



NUTRITION FOUNDATION OF INDIA



*Nutrition Foundation of India
C-13, Qutab Institutional Area,
New Delhi 110 016*



सत्यमेव जयते

Rashtrapati Bhavan, New Delhi, India

The formation of the Nutrition Foundation of India on the initiative of enlightened citizens and distinguished scientists is indeed a welcome development. Children are the most valuable resource that the human race has. A well conceived and forward looking nutritional programme implemented with imagination and determination will ultimately determine the quality of our youth and endow the future with promise. Nutrition, in all its aspects and dimensions, must therefore receive the highest priority among national objectives. Such a programme will call for closely coordinated action on the part of the government agencies as well as the active involvement of voluntary agencies and non-governmental organisations including international agencies.

I wish the Foundation success in the great task which lies before it – a task which is at once a challenge and an opportunity for public service.

N. Sanjiva Reddy

November 27, 1979



सत्यमेव जयते

Prime Minister

I have always regarded nutrition as one of the key points for the launching of the attack on poverty. However, we do not need to reach the level of incomes of affluent countries (who seem to be only squandering their resources) in order to ensure that all our people have adequate, healthy diet. This involves a good deal of public education and research, including the rediscovery and popularisation of traditional foods which have gone out of vogue.

My good wishes for the work of the Nutrition Foundation of India.

New Delhi
November 1979

A handwritten signature in black ink, reading 'Indira Gandhi'.

Indira Gandhi

DEDICATION OF THE FOUNDATION TO THE NATION

The Foundation was dedicated to the Nation by the then Vice President of India, Shri K. R. Narayanan on May 6, 1995 in the presence of a large, distinguished gathering of scientists, policy-makers and representatives of the enlightened lay public and of international agencies. The then Hon'ble Minister for Human Resources, Mr Madhavrao Scindia, presided. The then Hon'able Lt Governor of Delhi, Mr P. K. Dave, was also present on the occasion.



Excerpts from the speech delivered by Shri K. R. Narayanan as well as some messages received on the occasion are presented in the following pages.

DEDICATION ADDRESS BY SHRI K.R. NARAYANAN

Vice President of India

I feel greatly honoured to be here with you today for the Dedication of the Nutrition Foundation of India to the Nation. The dedication is in recognition and appreciation of the important role that this Nutrition Foundation of our country has played and is playing for the welfare of our people.

Dr Gopalan has been a pioneer in this field and is one of our most distinguished scientists. His valuable contributions have been widely recognised, nationally and internationally. He has not only significantly contributed to the advancement of science but has also distinguished himself as a great institution-builder, as his dedicated work at the National Institute of Nutrition, Hyderabad, at the Indian Council of Medical Research, Delhi, and now at the Nutrition Foundation of India for the last 15 years will show.

May I, first of all, congratulate Dr Gopalan and his colleagues for the contribution they have made to the health of our Nation. When we look back at our history we will realise how enormous an achievement this has been.

While we have achieved self-sufficiency with respect to food grains, the nutritional standards of our people still stand in need of improvement. What we now need after the successful Green Revolution is a 'Nutrition Revolution' to make our people healthy and happy. It is towards this revolution that Dr Gopalan and his colleagues, with other scientists in the field of health care, have been striving with dedication.

When we talk about nutrition, we tend to forget that nutrition is not merely a matter of food, nor even just a matter of nutrients. In fact, nutrition is the key to national development. Good nutrition is a reflection of good socio-economic development. It is on the basis of this broad concept that scientists, particularly nutrition scientists, have been working in our country.

The task of achieving nutritional adequacy is particularly important with respect to our women and children. We now know that malnutrition in expectant mothers has an important influence on the health of the infant. It has been established on the basis of scientific advances that malnutrition in expectant mothers could result in far-reaching

effects including degenerative diseases in later adult life. Ensuring the health of mothers and children is of the utmost importance. It is sad that as per some reports two-thirds of our women are undernourished and one out of every three preschool children suffers from severe malnutrition. The nutritional status of our women is very low and this is an unacceptable situation. Traditionally, women in our country have been less well fed than our men folk. It is high time that we gave special attention to these disturbing factors.

We often refer to the 'public sector' and the 'private sector'. There is also a third sector, which is emerging in importance in the world of today namely, the 'social sector'. Nutrition, health, education and programmes related to human development, all belong to this 'social sector'. Education and health of women are the key to social development in any country. In Kerala, it has been found that given the same levels of family income, children of families wherein the mothers are educated are better off from the point of view of their health and nutrition than those of families wherein mothers are uneducated. Apparently, educated mothers manage to give more nutritious food to their children than uneducated mothers, with the same level of income. Infant mortality rates in families with educated mothers are low. Education of mothers has, thus, a far-reaching effect on the family and society.

Women's education, health and nutrition are interrelated and must receive top priority. In every country, in every war, those who suffer most are women and children. It is this group that stands in need of special protection.

I am sure that the Nutrition Foundation of India will continue its good work, and indeed will further intensify its efforts towards the improvement of the health of our people and towards overcoming the problems of malnutrition in our country. We look to this Foundation for important scientific and practical leads to combat the problems of under-nutrition and ill health that presently attack our people, and to act as the spearhead of a national Nutrition Movement. I am confident that the Foundation's contributions will prove most valuable to our Nation.

In Dedicating this Institution to the Nation, today, I wish the Foundation every success in the great tasks that lie ahead.

New Delhi
May 6, 1995



Prime Minister

I am happy to learn that a new building at the Nutrition Foundation of India is being dedicated to the Nation. The Foundation has made a significant contribution through its several studies, publications and activities to our nutrition programmes and policy. It has provided invaluable assistance to the Government and its agencies in improving the health and nutritional status of our people. I am confident the Foundation will redouble its efforts in this direction in its new premises.

I convey my best wishes to all members of the Nutrition Foundation of India on this happy occasion.

New Delhi
April 28, 1995

P.V. Narasimha Rao

DR M.S. SWAMINATHAN

President, National Academy of Agricultural Sciences

The Dedication of the Nutrition Foundation of India (NFI) to the Nation by the Hon'ble Vice President of India marks a crowning moment in the history of NFI. Fighting against great odds, Dr Gopalan helped our country to achieve one of its most meaningful transitions – from a nation regarded in textbooks as a museum of nutritional deficiency diseases to a nation committed to achieving nutrition security at the level of individuals in each household. He built the capacity of our country to bring about this transition first by building the National Institute of Nutrition from the earlier Nutrition Research Laboratories, and later, by establishing and nurturing the Nutrition Foundation of India. He has developed NFI, within a period of 15 years, into the centre of origin of the National Health Scout Movement. He has now provided NFI with a sustainable future through an elegant and functional home.

I recall my first meeting with Dr Gopalan about 35 years ago, when he advocated a food-based rather than a drug-based strategy for combatting nutritional deficiencies and disorders. His advocacy brought about an alliance between professionals engaged in agricultural and nutrition research and education and to the introduction of nutrition in the curricula of agricultural universities. A joint ICMR-ICAR Panel on Nutrition was also established during his tenure as Director General of ICMR. I hope, through the efforts of NFI, we will give increasing emphasis to promoting agricultural and horticultural remedies to nutritional maladies. This will help to foster a Green Health Movement in our country, designed to provide solutions to the findings of the National Health Scout Programme.

I am confident that NFI will always remain a bright affirming flame in the sea of despair we currently witness in the national and international nutrition scenario.

New Delhi
May 5, 1995



M.S. Swaminathan



Dedication Day, May 6, 1995



*Dr C. Gopalan, President, NFI with Shri Atal Bihari Vajpayee,
Prime Minister, India, 2004*