

57TH ANNUAL CONFERENCE OF NUTRITION SOCIETY OF INDIA

14-15 November, 2025

Pre-conference workshops on 13 November, 2025

Venue: ICMR-National Institute of Nutrition, Hyderabad

Theme: *Suposhit Bharat for a Viksit Bharat*

PRE-CONFERENCE WORKSHOPS PROGRAM

13 November 2025

WORKSHOP - I

DIETARY DATA COLLECTION METHODS

Moderator: Dr. P. Raghavendra

Venue: Assembly Hall

Time	Topic	Resource person
08:00 to 09:00	Registration	
09:00 to 09:45	Inauguration of Preconference Workshops	
09:50 to 10:10	Keynote Address	Dr. N. Arlappa
10:15 to 11:00	Dietary data collection from field	Ms. G. Neeraja
11:00 to 11:15	<i>Tea break</i>	
11:15 to 11:45	Food Frequency Questionnaire	Ms. M. Saiveena
11:45 to 12:15	Nutrient analysis of cooked food	Dr. R. Ananthan
12:15 to 13:00	Assessing food insecurity	Dr. Hemant Mahajan
13:00 to 13:45	<i>Lunch</i>	
13:45 to 14:15	Session by <i>Inbody</i>	
14:15 to 15:30	Demonstration of dietary data collection	3 batches*
15:30 to 15:45	<i>Tea break</i>	
15:45 to 16:30	Dietary data formatting and analysis	Mr. K. Sreerama Krishna
16:30 to 17:00	Valedictory event	

*Each batch will be led by –

Ms. G. Neeraja, Mr. K. Sreerama Krishna and Ms. M. Saiveena

WORKSHOP - II

Infant and Young Child Feeding (IYCF) and Lactation Management

Moderator: Dr Sai Ram Challa
Venue: Animal House Conference Hall

TIME	Session	KEY POINT
8:00 - 9:00	Registration	
9.00 - 9.30	Inauguration	Assembly Hall
9.30 - 10.10	Opening & Icebreaker Dr Sai Ram, Dr.Teena & Samyukta/Deepika/Anjali MCHN Team	• Welcome Address and opening remarks - Dr Sai Ram • Brief remarks outlining the workshop goals and stressing the importance of IYCF - Dr Teena • Participant Introductions • Pre-Test • “Myth or Fact” Activity
10:15 – 12:15	Core IYCF Knowledge: Overview + Demo + Discussions Topic A: Breastfeeding (10.15 - 10.50) Dr Monica ,Scientist-C, Ms.Samyukta, Project Research Scientist-I, MCHN	• Explain early initiation, exclusive breastfeeding, duration, and benefits. • Demonstrate correct latch, positioning using baby dolls and breastfeeding models. • Discuss common barriers like sore nipples, engorgement, and how to address them practically. • Introduce counselling principles
	Tea / Coffee Break 10:50-11.15	• Light refreshments, informal networking
	Topic B: Complementary Feeding (11.15 - 12.15) Dr Latha Shasi, Consultant Nutritionist & HOD.Dept of Clinical Nutrition and Dietetics, Fernandez Hospital.	• Discuss when and why to start complementary feeding (6 months recommended). • Show examples of textures and types of foods (mashed, pureed, solid finger foods). • Demonstrate how to prepare safe, affordable, and nutritious complementary foods with local ingredients. • Include food frequency and quantity guidelines by age. • Counselling Skills

12:15 - 1:15	Counselling Skills Practice Facilitator: Samyukta Moderator: Dr Monica & MCHN team	• Make participants into groups. • Provide real-life counseling scenarios (e.g., mother worried about milk insufficiency, returning to work, infant refusing breastfeeding). • Role-play counseling sessions for complementary feeding (10 minutes each). • Facilitator observes and moderator gives constructive feedback. Group discussion on challenges and best practices
1:15-2:15	LUNCH	
2:15 – 3:15	Modern Challenges Panel	Panel Discussion • Speakers present 10-minute overviews on each topic, followed by Q&A 1. IYCF in emergencies (natural disasters, pandemics) - Dr Sai Ram, Scientist-E & HOD, MCHN, ICMR-NIN 2. Influence of formula marketing -Perspectives from Private and Public Health Settings - Dr.Swapna Kadukuntla, Professor, Paediatrics, Apollo Institute of Medical Sciences and Research Hyderabad. 3. Supporting breastfeeding working mothers: Maternity benefits, crèches, workplace lactation breaks: Dr Surya Goud, Scientist-C, DPHN, ICMR-NIN. 4. Breast feeding in special circumstances (mothers with HIV, T.B etc): Dr.Baby Shalini Muppalla, Associate Professor, Internal Medicine, Apollo Institute of Medical Sciences and Research Hyderabad.
3:15 – 3:30	Afternoon Tea Break	
3:30 – 4:15	IYCF Schedule Dr Abdul Jaleel, Scientist-C, DPHN ICMR-NIN	• Will present the brief questionnaire on what all data collection is to be done while collecting information on IYCF.
4:15 – 5:00	Reflection & Wrap-Up	• Post-Test • Quiz (Based on time) • Workshop feedback forms. • Group photo • Closing remarks

WORKSHOP - III

Analytical Techniques in Nutrition Research

Moderator: Dr. R. Ananthan

Venue: Conference Hall

Time	Programme / Topic	Speaker / Faculty
08.00 – 09.00	Registration	
09.00 - 09.30	Inauguration	
10.00 – 10.15	Overview of Preconference Workshop	Dr. G. Bhanuprakash Reddy , Scientist-G, ICMR-NIN Vice-President, NSI
10.15 – 11.00	Analytical techniques used in macro-nutrient analysis	Dr. S. Sreenivasa Reddy , Scientist-D, Biochemistry
11.00 – 11.30	Tea Break	
11.30 – 12.15	Analytical techniques used in micro-nutrient analysis	Dr. Ravindranadh P. Scientist-C, Drug Safety
12.15 – 13.15	Analytical techniques used in food nutrient analyses	Dr. R. Ananthan Scientist-E, Food Chemistry
13.15 – 14.15	Lunch Break	
14.15 – 17.15	Lab tour	Divisions of Food Chemistry, Biochemistry and Drug safety.
17.15 – 17.30	Conclusion and Certificate distribution	