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INDIAN COUNCIL OF
MEDICAL RESEARCH
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NATIONAL INSTITUTE
OF NUTRITION

रा.पो.सं. मासिक सूचना-पत्र

NIN Monthly Newsletter

संपादक: डॉ. एम. महेश्वर

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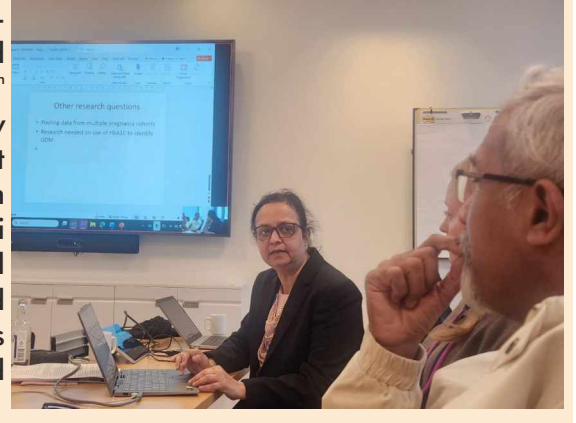
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March 2026

INTERNATIONAL EXPERT CONVENING ON GESTATIONAL DIABETES (GDM)

Dr. Bharati Kulkarni, Director, ICMR-NIN participated in a high-level international expert convening on the "Prevention and Management of Gestational Diabetes (GDM)," held from 3rd-5th February in Copenhagen, Denmark. The event, jointly organized by the Novo Nordisk Foundation and the Gates Foundation, brought together leading clinicians, researchers, and public health specialists to accelerate global progress against GDM. Dr. Bharati Kulkarni chaired two key sessions: "Successful and Unsuccessful Interventions for the Prevention and Management of GDM" and "Research Priorities in the Indian Setting." The discussions highlighted unique clinical and socio-economic challenges and identified priorities to improve maternal health outcomes in India.



ICMR-NIN PhD STUDENTS AT SANVAD 2026

PhD scholars from ICMR-NIN participated in SANVAD 2026 (Scholars' Assembly for Next-gen Ventures to Advance their Development), held from 19th-21st February at the ICMR-National Institute of Malaria Research (NIMR), New Delhi. Dr. C. Suresh, Scientist-G and Head, Cell Biology Division and Coordinator, AcSIR-NIN coordinated students participation in the Research Quiz, Oral & Poster Presentations, and Cultural Programmes.

'Team Nutrigen'-Soumam Dutta, Jovis Jacob, and Bidushi Biswas- secured first position in the National Medical Research Quiz. The scholars were seen with Dr. Rajiv Bahl, Secretary, Department of Health Research and Director General, ICMR, New Delhi.



ICMR-NIN & FAO MEETING ON ENACT

Dr. Bharati Kulkarni, Director, ICMR-NIN, met with Dr. Daniel Gustafson, Deputy Director-General (Retd.), UN Food and Agriculture Organization (FAO), and Mr. P.V. Sunil, FAO Representative, along with their team. The meeting was attended by Dr. M. Maheshwar, Scientist-F & Head, Extension and Training Division; Dr. Sylvia Fernandez Rao, Scientist-E, Extension and Training Division; and Dr. P. Raghu, Scientist-F & Head, Drug Safety Division. Discussions focused on ENACT and other FAO programmes in India (18th February).



PRECEPTORS CONFERENCE AT GEORGETOWN UNIVERSITY, WASHINGTON, D.C., USA

Dr. M. Maheshwar, Scientist-F & Head, Extension and Training Division, and Dr. C. Suresh, Scientist-G and Head, Cell Biology Division and Coordinator, AcSIR-NIN, participated in the Preceptors Conference held at Georgetown University, Washington, D.C., USA. They were joined by Prof. (Dr.) Jennifer Bouey, organiser of the conference, and Dr. Anamika Mishra, Counsellor (Science & Technology), Embassy of India, Washington, D.C., USA (24th-27th February).



CME WORKSHOP ON NUTRITIONAL ASSESSMENT METHODS

A three-day Continuing Medical Education (CME) workshop on "Nutritional Assessment Methods for Medical Postgraduates" was conducted by the Public Health Nutrition Division, ICMR-NIN, in collaboration with the Model Rural Health Research Unit (MRHRU), Mahabubnagar, held at SVS Medical College, Mahabubnagar from 24th-26th February. The workshop featured expert lectures, hands-on training in dietary and anthropometric assessment and field visits for real-time community-based assessments and expert sessions on ethics, data computation, and research grant writing. The program witnessed enthusiastic participation from post-graduate medical students and faculty, fostering capacity building in applied nutrition research and public health.

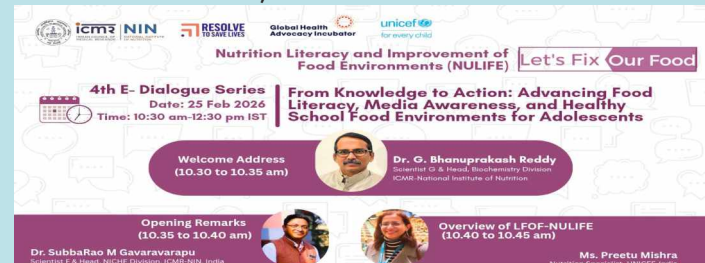


E-DIALOGUE SERIES: LET'S FIX OUR FOOD (LFOF)

A series of e-dialogues was organised under LFOF-NULIFE (Nutrition Literacy and Improvement of Food Environments) in collaboration with Resolve to Save Lives. The initiative builds on the momentum of the LFOF consortium to promote evidence-based policy actions for healthier food environments. The e-dialogue on the theme "Healthier oils for a healthier India: Re-shaping dietary fats to prevent NCDs" (5th February).



As part of the LFOF-NULIFE series, the 4th e-dialogue titled "From Knowledge to Action: Advancing Food Literacy, Media Awareness, and Healthy School Food Environments for Adolescents" was conducted on 25th February. The welcome address was delivered by Dr. G. Bhanuprakash Reddy, Scientist-G & Head, Biochemistry Division, and the opening remarks were delivered by Dr. Subbarao M. Gavaravarapu, Scientist-G & Head, NICHE Division.



RECOGNITIONS/PARTICIPATION IN MEETINGS/PROGRAMMES

Dr. BHARATI KULKARNI, Director

- Chaired a Technical Expert Committee Meeting of Department of Biotechnology (12th February).
- Participated in a meeting to discuss the Technical Advisory Group (TAG) of Maternal micronutrient study protocol and progress organized by Christian Medical College, Vellore (13th February).
- Participated ICMR Senior Management Team (SMT) meeting chaired by Secretary-DHR & DG-ICMR (18th February).
- Participated in the Directors Conclave on "Integrative Health Research in Priority Health Conditions at ICMR-NITM, Belagavi (24th-25th February).
- Participated in the Expert Committee Meeting for developing algorithms for Non-iron deficiency anemia organized by ICMR-HQ (27th February).

Dr. G. BHANUPRAKASH REDDY

- Delivered a talk on 'Nutraceuticals and functional foods for metabolic diseases' to the participants of a Five-Day Online Workshop on 'Emerging Technologies and AI Applications in Food Technology, Nutrition Safety and Health Research', conducted by Royal Global University in association with MoE's Innovation Cell (9th February).
- Interacted with the students and delivered an Expert Talk on 'Importance of Science & Technology for the Nation Building,' at the PM SHRI ZP High School, Jaklair, Narayanpet District, Telangana (18th February).
- Participated as a Resource Person in the 'Science Talent Search Program' conducted by Dr APJ Kalam Dream Force Foundation, Mahabubnagar (18th February).
- Delivered a talk on 'Interaction Between Genes and Nutrition' at the Outreach Program on "Interplay of Genetics and Nutrition: Implications for Health, Disease and Longevity," on the occasion of National Science Day & Rare Diseases Day conducted by the Institute of Genetics & Hospital for Genetic Diseases, Hyderabad (28th February).



Dr. SUBBARAO M GAVARAVARAPU

- Invited as a keynote speaker in the National Conclave on "Bright Beginning-shaping the leaders of 2050," organised by The Department of Women and Child Development, Govt of Kerala, Thiruvananthapuram. Spoke on "Aligning with Dietary Guidelines for Indians to address current challenges in nutrition for women, children and adolescent" (6th February).
- Attended a meeting virtually of the International Travel Grant (TG-150) Review Committee meeting of Department of Health Research (11th February).
- Invited as a panelist in "The First 1000 days Collective," organised by PATH India & KCorp Foundation in Mumbai. The Panel discussion was on 'Making Scale Work: What Enables Partnering with Government

Systems?' (18th February).

- Participated as the IEC committee member in the Institutional Ethics Committee meeting of the Kamineni Institute of Dental Sciences (KIDS), Narketpally, Nalgonda Dist (21st February).
- Attended a virtual meeting with Antara Foundation on scaling up – ANMOL Didi which won the INFUSE Best Innovation Award (23rd February).
- Invited as a Keynote speaker in the National Science Day Seminar on Nutrition conducted by Pillalamarri District Science Forum and Physical Science Teachers Forum of Telangana in Mahbubnagar, Telangana (24th February).
- Conducted and moderated the 4th E-dialogue in LFOF-NULIFE (Let's Fix Our Food - Nutrition Literacy and Improvement of Food Environments) on 'From Knowledge to Action: Advancing Food Literacy, Media Awareness, and Healthy School Food Environments for Adolescents' (25th February).
- Invited to the Expert Committee Meeting on finalising the syllabus and guidelines for a 4-year Bachelor's Programme on 'Health and Nutrition Communication' organised by Department of Nutritional Sciences, Indira Gandhi National Open University (IGNOU), New Delhi (27th February).
- Delivered a talk on 'Interaction Between Genes and Nutrition' at the outreach program on "Interplay of Genetics and Nutrition: Implications for Health, Disease and Longevity," on the occasion of National Science Day & Rare Diseases Day conducted by the Institute of Genetics & Hospital for Genetic Diseases, Hyderabad (28th February).

Dr. K. RAJENDER RAO

- Invited to deliver a talk in the theme of "Life style diseases," in an international conference on "Biomedical Research on Global Health: Advances opportunities and Challenges," organized by the Kakatiya Government College, Hanamkonda (19th–21st February).

Dr. R. NAVEEN KUMAR

- Attended a virtual workshop on "Food and Beverages Standards," conducted by Standards Australia (SA) and the Bureau of Indian Standards (BIS) (18th February).
- Attended the National Science Day celebrations and delivered a talk on 'Food safety and nutrition', at Manjeera Concept School, Gajwel (28th February).

Ms. ATHIRA ANILKUMAR S

- Awarded Ph.D in Biochemistry from Osmania University in February 2026 for her thesis entitled, "Vitamin D Deficiency Induced Cardiomyopathy: Role of Ubiquitin Proteasome and Signal Transduction Pathways". Guide: Dr. Aysha Ismail.

JOURNAL CLUB

Dr. PHILIP RAJ ABRAHAM, Scientist D, Pathology & Microbiology Division

Presented a research article on "Effects of banana blossom supplementation on metabolic parameters in prediabetic adults: A double-blind randomized clinical trial". Chotipra kornkul N, Phimsen W, Sintuprapa W, Nitisinprasert S, Tunsagool P, Suwannakarn M, Wanikorn B. Sci Rep. 2025 Nov 27;15(1):42519. doi: 10.1038/s4 1598- 025-26505-z. PMID: 41309754; PMCID: PMC 12660947 (27th February).

Dr. SHWETA PASI, Scientist D

Presented a research article on "Maternal emulsifier consumption alters the offspring early-life microbiota and goblet cell function leading to long-lasting diseases susceptibility". Delaroque, C., Rytter, H., Bonazzi, E. et al. Nat Commun 16, 6954 (2025) (27th February).

PAPER PUBLISHED/ACCEPTED FOR PUBLICATION

- Karthikeyan Ramanujam, Zeba Firdaus, Harichandana Ponnappalli, Zainab Perveen, Rajitha Triveni Koralla, Keerthana Gajjala, Jagjeevan Babu Geddam and N. Samarasimha Reddy. Interplay of diet, nutritional status, and psychological well-being in mild cognitive impairment among urban elders in Hyderabad, India: A cross-sectional study. Discover Public Health-02Feb2026 (<https://link.springer.com/article/10.1186/s12982-026-01429-9>).
- **Policy Brief:** Julie Ghostlaw, Avinash Kishore, Soumya Swaminathan, SubbaRao M Gavaravarapu, Samuel Scott, and Purnima Menon. Policy entry points for healthier diets in India. A policy brief by CGIAR (<https://www.cgiar.org/news-events/news/policy-entry-points-healthier-diets-india>)