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INDIAN COUNCIL OF
MEDICAL RESEARCH
NIN
NATIONAL INSTITUTE
OF NUTRITION

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

संपादक: डॉ. एम. महेश्वर

नवंबर 2025

Vol. 62 No: 11

Editor: Dr. M. Maheshwar

November 2025

Congratulations

**Three of our scientists
have been named
among the Top 2%
Scientists of World 2025
by Stanford University.**



Dr. N. Arlappa
Scientist G & Head
Public Health Nutrition



Dr. II. Meshram
Scientist F
Public Health Nutrition

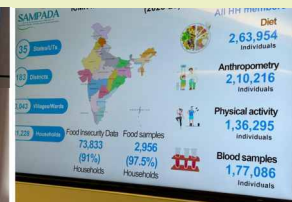


Dr. Sanjay Basak
Scientist F
Molecular Biology Division

ICMR DELEGATION AT THE WORLD HEALTH SUMMIT (WHS2025) IN BERLIN

A proud moment for ICMR-NIN as Dr. Bharati Kulkarni, Director was part of the ICMR Delegation at the World Health Summit (WHS2025) in Berlin, Germany held from 12th-14th October. She highlighted the landmark SAMPADA survey's vital contributions and the impact of Dietary Guidelines in tackling obesity and NCDs reflecting the Institute's national leadership in shaping public health solutions for India and beyond.

During a special side event as part of the World Health Assembly 2025, Indian Council of Medical Research showcased its pioneering work in advancing evidence-based strategies for NCD prevention and control. The event featured Dr. Tanvir Kaur Gandhi, Head, IHD, ICMR, Dr. Manoj Murhekar Director, NIE, Dr. V. Mohan, Chairman, MDRF, Dr. Gautam Sharma, AIIMS, and Dr. Anurag Agarwal, Ashoka University and Dr. Sanghamitra Pati, Addl. DG, steered the engaging panel discussion.



RASHTRIYA EKTA DIWAS PLEDGE & SWACHHATA SPECIAL CAMPAIGN 5.0

The ICMR-NIN conducted the Swachhata Special Campaign 5.0, which was co-organized by the special nodal officer, Dr. K. Rajender Rao, Scientist-F & HoD, NIN Animal Facility, along with the Institute Swachhta Committee. All departments carried out the swachhata drive, in which all permanent staff, project staff, and students took part. Dr. Bharati Kulkarni, Director, ICMR-NIN, addressed the gathering, initiated the program, and participated in the events. A special highlight of the day was the felicitation of our safai karmacharis, who are the true pillars of campus hygiene and dignity (2nd-31st October).



APPRECIATION EVENT: SWASTH NARI, SASHAKT PARIVAR (SNSP) ABHIYAAN

Appreciation event to acknowledge the collective efforts under the Swasth Nari, Sashakt Parivar (SNSP) Abhiyaan: As highlighted by Hon'ble Union Health Minister Shri J.P. Nadda Ji, over 6.5 crore women have been screened through nearly 18 lakh health camps across the country under this flagship campaign.



Our ICMR team's significant contribution of screening more than 30,000 women is an invaluable part of this historic milestone.

This gathering aims to recognize and motivate all SNSP teams for their dedication and contributions toward strengthening women's and family health through this flagship initiative (16th October).

BLOOD DONATION CAMP AT NIN



SWASTH NARI, SASHAKT PARIVAR (SNSP) ABHIYAAN

ICMR-NIN conducted various health camps for the staff and their family members

ENT SCREENING CAMP BY MAA ENT HOSPITALS



BREAST CANCER SCREENING CAMP



FREE MEDICAL CAMP BY CARE HOSPITALS



OUTREACH ACTIVITIES - SNSP

As a part of Swasth Nari, Sashakt Parivar Abhiyaan, ET-Division, ICMR-NIN organized a health initiative in convergence with Poshan Maah-A month-long movement, dedicated to improve the health and nutrition of women and children from 23rd September to 2nd October.

Dr. P. Jharna and Dr. D.E. Ragini, Faculty and Ms. G. Vennela, Research Scholar conducted nutrition awareness programme by delivering talks and M.Sc. Applied Nutrition students Ms. Aishwariya, Ms. Banumati, Ms. Saptadeepa, Ms. Bhavya, Ms. Kujitha performed skit to educate on healthy eating and physical fitness to the women staff, parents and students of Johnson Grammar School, Warasiguda, Secunderabad.



An awareness program on "Nutrition for women" was conducted to 100 girl students and 15 female staff of Model High School, Osmania University, Hyderabad as a part of Swasth Nari Sashakt Parivar Abhiyaan.



MEMORANDUM OF UNDERSTANDING

Dr. Bharati Kulkarni, Director of ICMR-NIN, and Professor Shailendra Saraf, Director-in-Charge, National Institute of Pharmaceutical Education and Research (NIPER), Hyderabad, signed a Memorandum of Understanding on 4th October, to foster comprehensive collaborative research and development. The partnership aims to accelerate advancements across key areas of mutual interest, including affordable point-of-care medical devices for public health screening an essential step towards achieving the ambitious Viksit Bharat 2047 vision. Beyond medical devices, the MoU includes joint efforts in several other domains, such as

- Development of innovative nutraceuticals and functional foods tailored to Indian needs;
- Joint research on food safety, drug-nutrient interactions, and pharmacokinetics;
- Collaborative training programs focussed on translational research and capacity building for scientists, students, and healthcare professionals;
- Co-development of bio-sensors and diagnostic platforms for nutrition and metabolic health;
- Initiatives for community nutrition awareness and public engagement campaigns;
- Exchange of expertise for preclinical and clinical trials on nutrition and pharmaceutical interventions.

The signing ceremony was attended by Professor Srinivas Nanduri, Dean NIPER, Dr. Amit Asthan, Head of the Department, Medical Devices, NIPER, Dr. P. Raghu, Scientist F & Head and Dr. Shobi Veleri, Scientist F, Drug Safety Division, ICMR-NIN.



INTERNATIONAL CONFERENCE ON SPORTS ENGINEERING (ICSE2025)

Extension & Training Division - MYAS staff and MSc. Sports Nutrition students participated in the 4th ICSE 2025 jointly organized by Sports Engineering Association, India & Birla Institute of Technology & Science, Pilani, India under the aegis of Ministry of Youth Affairs and Sports, New Delhi, from 10th to 12th October held at Radisson Hotel, Gurugram, Udyog Vihar, New Delhi.

This conference served as a platform to showcase innovative ideas and technological advancements that enhance the safety, performance, and sustainability of sports. Faculty and students of MYAS & ET Division, Dr. V. Chennakeshavulu, Project Teaching Associate, Ms. Vahini, Project Assistant Professor, Ms. A. Naga Jyothi, Project Assistant Professor, Ms. E. Srilalitha, Project Assistant Professor and students Ms. Gargie, Ms. Sanya, Ms. Aditi, Ms. Khushi and Ms. Torsa have actively participated and presented innovative topics under the theme 'Fitness & wellness' in the conference.

BEST PAPER AWARD

Congratulations to **Ms. Gargie Chatterjee**, MSc (Sports Nutrition) student secured 2nd Best Paper Award in the 4th ICSE2025 for the paper titled "The Functional Importance of Fascia in Sports Science and Rehabilitation". Dr. M. Maheshwar, Scientist F & HoD ET Division appreciated the efforts of faculty and congratulated all the students for their achievement.



Papers presented in the 4th ICSE-2025

1. Effect of Submaximal and Maximal Heart Rate Based Exercises on Selected Cardiopulmonary and Skill Related Physical Fitness Variables among University Athletes (Paper ID: ICSE25C018); Chennakeshavulu Vemula, L.B. Laxmikanth Rathod, Maheshwar Mekam.
2. Pros and Cons of Fat Intake Post-Workout in Athletes (Paper ID: ICSE25C020); Naga Jyothi Ala, Chennakeshavulu Vemula, Maheshwar Mekam, Sri Lalitha.
3. Potential of Lutein and Zeaxanthin in improving Table Tennis performance (Paper ID: ICSE25C059); Sanya Sarda, Maheshwar Mekam, Naga Jyothi Ala, Chennakeshavulu Vemula.
4. Travel and Jet-Lag Related Issues on Athlete's Health and Performance - A Systematic Review (Paper ID: ICSE25C061); Chennakeshavulu Vemula, Vishnupriya Vida.
5. Co-dependency of Gut Microbiome and Sports Performance (Paper ID: ICSE25C062); Torsa Mandal, Maheshwar Mekam, Naga Jyothi Ala, Chennakeshavulu Vemula.
6. Role of Postbiotics in Sports Health and mitigating Sports Injury (Paper ID: ICSE25C063); Aditi

Kshettri, Maheshwar Mekam, Naga Jyothi Ala, Chennakeshavulu Vemula.

7. The Functional Importance of Fascia in Sports Science and Rehabilitation (Paper ID: ICSE25C064); Gargie Chatterjee, Maheshwar Mekam, Naga Jyothi Ala, Chennakeshavulu Vemula.
8. Effect of Sports drinks on oral health and athletic Performance (Paper ID: ICSE25C065); Evani Sri Lalitha, Shireesha Mukka, Vahini Jalli.
9. Fueling the Stroke: Role of Specific Polyphenols as Recovery Catalysts in Endurance Swimming (Paper ID: ICSE25C070); Vahini Jalli, Vasa Harika.
10. Adaptations in Mitochondrial Biogenesis through Endurance Training (Paper ID: ICSE25C091); Khushi Bihani, Maheshwar Mekam, Sireesha Mukka, Nagajyothi Ala, Chennakeshavulu Vemula.

PRE-CONFERENCE WORKSHOP

The Pathology and Microbiology Division, ICMR-NIN, organized a Pre-Conference Workshop on "Food Microbiology and Safety" for the participants from Nizam's Institute of Medical Sciences (NIMS) and the Indian Association of Medical Microbiologists (IAMM)-Telangana & Andhra Pradesh Chapter (TAPC) (10th October).



CYBER SECURITY AWARENESS MONTH

As a part of Cyber Security Awareness Month (CASM2025) under the Cyber Jaagrit Bharat initiative, an Expert Talk on 'Cyber Security' was delivered by Mr. Rupesh Mittal, Cyber Crime Investigator & Forensics Professional. The session enhanced awareness on digital safety and cyber hygiene among staff (22nd October).



VIGILANCE AWARENESS WEEK

The Vigilance Awareness Week pledge administered by NIN staff on 27th October. As part of this, an essay writing competition was conducted on "Vigilance: Our Shared Responsibility" and culminated with a prize distribution ceremony for the essay writing competition. Ms. Vibha Shree M and Mr. Vamsi Krishna of ET division got the 1st & 2nd prizes respectively. The event marked the successful conclusion of the week-long observance, reaffirming NIN's commitment to promoting integrity and transparency.



RECOGNITIONS/PARTICIPATION IN MEETINGS/PROGRAMMES

Dr. BHARATI KULKARNI, Director

- Chaired monthly meeting to discuss Intramural and Ignition Grant Projects with NIN Scientists (1st October).
- Attended ICMR Senior Management Team (SMT) Meeting chaired by DG-ICMR & Secretary-DHR (1st October).
- Attended a meeting to discuss the Technical Advisory Group (TAG) of Maternal Micronutrient study protocol and progress organized by Christian Medical College, Vellore (7th October).
- Attended a meeting to discuss SAARC-South Asian University Center for Regional and Transdisciplinary Center for Precision Nutrition and Health organized by UNICEF (8th October).
- Attended a meeting to discuss Millet research with Ms. Jonna Kane-Potaka, GFAiR-Global forum on Agricultural Innovation and Research (9th October).
- Participated as a panellist (to represent ICMR) in the World Health Summit (WHS) 2025 in Berlin (12th to 14th October).
- Attended a meeting regarding ICMR-CAR project workshop at Tata Institute of Fundamental Research (29th October).
- Attended ICMR Senior Management Team (SMT) meeting chaired by DG-ICMR & Secretary-DHR (29th October).
- Attended Steering Committee Meeting for DBT-Garbh-Ini (Phase-II) program organized by DBT, Ministry of Science & Technology (30th October).

Dr. K. RAJENDER RAO

- Invited as a Special Guest for inaugural ceremony of the DHR-ICMR sponsored National Workshop on "Next Gen Health Care: From Prediction to Precision Therapy" organized by the School of Allied Health Sciences, Malla Reddy University, Hyderabad (16th-18th October).



Dr. MAHESH KUMAR MUMMADI

- Congratulations for being selected for the ICMR Health Communications Course (IHCC) 2025, a four-month national programme developed by ICMR in collaboration with CDMC-MICA and Global Health Strategies. Following a competitive theory and interview process, he joins a cohort of public health professionals to build expertise in strategic communication, risk messaging, and community engagement. The course begins with an in-person orientation in Delhi from November 26–28, followed by online modules led by distinguished faculty from ICMR, MICA, WHO, and GHS.
- Delivered a 4-hour lecture on Nutritional Assessment, Public Health Nutrition, and Outbreak Investigations at the DHR-Sponsored Workshop hosted by ICMR-RMRC, Bhubaneswar, Odisha. The session fostered scientific exchange and capacity building in nutrition research, with active participation and thoughtful engagement from attendees.
- Led a session at NIN on "Reducing Obesity through a 10% Reduction in Sugar and Edible Oil," under the Swasth Naari Sashakt Parivar Abhiyaan. The talk emphasized simple dietary changes to combat obesity and highlighted women's role in promoting healthier family habits.



- Delivered a guest lecture on "Functional Biomarkers to Map Nutritional Deficiencies", themed "Hidden Hunger", at the Continuing Professional Development session hosted by the Dept of Community Medicine, Mamata Academy of Medical Sciences, Hyderabad. This session benefited participants by enhancing their ability to identify and address micronutrient deficiencies using practical, biomarker-based approaches.



- Attended the Makhana Mahotsav in Patna, Bihar, hosted by the Ministry of Horticulture. Inaugurated by Union Agriculture Minister Shri Shivraj Singh Chouhan and graced by Bihar Deputy CM Shri Vijay Kumar Sinha, the event spotlighted Bihar's leadership in makhana innovation and outreach. Representing ICMR-NIN, Dr Mahesh delivered a talk on makhana's health benefits and engaged with farmers and startups to promote clinical research and translational applications (4th October).



Dr. C. S. SURYA GOUD

- Delivered a Radio Talk – All India Radio Hyderabad (Akashvani) on "Women's health and nutrition" as part of the National Campaign on "Swasth Naari Sashakt Pariwar", addressing key public health messages and responded to callers' queries related to 'Women's nutrition and family well-being' (14th October).



- In a live phone-in programme-All India Radio, Hyderabad (Vividh Bharati-Telugu, FM 102.8) Dr. C. S. Surya Goud, Scientist C (Medical), Public Health Nutrition Division delivered a lecture on "Importance of iodized salt in preventing iodine deficiency disorders," and responded to callers' queries on dietary iodine and thyroid health on the topic "Iodine-Importance, Deficiency, Causes and Prevention" (23rd October).



Dr. R. NAVEEN KUMAR

- Association of Food Scientists & Technologists (India), in association with ICMR-National Institute of Nutrition, celebrated World Food Day 2025 on Thursday, 16th October 2025, at the Assembly hall, ICMR-National Institute of Nutrition, Hyderabad. Dr C Tara Satyavathi, Director, ICAR-Indian Institute of Millet Research, Hyderabad, was the chief guest and delivered the keynote address on "Hand in Hand for Better Foods and Better Future" (16th October).
- Attended the 6th Food Microbiology Sectional Committee meeting of BIS-FAD-31 (Bureau of Indian Standards, New Delhi) held at Manak Bhawan, New Delhi (30th October).



PAPERS PUBLISHED/ACCEPTED FOR PUBLICATION

- Mummadi Mahesh Kumar, Sapavat Shankar, Ettey Indiramma, et al. (October 21, 2025) Antioxidant Nutrients and Diabetes and Its Complications: A Narrative Review on the Roles of Vitamin E, Vitamin C, and Selenium. Cureus 17(10): e95075. doi:10.7759/cureus.95075
- Mummadi Mahesh Kumar, Geddam J J Babu, Ramanujam Karthik, et al. (October 25, 2025) Role of Maternal Body Composition and Associated Factors in the Nutritional Status of Under-Five Children of South India: Findings From the Comprehensive National Nutritional and Health Survey. Cureus 17(10): e95396. doi:10.7759/cureus.95396