

**JSS Academy of Higher Education & Research
(Deemed to be University) (Accredited A+ Grade
by NAAC)**

COMPENDIUM ON SDG-2

NO HUNGER

**Compendium of Activities in Achieving UN
Sustainable Development Goals**



2023-24

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1. Introduction

SDG 2 aims to eliminate hunger globally by 2030. However, since 2015, hunger and food insecurity have worsened, driven by the pandemic, conflict, climate change, and rising inequalities. By 2022, 735 million people, or 9.2% of the global population, experienced chronic hunger, a significant increase from 2019. Additionally, 2.4 billion people faced moderate to severe food insecurity in 2022, up by 391 million from 2019.

This worsening situation highlights the urgent need for coordinated global efforts to address hunger and food insecurity. Extreme hunger and malnutrition hinder sustainable development, trapping individuals in a cycle of poor health and low productivity. In 2022, 2 billion people lacked regular access to safe, nutritious, and sufficient food, with 148 million children experiencing stunted growth and 45 million children under five suffering from wasting.

Projections suggest that over 600 million people will face hunger by 2030, underscoring the challenge of achieving the zero hunger target. The rise in food prices, conflict, climate shocks, civil insecurity, and declining food production contribute to the problem. Investing in agriculture is crucial to reducing hunger, improving food security, creating jobs, and building resilience to disasters.

Achieving zero hunger can positively impact economies, health, education, equality, and social development. A multi-dimensional approach, including social protection and transforming food systems, is necessary to ensure food security. Individuals can help by supporting local farmers, making sustainable food choices, and advocating for policies that promote zero hunger.

JSS Medical College has contributed towards achieving the targets of SDG2 through various activities such as creating awareness among the public by conducting various outreach programs and through guest lectures, and presentations. In addition, it has made an immense contribution to scientific knowledge related to malnutrition, through various research projects and publications.

Hunger is the leading cause of death in the world. Our planet has provided us with tremendous resources, but unequal access and inefficient handling leave millions of people malnourished. If we promote sustainable agriculture with modern technologies and fair distribution systems, we can sustain the whole world's population and make sure that nobody will ever suffer from hunger again.

Status in India

- 3 in 10 stunted children are Indian
- 53% of women between 15-49 years are anaemic

- Over 40% of the total Indian workforce is employed in the agricultural sector
- Over 80% of infant and young children do not get minimum dietary diversity
- If global food prices double, India could lose up to US\$ 49 billion in GDP

2. Activities at JSS AHER Supporting SDG 2

Innovations in Teaching Nutrition for students

Dumb charades on Protein metabolism, Diabetes and Minerals for I Year MBBS students

Dumb Charades, being performed by MBBS 1st year students, as a part of innovative teaching methods, went well, with 25 members in each group, out of which 6 members acted for each symptoms of the given disease or disorder, and rest members were allowed to guess and finally diagnose the disease. Finally, allowed one of the member to explain about the disease detected. Each group members were given 6 minutes time to complete the act. A total of 10 batches participated for 251 students.



- **Interventions to prevent hunger among staffs and students**

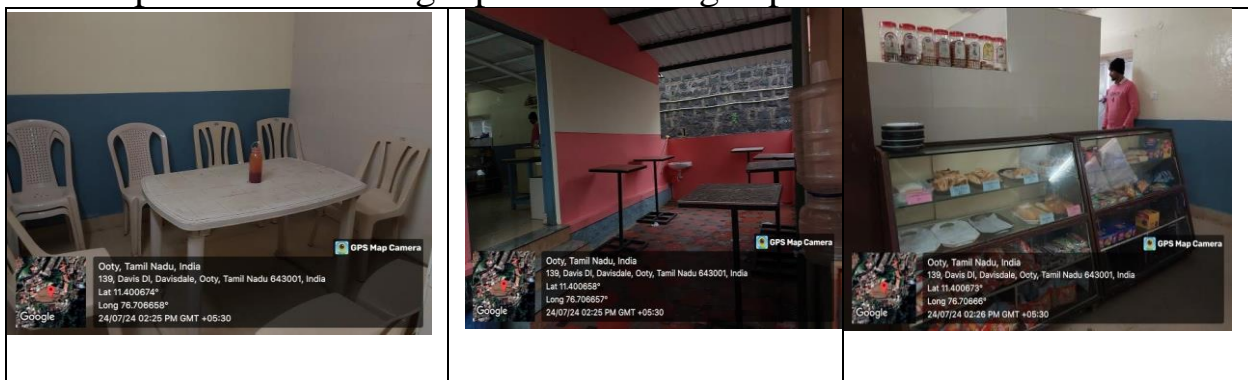
To prevent hunger among our daily wage employees, The college provides healthy lunch at free of cost on a daily basis.



Glimpses of interventions taken for daily wage employees

SUSTAINABLE FOOD CHOICES FOR ALL

The college has food court and canteen providing a convenient and accessible option for students and staffs with a variety of food and snack option and creating a positive dining experience



Glimpses of canteen

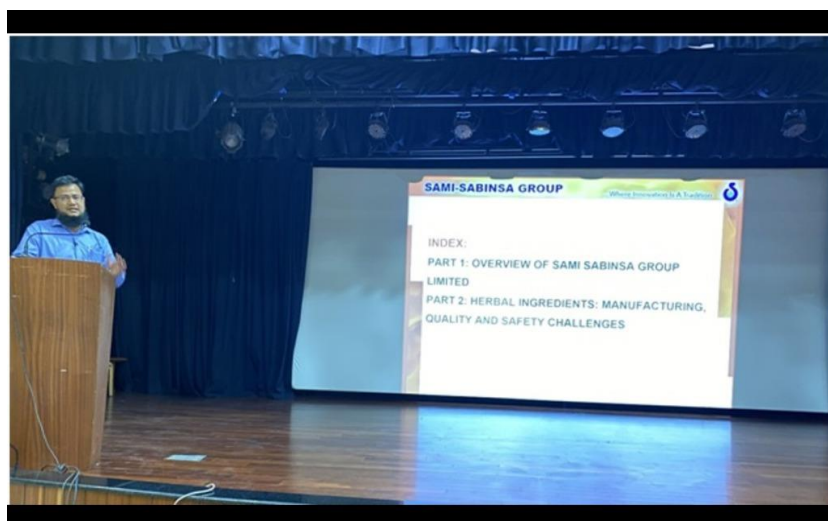
Guest Lectures

Name/ department	Title	Date and Venue
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Dr. Rajesh Kumar T Dept of Biochemistry	Frontiers in Nutrition	19 th February 2024 JNMC, KLE Academy of Higher Education and Research, Belgavi
Dr. Prasanna Kumar S. Dept of Biochemistry	Vitamin D mimicking role of Quercetin and its potential effect in ameliorating metabolic syndrome and breast cancer induced liver injury	20 th March, 2024 World Cancer Congress on Integrative medicine and Translation Research in Cancer–2024 18 th -20 th March, 2024, Jawaharlal Nehru University, Delhi, India
Dr Anup N R Dept of ENT	Perioperative nutrition in cancer patients	5 th May 2024 Cauvery Hospital, Mysuru

Guest lecture Report (Mr. Mubarak Pasha, Senior Manager, Sami – Sabinsa Group Limited, Bangalore)

Mr. Mubarak Pasha, Senior Manager, Sami –Sabinsa Group Limited, Bangalore delivered a guest lecture on the topic of” Herbal Ingredients:Manufacturing Quality& Safety Challenges” on 27th February 2024 in the Rajendra Auditorium. During his presentation, the importance of herbal ingredients in the market and introduced newer tests and limits for residual contaminants to ensure the safety of the customers. He also explained different analytical methods for the analysis of residual contaminants in the herbal formulations. Analytical techniques such as LCMS/ MS, GC-MS/MS, ICP-OES or ICP-MS, headspace GC,HPLC with fluorescence detector, ion chromatography, etc., are required for checking residual contaminants and thereby ensure the quality of the product. M Pharm students and staff were present during the session. The program was organized by Dr B M Gurupadayya, Professor & Head, of the Department of Pharmaceutical Chemistry.



3. Outreach & extension activities

Promoting breast feeding through a week-long awareness activities

Date: 02-08-2023, place: jss urban health centre, medar's block

Department of Community Medicine observed Breastfeeding week at JSS Urban Health Center on 02.08.2023 in association with Inner wheel club of Mysuru Gold and Inner wheel club of Mysuru Midtown at JSS Urban Health Center.

Dr Amoghashree, Assistant professor Department of Community Medicine and coordinator JSS Urban Health Center Presided. Dr H.V Rama, Lady Medical Officer, JSS Urban Health Center gave a power point presentation on the theme of World Breastfeeding

Week "Enabling breastfeeding making a difference for working parents" advantage of Breastfeeding to both Mother & the baby. The interactive session which followed was helpful in creating awareness, dispel myths & misconceptions on breastfeeding.

The Protein powder sponsored by Inner Wheel club of Mysuru Midtown, Iron syrup sponsored by Inner club of Mysuru Gold were distributed to antenatal & Postnatal Mothers. 40 women participated. Earlier Smt Nirmala & team rendered invocation & song on Breastfeeding. Sri. Santhosh H.B Health inspector welcomed. Sri. Sunil Health assistant Proposed vote of Thanks. Sri. Mallikarjuna Swamy Social Worker, JSS Urban Health Center, Coordinated the event.



Date: 03rd ,04th & 7th Aug 2023,

Place: Suttur Village

On the occasion of World Breastfeeding Week, a Health Education session was organized at Suttur PHC on 3rd August 2023. Dr. Kavya G Upadhy, Senior Resident, Department of Community Medicine and Dr. Ramya M, Medical Officer, Suttur PHC discussed the problems faced by breastfeeding mothers and educated them regarding various aspects of breastfeeding and its importance. Other staffs of Suttur PHC were also present on this occasion. About 30 expectant and lactating mothers attended the session.



The Department of Community Medicine, JSSMC had organized a webinar on the occasion of World Breastfeeding Week 2023 on 4th August 2023, Friday from 2 – 3 pm. Our Resource Faculty, Dr. Madhu B, Professor, Dept. of Community Medicine and Deputy Dean (Research), JSSAHER gave her valuable insights on the topic “Enabling Breastfeeding: Making a difference for working parents”. The webinar was co-ordinated by Dr. Kavya G Upadhy. Around 200 participants from across India registered for the webinar.

Health education session was conducted at Bannimantap, Urban Primary Health Centre as a part of observation of World Breastfeeding Week on 7th August 2023. Phase 2 MBBS students presented a skit on the importance of breastfeeding. The audience included antenatal mothers, postnatal mothers and general public. Dr. Lokesh, Medical Officer, Urban PHC, Reshma Banu, Corporator Bannimantap and other staff were present on this occasion. The event was co-ordinated by Dr. Shraddha, Post graduate, Dept. of Community Medicine; Dr. Kavya G Upadhy and Dr. Mythily M R, Senior Residents, Dept. of Community Medicine.

Date: 04-08-2023

Place: Anganwadi Centre, Bamboo Bazar

Department of Community Medicine, observed Breastfeeding Programme on 04.08.2023 in association with Inner Wheel Club of Mysuru Gold and Inner Wheel Club of Mysuru Midtown at Anganawadi Center Medar Block.

Dr. H.V Rama Lady Medical Officer JSS Urban Health Center, gave a talk on the theme as well as importance, advantages of breastfeeding to Mother & baby.

15 Antenatal & pregnant mothers actively participated in the programme. Smt. Yashoda Anganawadi worker, organized



this programme. Iron Syrup & Protein

powder sponsored by Inner Wheel Club of Mysuru Gold & Inner Wheel Club of Mysuru Midtown respectively were distributed. Sri. Sunil Health assistant, Sri. Santhosh Health Inspector, JSS Urban Health center coordinated Program.

Date: 16.11.2023 **Place: JSS Hospital, Mysuru**

Department of Pediatrics, JSS Hospital organized the inauguration function of world breastfeeding week in association with IAP Mysore on 1st August 2023 at SRCA Auditorium, JSS Hospital between 2:30 pm to 5 pm.

The event was chaired by visionary women from different fields. Dr Pushpalata BS. Director SIHFW, Dr Chethana Harl. Head mistress. Arivu School Mysore and Mrs Sheela Kumari. Head- Charu foundation were the chief guests. Other eminent guests included Dr Basavana Gowdappa, Principal JSS Medical college, Dr CP Madhu, medical superintendent, JSS Hospital, Dr Prashanth SN, Head of the Department, Pediatrics and Dr. Narayanappa, Senior professor, Department of Pediatrics.

The event was graced by Mrs. Ashwathi Devi NK, Principal JSS College of nursing and Mrs Renuka Devi NK, Principal JSS School of nursing and their students who presented their educational posters and made rangoli to showcase their creativity. The keynote address was given by Dr Narayanappa, emphasising the importance of breastfeeding both for the mother and the baby. Our hospital nurses performed a song and a skit for educating the mothers on how to breastfeed and how to maintain breastfeeding while working. Their creativity was highly appreciated and applauded. The program was concluded with presenting gifts and momentous to all the eminent guests followed by high tea.





National Nutrition Week – 1st to 7th Sept.2023

National Nutrition Week (NNW) is observed annually in India from September 1 to 7. This dedicated week aims to raise awareness among people about the vital role of nutrition and the significance of cultivating healthy eating habits. The theme for this year is “**Healthy diet going affordable for all**”.

In this regard, the Department of Community Medicine, JSS Medical College, Mysuru organized a series of activities.

Healthy Food cooking competition

Firstly, a Healthy Food cooking competition on 2nd Sept 2023 was organized with the theme “**Colors of Nutrition: Easy recipes for working parents**”

The event was inaugurated by Dr. Suma M N, Vice principal (preclinical), Dr. Praveen Kulkarni, Vice principal (para clinical), and Shri Satish Chandra, Administrative officer, JSS Medical College, Mysore. Overall, 10 teams from different sections of JSS AHER participated. The teams prepared dishes with varieties ranging from paneer pulao to ragi balls, jowar roti, foxtail Upma, and Dalia payasam to green tea.

The event was judged by Dr Suma M N, Vice-principal, JSS Medical College, Dr.Dhakshaini M R, Principal, JSS Dental College, Dr. Vidya C S, Prof & Head, Dept of Anatomy, JSS Medical College, Mrs. Kokila M S, Deputy Director (Sr.Grade), JSS AHER and Mr Jithen Shibhu (1st yr Mpharma) JSS College of Pharmacy.

The event was very well received by both the judges and the participants with their enthusiastic participation. Team no 10- Dr.Lekha and Dr.Rakesh won the first place, and Dr. Sulochana and Dr.Shilpa from Team 8 won the second place.

Painting competition



Secondly, a Painting competition was organized for JSS public school students, J P Nagar on the theme “**Fuel for the future: Right nutrition for Right Health**” on 4th Sept 2023. More than 250 students from 1st to 10 standards participated. The students unveiled their talents through lovely paintings. Mrs. Smitha, Principal, JSS Public School, J P Nagar, supported organizing the event in a smooth manner. The prizes for the children were categorized into 3 categories- 1st category 1st to 4th standard, 2nd category 5th to 7th standard, and 3rd category 8th to 10th standard. The paintings were initially screened by

Webinar on Healthy diet going affordable for all

A Webinar on **Healthy diet going affordable for all** was organized on 5th Sept Sept 2023. Dr. Nayana Shabadi, Assistant Professor, Department of Community Medicine, JSS Medical College, gave the webinar talk. In total, 111 participants had registered for the webinar. In the feedback, the participants requested many such webinars in the future.

Radio Talk Series on Nutrition Awareness

The department also organized a series of Radio talks in collaboration with JSS Radio. The radio talks focussed on topics such as Simple ways to level up your eating habits which was aired on a Live show on 1st September. This radio talk was given by Dr.Praveen Kulkarni, Vice Principal (para-clinical) and Professor, Dept of Community Medicine, JSS Medical College. Another topic, “Staying Young: Nutrition facts” was delivered by Dr Mythily M R, Senior Resident, Dept of Community Medicine, JSS Medical College which was aired on 4th Sept 2023.



Dr.Madhu Srinath, Deputy Dean, Research, JSSAHER, also delivered a radio talk on “Right nutrition: Right Health” which was aired on 11th Sept 2023. This was followed by another radio talk by Dr.Shwetha N Kurkuri, Senior resident, Dept of Community Medicine, JSS medical college, on “Mindful eating for health goals” aired on 18th Sept 2023. Dr Sunitha Singh, Senior resident, Dept of Community Medicine gave a digital audio talk on “Superfoods- Myths and Facts” available on YouTube <https://youtu.be/wV8WiQuPdVg?si=ZNJZAvPqiJiUOTUq> .

Programs aligning to SDG 2



Extending hospitality is the age-old tradition of Suttur Math. The residential school at Suttur provides free food to about 4,000 children. In Yalandur taluk, about 10,000 children are offered free meals. In 20 free boarding homes run under the aegis of the Math, meals are provided for the needy.

Dasoha Bhavana

A magnificent Bhavana has been constructed at Suttur Srikshetra to provide Prasada (food) to the devotees during their visit. Inaugurated by Hon'ble Dr Manmohan Singh, the then Prime Minister of India, the Bhavan is clean, spacious,



and has a well-equipped kitchen with modern appliances.

Awareness Program on Nutrition and Oral Health



Awareness program on Nutrition and Oral Health hygiene was conducted for school children on 12.06.2023 at JSS Balajagath School, Agrahara by the staff of Department of Nutrition and Dietetics, JSS AHER and JSS Dental College and Hospital, SIG Dental Cariology, Department of Pediatric and Preventive Dentistry. Children were educated about healthy eating habits and its impact on the overall oral health. General balanced diet rich in carbohydrates, proteins, milk and milk products, vegetables, fruits and fat were brought to the knowledge of the children. The staff conveyed the large unmet burden to the number of dentists, few dental specialists for children to treat the large number of children in this region who have dental conditions like tooth decay and gum conditions. Hence it was necessary to prevent the dental condition and maintain good oral health by appropriate dietary habits practices.

Department of Health System Management Studies has a culture of continuous learning for students through hands on training on day-to-day organizational operations added to their academic schedules. Thus, making the student's job ready or stepping out of campus with start-up ideas. Various initiatives of the department include student training on acquiring entrepreneurial skills, workshops providing hands on sessions on resume writing, industry collaborations for student internship and placement initiatives. While these initiatives directly contribute to student employability and development; indirectly contribute towards 'Zero Hunger'.

Awareness on "No Food Waste" through Posters

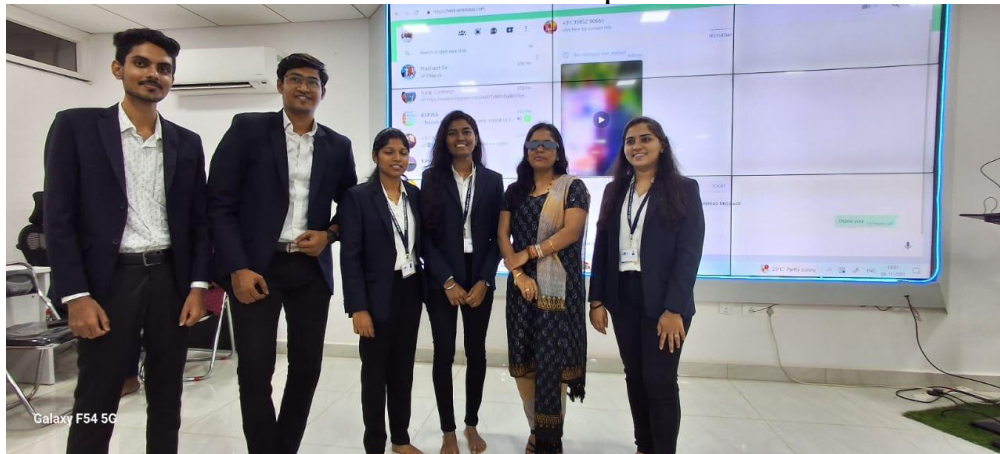
The department promotes awareness on 'No Food Wastage' through poster displays in the cafeteria located in the building.



Student training on entrepreneurship skills

The department has conducted a 3-day workshop on student empowerment with entrepreneurship skills in collaboration with SPARKLE CINE from 6th to 8th November 2023 and 9th to 11th November 2023 respectively at SPARKLE CINE, Centre of Excellence in Entrepreneurship Development (CEED) in collaboration with the Department of Health System Management Studies of JSS Academy of Higher Education & Research, Mysuru.. The program was inaugurated by Dr. Prashanth S, Deputy Dean, JSSAHER. Other dignitaries present include Mr.

Praveen Kumar R, Founder of Swarnaamurtha Trust, Mr Girish Bhushan founder and chief scientific officer Vruksha innovations private limited.



Internship and Recruitment Drive Initiatives

The department undertakes student internship initiatives to various reputed organizations, arranges career orientation programs and invites recruitment drives focusing primarily on the final year students.



Few of our top recruiters include:



4. Campus Food Waste

Campus food waste tracking and measuring the amount of food waste generated from food served within the University / College? If food provision is outsourced, please provide relevant data for the same. Explain the mechanism of campus food waste tracking and share the evidence. Provide strategies/policies/guidelines of the institution in tracking and minimizing food waste. Awareness through signboards, slogans, and placards in minimizing food waste in college and in hostels.

If outsourced, please provide agreement/Vouchers/invoices etc.

Our institution employs a comprehensive food waste tracking mechanism to monitor and measure the amount of food waste generated from food services within the College.

- We conduct regular monitoring in dining halls and hostels to quantify food waste. This includes measuring plate waste and kitchen waste. We log and analyze the amount of food prepared, served, and wasted. This helps in identifying trends and areas for improvement. Students are encouraged to participate in waste tracking by reporting leftover quantities and providing feedback.

Our institution has implemented several strategies and policies to effectively track and minimize food waste:

1. Menu Planning with Nutritionists:

- Collaboration with nutritionists to design balanced and appealing menus that minimize leftovers.

2. Portion Control:

- Clear guidelines and training for kitchen staff on portion sizes to prevent over-serving.

3. Student Education:

- Awareness campaigns through signboards, slogans, and placards in dining areas and hostels encouraging students to take only what they can consume.

4. Feedback Mechanism:

- Regular feedback sessions with students to adjust menus according to their preferences, reducing the likelihood of food being discarded.

Leftover Management:

Any leftover food is handed over to local swine husbandry as part of our waste reduction and recycling efforts. Our institution is committed to minimizing food waste through effective tracking, awareness, and collaboration with nutritionists and service providers. Regular reviews and feedback from students ensure our strategies remain effective and adaptive to their needs. We believe these efforts create a sustainable and waste-conscious campus environment.

Total food waste: 750 kg per month (Both Boys and Girls hostel)

Number of campus population: 582

Food waste per person: 1.2kg / student per month

National Hunger

Our institution actively engages in initiatives to connect with local farmers and food producers, facilitating knowledge transfer and promoting sustainable agricultural practices. Key aspects of our efforts include:

Outreach Activities Through NSS

- Through our NSS (National Service Scheme) program, we reach out to tribal communities to educate them on the importance of nutrition and encourage them to grow their own produce. Our outreach activities emphasize the significance of a balanced diet and the benefits of cultivating local, nutritious crops.

Workshops and Knowledge Sharing

- We participate in workshops alongside local farmers, focusing on the importance of medicinal plants and their potential economic benefits. These workshops highlight how cultivating medicinal plants can improve farmers' economic standards, providing them with additional sources of income.

Our college is committed to fostering strong connections with local farmers and food producers through various events and initiatives. By leveraging the NSS program for community outreach and participating in workshops with farmers, we facilitate the transfer of valuable knowledge on nutrition, sustainable agriculture, and the economic benefits of medicinal crops. These efforts not only support local agricultural communities but also contribute to broader sustainable development goals.

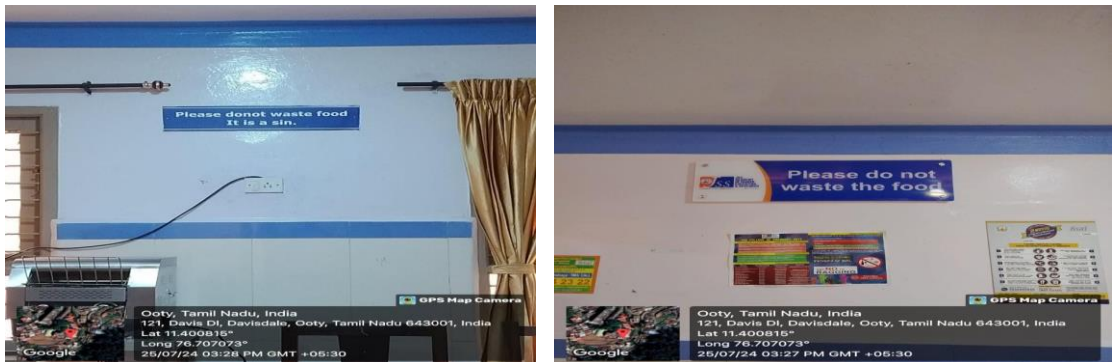
FOOD WASTE MANAGEMENT

The college strives to prevent surplus food waste by displaying signs feature bold and posters that ensures mindful eating among students and encourages them to eat only what they can finish which in turn reduces food waste. The wet scrap generated in the hostel is weighed and carried in drums and taken over for composting .

Posters promoting “No Food Waste” posters displayed in dining



Proverbs and Sign boards in the dining hall promoting “No Food Waste”



The Food waste generated are weighed and carried in drums and subjected to composting at Gudalur, The Nilgiris.





5. Collaboration with local communities

The College as a body always extends support to organise events aimed at promotion conservation and sustainable utilisation of the land, including forests and wildlife. The Department of Pharmacognosy of the college annually organizes such events to promote the conservation of medicinal plants in the Nilgiris Biosphere. Also an handy booklet on “Food Adulteration and Safety” consists of extensive information about adulteration and identification was distributed to public.



Paper and Poster presentation by faculty and students

Sl. No.	Name of the faculty / Student	Posters presented	Title of the programme	Venue & Date presented
1.	Saddique Choudhury	Antioxidant and anticancer assessment of phenolic compounds in brown top millet-seed-husk and rice	International Conference on Exploring Innovations in Agricultural, Biological, Chemical, Environmental, And Forensic Sciences	Online Presentation Paliwal PG College, Shikohabad, Agra, Uttar Pradesh, India held on 25 th -26 th - May-2024
2.	Anisa Khan	Comparative Assessment of phytochemical constituents, Antioxidant and Antiproliferative	National Conference on “Trends and innovations in health, nutrition, food and crop security	21-23rd August 2023, Tumkur University

		potentials of Cumin cuminum and Bunium persicum grown in the drought regions of north Khorshan, Iran.		
3.	Chinappa A U	Vitamin D mitigates hyperglycemia induced oxidative stress by activating Nrf-2 signaling In vitro	International conference on Neurodegeneration: Biomarkers and therapeutic targets	12-13 th September 2023, School of Life Sciences, Mysuru JSS AHER
4.	Dr. Surabhi K R & PG Student (MD Biochemistry)	Association of vitamin D levels and vitamin D receptor (VDR) gene polymorphisms (fok1 & taq1) in Mysore, Karnataka	Association of Medical Biochemists of India AMBICON 2023- 30 th Annual Conference of AMBI	14 th to 16 th December 2023, CIDCO Convention Centre, Navi Mumbai 
5.	Dr Kavya G Upadhya Sr. Resident	Vitamin D deficiency: A study of health professionals perspective		

Research Projects

Sl No	Title of the project	Principal Investigator	Funding agency	Durati on
a.	Evaluation & comparison of serum calcium, Magnesium, Phosphate, Alkaline Phosphatase, Vitamid-D and Bone Mineral Density in children consuming reverse osmosis (RO), Non-RO and High Fluoride drinking water	Dr.Thippeswamy	ICMR	2 Yrs.
b.	Development of Millet based dietary fiber for protection of allergic asthma by modulating gut microbiome derived short chain fatty acids	Dr.Kiran	ICMR	3 Yrs.
c.	Prevalence of micronutrient deficiency, nutritional status and cognitive dysfunction among elderly residing in tribal areas of southern Karnataka	Dr.Praveen Kulkarni	DBT	3 Yrs.

d.	Evaluation of Hypoglycemic Effect of Benincasa Hispida Fruit Extracts Using in Vitro Cell lines	Dr.Prashant Vishwanath	JSSAHER	01 Yr
e.	Evaluation vitamin c levels after administration of Vitamin C enriched foods in healthy human volunteers.	Dr. M N Suma	JSSAHER	01 Yr
f.	Comparative Assessment of Phenolic Compounds, Extracted From Millets, For Inhibiting the Growth of Colorectal and Breast Carcinomas	Mr.Mahadevas wamy K G Ph.D Research Scholar Dept. of Biochemistry JSS MC, Mysuru	ICMR	03 Yrs
g.	Assessing the impact of vitamin-D supplementation in mitigating Type-2 diabetes-induced histopathological changes in the mouse brain”	MsRimshia Naaz SRF Dept of Biochemistry JSSMC Mysuru	ICMR	03 Yrs
h.	Effectiveness of comprehensive oral health care services in improving the oral health status, oral health related quality of life and nutritional status among geriatric population residing at old age homes of Mysuru district – A prospective study.	Principal Investigator: Dr Chandrashekar B R Prof. & HOD Dept. of Public Health Dentistry CO-PI Dr Sowmya S, JSSDCH Dr Suma S, JSSDCH Dr Vanitha Reddy P, FLS	ICMR	03 Yrs
i.	Development and application of antimycotic self gelling probiotic powder targeting candida albicans infections in geriatric denture wearers and oroantral communication patients	Principal Investigator: Dr Ramith Ramu JSSAHER	ICMR	03 Yrs

		Co-PI: Dr Meenakshi S Lecturer Prosthodontics		
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Students Projects

1. Investigating the relationship between eating behaviors and nutritional well-being among college students
2. Formulating an ice cream infused with pearl millet, suitable for individuals with Type 1 Diabetes and Mellitus.
3. Development of Chia seed cookies: physicochemical attributes, nutritional value and sensory analysis
4. Exploring the demand and consumption patterns of millet products across retail outlets and consumers in Karnataka, Tamil Nadu, and Kerala.
5. Evaluation of GI and GL of jackfruit seed flour incorporated mix
Development of product using the rhizome of *Drynaria quercifolia* to treat arthritis
6. Assessment of knowledge, attitude and practices regarding patient adherence to dietary recommendations among adults in Bijapur district, Karnataka
7. Analyzing the association of PMS with body composition, dietary habits and physical activity level in 18-25 years old women
8. Assessment of Dietary Inflammatory Index among selected population
9. Assessment of nutritional and lifestyle factors affecting PCOS
10. Analyzing the influence of social media on nutritional choices of youth
Understanding the effectiveness of seeds in PCOS and PCOD
11. Millet based pre and pro-biotic comestible: A dietary cure for NAFLD
Development of Protein mix from oil seeds
12. Determinants influencing maternal and child health outcomes: A comprehensive analysis of NHFS data in Karnataka

Publications:

1. Ajay Hanumanthu, Soumik Goswami, Kavya Bhadrappura Thimmegowda, Nilanjan Sengupta, Arjun Baidya, Pranab Kumar Sahana. A Study On The Prevalence Of Vitamin B12 Deficiency In Eastern Indian Type 2 Diabetes Mellitus Patients With Peripheral Neuropathy On Metformin Presenting To A Tertiary Care Hospital. *Digital Journal Of Clinical Medicine*. 2023;5(3):102-113.
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- phosphate levels in pregnant women and newborn infants. *Dent Med Probl.* 2023 Oct-Dec;60(4):569-575.
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 6. Dr Jagadish Kumar K, Sangeetha Balaji, Dr Praveen Kulkarni, Dr Manjunath V G, Nandish Huchhabanahalli Rudrappa. Vitamin B12 Status In Rural Adolescent School Girls In Mysuru, India: A Community-based Cross-sectional Study. *Indian Journal Of Community Medicine.* 2023;48(5):794-797.
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 8. Mohan Goudar, Shilpa Avarebeel, Roshan Nazirudeen, Vinayarani Gowda, Ms Shwetha Shree. Vitamin-D Levels Of Patients With ST-elevation Myocardial Infarction And Association With In-hospital Prognosis: An Exploratory Observational Study In Southern India. *Journal Of Clinical And Diagnostic Research.* 2023;17(6):OC10-OC13.
 9. Pragadesh R, Dr Praveen Kulkarni, Vijaylakshmi Rao Vadaga, Dr. Sunil Kumar D. Assessing the Nutritional Gap among Under-five Children in Urban Mysore – Cross-sectional Study. *Indian Journal Of Medical Specialities.* 2024:1-7.
 10. Nagendra Lokesh, Dr. Sunil Kumar D, Dr. Praveen Kulkarni, Pragadesh Rajaram, Sayena Basheer, Vanmathi A. Influence of feeding practices on Childhood illness. *Indian Journal of Community Health.* 2024 Feb;36(1):79-85.
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