

Proceedings of the Valedictory Function on National nutrition month, 2020 and live webinar on Nutrition, Immunity and COVID19 (5th lecture in SPBB lecture series)

Valedictory Function on National nutrition month, 2020 and live webinar on Nutrition, Immunity and COVID19 was held on 30th September 2020 through virtual mode (zoom). 182 registered participants attended the function. The convener, Dr. Veda Krishnan introduced the importance of nutrition and the programme in brief. The function started with the welcome address by Dr. Shelly Praveen, Head, Division of Biochemistry, ICAR-IARI. Dr. Praveen shared insights on the evolving domains of nutrition with highlights about the nutritional research carried out at IARI. Next in line was product releases, among which the product launch of “*Hallur – gluten blended bajra flour*” was done by honorable chief guest, Dr. A.K Singh, Director, ICAR-IARI. In his special address he highlighted the need for value addition and developing consumer friendly agri-products as the need of the hour. Following that, the special issue of Journal of Plant Biochemistry and Biotechnology (JPBB) –“*Advances in plant biology: Impact of Arabidopsis research*” edited by Prof. J. P. Khurana and Dr. Srinivasan was released by Dr. S.L. Mehta, President, SPBB. He congratulated the contributors and editors for their untiring efforts. To brief the audience on various activities organized during the nutrition month, Dr. Vinutha (Co-convenor) delivered a brief presentation. The highlights were the various activities like nutrition oath, mission fit, walkathon, meditation activities and so on. Next in line was guest of honor address, Dr. Mehta expounded on the need for globally competent agri-processing technologies in in-house research. Further, convener declared the winners of various activities and were congratulated. The programme further moved to the second session where talks from three eminent speakers were lined up. Dr. S.L. Mehta, President, SPBB chaired the session. Dr. S.R. Bhat, Vice-President, SPBB and Dr. Srinivasan, Editor-in-chief, JPBB co-chaired the session. Dr. Shelly Praveen initiated the 5th lecture series by introducing the eminent chair and requesting for further proceedings. Chairperson briefed about the speakers and invited Dr. Felix Bast, Associate Professor, Central University of Punjab (CUPB), first speaker for his brief talk on “*Nutrition myths*”. He explained the pseudoscience and the market tactics behind immune-boosters and other natural bio-actives. He very well conveyed, the need of the hour is to establish scientific validation for the claims rather than to believe social media. Next speaker, Dr. Nitin Singhal, Scientist E, NABI, Mohali delivered on “*Micronutrients the small building blocks of nutrition: utility, remunerations and beyond*”. He briefly introduced the existing micronutrient deficiency and the need for iron supplementation. Further he explained his research work on different nanoformulations development to ameliorate iron deficiency. The final talk was delivered by Dr. Sushant Verma, Surgeon, Primus hospital, Delhi on “*A surgeon’s view on nutrition and immunity*”. He very well pointed out the role of diet, activities as well as the symptoms and precautions needed to prevent COVID-19. The lecture series was concluded by an active interaction and remarks from chair and co-chairs. The function successfully ended with vote of thanks.