



**DEPARTMENT OF  
NUTRITION**

**ST ANN'S COLLEGE  
FOR WOMEN**



# NUTRIVERSE

**EXPANDING YOUR WORLD WITH NUTRITION KNOWLEDGE**

## Hypertension Leading Cause for Kidney Diseases

In western countries, diabetes & hypertension account for over 2/3rd of the cases of CKD. In India too, diabetes & hypertension today account for 40-60% cases of CKD.

Our kidneys are both the victim & cause of hypertension. High Blood pressure is one of the most common cause of kidney diseases today. Hypertension or high blood pressure causes damage to the tiny blood vessels that filters blood in the kidney, making removal of waste from the body difficult & thereby causing a damaged kidney. When the kidneys stop working well they can cause further increase in blood pressure by releasing certain hormones or by causing retention of salt and water in your body.

One who's hypertensive may not know that they've a kidney disease until their blood is investigated for Blood Urea, Serum Creatinine & GFR which according to me is an extremely important parameter that every hypertensive individual should be tested for at least once in six months irrespective of their age to check for their renal function.

For patients who have high blood pressure and kidney disease, the most important treatment is to control your blood pressure through lifestyle changes. It's very imperative to follow a strict diet if you're diagnosed with high blood pressure. The most common advice anybody would give is to restrict salt/sodium which alone is not the only thing to do but it is important to understand to follow a DASH (Dietary Approach to Stop Hypertension) diet. The diet focuses on incorporating fresh fruits and vegetables (3-4 servings in a day), emphasis on whole grains (avoiding refined cereals and grains), Limiting salt intake (avoiding papads, pickles and bakery items as much as possible) & cutting down on saturated fats and organ meat,

Inclusion of DASH diet, staying well hydrated & indulging Physical activity of 45 minutes per day not only controls blood pressure & prevents kidney diseases but also keeps a check on your weight & overall well-being.



**Dr. Apeksha Ekbote**  
PhD, RD, CDE  
Chief Dietician,  
NephroPlus

In this  
newsletter  
you can find:

Upcoming  
Affair -  
Ann'nourish  
Club

Faculty  
Achievements

Student  
Activities

Placements  
and  
Progressions

Fun Facts  
and  
Fun Corner

# The Importance of Plant-Based Diets for Health and Well-Being

## **Introduction:**

A plant-based diet emphasizes plant-derived foods like fruits, vegetables, legumes, nuts, seeds, and whole grains. It does not mean eliminating meat and dairy but choosing more foods from plant sources. This dietary approach has numerous health benefits, ethical considerations, and positive environmental impacts.

## **Health Benefits:**

A well-balanced plant-based diet is rich in essential nutrients, which strengthen the immune system, improve digestion, and reduce inflammation. Studies show it lowers the risk of heart disease, supports cardiovascular health, and helps in weight management, reducing obesity-related conditions. It's also linked to a lower risk of chronic diseases like type 2 diabetes, certain cancers, and neurodegenerative disorders.

## **Environmental Considerations:**

Plant-based diets require fewer natural resources and generate lower greenhouse gas emissions compared to animal-based diets. Reducing meat and dairy consumption helps combat climate change and promotes sustainability. Producing plant-based foods requires less water and land, contributing to the conservation of vital natural resources.

## **Transitioning to a Plant-Based Diet:**

Gradually incorporate more plant-based meals and reduce meat consumption. Experiment with a variety of plant foods to make meals exciting and nutritious. Plan balanced meals to ensure adequate intake of key nutrients like protein, iron, and vitamin B12. Stay hydrated and pay attention to portion sizes.

## **Conclusion:**

Adopting a plant-based diet offers numerous benefits, from improved health to environmental sustainability. Even small dietary changes can make a significant difference, contributing to a healthier planet and self.



**Dr. Khushboo Vyas**  
Assistant Professor  
Department of  
Nutrition  
St Ann's College for  
Women, Hyderabad

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## Upcoming Affair



### **ANN'NOURISH CLUB**

**MOTTO:** Nourish to Flourish

**VISION:** To create a healthier, more informed community by inspiring a lifelong commitment to balanced nutrition, sustainable food practices, and culinary excellence.

# Faculty Achievements

- Ms. Nasreen begum enrolled in professional doctorate program in Curriculum design and Instruction from North European International university Paris also completed a short-term course on Stress management and mental wellbeing conducted by UGC Malviya mission teachers training program
- Mrs. Phani kumari completed her pre viva at Osmania University as part of her ongoing PhD She has also authored a book chapter in ISBN book "Principles of Dietetics"
- Mrs. Hannah Jessie Participated and presented her PhD work as an "Oral Presentation" in an international Conference
- Dr. Khushboo Vyas has been appointed as research coordinator for life sciences and coordinator for IPR as part of IIC
- Dr. Khushboo Vyas and Ms. Shimaila - Research Poster Presentation- International conference on Nutrition Communication and Extension: Integrating science, policy and practice for healthier communities
- Ms. Shimaila successfully qualified UGC-NET December 2024 in her first attempt, showcasing her dedication and academic excellence.
- Ms. Zoha and Ms. Bhavani completed Malviya Mission Teacher training program by UGC on NEP orientation and sensitization - November 2024



# Activities 2024-2025



Inter collegiate quiz contest: Nutriviva  
19th December 2024



2nd yr M. Sc Clinical Nutrition & Dietetics students won 2nd prize at NUTRI SUMMIT held at Yashoda Multispecialty Hospital  
16th October 2024



M. Sc students at NUTRIQUEST at Yashoda Multispecialty Hospital  
5th September 2024



The Department of Nutrition, in collaboration with APEX SDG, organized a Sustainable Meal Week from 19th to 26th September 2024



Guest lecture: Opportunities and career prospects in public health on 23rd Jan 2025 by Sarah Jameel Research Associate, PRASHO,



Poster Presentation & Nutri Chef Contest at Bhavans college 13th September 2024



20 students of UG and PG attended National Seminar- TRIFECTA organised by St. Francis College Hyderabad - 28th Jan 2025



44 Students Participated in Paradigm Conference Conducted by AIG hospital, Gachibowli - 8th & 9th Jan 2025



Diabetes Awareness Camp on 16th Nov 2024



Final yr M. Sc Studens at Ala Liberty - 7th Feb 2025



Department of Nutrition at St. Ann's College for Women, Hyderabad, in collaboration with Nestlé, hosted the Intercollegiate "Make Bitter Better" Recipe Contest - 25th Feb 2025



Workshop on Cardiopulmonary Resuscitation (CPR) on 30th Nov 2024, in collaboration with Dhanwantri Trust

# Hall of Fame

## MAHIN SULTANA (R-22 M. Sc)

M. Sc Clinical Nutrition Topper 1, Medal Instituted by Dr. Radha Reddy Chada, Lead Clinical Dietitian & Director, AIG Hospitals Gachibowli



## ASNA MAHVEEN (R-22 M. Sc)

M. Sc Clinical Nutrition Topper 2, Medal Instituted by Dr. Deepa Agarwal from Deendayal family

## NUZHATH FATIMA (R-21 NCB)

Topper in Nutrition, Medal instituted by Sri.C.Vidya Sagar, in memory of Sri.Purnananda



## BHUVNESHWARI (R-21 NCZ)

Topper in Nutrition, Medal instituted by Mrs.O.Padma Rama Rao, Mother of O.Narmada, Former Student

## PERISETTY BHAVANA (R-21 NCB)

Topper in Nutrition, Medal instituted by Managing Director, Sun Sip Company



## Placements and Progression

We are proud to showcase the outstanding academic and professional progress of our students. The dedication and perseverance have led to commendable achievements for the R21, R22, and R23 batches.

### ACADEMIC PROGRESSION

- Undergraduate Nutrition (R21 Batch):  
75% progression rate  
70 out of 93 students have advanced to higher studies
- M.Sc. Placement:  
R21 Batch: 13 students placed  
R22 Batch: 4 students placed
- PG Diploma (R23 Batch):  
1 student progressed to higher studies  
2 students secured placements

### PLACEMENTS

- Ms. Shehwar Fatima has joined Breathe Wellbeing as a Health Coach.
- Ms. Ayesha Khan is now contributing her expertise as a Clinical Nutritionist at Yashoda Hospital.
- Ms. Adam Sushma is serving as a Dietitian at AIG, Somajiguda.
- Ms. Puri Swetha is making an impact as a Lecturer at Kasturba Degree College, Secunderabad.
- Ms. Pebbeti Apoorva has taken on the role of Medical Coder at IKS Health.

# Fun Facts



## Mushrooms Absorb Vitamin D Just Like Humans

When exposed to sunlight, mushrooms can produce vitamin D. So, keep them in sunlight for a while before using them to boost their nutritional value!

## Black Pepper Was Once a Currency

In ancient times, black pepper was considered so valuable that it was used as a form of currency and even traded for gold.

## Bananas Are Berries

Botanically, bananas qualify as berries, while strawberries do not. Berries are fruits produced from the ovary of a single flower with seeds embedded in the flesh.

## Popcorn Pops Due to Water

Each kernel of popcorn contains a small amount of water. When heated, the water turns to steam, causing the kernel to explode and turn inside out.

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# Revolutionizing Nutrition: The Latest Trends Defining Wellness

**Biotechnology in Food:** Advances in biotechnology are revolutionizing food production. AI and bioprocessing technologies are making food production more efficient and sustainable. Innovations such as lab-grown meat and genetically modified crops address global challenges like food security and environmental sustainability.

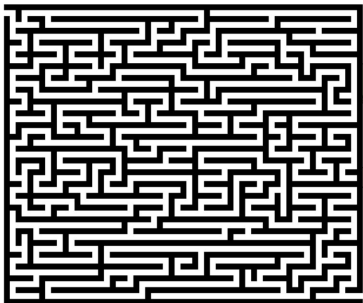
**Nutri-Genomics:** Nutri-genomics explores the relationship between nutrition and genetics to provide personalized dietary recommendations based on an individual's unique genetic makeup. This can optimize diet plans for better health and well-being.

**Functional Foods and Nutraceuticals:** Functional foods and nutraceuticals offer health benefits beyond basic nutrition. These include probiotics, vitamins, and adaptogens, such as yogurt with probiotics and energy bars enriched with vitamins.

**Microbiome Health:** Improving gut health through diet and probiotics is a growing trend. Modulating the gut microbiome through nutrition can positively impact digestion, immunity, and mental health. A balanced diet rich in fiber, fermented foods, and probiotics is essential.

# Nutritainment

## Nutri-Maze



VITAMIN D

## Nutri-Match

- |                       |                               |
|-----------------------|-------------------------------|
| 1) Iron               | a) Enhances vision            |
| 2) Vitamin D          | b) Builds and repairs tissues |
| 3) Calcium            | c) Prevents Anaemia           |
| 4) Omega-3 fatty acid | d) Aids in blood clotting     |
| 5) Fibre              | e) Strengthens bone           |
| 6) Folate             | f) Absorbs calcium            |
| 7) Vitamin K          | g) Aids in digestion          |
| 8) Vitamin A          | h) Prevent birth defects      |
| 9) Protein            | i) Supports heart health      |

## Previous Newsletter - Nutri-Puzzle Answer

### ACROSS

- |               |                  |
|---------------|------------------|
| 1. Deficiency | 4. Balanced Diet |
| 2. Starch     | 5. Scurvy        |
| 3. Rickets    | 6. Goitre        |

### DOWN

- |                  |               |
|------------------|---------------|
| 7. Carbohydrates | 10. Iron      |
| 8. Nutrients     | 11. Beri Beri |
| 9. Anaemia       |               |

# Innovative Recipe Corner

## Quinoa Laddu with Wheatgrass Powder -A Nutritious Delight

### Ingredients:

1. Quinoa - 65g
2. Wheatgrass powder - 2.5g
3. Coconut powder - 5g
4. Sesame powder - 5g
5. Dry fruit powder - 5g
6. Groundnut powder - 5g
7. Jaggery & sugar - 10g
8. Dates - 5g
9. Ghee - 2.5g

BY; Rotte Yogitha  
120423688008  
M. Sc II yr



### Preparation of Laddus:

- Roast quinoa seeds on medium flame until golden and nutty. Cool slightly and grind into a fine powder.
- Dry roast sesame seeds, groundnuts, and dry fruits on a hot tawa, stirring continuously. Cool and grind into a powder.
- Grate fresh coconut or use desiccated coconut powder.
- Melt jaggery over low heat until it reaches syrup-like consistency.
- Mix wheatgrass powder, ghee, quinoa flour, sesame powder, groundnut powder, dry fruit powder, and coconut into the melted jaggery. Form the mixture into medium-sized laddus.

### Invited article contributed by

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**Heartfelt thanks to our editors for their  
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