



# NUTRITION SOCIETY OF INDIA

## NEWSLETTER

*Vol.50, January 2009*

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***(Society Reg. No. 125 of 1966)***

**National Institute of Nutrition Campus**  
(Indian Council of Medical Research)  
Jamai-Osmania PO, Hyderabad – 500604

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### Message from President, NSI



It is with great pleasure that we are placing the first issue of the Newsletter of Nutrition Society of India, for the year 2009 in your hands. It is important that we thank each and every member of the Society, the Life Members, the ordinary Members and

the Student Members for making Society very vibrant and dynamic.

For quite sometime, I was planning to communicate to each one of the members through the chapters but found it difficult because many a times the e-mails bounce back or addresses are changed. Therefore, my first request to each one of you who read this Newsletter is to kindly ensure that the local chapters have your correct e-mail address or correct the existing addresses (if changed) or even if you feel, update the email address to the Society and send it to the local chapters to which you belong. This will ensure that the Newsletter copy reaches you through the local chapters and in fact it is one of the primary objectives of the Newsletter, which is set up for establishing this communication network amongst the NSI family.

We had a wonderful 40<sup>th</sup> National Conference of the Society at Chennai, which was inaugurated by Dr.V.N. Rajasekaran Pillai, Vice Chancellor, IGNOU, New Delhi with a very special message from Dr. Gopalan read by Dr. Sesikeran, Director, National Institute of Nutrition. This did make a big impact in terms of addressing the current problems of Nutrition both for those who can afford and those who cannot afford.

Therefore, the focus and target of the Nutrition Society of India is to think from a National perspective together with proactive participation of all the chapters and to work together in solving National / International problems. In many cases a local mandate is needed so that our knowledge and the scientific pool should be able to give the right kind of implementable and cost effective solutions and achievable targets for the agencies to act upon. Many a times Nutrition Society of India is being looked upon in critical times for providing Nutrition knowledge and advice, a role which it has fulfilled being a very proactive Society. In this context, it also requires continuous inputs from all of you. It is the funnelized and cumulative knowledge that we would like to take forward in the dialogues with the Government departments or even alert and caution regarding the seriousness of some of the ongoing nutritional problems. This clear mandate of solving it through the involvement of the community, self help groups, the academia, R & D institutions, students and the Government departments, especially the State departments and also the village, cottage, small, medium and large scale industries in this very vital programme of “Eradication of Malnutrition in India” effort. Can we optimistically take care of this agenda dedicatedly and achieve this together? Of course we can. We must also address the basics of nutrition, the bioavailability of micronutrients as well as the burgeoning burden of life style diseases requiring dietary modifications. The world is moving very fast in the area of nutrition, health foods and wellness and India can do definitely better in these areas of work to be visible globally.

It is a tough job, but it is, these tough jobs that we need to address and handle. But before that,

I guess we all have to look at a very progressive and a powerful agricultural economy for cost effective food so that nobody goes to bed hungry in this country, for the reason that he or she cannot afford it. Therefore, we have a rather big mandate in front of us and hope that the year 2009 will be a very rewarding one in terms of our synergy every day and I am eager to hear from each one of you through your local chapters or otherwise directly, about your ideas, thinking process, targets to achieve goals relevant to this country. The local chapters of Nutrition Society of India, which we strongly feel can reach out to the various corners in the country and have a multiplier effect.

I am sure each chapter has large number of activities and I would be delighted to know about these. Please keep us informed and I shall always look forward for your inputs so that I learn from it what you are doing and I also would like to communicate about the successful programmes of some of the chapters so that other local chapters can also emulate it. I am very positive that your proactiveness in the Nutrition field will ensure that India can make that difference in solving many of the nutrition related problem with innovation at every step and also with the passion of Science and a compassion to reach out to needy. I am eagerly looking forward to hear from the chair and members of each chapter and also

from the individual members for any suggestions you have for NSI activities and reach out.

We thank all of you for your wonderful support to the Nutrition Society of India and we believe that all of us are able to perform to the expectations of the Founder President, Dr. C. Gopalan who had the vision of creating this society for working together to solve the India's Nutrition problems, the solutions which can also reach other needy countries. We will also depend upon many other agencies, other academies and societies as and when we need to synergize, since it is the Network and also handholding with each other that will ultimately make things work out for this very large and dynamic agenda.

In wishing you all the best in your connectivity and in reach-out programme with Networking of NSI and let us be in touch with each other. Have a great 2009 year and looking forward to hear from each one of you, as you contribute your knowledge of nutrition to solve the problems and have a Healthy Society.



**V. PRAKASH**  
*President*  
*Nutrition Society of India*  
&  
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### XXXX National Conference of the Society

The National Conference of the Society was held on the auspices of XXXX Nutrition Society of India (NSI) meeting in conjunction with XIV Indian Society for Parenteral and Enteral Nutrition (ISPEN) meeting on 20-22 November 2008 at the IMAGE Auditorium, MRC Nagar, Chennai. About 600 delegates and invitees attended the same. The conference was inaugurated by Dr VN Rajasekaran Pillai, Vice Chancellor, Indira Gandhi National Open University (IGNOU).

Dr. Varsha, Organizing Secretary & President, ISPEN, welcomed the delegates. She briefly highlighted the various symposia, orations and other scientific sessions organised on the occasion. In her address, she stressed on the need for the NSI and the ISPEN to come together and provide a united front at local and national

fora to ensure visibility to the practitioners of nutrition and dietetics. The challenges faced are numerous, she said and there is an urgent need to adopt "social marketing" to overcome the challenges. As our food habits have undergone a tremendous change, food will no longer be only a bare necessity but a mode of enhancing performance or delaying ageing, she said. It is therefore upto nutrition and dietetic professionals to take up this challenge and meet it successfully. She hoped that NUTRIFE[A]ST 2008 would mark a beginning towards this and ensure nutrition security for our nation by 2020.

Dr. B. Sesikeran, Director, National Institute of Nutrition, Hyderabad read out the Message sent by Dr. C. Gopalan, Founder-President of the Society, to the delegates. Dr. C. Gopalan, in his

message said that the NSI has acted as a successful forum for food and nutrition scientists belonging to diverse disciplines. However, participation of practicing clinicians has not been active, he noted, and this should change as the success of many medical and surgical therapies has come to rely on good nutrition support. He hoped that more clinicians will participate in the NSI to promote health and nutrition security. He also sadly noted the minimal involvement of nutrition scientists in the implementation of national nutrition programmes. There is tremendous need and scope for meaningful participation of nutrition scientists in the successful implementation of national programmes, he said, and these challenges require innovative measures.

In his Presidential address, President, NSI first welcomed the gathering. His talk focused on four major areas; He emphasized the need to urgently address the cold spots and vacua in protein and calorie nutrition and micronutrient malnutrition, citing the success of the ICDS programme. The conundrum of nutraceuticals and individual molecule based nutrition should be balanced against wholesome food, he said. He reiterated that the NSI should focus on basic nutrition research with close networking amongst its diverse members. He urged the younger generation to gain from the experience of the doyens of nutrition present on the occasion and proposed a “team India” mode to meet the challenges that nutrition in India faces and to enhance the visibility of the NSI.

Dr.Kamala Krishnaswamy, Past President of NSI, also spoke on this occasion and made few brief observations. She spoke on the role of the NSI and the need to strive to have programmes for the masses and by the masses with support of public – private partnerships. The need for

efficient delivery of success and decentralized management of basic needs such as food, health care, water supply, sanitation etc. by the panchayats was stressed upon. The existing interventions are well designed but need to be implanted in a sustainable manner, she said. We should focus on “inclusive growth” she said and laid out a four step plan towards the same. She also stressed the need for an enabling policy environment for redressing women’s issues. She further spoke on problems hindering food and nutrition security such as over consumption of national resources and neglect of health and healthy eating habits in the name of globalization. She concluded by saying that nutritionists have a long agenda ahead and urged all to work together towards nation building and scaling greater heights.

Dr VN Rajasekaran Pillai, Vice Chancellor, IGNOU, New Delhi inaugurated the Conference and released the abstract book. In his inaugural address, Dr. Rajasekaran Pilli spoke on the broad theme of “agriculture, food and nutrition security – the Indian perspective”. Although through the last two decades, India as a country has achieved food security and increased export of agricultural produce, he said, India still faces large scale food insecurity, making the population vulnerable. He further spoke on the current food and energy consumption trends and emphasized the fact that national level food security does not necessarily mean adequate food supply at the household level. He also spoke on the need to attain micronutrient security through dietary diversification. The nutrition security scenario in India is paradoxical he said and outlined measures to attain household level nutrition and food security.

Dr.K.Madhavan Nair, Joint Secretary of the Society proposed the Vote of Thanks.

### ***Honours & Recognitions***

- Dr. G. Bhanuprakash Reddy, Scientist 'D, NIN & EC Member, NSI who has been awarded with the Scopus India Young Scientist Award (Medicine) for the year 2008.
- Dr. V. Prakash, Director, Central Food Technological Research Institute (CFTRI), Mysore & President, NSI has assumed the office of Hon. President of the International Academy of Food Science and Technology (IAFoST).

### **Performance Nutrition**

Dr. Anura Krupad, Dean and Head, Institute of Population Health and Clinical Research, Department of Physiology, St John's National Academy of Health Sciences, Bangalore and Dr. Kannan Pughazendi, Sports Medicine, Chennai chaired the session.

#### *Distinguished Speakers:*

They all spoke on *"Nutritional Assessment, Evidence Documentation & Research Methodology in Performance Nutrition"*

- Dr. Kannan, Pughazendi Sports Medicine, Chennai
- Shri Jock Campbell, High Performance Director, ICL

- Shri John Quinn, Trainer ICL
- Dr. Chitra, Developmental Pediatrics, Bangalore

Session on "Performance Nutrition" continued after lunch and Dr. B. Sesikeran, Director, National Institute of Nutrition, Hyderabad and Dr. Kannan Pughazendi, Sports Medicine, Chennai chaired this continued session. This session deliberated on integrating nutrition into sport performance excellence. Eminent personalities and achievers in sport, fine arts, cinema, police etc spoke on the lacunae in nutrition in the respective disciplines. They urged the nutritionists to create awareness at an early stage to ensure performance excellence.

### **Pediatric Nutrition – Community Vs Clinical focused on breast feeding & teen [6-10years] school nutrition**

The session was chaired by Dr. Kamala Krishnaswamy, Former Director, National Institute of Nutrition, Hyderabad and Dr. Sarath Gopalan, Executive Director, Centre for Research on Nutrition Support Systems (CRNSS), New Delhi.

#### *Distinguished Speakers:*

- Dr. Sarath Gopalan, CRRNS, New Delhi (Topic: Introduction to the session)
- Dr. MKC Nair, Trivandrum (Topic: Breast Feeding & Failure to Thrive Prescriptions: Bridges or Widens Chasms?)
- Dr. Uma Ram, Chennai (Topic: Obstetrician Viewpoint on Initiation of Breast Feeding)

- Dr. Anupa Siddhu, New Delhi (Topic: BreakFast & Tween [6-10years] School Nutrition-Expert View & Research / Evidence Documentation)

This session focused on two major themes, namely breast feeding and nutrition for children aged 6-9 years mainly through school health programmes. The speakers emphasized the need to closely monitor and thus effectively counsel young mothers on the various aspects of breast feeding. They also reiterated the need for physical activity and the implementation of a life cycle approach to ensure adequate nutrition in children of 6-9 years, apart from creating awareness amongst the parents.

### ***“ Newtrition”***

The session was chaired by Dr. B.S. Narasinga Rao, Former Director, National Institute of Nutrition, Hyderabad and Dr. Varsha, President, ISPEN.

- Dr. Naomi Trostler, Israel  
(Topic: Evidence Based Nutrition Practice)
- Dr. Anantanarayan, Puducherry  
(Topic: Ethics in Nutrition Practice)
- Dr. Varsha, Chennai  
(Topic: Concept of Nutrition Injury & Diagnostic Codes)
- Ms. Mallika Janakiraman, Delhi  
(Topic: Social Marketing – Nutrition Education & Marketing Tool)

- Dr. Ravinder Reddy, Hyderabad  
(Topic: Nutraceuticals)
- Dr. G.V. Iyengar, USA  
(Topic: Metrology in Nutritional Analysis)

The session focused on the newer aspects of nutrition with an aim to familiarise rather than educate on nutrition practice, education and research, which is reflected in the diversity of both speakers and their topics of presentation. The speakers outlined the challenges faced by nutritionists and the need to use new strategies to overcome them such “social marketing” and use of metrology algorithms for food safety.

### ***The Thirty Second Gopalan Oration***

The Thirty second Gopalan Oration was delivered by **Prof. John M Pettifor**, Director, MRC Mineral Metabolism Research Unit, Professor, Department of Paediatrics, Chris Hani Baragwanth Hospital, University of the Witwatersrand, Johannesburg, South Africa on **“Vitamin D and Calcium Nutrition in Children in Developing Countries”**

In his oration, Prof. John Pettifor outlined what is currently known about calcium and vitamin D metabolism. He further spoke on need to revise current RDAs for vitamin D and calcium, based on the resurgence of vitamin D rickets and increased incidence of osteoporosis and frequent features in later life. He also elaborated on the possible strategies to address these issues

### ***The Twentieth Srikantia Memorial Lecture***

The Twentieth Srikantia Memorial Lecture was delivered by **Dr. Ramesh V Bhat**, Former Deputy Director (Sr. Gr.) & Head, Food Toxicology Division, National Institute of Nutrition, Hyderabad & Independent International Food Safety Consultant, Hyderabad, on **“Status of Food Safety in India: Past, Present & Future”**. In his lecture, Dr. Ramesh Bhat emphasised the link between food safety and the ancient (vedic) food practices. He then traced the changes that have occurred in food preparation and consumption patterns through the ages. He also explained the various determinants of food safety and emphasised the need for addressing food safety issues, especially in the scenario of increasing food trade both raw and processed. He further proposed a ten point formula that can provide answers to the challenges of food safety and ensure supply of safe food.

## Awards from Sessions . . .

A total of 16 papers consisting of 2 in Community Nutrition and 2 in Experimental Nutrition under the category Senior award and 6 in Community Nutrition and 6 in Experimental Nutrition under the category Junior award were presented. The following were selected for awards:

- **Senior Award in Community Nutrition**

Dr. Geeta Chauhan, Scientist (SS), Food and Nutrition, Division of Live Stock Products Technology, Indian Veterinary Research Institute, Bareilly, for the paper entitled "Feeding practices and nutritional status of infants of farm women in Uttarakhand (India)" by *Geeta Chauhan*, Ranjana Mahna and Kumud Khanna.

- **Senior Award in Experimental Nutrition**

Ms. Kirtan Tarwadi, Biometry & Nutrition group, Agharkar Research Institute, Pune, for the paper entitled "Use of rapid glycation model for screening the effects of antioxidants and micronutrients" by *Kirtan Tarwadi* & Vaishali Agte.

- **Junior Award in Community Nutrition**

Ms. Palak Gupta, Department of Food and Nutrition, Lady Irwin College, New Delhi, for the paper entitled "Levels and determinants of household food insecurity (access) in Delhi slums, India" by *Palak Gupta*, Meenakshi Jha, Ayushi Agnihotri, Pradeep Patra, Vani Sethi, S Kaushik and Siddharth Agarwal.

- **Junior Award in Experimental Nutrition**

Ms. Smriti Nanda Kumar, Department of Foods and Nutrition, WHO Collaborating Centre, The M. S. University of Baroda, Vadodara, for the paper entitled "Nutrition and health promotion program

in an industrial set up – dear study" by *Smriti Nanda Kumar*, Uliyar V Mani and Indirani Mani.

- **Ramanathan Award**

A total of 6 papers were presented in Oral Presentations Session. The Ramanathan Award was awarded this year to the following participant:

Ms. Tripti Saxena, Department of Foods and Nutrition, The M. S. University of Baroda, Vadodara, for the paper entitled "Towards Healthy Food Choices, Fitness and Mental Health Among Well-to do School Adolescents to Reduce Dual Burden of Malnutrition in Schools of Urban Vadodara" by *Tripti Saxena* and Shubhada Kanani.

- **Best Poster Awards**

A total of 117 posters were displayed in the disciplines of Community Nutrition, Clinical Nutrition, Experimental Nutrition and Food Science Nutrition. The NSI Prize for best presentation, in each category was awarded to a total of three participants this year, apart from Haveli Ram Pasricha Prize. The following are the awardees:

- **The Haveli Ram Pasricha Prize**

Ms. Vidya Bhate, Kamalnayan Bajaj Diabetology Research Centre, Pune, for the paper entitled "Maternal 1 Carbon metabolism and cognitive function in the offspring: The Pune maternal nutrition study" by *Vidya Bhate*, Charu Joglekar, Rasika Ladkat, Himangi Lubree, Urmila Deshmukh, Dattatray Bhat, Deepa Raut, Sujala Watve, Caroline Fall, Celeste A De Jager and Chittaranjan Yajnik.

## NSI Prizes . . .

- Ms. Ramya R, Research Scholar, Department of Home Science, CMS Coolege, Kottayam, for the paper entitled “Indigenous food formulations of Kerala used in maternal care” by Ramya R and Shilpa Jose.
- Ms. Anusha Sunderrajan, Department of Home Science, Women’s Christian College, Chennai, for the paper entitled “A comparison on the effect of flaxseed oil, fish oil and a combined supplementation on the lipid profile of middle aged mild hypercholestrolemic subjects” by Anusha Sunderrajan and Mary Gunasekaran.
- Ms. Aruna G, Department of Biochemistry and Nutrition, CFTRI, Mysore, for the paper entitled “Lutein content of selected vegetables and vegetable oils determined by HPLC and LC-MS” by Aruna G, Mamatha B.S. and Baskaran V.

## Announcements . . .

### *Proceedings of the Society*

The proceedings of the Society (from 1975 to 2005) are digitalized and are available on CDs. The members can obtain the same against payment through demand draft drawn in favour of the TREASURER, NUTRITION SOCIETY OF INDIA, payable at Hyderabad/ Secunderabad.

#### **Details**

Sl. No.	Year	Vol.	Cost (Rs.)
1.	1975-79	19-24	150/-
2.	1980-83	25-29	150/-
3.	1984-88	30-34	150/-
4.	1989-92	35-39	150/-
5.	1993-97	40-44	150/-
6.	1998-01	45-49	150/-
7.	2001-05	50-53	150/-
8.	Above all volumes (19- (available on 53)	Rs. 600/- DVD)	

### **41<sup>st</sup> National Conference of the Society**

The 41<sup>st</sup> National Conference of the Society will be held at National Institute of Nutrition, Hyderabad during 19<sup>th</sup> – 21<sup>st</sup> November 2009 with a pre-conference workshop. The tentative programme will be announced in the June 2009 Newsletter of the Society.

### **Information on Change of Chapter Convenor**

Prof. Uma Iyer, Professor, Dept of Foods and Nutrition, Faculty of Family and Community Sciences, The MS University of Baroda, Baroda will be the Convenor of Baroda Chapter in place of Prof. U.V. Mani, Head, Dept. of Foods & Nutrition, M.S. University of Baroda, Baroda.

## Other Information . . .

### **Directory of members**

All the members of the Society are requested to inform any change in their mailing address and email ID to enable the Secretariat of the Society to update the mailing list. It is also noted from the records that many of the members, particularly student members, have not renewed their annual membership. All such members are requested to update their membership by remitting the dues through demand draft drawn in favour of the TREASURER, NUTRITION SOCIETY OF INDIA, payable at any Nationalised bank in Hyderabad/ Secunderabad.

Members are requested to log on to NSI web site [www.nutritionocietyindia.org](http://www.nutritionocietyindia.org) for activities of NSI and provide feedback (to [nsihsyderabad@yahoo.com](mailto:nsihsyderabad@yahoo.com)) so that it can be updated.

In future the NSI newsletter will be sent by email / posted on our web site

([www.nutritionocietyindia.org](http://www.nutritionocietyindia.org)). We will be able to provide a hard copy of the newsletter only if a written request is made.

### **News items regarding members**

Members receiving awards and honours etc. are requested to send the relevant information to Joint Secretary, Nutrition Society of India, National Institute of Nutrition, Hyderabad – 500 604, email: [nsihsyderabad@yahoo.com](mailto:nsihsyderabad@yahoo.com) for incorporation in the forthcoming issues of the Newsletter.

### **Remittance of membership fee**

In view of the delay in realisation of cheques, members are requested to remit their membership fee of the NSI through demand drafts drawn in favour of the TREASURER, NUTRITION SOCIETY OF INDIA, Hyderabad, payable at any nationalised bank in Hyderabad / Secunderabad or as “at par” cheques payable at Hyderabad / Secunderabad Branch.

**19<sup>th</sup> International Congress of Nutrition  
- ICN 2009**  
on  
**“ Nutrition Security for All ”**  
**October 4-9, 2009, Bangkok, Thailand**  
*Visit the Web Site:*  
[www.icn2009.com](http://www.icn2009.com)

**5<sup>th</sup> Nutraceutical Summit**  
**Oct 28 - 30, 2009**  
**at World Trade Centre, Mumbai, India**  
*Organised by*  
**CFTRI and CSIR**  
**MM Activ Sci-Tech Communication**  
*Visit the Web Site:*  
[www.nutraceuticalsummit.in](http://www.nutraceuticalsummit.in)

**Correspondence relating to the Society and  
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*If you wish you may mark a copy of email to President, Nutrition Society of India : [prakash@cftri.com](mailto:prakash@cftri.com)*