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

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ICMR-NIN FOUNDATION DAY CELEBRATIONS









ICMR-NIN celebrated its Foundation Day, highlighting decades of scientific contributions and research excellence. Dr. Bharati Kulkarni, Director, ICMR-NIN, outlined the institute's key achievements and ongoing initiatives, while Dr. Rajiv Bahl, Secretary to the Government of India, DHR, and DG-ICMR, virtually addressed the gathering.

Prof. Chakrapani Ghanta, Vice-Chancellor, Dr. B. R. Ambedkar Open University, Hyderabad, graced the occasion as the Chief Guest. The prestigious ICMR-NIN Foundation Day Oration was delivered by Padma Vibhushan Dr. D. Nageshwar Reddy, Founder-Chairman, Asian Institute of Gastro-enterology, Hyderabad. As part of the celebrations, the Malati Tulpule Award and prizes for the ICMR-NIN Logo Tagline Competition were presented to the winners. (29th September).











FELICITATION OF STAFF COMPLETING 25 YEARS OF SERVICE

ICMR-NIN honored and felicitated staff members on reaching 25 years of dedicated service to the institute. The ceremony recognized their unwavering commitment and valuable contributions to the institute's research and operational excellence over the past two and a half decades (29th September).



FELICITATION OF RETIRED EMPLOYEES COMPLETING 75 YEARS OF AGE

In a warm gesture of respect and gratitude, ICMR-NIN felicitated retired staff members upon reaching 75 years of age. The institute celebrated their enduring legacy, foundational contributions, and lifelong dedication to ICMR-NIN during their service years (29th September).



ENACT (Education for Effective Nutrition in Action) ADVOCACY MEETING

ICMR-NIN hosted the ENACT (Education for Effective Nutrition in Action) Advocacy Meeting bringing together diverse voices in nutrition and education. Piloting institutes and experts shared key learnings, experiences, and valuable insights, while an engaging panel discussion explored opportunities to strengthen the initiative. The meeting concluded with a shared vision for taking ENACT forward. Dr. Bharati Kulkarni, Director, ICMR-NIN, welcomed the delegates and delivered the opening remarks. Chief Guest Prof. Manoj Kumar Dhar, Director, ACSIR, along with Guests of Honour Prof. Vasudha Kamat (Chairperson, Governing Board, CEC of UGC) and Prof. Biplab Jamatia (SOHS, IGNOU), shared their valuable perspectives. Dr. Konda Chavva and Dr. Anitha Seetha from FAO India highlighted FAO's contributions to the ENACT project. The event was successfully coordinated by Dr. M. Maheshwar, HoD, ET Division (PI), and Dr. Sylvia Fernandez Rao, Scientist-E (Co-PI) (24th September).



आई.सी.एम.आर.-एन.आई.एन. में हिंदी पखवाड़ा समारोह
HINDI PAKHWADA CELEBRATIONS AT ICMR–NIN, HYDERABAD

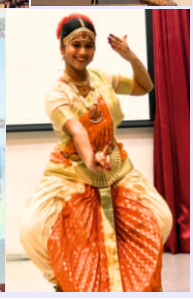
आई.सी.एम.आर.-राष्ट्रीय पोषण संस्थान, हैदराबाद में १८ सितंबर, 2026 को हिंदी पखवाड़ा का उद्घाटन कार्यक्रम उत्साहपूर्वक मनाया। इस आयोजन में निदेशक महोदया डॉ. भारती कुलकर्णी ने सभी उपस्थित स्टाफ को संबोधित करते हुए राजभाषा हिंदी के प्रयोग को बढ़ावा देने तथा राजभाषा नीति के प्रति जागरूकता उत्पन्न करने हेतु प्रेरित किया था। इस अवसर पर कर्मचारियों को हिंदी में कार्य करने के लिए प्रोत्साहित करने तथा उनकी भाषाई एवं साहित्यिक प्रतिभा को प्रोत्साहन देने हेतु विभिन्न हिंदी प्रतियोगिताओं एवं गतिविधियों का आयोजन किया गया। पखवाड़े के दौरान हिंदी भाषी एवं हिंदीतर भाषी श्रेणियों के अंतर्गत संस्थान के स्टाफ, विद्यार्थी, पीएच.डी. शोधार्थी एवं परियोजना स्टाफके लिए हिंदी निबंध लेखन, हिंदी वाक एवं जस्ट-ए-मिनट, अनुवाद, हिंदी में कविता पठन, क्विज़ एवं हिंदी गीत जैसी विभिन्न प्रतियोगिताओं का आयोजन किया गया।





The inauguration ceremony of Hindi Pakhwada was celebrated with great enthusiasm at ICMR-NIN. On this occasion, Dr. Bharati Kulkarni, Director, ICMR-NIN, addressed the gathering of staff, encouraging them to actively promote Hindi as the Official Language and spread awareness regarding the Official Language Policy. To foster linguistic and literary talents and motivate employees to conduct work in Hindi, various competitions were organized throughout the fortnight. These events were conducted across Hindi-speaking and non-Hindi-speaking categories for institute staff, students, Ph.D. research scholars, and project staff. The activities featured Hindi essay writing, elocution, Just a Minute (JAM), translation, poetry recitation, a quiz, and Hindi song competitions. (18th September).





9th RASHTRIYA POSHAN MAAH CELEBRATIONS

ICMR-NIN at Varanasi Inaugural Event

ICMR–NIN participated in the inaugural event of the 9th National Poshan Maah held in Varanasi, with the participation of Dr. Bharati Kulkarni, Director, Dr. N. Arlappa, Scientist G, Dr. C. S. Surya Goud, Scientist C, and Dr. P. S. Prasanthi, TO. The ICMR–NIN stall showcased the "Know–Apply–Innovate" approach to nutrition, highlighting the Dietary Guidelines for Indians, practical nutrition guidance, and the Institute's research on nutrient-dense supplementary foods, Take-Home Rations (THR), Balamrutham Plus, and the NECCTAR Trial. The stall was visited by the Hon'ble Chief Minister of Uttar Pradesh, Shri Yogi Adityanath, the Hon'ble Union Minister for Women and Child Development Smt. Annpurna Devi; and senior officials from the Ministry of Women and Child Development, various State Governments, and other Government departments (9th September).





OUTREACH & EXPO PARTICIPATION

Integrated Communication and Outreach Programme (ICOP)

ICMR-NIN team interacted with Dr. K. Laxman, Hon'ble Member of Parliament, during the five-day Integrated Communication and Outreach Programme (ICOP) on 'Nutrition'. The event was organized by the Central Bureau of Communication (CBC), Hyderabad, Ministry of Information and Broadcasting, Government of India (3rd September).











MindExpo 2026

ICMR-NIN team set up a dedicated Nutrition Awareness Stall by the staff of the Extension & Training-MYAS Division at MindExpo 2026, ESCI, Hyderabad, emphasizing dietary and lifestyle choices for a healthy mind and body (3rd & 4th September).



SCHOOL AND COMMUNITY NUTRITION OUTREACH

School Nutrition Awareness Campaign

ICMR-NIN team conducted interactive nutrition awareness sessions across multiple schools, educating students on balanced diets, personal hygiene, and adolescent health. As part of this drive, awareness programs were conducted at PM SHRI ZPHS Shivarampally in Rajendranagar, PM SHRI ZPHS Kongarakalan in Ibrahimpatnam, and PM SHRI TGMS Veldanda in Nagarkurnool District. Additionally, an Urban School Series was carried out covering GGHS Nallagutta (Ramgopalpet), GGHS Kingsway, and Johnson Grammar School (Warasiguda, Secunderabad) (3rd–21st September).







School Nutrition Awareness Campaign









Outreach activity for Railway employees

- ET Division organized a health education programme at South Central Railway Hospital, Kachiguda. The programme was attended by Railway employees, patient attendants and hospital staff (5th September).



Community Mobilization at Anganwadi Centres (AWCs)

In alignment with POSHAN Abhiyaan's core goal of community participation (*Jan Bhagidari*), grassroots awareness sessions were conducted by ICMR-NIN team to promote health and nutritional well-being among mothers, infants, and young children. These targeted community drives were successfully organized across local Anganwadi Centres, including Ambedkar Nagar AWC in Secunderabad, Mahatma Gandhi Nagar AWC in Golconda, and Baggikhana AWC in Nampally, Hyderabad (5th–9th October).



आई.सी.एम.आर.-राष्ट्रीय पोषण संस्थान, हैदराबाद में राजभाषा संबंधी निरीक्षण
INSPECTION ON OFFICIAL LANGUAGE AT ICMR-NIN

राजभाषा संबंधी संसदीय समिति की तृतीय उपसमिति द्वारा दिनांक 10–11 सितंबर, 2026 को आई.सी.एम.आर.-एन.आई.एन., हैदराबाद का निरीक्षण किया गया। इस निरीक्षण का उद्देश्य भारत सरकार की राजभाषा नीति के कार्यान्वयन की समीक्षा करना था। इस दौरान संस्थान में राजभाषा हिंदी के प्रगामी प्रयोग तथा राजभाषा संबंधी प्रावधानों के अनुपालन हेतु किए जा रहे प्रयासों की समीक्षा की गई। इस निरीक्षण के माध्यम से संस्थान को हिंदी के प्रयोग को बढ़ावा देने के लिए की जा रही पहलों एवं प्रतिबद्धता को प्रस्तुत करने का अवसर मिला। राजभाषा नीति के कार्यान्वयन में संस्थान के प्रदर्शन के लिए आई.सी.एम.आर.-एन.आई.एन. को प्रमाण-पत्र में 'अच्छा' प्रदान किया गया।

The Third Sub-Committee of the Parliamentary Committee on Official Language inspected ICMR-NIN, Hyderabad, to review the implementation of the Official Language Policy of the Government of India. Dr. Bharati Kulkarni, Director, ICMR-NIN, along with the institute team, presented the institute's initiatives and progress regarding the official language. The committee evaluated the institute's progressive use of Hindi in official work and the implementation of Rajbhasha-related provisions. Highlighting its ongoing commitment to promote Hindi in official communication, ICMR-NIN was awarded a 'Good' certificate in recognition of its exemplary performance in implementing the Official Language Policy (10th–11th September).









MEDICAL CAMP AT ICMR–NIN

A medical camp was organised for permanent employees, project staff, contractual and outsourced staff, PhD scholars, and M.Sc. students. The camp was conducted with the support of Citizens Speciality Hospitals, Asian Vascular Hospitals, and Vasan Eye Care Hospitals. The camp provided a range of health screening and consultation services, including random blood sugar, blood pressure, height and weight measurements, ECG, 2D ECHO, colour Doppler, vascular surgeon and general physician consultations, along with comprehensive eye screening comprising auto-refraction, colour vision testing, subjective refraction, and doctor consultation. The programme was organised by Dr. Santhosh Kumar, Convener, Medical Committee, and coordinated by Dr. Shankar Naik, Dr. P. Raghavendra, and Dr. Surya Goud, Members of the Medical Committee (23rd September).








RECOGNITIONS/PARTICIPATION IN MEETINGS/PROGRAMMES

Dr. BHARATI KULKARNI, Director

- Participated in a meeting with National Media Representatives, Dehradun on their visit to ICMR-NIN. This was organized by Press Information Bureau (PIB) under the Ministry of Information & Broadcasting (2nd September).
- Participated virtually in Expert Consultation on "Prevention and Management of Overweight/ Obesity in India under the chairpersonship of Prof. M. Srinivas, Hon'ble Member (Health), NITI Aayog (3rd September).
- Participated in a visit for a Comprehensive Study on the Health and Nutritional issues of the Tribal Population in Melghat, Chikhaldara & Dharni areas of Amravati District, Maharashtra organized by Ministry of Tribal Development, Maharashtra (5th to 7th September).
- Participated in Brainstorming Session (BSS) organized by National Academy of Agricultural Sciences (NAAS) on Cross-cutting Conversations for Diet Diversity: Harnessing Agriculture for Nutritional Wellness of the Nation (16th September).
- Participated in the Half-Yearly meeting of town official language implementation committee at CSIR-NGRI (22nd September).
- Participated in ICMR Senior Management Team (SMT) Meeting chaired by DG-ICMR & Secretary-DHR (23rd September).
- Participated in Swachhata Hi Seva 2026 Pledge (23rd September).
- Participated in a meeting with Ms. Genessa Giorgi, U.S Health Attache for the U.S Department of Health and Human Services (HHS) as part of ongoing US-India health engagements (24th September).
- Participated in the virtual Technical Expert Advisory Group (TAG) meeting on Nutrition to deliberate on the high prevalence of anaemia in Odisha under the Chairpersonship of the Commissioner-cum-Secretary, Department of Women & Child Development (24th September).

- Participated in a panel discussion on Making Potassium-Enriched Low-Sodium Salt Work in India organized by RCN Division, ICMR-HQ (24th September).
- Participated as a member in Pre-Scientific Advisory Committee Meeting of ICMR-NIRWoH (National Institute for Research on Women's Health), Mumbai (28th & 29th September).

Dr. G. BHANUPRAKASH REDDY

- Attended the INSA-ISC National Committee Meeting (virtual mode) (1tst September).
- Delivered a talk on 'Aging and nutrition: Cognition, dementia and frailty' at the Mind Expo-2026, Hyderabad (4th September).
- Attended the Brainstorming Session on 'Cross-cutting conversations for diet diversity: Harnessing agriculture for nutritional wellness of the nation', organized by the National Academy of Agricultural Sciences, New Delhi (16th September).
- Delivered a talk on 'Public health nutrition research in India: Time to integrate genomics and epigenetics studies' at the INBIX-2026 (Indian Conference on Bioinformatics), Ahmedabad (28th September-1st October).

Dr. SUBBARAO M GAVARAVARAPU



- Received the Dr. Florence Theophilus Endowment Lecture Award from Women's Christian College, Chennai and delivered oration on "Warning, rating or rethinking? Navigating Front-of-pack Nutrition Labelling in the context of UPF and HFSS Foods" (24th September).
- Attended as the Expert Committee Member in the 2nd Annual Progress Report Meeting of the NHRP project titled "Strategies for Enhanced Population Engagement and Healthcare seeking for Prevention and Control of Hypertension and Diabetes in India-STEPS India" at ICMR Headquarters, New Delhi (3rd September).
- Attended Local Research Advisory Committee (LRAC) Meeting as the member of the Nodal Team of Model Rural Health Research Unit (MRHRU), Chandragiri, Tirupati (8th September).
- Participated in the delegation that represented ICMR-NIN in The Third Sub-Committee of the Parliamentary Committee on Official Language Inspection of Rajbhasha Compliance of the Institute (10th–11th September).
- Chaired Co-Convened Brainstorming Session (BSS) on Cross-cutting Conversations for Diet Diversity: Harnessing Agriculture for Nutritional Wellness of the Nation organised by the National Academy of Agricultural Sciences (NAAS) in New Delhi (16th September).
- Attended the virtual meeting with the office of the Comptroller and Auditor General (CAG) on Subject Specific Compliance Audit (SSCA) on Impact of the Supplementary Nutrition Programme (SNP) on Nutritional Indicators of Children in Aspirational Districts (18th September).
- Invited to inaugurate and deliver the Keynote Address at the National Seminar on "Integrating Diet and Mental Health: The Nutrition–Mind Connection for Holistic Well-Being", organized by the Department of Home Science – Nutrition, Food Service Management & Dietetics, SA College of Arts and Science and NSI Chennai Chapter in Chennai (25th September).
- Attended one-day National Conference titled "Poshan, Swasthya aur Samuday: Strengthening Communities" jointly organized by the NSI Mumbai Chapter, in collaboration with the Chennai, Pune, Chhatrapati Sambhaji Nagar (Aurangabad), and Goa Chapters, SNDT Women's University, Mumbai. Delivered a talk on "From Awareness to Action: Building Community Ownership for Better Nutrition" (30th September).

Dr. INDRAPAL I. MESHRAM

- Attended training-cum-workshop organized by Dr. MCR Human Resource Development Institute on "Revamping of Delivery System in Fifth Scheduled Areas: Way Forward (Health & Nutrition)," and delivered a lecture on "Key health and nutritional indicators, current situation, Communicable & Tribal-Specific Diseases, Social Determinants of Health, Access, Availability & Quality of Services, and local solutions of improved health & nutritional outcomes along with training on

anthropometric measurement," to the CHO, CDPO and other ICDS staff from Telangana (7th September).

Dr. SHOBI VELERI

- Attended the Brainstorming Session on "Scientific Entrepreneurship and IP Commercialization Policy Framework," at NITI Aayog, New Delhi. The meeting had consultative discussion with scientists from ICMR and DST institutes on the policy frame to be adopted by the Union Cabinet on empowering scientists to start scientific entrepreneurship and generate revenue from commercialization of IP generated from research (3rd September).





Dr. PHILIP RAJ ABRAHAM, Dr. KARTHIKEYAN RAMANUJAM & Dr. SAPAVAT SHANKAR

- Received the ICMR Fellowship in Outbreak Science (IFOS) at the ICMR Centre for Outbreak Science (ICOS), ICMR–National Institute of Epidemiology (ICMR–NIE), Chennai (9th September).







Dr. VIRENDRA PANPATIL

- Attended the 2nd Meeting of the FSSAI Expert Committee on Health Supplements at FDA Bhawan, Kotla Road, New Delhi (15th September).
- Attended NABL Regional Assessor Conclave at Hyderabad Organised by Quality Council of India and National Accreditation Board for Testing and Calibration Laboratories (24th September).

Dr. NAVEEN KUMAR

- Represented BIS and attended the ISO/TC 34/SC 9/WG 13 'Coagulase-positive staphylo cocci' meeting online through the Zoom platform (17th September).
- Attended NABL Assessor Conclave organized by the Quality Council of India (QCI) at Radisson Hotel, Hyderabad (24th September).



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.

Congratulations

Mr. KRISHNA KALYAN KALAHASTI, PhD Scholar

For receiving Smt. Malati Tulpule Award for his Ph.D. research entitled "Studies on a Functional Food Mix for Diabetes and Obesity-Associated Complications," under the supervision of Dr. Bhanuprakash Reddy, Scientist G & Head, Biochemistry Division.



Mr. SOUMAM DUTTA, PhD Scholar

For receiving an "Appreciation Certificate" in recognition of his excellent work in his PhD research entitled, "Efficacy of Vitamin D2 and D3 on the classical and non-classical functions in rat models' under the supervision of Dr. Ayesha Ismail, Scientist F & HoD, Endocrinology division.



PAPERS PUBLISHED/ACCEPTED FOR PUBLICATION

- Acetaminophen-induced acute liver injury abrogates the cytosine methylation pathway. Ara D, Ziona B, Mungamuri SK. Daru Journal of Pharmacological Sciences. 2026 Sep 17;34(2):78. doi: 10.1007/s40199-026-00659-1. PMID: 42753018
- Athira Anilkumar Sudharma, Shabna Aboo, Ayesha Ismail. Vitamin D mitigates oxidative and endoplasmic reticulum stress and protects cardiac tissue from apoptotic cell death *in vivo* and *in vitro*. *Steroids;* https://doi.org/10.1016/ j.steroids.2026.109849.
- Chandiok K, Kothari AB, Kulkarni B, Chowdhury R, Mummadi MK, Reddy SN, Gavaravarapu SM, Gonmei Z, Mukherjee A and Bansal PG (2026) Public health interventions for the prevention and management of overweight and obesity in children and adolescents: a rapid review. Front. Public Health 14:1893709. doi: 10.3389/fpubh.2026.1893709.
- Integrative predictive modelling and multi-omics validation reveals potential indicators of clinical heterogeneity in HCC. Jain R, Puri V, Mungamuri SK, Garg P. Biochem Biophys Res Commun. 2026 Oct 29; 837:154590. doi: 10.1016/ j.bbrc. 2026.154590. Epub 2026 Sep 15. PMID: 42759273.
- Pagidoju, S., Puppala, J., Elangovan, R. D., Motapalukula, S. K., Guguloth, S., & Garlapati, V. R. (2026). Microplastics and Human Health: Risks, Realities and Sustainable Alternatives for Food Packaging, Food Science and Nutrition Annual Volume, 2026, IntechOpen publishers.
- Ramanujam K, Yerupu T, Mummadi MK, Geddam JB, Reddy SN. Food neophobia and its determinants among children aged 2–7 years: the role of maternal knowledge, attitudes and practices – a cross-sectional study. Journal of Nutritional Science. 2026;15:e84. Doi:10.1017/ jns.2026.10148
- SR Gurrala, DR Rajapuram, PR Kallamadi, S Jakhotia, VV Sharma, P Mody, SN Reddy, GB Reddy*. Ellagic acid attenuates high-fat high-sucrose diet-induced cardiac fibrosis by suppressing age–rage signalling, oxidative stress, and inflammation. Internat J Mol Sci, 2026, 27:8658. Doi.org/ 10.3390/ ijms27198658.
- PP Shobana, B Kandlakunta, GB Reddy*. Exploring xanthophyll diversity: A comprehensive screening of food sources. J Food Sci Technol. 2026; doi.org/10.1007/s13197-026-06916-0.
- Shrunga Shree Shivanand, Prasanthi Prabhakaran Sobhana, Srinivas Epparapally, Vinay Kumar Soma, Raghavendra Rao Chowdavarapu, Gobeeswaran Sundaralingam, Sangita Thenarangam, Shally Vishnoi, Pavithra Rajakumar Chithra, Prathyusha Vasireddy, Radhika Madhari. "Differential Effects of Household Thermal Processing on Extractable β-Glucan and Total Resistant Starch Across Processed Barley Forms." Foods 15, no. 17 (2026): 3089. https://doi.org/ 10.3390/foods 15173089
- Prasanthi Prabhakaran Sobhana, Bhaskarachary Kandlakunta, and G. Bhanuprakash Reddy. "Exploring xanthophyll diversity: a comprehensive screening of food sources." Journal of Food Science and Technology (2026): 1-11. https:// doi.org/ 10.1007/s13197-026-06916-0

Popular Article in Print Media

- SubbaRao M Gavaravarapu, Bharati Kulkarni and Shashank Joshi. "Beyond Numbers: Making Front-of-Pack Nutrition Labelling More Effective", OpEd in Times of India, 7th Sept 2026 (https://timesofindia.indiatimes.com/toi-plus/health/ beyond-numbers-making-front-of-pack-nutrition-labelling-more-effective/ articleshow/ 133841321.cms)