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MESSAGE

In a constantly changing spectrum of nutritional disorders with undernutrition at one end and overnutrition and consequent chronic diseases at the other, the role of nutrition research is vital to a better understanding and thereby better intervention strategies. The research priorities of National Institute of Nutrition have been judiciously planned to address these issues.

A major thrust has been in basic research with the common theme of understanding the molecular and biochemical mechanisms of onset of Type II Diabetes and its forerunner – Obesity. These studies would throw light on the interaction between these two chronic disorders and the role of undernutrition as well as overnutrition during different phases of life. During the period under report in addition to monitoring of nutritional status of the community across the country, special emphasis has been laid on the hitherto unexplored areas of tribal nutrition. With a large variety of lifestyles, diets, traditional habits etc., the study of nutrition among tribal population would bring out several new areas for further investigation. In addition, NIN has been continuing relentlessly its research on problems which still evade solution like fluorosis.

Interesting research areas like the role of turmeric and curcumin as a cost-effective method of delaying the onset of cataract and ginger as an anti-mutagen are being actively investigated.

With the availability of sensitive equipment like DXA to measure body composition, studies have indicated that low socio-economic group women had an unacceptably higher body fat even at lower BMI levels which is a cause for concern and requires thorough investigation.

I hope the Institute would constantly pursue some of these major areas where gaps in knowledge exist. This should ultimately lead to formulation of specific Guidelines which would benefit both the individual at risk as well as the community through effective policies.

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