



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

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

संपादक: डॉ. एम. महेश्वर

सितम्बर 2025

Vol. 62 No: 9

Editor: Dr. M. Maheshwar

September 2025

## INDEPENDENCE DAY CELEBRATIONS



On the occasion of the 79<sup>th</sup> Independence Day of India, Dr. Bharati Kulkarni, Director, ICMR-NIN, hoisted the National Flag- Tiranga and addressed the staff of the Institute.

In her speech, she emphasized the importance of coordinated research efforts to address pressing challenges such as malnutrition and obesity, and urged everyone to work collectively towards realizing the vision of a Viksit Bharat by 2047.



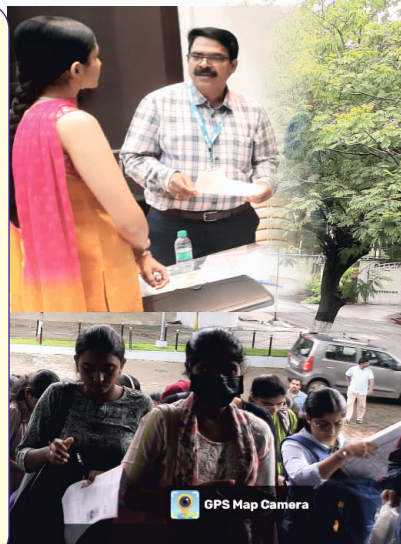
## ADMISSION COUNSELLING FOR M.Sc. COURSES AT NIN



The Extension & Training Division of ICMR-NIN successfully conducted open/spot counseling for admission into the new batch (2025–27) of the M.Sc. Applied Nutrition and M.Sc. Sports Nutrition programmes, affiliated to AcSIR on 19<sup>th</sup> August 2025.

A total of 101 candidates attended, and all available seats were filled based on candidates' merit in the all-India entrance examination.

The counselling process was supervised by Dr. M. Maheshwar, Scientist F & HoD, ET Division; Dr. C. Suresh, Scientist G & HoD, Cell Biology Division & Convenor, M.Sc. Curriculum Committee.

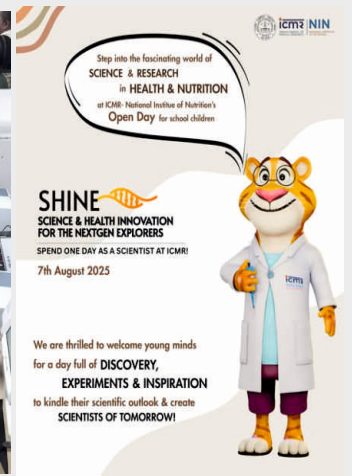


## Visit of Dr. Rajiv Bahl, Secretary, (DHR) & DG, ICMR to NIN (29<sup>th</sup> August)



## Schoolchildren visit ICMR-NIN under SHINE initiative

Schoolchildren thronged the ICMR-NIN campus to explore science and research, and to interact with scientists, as part of the Science & Health Innovation for NextGen Explorers (SHINE) initiative of the ICMR. The programme provided young students with an opportunity to gain exposure to cutting-edge research in health and nutrition, inspiring them to pursue scientific curiosity and innovation (7<sup>th</sup> August).



## MRHRU, Chandragiri organised SHINE Open Day & Independence Day Celebrations

As part of the Science & Health Innovation for NextGen Explorers (SHINE) initiative of the ICMR, the Model Rural Health Research Unit (MRHRU), Chandragiri, organized an Open Day for rural schoolchildren.

The event aimed at kindling scientific temper and curiosity among young learners, encouraging them to view science as a pathway to innovation and contribute to the vision of Viksit Bharat 2047.



The MRHRU, Chandragiri, AP, celebrated the Independence Day on 15<sup>th</sup> August with patriotic fervor. Dr. J.J. Babu, Scientist G & Nodal Officer, along with scientists from the Clinical Epidemiology Division, ICMR-NIN participated in the celebrations and paid tribute to the nation.



## INDUCTION PROGRAMME & LAUNCH OF AcSIR SCIENCE CLUB

The Science Club at ICMR-NIN was inaugurated on 28<sup>th</sup> August following AcSIR guidelines. Dr. Challa Suresh, Scientist G & AcSIR Coordinator, introduced the club, which aims to foster scientific curiosity, teamwork, and research skills through seminars, workshops, and interactive sessions. Future plans include expanding outreach and launching innovative initiatives for students and faculty.



## E-Dialogue series: Let's Fix Our Food

A series of e-dialogues under Let's Fix Our Food – Nutrition Literacy and Improvement of Food Environments (LFOF-NULIFE), in collaboration with Resolve to Save Lives, was conducted on 12<sup>th</sup> August 2025.

The session, titled "Creating Healthy School Food Environments: What Works & Why?", built on the momentum of the LFOF consortium initiatives to promote evidence-based policy actions for improving food environments.

Nutrition Literacy and Improvement of Food Environments (NULIFE) **Let's Fix Our Food**

**2nd E- Dialogue Series**  
Date: 12 Aug 2025  
Time: 10:30 am – 12:30 pm IST

**Creating Healthy School Food Environments: What Works & Why?**

Welcome Address (10.30 to 10.35 am)	 <b>Dr. Bharati Kulkarni</b> Director, ICMR- National Institute of Nutrition (ICMR-NIN), Hyderabad
Opening Remarks (10.35 to 10.40 am)	 <b>Dr. Subba Rao M Gavaravarapu</b> Scientist F & Head, NCHRE Division, ICMR-NIN, India
	 <b>Dr. Sanjay Pandey</b> Lead Consultant NCD & Economic Advisor, GHAI India
	<b>Overview of LFOF-NULIFE (10.40 to 10.45 am)</b>

## MEMORANDUM OF UNDERSTANDING

ICMR-NIN has signed a Memorandum of Understanding (MoU) with The Art of Living-Sri Sri School of Yoga (SSSY) and Veda Vignana Maha Vidya Peeth-Sri Sri Institute for Advanced Research. This collaboration enables ICMR-NIN to benefit from TAOL-SSSY's rich expertise in yoga, pranayama, and meditation.

The MoU lays the foundation for joint research initiatives in sports nutrition, focusing on yoga-based interventions to improve physical performance, build endurance, and support recovery.

A key highlight of the partnership is the launch of a Postgraduate Diploma Certification Course in Yoga for NIN students. This programme will equip upcoming researchers and public health professionals with formal training in yoga and its therapeutic benefits, fostering a new cadre of scientists capable of developing integrative and holistic approaches to health. Dr. Dr. Devaraj J. Parasannanavar, Scientist D, Clinical Epidemiology Division & Mr. Vankudavath Rajunaik, Scientist D, Maternal and Child Health Nutrition Division were seen in the photograph.



### Dr. G. BHANUPRAKASH REDDY



- Delivered a talk on 'Micronutrient status in elderly Indians with high risk CAIDE score for dementia'.
- Chaired a session on "Basic Research in Nutrition."

### Dr. SUBBARAO M GAVARAVARAPU



- Congratulations on receiving Fellow of the International Union of Nutritional Sciences (IUNS) Award.
- Presented a paper on "Evaluating Front-of-Pack-Nutrition-Label (FoPNL) Formats among Consumers across Economic Strata for Informing Regulation in India? A Countrywide Cross-sectional Quasi Experimental Study."

### Dr. DEVARAJ J. PARASANNANAVAR



- Presented a short oral paper titled "Development of Microbiota-Directed Finger Millet (MDFM) Product for Under-nourished Preschool Children".
- Presented an e-poster titled "A Randomized Controlled Trial to Assess the Effect of a Cooked Millet Diet on Hemoglobin and Other Micronutrient Status Among Anemic Women of Reproductive Age,"



ICMR-NIN Scientists attended and presented papers and e-posters and International Union of Nutritional Sciences –International Congress of Nutrition (IUNS–ICN) 2025, held from 24<sup>th</sup>-29<sup>th</sup> August at Paris, France.

### Dr. R. NAVEEN KUMAR



- Presented a research paper on "Association of Household Water, Sanitation, Food Hygiene Practices, and Microbial Contamination with Childhood Stunting: Insights from the Action Against Stunting Hub."

### Ms. NIKHITA B. R.

Ph.D. Scholar, Division of Clinical Epidemiology

- Delivered an oral presentation on "Evaluating Nutrient Variability in Finger Millet Varieties Due to Different Processing Techniques."
- Presented an e-poster on "A Randomized Controlled Trial to Assess the Effect of Finger Millet-Based Diet Supplementation on Anthropometry and Body Composition Among Preschoolers Aged 2–5 with Moderate Acute Malnutrition (MAM) Compared to Existing Wheat- and Rice-Based Diets."



### Mr. SOUMAM DUTTA

UGC-SRF, Department of Endocrinology

- Presented a poster on "Vitamin D3 is more effective in improving the skeletal functions than Vitamin D2 in a rat model," in "Basic Nutrition Research." He was awarded a travel grant from the following agencies to attend the congress: ANRF-International Travel Support-Young Scientist Category, Govt. of India DBT-CTEP Travel Grant.



### Dr. BHARATI KULKARNI, Director

- Attended a meeting to discuss update on Institutional Priority Research Projects with NIN HoDs. (5<sup>th</sup> August).
- Attended a meeting with Department of Women Development & Child Welfare – SNP & AL Programme for revision of Food Models and recommendations for Food Diversification (5<sup>th</sup> August).
- Attended a Scientific Committee Meeting for Preventive Intervention Package group for “Cancer Prevention and Control in Sikkim” (8<sup>th</sup> August).
- Participated in a review meeting under the chairmanship of Dr.Pramod Kumar Meherda, Additional Secretary (IC), Dept. of Agriculture and Farmers Welfare concerning State of Food Security and Nutrition in the World (19<sup>th</sup> August).
- Attended ICMR Senior Management Team (SMT) meeting was held at NIN on 20<sup>th</sup> August, under the chairmanship of Dr. Rajiv Bahl, Secretary to the Government of India, Department of Health Research, and Director General, ICMR. The meeting brought together senior leadership to review institutional progress and discuss strategic priorities.
- Attended a meeting of the Directors of the AcSIR Research Institutes organized by Director-AcSIR (25<sup>th</sup> August).
- Attended a meeting with World Bank team to discuss potential collaborations in nutrition (26<sup>th</sup> August).
- Took part in a meeting with Dr.Vaibhav Tidke, CEO Science for Society Technologies to discuss collaboration with NIN (28<sup>th</sup> August).

### Dr. SUBBARAO M GAVARAVARAPU

- Represented the 'Let's Fix Our Food' Consortium a meeting to explore potential linkages and alignment between the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD) program with the Let's Fix Our Food – NULIFE initiative was organized by RTSL and held on 1<sup>st</sup> August 2025 at Nirman Bhawan, MoHFW, New Delhi.
- Attended the 2<sup>nd</sup> meeting of the Reconstituted Expert Committee on Front-of-Package Nutrition Labelling (FOPNL) of the Food Safety and Standards Authority of India (FSSAI) (virtually) (4<sup>th</sup> August).
- Attended a virtual meeting with the CEO FSSAI as a member of an Expert Committee on Front-of-Pack Nutrition Labelling (FOPNL), (5<sup>th</sup> August).
- Attended the 3<sup>rd</sup> meeting of the Reconstituted Expert Committee on Front-of-Package Nutritional Labelling (FOPNL) of FSSAI (virtually) (11<sup>th</sup> August).
- Chaired the 54<sup>th</sup> Meeting of Scientific Panel on Labelling & Claims/ Advertisements," held at FSSAI, FDA Bhawan, New Delhi (12<sup>th</sup> August).
- Invited to deliver the keynote address as part of the National Stakeholder Consultation on "Comprehensive Analysis of Regulatory Framework on Food Labelling, Advertisement and Claims," held at Vigyan Bhavan, New Delhi (13<sup>th</sup> August).
- Attended the meeting of the DHR Travel Grants Committee virtually (14<sup>th</sup> August).
- Attended 1<sup>st</sup> Annual Performance Review Meeting of the National Health Research Priority Project - STEPS India - Intervention Package, at ICMR HQ -New Delhi (20-21<sup>st</sup> August).
- Attended a breakfast meeting with consortium partners of "Lets Fix Our Food" and Global Health Advocacy Incubator (GHA) at New Delhi (21<sup>st</sup> August).

### Dr. K. RAJENDER RAO

- Delivered an invited talk on “You are what you eat: diet gene interaction,” in Telangana Science Congress–2025 (TSC-2025) jointly organised by Telangana Academy of Sciences and Kakatiya University, Hanumakonda, Warangal (19<sup>th</sup> -21<sup>st</sup> August).



## Dr. SHOBI VELERI

- Participated in the 3<sup>rd</sup> Annual ARUMDA Symposium held at the Tata Institute of Fundamental Research, Hyderabad (1<sup>st</sup>-2<sup>nd</sup>, August).

## Dr. PHILIP RAJ

- Congratulations on receiving "Visiting Scientist Fellowship" from the Indian National Science Academy (INSA) for the year 2025-26. The fellowship is for one month under the mentorship of Dr. Prakash Motiram Halami, Chief Scientist & Professor-AcSIR, Department of Microbiology and Fermentation Technology, CSIR-CFTRI, Mysore.



## Ms. ANJUSHA BHASKER, SRF, Drug Safety Division

- Delivered an oral presentation entitled 'Deciphering the impacts of maternal protein and folic acid deficiencies at critical windows of embryonic development in mice' in the 3<sup>rd</sup> Annual ARUMDA Symposium held at the Tata Institute of Fundamental Research, Hyderabad (2<sup>nd</sup> August).

## PAPERS PUBLISHED/ACCEPTED FOR PUBLICATION

- JK Singh, S Djiazet, PB Devi, HN Ghomdim, GB Reddy, D Kavitate, PH Shetty. Enhanced antibacterial potential of exopolysaccharide-stabilized spice oil emulsions against foodborne pathogens. Front Nutr. 2025 July; 12:1624274.
- KK Kalahasti, S Jakhotia, M Nagaraju, SS Reddy, GB Reddy. Functional food prevents diabetic nephropathy in a rat model through inhibition of aldose reductase and accumulation of advanced glycation end-products. Pharma Nutr. July 2025; 33:100446.

## LIVE PHONE-IN PROGRAMME

In a live phone-in programme on DD Yadagiri - Telangana held on 5<sup>th</sup> August, Dr. Mahesh Kumar, Scientist D participated & responded to callers queries on 'Micronutrients and their deficiencies'.



### अनुच्छेद: 351. हिंदी भाषा के विकास के लिए निदेश

संघ का यह कर्तव्य होगा कि वह हिंदी भाषा का प्रसार बढ़ाए, उसका विकास करे जिसका वह भारत की सामासिक संस्कृति के सभी तत्वों की अभिव्यक्ति का माध्यम बन सके और उसकी प्रकृति में हस्तक्षेप किए बिना हिंदुस्थानी में और आठवीं अनुसूची में विनिर्दिष्ट भारत की अन्य भाषाओं में प्रयुक्त रूप, शैली और पदों को आत्मसात करते हुए और जहां आवश्यक या वांछनीय हो, वहां उसके शब्द भंडार के लिए मुख्यतः संस्कृत से और गौणतः अन्य भाषाओं से शब्द ग्रहण करते हुए उसकी समृद्धि सुनिश्चित करें.

### Article: 351. Directive for development of the Hindi language

It shall be the duty of the Union to promote the spread of Hindi language, to develop it so that it may serve as a medium of expression for all the elements of the composite culture of India, to secure its enrichment by assimilating without interfering with its genius, the forms, style and expressions used in Hindustani and in the other languages of India specified in the Eighth Schedule, and by drawing, wherever necessary or desirable, for its vocabulary, primarily on Sanskrit and secondarily on other languages.

### Motivational Quotes

अपने लक्ष्य के लिए जोशीले और जुनूनी बनिएं..विश्वास रखिए, परिश्रम का फल सफलता ही है...!  
Be zealous and passionate about your goal... have faith, success is the result of hard work...!

समझनी है जिंदगी तो पिछे देखो, जीनी है जिंदगी तो आगे देखो...  
If you want to understand life then look back, if you want to live life then look ahead...

जिंदगी का सफर मानो तो मौज है वरना समस्या तो रोज है  
If you consider life as a journey then it is fun otherwise there are problems every day.

घायल तो यहां हर परिंदा है। मगर जो फिर से उड़ सका वहीं जिंदा है..  
Every bird here is injured. But the one who could fly again is alive.