



**icmr**  
INDIAN COUNCIL OF  
MEDICAL RESEARCH  
**NIN**  
NATIONAL INSTITUTE  
OF NUTRITION

# रा.पो.सं. मासिक सूचना-पत्र

## NIN Monthly Newsletter

संपादक: डॉ. एम. महेश्वर

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### NATIONAL NUTRITION MONTH 2024



ICMR-NIN collaborated with Central Bureau of Communication (CBC), Hyderabad to organize a five- day exhibition as part of Poshan Maah 2024. The exhibition was inaugurated by Hon'ble Governor of Telangana, Sri Jishnu Dev Varma. He also visited the ICMR-NIN stall 'Nutritious Diet For All' at Women's University Campus, Koti, Hyderabad (2<sup>nd</sup> to 6<sup>th</sup> Sept.).





Awareness sessions on "Balanced Diet" and "Importance of Nutrition during pregnancy" were organized in various slums and several schools in and around Hyderabad as part of Poshan Maah 2024 celebrations.

## ZPHS Valigonda



## ZPHS Chautuppall



## ZPHS Maryala



## ZPHS Dandumailaram





## ZPHS Sheriguda



## ZPHS Kondamadugu



## Keshav Concept High School



## ZPHS Nandi Wanaparthy



## ZPHS Gungal





## ADMISSION COUNSELLING FOR M.Sc. COURSES AT NIN

Extension & Training Division conducted the open/spot counselling for Admission into the new batch (2024-26) of M.Sc. (Applied Nutrition) & (Sports Nutrition). A total of 42 seats are available in both the courses for which around 150 candidates from different states of India attended the counselling. All 42 seats were filled based on the candidates' merit in the all-India entrance exam. Dr. M. Maheshwar, Scientist F & HoD, ET Division, Dr. C. Suresh, Scientist F & HoD, Cell Biology Division & Convenor, M.Sc. Curriculum Committee (MYAS) and Dr. P. Jharna, Teaching Associate supervised the counselling process (10<sup>th</sup> Sept).





As part of Poshan Maah 2024, ET Division, ICMR-NIN organized a nutrition awareness programme for state-level junior athletes and coaches at the 10th Telangana State Junior Athletics Championships-2024, hosted by Osmania University. First-year M.Sc. (Applied Nutrition) and M.Sc. (Sports Nutrition) students and staff of the division participated in the programme (20<sup>th</sup> Sept).



A training programme on “Nutrition survey methods and community based management of acute malnutrition (CMAM)”, was organized by Division of Public Health Nutrition, ICMR-NIN (23<sup>rd</sup> to 27<sup>th</sup> Sept).



As part of UKRI action against stunting hub an engagement and dissemination workshop was led by NIN team (Dr. Sylvia F Rao, Scientist E and Dr. B. Santosh Kumar, Scientist D) and central hub team Prof. Julie Dockrell, Prof. Lynn Ang, and Dr. Bernardita Munoz Chereau alongside anganwadi teachers, supervisors, and child development officers. The workshop aimed to present project outcomes and collaboratively refine the toolkit with the input of stakeholders. Discussions focussed on early years' education, cognition and ways to promote play-based learning and positive child interactions (25<sup>th</sup> Sept).

A TDS/TCS Awareness Seminar conducted by Commissioner of Income Tax (TDS), Hyderabad (3<sup>rd</sup> Sept).





## SWACHHATA HI SEVA

The Director Incharge and the staff took the Swachhta Pledge on 17th Sept. Swachhta Hi Seva campaign, cleanliness drive conducted by NIN to clean open spaces of NIN campus. Safai Karamcharis, who diligently work to keep our campus and surroundings clean, were thanked, honoured & felicitated.





## RECOGNITIONS/PARTICIPATION IN MEETINGS/PROGRAMMES

### Dr. SUBBARAO M GAVARAVARAPU

- Invited to deliver keynote address on “All about Dietary Guidelines 2024” during the National Nutrition Month Celebrations Seminar organised by the Department of Food Science and Nutrition, Satya Sai Institute of Higher Learning (SSIHL), Ananthapur (11<sup>th</sup> Sept).
- Invited as an international expert in “Regional meeting to promote healthy diets and food environments, and physical activity through policies and enabling environments”, organised by World Health Organization-Southeast Asia Regional Office (SEARO) in New Delhi, India, (17-19<sup>th</sup> Sept).
- Invited as a Chair to participate in the “Regional Codex Coordination Committee Meetings” at the Global Food Safety Regulators Summit Organized by Food Safety Standards Authority of India (FSSAI), MoHFW, Govt. of India at Bharat Mandapam, New Delhi (20<sup>th</sup> & 21<sup>st</sup> Sept).
- Attended the meeting of Project Review and Selection Committee of Investigator-Initiated Research Proposals (IIRP)- Small grants in December 2023 organised the Division of Delivery Research, ICMR virtually (24<sup>th</sup> Sept).
- Delivered Keynote Address at the International Conference on “Nutrition Extension and Communication”, organised by BMN College, SNDT University and NSI Mumbai Chapter in Mumbai (28<sup>th</sup> Sept).
- Invited as a speaker to deliver a talk online on “Advancing Adolescents' Right to Healthy Food – An Imperative”, in a webinar as part of the 4<sup>th</sup> Amerta Nutrition Conference 2024 jointly organized by Amerta Nutrition Journal, Faculty of Public Health - Universitas Airlangga, Indonesia and Avinashilingam University (28<sup>th</sup> Sept).
- Delivered the valedictory address on the Poshan Maah theme “Nutritious Diets for All” during the Valediction of Rashtriya Poshan Maah -2024, organized in Hybrid Mode by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore (30<sup>th</sup> Oct).
- Participated and delivered remarks as a Discussant in Hybrid Mode in the release event of the policy brief “Carbonated Beverages Industry in India: Tax Policy to Promote Growth, Innovation and Investment”, by Indian Council for Research on International Economic Relations (ICRIER), New Delhi (30<sup>th</sup> Oct).

### Dr. B. SANTOSH KUMAR

- As a member of Scientific Panel FAD19, BIS attended 11<sup>th</sup> meeting of FAD 19-FAD 24 Joint Panel X 'Infant Foods' held on 5<sup>th</sup> Sept. at BIS, New Delhi through hybrid mode.
- As a member of Scientific Panel FAD19, BIS, attended 12<sup>th</sup> meeting of FAD 19-FAD 24 Joint Panel X 'Infant Foods' held on 25<sup>th</sup> Sept. at BIS, New Delhi through hybrid mode.

### Dr. SAPAVAT SHANKAR

- Attended the Young Scientists Induction Programme- Functional & Behavioural Skills Training Programme for ICMR Scientists at the Indian Institute of Management Visakhapatnam (IIMV), Andhra Pradesh, (26<sup>th</sup> Aug – 14<sup>th</sup> Sep.).



## संस्थान में हिंदी सप्ताह 2024 का आयोजन

आई सी एम् आर - राष्ट्रीय पोषण संस्थान, हैदराबाद में 13 से 25 सितंबर तक हिंदी सप्ताह मनाया गया। उद्घाटन समारोह 13 सितंबर को आयोजित किया गया था जिसमें कई वैज्ञानिक, तकनीकी, प्रशासनिक और अन्य कर्मचारी शामिल हुए। प्रभारी निदेशक डॉ. शांतसाबुज दास ने कार्यक्रम सभा को ऑनलाइन संबोधित किया। उन्होंने केंद्र सरकार के कार्यालयों में हिंदी दिवस मनाने के उद्देश्य पर प्रकाश डाला। केंद्रीय हिंदी निदेशालय के सहायक निदेशक श्री संतोष कुमार ने कार्यक्रमों के आयोजन के प्रयासों की सराहना की। विशेष अतिथि डॉ. भानुप्रकाश रेड्डी और हिंदी कार्यान्वयन समिति के संयोजक डॉ. सुब्बाराव एम. गवरवारपु ने भी इस अवसर पर सभा को संबोधित किया और 25 सितंबर तक आयोजित होने वाले कार्यक्रमों पर प्रकाश डाला। हिंदी के प्रचार-प्रसार को ध्यान में रखते हुए स्टाफ सदस्यों के लिए कई प्रतियोगिताएं आयोजित की गईं और कर्मचारियों ने उत्साह के साथ भाग लिया। समापन समारोह 25 सितंबर को आयोजित किया गया और एक भव्य सांस्कृतिक कार्यक्रम के बाद डॉ. उदय कुमार, डॉ. भानुप्रकाश रेड्डी द्वारा पुरस्कार विजेताओं के लिए पुरस्कार वितरण की व्यवस्था की गई।



## PAPERS PUBLISHED/ACCEPTED FOR PUBLICATION

- Athira Anilkumar, Soumam Dutta, Shabna Aboo, Ayesha Ismail. Vitamin D as a modulator of molecular pathways involved in CVDs: Evidence from preclinical studies. *Life Sci.* 2024 Sep 16;357:123062. doi:10.1016/j.lfs.2024.123062.
- Dilkash Ara, Srinivas Dheeravath, Sathish Kumar Mungamuri. Aflatoxin B1 downregulates ARID3 genes to overcome senescence for inducing hepatocellular carcinoma. *Toxicon*. Volume 250, 6 November 2024, 108114.
- Pullakhandam, Raghu, Ravindranadh Palika, C. N. Neeraja, and G. Bhanuprakash Reddy. "Importance of Nutrient Requirements of Humans." In *Harnessing Crop Biofortification for Sustainable Agriculture*, pp. 1-17. Singapore: Springer Nature Singapore, 2024.
- Reema Mukherjee, Priyanka Gupta Bansal, Tanica Lyngdoh, Bikash Medhi, K. Aparna Sharma, T. Prashanth, Raghu Pullakhandam, Ranadip Chowdhury, Sunita Taneja, Kapil Yadav, Radhika Madhari, N.K. Arora, Nita Bhandari, Bharati Kulkarni, K. Madhavan Nair, Shinjini Bhatnagar. Recommendations for India-specific multiple micronutrient supplement through expert consultation (2024), *Ind J of Med Res* 159(6);547-556

Medical camp at NIN Welfare Clinic conducted by Omega Hospitals, Hyderabad (24<sup>th</sup> Sept).



## JOURNAL CLUB



### Mr. LOKESH MURUMULLA

CSIR/UGC-SRF, delivered his PhD final presentation on "Understanding the possible dysregulation of molecular events associated with the exposure of lead (Pb) and Ab peptides to neuronal/glial cells: alleviating effects of bioactive compound" (13<sup>th</sup> Sept).

Guide: Dr. C. Suresh, Scientist-F & Head, Cell Biology Division.

### Ms. ANWESHA MAHAJAN

UGC-SRF, delivered her plan cum progress of PhD work on "Characterization, encapsulation, and bioaccessibility studies of polyphenols extracted from fruits and vegetable by-products" (13<sup>th</sup> Sept).

Guide: Dr. Paras Sharma, Ex. Scientist, ICMR-NIN & Co-Guide: Dr. R. Ananthan, Scientist E, Food Chemistry & Nutrient Analysis Division.



### Mr. KONDA VENU

DBT-SRF, delivered his plan cum progress of PhD work on "Role of zinc on intestinal heme iron absorption and ferroptosis" (27<sup>th</sup> Sept).

Guide: Dr. P. Raghu, Scientist-F & Head, Drug Safety Division.

### Ms. R. ANURADHA

ICMR-SRF, delivered her PhD final presentation on "Effect of paternal calorie restriction of diet-induced obese on the metabolism of their offspring" (27<sup>th</sup> Sept).

Guide: Dr. K. Rajender Rao, Scientist-F & Head, Animal Facility Division.



## STAFF NEWS

### RETIREMENT

We bid farewell to the following staff on the eve of their retirement on attaining superannuation



**Mrs. P. PRABHAVATHI**  
Section Officer



**Mr. K. SREENIVASA RAO**  
Technical Officer-C



**Mr. P. DASARATH**  
Lab. Assistant-1