

NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore.

**Organizing
DHR ICMR Funded Workshop**

On

Fueling Fight:

**Nutrition for Cancer Prevention & Recovery with
a Food Safety Focus
among Health care workers**



Date : 05th & 06th May 2025

Time : 09:00 am - 05:00 pm

**Venue : Louis Pasteur Gallery,
Narayana Medical College, Nellore.**

Workshop Report



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कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research
Department of Health Research, Ministry of Health
and Family Welfare, Government of India

No. DHR-ICMR Workshop Funding/HRD- 2024/Feb-2025 (23)

Dated: 24-3-25

To,

Mrs Thejovathi & Dr Vanaja Kumari B,

Associate Professor, Child Health Nursing Specialty & HOD of Nursing Research Dept
Narayana College of Nursing, Chinthareddypalem,
Nellore, Andhra Pradesh-524002
Mob: 9182385535
tejaswani.987@gmail.com

Subject: Workshop on "Workshop on Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers" proposed to be held on proposed to be held on 05-06 May, 2025 at Auditorium, Narayana Medical college & Hospital - reg.

Dear Sir,

With reference to your application on the above mentioned subject, we are pleased to inform you that your proposal has been evaluated by the Expert Committee of ICMR and has been recommended for the financial support of Rs. 3,56,800/- (Rupees Three Lakh Fifty Six Thousand and Eight Hundred only) to meet the expenditure for organizing the workshop to be held on 05-06 May, 2025 at Auditorium, Narayana Medical college & Hospital. You are requested to submit the enclosed proforma of formal bill and Mandate form (hard copies) duly filled in with your details along with cancelled cheque for remitting the financial support of Rs. 3,56,800/-. The financial support is contingent upon adherence to the guidelines outlined in the provisions laid down in GFR-2017 and T.A. rules.

After completion of workshop, you are required to send the Utilization Certificate (UC) along with Statement of Expenditure (SoE) (one original & one xerox copy), Audit report and workshop proceedings report in book, souvenir/abstract summary report (Only in the prescribed format given on ICMR website) within one month of release of the grant by the ICMR. The unspent balance, if any, from the sanctioned amount of Rs. 3,56,800/- should be refunded to ICMR by Cheque/DD in favour of Director General, ICMR, New Delhi.

You are requested to add a 20 min talk by Head, Division of HRD on ICMR-DHR Programs on Research Capacity Strengthening so as to disseminate and create awareness amongst the medical and non-medical students and faculty and researchers.

This issues with the approval of the Competent Authority of ICMR.

Yours faithfully

Administrative Officer - HRD

Enclosures: 1. Formal bill
2. Mandate form
3. Utilization Certificate along with SoE (two copies of each)

Copy to: 1. Accounts Section-I, ICMR-Hqrs

TITLE OF THE WORKSHOP

Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers.

BACKGROUND

Cancer remains a major cause of death globally, with over 20 million new cases reported in 2024. India records around 1.4 million new cancer cases each year, with breast, lung, cervical, colorectal, and oral cancers being most common. Unhealthy lifestyles and limited access to screening contribute to this rise. In Andhra Pradesh, According to the Indian Council of Medical Research (ICMR) and the National Cancer Registry Programme (NCRP), AP reports over 90,000 new cancer cases annually. The high incidence emphasizes the need for strong preventive strategies and awareness among healthcare workers.

To address the growing cancer burden, especially in Andhra Pradesh, educating healthcare workers is vital. The workshop "Fueling the Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus" aims to build their knowledge in cancer nutrition and food safety. Good nutrition can lower cancer risk and support recovery. Food safety is essential for protecting immunocompromised patients from infections. The workshop promotes evidence-based practices and holistic cancer care.

AIM

To enhance the knowledge and skills of health care professionals in the role of nutrition and safe food practices in cancer prevention and patient recovery and to empower participants with evidence-based dietary strategies, promote awareness of nutrient-dense, anti-carcinogenic foods, and highlight the

Workshop Report

critical importance of food safety in immunocompromised individuals. By integrating these principles into patient care, health care workers can play a pivotal role in improving outcomes, reducing complications, and supporting holistic cancer management.

OBJECTIVES

- ♣ To create awareness among health care workers about the common types of cancer, their causes, and associated risk factors including lifestyle, diet, genetics, and environmental exposures.
- ♣ To provide an overview of various cancer treatment modalities such as surgery, chemotherapy, radiation, immunotherapy, and their nutritional implications.
- ♣ To emphasize the critical role of nutrition in cancer prevention, patient recovery, and improving treatment outcomes.
- ♣ To educate participants on evidence-based dietary strategies that support immune function and reduce cancer-related complications.
- ♣ To highlight the importance of food safety in the care of immunocompromised cancer patients and the prevention of foodborne illnesses.
- ♣ To enhance the capacity of health care workers to offer effective nutritional counselling and integrate food safety practices into comprehensive cancer care.

PARTICIPANTS

A total of 163 participants attended the workshop, comprising a diverse group of healthcare professionals and students.

The attendees included:

- 5 Auxiliary Nurse Midwives (ANMs)
- 2 Postgraduate Dietetics students

Workshop Report

- 21 Postgraduate Nursing students
- 23 Faculty members from Narayana College of Nursing
- 9 Faculty members from Sree Narayana Nursing College
- 32 III Semester B.Sc. Nursing students from Sree Narayana Nursing College
- 46 III Semester B.Sc. Nursing students from Narayana College of Nursing
- 9 Postgraduate students from Narayana Dental College
- 1 Postgraduate student from Narayana Medical College

Day - 1		
Time	Activity/Session	Speakers & Designation
09:00 am - 09:30 am	Registration	Mrs G. Thejovathi , M.Sc.(N), IIP, Ph.D Scholar
09:30 am - 09:45 am	Welcome address	Dr Latha A , HOD of Medical Surgical Nursing, IQAC Coordinator.
09:45 am - 10:00 am	Inaugural Speech	Dr P Sreenivasulu Reddy Principal, Narayana Medical College Nellore
10:00 am - 10:20 am	Keynote Address on the Theme	Dr B Vanaja Kumari , Principal/ HOD of Community Health Nursing Narayana College of Nursing, Nellore
10:20 am - 10:30 am	Tea Break	
10:30 pm - 12:00 pm	Session 1: Cancer Demystified: Exploring Its Causes, Types, and Impact Treatment Modalities	Dr Sree Vidya , MBBS, MD, DM Consultant Medical Oncologist Narayana Medical College & Hospital, Nellore.
12:00 pm - 1:00 pm	Session 2: The Nutrition-Cancer Connection: Exploring the Role of Diet in Prevention and Recovery	Dr K Usha Rani , M.Sc. F&N, Ph.D. in English, Narayana College of Nursing
1:00 pm -	Lunch	

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2:00 pm		
2:00 pm - 3:45 pm	Session 3: <ul style="list-style-type: none"> • Tailored Nutrition for Specific Cancer Types. • Food Safety and Cancer Care 	Mrs Padmaja Madan Maganti, M.Sc. (Dietetics and Food Service Management) HOD of Dietetics Narayana Medical College & Hospital, Nellore.
3:45 pm - 4:00 pm	Tea Break	
4:00 pm - 4:45 pm	Interactive Sessions - Debate	Ms. Praveena, III Sem B.Sc. (Nursing) student Ms Aleena Shibu, III Sem B.Sc.(Nursing) student Ms Asha Jyothi, III Sem B.Sc.(Nursing) student Ms Likitha, III Sem B.Sc.(Nursing) student
4:45 pm - 5:00 pm	Vote of Thanks followed by National Anthem	Mrs Pratima Vuyyuru, Assoc Prof, Dept of Nursing Research, Narayana College of Nursing
Day - 2		
09:00 am - 09:20 am	Gathering	
09:20 am - 10:40 am	Session 4: Optimizing Nutrition During Cancer Treatment: Strategies for Managing Side Effects and Enhancing Recovery	Dr G Haripriya Assist Prof, Consultant Radiation Oncologist ACSR Govt Medical College, Nellore.
10:40 am - 11:00 am	Tea Break	
11:00 am - 12:15Pm	Session 5: Supplements and Herbal Remedies in Cancer Care: Evidence-Based Benefits and Risks	Dr Vani Viswanath Paimaghram, Bachelor of Homeopathic Medicine and surgery, Sree Venkateswara Institute of Medical sciences, Chittoor
12:15pm - 1:30 pm	Pannel Discussion on Therapeutic Diets	Prof P Shanmugavadivu, HOD of Child Health Nursing, Pannel Discussion Moderator
1:30pm - 2:30pm	Lunch	

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2:30pm - 4:30pm	Session 5: Hands on Training: Monitoring and Assessing Nutritional Status	Mrs G Thejovathi , HOD of Nursing Research, IIP, Ph.D. Scholar
4:30pm - 4:45pm	Tea Break	
4:45pm- 5:15 pm	Valedictory Function & Feedback	Mrs Pratima Vuuyuru , Assoc Prof, Dept of Nursing Research
5:15 pm- 5:30 pm	Vote of Thanks	Mrs G Thejovathi , Assoc Prof, M.Sc.(N), Ph.D. Scholar, HOD of Nursing Research

First Day: 05 - 05 - 2025

Inaugural Ceremony

The workshop commenced with a grand inaugural ceremony at 9:30 am, beginning with a soulful prayer song followed by an elegant welcome dance. The welcome address, delivered by the Dr Latha A, Vice Principal/HOD of Medical Surgical Nursing, emphasized the crucial role of nutrition in cancer prevention, management, and patient recovery.

The stage was graced by several esteemed dignitaries who honoured the occasion with their presence. The **Chief Guest, Dr. P. Sreenivasulu Reddy**, Principal of Narayana Medical College, along with the **Guests of Honour — Mr. Rama Rao**, Operational Head of Narayana Medical College & Hospital, and **Dr. A. Tirupathi**, Principal of Narayana College of Physiotherapy — added prestige to the event. The workshop also featured distinguished speakers including **Dr. Sree Vidya**, Consultant Medical Oncologist, Narayana Hospitals, Nellore; **Dr. Usha Rani**, Head of the Department of Nutrition, Narayana College of Nursing; **Mrs. Padmaja Madan Maganti**, Head of the Department of Dietetics, Narayana Medical College & Hospital; **Dr. G. Haripriya**, Radiation Oncologist, ACSR Government Medical College, Nellore; and **Dr. Vani Viswanath Paimagham**, Bachelor of Homeopathic Medicine and Surgery, Sree Venkateswara Institute of Medical Sciences,

Chittoor. The dignitaries highlighted the importance of interprofessional collaboration in enhancing patient outcomes through integrated and evidence-based dietary strategies in cancer care. The inaugural ceremony featured the traditional lighting of the lamp, followed by inspiring inaugural address from **Dr P Sreenivasulu Reddy** distinguished Chief Guests. The **keynote address** was delivered by **Dr. B. Vanaja Kumari**, Principal of Narayana College of Nursing, who set the tone for the workshop with her insights on the pivotal **Scientific Session: I.** safety in cancer prevention and recovery.

The first scientific session was led by **Dr. Sree Vidya**, MBBS, MD, DM, Consultant Medical Oncologist at Narayana Medical College & Hospital, Nellore. In her insightful presentation, she provided comprehensive overview of the types of cancers, delving into their causes and associated risk factors, including genetic, environmental, and lifestyle-related contributors. She also elaborated on the various treatment modalities available for cancer management, such as surgery, chemotherapy, radiation therapy, targeted therapy, and immunotherapy. Her session emphasized the importance of early detection, personalized treatment plans, and the critical role of multidisciplinary care in improving patient outcomes.

Scientific Session: II

Dr. K. Usha Rani, M.Sc. in Food & Nutrition, Ph.D. in English, Narayana College of Nursing, delivered an insightful session on the concept of "Psycho-Spiritual Diet during Cancer. She emphasized the vital connection between nutrition, mental well-being, and spiritual strength in the management of cancer. The talk explored how dietary choices can be harmonized with psychological and spiritual practices to support healing, enhance immunity, and improve the quality of life of cancer patients. She highlighted the role of holistic care, encouraging the integration of nutritious

food, positive thinking, and spiritual practices such as meditation, prayer, and mindfulness in the journey of cancer recovery.

Scientific Session: III

Mrs. Padmaja Madan Maganti, M.Sc. in Dietetics and Food Service Management, and Head of the Department of Dietetics at Narayana Medical College & Hospital, Nellore, delivered an enlightening talk on "Tailored Nutrition for Specific Cancer Types and Food Safety in Cancer Care." She emphasized the importance of individualized dietary planning based on the type, stage, and treatment of cancer. The session addressed how different cancers require unique nutritional strategies to manage symptoms, maintain strength, and support recovery. She also stressed the critical role of food safety in cancer care, particularly for immunocompromised patients, and provided practical guidelines to prevent foodborne infections. Her talk combined clinical expertise with actionable recommendations, offering valuable insights for both caregivers and healthcare professionals.

Interactive session- Debate

A thought-provoking debate session was conducted by **Dr. Latha A** among III Semester B.Sc. Nursing students on two themes:

- **Group 1: Ms. A. Praveena & Ms. Aleena Shibu – *Nutrition vs. Cancer Treatment***
- **Group 2: Ms. Asha Jyothi & Ms. I. Likitha – *Exercise and Therapies***

Each team presented compelling arguments and evidence, making it an intellectually stimulating experience for the audience.

Vote of Thanks.

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The Vote of Thanks was delivered by **Mrs. Pratima Vuyyuru**, Associate Professor, Department of Nursing Research, expressing gratitude to all the dignitaries, speakers, and participants for their valuable contributions and presence. The event concluded with National Anthem.

Day: II- 06/05/2025

Session: IV

The session was commenced with **Dr. G. Haripriya**, Assistant Professor and Consultant Radiation Oncologist at ACSR Government Medical College, Nellore, on "Strategies for Managing Side Effects during Therapies and Enhancing Recovery."

She discussed the common acute and chronic side effects experienced by cancer patients undergoing radiation and chemotherapy, including fatigue, nausea, mucositis, and skin reactions. **Dr. Haripriya** highlighted evidence-based strategies to mitigate these effects, emphasizing the role of early symptom recognition, patient education, multidisciplinary support, and lifestyle modifications. The session also focused on practical measures to enhance recovery and improve patients' overall quality of life during and after treatment. The session was highly informative to all participants.

Session: V

The session was started with **Dr. Vani Viswanath Paimaghram**, Bachelor of Homeopathic Medicine and Surgery, from Sree Venkateswara Institute of Medical Sciences, Chittoor, delivered an insightful session on "Supplements and Herbal Remedies in Cancer Care: Evidence-Based Benefits and Risks." She shed light on the growing interest in complementary therapies among cancer patients and critically examined the role of various supplements and herbal remedies in supporting conventional cancer treatment. She emphasized the importance of using scientifically validated interventions,

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cautioning against unregulated or unproven products that may interfere with standard therapies. The session balanced traditional knowledge with current research findings, offering practical guidance on the safe and informed use of alternative therapies in oncology care.

Session: VI

The session was skilfully moderated by **Prof. Shanmuga Vadivu**, HOD of Child Health Nursing, who played a pivotal role in steering the discussion and engaging both the panellists and the audience.

She encouraged audience participation and facilitated a healthy exchange of ideas between participants and experts. Her ability to summarize key points at appropriate intervals added clarity and coherence to the session.

Panel Members and Topics:

1. Prof. Usha Kiran – *Antioxidant Diet*
2. Mrs. Subhashini – *Ketogenic Diet*
3. Dr. Anjani Devi – *Anti-Inflammatory Diet*
4. Mrs. G. Pavithra – *Lactose-Free Diet*
5. Mrs. Pratima V. – *Mediterranean Diet*
6. Mrs. Lalitha Kumari – *Gluten-Free Diet*
7. Mrs. J. Anusha – *Paleo Diet*
8. Ms. K. Deepa – *Vegan Diet*

Each expert presented scientific evidence, clinical indications, dietary components, patient suitability, and challenges. The panel addressed questions from the audience, making it a truly enriching session.

Session: VII

Mrs. G. Thejovathi, Associate Professor and Head of the Department of Nursing Research, specializing in Child Health Nursing, conducted an insightful session on general nutritional assessment. She began by explaining the importance of nutritional evaluation in clinical practice, particularly for vulnerable populations. The session included a step-by-step demonstration of assessment techniques such as anthropometric measurements, dietary recall, and clinical signs of malnutrition.

Valedictory Session

After Tea Break, the valedictory session was conducted by **Mrs. Pratima Vuyyuru**, Associate Professor, who concluded the program with closing remarks and expressions of appreciation. She also coordinated the feedback collection from participants, including faculty and students from the departments of Dentistry, Physiotherapy, staff nurses, and Nursing students. The participants unanimously shared that the sessions were highly informative, practical, and useful for their respective fields.

Vote of Thanks

Mrs. G. Thejovathi, Associate Professor collected the post-test responses from the participants and delivered the vote of thanks. She expressed her heartfelt gratitude to all the resource persons, participants, organizing team, and supporting staff for their valuable contributions and active involvement in making the event a success.

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Table-1 Description of Pretest and Post test Knowledge Scores of Participants

n = 163

Group	n	Category	Pre-Test Freq	Pre-Test %	Post-Test Freq	Post-Test %
Faculty (Narayana College of Nursing & Sree Narayana Nursing College)	32	Below Average	6	3.7	0	0
		Average	17	10.4	11	6.7
		Above Average	9	5.5	21	12.9
III Sem B.Sc. Nursing Students	78	Below Average	27	16.6	5	3.1
		Average	35	21.5	27	16.6
		Above Average	16	9.8	46	28.2
ANMs	5	Below Average	3	1.8	0	0
		Average	2	1.2	2	1.2
		Above Average	0	0	3	1.8
PG Dietetics Students	2	Below Average	1	0.6	0	0
		Average	1	0.6	1	0.6
		Above Average	0	0	1	0.6
PG Nursing Students	21	Below Average	6	3.7	1	0.6
		Average	10	6.1	6	3.7
		Above Average	5	3.1	14	8.6
PG Dental Students	9	Below Average	3	1.8	1	0.6
		Average	4	2.5	3	1.8
		Above Average	2	1.2	5	3.1
PG Medical Student	1	Below Average	0	0	0	0
		Average	1	0.6	0	0
		Above Average	0	0	1	0.6
PG Physiotherapy Student	15	Below Average	4	2.5	1	0.6
		Average	8	4.9	5	3.1
		Above Average	3	1.8	9	5.5

The Above table shows that, across all groups, the post-test results indicate substantial improvement in knowledge with a consistent shift from "Below Average" to "Above Average" categories. This suggests the educational program was effective.

BRIEF STUDY MATERIAL

DHR - ICMR Funded Workshop on Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers

AIM

- To empower healthcare workers with evidence-based nutritional strategies that integrate food safety practices and foster a multidisciplinary approach to support cancer prevention, treatment, and recovery in oncology care settings



PURPOSE

To enhance the knowledge and practices of healthcare workers regarding the role of nutrition in cancer prevention and recovery, while emphasizing the importance of food safety in patient care and self-care.

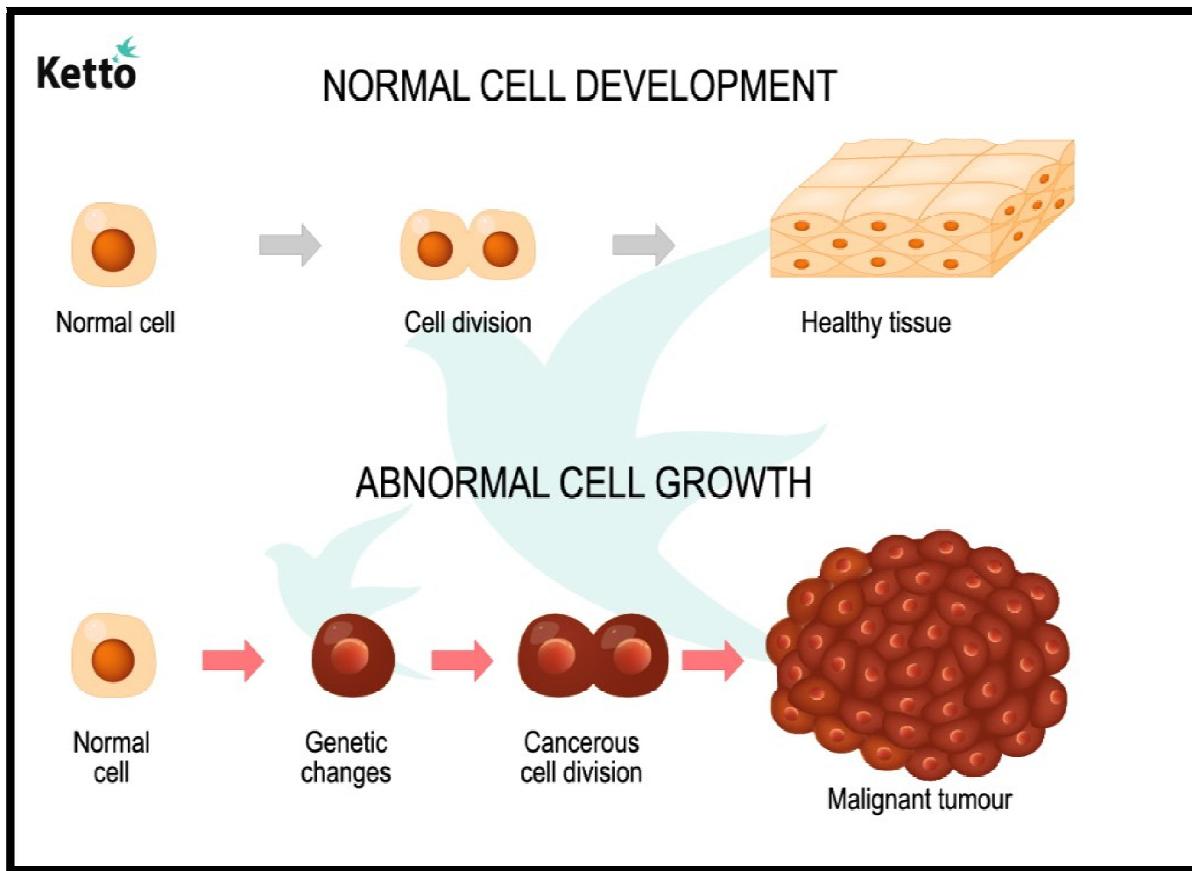
INTRODUCTION

Cancer affects individuals across all age groups, though its incidence increases significantly with age. Globally, cancer is a leading cause of death and disease burden. According to the World Health Organization (WHO) and GLOBOCAN data:

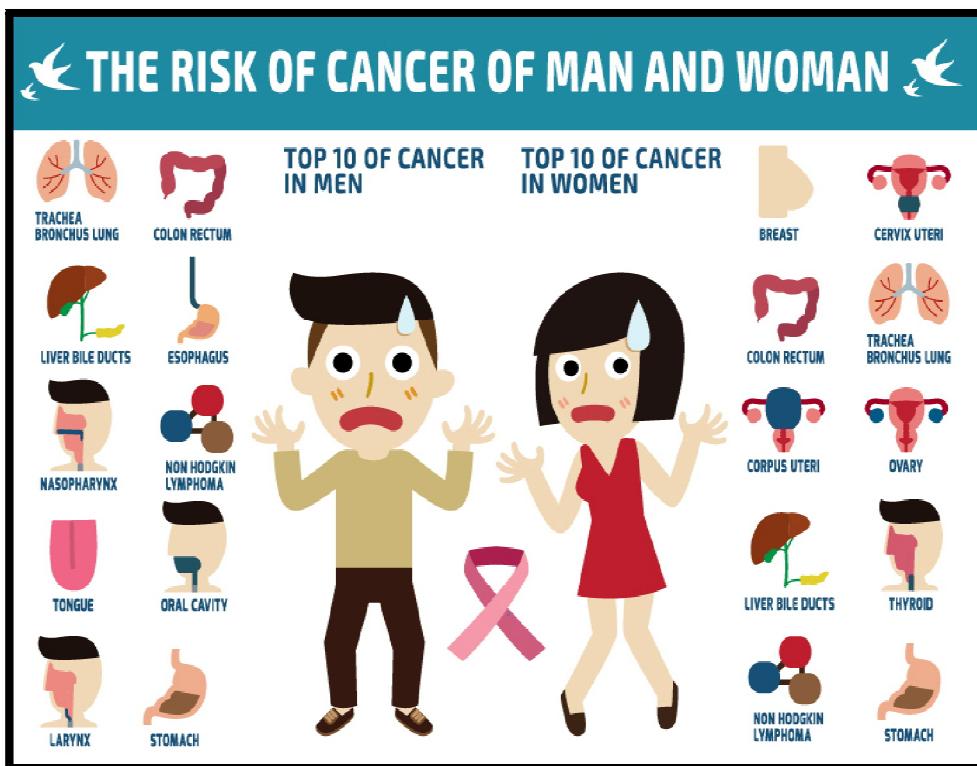
- **Children (0–14 years):** Cancer is relatively rare but remains a leading cause of disease-related death. Common cancers in this age group include leukemia, brain tumors, and lymphomas.
- **Adolescents and Young Adults (15–39 years):** This group experiences unique cancer types such as Hodgkin's lymphoma, testicular cancer, thyroid cancer, and melanoma. Survival rates have improved, but late diagnoses and limited awareness remain challenges.
- **Adults (40–64 years):** The incidence rises sharply in this age group. Common cancers include breast, colorectal, lung, and prostate cancers. Lifestyle factors like diet, tobacco use, alcohol, and physical inactivity are major contributors.
- **Older Adults (65 years and above):** The majority of cancer cases and deaths occur in this group due to cumulative exposure to risk factors and biological aging. Prostate, lung, breast, and colorectal cancers are most frequent.

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells in the body. If not treated, it can invade nearby tissues and spread to other parts of the body through the blood and lymph systems (a process known as metastasis).

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Common Types of Cancers:



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Causes of Cancer:

- Genetic mutations
- Tobacco and alcohol use
- Unhealthy diet and lack of physical activity
- Obesity
- Infections (e.g., HPV, Hepatitis B/C)
- Environmental exposures (radiation, chemicals)

Cancer Treatment Options:

- Surgery: Removal of tumors.
- Chemotherapy: Drugs to kill cancer cells.
- Radiation Therapy: High-energy rays to destroy cancer cells.
- Immunotherapy: Boosts the immune system to fight cancer.
- Hormone Therapy: For hormone-sensitive cancers.
- Targeted Therapy: Drugs that target specific cancer cell mechanisms.

PALLIATIVE CARE

Definition:

Palliative care is a specialized form of medical care that focuses on **relieving symptoms, pain, and stress** in people with serious or life-limiting illnesses, such as cancer. The goal is to **improve quality of life** for both the patient and their family.



Key Features of Palliative Care:

- **Holistic approach:** Addresses physical, emotional, social, and spiritual needs.
- **Symptom management:** Controls pain, nausea, breathlessness, fatigue, and other distressing symptoms.
- **Emotional and psychological support:** Helps patients cope with fear, anxiety, depression, and uncertainty.
- **Family support:** Provides guidance and counselling to families and caregivers.
- **Communication and decision-making:** Supports informed choices about care goals and treatment preferences.
- **Can be given at any stage:** Offered alongside curative treatments or when curative treatment is no longer effective.

Importance of Palliative Care:

- Enhances patient comfort and dignity.
- Reduces unnecessary hospitalizations and interventions.
- Supports better coping and emotional well-being.
- Prepares patients and families for end-of-life decisions.

Where It Is Provided:

- Hospitals
- Hospices
- Nursing homes
- At home (home-based palliative care)

NUTRITION IN CANCER

Definition:

Nutrition in cancer care refers to the use of balanced dietary practices to help prevent cancer, support treatment, and improve recovery and quality of life.

Role of Nutrition in Cancer:

1. Prevention:

- Diets rich in fruits, vegetables, whole grains, and lean proteins can reduce cancer risk.
- Limiting processed foods, red meats, sugary drinks, and alcohol is protective.
- Antioxidants, fiber and phytochemicals in plant-based foods help protect cells from damage.

2. During Treatment:

- Good nutrition helps maintain **strength and body weight**.
- Supports **immune function** and reduces treatment side effects like fatigue, nausea, and poor appetite.
- Adequate calories and protein are vital during **chemotherapy, radiation, or surgery**.

3. Recovery and Survivorship:

- Promotes **healing of tissues**, restores energy levels.
- Helps manage **long-term side effects** and reduces the risk of cancer recurrence.
- Encourages adoption of **healthy eating habits** for overall well-being.

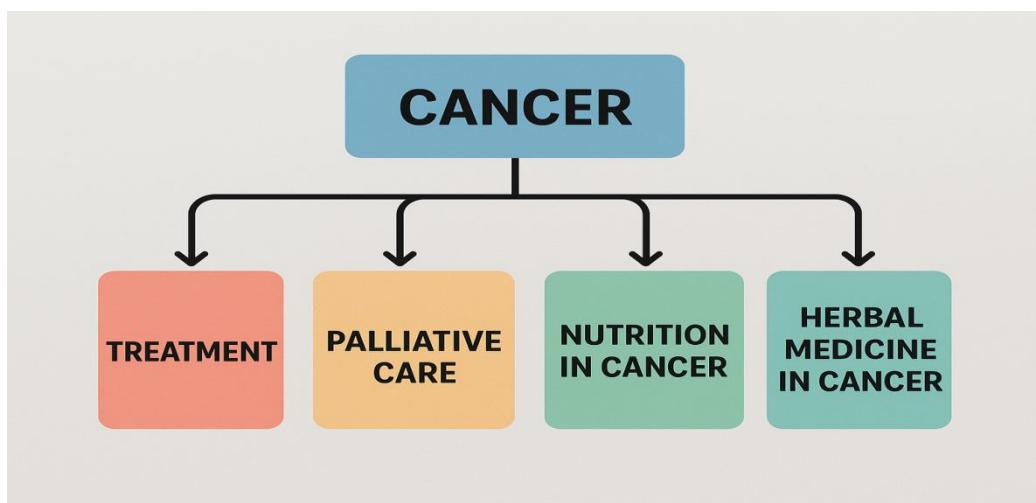
Common Nutritional Challenges in Cancer Patients:

- Loss of appetite
- Taste changes

- Nausea and vomiting
- Weight loss or gain
- Difficulty swallowing (especially in head and neck cancers)

Nutrition Tips for Cancer Patients:

- Eat small, frequent meals.
- Choose high-protein and high-calorie foods if underweight.
- Stay well-hydrated.
- Avoid raw or undercooked foods if immunity is low.
- Work with a **clinical dietitian** for individualized meal planning.



A Psycho-Spiritual Diet Perspective on Cancer Care

Cancer: A Reflection of Lifestyle and Inner Balance

Cancer is not merely a disease of the body—it reflects our lifestyle and emotional well-being. India faces a rising cancer burden, with over 1.5 million new cases annually and most detected in advanced stages. As the “oral cancer capital of the world,” prevention becomes crucial.

Preventive Potential of Lifestyle:

Research shows that 30–50% of cancer cases are preventable. A UK-based study found vegetarians have a 14% lower cancer risk, emphasizing the role of diet and lifestyle in disease prevention.

Spiritual Perspective:

Spiritually, cancer may stem from inner imbalances like toxic thoughts, emotional stagnation, or a loss of purpose. Healing, therefore, involves self-awareness, emotional release, and spiritual growth.

Psycho-Spiritual Diet:

This holistic approach nourishes the body, mind, and soul. It focuses on mindful eating, natural foods, and aligning with nature's rhythms, transforming eating into a sacred ritual of self-care.

The Healing Formula:

Right Food + Right Mindset + Right Environment = Psycho-Spiritual Nourishment

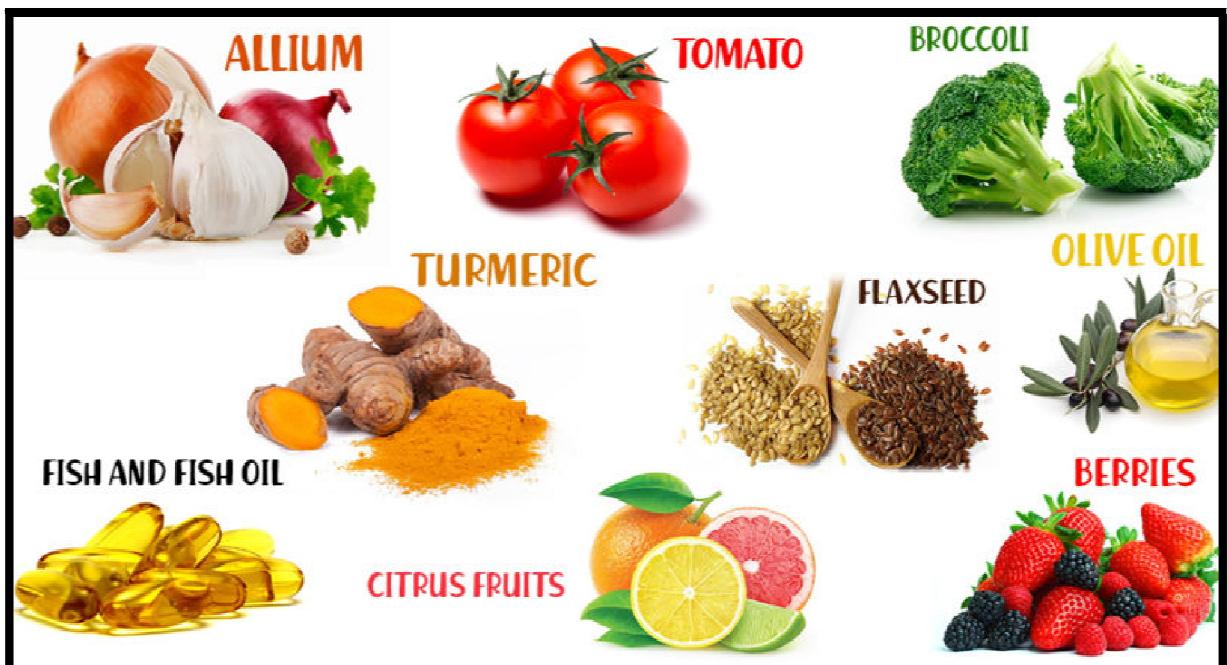
Homeopathy in Cancer:

- Homeopathy was founded by Dr. Samuel Hahnemann, a German physician (1755–1843), based on the principle "like cures like."
- It involves using highly dilute
- substances that in larger amounts would cause symptoms of the disease being treated.
- Hahnemann diluted substances to extreme levels, sometimes beyond measurable presence.
- Homeopathy focuses on treating the patient as a whole rather than targeting specific pathological conditions.
- It is considered a complementary or alternative therapy with no scientific proof of curing or preventing cancer.



Some people with cancer use homeopathy alongside conventional treatment to manage stress, pain, and fatigue. Reported improvements are likely due to the placebo effect, as per current scientific understanding.

Psorinum therapy, a homeopathic approach, showed promising results in an observational study on gastrointestinal cancers.



Anticancer foods

The superpowers of your everyday foods!

GREEN TEA

antioxidants: encourages the self-destruction of cancer cells

CARROT

carotenoids: protect against cancer

TUMERIC

apoptosis: helps the body get rid of tumor cells

BEET

betacyanin: prevents the development of tumors

BLUEBERRIES

NK lymphocytes: kill tumor cells

BROCCOLI

indoles: deactivate carcinogenic components

CHOCOLATE

polyphenols: limit oxidative stress

GINGER

fights against nausea and vomiting

Foods Fight Against Cancer

1. CANNED TOMATOES	2. REFINED SUGAR
3. ALCOHOL	4. SODA
5. PROCESSED MEAT	6. MICROWAVE POPCORN
7. MASS PRODUCED BREAD	8. FRENCH FRIES AND POTATO CHIPS
9. MILK	10. CHARRED MEATS
11. FARMED SALMON	12. ARTIFICIAL COLORS
13. RED MEAT	14. PASTA
15. HYDROGENATED OILS	16. GENETICALLY-MODIFIED ORGANISMS

Carcinogenic Agents

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Nutritional Assessment:

Nutritional assessment is the process of evaluating the nutritional status of individuals or populations to identify those at risk of malnutrition or diet-related health problems. It is a key component in clinical practice, public health, and community health programs.

Purpose of Nutritional Assessment

1. Detect Malnutrition or Nutritional Imbalances
2. Guide Clinical Management
3. Monitor Growth and Development
4. Plan and Evaluate Nutrition Programs
5. Provide Baseline Data for Research and Policy Making
6. Educate and Counsel Individuals

Components of Nutritional Assessment

Anthropometric Measurements	<p>Non-invasive quantitative measurements of the body.</p> <ul style="list-style-type: none">• Height• Weight• Head circumference• Body mass index (BMI)• Body circumference• Skinfold thickness
Biochemical Parameters	<p>Used to assess nutritional status by measuring:</p> <p>Albumin</p>

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	Creatinine Lipid profile Haemoglobin Ferritin and electrolytes.
Clinical Assessment	A systematic way to obtain and document information about an individual's medical and psychiatric conditions and symptoms, function, behaviour, personal history, values, preferences, goals, and other relevant information, which is then analyzed using clinical reasoning to identify underlying conditions.
Dietary History	Structured interview method consisting of questions about habitual intake of foods from the core food groups and dietary behaviours.

PRE TEST AND POST TEST QUESTIONNAIRE

1. What is cancer? ()

- A) A genetic disorder causing muscle wasting
- B) A group of diseases characterized by uncontrolled cell growth
- C) An infectious disease caused by bacteria
- D) A hormonal imbalance condition

2. Which of the following is a hallmark of cancer? ()

- A) Decreased blood flow to tissues
- B) Controlled cell death (apoptosis)
- C) Uncontrolled cell division and growth
- D) Increased insulin production

3. Which of the following is a major risk factor for developing cancer?

()

- A) Drinking plenty of water
- B) Regular exercise
- C) Exposure to tobacco smoke
- D) Taking multivitamins

4. What is a benign tumor?

()

- A) A tumor that spreads rapidly to other parts of the body
- B) A non-cancerous growth that does not invade surrounding tissues
- C) A tumor that causes immediate death
- D) A tumor that only affects blood cells

5. What is metastasis in cancer?

()

- A) The shrinking of a tumor after treatment
- B) The process of surgical removal of a tumor
- C) The spread of cancer cells from the original site to other parts of the body
- D) The use of radiation to treat cancer

6. What is the main goal of palliative care?

()

- A) To cure the disease completely
- B) To provide only surgical treatment
- C) To relieve symptoms and improve quality of life for patients with serious illness
- D) To perform experimental treatments

7. Which of the following is a key component of palliative care? ()

- A) Aggressive chemotherapy regardless of side effects
- B) Pain and symptom management
- C) Mandatory ICU admission
- D) Avoiding communication with the patient

8. Palliative care is appropriate for which of the following patients? ()

- A) Only terminally ill cancer patients
- B) Only elderly patients in nursing homes
- C) Any patient with a serious illness, regardless of age or disease stage
- D) Only patients receiving curative treatment

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9. Who can be part of the palliative care team? ()

- A) Only oncologists
- B) Only family members
- C) Only nurses
- D) A multidisciplinary team including doctors, nurses, social workers, and chaplains

10. What is the recommended daily energy and protein intake for cancer patients? ()

- A) 15–20 kcal/kg/day and 0.5–0.8 g/kg/day of protein
- B) 25–30 kcal/kg/day and 1–1.5 g/kg/day of protein
- C) 35–40 kcal/kg/day and 2–2.5 g/kg/day of protein
- D) 10–15 kcal/kg/day and 0.2–0.5 g/kg/day of protein

11. Which of the following statements correctly describes Lycopene and its mechanism of action? ()

- A) Lycopene is a vitamin found in green leafy vegetables that boosts calcium absorption
- B) Lycopene is a phytochemical found in citrus fruits that promotes insulin secretion
- C) Lycopene is a phytochemical present in ripe tomatoes and tomato products; it acts as an antioxidant and helps neutralize free radicals
- D) Lycopene is a protein found in dairy products that enhances muscle growth

12. What is Enteral Nutrition? ()

- A) Nutrition given through intravenous routes only
- B) Nutrition provided through oral or tube feeding directly into the gastrointestinal tract
- C) A type of diet given only during surgeries
- D) Only vitamin supplements taken by mouth

13. What is Parenteral Nutrition? ()

- A) Nutrition given through the gastrointestinal tract
- B) Nutrition provided by mouth in the form of oral supplements
- C) Nutrition administered intravenously, bypassing the gastrointestinal tract
- D) A high-fiber diet given to patients with constipation

14. What is Refeeding Syndrome? ()

- A) A syndrome caused by overeating in healthy individuals
- B) A condition that occurs due to excessive protein intake in athletes
- C) A metabolic disturbance that occurs when nutrition is reintroduced to malnourished patients, leading to electrolyte imbalances like hypophosphatemia
- D) A gastrointestinal infection caused by spoiled enteral feeds

15. India is the capital of which cancer. ()

- A) Lung
- B) oral
- C) cervical
- D) all the above

16. Types of cancer ()

- A) 1
- B) 10
- C) 100
- D) Infinitive

17. Cancer arises from the interaction of ()

- A) Genetic factor
- B) environment factor
- C) psycho social factor
- D) d. all of the above

18. Psycho spiritual diet means ()

- A) Psychiatric patient diet
- B) food from restaurants
- C) food to body, mind, soul
- D) none of the above

19. Highly processed, artificial foods come under ()

- A) Low vibration foods
- B) High vibration foods
- C) Neutral vibration foods
- D) None of the above

20. Who is the founder of the Homeopathic medical system? ()

- A) Hippocrates
- B) Dr. Samuel Hahnemann
- C) Dr. Edward Jenner
- D) Paracelsus

21. Do these Homeopathic medications have side effects? ()

- A) Yes, they have severe side effects
- B) No, they are 100% free from any reaction
- C) They generally have minimal to no side effects when used appropriately
- D) Always cause allergic reactions

22. Homeopathic medications are prepared from? ()

- A) Only from synthetic chemicals
- B) Only from animal sources
- C) Only from plant extracts
- D) From plants, minerals, animals, and synthetic substances

23. What are the potencies used in this system? ()

- A) Only 1X and 6C
- B) X, C, M, and LM potencies
- C) Only M scale
- D) None of the above

24. Is the preparation and administration of these medications proven for its efficacy? ()

- A) Yes, it's universally accepted and proven scientifically
- B) No, they are illegal in many countries
- C) The efficacy is controversial and not consistently supported by scientific evidence
- D) Fully proven in randomized controlled trials across all diseases

25. How do you choose the right medicine for a patient with cancer? ()

- A) Based on the cancer type only
- B) Based on trial-and-error medication
- C) Based on the totality of symptoms, including physical, mental, and emotional aspects
- D) Based solely on laboratory test results

ప్రశ్నాపత్రం

1. క్యాన్సర్ అంశేషమిట్? ()

- A) కండరాలవృధాప్లిప్రభావంచూపేజన్యసంబంధితవ్యాధి
- B) నియంత్రణలేకుండాకణాలపెరుగుదలతోకూడినవ్యాధులనమాహం

C) బ్యాస్టీరియావల్లకలిగేసంక్రమణవ్యాధి
D) హర్షోవ్సానమతుల్యతవల్లవచ్చపరిష్టేతి

2. క్యాన్సరోక్కముఖ్యలక్షణంఏది? ()

A) కణజాలాలకురక్తసరఫరాతగ్నిపోవడం
B) నియంత్రితకణమరణం (అపోషోసిస్)
C) నియంత్రణలేనికణవిభజనమరియుపెరుగుదల
D) ఇన్సులిన్డిట్యూట్రిపేరగడం

3. క్యాన్సర్కుప్రధానప్రమాదకారకంఏది? ()

A) ఎక్కువగానీరుత్తరాగడం
B) నిత్యవ్యాయమం
C) పొగతాగడంలేదాపొగవాడుట
D) మల్లీవిటమిన్లుతీసుకోవడం

4. సద్ధుబాటుకానిట్యామర్ఱాంచేపమిటి? ()

A) శరీరంలోనిజితరభాగాలకువేగంగావ్యాపించేట్యామర్ఱ
B) చుట్టూపక్కలకణజాలాలనుఆక్రమించనికాన్సర్-కానిపెరుగుదల
C) వెంటనేమరణానికికారణమయ్యట్యామర్ఱ
D) రక్తకణాలనుమాత్రమేప్రభావితంచేసేట్యామర్ఱ

5. క్యాన్సరులోమెట్స్టాసిస్ అంచేపమిటి? ()

A) చికిత్సతరువాతట్యామర్ఱపురిమాణంతగ్గడం
B) ట్యామర్ఱనుశస్తుచికిత్సద్వారాతోలగించేప్రక్కరియ
C) క్యాన్సర్కుణాలుమొదటటిష్టలంనుండిజితరభాగాలకువ్యాపించడం
D) క్యాన్సర్కిరేడియేప్స్టిషన్సపయోగించడం

6. పాలియేటివేరోక్కప్రధానలక్ష్యంఏమిటి? ()

A) వ్యాధినిపూర్తిగానయంచేయడం
B) కేవలంశస్తుచికిత్సచేయడం
C) లక్ష్యాలనివారణమరియజీవననాణ్యతమెరుగుపరచడం
D) ప్రయోగాత్మకచికిత్సలుచేయడం

7. పాలియేటివేరోముఖ్యమైనభాగంఏది? ()

A) దుష్పరిణామాలుఉన్నాకూడాతీవ్రంగసాయనచికిత్స
B) నొప్పిమరియుజితరలక్ష్యాలనిర్వహణ

C) తప్పనిసరిగాబీయాలోచేరించడం
D) రోగితోసంభాషణచేయకపోవడం

8. పాలియోటివ్చైర్ ఎవరికీఅనుకూలం? ()

A) కేవలం అంతిమదశలోడన్నక్యాన్సర్ రోగులకు
B) నరిగింగ్ రోగ్ డెంసన్ వాధులకు మాత్రమే
C) వయస్సులేదా వ్యాధిషాయిని పట్టించుకోకుండా,
తీవ్రమైన వ్యాధులతోడన్నప్రతిభక్కరికి
D) కేవలం నయం అయ్యిచికిత్స పొందేవారికి మాత్రమే

9. పాలియోటివ్చైర్ ఎవరుడండగలరు? ()

A) కేవలం ఆంకాలజిస్టులు
B) కేవలం కుటుంబసభ్యులు
C) కేవలం నర్సులు
D) వైద్యులు, నర్సులు, సామాజిక సేవకులు,
మతపరమైన వ్యక్తులుడన్నబహుశాఖాబృందం

10. క్యాన్సర్ రోగులకోసం ప్రతిరోజూ అవసరమైన శక్తి మరియు ప్రోటీన్ ను రఫరాలంత? ()

A) 15–20 kcal/kg/day మరియు 0.5–0.8 g/kg/day ప్రోటీన్
B) 25–30 kcal/kg/day మరియు 1–1.5 g/kg/day ప్రోటీన్
C) 35–40 kcal/kg/day మరియు 2–2.5 g/kg/day ప్రోటీన్
D) 10–15 kcal/kg/day మరియు 0.2–0.5 g/kg/day ప్రోటీన్

11. లైకోపీన్సు రియానిప్రభావం గురించి సరిగ్గా చెప్పేదింది? ()

A) ఆకుపచ్చకూరగాయలలోడన్నవిటమిన్ ఇది,
కాల్చియంశోపణను మెరుగుపరుస్తుంది
B) సిట్రస్ ప్రాప్ ను మెరుగుపరుస్తుంది,
ఇన్నులిన్స్ సర్దనను ప్రోత్సహిస్తుంది
C) పచ్చిగాపండినటమోటామరియువాటిడత్తుత్తులోడండే ఫైటోకెమికల్,
ఇది ఆకింగ్ డెంట్ గాపని చేసి ఫరీరాడికల్ ను నిరీధిస్తుంది
D) పాలపదార్థాలలోడండే ప్రోటీన్,
ఇది కండరాల వృధిని ప్రోత్సహిస్తుంది

12. ఎంటరోపణాలు అంచేపిటి? ()

- A) కేవలం శిరోరేఖ ద్వారా పోపణ ఇవ్వడం
- B) నోరులేదా గొంతు ద్వారా జీర్ణించడం
- C) శ్రస్తుచికిత్సల సమయంలో మాత్రమే ఇచ్చేడైట్
- D) కేవలం నోటిద్వారా తీసుకునే విటమిన్లు మాత్రమే

13. పేరెంటరోపణాలు అంచేపిటి? ()

- A) జీర్ణించడం
- B) నోటిద్వారా సప్లై మెంట్ ఇవ్వడం
- C) శిరోరేఖ ద్వారా, జీర్ణించడం నుతపించి పోపణ ఇవ్వడం
- D) క్యాన్సర్ తో బాధపడే వారికి ఇవ్వబడే అదికష్టమైన బడ్డెట్

14. రీఫీడింగ్ నిండ్ రోమాన్ అంచేపిటి? ()

- A) ఆరోగ్య వంతులలో ఎక్కువతిని నడం వల్ల వచ్చే ప్రశ్నలు
- B) అంతా ట్లలో ఎక్కువ ప్రోటోస్ట్రోస్ కో నడం వల్ల వచ్చే ప్రశ్నలు
- C) పొషికాపోరం మళ్ళీ వరారం భించిన ప్రశ్నలు పోపకలో పాల వల్ల వచ్చే మెటబాలిక్సిప్పరేన్స్ (ఉదాహరణ: ప్రైపోఫాస్ట్ చేమియా)
- D) పాంట్ ఎనింటర్లీండ్ ను లువచ్చే అంటువ్యాధి

15. భారతదేశం కాయన్ నన్ ర్కురాజు ధాని? ()

- A) ఊపిరిత్తుల కాయన్ నన్ ర్కురాజు
- B) నోటికాయన్ నన్ ర్కురాజు
- C) సర్వకల్యాయన్ నన్ ర్కురాజు
- D) పైవన్ను

16. కాయన్ నన్ ర్కురాల సంఖ్య ()

- A) 1
- B) 10
- C) 100
- D) అనంతం

17. కాయన్ నన్ ర్కురాల విధానాల సంఖ్య ()

- A) జన్మకారకాలు
- B) పర్యావరణకారకాలు

- C) మానసిక-సామాజికఅంశాలు
- D) పైవన్ను

18. సైకో-సిగరిచువల్లెట్ అంశేంమిటి? ()

- A) మానసికరోగులకోసండ్రెట్
- B) హోటల్లలో అందే ఆహారం
- C) శరీరం, మనసు, ఆత్మకు ఆహారం
- D) పైవాటిలో ఎదీకాదు

19. అధికంగా ప్రాసెన్సెన, కృత్తిరిమాతారంపువధానికి చెందుతుంది? ()

- A) తక్కువ వైబ్రేషన్సుడ్ని
- B) అధిక వైబ్రేషన్సుడ్ని
- C) న్యూట్రిల్వైబ్రేషన్సుడ్ని
- D) పైవాటిలో ఎదీకాదు

20. హోమియోపథిక్రైయిద్యవిధానంప్రాపకుడు ఎవరు? ()

- A) హిపోక్రట్స్
- B) డాక్టర్ మ్యాల్ఫానిమన్
- C) డాక్టర్ ఎడ్వర్డ్ రైస్ న్యూర్
- D) పరసెలస్

21. హోమియోపథిక్రూందులకు ప్రాభావాలు ఉంటాయా? ()

- A) అవితీవ్రమైన దుష్టాభావాలను కలిగిస్తాయి
- B) అవి పూర్తిగా దుష్టాభావాలు లేనివి
- C) సరిగ్గా ఉపయోగిస్తే తక్కువ లేదా లేనంత దుష్టాభావాలు కలిగిస్తాయి
- D) ఎప్పుడూ అలర్చీలు కలిగిస్తాయి

22. హోమియోపథిక్రూందులు ఎక్కడినుండి తయారు చేస్తారు? ()

- A) కేవలం రసాయన పదార్థాలనుండి
- B) కేవలం జంతు మూలాలనుండి
- C) కేవలం వృక్ష మూలాలనుండి
- D) వృక్షాలు, ఖనిజాలు, జంతువులు మరియు కృత్తిరిమాపదార్థాలనుండి

23. ఈ విధానంలో ఉపయోగించే శక్తులు (పోచెన్నీలు) ఏమిటి? ()

- A) కేవలం 1X మరియు 6C

- B) X, C, M, మరియు LM పోచెన్నిలు
- C) కేవలం M స్నేగ్
- D) పైవాటిలోపదీకాదు

24. ఈమందులప్రభావం శాస్త్రియంగానమైదగినదేనా? ()

- A) అవిశాస్త్రియంగా పూర్తిగా నిరూపించబడ్డవి
- B) అవిఅనేకదేశాల్లో అక్రమంగా ఉన్నాయి
- C) వీటి ప్రభావం వివాదాన్ని దమ్మెనది మరియు శాస్త్రియంగా నిరంతరంగా మధ్యతులేదు
- D) అన్ని వ్యాధుల మీద ర్యాండమైజ్చియల్స్ లో పూర్తిగా నిరూపించబడ్డవి

25. క్యాన్సర్ ఉన్న రోగికి సరైన మందు ఎలా ఎంచుకుంటారు? ()

- A) కేవలం క్యాన్సర్ ప్రకంఢారంగా
- B) ట్రియల్ అండ్ ఎల్రెర్ అధారంగా
- C) శారీరక, మానసిక, భావోద్యోగ లక్షణాలను మాపి అధారంగా
- D) కేవలం ల్యాష్ట్సుల అధారంగా

Answer Key:

1. B	14. C
2. C	15. D
3. C	16. C
4. B	17. D
5. C	18. C
6. C	19. A
7. B	20. B
8. C	21. C
9. D	22. D
10. B	23. B
11. C	24. C
12. B	25. C
13. C	

Workshop Report

Glimpse of Workshop



Participants Registration



Welcome Dance



Welcome Address

Workshop Report



Lamp lighting before the workshop



Inaugural Address

Workshop Report



Keynote Address



Workshop Report

Chief Guest Felicitation



1st Day Workshop faculty Group Photo



Dr Sree Vidya Session On Cancer, its types and treatment modalities

Workshop Report



Felicitation of speaker



Dr Usha rani Session on Psycho Spiritual Diet

Workshop Report



Felicitations of 2nd Speakers – Dr Usha Rani



Mrs Padmaja Madan session on Diet on Cancer

Workshop Report



Felicitation of 3rd Speaker



Very impressive Interactive session – Debate by III Sem Students

Workshop Report



Debate by 2nd Group



Honour of Day 2 Speaker

Workshop Report



Day 2- Lamp Lighting



Dr G Haripriya Scientific Session

Workshop Report



Facilitation of Speaker



Session by Dr Vani viswanath P, on Herbal medicine during Cancer Treatment

Workshop Report



Felicitation



Hands on Training on Nutritional Assessment

Workshop Report



Pannel Discussion on Therapeutic Diet's



Memento Presentation to Pannel's By Convenor & Organizing Secretary

Workshop Report



Certificate Distribution – PG Dental Students



Certificate Distribution – Nursing Staff

Workshop Report



Certificate Distribution – Medical Student



Certificate Distribution – M.Sc.(N) II year

Workshop Report



Certificate Distribution – M.Sc.(N) I Year



Certificate Distribution – Faculty

Workshop Report



Group Photo



Memento Presentation to Organizing Secretary

Workshop Report



Memento Presentation to Organizing Committee

Workshop Report

Workshop Feedback Form

ICMR-Funded Workshop: “Fueling the Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Healthcare Workers”

Date: _____

Venue: _____

Participant Name (Optional): _____

Designation: _____

Institution: _____

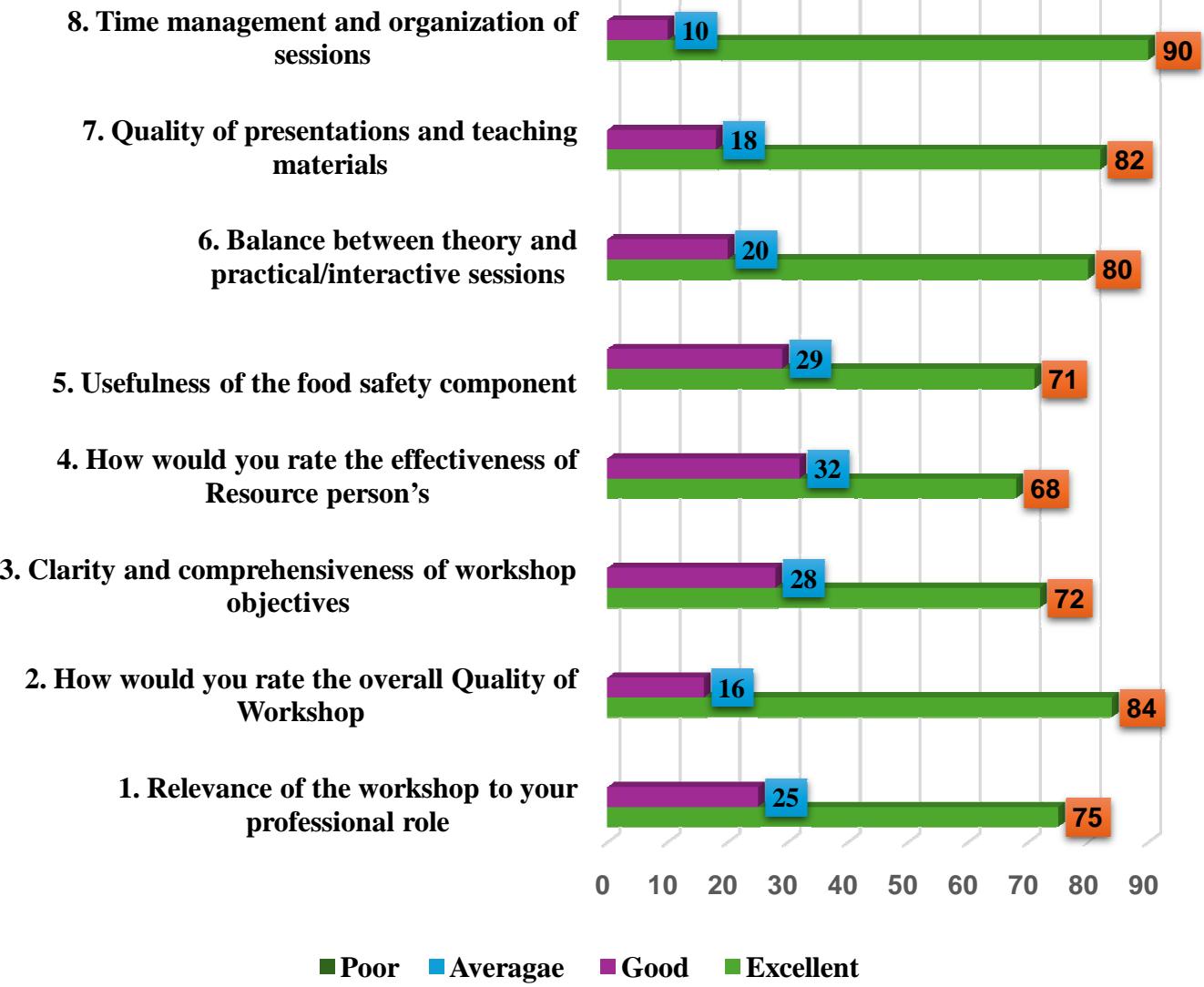
Statement	Excellent	Good	Average	Poor
1. Relevance of the workshop to your professional role				
2. How would you rate the overall Quality of Workshop				
3 Clarity and comprehensiveness of workshop objectives				
4, How would you rate the effectiveness of Resource person's				
5. Usefulness of the food safety component				
6. Balance between theory and practical/interactive sessions				
7. Engagement and expertise of the resource persons				
8. Quality of presentations and teaching materials				
9. Time management and organization of sessions				

Any Suggestions : _____

Signature

Workshop Report

Participants Feedback



Workshop Report



Dieticians

DHR-ICMR Workshop on

“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 SRI PADMAVATI MATHIL VISVAVIDYALAYAM - 9613510000 Venue: Louis Pasteur Gallery

Thyrovathu



B. Ashwini
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



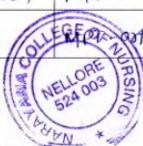
DHR-ICMR Workshop on

“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 NARAYANA COLLEGE OF PHYSIOTHERAPY - PG STUDENTS' VENUE: Louis Pasteur Gallery

Name of the institution		Name of the student	Qualification	Contact No	Mail ID	Signature
3	Narayana college of physiotherapy	H. Mahitha Reddy	MPT in ortho	6303846384	mohithareddie2036@gmail.com	M. Mahitha
4	Narayana College of physiotherapy	M. Prathima	MPT- ortho	6303363101	mananemprathima21@gmail.com	M. Prathima
5	Narayana College of physiotherapy	P. Prasanna durga	MPT-Ortho	7801098106	Prasannadurga186@gmail.com	P. Prasanna
6	Narayana College of physiotherapy	B. Glory Angel	MPT- ortho	8309668798	glorysatyamurthy@gmail.com	Glory.
7	Narayana college of physiotherapy	M. Deevena Reddy	MPT- Neuro	9390913255	deevenamorinti@gmail.com	M. Deevena
8	Narayana college of physiotherapy	P. Midhun	MPT- Neuro	7569772587	nameismidhun777@iiit.ac.in	P. Midhun
9	Narayana college of physiotherapy	P. Praveen kumar	MPT- Neuro	9392655201	alone_pk_866@gmail.com	P. Praveen
10	Narayana College of physiotherapy	R. Subvaranyam	MPT-ortho	9493322940	RSubvaranyam3474@gmail.com	R. Subvaranyam
11	Narayana college of physiotherapy	R. Sreelakshmi Reddy	MPT-ortho	9441957700	R.Sreelakshmireddy@narayana collegeofphysiotherapy.com	R. Sreelakshmi
12	Narayana college of physiotherapy	B. siva kumar	MPT-ortho	9490831833	bsivakumar@narayana college of physiotherapy.com	B. Sivakumar

Thiovatic



Bodhini
Principals
NARAYANA COLLEGE OF NURSING
Chinthareddyapalem,
NELLORE - 524 003

Workshop Report



DHR-ICMR Workshop on

“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 NARAYANA COLLEGE OF PHYSIOTHERAPY - PG. STUDENTS & FACULTY VENUE: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
13. Narayana College of Physiotherapy Dr. A. Thiruppathi		Ph.D.	9866396403	atpphysio@gmail.com	Dung
14. C. Nagapriya college of physiotherapy F. Rathnamalai		MPT - cardio	8309000139	dhanyajayophysio6679@gmail.com	DR. Rathnamalai
15. Narayana college of physiotherapy L. Mouunika		MPT Neuro	9182067113	prasanna.lakkheni2005@gmail.com	Lakshmi
16. Narayana college of physiotherapy K. Suresh Kumar		MPT Neuro prof	9533301123	K.Suresh.kumar@narayana collegeofphysiotherapy.com	Suresh
17. Narayana college of physiotherapy N. Vamsi kumar		MPT - ORTHO prof	9866396403 814561	N.Vamsikumar@narayana college of physiotherapy.	Vamsi

Theovathis



Bapuji
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



DHR-ICMR Workshop on

“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 NARAYANA COLLEGE OF NURSING = PG STUDENTS

Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
18. Narayana college of nursing	Kambella Nachiya	M.Sc (N)	981917572	nachiyahodinath@gmail.com	uif.
19. Narayana college of nursing	T. Sri Lakshmi	M.Sc (N)	7032911281	srlakshmi374@gmail.com	sf.
20. Narayana college of nursing	P. Nissi	M.Sc (N)	7036385507	Nissiplonaranjan@gmail.com	P. N.
21. Narayana college of nursing	V. Tejaswini	M.Sc (N)	7093626455	tejutakoti@gmail.com	Tejaswini
22. Narayana college	T. Perris	M.Sc (N)	7337029705	Maryvijayakumar@gmail.com	Perris
23. Narayana college of nursing	N. Maryswara Lubana	M.Sc (N)	9030895563	Maryswara Lubana@gmail.com	N. Maryswara Lubana

Thyrovathu



Barbary
Principal
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“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 SREE NARAYANA NURSING COLLEGE - UG1 STUDENTS Venue: Louis Pasteur Gallery

Thiyovathi



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NARAYANA COLLEGE OF NURSING,
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Date: 5th and 6th May 2025 NARAYANA COLLEGE OF NURSING - PG STUDENTS

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
NCON	M. Anuva	M.Sc (N)	9182526484	megikaruva8@gmail.com	M. Anuva
NCON	P. Akhila	M.Sc (N)	7702612494	akhilapayam77@gmail.com	Akhila
NCON	D. Venkata	M.Sc (N)	6303045253	vennelavictoria56@gmail.com	vennelavictoria56@gmail.com
NCON	P. Lydia	M.Sc (N)	6302893669	bandaralydia70@gmail.com	P. Lydia
NCON	M. Chandana	M.Sc (N)	8688716793	chandana.vijayalakshmi@gmail.com	Chandana
NCON	N. Rasagna	M.Sc (N)	9513425575	rasagnanelupudigars@gmail.com	N. Rasagna
NCON	A. Paasanna Kumari	M.Sc (N)	7569910791	paasannaaleti2410@gmail.com	(P)
NCON	R. Daya Smilene	M.Sc (N)	9866773961	dayasmilene@gmail.com	R. Daya Smilene

Theovathi



Bathmij
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Workshop Report



Dental college

DHR-ICMR Workshop on

"Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers"

Date: 5th and 6th May 2025 NARAYANA DENTAL COLLEGE - PG STUDENTS

Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
32 Narayana Dental College	A. Manogna	II-MDS	7093525369	manognaattipalli@gmail.com	
33 Narayana Dental College	G. Charitha	I-MDS	6305445946	Charithag79@gmail.com	
34 Narayana Dental College	T.V. Sai Sucharitha	CRRI	9949985078	saitalari724@gmail.com	
40 Narayana Dental College	P.V. Deepthi	CRRI	9866375320	perurideepthi1@gmail.com	
41 Narayana Dental College	S.D. Fariyaz	CRRI	9391835371	farrousf17@gmail.com	
42 Narayana Dental College	B. Lalitha Sree Vani	CRRI	6302638180	battula.sreevani@gmail.com	
43 Narayana Dental College	J. Abinayaree	CRRI	9381141175	abinayasurajan@gmail.com	
44 Narayana Dental College	R. Sai Vanshi Krishna	CRRI	7396161240	renav.vanshikrishna@gmail.com	
45 Narayana Dental College	A. Srinath Yadav	CRRI	9341123100	srinathyadav516@gmail.com	
46 Narayana Medical College	N. Navya Soor	MBBS-II	7075883754	navyaseeneelur@gmail.com	



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Date: 5th and 6th May 2025 SREE NARAYANA NURSING COLLEGE - UG STUDENTS

Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
47 SNC	B. Divya	BSC Nursing B. J. Sc. Nursing	8520381646	divyabusing@gmail.com	
48 SNC	T. Pallavi	B.Sc. Nursing	9573433243	Pallavishiravatnu164@gmail.com	
49 SNC	K. Lalitha	B.Sc. Nursing	8556045465	kalichetinikitha.kalichetinikitha@gmail.com	
50 SNC	T. Susemitha	BSC Nursing	9014709753	Susemithakarchi@gmail.com	
51 SNC	Ch. Bhavu	BSC Nursing	7995758305	chennubhavu246@gmail.com	
52 SNC	T. Sulcanya	BSC Nursing	6281530087	Talapala. Sulcanya 1234@gmail.com	
53 SNC	A. Rajeswari	BSC Nursing	9391596932	rajiy61956@gmail.com	
54 SNC	A. Hemalatha	BSC Nursing	9966194138	a.hemalatha@gmail.com	
55 SNC	E. Nikhilasri	BSC Nursing	8319503431	dhonisaiswresh@gmail.com	
56 SNC	G. Akhila	BSC Nursing	9666280318	akhilagali80@gmail.com	



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Date: 5th and 6th May 2025 NARAYANA COLLEGE OF NURSING - U6 STUDENTS Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
57 NCN	B. Maneesha	BSC Nursing "B" 3 rd sem	9182930426	kmaneeshaus@gmail.com	<i>Wanda</i>
58 NCN	A. Praveena	BSC Nursing " "	7780288790	praveenashetty2002@gmail.com	<i>Praveena</i>
59 NCN	Aleena Shibu	" "	8919517342	aleena.snu102008@gmail.com	<i>Aleena</i>
60 NCN	K. Kumari	" "	8885692467	Kottukadikumari01@gmail.com	<i>K. Kumari</i>
61 NCN	B. Lavanya	" "	6281128476	lavanyakiran12@gmail.com	<i>B. Lavanya</i>
62 SNNC	D. Jayanthi	" "	6304533795	Jayanthi.dunnodu@gmail.com	<i>Jayanthi</i>
63 SNNC	T. Harshini	" "	8125162005	harshinitharishi09@gmail.com	<i>T. Harshini</i>
64 SNNC	K. Revathi	" "	8712207699	Kannarevathi7@gmail.com	<i>K. Revathi</i>
65 SNNC	V. Savya	" "	7780135696	Savyasrinivasreddi@gmail.com	<i>Savya</i>
66 NNC	L. Vyshnavi	" "	8688620500	L. vyshnavi2020u@gmail.com	<i>L. Vyshnavi</i>

Thijovathi



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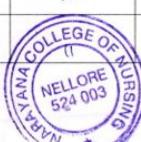
DHR-ICMR Workshop on

"Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers"

Date: 5th and 6th May 2025 NARAYANA COLLEGE OF NURSING - U6 STUDENTS Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
67 Sri Narayana Nursing College	V. Neeraja	B.Sc(N) 3 rd sem	9000567714	Vernula.neeru949@gmail.com	<i>V. Neeraja</i>
68 Sri Narayana Nursing College	B. Supriya	B.Sc(N) 3 rd sem	7013305615	Supriya.busetti@gmail.com	<i>B. Supriya</i>
69 SNC "	M. Anusha	B.Sc(N) 3 rd sem	8985340067	anusha.saj.mapuri@gmail.com	<i>M. Anusha</i>
70 NCON	D. Manasa	BSC(N) 3 rd Sem	7386470843	manasakakkannan@gmail.com	<i>D. Manasa</i>
71 NCON	B. Krupasai	" "	9701592619	boopathi.krupasai@gmail.com	<i>B. Krupasai</i>
72 NCON	I. Nainisha	" "	87182411464	inglala.nainisha@gmail.com	<i>I. Nainisha</i>
73 NCON	A. Deekshitha	" "	8328426606	okshyadeekshithaok@gmail.com	<i>A. Deekshitha</i>
74 NCON	K. Kusuma Priya	" "	7416398376	kusumakanan111@gmail.com	<i>K. Kusuma Priya</i>
75 NCON	J. Ruthu.	" "	6301640528	ruthujadda.25@gmail.com	<i>J. Ruthu.</i>
76 NCON	D. Harshitha	" "	9908091620	harshithadarshitha33@gmail.com	<i>D. Harshitha</i>

Thijovathi



Boopathi
Principal
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Chinthareddypalem,
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"Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers"

Date: 5th and 6th May 2025 NARAYANA COLLEGE OF NURSING - UG STUDENTS Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
77 NCON	T. Keerthi	BSC (N)	6300763052	Jana keerthi70@gmail.com	
78 NCON	Blessyshaji	II	7016341740	Blessyshaji29@gmail.com	
79 NCON	J. Keerthi	II	9908945207	Jangam keerthi@gmail.com	
80 NCON	G. Spandhava	II	6304809315	Spandhava@gmail.com	
81 NCON	A. Diya	II	7842231574	diyakula732@gmail.com	
82 NCON	K. Vyshnavi	II	9396676097	Komani vyshnavi@gmail.com	
83 NCON	A. Jayashree	II	9398615707	jayashreekatesh@gmail.com	
84 NCON	V. Prabhavathi	II	9844522993	Prabhavathi.prabhavathi@gmail.com	
85 NCON	T. Bhagyashri	II	7207451741	ssudhakar69616@gmail.com	
86 SNCN	M. Kalyani		6305215263	kalyanimkalyani71@gmail.com	Kalyani



B. Jayanthi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
Nellore - 524 003



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Date: 5th and 6th May 2025 SREE NARAYANA NURSING COLLEGE - UG STUDENTS Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
87 Sree Narayana medical college	M. Guravamma	BSC (N)	8121320693	malimeliguravamma@gmail.com	
88 SNC	G. Susmitha	BSC (N)	6303575138	g.susmitha978@gmail.com	
89 SNNC	A. Varasi	BSC (N)	9063241450	Adanki.varasi@gmail.com	A. Varasi
90 NCON	G. Ruchitha	BSC (N)	8328475980	gundralaruchitha66@gmail.com	Ruchi
91 SNNC	P. Sujana	BSC (N)	8747301869	Sujanasuji@gmail.com	Sujana
92 SNNC	V. Vasantha	BSC (N)	8500469558	Yanamala.vasantha@gmail.com	V. Vasantha
93 SNNC	B. Sravanthi	BSC (N)	7328123557	tilasthris@gmail.com	
94 SNNC	N. Lakshmi	II	8121349388	Nandini.lakshmi2@gmail.com	Lakshmi
95 SNNC	N. Tharanya	II	7569658836	manhepalli.tharanya@gmail.com	Tharanya
96 NCN	A. V. Harani		6302164353	Amasadharaik@gmail.com	A. V. Harani



B. Jayanthi
Principal
NARAYANA COLLEGE OF NURSING
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Date: 5th and 6th May 2025 **SREE NARAYANA NURSING COLLEGE - UG STUDENTS** Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
97 NCON	C.H. Sathurike	BSC III rd Sem	8309844429	sathurike352@gmail.com	Sathurike
98 NCON	B. Manasa	BSC III rd Sem	87995931517	rb2766599@gmail.com	manasa
99 NCON	K. Upshuvar	BSC III rd Sem	718067570	kondavupshuvaru93@gmail.com	upshuvar
100 NCON	K. Mahalakshmi	BSC III rd Sem	9573411503	Kesavappumahadevi@gmail.com	K. Mahalakshmi
101 NCON	C. Aswini	BSC III rd Sem	9016403816	chithukabiaswini@gmail.com	C. Aswini
102 SINCON	B. Keerthi	BSC III rd Sem	939283063	Koontharaikeerthi3@gmail.com	B. Keerthi
103 SINCON	M.B. Mounika	II	6808490049	Mamanduru balamuruganmounika.M.B.Mounika@gmail.com	M.B. Mounika
104 NNC	G. Mejora	II	8500785465	Jora.Gudine.3@gmail.com	G. Mejora
105 MSc.	S. Sunetha	MSc Nursing	9492033020	sunetha.srihari07@gmail.com	Sunetha
106 MSc	S. Somy	MSc Nursing	7995385811	elsupallysomy@gmail.com	Somy

Thylovarathu



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Chinthareddypalem,
NELLORE - 524 003



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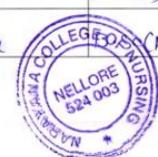
DHR-ICMR Workshop on

"Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers"

Date: 5th and 6th May 2025 **NARAYANA COLLEGE OF NURSING - UG STUDENTS** Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
107 NMC NCON	Ch. Hemima	BSC III rd	82416017073	chukkadrhmani123@gmail.com	chittening,
108 NMC NCON	D. Sri Karunya	BSC III rd	9348987013	karunya.yadhanappa@gmail.com	D. Sri
109 NCON	A. Ashwini	BSC(N) III rd Sem	9838539373	asumugam.jaya123@gmail.com	Ashwini
110 NCON	G. Anuya	BSC(N) III rd Sem	6303120708	anuya.yoyal123@gmail.com	Anuya
111 NCON	B. Jayasri	BSC(N) III rd Sem	9390845941	Sreej454@gmail.com	Jayasri
112 NCON	B. Siva Vanithi	BSC(N) III rd Sem	9892228597	borisivavanthi@gmail.com	B. Siva Vanithi
113 NCON	A. Asha Jyothi	B.S.C(N) III rd Sem	8777461378	ashaaavulu2@gmail.com	Asha Jyothi
114 NCON	A. Mounika	B.S.C(N) III rd Sem	9392791219	allumounika23@gmail.com	A. Mounika
115 NCON	T. Likhitha	B.S.C(N) III rd Sem	9881364580	ingilibalalikhitha@gmail.com	T. Likhitha
116 NCON	J. Mounika	B.S.C(N) III rd Sem	8301007201	jramaiah135@gmail.com	J. Mounika

Thylovarathu



NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Workshop Report



Staff Nurses (ANM)

DHR-ICMR Workshop on

“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 NARAYANA HOSPITALS - STAFF NURSES

Venue: Louis Pasteur Gallery

Thejovathini



Brahmij
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



DHR-ICMR Workshop on

“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 **SREE NARAYANA NURSING COLLEGE - UG STUDENTS** Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
122 SICON	M. Prathylo p. Sravani	BSC	9030625774	pandipattalasravani4	Sravani
123 SNNC	K. Sangeeta	11	9110320529	Kathuni.sangeeta@gmail.com	K. Sangeeta
124 NCN	J. Pranathi	11	9030625774	Pandipattalasravani4	J. Pranathi
125 NCN	B. Vasundhara	11	90120119260	Bapana@gmail.com	125
126 SICON	P. Sivaranjini	11	9444429306	sivaranjini1912@gmail.com	P.S.
127 SICON	H. Kaavya	11	8328521299	Madhinenikavya@gmail.com	H. Kaavya
128 NCN	G. Ruchma	M.Sc	904484119	golla.ruchma1998@gmail.com	G. Ruchma
129 NCN	M. Kamala Geetha	MSc(N)	9515074229	Ki.Geetha1198@gmail.com	M. Kamala Geetha
130 NCON	M. Sirisha	MSc(N)	7601008572	Sirishamiddle11@gmail.com	M. Sirisha
131 NCON	K. Rubumini	COLLEGE OF MSc (N)	9000838846	Rubumini9000@gmail.com	K. Rubumini

Thejovathi



NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Workshop Report



Faculty

DHR-ICMR Workshop on

"Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers"

Date: 5th and 6th May 2025 NARAYANA COLLEGE OF NURSING - FACULTY

Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
132 Sree Narayana Nursing College	J. Rishika Prisyanjani	Asst prof	9491797529	rishka.jrp@gmail.com	
133 NCON	Dr. A. Lakshmi	Prof/VP	9160887339	lakshmi@ncon.org.in	
134 NCON	J. Haritha	Asso. prof	7995179449	haritha.haritha222@gmail.com	
135 NCON	P. Leethman	T.T	8555834992		
136 NCON	D. Saidharanji	Asst prof/Asst prof	9063570032	saidharanji@ncon.org.in	
137 NCON	T. Ushakiran	Prof/Head	7097350029	ushakiranmsc13@gmail.com	
138 NCON	R.T. Girija Ray	Asst prof	9553244747	raygirija Ray@gmail.in	
139 NCON	G. Velupillai	Asst Prof	9963435536	Velupillai.velu@ncon.org.in	
140 NCON	K. Deysa	Asst prof/Paramedical	8688591377	Deysa.deysa@gmail.com	
141	Dr. Srinidhi	Med.	8179025760	srinidya.nasaka@gmail.com	

Thyovathi



Principal
NARAYANA COLLEGE OF NURSING
Chinthareddy palem,
NELLORE - 524 003



Faculty

DHR-ICMR Workshop on

"Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers"

Date: 5th and 6th May 2025 NARAYANA & SREE NARAYANA NURSING FACULTY

Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
142 T. Kalitha Kavwari	NCON	Ph.D	8897394111	thakurukavwari2020@gmail.com	
143 Narayana college of nursing	Dr. Arjani Devi		7093655848	relavalaarjani@gmail.com	
144 Narayana college of Nursing	R. Sudhultra	Assoc. Prof Ph.D	7093528553	chitravirum8790@gmail.com	
145 SWNC	T. Anusha	M.Sc(N),Ph.D	9652433068	anusha1602012@gmail.com	
146 NCON	M. Manasi	M.Sc(N)	9500766134	manasi@j.com	H. Manasi
147 NCON	S. Vani	M.Sc(N)	7981771627	Suni2092@gmail.com	Vani
148 SNNC	M. Anjala Priyadarshini	M.Sc(N)	7989168081	anjalaPriya2012@gmail.com	M. A. Priy
149 NCON	I. Bhavani Sree	M.Sc(N)	7675883437	srabhavu29@gmail.com	
150 SNNC	G. Rakshya	M.Sc(N)	7995974423	ganga@nun23@gmail.com	
151 NCON	Prathima Vuyyuru	Paramedical	9010885595	Prathima.vuyyuru1988@gmail.com	Prathima Vuyyuru

Thyovathi



Principal
NARAYANA COLLEGE OF NURSING
Chinthareddy palem,
NELLORE - 524 003

Workshop Report



NARAYANA COLLEGE OF NURSING



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MEDICAL RESEARCH
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(FACULTY)

DHR-ICMR Workshop on

“Fueling Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus among Health care workers”

Date: 5th and 6th May 2025 NARAYANA COLLEGE OF NURSING- FACULTY

Venue: Louis Pasteur Gallery

Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
152 Greenacres college of nsg	K. Sindhu priya	M.Sc(CN)	8179815052	k.sindhupriya325@gmail.com	K. Sindhu priya
153 Narayana college of nursing	P. Sharanya vadivelu	M.Sc (R)	9738418028	Vadivelangrajan123@gmail.com	S. Vadivel
154 Narayana college of nursing	T. Chandana	M.Sc (A)	9543531137	chandana.tinupathi111@gmail.com	Chandana
155 Narayana college of nursing	N. Subhashini	M.Sc (W)	8074766148	nsubhashini20@gmail.com	Subhashini
156 Narayana college of nursing	GATTU PAVITHRA	M.Sc (N)	9880670709	gkshipavithra@gmail.com	G. Pavithra
157 Sree Narayana Nursing college	KALPANA RODDU	M.Sc (N)	9618643700	kalpneb350@gmail.com	K. Kalpana
158 Narayana college of nsg's	G. Tejovatzi	M.Sc. (CN)	9581380781	tejaswari.987@gmail.com	T. Tejovatzi
159 Narayana college of nursing	D. K. Vaishnavi	M.Sc (FNN)	97044648505	umarakumari19@yahoo.com	U. M. K. Vaishnavi
160 Narayana college of nursing	P. Bithari Tad	M.Sc (CN)	9390746649	etethrejai2015@gmail.com	P. Bithari Tad
161 Narayana College of Nursing	J.D. Shainy Surya	M.Sc (CN)	9642448969	shainy.surya20@gmail.com	J. D. Shainy Surya



NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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క్యాన్సర్ నివారణపై కార్యక్రాల

నెల్లారుగ్రామిణం, స్వాస్థ్యమును ప్రాప్తిస్తుడే: నారా యణ కాలేజీ ఆఫ్ నెర్సింగ్ ఆఫ్సిపర్సింగ్ లో నెల్లారు రూరల్ నారాయణ మెడికల్ కళా శాలలో క్లౌన్సర్ నివారణ, కోలుకునే ప్రత్యి యలో పోష్చాపోరం, ఆపోర భద్రత అనే అంశాలపై మంగళ వారం వర్ష్యాపాప జరి గింది. నారాయణ కళాశాల నర్సింగ్ ప్రిన్సిపల్ పర్ట్, కనీసప్ర డాక్టర్ బి.ప్రపంచకుమారి.



Date : 07/05/2025 EditionName : ANDHRA PRADESH(SRI POTTI SRIRAMULU NELLORE) PageNo : 1



క్వాన్మర్ నివారణలో ఆహార భద్రత ముఖ్యం

- නාරායණ වේදු කජාතාල ප්‍රිතිපාල ස්ත්‍රීවාසුල රේදී



పర్మాషాట్లో వెద్ద కళాశాల ప్రివైప్పాల డాక్టర్ త్రినివాసులు రెడ్డి, వైద్యులు, అధికారులు

నెలుయ్యరు (బైడ్యుం), మే ౬ (అంధ్రచ్ఛోతి) : కూసుర్ వ్యాధి నివార లలో ఆహార భద్రతకు అత్యాధిత ప్రాధాన్యమివ్యాఖ్యాన అవసరం ఉండని నారాయణ కూసుర్ కొశల త్రిపుల్ ద్వారక ద్వారక త్రిపుల్ మాపులు రెడ్డి ల్యాపెంచారు. మంగళవారం ఇండియన్ కొన్స్ట్ అప్ మెడికల్ రీస్పెక్ట్ (ఎన్ ఎంఆర్) ఆదేశాలతో నారాయణ బైడ్యు కూసుర్ లలో కేస్ట్రిష్చెన్ సర్పింగ్ విద్యుత్పులు, నిబ్బందికి వచ్చే ప్రశ్నలు జారిపి కేస్ట్రిష్చెన్ నివారణ - కొలుకు నేన్ ప్రతీయలు పోడుకాపురం, ఆహార భద్రత అనే అంశంపై అవగాహన కథించారు. కూర్గాయలు, పండు, చిక్కుతు, తుండు న్నాలు

ఆహారంలో తీసుకోవడం ఎంతో అవసరము న్నాన్నరు. బసీనేవింతగ్ నిదులు పొందిన సారాయిల సర్పింగ్ కళాశాల రెండవదశని, ఇది గగ్గరులు వ్యాపారాలుగా చూరు. స్కార్ వ్యాపారములు సర్పింగ్ కళాశాల ప్రైవేట్ పోర్ట్ దాక్టర్ వసనజు మూరి ఆధ్యాత్మిక్ లో జరిగిన ఈ పర్స్యూషిప్ లో పైద్య కళాశాల తో ఆర్డినేటర్ దాక్టర్ బీజు రవీందున్, ఆపేరేషన్స్ హెడ్ రామూరావు, మీడికల్ అంకాలజిస్ట్ దాక్టర్ ఓపారాటిస్, పోషక శాస్త్ర నిపుణులు మాంగాబింగ్ వధుజ మదన్, దౌతీపియం విభాగాదివపతి దాక్టర్ గురుపాయి రత్నాప్రీయ తదితరులు పొలొన్నారు.

Workshop Report




Narayana College of Nursing
Chinthareddypalem, Nellore, AP.

Organizing
DHR ICMR Funded Workshop
On

**Fueling Fight:
Nutrition for Cancer
Prevention & Recovery with
a Food Safety Focus
among Health care workers**



Date : 05th & 06th May 2025
Time : 09:00 am - 05:00 pm
**Venue : Louis Pasteur Gallery,
Narayana Medical College, Nellore.**

Cancer remains a major cause of death globally, with over 20 million new cases reported in 2024. India records around 1.4 million new cancer cases each year, with breast, lung, cervical, colorectal, and oral cancers being most common. Unhealthy lifestyles and limited access to screening contribute to this rise. In Andhra Pradesh, According to the Indian Council of Medical Research (ICMR) and the National Cancer Registry Programme (NCRP), AP reports over 90,000 new cancer cases annually. The high incidence emphasizes the need for strong preventive strategies and awareness among health-care workers.

To address the growing cancer burden, especially in Andhra Pradesh, educating healthcare workers is vital. The workshop "Fueling the Fight: Nutrition for Cancer Prevention & Recovery with a Food Safety Focus" aims to build their knowledge in cancer nutrition and food safety. Good nutrition can lower cancer risk and support recovery. Food safety is essential for protecting immunocompromised patients from infections. The workshop promotes evidence-based practices and holistic cancer care.

Expected Outcome:

The workshop will enhance healthcare workers' understanding of diet, lifestyle, and cancer prevention. Participants will be better equipped to provide nutritional support and manage malnutrition in cancer patients.

Improved food safety awareness will help reduce infection risks and improve patient quality of life. It will foster interdisciplinary teamwork in delivering comprehensive cancer care. Long-term, it will encourage a culture of prevention and healthier lifestyle habits among healthcare providers.

Chief Guests
Dr. P. SREENIVASULU REDDY
Principal
Narayana Medical College, SPSR, Nellore.

Dr. BIJU RAVINDRAN
Coordinator,
Professor / HOD Dept of Orthopaedics,
Narayana Medical Institutions, Nellore

Convenor
Dr. B. Vanaja Kumari
Principal,
Narayana College of Nursing, Nellore.

Organizing Secretary
Assoc. Prof. G. Thejovathi
HOD - Nursing Research
Narayana College of Nursing, Nellore.

Organizing Committee

Dr. A. Latha Vice - Principal HOD - Medical Surgical Nursing Narayana College of Nursing, Nellore.	Assoc. Prof. Pratima. V Department of Nursing Research Narayana College of Nursing, Nellore.
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Contact Details
Phone No. : +91 9490894253, +91 9182385535
0861 - 2311968
<https://www.narayananursingcollege.com>

DAY - 1		
Time	Activity / Session	Speakers & Designation
09:00 - 09:20 am	Registration	Assoc. Prof. G. Thejovathi, HOD - Nursing Research
09:40 - 09:50 am	Welcome address	Dr Latha A, Vice - Principal / HOD - Medical Surgical Nursing
09:40 - 09:50 am	Inaugural Speech	Dr. P. Sreenivasulu Reddy Principal, Narayana Medical College, Nellore
09:50 - 10:20 am	Keynote Address on the Theme	Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing, Nellore
10:20 - 10:30 am	Tea Break	
10:30 - 12:00 pm	Session 1: Cancer Demystified: Exploring Its Causes, Types, and Impact, Treatment Modalities	Dr. Sree Vidya, MBBS, MD, DM Consultant Medical Oncologist Narayana Medical College & Hospital, Nellore.
12:00 - 01:00 pm	Session 2: The Nutrition-Cancer Connection: Exploring the Role of Diet in Prevention and Recovery	Dr. K. Usha Rani, M.Sc. F&N, Ph.D, Narayana College of Nursing
01:00 - 02:00 pm	Lunch	
02:00 - 04:00 pm	Session 3: <ul style="list-style-type: none">• Tailored Nutrition for Specific Cancer Types.• Food Safety and Cancer Care	Mrs. Padmaja Madan Maganti, M.Sc. (Dietetics and Food Service Management) HOD of Dietetics, Narayana Medical College & Hospital, Nellore.
04:00 - 04:15 pm	Tea Break	
04:15 - 04:45 pm	Interactive Sessions and Activities	Dr Latha A, Vice - Principal / HOD - Medical Surgical Nursing
04:45 - 05:00 pm	Vote of Thanks	Assoc. Prof. Pratima. V, Dept of Nursing Research

DAY - 2		
Time	Activity/Session	Speakers & Designation
09:00 - 09:20 am	Gathering	
09:20 - 10:20 am	Session 4: Optimizing Nutrition During Cancer Treatment: Strategies for Managing Side Effects and Enhancing Recovery	Dr. G. Hari Priya MBBS MD Radiation Oncology Assistant Professor ACSR Govt Medical College Nellore
10:20 - 10:30 am	Tea Break	
10:35 - 11:45 am	Session 5: Supplements and Herbal Remedies in Cancer Care: Evidence- Based Benefits and Risks	Dr. Vani Viswanath Paimaghram, Bachelor of Homeopathic Medicine and surgery, Sree Venkateswara Institute of Medical sciences, Chittoor
11:45 - 12:30 pm	Session 6: Hands on Training: Monitoring and Assessing Nutritional Status	Assoc. Prof. G. Thejovathi, HOD - Nursing Research
01:00 - 02:00 pm	Lunch	
02:00 - 04:00 pm	Panel Discussion on Therapeutic Diet	Prof. P. Shanmugavadi, HOD - Child Health Nursing
04:00 - 04:45 pm	Tea Break followed by Valedictory	
04:45 - 05:00 pm	Vote of Thanks	Assoc. Prof. G. Thejovathi, HOD - Nursing Research



NARAYANA
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DHR - ICMR Funded Workshop On

**“FUELING FIGHT : NUTRITION FOR CANCER PREVENTION & RECOVERY WITH A FOOD
SAFETY FOCUS AMONG HEALTH CARE WORKERS”**

Invitation



05th & 06th May 2025  **Louis Pasteur Gallery,
Narayana Medical College
Campus, Nellore**

— Organized by —

**Narayana College of Nursing
Nellore, India.**

We are delighted to cordially invite you to
“DHR ICMR Funded Workshop” on 5th and 6th May 2025
Narayana College of Nursing, Nellore, A.P.
Your graceful presence at this prestigious event will be a source of
inspiration and pride for us. we look forward to your presence in this
auspicious workshop!

Agenda

- ❖ Prayer Song
- ❖ Welcome Dance
- ❖ Welcome Address
- ❖ Lamp Lighting
- ❖ Inaugural Speech
- ❖ Keynote Address
- ❖ Speakers Presentation
- ❖ Interactive Sessions
- ❖ Hands on Training
- ❖ Panel Discussion
- ❖ Valedictory
- ❖ Vote of Thanks

Workshop Report

CHIEF GUESTS



Dr. P. SREENIVASULU REDDY

Principal,
Narayana Medical College, Nellore.



Dr. BIJU RAVINDRAN

Coordinator,
Professor and HOD of Orthopaedics,
Narayana Medical Institutions, Nellore.

CONVENOR



Dr. B. Vanaja Kumari

Principal
NCN, Nellore.

ORGANIZING SECRETARY



Assoc. Prof. G. Thejovathi

HOD of Nursing Research
NCN, Nellore.

ORGANIZING COMMITTEE



Dr. A. Latha

Vice - Principal / HOD of MSN
NCN, Nellore.



Assoc. Prof. Pratima Vuyyuru

Dept. of Nursing Research
NCN, Nellore.

In Collaboration with



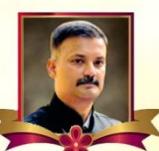
Dr. P. SREENIVASULU REDDY

Principal,
NMC, Nellore.



Dr. B. HARIPRASAD REDDY

Medical Superintendent,
NMCH, Nellore.



Dr. AJAY REGINALD

Principal,
NDCH, Nellore.



Dr. M. SREENIVASULU

Principal,
NPC, Nellore.

Workshop Report



NARAYANA COLLEGE OF NURSING

CHINTHAREDDYPALEM, NELLORE.



We cordially invite you to the
DHR - ICMR Funded Workshop
On

**"FUELING FIGHT : NUTRITION FOR CANCER
PREVENTION & RECOVERY WITH A FOOD
SAFETY FOCUS AMONG HEALTH CARE WORKERS"**

CHIEF GUESTS

Dr. P. SREENIVASULU REDDY

Principal
Narayana Medical College, SPSR Nellore.

Dr. BIJU RAVINDRAN

Coordinator, Professor and HOD Dept. of Orthopaedics,
Narayana Medical Institutions, Nellore.

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Principal,
Narayana College of Nursing, Nellore.

Organizing Secretary

Assoc. Prof. G. Thejovathi

HOD of Nursing Research,
Narayana College of Nursing, Nellore.

Organizing Committee

Dr. A. Latha

Vice - Principal / HOD of MSN
Narayana College of Nursing, Nellore.

Assoc. Prof. Pratima Vuyyuru

Dept. of Nursing Research
Narayana College of Nursing, Nellore.

In Collaboration with

Dr. P. SREENIVASULU REDDY
Principal,
Narayana Medical College,
Nellore.

Dr. B. HARIPRASAD REDDY
Medical Superintendent,
Narayana Hospital,
Nellore.

Dr. AJAY REGINALD
Principal,
Narayana Dental College & Hospital,

Dr. M SREENIVASULU
Principal,
Narayana Pharmacy College,

Dr. Thiruppathi. A
Principal,
Narayana College of Physiotherapy,
Nellore.

NARAYANA COLLEGE OF NURSING

CHINTHAREDDYPALEM, NELLORE.

Certificate

This is to certify that Ms. / Mr.

participated as a Delegate / Speaker / Organizer in the DHR - ICMR funded Workshop

titled "Fueling Fight : Nutrition for Cancer Prevention & Recovery with a Food Safety

Focus among Health Care Workers" on 05th & 06th May 2025.

Chairperson

Dr. P. Sreenivasulu Reddy
Principal,
Narayana Medical College, Nellore.

Organizing Secretary

Assoc. Prof. G. Thejovathi
HOD of Nursing Research
Narayana College of Nursing, Nellore.

Convenor

Dr. B. Vanaja Kumari
Principal,
Narayana College of Nursing, Nellore.

"Thank you for your attention, and best wishes for the successful implementation of the initiative."



Promoted by :

Narayana Educational Society

(Regd. No. 319/96)

14/72, Haranathapuram, Nellore - 524 003. A.P.