

ICMR-NIN AND PARTNERS RELEASE KEY RESOURCES FOR ADOLESCENT HEALTH

A significant step towards improving the nutritional health of adolescents in India was marked by the release of a comprehensive set of resources developed by the Let's Fix Our Food Consortium, a collaborative effort led by the ICMR-NIN, the Public Health Foundation of India (PHFI), and UNICEF India at the ICMR, New Delhi (28th March).

The released materials include policy briefs, nutrition curricula, a food label reading kit, and other resources aimed at creating healthier food environments for adolescents. These resources were unveiled by Prof. V.K. Paul, Member, NITI Aayog, and Dr. Rajiv Bahl, Secretary, DHR and DG, ICMR, along with Dr. Bharati Kulkarni, Director, ICMR-NIN and Dr. SubbaRao M Gavaravarapu, Scientist F & HoD, NICHE division.

These resources are designed to empower adolescents to make informed food choices and promote healthier eating habits.



ICMR-NIN EARNS 'EAT RIGHT CAMPUS' CERTIFICATION WITH EXEMPLARY RATING

The ICMR-NIN has been awarded the prestigious 'Eat Right Campus' certification with an Exemplary Rating by FSSAI. This recognition underscores a steadfast commitment to providing safe, nutritious, and hygienic food throughout the campus. A rigorous assessment of the canteen premises, facilitated by the dedicated efforts of the canteen committee,



ensured adherence to the highest standards of food safety and hygiene. This certification stands as a testament to the collective hard work and dedication of the entire NIN community. Dr. Bharati Kulkarni, Director, NIN congratulated the canteen committee Mrs. L. Vijaya Durga, Mr. N. Bhasker Reddy, Mr. M. Raghunadh Babu, Mrs. P. S. Prashanthi and Ms. Vibha Shree M.



INVITED TALKS

Dr. K. RAJENDER RAO

- Delivered an invited talk on "Animal Models in Biological research" in a National Seminar on "Innovative Techniques in Animal Biotechnology and Immunology for Disease Prevention and Management", organized by Department of zoology, Kakatiya University, Warangal, Telangana (11th-12th March).



Dr. J. SREENIVASA RAO

- Attended one day National Workshop on 'Food safety and consumer awareness', held at Government Autonomous College, jointly organized by the Department of Commerce, Management Studies, Microbiology and the Consumer Club and spoke on 'Food safety and nutritional deficiency stability-Future perspectives' (21st March).



ACADEMIC

Extension & Training Division successfully conducted 60th batch of annual certificate programme PG Certificate Course in Nutrition (PGCCN)-2025 and the valedictory function was held on 18th March. Yet another group of nutrition ambassadors trained in this annual programme. Dr. M. Maheshwar, Scientist F & HoD, ET Division & Dr. C. Suresh, Scientist F & HoD, Cell Biology Division and Convener, Curriculum Committee for PG courses distributed certificates to the participants.



Dr. BHARATI KULKARNI, Director

- Chaired a meeting on ENACT project of Food & Agriculture Organization team regarding ongoing collaborative activities with NIN (05th March).
- Chaired first Brain Storming Session for Identifying Research Priorities on Anemia with all Scientists (07th March).
- Invited as a Distinguished Guest at CSIR-Indian Institute of Chemical Technology, Hyderabad of National Science Seminar on “Role of Science in Building a Developed India” and delivered a talk (10th March).
- Chaired a meeting to discuss the second brainstorming session to identify research priorities focussing on “Prevention and Management of Obesity & Metabolic Syndrome,” with all scientists (13th March).
- Attended a meeting with team from World Food Programme to discuss Fortified Rice impact evaluations, understand work undertaken by NIN and identify possible synergies (20th March).
- Attended a meeting with Dr. Ananya Awasthi Anuvaad Solutions regarding Diet Data work (24th March).
- Attended a meeting with all the Director's at ICMR Hqs (26th & 27th March).
- Attended a Dissemination and Consultation meeting on Let's Fix our Food Initiative project at ICMR, New Delhi (28th March).

Dr. G. BHANUPRAKASH REDDY

- Attended the National Health Research Conference-2025 on 'Nutraceutical and Functional Foods in Health' at Mumbai on 12th March and delivered a lecture on 'Spices as nature's pharmacy: Therapeutic potential of spices and their bio-active compounds'.

Dr. SUDIP GHOSH

- Participated in the 19th meeting of Medical Biotechnology and Medical Nanotechnology Sectional Committee, MHD 20 in Hybrid mode at Amrita Research Center, Faridabad (10th Mar).

Dr. SUBBARAO M GAVARAVARAPU

- Invited as the Guest of Honor at the “Nutrition and Health Research Conference (NHRC) 2025,” which took place on 12th March in Mumbai. Centred around the theme “Nutraceuticals and Functional Foods in Health,” the conference was organized by the Hirabai Cowasji Jehangir Medical Research Institute (HCJMRI), Jehangir Hospital, the Nutrition Society of India (Mumbai Chapter), Dr. B. M. N. College of Home Science (Empowered Autonomous Status), and Smt. M. M. P. Shah Women's College of Arts & Commerce (Autonomous).
- Attended the 'First meeting of the Working Group Constituted by Food Safety and Standards Authority of India (FSSAI) to define High Fat Sugar Salt (HFSS) Foods held virtually on 21st March.
- Nominated by DG, ICMR to participate in the pre-briefing meeting for the upcoming National Stakeholder Consultation on Sustainable Packaging for Food Business: Emerging Global Trends and Regulatory Framework to be organised by FSSAI, held virtually (26th March).
- Chaired the 52nd meeting of Scientific Panel on Labelling & Claims/Advertisements of Food Safety Standards Authority of India (FSSAI) at FDA Bhavan, New Delhi (27th March).
- Organised the Let's Fix Our Food: Dissemination and Multi-stakeholder Consultation held at ICMR HQ, New Delhi (28th March).
- Invited as the Chief Guest for the Valedictory Ceremony of the International Conference on "Innovation, Disruption, and the Future of Journalism," hosted by the Amity School of Communication, Amity University, Gurugram, Haryana, and delivered valedictory address on the topic Innovation, Disruption, and the Future of 'Health and Science' Journalism (28th March).
- Invited as a moderator for the launch episode of the Ayushman Bhav Samvad Dialogue Webinar Series Best Practices in Food Safety and Hygiene. The initiative aims to foster discussions among policymakers,

healthcare professionals, and experts on crucial topics (28th March).

- Invited as the Member in the Working Group Constituted by NITI Aayog on defining High Fat Sugar and Salt (HFSS) Foods (31st March).

Dr. VAKDEVI VALIDANDI

- Delivered a guest lecture on “Aflatoxin exposure, human/animal health hazards, and available methods of quantifying aflatoxin exposure in humans” to the participants of the international training course on “Detection and Integrated Management of Aflatoxin Contamination in Crops for Safe Food and Fair Trade” conducted by ICRISAT, Hyderabad (6th March).
- Delivered a lecture as a Resource person on “Food Toxicity” to the participants of the UGC-Malaviya Mission Teacher Training, an UGC- Sponsored Online Faculty Induction Programme (10th March).

Dr. S. SREENIVASA REDDY

- Attended a one-day seminar on Laboratory Animal Welfare and Ethics at the Centre for Cellular and Molecular Biology (CCMB), Hyderabad, organized by the Committee for Control and Supervision of Experiments on Animals (CCSEA) (27th March).

Papers Published/Accepted for Publication

- Annapurna Reddy A., Vimala Y., Sreenivasa Rao J.*, Goudar Giridhar and Manne Munikumar. Effect of thermal processing on carotenoids compared among organic and conventional vegetables. Research Journal of Chemistry and Environment. Vol. 29 (5) May Page: 27-35, (2025).
- Murira Z, Daniel A, Backholer K, Dorji K, Gavaravarapu SM, Sethi V. Strengthening legal measures to support access to nutritious foods and healthy food environments for adolescent girls in South Asia. BMJ. 2025 Mar 3;388, <https://doi.org/10.1136/bmj-2024-080361> (IF-93.8).
- Nutritional composition and in vitro bioaccessibility of minerals in the developed composite flours from Teff millet (*Eragrostis tef*) & guava leaves (*Psidium guajava*). Discover Foods.
- Sahil Bipinkumar Suthar · M. R. Deepthi · Manne Munikumar · K. Preethi · P. Sriya Reddy · Giridhar Goudar and J. Sreenivasa Rao.

Staff News

RETIREMENT

We bid farewell to the following staff on the eve of their retirement on attaining superannuation.



Mr. K. VASUDEV
Technical Officer-C



Mr. YVL NARASIMHA RAO
Senior Technician-3



Mr. B. OMPRAKASH
Senior Technician-3



Mr. N. NARASIMHA
Lab Assistant 1