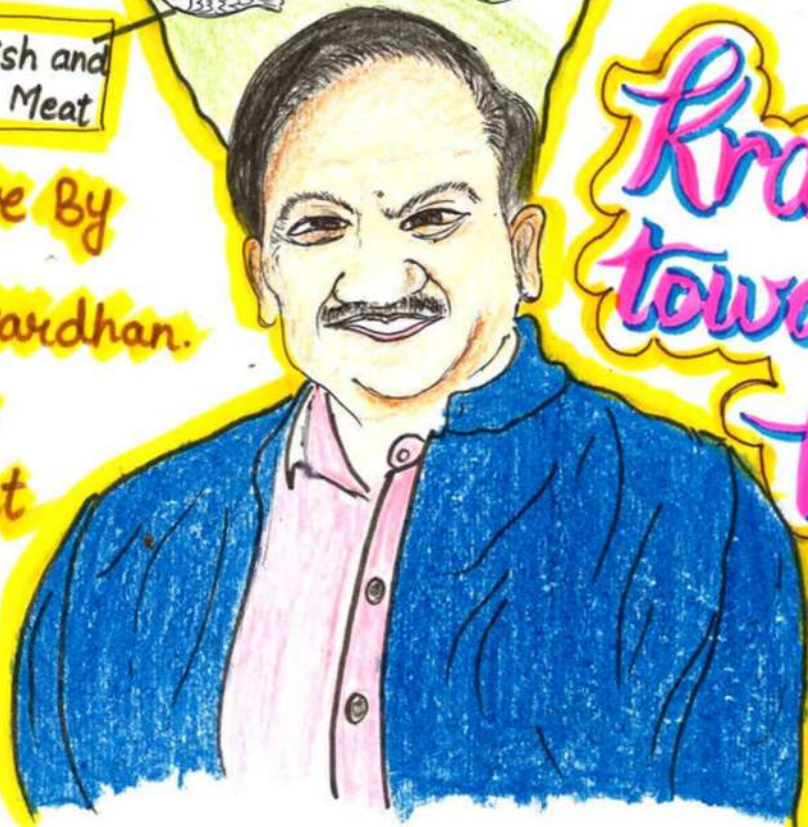
क्रांति

Aahaar Kranti

UTTAM AHAAR UTTAM VICHAR



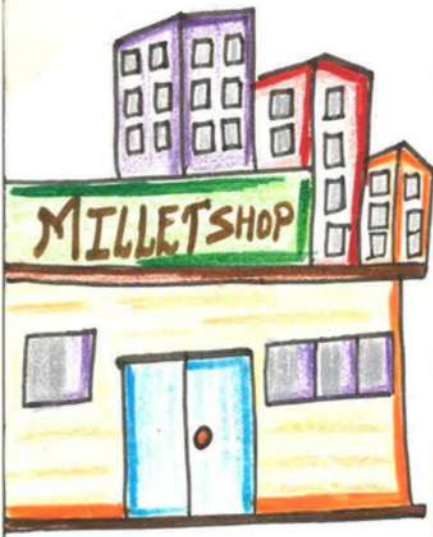
An initiative By
Dr. Harshvardhan.
and
Government
of
India



Kranti
towards a
healthy
nation

meya

उत्तम आहार उत्तम विचार



Vision :-

- To have Nutritional Balanced Diet.
- Importance of and vegetables. local fruits

Promote:

Better nutrition,
Better agriculture



Nandini Singh
Batch (2023-24)



संतुलित आहार सबका विकास



उत्तम
आहार
उत्तम
विचार

एक
पाषण
पुनर्जागरण



आत्मनिर्भर
भारत



स्वस्थ संतुलित ही आहार ऊर्जा दे शरीर को आधार.

एक स्वस्थ राष्ट्र के लिए क्रांति

आहार क्रांति

"मेरा भोजन मेरी औषधि"

Eat Local
Eat Seasonal
Let the FARMERS be your Pharmacist



WALLUAAH

Aahaar Kramh



ERADICATE MALNUTRITION

EDUCATION, TRAINING



CONTEST

Online contest and games



Ancient Wisdom for Health, Balance and Dietary Freedom

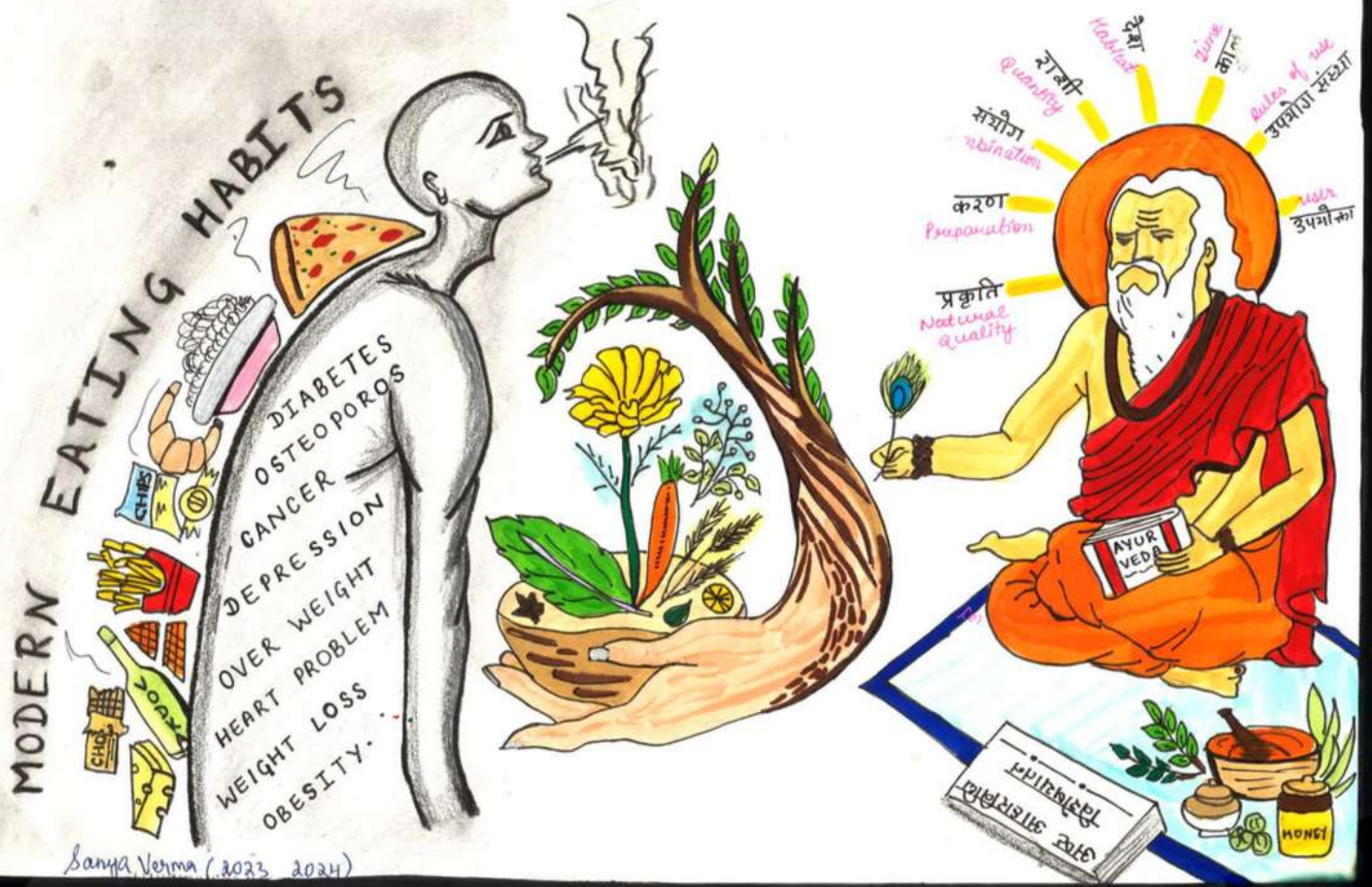


Ayurvedic Nutrition



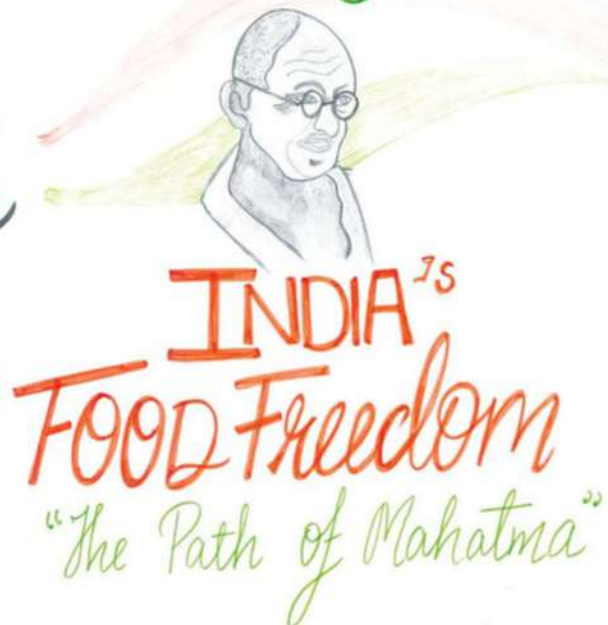
संतुलित आहार
समग्र स्वास्थ्य

AAHAAR KRANTI



"Uttam Aahaar"

Aahaar Kranti



"Uttam Vichar"

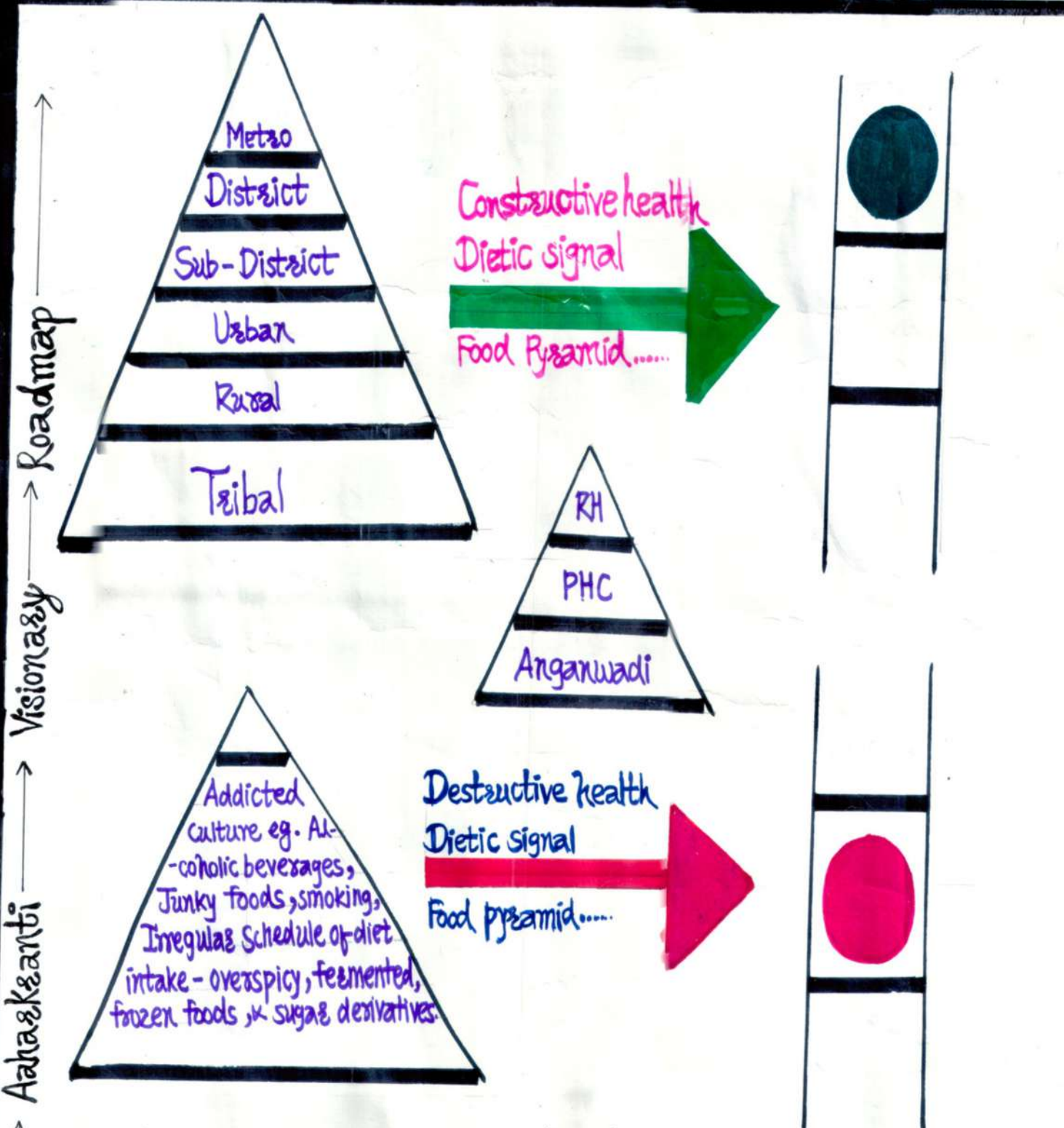
Ayush Aahar + Modern Diet = National Health



Designed by - Vedshri Upendra Joshi, Fy BAMS
Kamlesh Mahajan - Assistant professor dept
of Ayurveda

Labour work, corporate sector

आकाशात वायु ! वायु तेजसात ! तेजसात उर्दक ! उर्दक पृथ्वी !
 पृथ्वीच्या ओषध ! ओषधात अन्न ! अन्नात पुरुषः !! - तैत्तरीय उपनिषद्.....



Invest in a proper diet plan, Build a healthy future.....

Humara Ayush Aahar, Humara Swasthya....

GIST Forum - Collaborations & Partners



Shri Vithal Education & Research Institute, Pandharpur



CMS College of Science & Commerce, Coimbatore



INDIAN DRUGS RESEARCH ASSOCIATION & LABORATORY PUNE



Lal Bahadur Shastri Government College, Saraswati Nagar, Shimla



All India Institute of Ayurveda, Delhi



Walwalkar Hospital And Research Centre, Sawarde, Ratnagiri



CSIR – National Botanical Research Institute (NBRI) Lucknow



NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL, ERODE



MAHATMA GANDHI RURAL DEVELOPMENT AND PANCHAYAT RAJ UNIVERSITY, GADAG
Rural Roots, Global Heights.



Vivekanand Seva Mandal



Zogdu Singh Charitable Trust's (Regd.)
THAKUR INSTITUTE OF MANAGEMENT STUDIES & RESEARCH



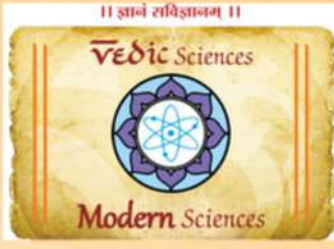
आयुर्वेद शिक्षण एवं अनुसंधान संस्थान, जामनगर
Institute of Teaching and Research in Ayurveda, Jamnagar
राष्ट्रीय महत्व का संस्थान
Institute of National Importance

ITRA
JAMNAGAR



AMRITA
VISHVA VIDYAPEETHAM
DEEMED TO BE UNIVERSITY UNDER SECTION 3 OF UGC ACT, 1956

Vijnana Bharati - Vividha Ayam



VISHWA VED VIGYAN SAMMELAN



BHARATIYA VIGYAN SAMMELAN



VASTUKALA AAYAM
VIJNANA BHARATI



Connecting science and people with an Indian perspective



SHAKTI
(A NATIONAL MOVEMENT FOR WOMEN)



Space on Wheels



Vibha Vani India



WORLD OCEAN CONGRESS



NEED MISSION
National Education and Energy Development Mission

