

रा.पो.सं. मासिक सूचना-पत्र NIN Monthly Newsletter

संपादक: डॉ. एम. महेश्वर

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Editor: Dr. M. Maheshwar

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RELEASE OF SPECIAL PUBLICATIONS



Dr. Harsh Vardhan, Hon'ble Union Minister for Health & Family Welfare, Science & Technology and Earth Sciences, released three publications "Nutrient Requirements for Indians 2020 -Recommended Dietary Allowances (RDAs) & Estimated Average Requirements (EARs)"; "What India Eats" and "100 Years History of ICMR-NIN". He also launched a unique crowd sourcing data collection programme "Mapping of nutrition and health status – A national level participatory real-time data generation programme". Dr Hemalatha R, Director, ICMR-NIN and Dr. Balram Bhargava, Secretary, DHR & DG ICMR were present on the occasion (28 Sept.).

SPECIAL EVENT

Pride of NIN: Dr. Hemalatha R, Director inaugurated the Pylon - A new structure at the side of the main gate of ICMR-NIN, Hyderabad



Swab test for COVID-19 conducted at NIN campus (7th Sept).



HoDs Meeting with Director (15th Sept).



WEBINARS ORGANIZED

NATIONAL NUTRITION MONTH (September)

National Nutrition Week Celebrations
Webinar on "COVIDIET"
 3rd September, 2020 Time: 11:00 am - 1:00 pm

Speakers

<p>Chief Guest Dr. K. M. Nagargoje, IAS (P) Consultant, UNICEF Advisor, Farming Systems for Nutrition (FNS) Project Maharashtra</p> <p>Topic "Addressing COVID-19 Challenges through Farming Systems for Nutrition"</p>	<p>Dr. Bhavani R. V., Director, Agriculture Nutrition Health Programme, M S Swaminathan Research Foundation Chennai</p> <p>Topic COVID-19 and the importance of Nutrition Sensitive Agriculture</p>
<p>Shri. M. Somasekhar Senior Journalist (The Hindu - Business Line) Hyderabad</p> <p>Topic "Role of Media in Communicating Nutrition & Health: Challenges & Scope during COVID-19"</p>	<p>Dr. Ayesha Ismail Scientist E, ICMR - National Institute of Nutrition Hyderabad</p> <p>Topic Vitamin D, Immunity & COVID19</p>

Convener
 Dr. M. Maheshwar
 HOD, ET Division

Organizing Secretary
 Dr. B. Hari Krishna

Coordinators
 Dr. P. B. Sainath
 Dr. Jagadish G.

Webinar Registration Google Form Link: <https://forms.gle/x44awZdpHF1BU3mH8>
 Youtube Live Streaming Link: <https://youtu.be/1S0QuiNTVgk>

- The Extension and Training Division organized an interesting webinar with a theme titled "COVIDIET", as part of the National Nutrition Month celebrations. This celebration was executed under the guidance of Director, ICMR - NIN, Dr. Hemalatha R, and it was convened by Dr. M. Maheshwar, Head of the Division, Extension and Training. The Speaker and Chief Guest **Dr. K.M. Nagargoje** - Maharashtra State Consultant for UNICEF, Former Director General for Maharashtra Council of Agriculture Education and Research, Pune, highlighted the ways of overcoming and "Addressing the COVID19 challenges through Farming Systems for Nutrition". The Guest of Honor **Dr. Bhavani, R.V**, Director of the Agriculture Nutrition Health Programme, M S Swaminathan Institute, Chennai gave an insight on the topic "COVID19 and the importance of Nutrition Sensitive Agriculture". **Shri. M. Somasekhar**, a Senior Journalist, The Hindu / Business line from Hyderabad had highlighted the essential "Role of Media in Communicating Nutrition and Health: Challenges and Scope during COVID19". **Dr. Ayesha Ismail**, Scientist E, Department of Biochemistry, National Institute Nutrition signified the importance of Vitamin D on immune

response with her topic "Vitamin D, Immunity and COVID19". There were 929 registrations from 21 Indian states including International participants from Nepal, Bangladesh, UAE, Ethiopia, Indonesia, Malaysia, Philippines, Pakistan and Singapore.

Webinar Series on "Sports nutrition – Beyond the Realm of Books" (16th Sept.)

- Dr. Bharti Kulkarni, Chairperson, MYAS-NIN Department of Sports Science, launched a series of webinars on Sports Nutrition, entitled "Sports Nutrition: Beyond the Realm of Books", during

ICMR-NATIONAL INSTITUTE OF NUTRITION
 IN CELEBRATION OF
THE NATIONAL NUTRITION MONTH: 1ST TO 30TH SEPTEMBER
 INVITES YOU TO THE LAUNCH OF WEBINAR SERIES IN SPORTS NUTRITION WITH AN INTERNATIONAL WEBINAR

On "SPORTS NUTRITION: BEYOND THE REALM OF BOOKS" On: 16th SEPTEMBER 2020

Speakers:
 Dr. Gareth Wallis(UK); Dr. Mansi Chopra(India);
 Dr. Keren Susan Cheria(India)

Mandatory (Free) Registration:
 (10th to 1:00 PM on 16th September) at :
<https://forms.gle/2Wp2wADP3jK7P>

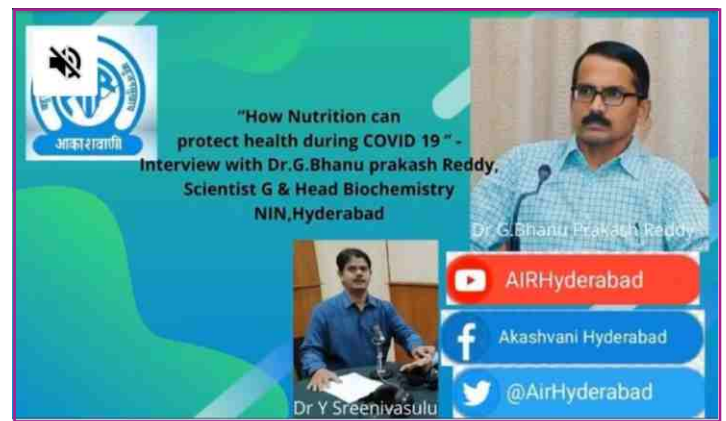
Programme:
 2:00 -4:00 PM: Webinar
 4:00 – 6:00 PM: Feedback and Certificates

HOD: Dr. Bharti Kulkarni; Convener: Dr. Prii Rishi Lal; Coordinator: Dr. Hari Krishna; Organizers: Dr. Jagadish Rowde; B. Ms. Sakrati Dey

India's National Nutrition Month, September, 2020. This webinar was convened by Dr. Priti Rishi Lal, Assistant Coordinator (Sports Nutrition), on 16th September 2020. The first part of the webinar series is designed to present evidence based research. **Dr. Gareth Wallis**, Associate Professor, Exercise Metabolism & Nutrition, from the School of Sport, Exercise & Rehabilitation Sciences, College of Life and Environmental Sciences, University of Birmingham, United Kingdom, shared real time evidence on “Carbohydrate intake and recovery in Sports.” The second speaker, **Dr. Mansi Chopra**, Consultant, Exercise Metabolism, Food and Nutrition, imparted insight on the methodology of Energy expenditure measurements, with detailed explanation on the Heart rate method. **Dr. Keren Susan Cherian**, Scientist B, ICMR-NIN, shared evidence and taught the skill of measuring Energy Expenditure amongst athletes. The webinar uploaded on YouTube has reached to 3.500 viewers within a week.



- **Dr. M. S. Radhika** and **Dr. SubbaRao M. Gavaravarapu** together coordinated a virtual Symposium on Sthaniya Ahaaram Sampannam Poshanam (Local foods are rich in Nutrition) jointly organised by ICMR-NIN and Tata Sampann from 29th - 30th Sept. The two-day symposium had four Panel Discussions on “Balancing convenience and nutritional needs”, “Indian food and its nutrition through history”, “Indian way of nutrition” “Best food practices and healthy eating” over 11.3k people viewed the symposia online.



- Dr. A. Laxmaiah, Scientist G delivered a talk at Doordharshan on Poshan Abhiyaan programme and its status in India and Telangana

- An interview with Dr. G. Bhanuprakash Reddy, Scientist G on “Micronutrients, Nutrition during CoVID Times” was broadcasted in Telugu on All India Radio, Hyderabad (6th Sept.).

NIN-Doordarshan collaborative series of live interactive phone-in programmes on DD Yadagiri



- As part of Poshan Maah, Dr. SubbaRao M. Gavaravarapu, Scientist E & Head, NICHE Division, spoke and answered viewers' queries on various aspects of #FoodLabelling (26th Sept.).

- Dr. D. Raghunatha Rao, Scientist F (Retd.) and currently Consultant, POSHAN Abhiyaan Project, spoke and answered viewers' queries on various aspects of nutrition (19th Sept.).

HINDI WEEK CELEBRATIONS (14th - 18th Sept.)



- As part of Hindi Week Celebrations various competitions for promotion of Hindi Language were conducted to the staff, research scholars and students of NIN under the supervision of Dr. S. N. Sinha, Scientist F & Convener of the celebrations. On the concluding day he welcomed Dr. Hemalatha R, Director for presentation of certificates to the winners of the competition including mementos to the volunteers of the event.

WEBINARS PARTICIPATED

Dr. Hemalatha R, Director, ICMR-NIN

- An Inaugural Address was delivered for “A virtual Symposium” jointly organised by ICMR-NIN and TATA Sampann. (29th Sept).

Dr. A. Laxmaiah, Scientist G

- Participated as Panelist for IAP Nutrition Chapter – Nutri-webinar National Nutrition Week 2020 Theme – Eat Right: Bite by Bite (1st Sept).
- Participated as invited speaker through webinar on “Role of indigenous food items in health and diseases: A perspective from Uttarakhand” during observation of National Nutrition Week and delivered talk on “Eat local, Think Global: Benefits of consuming locally available food in health and disease” organized by AIIMS, Rishikesh (1st Sept).
- Participated as Panelist for the session “Healthy children for healthy nation: Laying the right foundation with awareness and availability of adequate nutrition against hunger, malnutrition and obesity” during the Inaugural Edition of Bharat Nutrition Week organized by Integrated Health & Wellbeing Council, New Delhi (3rd Sept).
- Participated in Webinar on “Community-based Strategies to address Acute Malnutrition in India” and delivered talk on Experience and development of “Balamrutham Plus (THA) in Telangana”, organized by The Coalition of Food and Nutrition Security, New Delhi (4th Sept).
- Participated in the Webinar on Nutri-garden as the bridge between agriculture and nutrition” and delivered a talk on “Establishment of Nutrition Surveillance System (NSS)” in 6 states as one of the objective to promotion of Nutrition Garden in Anganwadi Centres 2020 organized by CFNS, New Delhi (5th Sept).
- Participated in the Webinar on “Nutrition in the context of COVID-19 – what we have learnt so far” organized by WHO, Africa region (10th Sept).
- Attended in the Webinar on National Conference on Nutrition & Health on the theme “Malnutrition Free India via Gender Friendly Initiative” and participated as Speaker in Plenary Session “Protecting, promoting and supporting nutritional health by ensuring service” organized by AIIMS, Mangalagiri, Andhra Pradesh (12-13th Sept).
- ICMR-NIN Co-hosted with IFPRI and others an International Webinar on “Delivering for Nutrition in India: Insights from Implementation Research” and participated as Co-Chair in the scientific session “What we Eat in India” (14-18th Sept).
- Attended Webinar on “Poshan Abhiyan – in view of the Poshan Maah Celebrations 2020” and delivered a talk on “Establishment of NSS in India – a leveraging and nutrition delivering system” organized by Ministry of Information & Broadcasting, Hyderabad (22nd Sept).
- Attended webinar on Women in Agriculture organized by FICCI (25th Sept).
- Attended webinar on “Positioning of Millets for Emerging Nutrition Markets” organized by Nutrihub, ICAR-Indian Institute of Millets Research, Hyderabad and delivered a talk on “Health and Nutrition Benefits of Millet Consumption” (28th Sept).

- Delivered Key note address on “Dietary Risk Factors for Non-communicable Diseases and its Dietary Management” in the National Webinar on “Nutritional Guidelines for Non-communicable Diseases”, organized by Govt. DB Girls PG (Auto.) College, Raipur with IDA, Chhattisgarh (30th Sept).

Dr. M. Maheshwar

- As invited speaker, delivered a talk on “Diet & Health Management”, in the National Webinar on “Nutrition for health wellbeing”, organized by Dept. Of Nutrition, Midnapore College, West Bengal (30th Sept.).

Dr. GM SubbaRao

- Invited to deliver a talk on “Policy convergence and Communication for promoting nutrition” Zonal webinar as part of National Nutrition Week jointly organised by NetProFan Nagpur Chapter and Indian dietetic Association Nagpur chapter, AFST-I Nagpur Chapter (3rd Sept.).
- Invited as a panelist in the panel discussion on “Nutrition Communication – rhetoric Vs reality: nudging food businesses to reformulate their products and provide better, correct nutritional information to consumers” as part of the Bharat Nutrition Week 2020 organised by Integrated Health and Well-being Council, New Delhi (6th Sept.).
- Delivered an invited talk on 'Food Risk Communication' in a webinar on Food Risk Analysis as part of the National Food Safety Webinar Series organised by Department of Food Science and Technology, Pondicherry University, Puducherry (10th Sept.).
- Invited to deliver a guest talk online on “Making sense of nutrition and food safety information in COVID19 times” to the students of DBT Sponsored Post Graduate Diploma Course on Genetic Counseling at the Institute of Genetics and Hospital for Genetic Diseases, Osmania University on (16th Sept.).
- Participated on a Radio Talk show on 'Reading Food Labels for Healthy Food Choices' (in Telugu) as part of Poshan Maah Celebrations on All India Radio (AIR) Hyderabad on 17th Sept.).
- Delivered an invited lecture on 'Promoting Diet Diversity – Being vocal for local' in the international Webinar on Nutrition Scenario: Present & the Future organised by Maharani Kasiswari College, Calcutta University as part of the National Nutrition Month (18th Sept.).
- Invited speaker in the National Webinar Series on Harnessing potentials of food enterprise and food safety management: Crisis to prospects during the pandemic organised by the Symbiosis Institute of Health Sciences and Nutrition Society of India (NSI), Pune Chapter. Delivered a talk on 'Dealing with the infodemic in the pandemic – Implications for Nutrition and Food Safety'
- Invited as a resource person to deliver two lectures- “Nutrition Education” and Behavior Change Communication”; “Integrating Nutrition into Agriculture Extension Services” in the Online Training Programme on Nutrition Sensitive Agriculture for Sustainable Development organised by National Institute of Agricultural Extension Management (MANAGE), Hyderabad (22nd - 23rd Sept.).
- Invited to Speak on 'Public Health Nutrition Communication' on 25th Sept. 2020 in the National Webinar series organised as part of Campaign for Healthy Nation organised by Government Nehru PG College, Dongargarh, Chattisgarh (24th - 30th Sept.).

STAFF NEWS

Retirement

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



Dr. Amulya Rao
Technical Officer-C



Mr. V. Elisha
Administrative Officer (Jr. Gr)



Mr. Syed Mohammed Ali
Sr. Technician-1



Mr. P. Dasarath
Technician C