

Speaker Profile - Shilpi Goel

Founder, Nutrishilp | Funcional
Medicine Practitioner | TEDx
Speaker | Convenor IDA,CG (2019-21)

Shilpi Goel is a leading voice in preventive nutrition and holistic wellness in India. A Gold Medallist in Foods & Nutrition, a Functional Medicine practitioner (IFM, USA), and an IIM-Raipur Certified Leader, she blends ancient Indian food wisdom with modern nutritional science. Through Nutrishilp, her award-winning venture, she has transformed 5,000+ lives across 20+ cities and 3 countries, helping people reverse chronic health issues and rediscover joy in food.



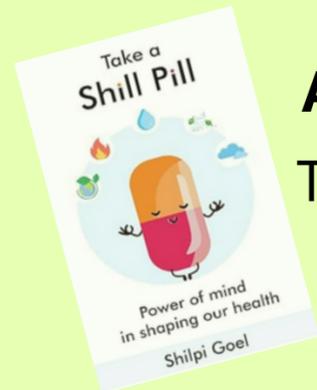
Education, Expertise & Credentials

Shilpi's multidisciplinary expertise bridges **clinical nutrition, behavioral science, and lifestyle medicine**. Her qualifications include:

**M.Sc. Foods & Nutrition
(Dietetics)**
MS University of Baroda

**Functional Medicine
Certification**
Institute of Functional
Medicine, USA

**Leadership Development
Program**
IIM Raipur, 2024



Author
Take a Shill
Pill

**Health & Wellbeing
Ambassador** – IHW Council

**Convener, Indian Dietetic
Association (IDA)
Chhattisgarh)** – 2019–2021

Keynote Speaker



Scindia Kanya Vidyalaya, Gwalior



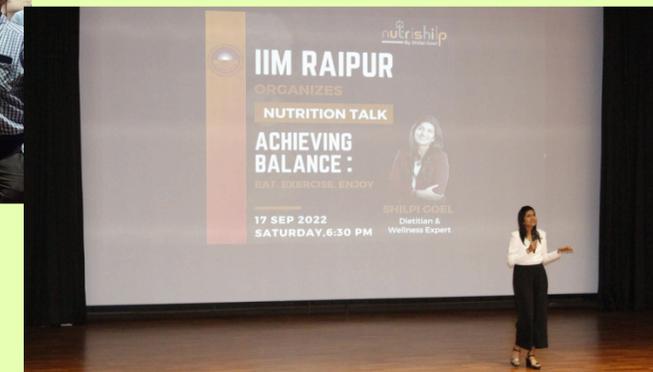
Mayo College, Ajmer



RBI, Raipur



TED-X, Raipur



IIM, Raipur

Event Organised By JITO

Where I spoke on **Peak Performance For Entrepreneurs** .. had the privilege of speaking just before Ujjwal Patni ji



Awards & Recognitions

Shilpi's work has been nationally recognized for impact, innovation, and integrity. Key honours include:

 National Health Award (NNHSA, 2022)

 National Nutrition Award, 2022

 Iron Lady Award, 2023

 Agra Ratan Award, 2019

 FM Tadka Women Recognition Award, 2021

 TEDX Speaker (2022)

 Top 10 Business Leaders of the Year, 2024

 Guest Speaker at IIM Raipur, RSSDI, FOGSI, FICCI ,
EO, Chamber of Commerce, Round table, Rotary

Her journey reflects excellence, empathy, and evidence-based impact.

Keynote Expertise

Shilpi brings a rare blend of science, empathy, and practical solutions.
Her most requested sessions include:



Diabetes Remission through Nutrition



Sustainable Weight Management

- Functional Medicine & Holistic Health
- Entrepreneurship in nutrition



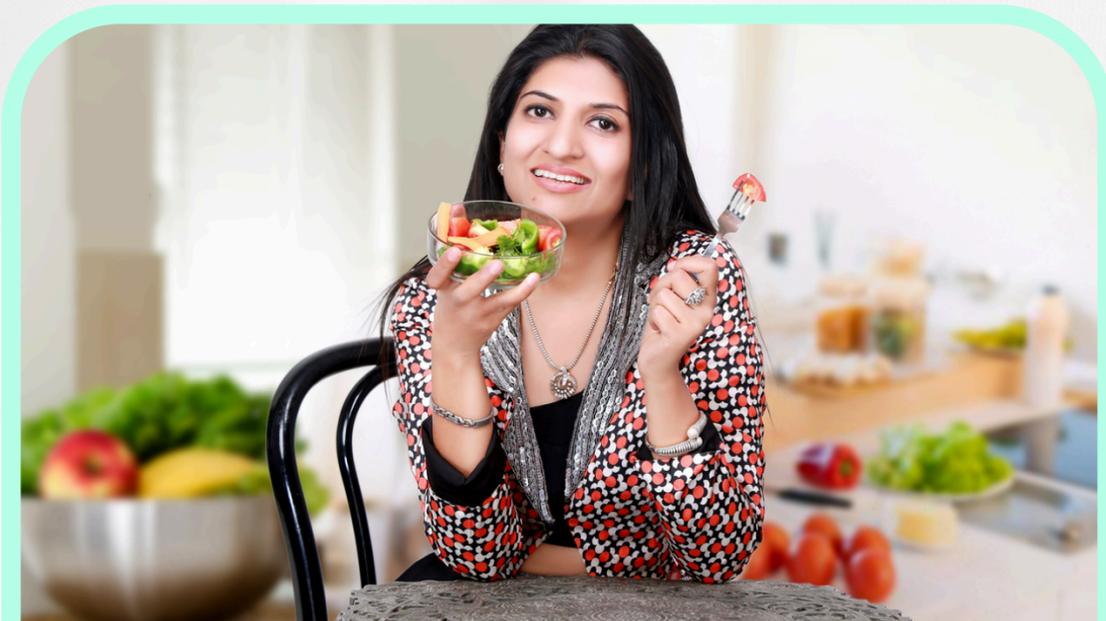
Metabolic Health



PCOS/PCOD

- Healthy Yet Tasty Recipes
- Antiobesity drug

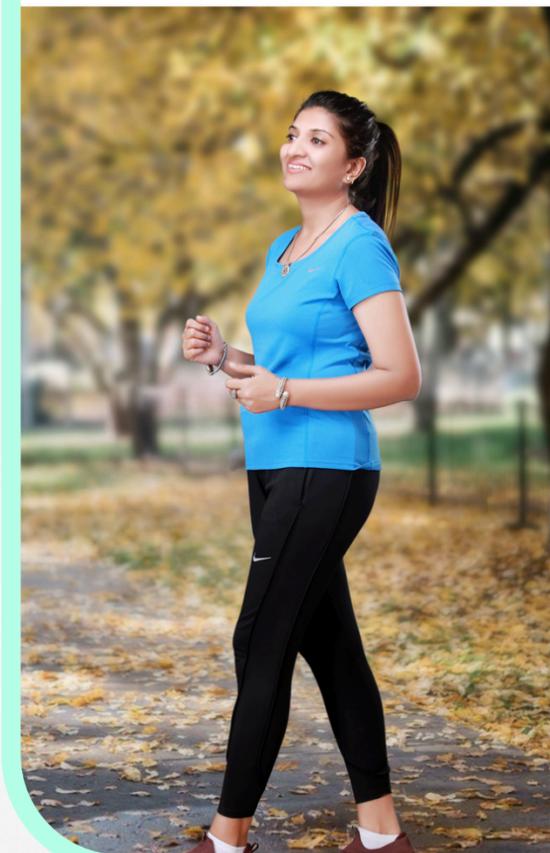
Her talks are backed by case studies, medical insight, and cultural context—making them engaging for both scientific and general audiences.



Philosophy & Impact

**“Nutrition isn’t about restriction;
it’s about restoration.”**

Shilpi’s philosophy is rooted in the belief that food, emotions, and environment together shape health. She has conducted 200+ workshops, 15+ wellness events, and curated 500+ healthy recipes. Her programs, corporate wellness retreats, and training modules have inspired thousands to lead sustainable, mindful, and disease-free lives.



World Diabetes Day



WORLD DIABETES DAY
WEBINAR SERIES



PANELISTS



Prof. (Dr.) Rita Patil
Vice - Principal Maniben Nanavati Women's College



Dr. Kavita Gupta Director,
Head Dept. of Dietetics &
Therapeutic Diabetes
Education, Sunil's Diabetes
Care n' Research Centre Pvt.
Ltd.,



Sheryl Salis RD, CDE
Founder and Director ·
Nurture Health Solution,
ISPAD Advisory Council
Members
Program Officer
Metabolic Syndrome
& Nutrition Core Group of
IAPEN India



Shilpi Goel
Founder Nutrishilp
Dietitian & Wellness Expert
Functional Medicine
Practitioner



Somya Srivastava
Clinical Dietitian, Max Smart
Super Speciality Hospital,
Program Officer Metabolic
Syndrome & Nutrition Core
Group of IAPEN India

MODERATOR

Panel Discussion
Diabetes
A dual epidemic

 16th Nov, 2025  7:00 pm – 08:00 pm  Online

Register Now
[Registration link](#)

Contact +91- 8240344301,
+91- 9818131264, 98202424781



Media Coverage:



दैनिक भास्कर रायपुर 02-09-2025

पुलिसकर्मियों के लिए रोटरी क्लब की वर्कशॉप ताकि जनसेवा के साथ सेहत का भी रखें ध्यान

कम्युनिटी रिपोर्टर | रायपुर

रोटरी क्लब ऑफ रायपुर क्वीन्स ने सोमवार को यातायात भवन कालीबाड़ी चौक में कार्यशाला का आयोजन किया। 'राष्ट्रीय पोषण माह' के तहत खासतौर पर पुलिसकर्मियों के लिए ये कार्यक्रम रखा गया ताकि वे दिन-रात ड्यूटी के दौरान अपने स्वास्थ्य को परवाह करना न भूलें। पोषण विशेषज्ञ शिल्पी गोयल और मानसिक स्वास्थ्य विशेषज्ञ शोतल



गोयल ने संतुलित आहार और मानसिक मजबूती बनाए रखने के उपयोगी सुझाव साझा किए। संस्था ने पुलिसकर्मियों को ज्वार-बाजरे का आटा भेंट किया। कार्यक्रम में एसएसपी लाल उमेश सिंह, एसपी

प्रशांत शुक्ला, डीएसपी सतीश टक्कर व गुरजीत सिंह शामिल हुए। आयोजन में नेता प्रतिपक्ष आकाश तिवारी, क्लब अध्यक्ष दीपेंद्र कौर रिहल, सचिव प्रजोत कौर भाटिया, निधि टक्कर मौजूद रहीं।

हरिभूमि

समाचार ही नहीं, विचार भी



शरीर की हर छोटी समस्याओं को गंभीरता से लेना जरूरी

रायपुर। आईआईएम द्वारा एक दिवसीय स्वास्थ्य संबंधी जागरूकता शिविर का आयोजन किया गया। कार्यक्रम के दौरान डॉ. शिल्पी गोयल ने स्वास्थ्य संबंधी जानकारी दी, जिसमें डाइएबेटिस रामकुमार काकानी, प्रो. सुमित गुप्ता, प्रो. आशापूर्णा उपरिखत रहे। जहां न्यूट्रिशियल संस्था द्वारा निशुल्क बीएमआई चेकअप किया गया। कार्यक्रम के दौरान आईआईएम में कांवेस प्रोफेसर के परिवार के सदस्य भी शामिल हुए, जिन्होंने स्वास्थ्य संबंधित कई प्रश्न पूछे। मौला खाने को

क्रेडिंग को कैसे दूर करें? हेल्थी डाइट के लिए सलाह क्या होना चाहिए? इस प्रकार के कई प्रश्न पूछे गए। एक दिवसीय कार्यक्रम के दौरान फल और ड्राई फ्रूट्स से तैयार होने वाली नेचुरल मिठाई के 5 से अधिक टिप्स दिए गए। डॉ. शिल्पी ने बताया, व्यक्ति का शरीर पांच तत्वों से मिलकर बना है। इन पांच तत्वों में इनबैलेंस होने के कारण लोगों को गंभीर बीमारी का सामना करना पड़ता है। कोई भी गंभीर बीमारी होने से पहले वह छोटे-छोटे सिमल देती है, जिसे गंभीरता से लेना आवश्यक है।



NUTRISHILP HOSTS THOUGHT LEADERS CONSORTIUM 2025

An event in the field of nutrition and preventive health care took place as Nutrishilp, in association with Mount Carmel College, Department of Food Science & Nutrition, hosted the Thought Leaders Consortium - Nutrition Education Program (NEP) 2025 at the GJB Auditorium, Mount Carmel College, Bengaluru. The day-long program, witnessed the participation of over 250+ dietitians, nutritionists, wellness professionals and students, who actively engaged in sessions promoting healthy living and preventive healthcare.

The event was graced by distinguished invitees including Dr. George Lekha (Principal, Mount Carmel College), Dr. Sangeeta Pandey (HOD, Food Science & Nutrition, MCC),

Pallavi Mahesh Shettigar (Assistant Professor, Manipal University), Swathi Acharya K (Assistant Professor, Manipal University), Vijayanthi Kanabur (HOD, Department of Food and Nutrition, Central Institute) and Kavita Jaikaran. Five renowned speakers—Dr. Dharani Krishnan, Ms. Sheela Krishnaswamy, Dr. Sowmya Bharani, Ms. Gauri Murthy and Dr. Asna Urooj—delivered talks on modern nutrition practices, preventive health strategies and holistic wellness.

The success of NEP 2025 was made possible through the support of five key partners—The Co Being, The Healthy Indian Project (THIP), Pepper Farm, LC Foods and Bengaluru Brand—along with additional backing from 3D Measure Me and Nucgenx.



Events

Central Chronicle

| SELF-SILENCING |

Beyond the hype: The reality of sustainable weight loss with Ozempic

Central Chronicle News

In recent times, we have heard about how Ozempic has become a buzzword for everyone. But is it a solution for weight loss that people are using for? Ozempic (semaglutide) is primarily used as an anti-diabetic medication for type 2 diabetics. But it has shown effective results in weight loss too.

Ozempic reduces hunger, leading to less calorie intake, which helps in weight loss. This is very effective for diabetes control. But studies have shown that it is not a sustainable solution!

Why so? Because as long as you are taking this, it will be effective. Once you stop taking this medication, your weight will bounce back, sometimes rapidly, too, if

you are not following the correct diet and lifestyle.

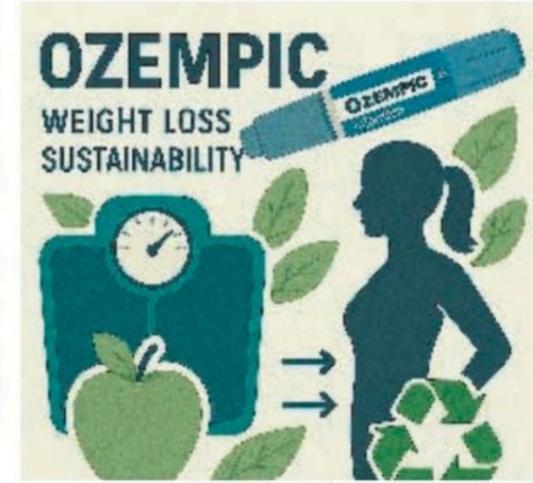
Side effects about which no one is talking much.

- Feeling nauseous, vomiting, constipation
- Long-term safety for people who are using this solely for weight loss is still unknown.
- Tired and feeling drained
- Loss of glow on the face
- A good amount of loss of muscle mass

And we know fat will bounce back, but muscle mass won't. Ozempic is expensive, and as many are using it for weight loss, it has led to a shortage of access even for those who need it, like diabetics, for survival.

So what should be the solution?

Shilpi Goel, a dietitian and



Ozempic is usually used to prevent or reduce the side-effects of diabetes and it's helpful in weight loss also.

leading voice in holistic wellness, advises that it's a tool, especially for people who are insulin resistant and have struggled with the traditional process. One should not forget that it is a medical tool, not something that should be used as a shortcut without changing diet and lifestyle. One should always go for the traditional route of proper nutrition counseling and diet changes along with holistic lifestyle changes. One needs to focus on the relationship with food and body on an individual basis for a sustainable change and health benefits. So if one is looking for weight loss, one has to build sustainable dietary habits and lifestyle amendments, not medications that are there to support and should not be used as a replacement.

नईदुनिया बरसात में बच्चों को देहलदा डाइट

कार्यशाला में आहार विशेषज्ञ शिल्पी गोयल ने बच्चों के लिए रपेटारल रेसिपी

शिल्पी गोयल ने बच्चों के लिए रपेटारल रेसिपी प्रस्तुत की। उन्होंने बताया कि बच्चों को हेल्दी डाइट देना जरूरी है। उन्होंने बच्चों के लिए रपेटारल रेसिपी प्रस्तुत की। उन्होंने बताया कि बच्चों को हेल्दी डाइट देना जरूरी है।

छत्तीसगढ़ विशेष

सहैव अपने-अपनों के साथ महिला चेंबर एवं न्यूट्रिशियल के संयुक्त तत्वाधान में हेल्दी लाइफस्टाइल, बॉडी मास इंडेक्स एवं हेल्दी मलाद पर कार्यशाला रखी गई

छत्तीसगढ़ में महिला चेंबर एवं न्यूट्रिशियल के संयुक्त तत्वाधान में हेल्दी लाइफस्टाइल, बॉडी मास इंडेक्स एवं हेल्दी मलाद पर कार्यशाला रखी गई।

The Hitavada

Art of Living marks Women's Day

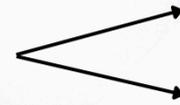
Art of Living marks Women's Day. The Mahila Samiti of Art of Living organised a special programme titled 'The YuktioNari' on the occasion of International Women's Day in Raipur. Amrita Nihal and Garima Tiwari along with their team played a significant role in organising the programme. Highlight of the celebrations was the participation of inspirational women from Raipur which included DSP Lata

Connect for Speaking Engagements:

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Instagram



<https://www.instagram.com/shilpigoel.nutrishilp>

https://www.instagram.com/nutrishilp_events/



LinkedIn



[Dietitian Shilpi Goel](#)



Youtube



<https://www.youtube.com/@ShilpiGoelNutrishilp>



Website



<https://www.nutrishilp.com>



Nutrishilp



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