

### IAEA OFFICIALS INTERACT ICMR-NIN TEAM

Dr. Bharati Kulkarni, Director, ICMR-NIN, along with other scientists, held a meeting at the institute with Ms. Cornelia Loechl, Section Head of the Nutritional and Health-Related Environmental Studies Section at the **International Atomic Energy Agency (IAEA)**, Vienna, to discuss research priorities (25<sup>th</sup> March).



### POPULAR MEDIA COVERAGE

A special feature on Dr. Bharati Kulkarni, Director, ICMR-NIN in *Eendau*, largest circulated Telugu daily featured her career trajectory, journey in medical research and her call to more young women to take up careers in research.



**today** Wednesday March 11, 2026

**National Institute of Nutrition (NIN) ... One of the best research institutes in the country...**

**Because of Aunt's encouragement...**

**Leaving medicine and moving into research...**

**Health of women is health of nation**

**You know!**

**Women are more responsive to stories and the emotions they convey.**



**తనూడు** బుధవారం మార్చి 11, 2026

**జాతీయ పోషకాహార సంస్థను సీఎంఎస్. బేరతుని భారతి కుల్కర్ని...**

**ఆంటీ ప్రోత్సాహం వల్ల...**

**వైద్యం వదిలి పరిశోధనకు కదిలి...**

**మీకు తెలుసా!**

### NATIONAL SCIENCE DAY CELEBRATIONS

The Academy of Scientific and Innovative Research (AcSIR) Science Club at ICMR-NIN organized its first student-led science engagement event to commemorate the National Science Day. PhD scholars and M.Sc. students presented science-themed skits and short performances, creatively communicating scientific concepts in an engaging and accessible manner.

The event marked the beginning of a new initiative by AcSIR and ICMR leadership to encourage student participation, science communication, and collaborative learning (11<sup>th</sup> March).



## PGCCN-2026 VALEDICTORY FUNCTION

The Extension & Training Division successfully conducted 61<sup>st</sup> batch of the annual certificate programme, Postgraduate Certificate Course in Nutrition (PGCCN)-2026. The valedictory function was held on 18<sup>th</sup> March, marking the training of yet another group of nutrition ambassadors under this programme.

Dr. Bharati Kulkarni, Director, ICMR-NIN; Dr. M. Maheshwar, Scientist F & Head, Extension & Training Division; and Dr. C. Suresh, Scientist G & Head, Cell Biology Division and Convener, Curriculum Committee for PG Courses, distributed certificates to the participants.



## INTERNATIONAL WOMEN'S DAY CELEBRATIONS

ICMR-NIN celebrated International Women's Day with an inspiring gathering, highlighted by the presence of Guest of Honour, Dr. Sangita Mukhopadhyay, an eminent scientist whose words and journey left a lasting impression on all.

Dr. Bharati Kulkarni, Director, ICMR-NIN encouraged women to embrace leadership, take bold steps, and create a future full of possibilities. A vibrant wall adorned with handwritten notes showcased personal tributes, as participants shared reflections and messages celebrating women.

The event beautifully highlighted the power of role models and the importance of supporting women in science and beyond, truly embracing the spirit of "Give to Gain" (18<sup>th</sup> March).



## ICMR-NIN OUTSHINES AT AMIFOST-2026

Staff from the Extension & Training Division and MYAS faculty, along with M.Sc. Applied Nutrition & Sports Nutrition students, participated in the 9<sup>th</sup> AMIFOST-2026 (Amity Conference for Food Scientists & Technologies), International Conference on "Bio-Convergence & Next-Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience." The conference was organized by Amity University, Uttar Pradesh, on 17<sup>th</sup> and 18<sup>th</sup> March in hybrid mode, where they presented research and review papers.

We are proud to share that faculty-guided student contributions received notable recognition at the Conference. Five papers were awarded for their academic excellence out of 21 papers presented.

- **Ms. Riya Banaulikar**, (MSc Applied Nutrition 2<sup>nd</sup> Year), secured the First Best Paper Award for the research paper titled "Intermittent Cooling–Reheating of Edible Oils and Carbonyl Compound Accumulation: Implications for Indian Commercial Frying Practices" (Paper ID: T6-OO-12). Authors: Riya Banaulikar, Saptadipa Ghosh, Shireesha Mukka, Maheshwar Mekam.
- **Ms. Barsa Hens**, (MSc Applied Nutrition 1<sup>st</sup> Year), secured the First Best Paper Award for the paper titled "Targeted Gut Microbiota Modulation via Digitally Structured Foods" (Paper ID: T2-OO-03). Authors: Barsa Hens, Trishna Das, Ragini D.E., Maheshwar M.
- **Ms. Nilashrita Pal**, (MSc Applied Nutrition (2<sup>nd</sup> Year), secured the Second-Best Paper Award for the review paper titled "CRISPR/Cas 9 in the Biofortification of Food Crops: A Review" (Paper ID: T4-OO-08). Authors: Nilashrita Pal, Shireesha Mukka, Jharna Puppala, Maheshwar Mekam.
- **Ms. Sanjana Bose**, (MSc Applied Nutrition 1<sup>st</sup> Year), secured the Third Best Paper Award for the review paper titled "From Processing to Plate: Acrylamide Formation and Mitigation Strategies in Foods Consumed by Children and Adolescents" (Paper ID: T3-OO-20). Authors: Tanvi Gupta, Shireesha Mukka, Suresh Challa, Maheshwar Mekam.
- **Ms. Laxmikala Gyarala**, (MSc Applied Nutrition 2<sup>nd</sup> Year), secured the Third Best Paper Award for the research paper titled "Proximate and Nutritional Analysis of *Cissus quadrangularis* L. for Functional Food Applications" (Paper ID: T4-OO-12). Authors: Laxmikala Gyarala, Sreenu Pagidoju, Ramesh Gondru, Madhusudana Rao Dasari, Jharna Puppala, Ragini Elangovan, Maheshwar Mekam.



## PIB DELEGATION AT ICMR-NIN

A delegation led by the Press Information Bureau (PIB), Government of India, New Delhi, under the Department of Health Research, engaged with Dr. Bharati Kulkarni, Director, ICMR-NIN and other scientists at the institute.

The session showcased NIN's vital research on nutrition security, ongoing projects, and its support for national health policies, fostering meaningful dialogue for public well-being.

NIN remains committed to the vision of Hon'ble Prime Minister Shri Narendra Modi Ji's Viksit Bharat, promoting balanced nutrition for a healthier India (23<sup>rd</sup> March).

Below is the group photo of NIN Scientists with PIB Delegation.



## TRAINING WORKSHOPS

Workshop on "Translation Bharati," was organized for the staff of administrative section and reservoir section. Dr. Bharti Kulkarni, Director, ICMR-NIN awarded certificate to all the trained staff (10<sup>th</sup> to 18<sup>th</sup> March).



ICMR-NIN conducted a two-day training workshop successfully for the postgraduates and residents from Armed Forces Medical College (AFMC). The workshop covered key areas including Dietary Guidelines for Indians, Nutrition Surveys, Diet in Non-Communicable Diseases (NCDs), Nutritional Outbreak Investigation, and related topics. Participants also gained valuable field exposure through a visit to the Health, Nutrition, and Demographic Surveillance System (HNDSS) urban field area, part of the study titled "Evaluating cost-effectiveness and affordability of nutrient-rich foods and household expenditure on nutritional status." This provided hands-on experience in community-based nutrition assessment (16<sup>th</sup> March).



## TRAINING TO COMBAT FLUOROSIS

ICMR-NIN conducted Training of Laboratory Technicians (ToLT) under National Programme for Prevention and Control of Fluorosis, DGHS, Ministry of Health and Family Welfare, Govt. of India. 23 participants from Andhra Pradesh, Madhya Pradesh, Kerala, Tamil Nadu and Chhattisgarh have participated in the training program (9<sup>th</sup> to 12<sup>th</sup> March).



ICMR-NIN conducted Training of Trainers (ToT) under National Programme for Prevention and Control of Fluorosis, DGHS, Ministry of Health and Family Welfare, Govt. of India. 27 participants from Telangana, Andhra Pradesh, Madhya Pradesh, Kerala and Tamil Nadu have participated in the training program (16<sup>th</sup> to 17<sup>th</sup> March).



## RECOGNITIONS/PARTICIPATION IN MEETINGS/PROGRAMMES

### Dr. BHARATI KULKARNI, Director

- NIN- ARUMDA (Advanced Research Unit on Metabolism, Development & Aging) interacted with Director, BRIC-CDFD and NIN Scientists (4<sup>th</sup> March).
- Participated in ICMR Senior Management Team (SMT) meeting chaired by DG-ICMR & Secretary-DHR (11<sup>th</sup> March).
- Participated as a panellist for the Obesity Session at the Sitaram Jaipuria Foundation (SJF) Scientific Symposium and Awards Program at New Delhi (14<sup>th</sup> March).
- Attended the valedictory session of the National Conclave on Nutritional and Climate Goals 2026 at Indian Institute of Technology (IIT), New Delhi (14<sup>th</sup> March).
- Signing an MOU with BITS Pilani, Hyderabad (16<sup>th</sup> March).
- Participated in a meeting to discuss the 2<sup>nd</sup> Data Alliance for Nutrition organized by with Centre for Research on Economics of Climate, Food, Energy and Environment (CECFEE) (24<sup>th</sup> March).
- Participated in ICMR Senior Management Team (SMT) Meeting chaired by DG-ICMR & Secretary-DHR (25<sup>th</sup> March).

### Dr. G. BHANUPRAKASH REDDY

- Delivered a talk on 'Non-enzymatic glycation: A target for fibrotic diseases' at the National Conference on 'Innovations in Biological Sciences for Healthier Planet at Mahatma Gandhi University, Nalgonda (24<sup>th</sup> March).
- Attended the Scientific Advisory Committee meeting of Asian Healthcare Foundation / AIG Hospitals, Hyderabad (25<sup>th</sup> March).
- Delivered a talk on 'Functional foods: Diabetes and associated complications' at the 11<sup>th</sup> Annual Conference of Association of Diabetes Educators-ADECON (28<sup>th</sup> March).

### Dr. SUBBARAO M GAVARAVARAPU

- Attended a meeting virtually to discuss the report titled "Strategy for Improving Nutrition Outcomes in India," organized by NITI Aayog. Under the chairmanship of Dr. V. K. Paul, Hon'ble Member (Health), NITI Aayog (5<sup>th</sup> March).
- Attended a virtual meeting as the Community Advisory Board (CAB) member on the project "Better Nutrition 4 Adolescents," conducted by Public Health Foundation of India (PHFI), New Delhi (11<sup>th</sup> March).
- Invited as a speaker in a Roadmap for Promoting Health and Addressing Childhood Obesity in School Settings: SHINE India (11<sup>th</sup> March).

- Participated as a Resource Person and delivered a talk under the thematic segment “Sugar Labelling, Consumer Behaviour, and Policy Measures including Taxation,” in a Brainstorming on “Sugar Consumption; Oral and Overall Health & Integration,” at CDER, AIIMS, New Delhi (9<sup>th</sup> March).
- Participated as a Speaker in the Fireside Chat on Ultra Processed Foods in FICCI Symposium on “Decoding the Science Behind the UPF Hype” at FICCI Federation House, New Delhi (13<sup>th</sup> March).
- Attended 151<sup>st</sup> DHR-International Travel Grant (TG-151) Review Meeting virtually (16<sup>th</sup> March).
- Attended a Brainstorming Meeting on Obesity chaired by DG, ICMR at ICMR-HQ (18<sup>th</sup> March).
- Participated in a Round Table on “Science-Policy Interface in Sustainable Food Systems” organized as part of Public Policy Dialogues 2026 on India's Food Systems organized by Bharti Institute of Public Policy, Indian School of Business (ISB). The round table was moderated by Director, ICMR-NIN (21<sup>st</sup> March).

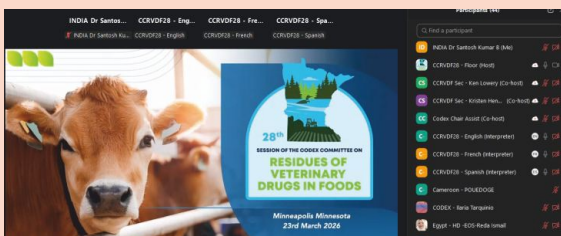
### Dr. AYESHA ISMAIL

- Received Osmania University Award for “Women of Excellence” at the three-day International Women's Conference on the theme 'Give to Gain': Women Power for Sustainability," organized by the Centre for Women's Studies, Osmania University (24<sup>th</sup> -26<sup>th</sup> March).



### Dr. B. SANTOSH KUMAR

- Participated virtually in the 28<sup>th</sup> Session of the Codex Committee on Residues of Veterinary Drugs in Foods, as a part of the Indian delegation, held at the Minneapolis Marriott City Centre, in Minneapolis, Minnesota, United States of America (23<sup>rd</sup>–27<sup>th</sup> March).



### Dr. PHILIP RAJ ABRAHAM

- Delivered an invited talk in a National Conference on “Emerging Horizons in Biological Science” organized by Khaja Bandanawaz University, Kalaburagi, Karnataka (24<sup>th</sup> March).



### Dr. NAVEEN KUMAR R

- Attended a live program on Doordarshan Yadagiri, in a discussion on food adulteration (6<sup>th</sup> March).
- Represented FAD-31, Bureau of Indian Standards, as a Working Group Member and attended the ISO/TC 147/SC 4 Working Group meeting on “Isolation and Detection of E. coli by Membrane Filtration” virtually (15<sup>th</sup> March).
- Attended one-day awareness program on “Microbiological standards for food and water analysis”, organized by FAD-31, Bureau of Indian Standards held at Manak Bhawan, New Delhi (16<sup>th</sup> March).
- Attended the 7<sup>th</sup> Food Microbiology Sectional Committee Meeting (FAD-31) of the Bureau of Indian Standards (BIS), held at Manak Bhawan, New Delhi (17<sup>th</sup> March).



**Ms. ANJUSHA BHASKER** (SRF-UGC & Ph.D Scholar, Drug Safety Division) &

**Ms. DILKASH ARA** (SRF-UGC & Ph.D scholar, Food Safety Division)

- Attended the 'Hands on exome analysis and clinical interpretation workshop' organized by the Wilson Disease Genomic Forum at CSIR-Institute of Genomics and Integrative Biology, New Delhi (11<sup>th</sup>–13<sup>th</sup> March).



## Research & Review papers presented by M.Sc. Applied Nutrition & Sports Nutrition students in the 9<sup>th</sup> AMIFOST-2026 International Conference, Amity University, UP

- Millets And Environmental Sustainability: Their Role in Climate-Resilient Agriculture (Paper ID: T1-OO-09) Ragini D.E, Jharna P, Srinu P. and Maheshwar M
- Psychobiotics and Mental Health: Gut–Brain Axis Mechanisms and Dietary Perspectives (Paper ID: T3-OO-27) Vibha Shree M, Shireesha Mukka, Maheshwar Mekam
- Reconstructing the Food Matrix: A Structural Paradigm for Redefining Ultra-Processed Foods (Paper ID: T6-OO-17) Siya Kalia, Nivethitha M, Shireesha Mukka, Challa Suresh, Maheshwar Mekam
- Citrus medica in cancer recovery: immunomodulatory potential and therapeutic implications (Paper ID: T3-OO-06) Bhavya S, Niraj N. Singh, Shireesha Mukka, Suresh Challa, Maheshwar Mekam
- Advanced Glycation End Products in Deep -Fried Millet Snacks - Balancing Nutrition Benefits and Processing Conditions (Paper ID: T6-OO-11) Poojitha Gowni, Vahini Jalli, Maheshwar Mekam.
- Food Reformulation Strategies to Reduce Sugar, Salt, and Fat in India- Implications for Public health and Practice (Paper ID: T3-OO-21) Saptadipa Ghosh, Riya Banaulikar, Shireesha Mukka, Suresh Challa, Maheshwar Mekam.
- Dietary Nitrate from Beetroot Juice as an Ergogenic Aid: Implications for Endurance Performance and High-Altitude Training—A Narrative Review (Paper ID: T3-OO-18) Rohita Kolli, Shireesha Mukka, Maheshwar Mekam
- Cold-Pressed Oils as Functional Foods: A Review of Their Role in Preventing Metabolic Disorders (Paper ID: T6-OO-16) Shreeya Deorukhkar, Harika Vasa, Maheshwar M
- Postbiotics in Sports Nutrition: The Next-Generation Strategies for Athletic Performance and Recovery (Paper ID: T3-OO-13) Nivethitha M Siya kalia, Shireesha Mukka, Maheshwar Mekam
- Fungal Mycelium and Precision Fermentation: Technological Advances, Nutritional Quality, and Sustainability (Paper ID: T5-OO-03) Niraj N. Singh, Bhavya S., Shireesha Mukka, Ragini D.E., Maheshwar Mekam.
- From concept to consumption: Applications, Benefits and Challenges of 3D food Printing (Paper ID: T2-OO-15) Trishna Das, Barsa Hens, Ragini D.E., Maheshwar M.
- Food Allergy in The Era of Nutrigenomics: Emerging Trends and Technological Advances (Paper ID: T3-OO-19) Saisakthi R., Harika Vasa., Maheshwar Mekam.
- Maternal Dietary Exposure to bisphenol and phthalates: Implications for Nutrition and sustainable diet (Paper ID: T3-OO-22) Shankari Devi J M, Harika Vasa, Maheshwar Mekam.
- Metal and Traditional Earthen Cookware in Modern Kitchens: Health Risks, Nutrition Security and Sustainability Perspectives (Paper ID: T6-OO-19) Tanvi Gupta, Sanjana Bose, Shireesha Mukka, Jharna Puppala, Maheshwar Mekam.
- Integrating Millets into Food and Nutrition Schemes of India: A Sustainability and Nutrition Perspective (Paper ID: T3-OO-16) Radhika Seth, Ragini D.E., Maheshwar M.
- Alternative Protein Sources for Sustainable Nutrition: Advances, Challenges, and Future Perspectives (Paper ID: T2-OO-07) Jagadeeswari Thillapudi, Harika Vasa, Maheshwar M.

### STAFF NEWS

#### RETIREMENT

We bid farewell to **Mrs. V. SWAYAMPRAKHA** Private Secretary, HoD, ET Division on the eve of her retirement on attaining superannuation.



#### A few English words and their Hindi equivalents

Breach of agreement	करार भंग	Breach of confidence	विश्वास भंग
Breach of contract	संविदा भंग	Breach of discipline	अनुशासन भंग
Breach of law	विधि भंग	Breach of peace	शांति भंग
Breach of privilege	विशेषाधिकार भंग	Breach of promise	वचन भंग
Breach of Rule	नियम भंग	Breach of trust	विश्वास भंग

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