

Report on “World Nutrition Day” Programme

To commemorate the “World Nutrition Day” an online lecture on “Nutrients & antioxidants: modulation in disease and development” was delivered by Dr. Sanjay Basak, Scientist E and Dy. Director, ICMR-NIN, Hyderabad. Dr. Kaushik Banerjee, Director, ICAR-National Research Centre for Grapes welcomed and gave brief introduction of guest. Dr Basak, gave the relevance of nutrients and antioxidants in the diet of human beings. He mentioned in his talk that nutrition has the major role to prevent and manage the diseases. Oxidizing free radicals participate in the early events that lead to disease. This may be prevented by antioxidants and antioxidants reduce disease risk. He further briefed about free radicals mediated damage to biomolecules which may lead to disease development. Free radicals can damage DNA and permanent change in genetic message along with mutation occurs. Dr. Basak also focused on the relevance of antioxidants to preserve food by retarding deterioration, rancidity or discoloration due to oxidation. He also talked about phytochemicals or phyto-protectants. In conclusion he mentioned that ROS mediated oxidation of biomolecules is implicated in many diseases. The lecture was followed by an active interaction session. The programme was also a part of the lecture series of **Azadi ka Amrut Mahotsav** and it was coordinated by Dr. Prashant Nikumbhe. There were 55 attendees in zoom secession and around 100 viewers were present in Facebook Live.

