

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

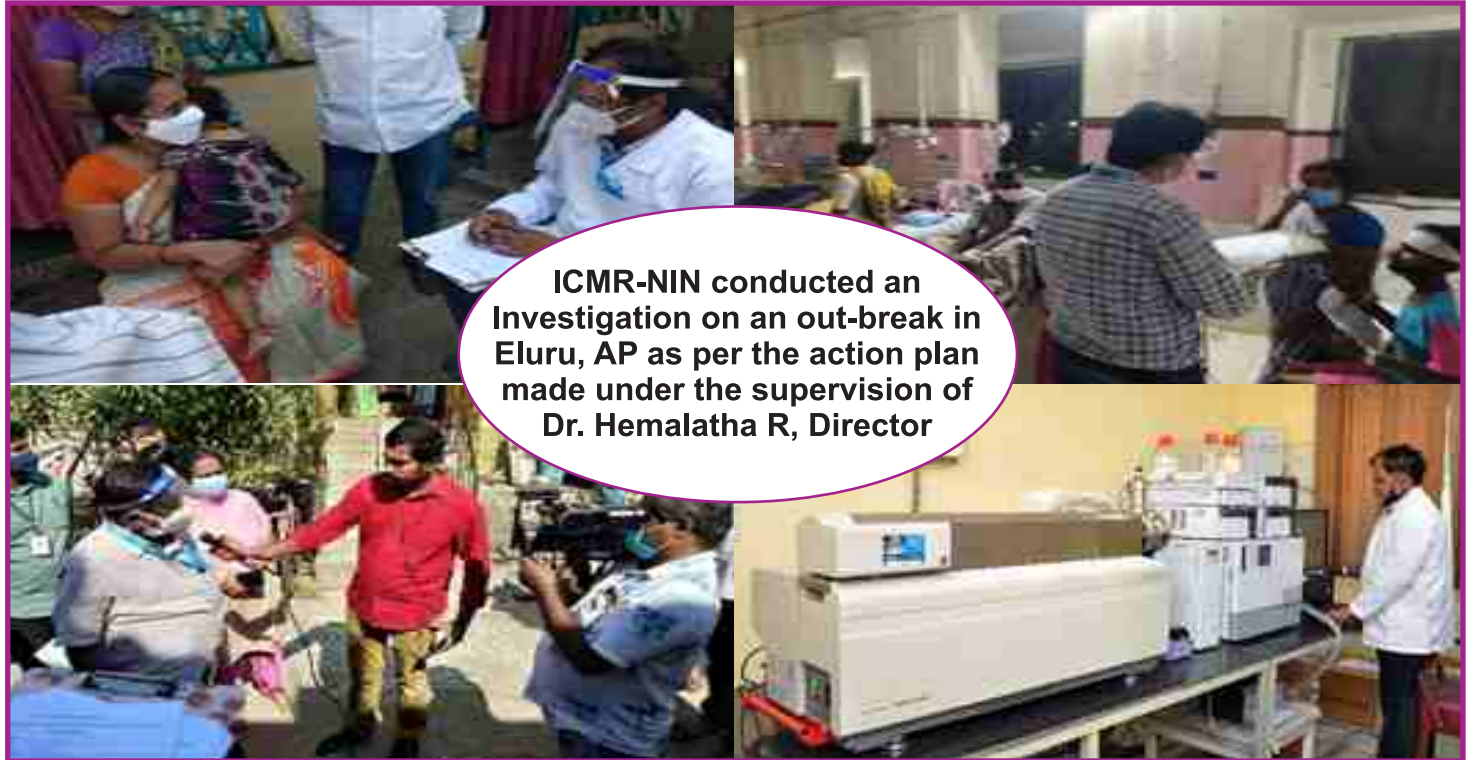
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**ICMR-NIN conducted an Investigation on an out-break in Eluru, AP as per the action plan made under the supervision of Dr. Hemalatha R, Director**



## Sero Surveillance Round-3

Fifteen teams of NIN Scientists and Technical staff have completed round-3 sero surveillance in the districts of Nalgonda, Jangaon & Kamareddy under the guidance of Dr. A Laxmaiah and the teams headed by Dr. B. Dinesh Kumar, Dr. JJ Babu & Dr. N. Arlappa.



## Commencement of Classes for new batches of MSc (Applied Nutrition) & MSc (Sports Nutrition)



Despite the COVID-19 situation the new batches of the prestigious academic courses at NIN viz. MSc (Applied Nutrition) & MSc (Sports Nutrition) for the year 2020-22 have commenced from December 2020 online. The all India Entrance Exam and counseling for admission for these courses were conducted safely & successfully amid the prevailing pandemic situation.

### Scientific Advisory Committee (SAC) Meeting



The Scientific Advisory Committee (SAC) meeting of ICMR-NIN was held on 4th Dec 2020. The Chairman Dr. Nikhil Tandon and members of SAC participated in the meeting virtually. The scientists presented their plan of work to the SAC members under the guidance of Director Dr. Hemalatha.

### Curtain Raiser Event virtually conducted for India International Science Festival 2020

**India International Science Festival 2020**  
23-24 December, 2020

**CURTAIN RAISER EVENT (Virtual)**  
Organized by ICMR – National Institute of Nutrition, Hyderabad  
11<sup>th</sup> December, 2020 10.30-11.30 AM

	<b>Presidential Address</b> <b>Dr. Balram Bhargava</b> Secretary DHR & DG, ICMR		<b>Welcome Address</b> <b>Dr. Hemalatha R</b> Director, ICMR-NIN
	<b>Talk on Medical &amp; Health Education in India – Challenges and Way Forward</b> <b>Dr. Shyam Prasad Piglam</b> Vice-Chancellor, Dr NTR University of Health Sciences, Vijayawada, AP		<b>Address by</b> <b>Shri Jayant Sahasrabudhe</b> National Organizing Secretary, VIBHA

Zoom by Invitation    Youtube Live (open for all): <https://youtu.be/hF5SchAGRHZI>

## TRAINING PROGRAMS CONDUCTED

- Virtual orientation training program for the conveners and co-conveners of Indian Dietetic Association on the project entitled 'Mapping of Nutrition and health status - A National Level Participatory Real Time Data Generation program' about the project and survey methodology (9<sup>th</sup> Dec).
- A Virtual capacity building workshop was held during 14-15<sup>th</sup> December 2020. In the project entitled: "Mycotoxin exposure intestinal inflammation and childhood stunting in India" organized at ICMR-NIN along with University of Aberdeen (UoA), UK. The major objective of this virtual workshop was to provide capacity building and training by the UoA in areas of conduct of systematic reviews, analysis of mycotoxin biomarkers and dietary exposure modelling of mycotoxin intake to the core NIN team.



An invited opinion article by Dr. Hemalatha R, Director, ICMR-NIN published in The Hindu Business Line (21<sup>st</sup> Nov).

Business Line

## Safeguarding nutrition is priority amidst a public health crisis

Covid-19 has exposed the fragility of health systems and aggravated under-nourishment



HEMALATHA R

Over a month ago, the Nobel Committee decided to award the highly prestigious Nobel Peace Prize to the UN's World Food Programme, which has been addressing the dual problems of hunger and food security worldwide.

This is significant because it draws national and global attention to the issues of food security, hunger and malnutrition and emphasises why we need to shine the spotlight on nutrition for all, espe-

cially in view of Covid-19 pandemic. Malnutrition has been an issue of concern, even before the pandemic. And yet, the under-5 mortality rate (USMR) and the neonatal mortality rate in the first month of life (NMR) have dropped substantially in India since 2000.

The major contributor for this scenario is improved maternal and child nutrition status. Similarly, mortality rate among the children who have severe acute malnutrition (SAM) has been low in India.

Globally, studies show that children with SAM are at a higher risk of mortality (10-20 per cent). However, in India, a much lower mortality rate (1.2 per cent) is observed among children with wasting (SAM), thus suggesting that the condition is not necessarily acute in India. This is

significant because it highlights the need to focus on country-specific solutions for dealing with malnutrition – since nutrition is a multifaceted issue that is often deeply localised and varies widely because of demographic and socio-cultural factors. Perhaps, it is time to revisit the definition of SAM through a detailed analysis of the available data on wasting, associated complications, and mortality.

### Lessons from Covid

The Covid-19 pandemic has not only brought forth the fragility of health systems, but also aggravated the problems of under-nourishment, stunting and wasting across the globe. Experts warn of disastrous increases in malnutrition in both the immediate and long-term future as the key programmes to deliver food and supplements to the vulnerable populations are disrupted due to the pandemic in many countries. In

fact, a recent study suggests that the pandemic could lead to a rise of 1.2 million under-5 deaths across the globe due to malnutrition, with over a quarter occurring in India.

UNICEF estimates that an additional 6.7 million i.e. 34.7 per cent children under 5 years of age could suffer from wasting, thus becoming severely undernourished due to Covid-19.

In India, the pandemic has led to temporary disruption of some essential nutrition services such as the Integrated Child Development Scheme (ICDS), which provides supplementary nutrition for children and pregnant women. Similarly, the mid-day meal programmes in schools have been interrupted.

While the government has been taking steps to ensure all essential services are resumed, the pandemic has thrown up a larger and a more complex question: how can we ensure that we address malnutrition

Malnutrition needs to be addressed holistically to protect our populations against future public health crises?



holistically so as to safeguard our populations against future public health crises?

### Power of collaboration

There is a lot more that needs to be done – especially when it comes to developing multi-sectoral partnerships. The pandemic has taught us

one thing – the power of collaboration – without which we cannot hope to tackle a public health issue as complex and pervasive as malnutrition. There is also an opportunity to leverage collaborative platforms across sectors. Through such dynamic partnerships, the country can work towards achieving the am-

bitious nutrition targets that it has set for itself.

The ICMR-National Institute of Nutrition (NIN) has been working to develop sustainable policy recommendations to tackle the issue of malnutrition, through initiatives like the Nutrition Atlas, which maps data on the nutritional status of populations both at micro and macro levels, and implementation of technology-based real-time data collection to track nutrition and health status.

The pandemic has shown us that we are only one public health crisis away for all progress on malnutrition to be at the risk of reversal. We cannot wait for the next crisis – the time to act is now to ensure that the holistic nutrition needs of every citizen of the country are met.

The writer is Director, ICMR-National Institute of Nutrition, Hyderabad. Views are personal.

## WEBINARS ORGANIZED / PARTICIPATED

### Dr. Meshram II

- Participated in 3<sup>rd</sup> Training Program on Science & Technology for Rural Societies organized by Indian Institute of Public Administration, New Delhi (07<sup>th</sup>-11<sup>th</sup> Dec).

### Dr. SubbaRao Gavaravarapu

- 33<sup>rd</sup> meeting of the Scientific Panel on Labelling and Claims/ Advertisements of the Food Safety Standards Authority of India (FSSAI) (10<sup>th</sup> Nov).
- Board of Studies Meeting of the Department of Communication, University of Hyderabad (17<sup>th</sup> Nov.).
- Participated in virtual master training on 'Social and Behavior Change (SBC)-Understanding Behavioral Challenges and Audiences to Tailor, More Effective Solutions' conducted by Johns Hopkins Bloomberg School of Public Health Center for Communication Programs (CCP) in association with CSRBOX (23<sup>rd</sup>-25<sup>th</sup> Nov).
- Invited as the Chair of the Health Communication Working Group to the meeting of the Chairs of the Sections and Working Groups of International Association for Media and Communication Research (IAMCR) (24<sup>th</sup> Nov).
- Chaired the Sectional Meeting of the co-chairs of the Health Communication Working Group of IAMCR (27<sup>th</sup> Nov).
- Delivered a talk on "Making sense of Nutrition and Food Safety information from #Infodemic in #Pandemic" in the Curtain Raiser Event (Virtual) for the upcoming India International Science Festival 2020 (23<sup>rd</sup>-24<sup>th</sup> Dec).

- Participated as a moderator in a panel discussion on "Fit India, Healthy India and Happy India" in which Celebrity Chef Sanjeev Kapoor, Cricketer Madan Lal and renowned Nutrition & Medical Scientist Prof. Umesh Kapil participated.
- Invited as a panelist and speaker in the Webinar on Global Capacity Needs Assessment for Nutrition: Integrating Nutrition Objectives into Agricultural Extension Programmes and Policies organised by FAO, Rome (10<sup>th</sup> Dec).

### Dr. Radhika Madhari

- Delivered a talk on "My Plate for Health" in the Curtain Raiser Event (Virtual) for the upcoming India International Science Festival 2020 (23<sup>rd</sup>-24<sup>th</sup> Dec).

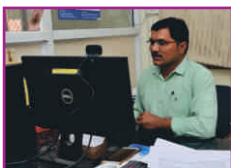
### Mr. Naveen Kumar R

- Virtual presentation on "Food Microbiology for Registered Dietician Aspirants and Trainers" organised by Indian Dietetic Association (IDA), Telangana Chapter (27<sup>th</sup> Nov).

## JOURNAL CLUB

### Dr. Anwar Basha

*Title of the presentation:* "Double burden of malnutrition in children aged 24 to 59 months by socioeconomic status in five South Asian countries: evidence from demographic and health surveys (DHS)" (13<sup>th</sup> Nov).



### Ms. Anitha Rathod

*Title of the presentation:* "Antiglycemic effect of fenugreek seeds and its constituents in diet/drug induced diabetes in albino rat models and effect of fenu-fiber in diabetic patients" (18<sup>th</sup> Dec).

## PAPERS PUBLISHED / ACCEPTED FOR PUBLICATION

- Hedao RP, Kabra P, **Gavaravarapu SM\***. "Nutritainment"- A Nutrition Education Module for Indian Adolescents. Journal of Nutrition Education and Behavior. (Available online - DOI: 10.1016/j.jneb.2020.11.002).
- **Srujana Medithi**, Yogeswar Dayal Kasa, Babban Jee, Venkaiah Kodali & Padmaja R. Jonnalagadda: "Organo-phosphate pesticide exposure among farm women and children: Status of micronutrients, acetylcholinesterase activity, and oxidative stress."

## STAFF NEWS

- Hearty Congratulations to **Dr. Hemalatha R**, Director, ICMR-NIN on being selected for Prof. M. Viswanathan Gold Medal Oration Award this year by Prof. M. Viswanathan Diabetes Research Centre, Chennai. The Director delivered the oration lecture on "How India Should Eat?" (27<sup>th</sup> Nov).
- Hearty Congratulations to **Dr. SubbaRao Gavaravarapu** for being selected to the Institutional Ethics Committee (IEC) of ICAR-Indian Institute of Millets Research (IIMR) approved by Central Drugs Standard Control Organisation (CDSCO).

### Retirement

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



**Dr. B. Dinesh Kumar**  
Scientist G



**Dr. R. Hari Kumar**  
Scientist F



**Mr. A. Anjaiah**  
Senior Technician-3



**Mr. V. Somaiah**  
Lab Assistant-1