

# 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.





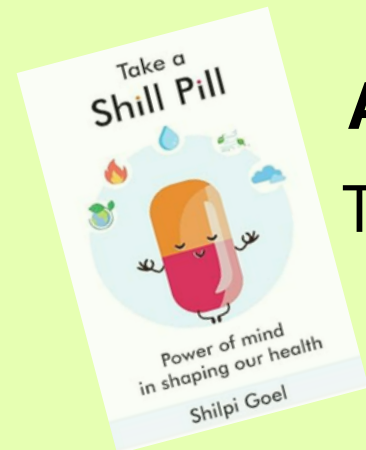
# Education, Expertise & Credentials

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





**METABOLIC SYNDROME AND NUTRITION**  
A Core Group of IAPEN India



**IAPEN INDIA ASSOCIATION**  
For Parenteral and Enteral Nutrition

## 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



Prof. Bijoya Bhattacharjee  
HOD Dietetics and Applied  
Nutrition Amity University  
Kolkata, Founder  
Consultant Dietitian RB Diet  
Clinic,  
Program Officer Metabolic  
Syndrome & Nutrition Core  
Group of IAPEN India



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**





DIABETES INDIA 2026

WORLD CONGRESS OF DIABETES & OBESITY

13<sup>th</sup> - 15<sup>th</sup> February, 2026

HYDERABAD INTERNATIONAL CONVENTION CENTRE (HICC)

HYDERABAD

REGISTER NOW

Whats Cooking?

15<sup>th</sup> February, 2026 (Sunday) | 11:15AM - 12:30PM | MGR 1

Chairpersons:

Ms. Pallabi Chatterjee (Kolkata)

Ms. Heti Varma (Ahmedabad)

11:15AM - 11:30AM

The Dynamic Duo of High Protein Nutrition with Prebiotics and Probiotics

Dr. Kavita Gupta (Nagpur)

11:30AM - 11:45AM

Sweeteners & the Bitter Truth

Ms. Shilpi Goel (Raipur)

11:45AM - 12:00PM

Beyond calories - Precision Nutrition in the management of obesity

Dr. Shreemathy Venkatraman (Bengaluru)

12:00PM - 12:15PM

The Role of Food Quality and Timing in Preventing and Managing Diabetes

Dr. Mansi Patil (Pune)

12:15PM - 12:30PM

Discussion

By Shilpi Goel



# International seminar: Nepal GINSA 2026





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 शीलल

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, एसएसपी

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



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 डाइएक्टर रामकुमार काकानी, प्रो. सुमित गुप्ता, प्रो. आराध्या उर्मिस्त रह। जहां न्यूट्रिशियल संस्था द्वारा निशुल्क बीएमआई चेकअप किया गया। कार्यक्रम के दौरान आईआईएम में कांक्ट प्रोफेसर के परिवार के सदस्य भी शामिल हुए, जिन्होंने स्वास्थ्य संबंधित कई प्रश्न पूछे। मौला खाने को

क्रेविंग को कैसे दूर करें? हेल्थी डाइट के लिए सलाह क्या लेना 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 इनबैलेस होने के कारण लोगों को गंभीर बीमारी का सामना करना पड़ता है। कोई भी गंभीर बीमारी होने से पहले वह छोटे-छोटे सिग्नल देती है, जिसे गंभीरता से लेना आवश्यक है।



NUTRISHILP HOSTS THOUGHT LEADERS CONSORTIUM 2025

Events

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 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 Nucgxn.

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.



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



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.

नई दुनिया बरसात में बच्चों को द हल्दी डाइ

कार्यशाला में आहार विशेषज्ञ शिल्पी गोयल ने बच्चों के बच्चों के लिए रसदार शिवांग

रायपुर। बरसात में बच्चों को हल्दी डाइ का आयोजन किया गया। कार्यक्रम में आहार विशेषज्ञ शिल्पी गोयल ने बच्चों के बच्चों के लिए रसदार शिवांग का आयोजन किया गया। कार्यक्रम में आहार विशेषज्ञ शिल्पी गोयल ने बच्चों के बच्चों के लिए रसदार शिवांग का आयोजन किया गया।

छत्तीसगढ़ विशेष

राष्ट्रिय आने-आने के सा महिला चेंबर एवं न्यूट्रिशियल के संयुक्त तत्वाधान हेल्टी लाइफस्टाइल, बॉडी मास इंडेक्स एवं हेल्टी मलाद पर कार्यशाला रखी गई

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

The Hitavada Art of Living marks Women's Day

रायपुर, Mar 10

THE Mahila Samiti of Art of Living organised a special programme titled 'ReVolutionNari' 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 Lalita

Mehar, Deputy Collector of Kabirdham Lekha Ajgaire, Meenakshi Tuteja, journalist Sarita Dubey, Kavita Dev (Milit Amma), Kajal Sachdev (KoAma Sa Ho Foundation), Priyanka Agrawal (Vigour and Verve), Shilpi Goyal (Nutrishilp), Kasturi Balal (Animal Vatika), Priyanka Upadhyay (Yoga trainer), Priya Dubey Sah (Teacher), Sejal Rathod (Agora Tourism) and Tripiti Jain (Jeevan Old Age Home).

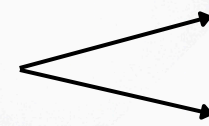


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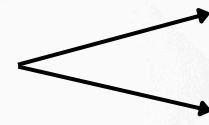


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**Linkedin**



[Dietitian Shilpi Goel](#)



**Youtube**



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**Website**



<https://www.nutrishilp.com>



**Nutrishilp**



[https://youtu.be/44\\_hw90sc1k](https://youtu.be/44_hw90sc1k)