



icmr
INDIAN COUNCIL OF
MEDICAL RESEARCH
NIN
NATIONAL INSTITUTE
OF NUTRITION

आई.सी.एम.आर-एन.आई.एन. मासिक सूचना पत्र ICMR-NIN Monthly Newsletter

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ICMR-NIN AND FERMIAYUR SIGN MoU

ICMR-NIN signed an MoU with a Start-up FermiAyur for mentoring and hand holding for the production and functional evaluation of Fermented wheat bran polysaccharide (FWBP) as multifunctional prebiotic and bioactive delivery system for nutrients and functional food bioactives with improved bioavailability. This was awarded as the most promising innovation during INFUSE 2025 summit.

FWBP is a single ingredient with multiple functional roles that traditionally require separate components- prebiotic potential, gut health, immune modulation, active delivery matrix due to emulsification and encapsulation potential.

FermiAyur is represented by Dr. Digambar Kavitate and Dr. H. S. Shetty. FWBP is an off-shoot of the postdoctoral research of Dr. Digambar that he carried out at ICMR-NIN. Dr. Bharati Kulkarni, Director, ICMR-NIN, along with a team of scientists of the Institute, was present on the occasion to mark this significant partnership (28th July).



IGTC CHAIRMAN Dr. MIRO SMRIGA VISITS ICMR-NIN

Dr. Miro Smriga, Chairman, International Glutamate Technical Committee (IGTC), Belgium, along with his team members, visited ICMR-NIN and interacted with the scientists. During the visit, Dr. Smriga delivered an insightful guest lecture on "Role of Amino Acids in Public Health & Nutrition" (30th July).



LET'S FIX OUR FOOD (LFOF) CONSORTIUM

The Let's Fix Our Food (LFOF) Consortium, led by ICMR-NIN, released the policy document "Priority Policy Actions to Promote Healthier Diets and Food Environments for Children and Adolescents in India." The document was launched by Dr. M. Srinivas, Member (Health), NITI Aayog, during the LFOF Dissemination and Consultation Workshop in New Delhi, conducted by Dr. SubbaRao M. Gavaravarapu, Scientist-G and HoD, NICHE Division, ICMR-NIN. The publication presents evidence-informed recommendations developed through nearly three years of multidisciplinary research, stakeholder consultations, and policy dialogues.

Dr. M. Srinivas, Member, NITI Aayog, Dr. K. Srinath Reddy, Chairman, PHFI and Dr. Bharati Kulkarni, Director, ICMR-NIN, jointly released a set of 10 priority policy actions for creating healthier food environments. The workshop also featured the launch of several key knowledge resources, including the Nutrition Environment Assessment Toolkit for Schools (NEAT-S), an e-learning module on food labels, and educational resources on dietary fats, sugars, and salt. Together with national and international partners, ICMR-NIN remains committed to translating research into policy and action for healthier future generations (22nd July).



'PRABODH' HINDI TRAINING PROGRAMME FOR ICMR-NIN STAFF

The 'Prabodh' Hindi Training Programme for the ICMR-NIN staff was inaugurated by Dr. Bharati Kulkarni, Director, ICMR-NIN. Conducted under the Hindi Teaching Scheme (Department of Official Language, Ministry of Home Affairs), the classes are being led by Smt. Nita Betigeri, Assistant Director, Hindi Teaching Scheme, Hyderabad, to enhance functional Hindi proficiency among the institute's staff. (13th July).



M.Sc. APPLIED NUTRITION STUDENTS COMPLETE DISSERTATION PRESENTATIONS

Students of the M.Sc. Applied Nutrition 2024-2026 batch, affiliated with AcSIR, successfully completed their Semester IV dissertation presentations before an Oral Examination Board. The presentations were evaluated by subject expert examiner Dr. K. Aparna, Principal Scientist, PJTSAU. The session was conducted in the presence of Dr. C. Suresh, Scientist-G, HoD Cell Biology and AcSIR Coordinator for M.Sc. Courses; Dr. M. Maheshwar, Scientist-F, HoD, E.T. Division and Member Secretary for M.Sc. Courses; along with institute examiners and supervisors (2nd July).



M.Sc. SPORTS NUTRITION STUDENTS COMPLETE DISSERTATION PRESENTATIONS

Students of the M.Sc. Sports Nutrition 2024–2026 batch, affiliated with AcSIR, successfully completed their Semester IV dissertation presentations before an Oral Examination Board. The presentations were evaluated by subject expert examiner Mr. Ramesh Nagapuri, Dronacharya Awardee, National Coach (Athletics), Senior Coach (SAI), and Olympic Medalist Coach. The session was conducted in the presence of Dr. C. Suresh, Scientist-G, HoD Cell Biology and AcSIR Coordinator for M.Sc. Courses; Dr. M. Maheshwar, Scientist-F, HoD E.T. Division and Member Secretary for M.Sc. Courses; along with institute examiners and supervisors (3rd July).



FREE MEDICAL CAMP AT ICMR-NIN

A free medical camp was organized at ICMR-NIN by Renova Hospitals and Maxivision Eye Hospitals for permanent employees, project staff, contractual and outsourced staff, PhD scholars, and M.Sc. students. The medical facilities included random blood sugar, blood pressure, height, and weight check-ups, along with ECG and 2D ECHO (as per doctors' advice), Pap smear, thermal screening mammography, Bone Mineral Density (BMD) testing, as well as cardiology, orthopedic, and gynecology consultations.

The eye screening featured auto-refraction (computerized eye testing), color vision testing, subjective refraction, and vision counseling. The health drive was coordinated by Dr. Santhosh Kumar, Scientist-E, Maternal and Child Health Nutrition Division, and Convener of the Medical Committee (23rd July).



RECOGNITIONS/PARTICIPATION IN MEETINGS/PROGRAMMES

Dr. BHARATI KULKARNI, Director

- Participated in a virtual Technical Advisory Group (TAG) meeting to discuss Learning Initiative for Vitamin A and Vitamin D Fortification Programming under PGIMER, Chandigarh (16th July).
- Participated in a virtual meeting to discuss Tribal Health Research Priorities with Director General, ICMR (18th July).

- Participated as a Member for the World Health Summit Academic Alliance Working Group on Maternal and Child Health in collaboration with UNICEF and NIMS University, Rajasthan, Jaipur at New Delhi (23rd July).
- Participated in the ICMR Senior Management Team (SMT) Meeting chaired by DG-ICMR & Secretary-DHR (29th July).
- Participated in a Brainstorming meeting chaired by DG, ICMR on Microbiome-Directed Foods under the SEHAT Mission (30th July).

Dr. SUBBARAO M GAVARAVARAPU

- Attended an online meeting to discuss Salt Board developed by NIN, Hyderabad, organized by DADG, MoHFW, New Delhi (8th July).
- Attended an online meeting of Project Selection Committee (PSC) for Investigator-Initiated Research Proposals (IIRP)- ICMR Small Extramural Grants," (ICMR NISCHAYAK ANVESHAN Extramural Grants) 2026 (10th July).
- Attended virtually the 155th meeting of the Review Committee of the International Travel Grants of Department of Health Research (17th July).
- Participated as a Special Guest Faculty to cover Behaviour Change Communication, Dietary Guidelines and Ethics in Social Media Usage modules in the Community Nutrition Counselling (CNC) Mentor Training Programme: organised by Indian Institute of Public Health (Deemed University) and Rythu Sadhikarika Samstha (RySS), Andhra Pradesh (17th July).
- Attended the First Advisory Committee Meeting for the project "Addressing Obesity in India Through Stakeholder Engagement, Training, and Health System Strengthening," at the Public Health Foundation of India (20th July).
- Delivered a lead Lecture on the Navigating the Conundrum of Ultra-Processed (UPF) and High in Fat, Sugar & Salt (HFSS) Foods in Public Health in the International Conference on "Smart and Sustainable Food Technologies for Precision Nutrition and Global Health Outcomes", at Sri Venkateswara University, Tirupati, AP (24th & 25th July).
- Participated in the AIIMS Symposium on "Lifestyle & Diet: Nutrition, Wellness and Clinical Practice," at the Dr. Ramalingaswami Boardroom, Director's Wing, AIIMS, New Delhi (28th July).

Dr. SUDIP GHOSH

- Attended the 39th meeting of the Scientific Panel on "Genetically modified organisms and Foods (SP-04) of FSSAI" held at FDA Bhawan, Kotla Road, New Delhi (30th July).

Dr. NAVEEN KUMAR R

- Attended the 45th meeting of the Scientific Panel on Water and Beverages at the Food Safety Standards Authority of India (FSSAI), New Delhi (17th July).

PAPER PUBLISHED/ACCEPTED FOR PUBLICATION

- Chakraborty S, Gavaravarapu SM, Kulkarni B. Ultra-processed and High fat-salt-sugar (HFSS) foods in India: a dual-axis framework for regulation. The Lancet Regional Health-Southeast Asia. July 2026;51 doi: 10.1016/j.lansea.2026.100823
- Vennela G, Upadhyay V, Palika R, Ramanujam K, Maheshwar M, Suresh C and Kaliaperumal V (2026) Training modality-specific differences in body composition, resting metabolic rate, diet, and gut microbial signatures in elite endurance and strength athletes. Front. Nutr. <https://doi.org/10.3389/fnut.2026.1844692>