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INDIAN COUNCIL OF
MEDICAL RESEARCH
NIN
NATIONAL INSTITUTE
OF NUTRITION

रा.पो.सं. मासिक सूचना-पत्र

NIN Monthly Newsletter

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Celebration of Independence Day | Azadi Ka Amrit Mahotsav 2022

Dr. Hemalatha R, Director, ICMR-NIN hoisted the National Flag on 76th Independence Day. Dr. A. Laxmaiah, Scientist G & HoD, Division of Public Health Nutrition, Dr. Bhanuprakash Reddy, Scientist G & HoD, Biochemistry Division, Dr. J. J. Babu, Scientist F & HoD, Clinical Epidemiology Division and Mrs. B. Parassacty, Senior Administrative Officer, also participated in the event.



Director presented awards & certificates to the winners of competitions conducted as part of the Azadi Ka Amrit Mahotsav 2022 on 15th August.



Elocution and Patriotic Songs Competitions conducted as part of the Azadi Ka Amrit Mahotsav witnessed enthusiastic participation of students and staff. Elocution brought out oratory skills of students and songs invoked a deep sense of togetherness of the country on 8th August.



Rangoli Competition organised as part of the Azadi Ka Amrit Mahotsav celebrations on 14th August, witnessed excellent display of talent by staff & students. They depicted messages of nationalism and nutrition in several hues and colours.



75 Healthy Traditional Recipes contest as part of Azadi Ka Amrit Mahotsav was enthralling. A wide range of recipes & diverse cuisines were displayed. Response from students & staff was overwhelming with ~147 entries.



Inauguration of renovated labs in the Clinical Epidemiology Division



Director seen inaugurating the renovated labs in the Clinical Epidemiology Division on 15th August.

WORLD BREASTFEEDING WEEK CELEBRATIONS

A Symposium was conducted on 4th August as part of the World Breastfeeding Week Celebrations. A key note address by Dr. Usha Rani, Prof & HOD, Dept. of Paediatrics, Niloufer Hospital and opening remarks was made by the Director, NIN.



Awareness & Interactive session conducted by the scientists of Clinical Epidemiology & Maternal & Nutrition Divisions of our Institute at Jawahar Nagar slum area of Hyderabad, witnessed an excellent participation of mothers of new-borns on 6th August.



Awareness programme on breastfeeding, maternal & child nutrition conducted by the staff of Nutrition Information, Communication & Health Education (NICHE) Division at Chinnanarayanpur village, Nalgonda Dist., Telangana. Adolescent girls & mothers participated in the event.



A team from the Model Rural Health Research Unit (MRHRU), Chandragiri, working under ICMR-NIN has conducted a Breastfeeding awareness programme at Chavatalakva settlement in Andhra Pradesh on 7th August.



CONGRATULATIONS

Dr. Hemalatha R, Director, ICMR-NIN on receiving Dr. Anandi Gopal Joshi Award 2022 from the International Society for Medical Food and Nutrition at the World Congress for Medical Food and Nutrition 2022 in Udaipur, Rajasthan on 20th August.

Three scientists from NIN - **Dr. Bhanuprakash Reddy**, Scientist G & HoD, Division of Biochemistry, **Dr. Paras Sharma**, Scientist D, Division of Food Composition & Nutrient Analysis & **Dr. I. I. Meshram**, Scientist F, Division of Public Health - figured in the top 10 scientists of ICMR in the AD Scientific Index 2022.

Ms. Athira Anilkumar [CSIR-SRF] has received an award [IUNS Early Career Travel Grant] to present a poster entitled "Vitamin D deficiency and insufficiency leads to cardiac atrophy in a rat model" at the 22nd International Congress of Nutrition (22nd IUNS-ICN), to be held at Tokyo, Japan in December, 2022.



Scientific Advisory Committee (SAC) Meeting of ICMR-NIN held on 30th August



SPECIAL EVENT

A multidisciplinary team led by Dr JJ Babu, Head, Clinical Epidemiology Division investigating the health hazard of mysterious gas leakage in an international brand apparel factory at Anakapalle upon the request of AP Govt. on 7th August.



WEBINARS/ MEETINGS ORGANIZED/ PARTICIPATED



Renowned Epidemiologist **Dr. Jayaprakash Muliyl**, Former HoD, Department of Community Medicine, Christian Medical College, Vellore was invited to conduct a three day Epidemiology workshop - "Introduction to Quantitative Research" for all the junior and mid-career scientists held from 16-18 August.

Dr. Hemalatha R, Director

- Chief Guest at the Foundation Day Celebrations of ICAR-Indian Institute of Oilseeds Research, Hyderabad and delivered a Foundation Day lecture on "Recommended Dietary Allowances and Dietary Guidelines on Oils and Fats" on 1st August.
- Attended a Symposium on "Step Up for Breast-feeding: Educate and Support", as part of World Breastfeeding Week Celebrations held at ICMR-NIN, organized by Clinical Epidemiology Division, ICMR-NIN held on 4th August.
- Panellist for National Webinar on "How to improve early initiation of breastfeeding at health facilities and further strengthening exclusive breastfeeding rates", as a part of World Breastfeeding Week 2022, organized by the Ministry of Health & Family Welfare, Child Health Nutrition Division, New Delhi, held on 5th August.
- Meeting to discuss on the final report regarding revision in Nutritional Norms contained in Schedule-II of the National Food Security Act, organized by the Ministry of Consumer Affairs, Food and Public Distribution, Department of Food and Public Distribution, New Delhi on 8th August.
- As External Invited Member, attended the 1st Governing Body Meeting of Assam Millet Mission virtually, organized by the Government of Assam, Agriculture Department, Dispur, Guwahati held on 16th August.
- Discussion on Dietary Guidelines for Indians with experts on an offline mode on 18th August.
- Invited as Guest of Honour in the 2nd World Congress on Medical Food and Nutrition and bestowed with prestigious Dr. Anandi Goyal Best Nutritionist Award 2022, organized by the International Society for Medical Food and Nutrition, Udaipur on 20th August.
- Invitee for the first meeting of the "Technical Advisory committee on State Level Nutrition Survey", organized by the Department of Women and Child Development, Karnataka on 22nd August.
- Attended Technical Advisory Group (TAG) meeting to review the progress made in the study entitled, "Impact evaluation of 'screen and treat' approach for anaemia reduction: a cluster randomized trial in rural Telangana", organized by ICMR held on 23rd August.

Dr. SUBBARAO M GAVARAVARAPU

- Attended the virtual meeting of the core team members of the ICMR Health Communication course jointly organised by ICMR and Global Health Strategies with Mudra Institute of Communications and Advertising (MICA) on 12th August.
- Attended the meeting of the partners of NutriAIDE project organised by Augsburg University, Germany virtually on 24th August.
- Invited to attend the 2nd Advisory group meeting of the Let's Fix Our Food Research partners conducted virtually by Public Health Foundation of India (PHFI), New Delhi on 30th August.



Dr. Hemalatha R, Director felicitated at the Foundation Day Celebrations of ICAR-Indian Institute of Oilseeds Research, Hyderabad

Dr. SYLVIA F RAO, Scientist E, Extension & Training Division, and **Dr. SWATHI CHITRA P**, Project Teaching Associate, MYAS-NIN Department of Sports Science, with the first year M.Sc. Applied Nutrition and Sports Nutrition students participated in an extension activity in a Government school, Chippalapalli village, RR District, Telangana, supported by the Swashodhan Trust on 10th and 26th August. Various awareness programs were conducted including developing a nutrition garden, composting pit using kitchen and garden waste, rainwater soak pit on their school premises, and the importance of being physically active. To encourage and motivate participation, gifts and seasonal fruits were distributed at the end of the visits.



TRAINING PROGRAMS/ACADEMIC

Ad-hoc Training program under the supervision of Dr. S.S.Y.H. Qadri, Scientist-F & Head, NIN Animal Facility was conducted on "Animal Handling, Experimentation, Welfare, and Pre-clinical Toxicology" for the Faculty and PG Scholars of Government Nizamia Tibbi College, Hyderabad and Dr. BRKR Government Ayurvedic College, Hyderabad from 22nd to 25th August.



The M.Sc. (Applied Nutrition) students (Batch 2020-22) presented their internship reports on 19th August. 20 students completed their Dietetic internship at various NABH accredited Hospitals all over India under the guidance of a registered dietitian.

PAPERS PUBLISHED/ ACCEPTED FOR PUBLICATION

- Korra Mangthya, Pradeep B. Patil, R. Ananthan, K. Subash, T Longvah, SSYH Qadri. Effect of 3 months-feeding of a powder diet fortified with chilli (Guntur, bird's eye, and naga king) on superoxide dismutase levels in SD rat. Vol. 8 Issue. 7 (July-2022) EPRA International Journal of Multidisciplinary Research (IJMR).
- Korra Mangthya, Pradeep B. Patil, R. Ananthan, K. Subash, T Longvah, SSYH Qadri. Evaluation of Superoxide dismutase levels in rodent visceral organs and tissues after feeding a diet fortified with chilli for three months. Vol. 8 Issue. 8 (August-2022) EPRA International Journal of Multidisciplinary Research (IJMR).

One week training program on “Food based nutritional security for malnourished population of rural HHs by Establishing Nutrition Garden and Nutrition education-An Intervention Research” for the project staff from different state units in the evaluation study of MSSRF Nutri-Garden. The study is in progress in Odisha (Koraput Dt), Tamil Nadu (Tiruvallur Dt), Maharashtra (Phalghar) and Uttar Pradesh (Kanpur Dehat Dt.) (26th August).



JOURNAL CLUB

A Guest Lecture delivered by **Dr. Sailendra Nichenametla**, Associate Scientist from Orentreich Foundation for Advancement of Science, USA on “How Sulfur-containing Amino Acid Restriction (SAAR) - A unique dietary intervention, induces multiple health benefits and extends lifespan” on 10th August.



Dr. Sai Ram Challa, Scientist E (Medical), Clinical Division delivered a talk on “Basis of food classification systems; Critical analysis of their purpose, scientific basis, & distinguishing features by thematic analysis of the category definitions” on 12th August.



Ms. JS. Tejaswini, MSc (Sports Nutrition) spoke on 'Honouring and preserving the nutritional heritage of India for future use' Young Mind Ideas, on 12th August.

STAFF NEWS

Retirement

We bid farewell to **Mr. Mohd. Chand**, Lab Assistant-1 on the eve of his retirement on attaining superannuation.



व्यथा का निवारण के लिए अभ्यावेदन की भाषाएं:

Languages to be used in the representation for redressal of grievance:

अनुच्छेद 350: किसी शिकायत के निवारण के लिए संघ या राज्य के किसी पदाधिकारी को, यथास्थिति, संघ में या राज्य में प्रयोग होने वाली किसी भाषा में अभ्यावेदन देने का, प्रत्येक व्यक्ति को हक होगा.

Article 350: Every person shall be entitled to submit a representation for the redressal of any grievance to any officer or authority of the Union or a State in any of the languages used in the Union or in the State, as the case may be.