



# NUTRITION SOCIETY OF INDIA

*(Reg. No. 125 of 1966)*

## NEWSLETTER

*Vol.52, January 2010*

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National Institute of Nutrition Campus  
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## NEWSLETTER

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The 41<sup>st</sup> National Conference of the Society was held on 20-21 November 2009 at the National Institute of Nutrition, Hyderabad. The theme of the conference was “Chronic Diseases - The New Pandemic”. Along with

the conference a pre-conference workshop on “Assessment of Nutritional Status and Dissemination of the New RDA for Indians” on 19<sup>th</sup> of November 2009 was held.

### **PRE-CONFERENCE WORKSHOP ON “ASSESSMENT OF NUTRITIONAL STATUS AND DISSEMINATION OF THE NEW RDA FOR INDIANS”**

This Workshop conducted as part of the 41<sup>st</sup> National Conference of the NSI, was aimed at providing an overview on the use of certain basic tools of nutritional assessment for students pursuing a Master’s Degree in Nutrition or Doctoral candidates wanting a refresher. The pre-conference workshop was attended by 300 students. The Joint Secretary Dr.K.Madhavan Nair welcomed the delegates. On this occasion Dr.B.Sesikeran, Director, NIN, Hyderabad released the multilingual multimedia CD on “Nutrition and Health” which was developed jointly by Centre for Development of Advanced Computing (CDAC) and National Institute of Nutrition, Hyderabad. The highlight of this

workshop was the Keynote address on New RDA for Indians by Dr.B.Sivakumar, former Director, National Institute of Nutrition, Hyderabad. The participants had the choice of attending either the sessions on Biostatistics, Anthropometry or BMR techniques which were run in parallel. The pre-conference workshop concluded with an interactive session of the participants with the experts in nutrition and the faculty and resource persons of the Divisions of Field Studies, Biostatistics, Physiology and Sports Nutrition of National Institute of Nutrition. The participants were very appreciative of all the lectures and thanked them for their effort.

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## XXXXI NATIONAL CONFERENCE

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About 800 delegates and invitees attended the conference. The conference was inaugurated by Dr.V.Prakash, President, Nutrition Society of India. Dr.B.Sesikeran, Director, National Institute of Nutrition, Hyderabad welcomed the delegates. In his welcome address, Dr.Sesikeran mentioned how the scientific community is trying hard to prevent chronic diseases such as diabetes, obesity and cardiovascular diseases. He stressed the need to

concentrate on minimizing the complications of these chronic diseases. Thereafter Dr.Sesikeran mentioned that Dr.C.Gopalan, Founder President of the Society has been the force behind the NSI and guided the entire history of the society. He further added that we can proudly say that the NSI is the best run society compared to many such societies in the country. Then Dr.Sesikeran read the message from Dr.Gopalan.

### MESSAGE FROM FOUNDER PRESIDENT

Greetings!

I am glad that our Society is now in its 41<sup>st</sup> year, and that our conferences continue to be well attended. My compliments to the Office Bearers and to the National Institute of Nutrition for having made this possible over the years. For the greater part of the previous century, nutrition scientists were battling problems of poverty-related undernutrition. Unfortunately, these problems have not been completely eliminated. They must continue to engage our attention even as this new century brings its new challenges. The distressing escalation in the prevalence of chronic degenerative diseases in India is one such emerging challenge. Given the ever-growing evidence that faulty diets and lifestyles contribute substantially to this problem, it is very appropriate that it is being discussed in detail at a forum such as this. Millions of our people, earlier caught in the poverty trap, have now unshackled themselves and are joining a growing middle class. Along with this upward mobility comes the phenomenon of migration to urban areas. Rising affluence and urbanisation have their inevitable impact on dietary habits, value systems and lifestyles. These are being reflected in the current escalation in obesity and chronic degenerative diseases such as diabetes and cardiovascular disease. What began as a trend is now a full-blown pandemic. What does this pandemic portend for a country like India? Obviously, it will put an enormous burden on the country's financial and health resources and stretch the already inadequate health services even further. Even more importantly, it will condemn whole generations of Indians in their prime to have a sub-optimal quality of life, because these diseases have no cure and call for a lifetime of management. While medical facilities have to be strengthened, the long-term solution lies in prevention, by correcting faulty lifestyles and dietary practices. This is where nutrition scientists can play an important role. Our legitimate concern about this emerging pandemic of chronic degenerative diseases should in no way detract from our focus on poverty-related nutritional problems, particularly intra-uterine growth retardation. There is sufficient evidence that malnutrition *in utero* and in the early childhood years can cause changes in metabolism that will have a lifelong effect, and perhaps contribute to a susceptibility to developing chronic degenerative diseases in later life. Nutrition scientists should therefore apply their attention to the whole lifespan of a person rather than any specific part of it. Also, they will be increasingly required to work in partnership with scientists from a number of other disciplines in order to solve complex public health problems. I am sure the deliberations of this Conference will result in some practical leads for action. I wish the Nutrition Society of India continued success in all its endeavours in the coming years.

Dr.K.Madhavan Nair, Organizing Secretary of the conference briefly explained about the theme and highlights of the conference. He said that the symposia lectures address the entire spectrum of chronic diseases, management from dietary and clinical aspects to molecular mechanisms. He thanked the awardees of the prestigious Gopalan oration and Srikantia memorial lecture Prof. K. Srinath Reddy President, Public Health Foundation of India, New Delhi and Prof. HPS. Sachdev, Senior Consultant in Pediatrics & Clinical Epidemiology, Sitaram Bhartia Institute of Science and Research, New Delhi respectively for agreeing to deliver the lectures.

Dr.V.Prakash, in his Presidential address, first welcomed the gathering. His message focused on the public funded Research organizations, the multi disciplinary collaborations and the community nutrition programmes. He asserted that the Society needs to focus and identify problems and the young scientists will have to bear the nutrition torch of India forward. He concluded by saying that the Society have these grand challenges ahead and we shall accomplish it with all the great enthusiasm to make India a destination for successful nutrition programmes for others to follow it.

Dr.Kamala Krishnaswamy, Past President of NSI, also spoke on this occasion. On behalf of the society first she congratulated Dr.V.Prakash for having been elected as Executive Council Member of IUNS.

Dr.Kamala Krishnaswamy spoke on future dimensions of the nutritional science, such as finding cost effective solution to prevent and reduce chronic diseases and making India not only a progressive country economically, but also a nutritionally healthy country. Urging the nutrition scientists to be more focused, she emphasised the need to minimize childhood malnutrition, prevention of adult chronic disorders. She concluded that nutrition scientists have to face the challenges and work hard to make the country nutritionally healthy.

During the inaugural session Dr. Vijayalakshmi Purushothaman, Dean, Faculty of Community Education and Entrepreneurship Development, Avinashilingam Deemed University, Coimbatore handed over a cheque for Rs.3.00 lakhs to the President, Nutrition Society of India towards institution of an award in memory of (Late) Dr. Rajamal P. Devadas, Former Chancellor, Avinashilingam University for Women, Coimbatore.

The President thanked students, faculty and well-wishers of Dr.Devdas for instituting the award. He announced that the first Devadas Memorial Lecture Award will be organized during the forthcoming 42<sup>nd</sup> National Conference of NSI to be held in 2010 at Mumbai.

Dr. Priti V Taneja, Secretary of the Society proposed the Vote of Thanks.

## SYMPOSIA SESSIONS . . .

Two symposia were organised during the conference:

### ***The first symposium was on “DIETARY MANAGEMENT OF DIABETIC COMPLICATIONS”***

The speakers were 1) Dr. Bipin Kumar Sethi, Endocrinologist, care Hospitals, Hyderabad spoke on “Metabolic Memory: Is more than tight glycemic control required for preventing diabetic complications“; 2) Dr.Rakesh Kumar Sahay, Professor of Endocrinology & Head of the Department of Endocrinology, Osmania Medical College and Osmania General Hospital, Hyderabad on “Dietary Management of Diabetic Nephropathy” 3) Dr.G.Bhanuprakash Reddy, Scientist ‘D’, National Institute of Nutrition, Hyderabad on “Nutritional and dietary factors in diabetic ocular complications” and 4) Dr.Kamala Krishnaswamy, Past President, NSI Hyderabad on “Staple cereal grains consumption and its association with risk of diabetes and metabolic syndrome among urban South Indians” on behalf of Mrs. Sudha Vasudevan, Head, Department of Foods, Nutrition & Dietetics Research, Glycemic Index Testing Centre For Foods, Madras Diabetes Research Foundation, Chennai who could not attend the meeting.

This symposium was chaired by Dr. Vinodini Reddy, Former Director, National Institute of Nutrition, Hyderabad and Dr. G.N.V. Brahmam, Scientist ‘F’ & Head, Division of Community Studies, National Institute of Nutrition, Hyderabad.

#### **Highlights of the symposium**

Dr.Bipin Kumar Sethi described that the metabolic memory is the impact of initial signal to glycemic exposure to the tissue,

which persists beyond the exposure period and results in tissue damage despite good glycemic control. He emphasised the need for aggressive treatment soon after diagnosis of diabetic complications. He also described the mechanisms and possible interventions and uncertainties prevailing around the concept of metabolic memory. Dr.Rakesh Sahay, focused on dietary factors, such as protein intake, salt and fluid intake which have an impact on nephropathy. He stated that the diet of every patient needs to be individualised based on the tendency to retain or lose salt and on serum potassium, protein and cholesterol levels. He also described dietary guidelines for the management of diabetic nephropathy. The third speaker Dr.Bhanuprakash Reddy summarised the findings on dietary sources of inhibitors of protein glycation and polyol pathways and described the need to specifically evaluate the agents that can prevent diabetic complications irrespective of glycemic control. He also ascertained that it could be possible to alleviate diabetic complication by dietary means. Dr.Kamala Krishnaswamy described the nutrition transition especially in urban settings with a shift in consumption of more refined carbohydrates, fats and animal products as the primary cause contributing to obesity and diabetics. She stressed that consumption of refined grains combined with poor physical activity as the major driver of the obesity, diabetes and CVD epidemic in India. She concluded emphasized the need to encourage the introduction of low glycemic index foods such as whole grains.

***The second symposium was on “NEW HORIZONS OF NUTRITION”***

The speakers were 1) Dr. Chittari V. Harinarayan, Professor and Head, Department of Endocrinology & Metabolism, Sri Venkateswara Institute of Medical Sciences, Tirupati who spoken on “Calcium and Vitamin D status in India”; 2) Dr.Giriraj Chandak, Medical Geneticist and Group Leader, Genome Research Group, Centre for Cellular and Molecular Biology, Hyderabad on “Thiamine deficiency may interact with impaired activity of mitochondrial complex to modify the phenotype of Leigh syndrome” and 3) Dr.R.Hemalatha, Scientist ‘E’, National Institute of Nutrition, Hyderabad was spoken on “Epigenetics – In Fetal Nutrition and Imprinting”.

The symposium was chaired by Dr. B. Sivakumar, Former Director, National Institute of Nutrition, Hyderabad and Prof. S. V. Rana, Professor, Dept. of Superspeciality of Gastroenterology, PGIMER, Chandigarh.

**Highlights of the symposium**

Dr.Harinarayan presented extensive data on vitamin D status of Indian population and concluded that low dietary calcium intake and 25(OH) vitamin D levels are associated with deleterious effects on bone mineral homeostasis. Dr.Chandak presented data on Leigh syndrome which is a progressive neuro-metabolic mitochondrial disorder. He presented evidence in infants with Leigh syndrome had different phenotype and responded dramatically to thiamine supplementation. He concluded that thiamine deficiency alone could not cause the disease but may add to the severity of the phenotype in the presence of genetic abnormality. Dr.Hemalatha gave an overview of the role of epigenetics (gene methylation) in fetal nutrition and chronic diseases and how nutrition can influence epigenetics, which can be passed from one generation to the next. She concluded that unlike defective genes, which are damaged for life, methylation of genes can be manipulated by nutrients or drugs that can be a useful tool to improve health.

**SPECIAL LECTURE ON “FOOD SAFETY SECURITY: AN OPEN ENDED ISSUE”**

A Special Lecture on “Food Safety Security: An Open Ended Issue” was delivered by Prof. G. Venkatesh Iyengar, Adjunct Professor, FSNSP, Tufts University, Boston MA, USA. This lecture was chaired by Dr. Anura V Krupad, Dean, St. John’s National Academy of Health Sciences, Bangalore and Dr. Kalpagam Polasa, Scientist “F”, Head, Food & Drug Toxicology Research Centre, National Institute of Nutrition, Hyderabad. In his lecture, Dr.Iyengar highlights the measures to be undertaken to ensure food safety. He explained the term Food Safety Security (FSS) as a mechanism designed to act as a potential early warning system for minimising food safety accidents. He suggested that FSS is an essential prerequisite that needs to be in place as a part of a functional food safety plan.

### THE THIRTY THIRD GOPALAN ORATION

The Thirty third Gopalan Oration was delivered by **Prof. K. Srinath Reddy** President, Public Health Foundation of India, New Delhi on “**Public health nutrition in India : Moving from science to policy and action**”. In his oration, Prof. K. Srinath Reddy emphasised the need for translating science into policy and action in the vital area of Nutrition and Health. Outlining the mandate of Public Health Nutrition, he addressed the need to extend research from molecules to markets and expand advances and action from risk

factors to human rights. He described the need for holistic approach to improve maternal and foetal nutrition. He gave an extensive overview of chronic diseases and emphasised the need to use power of policy for chronic disease prevention. In this context he highlighted examples from studies conducted in Mauritius, Poland, Finland which showed evidence of preventive potential of policy interventions. He then concluded that nutrition is SPA (Science-Policy-Action) of health transformation.

### THE TWENTY-FIRST SRIKANTIA MEMORIAL LECTURE

The Twenty first Srikantia Memorial Lecture was delivered by **Prof. HPS. Sachdev**, Senior Consultant in Pediatrics & Clinical Epidemiology, Sitaram Bhartia Institute of Science and Research, New Delhi on “**Improving Nutrition through Relevant Evidence: Transforming an Indian Dream into Reality**”. In his lecture, Dr.Sachdev ascertained the need for nutrition research that is relevant to the Indian context that can have a bearing on practice and policy. He pointed out that NSI can play a lead role

in training national nutrition policies and guidelines in evidence based manner and emphasised the need for conducting courses and workshops on research methodology and evidence based nutrition. He urged the need to strengthen the mechanisms for exploring relevant evidence for national policy and patient management. He concluded stating that relevant evidence is a powerful tool, which if used appropriately, can prove vital in improving the nutritional profile of our country.

## AWARDS FROM SESSIONS . . .

### **YOUNG SCIENTISTS AWARD SESSION**

A total of 25 papers were presented under the senior and junior award categories in Community Nutrition and Experimental Nutrition.

#### **Senior Award in Community Nutrition**

Mrs. Sylvia Fernandez Rao, Scientist 'B', National Institute of Nutrition, ICMR, Hyderabad received the award for the paper entitled "Maternal well-being and locus of control as mediators in interventions for infant and young child feeding" by Sylvia Fernandez Rao, N Balakrishna, Margret Bentley, Patrice Engle and Shahnaz Vazir.

#### **Senior Award in Experimental Nutrition**

Miss Chanu Handa, Department of Foods and Nutrition, Lady Irwin College, University of Delhi, Delhi received the award for the paper entitled "Quality and sensory attributes of multigrain, functional cookies supplemented with prebiotic – fructooligosaccharide" by Chanu Handa, Goomer S and Siddhu.

#### **Junior Award in Community Nutrition**

Ms. Poonam Patel, Department of Foods and Nutrition, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Baroda received the award for the paper entitled "Body composition and insulin resistance at birth: A hospital based study" by Poonam Patel and Suneeta Chandorkar.

#### **Junior Award in Experimental Nutrition**

Ms. Shweta Khandelwar, Public Health Nutrition Department, Public Health Foundation of India, New Delhi received the award for the paper entitled "Impact of omega-3 fatty acids and/or plant sterol supplementation on non-HDL levels of dyslipidemic indian adults" by Shweta Khandelwar, Isabelle Demonty, Panniyammakal Jeeemon, Ramakrishnan Lakshmy and Rahul Shidhaye.

### **FREE COMMUNICATIONS- ORAL SESSION**

A total of 25 papers were presented in oral free communications for the three awards.

#### **Ramanathan Award (Community Nutrition)**

Ms. Jagmeet Madan, Department of Foods and Nutrition, SVT College of Home Science, SNDT Women's University, Mumbai received the award for the paper

entitled "Childhood obesity in India – need for intervention programmes" by Jagmeet Madan, Anoop Misra, Priyali Shah, Seema Gulati, Madhuri Nigudkar, Bhavika Shah and Shweta Jain.

#### **NSI Award (Experimental Nutrition)**

Ms. Prachi S Ranade, Biometry and Nutrition Unit, Animal Science Division,

Agharkar Research Institute, Pune received the award for the paper entitled “Maternal docosahexaenoic and arachidonic acid supplementation at low protein level affects lactational performance, survival and growth in pups” by Prachi S Ranade and Shobha S Rao.

#### **NSI Award (Clinical Nutrition)**

Mrs.Krishna Swetha G, Department of Microbiology & Immunology, National Institute of Nutrition, Hyderabad received the award for the paper entitled “Micronutrient status and IL-1 $\beta$  and IL-6 among women with bacterial vaginosis” by Krishna Swetha G, R Hemalatha and BA Ramalakshmi.

#### **FREE COMMUNICATIONS- POSTER SESSION**

A total of 140 posters were displayed in the disciplines of Community Nutrition, Clinical Nutrition, Experimental Nutrition, Food Science Nutrition and Nutrition Education & Communication for 6 awards.

#### **Haveli Ram Pasricha Award (Community Nutrition)**

Ms.Deepa Prakash, Department of Food Science and Nutrition, University of Mysore, Mysore received the award for the paper entitled “An analysis of family food behaviour and dietary pattern of selected school children from Bangalore city” by Deepa Prakash and Jamuna Prakash.

#### **Seetharam Bhat Memorial Award (Experimental Nutrition)**

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 blood glucose levels of middle aged pre-

diabetic subjects” by Anusha Sunderrajan and Mary Guna Sekaran.

#### **NSI Award (Experimental Nutrition)**

Mr.Rupesh S, Department of Protein Chemistry and Technology, Central Food Technological Research Institute, Mysore received the award for the paper entitled “Better nutrition from a protease from rice bran and its application in milk clotting” by Roopesh S.

#### **NSI Award (Clinical Nutrition)**

Ms.Kale Anvita, Department of Nutritional Medicine, Bharathi Vidhya Peet University, Pune received the award for the paper entitled “Association of one carbon metabolism (reduced folic acid, vitamin B<sub>12</sub>), docosahexaenoic acid and homocysteine concentrations in patients with schizophrenia” by *Kale Anvita*, Naphade Nilesh, Sapkale Swati, Raju Marella Satya Venkata Kama, Pillai Anilkumar, Joshi Sadhana and Mahadik Sahebarao

#### **NSI Award (Food Science)**

Ms. Azadeh Nikusalah, Department of Food Science and Nutrition, University of Mysore, Karnataka received the award for the paper entitled "Composition and antioxidant properties of thermally treated clove extracted in different solvents" by Azadeh Nikusalah and Jamuna Prakash.

#### **NSI Award (Nutrition Education and Communication)**

Ms. Estherlydia, Women's Christian College, Chennai for the paper entitled "Soft drink consumption and dietary practices among college students" Estherlydia and Sheela John.

## **ANNOUNCEMENTS . . .**

#### **42<sup>ND</sup> NATIONAL CONFERENCE OF THE SOCIETY**

The 42<sup>nd</sup> National Conference of the Society will be held at Mumbai during 19–20 November 2010 with a pre-conference workshop on 18<sup>th</sup> of November 2010 by the Mumbai Chapter of the NSI. The Organizing Secretary of this event will be Dr. Kasturi Sen Ray, Reader, Department of Food Science and Nutrition, SNDT Women's University, Mumbai- The details and programme of the conference will be announced in the June 2010 Newsletter of the Society which will be uploaded in the NSI website [www.nutritionocietyindia.org](http://www.nutritionocietyindia.org) and also in the Mumbai chapter website [www.mumbaichapter.org](http://www.mumbaichapter.org).

#### **NEW MEMORIAL LECTURE AWARD**

The Society is introducing a new memorial lecture award in the name of (Late) Dr. Rajamal P. Devadas, Former Chancellor, Avinashilingam University for Women, Coimbatore from 2010. The first Dr. Rajamal P. Devadas Memorial Lecture Award will be organized during the 42<sup>nd</sup> National Conference of the Society to be held in 2010 at Mumbai.

#### **NEW CHAPTER CONVENOR**

The Executive Committee of the NSI appointed Dr. (Mrs.) Vandana Bharati as the convenor of Indore Chapter and Dr. Anura V Kurpad, Dean, St. John's National Academy of Health Sciences, Bangalore as the convenor of the Bangalore Chapter.

## 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 Nationalized 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 [nsihyderabad@yahoo.com](mailto:nsihyderabad@yahoo.com)) so that it can be updated. Hard copy of the newsletter will be provided only if a written request is made by the members.

### **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, Jamai-Osmania PO, Hyderabad – 500 604 or email to [nsihyderabad@yahoo.com](mailto:nsihyderabad@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.

## OBITUARY

**It is with deep sorrow we inform all the members the sad demise of two of our beloved life members of the Society**

**Prof.C.R.Soman, Social Health Activist and the former Head of the Nutrition Wing of Thiruvananthapuram Medical College passed away on 7<sup>th</sup> November 2009. He was a renowned nutrition scientist and public health activist who nurtured nutrition science in Kerala.**

**Prof.S.Sriramachari, MS, DSc, FNA, Honorary Advisor, ICMR and INSA Honorary Scientist passed away on 25<sup>th</sup> December 2009. He was a Pathologist and Medical Scientist par excellence.**

***Correspondence relating to the Society and other related matters should be addressed to:***

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Cordially,  
(Dr. K. Madhavan Nair)  
Joint Secretary