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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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VIGILANCE AWARENESS WEEK 2023 (30th October to 5th November)

The Vigilance Awareness Week 2023 culminated with guest lecture by Shri KC Reddy, former IPS Officer, former Chief Security Advisor and Field Security Coordination Officer, United Nations, former Chief of Security, UN Field Missions, UN Peacekeeping Operations, and recipient of The President's Police Medal spoke on "Say no to Corruption, Commit to the Nation" (3rd November).



Essay Writing Competition conducted as part of the Vigilance Awareness Week theme "Say no to corruption; Commit to the Nation" on 2nd November and also, prizes were distributed to the winners.



COMMUNAL HARMONY CAMPAIGN WEEK (9th to 25th November)

Extension & Training Division conducted Essay writing and Poster presentation competitions on “Communal Harmony for progress of the Nation” on 22nd November as part of observance of “Communal Harmony Campaign Week”, from 19th to 25th November under the National Foundation for Communal Harmony (NFCH), Ministry of Home Affairs, Govt of India. The Unity & Harmony stickers received from NFCH were distributed to the students and staff for fostering Harmony, Peace & National Integration (23rd November).



An event, under the guidance of the Director Dr. Hemalatha R, ICMR-NIN, for the adoption of TB patients under the Ni-kshay Mitra-Nutrition support to TB Patients Program, under Pradhan Mantri TB Mukh Bharat, was conducted by ICMR-NIN on 1st November at TB Center, Uppal. Nutrition kits, consisting of 30 eggs each, whole grains, pulses, groundnut, and other essential nutrients, were distributed to 22 TB patients. The event was attended by the entire staff of Uppal TB Center, including the Chief Guest Dr. G. Bhanuprakash Reddy, Scientist G and Head, Biochemistry Division, Dr. Santosh Kumar B, Scientist-D, Division of Maternal and Child Health Nutrition and Mr. S. Laxman, Technical Officer and Nodal Officer. Ni-kshay Mitra TB Adoption Program was organized by ICMR-NIN, with Dr. Santosh Kumar serving as its Convener.



MEETINGS/WEBINARS/WORKSHOPS/TRAINING PROGRAMS ORGANIZED/PARTICIPATED

55th ANNUAL CONFERENCE OF NUTRITION SOCIETY OF INDIA (NSI)



"CAMPUS TO CORPORATE" - A 3-DAY WORKSHOP TO MSc STUDENTS

A three-day workshop was organized from 14th to 16th November for students pursuing M.Sc. Courses in Applied Nutrition and Sports Nutrition for the sessions 2022-24 & 2023-25, in addition to their regular curriculum. Prof. Dr. Alapati Srinagesh, a renowned Soft Skills and Management Trainer & Psychologist from Hyderabad, conducted the workshop sessions. The workshop encompassed various subjects, starting with an exploration of job descriptions and extending to discussions on professional culture and etiquette. The program was Coordinated by Dr.M. Maheshwar, Scientist-F & HoD, ET Division, Dr. C. Suresh, Scientist-F & HoD, Cell Biology Division, Dr. Sylvia F. Rao, Scientist-E and Dr. Swathi Chitra Pasupulati, Teaching Associate, ET Division.



TRAINING PROGRAM

NIN Animal Facility conducted an Ad-hoc training program on Animal Handling and Breeding Techniques to Unani PG Students from Government Nizamia TIBBI College, Charminar, Hyderabad (1st -3rd November).



A basic Fire Safety Training along with practical demonstration of portable fire extinguishers on live fire was conducted for ICMR-NIN staff through State Disaster Response and Fire Services Department, Govt. of Telangana on 16th November, to enhance the fire safety awareness among the staff to avoid/ respond to the fire mishaps. Most of the staff attended the fire safety training and operated the portable fire extinguishers on the live fire under the guidance of Fire Officer, State Disaster Response and Fire Services Dept, Govt of Telangana.



Dr. HEMALATHA R Director

- Meeting with THSTI, External Monitoring Agency to plan their monitoring activities of the DABS-I study, organized by ICMR (3rd November).
- Participated in a webinar with NITI Ayog on 'Accelerating progress on SDGs' (6th November).
- Meeting with SEARCH (Society for Education, Action & Research in Community Health) regarding collaboration (6th November).
- Meeting with National Research Institute of Unani Medicine for Skin Disorders (NRIUM-SD), Hyderabad to discuss regarding collaboration (6th November).

- Virtual Expert Consultation on Preconception Nutrition in South Asia, with by Population Council Consulting (India) (7th November).
- Meeting with Office of the Mission Director, UP, State Rural Livelihood Mission reg: evaluation of Nutritive value evaluation of THR (8th November).
- Brainstorming meeting on anaemia, under the Chairmanship of Prof. Vinod Paul, Member, NITI Ayog, organized by ICMR (16th November).
- Discussion on draft dietary guidelines with Ind Food & Beverage Association (IFBA) (17th November).
- Meeting to discuss Executive Summary of the India Index 2023, organized by Access to Nutrition Initiative, Netherlands (17th November).
- Meeting to finalize the thematic areas related to Health and Nutrition Education requiring incorporation in the school curriculum, organized by NITI Aayog (20th November).
- Guest lecture on “Healthiness of products available in Indian Market” at Multistakeholder meeting on “Transforming Markets for Better Nutrition”, organized by Access to Nutrition Initiative, Netherlands (22nd November).
- Consultation on Designing Fiscal Measures for Sugar Sweetening Beverages (SSBs) to meet SDGs, with Indian Council of Research on International Economic Relations (ICRIER), New Delhi (23rd November).
- Delivered Keynote address on “EAR & RDA 2020 for Indians Population” during the Pre-conference workshop of the 55th Annual Conference of the Nutrition Society of India, organized by NSI (24th November).
- Delivered Presidential Address and Presided 55th Annual Conference of the NSI (25th & 26th November).

Dr. SUBBARAO M GAVARAVARAPU

- Attended the 47th Scientific Committee Meeting of the Food Safety Standards Authority of India (FSSAI) at FDA Bhavan, New Delhi on 2nd November.
- Invited as a distinguished speaker on 'Action Lab 1: Diets and Consumption, Nutrition Literacy' during the launch meeting of the 'Coalition for Food Systems Transformation in India (COFSTI)' jointly organised by Future Food Foundation and GIZ in World Food India 2023 at Bharat Mandapam, New Delhi (4th November).
- Invited as an expert member in the Closed-Door Consultation on 'Designing Fiscal Measures for Sugar Sweetening Beverages (SSBs) to meet SDGs', jointly organised by the World Health Organization (WHO) and Indian Council for Research on International Economic Relations (ICRIER), New Delhi. Participated virtually on 23rd November.
- Invited as a speaker to debate for the motion on “Can additional taxation on HFSS foods bring down NCDs in India?” in the 55th Annual National Conference of Nutrition Society of India (NSI) held in ICMR-NIN from 25th to 26th November.

Dr. AYESHA ISMAIL

- Delivered an invited talk on "Chemopreventive effect of cinnamon and its bioactive compounds in vivo in a rat model of premalignant prostate carcinogenesis" at an International Conference on 'New Horizons in Biotechnology' [NHBT-2023] held at Trivandrum, Kerala (26th -29th November).

Dr. B. SANTOSH KUMAR

- Successfully completed the educational activity titled "Ethical and regulatory aspects of Clinical Research" via NIH Video cast organised by department of bioethics, National Institutes of Health (NIH), US. (20th September to 1st November).

Dr. R. NAVEEN KUMAR

- Attended Bureau of Indian Standards (BIS) 3rd Food Microbiology Sectional Committee meeting-FAD31 at Manak Bhawan, Bureau of Indian Standards, New Delhi (28th November).

Dr. Chennakeshavulu Vemula, Project Teaching Associate (Physiology), MYAS-NIN

- Participated and delivered oral presentations and presented six Sports Science/Sports Performance research papers in the 3rd ICSE-2023 organized by BITS Pilani Campus, Rajasthan from 2nd to 4th November with support of MYAS, SAI, Shiv Naresh, Khel Sahitya Kendra, Sports Tech, etc. About 117 research papers were presented in this conference from different streams like Sports Performance, Sports Equipment Development, Synthetic Track Development and Smart Wireless Technology in the conference.

Congratulations

Hearty congratulations to **Dr. S. N. SINHA**, Scientist G & Head, Food Safety Division on being elected as the **Fellow of the Royal Society of Chemistry, UK**.

Hearty congratulations to **Dr. SUBBARAO M GAVARAVARAPU** on being elected as the **Secretary of Nutrition Society of India (NSI)** for a 2 year tenure beginning 2024 and Selected as a **Research Advisory Board of HRIDAY**, a research based non-governmental organisation involved in research studies on adolescents and the community in the area of Non-Communicable Diseases (NCDs), New Delhi.

Mr. SOUMAM DUTTA [UGC-JRF] PhD scholar, received the Dr. K. Seetharam Bhat Memorial Award for Best Poster Presentation in the "Experimental Nutrition" category during the Annual Conference of Nutrition Society of India held from 25th to 26th, November.

Mr. KALYAN K KALAHASTI, UGC-SRF (Biochemistry Department) received Young Scientist Award under Experimental Nutrition Category at the Annual Conference of Nutrition Society of India held from 25th to 26th November.

PHD AWARDED

Ms. Lakshmi Jaya Madhuri, entitled "Alterations in the mitochondrial function and energy metabolism in Human Brain cells by the exposure of environmental pollutant, Lead and Amyloid peptide combo: Possible synergistic in vitro deleterious intracellular effects" in the Discipline of Biochemistry by Osmania University under the supervision of Dr. Challa Suresh, Scientist F and HoD Cell Biology Dept.

1st Best paper award

Secured in the 3rd International Conference on Sports Engineering (ICSE-2023) organized by BITS Pilani from 2nd to 4th November, 2023 in BITS Pilani Campus, Rajasthan paper titled "Effect of training on selected anthropometric and physiological parameters among swimming athletes", by Dr. Chennakeshavulu Vemula, Ms. Advika Manya Mandala and Dr. M. Maheshwar, MYAS-NIN Dept. of Sports Science.



2nd Best paper award

Secured in the 3rd ICSE-2023 organized by BITS Pilani Rajasthan from 2nd-4th Nov. paper titled "Evaluation of physical and physiological parameters among middle and long distance runners", by Dr. Chennakeshavulu Vemula, Ms. Tamali Mondal, Dr. M. Maheshwar, MYAS-NIN Dept. of Sports Science.



FREE EYE CAMP by MEDIVISTA EYE CENTRE

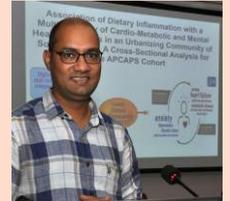


A free eye camp was conducted by Medivista Eye Centre, Old Safilguda, Secunderabad at NIN Welfare Clinic on 16th November. The following eye tests like Auto Refraction (Computer Eye Testing) and Subjective Refraction were performed along with Counselling with the Doctor. About 120 staff of NIN attended the camp which was organized by the Dr. M. V. Surekha, Convener, Medical Committee of NIN.



- Bassi S, Bah DL, Gopal S, Sethi V, Backholer K, Gavaravarapu SM, Babu GR, Ghosh-Jerath S, Bhatia N, Aneja K, Kataria A, Mishra P, De Wagt A, Arora M. Are advertising policies affirmative in restricting the marketing of foods high in fat, salt and sugar (HFSS) in India?: Evidence from SWOT Analysis, The Lancet Regional Health - Southeast Asia, 2023. <https://doi.org/10.1016/j.lansea.2023.100315>
- Murumulla Lokesh, Lakshmi Jaya Madhuri Bandaru, Ajumeera Rajanna, J. Sreenivasa Rao and Suresh Challa. 2023. Unveiling Potential Neurotoxic Mechanisms: Pb-Induced Activation of CDK5-p25 Signaling Axis in Alzheimer's Disease Development, Emphasizing CDK5 Inhibition and Formation of Toxic p25 Species. Molecular Neurobiology. (Springer Nature) <https://doi.org/10.1007/s12035-023-03783-0>; IF.5.7

Dr. HEMANT MAHAJAN, Scientist D (Medical), Public Health Nutrition Division delivered a lecture on “Association of Dietary inflammation with a multimorbidity of cardio-metabolic and mental health disorders in an urbanizing community of southern India: A cross-sectional analysis for the APCAPS cohort” (10th November).



Popular Article

- SubbaRao M Gavaravarapu. Children's nutrition needs many hands to work as one. The New Indian Express 21st Nov 2023. <https://www.newindianexpress.com/opinions/2023/nov/21/childrens-nutrition-needs-many-hands-to-work-as-one-2634691.html>

Papers presented in the 3rd International Conference on Sports Engineering (ICSE-2023) organized by BITS Pilani Campus, Rajasthan

- Comparison of body composition & cardiorespiratory functional differences among track & field athletes (Paper ID: ICSE-23-37) Dr. Chennakeshavulu Vemula, Ms. Aishwarya. A and Dr. M. Maheshwar. ICMR-NIN, MYAS-NIN Dept. of Sports Science, Hyderabad.
- Determination of energy expenditure and body composition among kabaddi and volleyball players (Paper ID: ICSE-23-42) Dr. Chennakeshavulu Vemula, Ms. Pranathi Kalvakolu and Dr. M. Maheshwar. ICMR-NIN, MYAS-NIN Dept. of Sports Science, Hyderabad.
- Analysis of hydration status and physiological change in team players to different modes of training. Dr. Chennakeshavulu Vemula, Ms. Anjali Pawar and Dr. M. Maheshwar. ICMR-NIN, MYAS-NIN Dept. of Sports Science, Hyderabad (Paper ID: ICSE-23-43).
- An analysis of q- angle in relation with anthropometry and training effects on performance and injury risks among Indian female athletes (Paper ID: ICSE-23-10) Dr. Chennakeshavulu Vemula, Ms.Kavya. A, Dr. M. Maheshwar, ICMR-NIN, MYAS-NIN Dept. of Sports Science, Hyderabad.

