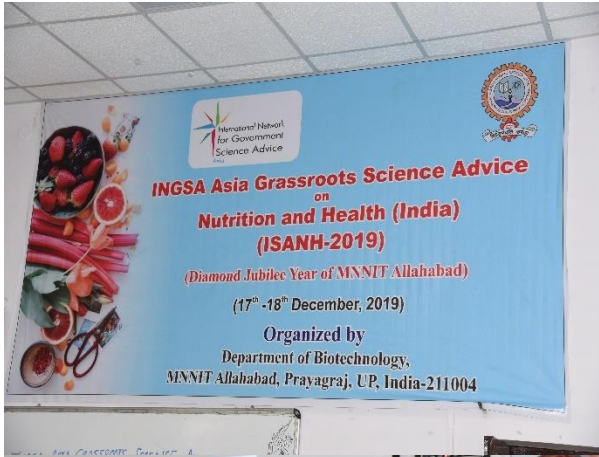


**INGSA Asia Grassroots Science Advice on Nutrition and Health (India)
(ISANH-2019)**

Department of Biotechnology,
MNNIT Allahabad, Prayagraj, UP, India-211004
(17th -18th December, 2019)

Event Completion Report

The two-day international INGSA ASIA GRASSROOTS SCIENCE ADVICE workshop on **Nutrition and Health** was organised by Department of Biotechnology, MNNIT Allahabad in the seminar hall of School of Management Studies from the 17th to 18th of December 2019. Director of MNNIT Allahabad, Prof. Rajeev Tripathi presided over the workshop inauguration. The organizing secretary of this programme, Prof. Anjana Pandey welcomed the Professors and participants, and gave a briefing on the objectives of the Grassroots Science Advice workshop. The inaugural speech was delivered by Dr. S.P. Misra, the renowned Gastroenterologist of Prayagraj. He explained the ten commandments of life for being healthy and responsible citizens of India and delivered an expert lecture on the role of nutrition for healthy maintenance of the liver, the largest and most important organ of the human body. Three plenary lectures were then delivered on the first day. Prof Kavita Shah, the Steering Committee member of INGSA Asia talked about Personalized Nutrition: Role of media and science advice. Another plenary lecture was delivered by Prof. Krishna Misra, Honorary Professor of IIT Allahabad in the area of healthy eating habits and emphasized the role of turmeric and curcumin.



Seven lectures were also delivered by the invited speakers Dr. Shailendra Kumar Mishra, Dr. Abhay Pandey, Ms. Shilpi Agarwal, Dietician Rekha Gupta, Prof. Bechan Sharma, Prof. Neelam Yadav and Dr. Bhawna Sharma on the effectiveness of medical nutrition therapy in Diabetes: importance of low glycemic index foods; Micronutrient: Importance, Deficiency disorders and Prevention; Nutrition and Health; Oxidative stress induced pathophysiological alterations; PCOD, Cancer, Infectious Diseases, Obesity and its management by natural products; Nutritional needs of the people of varying age groups living with HIV-1/AIDS (PLWHA); Role of Science Advisor and Food Security.

Apart from the lectures, three case studies were also discussed, and possible suggestions were proposed by the participants in the workshop. The first case study discussed was “Republic of Doumbelane: a fictitious case study on mobilization of water and land resources for food security”. During this discussion, the problem of food security due to climate variability and related stakeholders were recognized. The participants had suggested to the government on the proposal of three investors in the context of the establishment of the food security strategy.

The second case study discussion was “Amnesia: Addressing childhood obesity between science, economic interests and local knowledge”. In this discussion, participants were given the role of health minister, academicians, scientists and parents to identify the steps and initiatives that can be taken with increased economy of the country.

The third case study was “Afristan: Health, nutrition and public policy”. In this discussion, various stakeholders were recognized including the government, the academic community, local/rural groups as well as children, parents and families. Participants discussed about the various aspects of nutrition, health and proposed the policy to engage with international food and nutrition experts from academia and industry.

The valedictory function was organized on 18th of December 2019. Prof. Kavita Shah, Prof. Anjana Pandey, Dr Bhawna Sharma (the leading Gynaecologist) and all the faculty members of department of Biotechnology, MNNIT Allahabad were present in the function. Certificates were distributed to the participants present during the event. The concluding remarks were delivered jointly by Prof. Anjana Pandey and Prof. Kavita Shah.