

**REPORT ON**  
**INDUSTRIAL VISIT**  
**TO**  
**NATIONAL INSTITUTE OF NUTRITION**

## **NATIONAL INSTITUTE OF NUTRITION**

National Institute of Nutrition (NIN) was founded by Sir Robert Mccorrison in the year 1918 as 'Beriberi' Enquiry Unit in a single room laboratory at the Pasteur Institute, Conour, Tamil Nadu. Within a short span of seven years, this unit blossomed into a "Deficiency Disease Enquiry" and later in 1928, emerged as full-fledged "Nutrition Research Laboratories" (NRL) with Dr. Mccorrison as its first Director. It was shifted to Hyderabad in 1958. At the time of its golden jubilee in 1969, it was renamed as National Institute of Nutrition (NIN). The National Institute of Nutrition (NIN) is Indian public health, nutrition and translational research center located Hyderabad, India. The institute is one of the oldest research centers in India, and the largest center, under the Indian Council of Medical Research, located in the vicinity of Osmania University. The institute has associated clinical and pediatric nutrition research wards at various hospitals such as the Niloufer Hospital for Women and Children, the Government Maternity Hospital, the Gandhi Medical College and the Osmania General Hospital in Hyderabad. The National Centre for Laboratory Animal Science (to be integrated into the National Animal Resource Facility for Biomedical Research] the Food and Drug Toxicology Research Centre, the National Nutrition Monitoring Bureau are the other wings of NIN, for India's Ministry of Health and Family Welfare. The institute also derives funding from the Indian department of biotechnology, the institute majorly conducts research in obesity,diabetes,food chemistry, diet and ethics, clinical toxicology and macronutrient and micronutrient deficiency. The institute carried out mainly research and patent development in clinical nutrition outcome in research pharmacology, pathology, toxicology, food chemistry endocrinology, molecular biology, community nutrition and various sports nutrition. WHO and FAO agencies recognized the NIN as a institute of a center for excellence in food quality, safety and nutrition research.



On 15 March 2024 on the eve of national science day 2024 cultural leadership center by Samskruthi foundation, A group of 34 students from Malla Reddy college of engineering visited (NATIONAL INSTITUTE OF NUTRITION) near tarnaka flyover Hyderabad. The purpose of the visit is to gain knowledge about nutrition and the research work of NIN, and methods of use of different instruments. With the assistance of our beloved faculty Arjun sir, Samskruti Foundation members Madhukar sir and Tukaram sir, we have entered the institution safely and successfully.



### **AUDITORIUM:**

After reaching NIN we entered the auditorium hall, and they gave a brief introduction, on the history and legacy of NIN, through a video which contains the history of NIN, how it started and developed in the time being of a century, and what was the work and functions of NIN, about clinical research and laboratory and community health, malnutrition and deficiency in newborns and proper diet for pregnant women's and various sources of vitamins and nutrients in the fruits and vegetables, who is

involved in it? What are the branches and parts of it? How it works all over India.



### LABORATORY VISIT:

We visited the Biochemistry Lab. which works under the guidance of 4 scientists including the head of the department Dr. Bhanu Prakash Reddy. Dr. Srinivas Reddy Sir, who was in charge, explained a lot of things, we were overloaded with his knowledge. They maintained clean and aseptic conditions so that no contamination or microbial invasion took place. The Sir explained to us what they are going to do in the invitro and in vivo studies. Sir also explained us the uses of the lab like the study of samples of various age groups, the study of deficiency of different vitamins at molecular and chemical levels, by administration of the required material seeing its effects and uses, the study of various diseases, etc. Sir has explained us about various instrumentations and their uses like different types of spectroscopies, PCR, different types of blotting's, advanced microscopes, electrophoresis, and various other equipment. We have got to know the detailed procedure of western blotting, electrophoresis, HPLC, etc.



### LUNCH TIME:

We entered the canteen with our coupons provided. Then in an order, the food was served to everyone. We enjoyed our meal. As they follow nutritional values they have provided us banana also.

We were very interested in their thoughts. We completed our lunch successfully with our faculty. They have maintained the hygiene conditions. They also follow rules and regulations even on the canteen premises like they don't allow teacups or any other things like that out of the canteen.



## MUSEUM TOUR:

It was fabulous and very innovative ideas were present in the museum. The models of the vegetables and fruits were so realistic. The thing I learned in the museum is nutrient Ladoo (Gehana) that is made by whole wheat, Bengal gram dal, ground nuts and jaggery mixture. And I also learned about a mantra, eat sparingly eat Moderately, eat liberally, eat adequately.

We have many things in the museum:

- ✔ Photography of different blocks of NIN
- ✔ Sources of vitamins
- ✔ Sources of calorie-rich foods
- ✔ Sources of protein-rich
- ✔ Sources of different vitamins
- ✔ Effect of natural treatment on certain
- ✔ Uses of different natural products in various conditions About conditions of various
- ✔ How to eradicate malnutrition
- ✔ How to develop the condition of nutrition



### FALICITATION AND END OF THE SESSION:

After visiting the museum everyone gathered in the auditorium. Dr. Bhanu Prakash Sir who was the senior scientist as well as director of NIN, gave a speech about the importance of nutrition and implementation in India. How to develop our skills and how it is useful to us was explained by the sir. Sir also has spoken about how internship programs take place. And how we can tie up with NIN in case of any projects and how they could use artificial intelligence can be used further in terms of nutrition.

Then the felicitation of Dr. Bhanu Prakash Sir took place. After the photography, the session ended with the successful cooperation of the members of NIN, the Samskruti Foundation, and our staff.



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