

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

# Workshop Report



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भारतीय आयुर्विज्ञान अनुसंधान परिषद  
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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: 24-2-25

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](mailto: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



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

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

## Workshop Report

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

## Workshop Report

2:30pm - 4:30pm	<b>Session 5:</b> Hands on Training: Monitoring and Assessing Nutritional Status	<b>Mrs G Thejovathi</b> , HOD of Nursing Research, IIP, Ph.D. Scholar
<b>4:30pm - 4:45pm</b>	<b>Tea Break</b>	
4:45pm- 5:15 pm	Valedictory Function & Feedback	<b>Mrs Pratima Vuyyuru</b> , Assoc Prof, Dept of Nursing Research
5:15 pm- 5:30 pm	Vote of Thanks	<b>Mrs G Thejovathi</b> , 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.***

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 Paimagham**, 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,



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.

**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)	<b>32</b>	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	<b>78</b>	Below Average	27	16.6	5	3.1
		Average	35	21.5	27	16.6
		Above Average	16	9.8	46	28.2
ANMs	<b>5</b>	Below Average	3	1.8	0	0
		Average	2	1.2	2	1.2
		Above Average	0	0	3	1.8
PG Dietetics Students	<b>2</b>	Below Average	1	0.6	0	0
		Average	1	0.6	1	0.6
		Above Average	0	0	1	0.6
PG Nursing Students	<b>21</b>	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	<b>9</b>	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	<b>1</b>	Below Average	0	0	0	0
		Average	1	0.6	0	0
		Above Average	0	0	1	0.6
PG Physiotherapy Student	<b>15</b>	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.

### **BREIF 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**

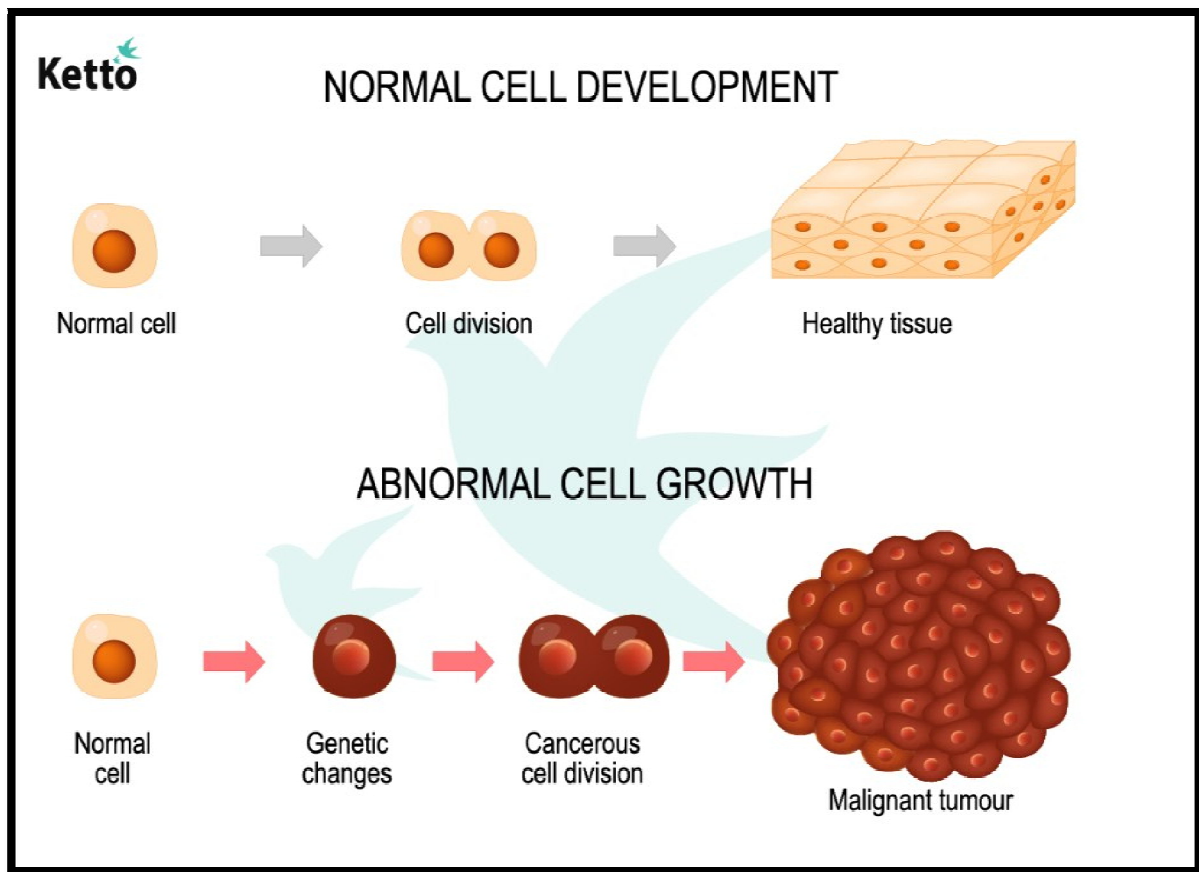
To enhance the knowledge and practices of healthcare workers regarding the role of nutrition in cancer prevention and recovery, while emphasizing the importance of food safety in patient care and self-care.

### INTRODUCTION

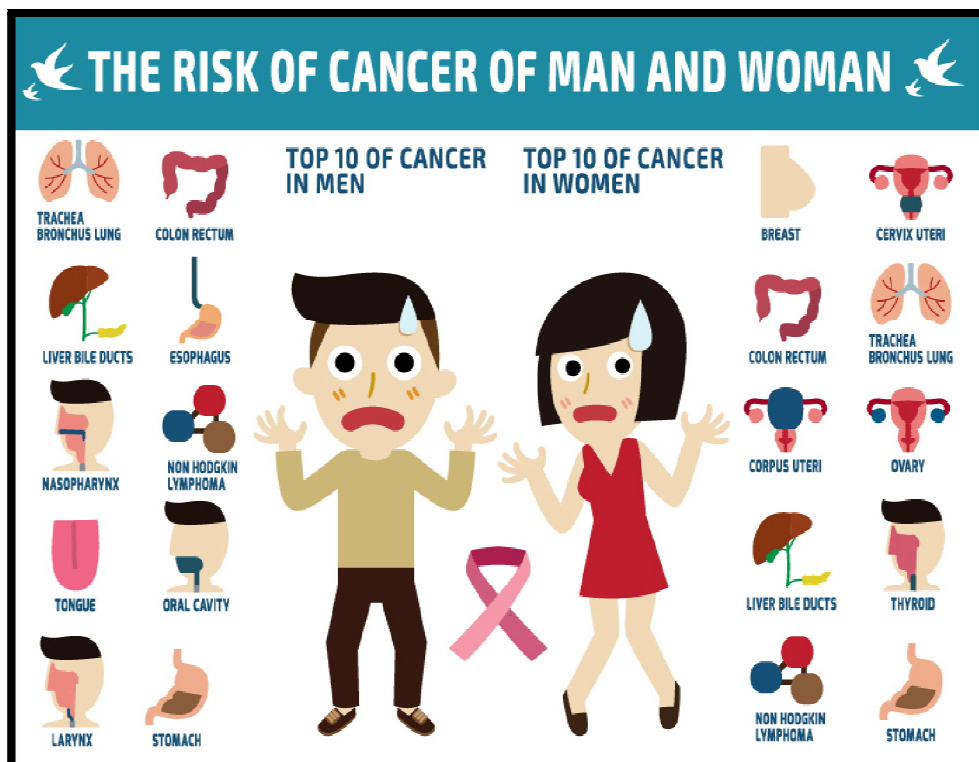
Cancer affects individuals across all age groups, though its incidence increases significantly with age. Globally, cancer is a leading cause of death and disease burden. According to the World Health Organization (WHO) and GLOBOCAN data:

- **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).



### Common Types of Cancers:





## 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.

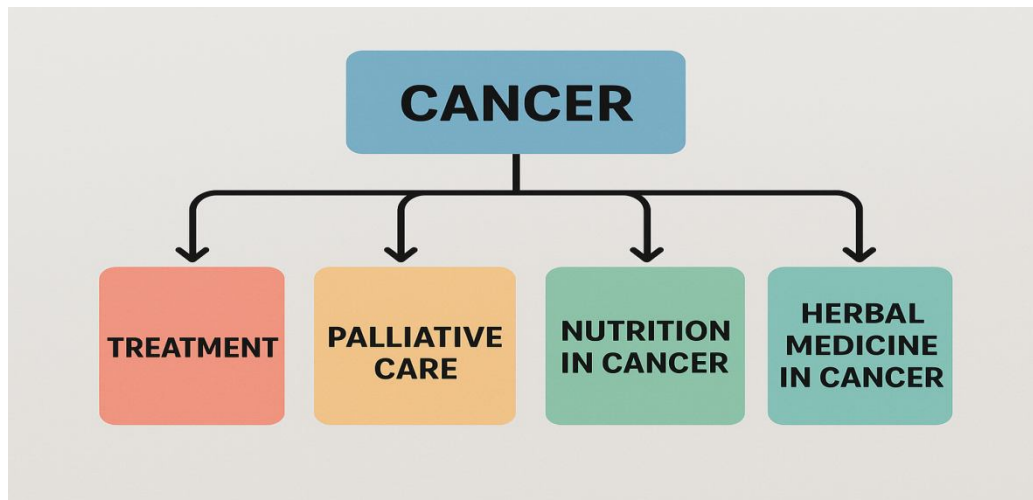
### Common Nutritional Challenges in Cancer Patients:

- 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:**

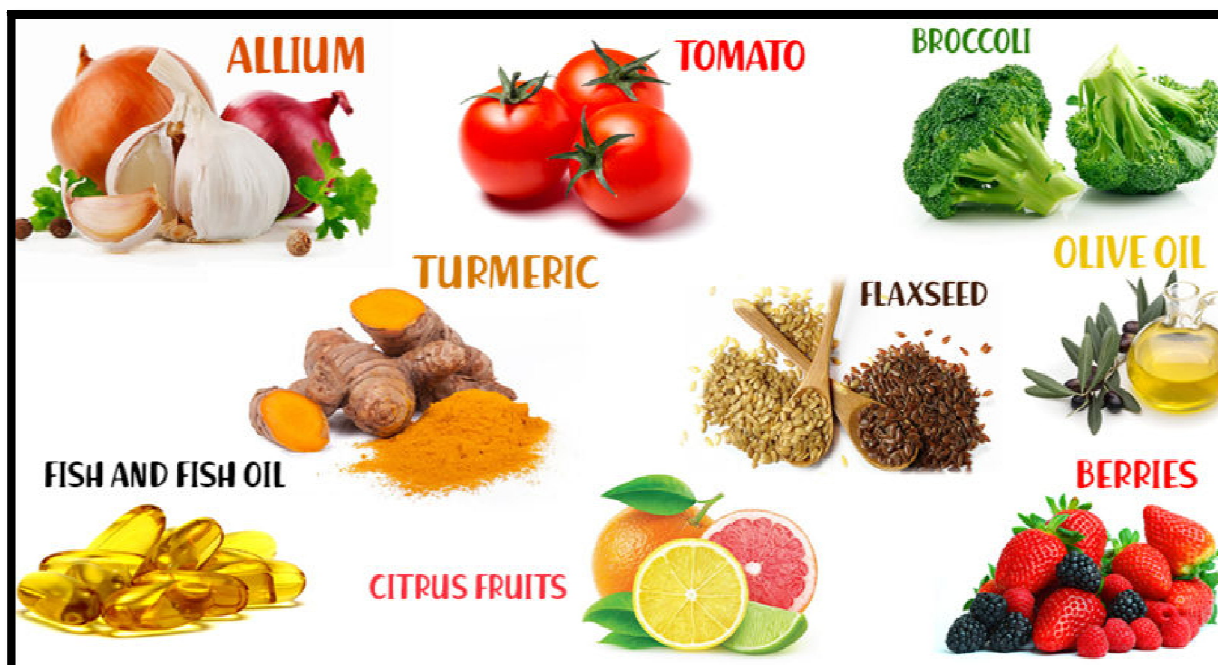
- Homeopathy was founded by Dr. Samuel Hahnemann, a German physician (1755–1843), based on the principle "like cures like."
- It involves using highly dilute
- d substances that in larger amounts would cause symptoms of the disease being treated.
- Hahnemann diluted substances to extreme levels, sometimes 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**



**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**

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

	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



**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) Infinite

**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 అంటే ఏమిటి? ( )**

- A) కండరాల వృద్ధాప్య ప్రభావం చూపే జన్యుసంబంధిత వ్యాధి
- B) నియంత్రిత లేకుండా కణాల పెరుగుదలతో కూడిన వ్యాధుల సమూహం

- C) బ్యాక్టీరియావల్ల కలిగే సంక్రమణ వ్యాధి  
D) హార్మోన్ల అసమతుల్యత వల్ల వచ్చే పరిస్థితి
2. క్యాన్సర్ యొక్క ముఖ్య లక్షణం ఏది? ( )  
A) కణజాలాల కుర్రత సరఫరా తగ్గిపోవడం  
B) నియంత్రిత కణమరణం (అపోప్టోసిస్)  
C) నియంత్రిత కణ విభజన మరియు పెరుగుదల  
D) ఇన్సులిన్ ఉత్పత్తి పెరగడం
3. క్యాన్సర్ రాకకు ప్రధాన ప్రమాదకారకం ఏది? ( )  
A) ఎక్కువగా నీరు త్రాగడం  
B) నిత్య వ్యాయామం  
C) పొగతాగడం లేదా పొగవాడుట  
D) మల్టీవిటామిన్లు తీసుకోవడం
4. సడ్లుబాటు కాని ట్యూమర్ అంటే ఏమిటి? ( )  
A) శరీరంలోని ఇతర భాగాలకు వేగంగా వ్యాపించే ట్యూమర్  
B) చుట్టుపక్కల కణజాలాలను ఆక్రమించని కాన్సర్-కాని పెరుగుదల  
C) వెంటనే మరణానికి కారణమయ్యే ట్యూమర్  
D) రక్తకణాలను మాత్రమే ప్రభావితం చేసే ట్యూమర్
5. క్యాన్సరులో మెట్ స్టాసిస్ అంటే ఏమిటి? ( )  
A) చికిత్స తరువాత ట్యూమర్ పరిమాణం తగ్గడం  
B) ట్యూమర్ ను శస్త్రచికిత్స ద్వారా తొలగించే ప్రక్రియ  
C) క్యాన్సర్ కణాలు మొదటి స్థలం నుండి ఇతర భాగాలకు వ్యాపించడం  
D) క్యాన్సర్ కి రేడియేషన్ ఉపయోగించడం
6. పాలియేటివ్ యొక్క ప్రధాన లక్ష్యం ఏమిటి? ( )  
A) వ్యాధిని పూర్తిగా నయం చేయడం  
B) కేవలం శస్త్రచికిత్స చేయడం  
C) లక్షణాల నివారణ మరియు జీవన నాణ్యత మెరుగుపరచడం  
D) ప్రయోగాత్మక చికిత్సలు చేయడం
7. పాలియేటివ్ యొక్క ముఖ్య మైనభాగం ఏది? ( )  
A) దుష్పరిణామాలు ఉన్నా కూడా తీవ్ర సాయన చికిత్స  
B) నొప్పి మరియు ఇతర లక్షణాల నిర్వహణ

- C) తప్పనిసరిగాఐసీయూలోచేరించడం  
D) రోగితోసంభాషణచేయకపోవడం
8. పాలియేటివేర్ఎవరికీఅనుకూలం? ( )  
A) కేవలంఅంతిమదశలోఉన్నక్యాన్సర్రోగులకు  
B) నర్సింగ్లోమోడ్ఉన్నవృద్ధులకుమాత్రమే  
C) వయస్సులేదావ్యాధిస్థాయినిపట్టించుకోకుండా,  
తీవ్రమైనవ్యాధులతోఉన్నప్రతిఒక్కరికి  
D) కేవలంనయంఅయ్యేచికిత్సపొందేవారికిమాత్రమే
9. పాలియేటివేర్బృందంలోఎవరుఉండగలరు? ( )  
A) కేవలంఆంకాలజిస్టులు  
B) కేవలంకుటుంబసభ్యులు  
C) కేవలంనర్సులు  
D) వైద్యులు, నర్సులు, సామాజికసేవకులు,  
మతపరమైనవ్యక్తులుఉన్నబహుశాఖాబృందం
10. క్యాన్సర్రోగులకోసంప్రతిరోజూఅవసరమైనశక్తిమరియుప్రోటీన్స్ర  
ఫరాఎంత? ( )  
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. ట్రైకోపీన్మరియుదానిప్రభావంగురించినసరిగ్గాచెప్పేదిఏది? ( )  
A) ఆకుపచ్చకూరగాయలలోఉన్నవిటమిన్ఇది,  
కాల్షియంశోషణనుమెరుగుపరుస్తుంది  
B) సిట్రస్ఫలలోఉన్న ఫైటోకెమికల్ఇది,  
ఇన్సులిన్విసర్జననుప్రోత్సహిస్తుంది  
C) పచ్చిగాపండినటమోటామరియువాటిఉత్పత్తుల్లోఉండేఫైటోకెమికల్,  
ఇదిఆక్సిడెంట్గాపనిచేసిఫీరీరాడికల్స్నునిరోధిస్తుంది  
D) పాలపదార్థాలలోఉండేప్రోటీన్,  
ఇదికండరాలవృద్ధినిప్రోత్సహిస్తుంది

12. ఎంటరల్ పోషణ అంటే ఏమిటి? ( )

- A) కేవలం శిరోరేఖ ద్వారా పోషణ ఇవ్వడం
- B) నోరు లేదా గొంతు ద్వారా జీర్ణవ్యవస్థలోకి పోషణ అందించడం
- C) శస్త్రచికిత్సల సమయంలో మాత్రమే ఇచ్చే డ్రైట్
- D) కేవలం నోటి ద్వారా తీసుకునే విటమిన్ లూమాత్రమే

13. పేరెంటరల్ పోషణ అంటే ఏమిటి? ( )

- A) జీర్ణవ్యవస్థ ద్వారా పోషణ ఇవ్వడం
- B) నోటి ద్వారా సప్లిమెంట్స్ ఇవ్వడం
- C) శిరోరేఖ ద్వారా, జీర్ణవ్యవస్థ ను తప్పించి పోషణ ఇవ్వడం
- D) క్యాన్సర్ తో బాధపడే వారికి ఇవ్వబడే అధిక పైబర్లైట్

14. రీఫీడింగ్ ఇండెక్స్ అంటే ఏమిటి? ( )

- A) ఆరోగ్యవంతులలో ఎక్కువ తినడం వల్ల వచ్చే స్థితి
- B) అడ్లెట్లలో ఎక్కువ పేరోటీన్ స్థితి కోవడం వల్ల వచ్చే స్థితి
- C)

పాష్టికాహారం మళ్లీ పేరారంభించినప్పుడు పోషకలోపాల వల్ల వచ్చే మెటబాలిక్ సిస్టర్స్ (ఉదాహరణ: హైపోఫాస్ఫేమియా)

- D) పాడైన ఎంటరల్ ఫీడ్స్ వల్ల వచ్చే అంటువ్యాధి

15. భారతదేశం ఏ క్యాన్సర్ కు రాజధాని? ( )

- A) ఊపిరితిత్తుల క్యాన్సర్
- B) నోటి క్యాన్సర్
- C) సర్వికల్ క్యాన్సర్
- D) పైవన్నీ

16. క్యాన్సర్ కాల సంఖ్య ( )

- A) 1
- B) 10
- C) 100
- D) అనంతం

17. క్యాన్సర్ ఎవరెవరి పరస్పర చర్య వల్ల వస్తుంది? ( )

- A) జన్యుకారకాలు
- B) పర్యావరణకారకాలు



- C) మానసిక-సామాజికఅంశాలు  
D) పైవన్నీ
18. సైకో-స్పిరిచువలైట్ అంటే ఏమిటి? ( )  
A) మానసికరోగులకోసం డైట్  
B) హోటల్లో అందే ఆహారం  
C) శరీరం, మనస్సు, ఆత్మకు ఆహారం  
D) పైవాటిలో ఏదీకాదు
19. అధికంగా పరాసెసైన, కృత్రిమ ఆహారం ఏ వర్గానికి చెందుతుంది? ( )  
A) తక్కువ వైబ్ రేషన్స్  
B) అధిక వైబ్ రేషన్స్  
C) న్యూట్రలైజ్ రేషన్స్  
D) పైవాటిలో ఏదీకాదు
20. హోమియోపతి క్వెస్ట్యూషనరీ విధానం స్థాపకుడు ఎవరు? ( )  
A) హిపోక్రెట్స్  
B) డాక్టర్ సామ్యూయల్ హనిమన్  
C) డాక్టర్ ఎడ్వర్డ్ ష్చెన్నర్  
D) పరసెలస్
21. హోమియోపతి క్కందులకు దుష్ప్రభావాలు ఉంటాయా? ( )  
A) అవితీవ్రమైన దుష్ప్రభావాలను కలిగిస్తాయి  
B) అవిపూర్తిగా దుష్ప్రభావాలు లేనివి  
C) సరిగ్గా ఉపయోగిస్తే తక్కువ లేదా లేనంత దుష్ప్రభావాలు కలిగిస్తాయి  
D) ఎప్పుడూ అలర్జీలు కలిగిస్తాయి
22. హోమియోపతి క్కందులు ఎక్కడినుండి తయారు చేస్తారు? ( )  
A) కేవలం రసాయన పదార్థాలనుండి  
B) కేవలం జంతు మూలాలనుండి  
C) కేవలం వృక్ష మూలాలనుండి  
D) వృక్షాలు, ఖనిజాలు, జంతువులు మరియు కృత్రిమ పదార్థాలనుండి
23. ఈ విధానంలో ఉపయోగించే శక్తులు (పోటెన్సీలు) ఏమిటి? ( )  
A) కేవలం 1X మరియు 6C

B) X, C, M, మరియు LM పోటెన్సీలు

C) కేవలం M స్కేల్

D) పైవాటిలోఏదీకాదు

24. ఈమందులప్రభావంశాస్త్రీయంగానమ్మదగినదేనా? ( )

A) అవిశాస్త్రీయంగాపూర్తిగానిరూపించబడ్డవి

B) అవిఅనేకదేశాల్లోఅక్రమంగాఉన్నాయి

C) వీటి ప్రభావం వివాదాస్పదమైనది మరియు శాస్త్రీయంగా నిరంతరంగా మధతులేదు

D) అన్నివ్యాధులమీదర్యాండమైజ్జయల్స్లోపూర్తిగానిరూపించబడ్డవి

25. క్యాన్సర్ఉన్నరోగికిసరైనమందుఎలాఎంచుకుంటారు? ( )

A) కేవలంక్యాన్సర్కంఆధారంగా

B) ట్రయల్అండ్ఎర్ర్ఆధారంగా

C) శారీరక, మానసిక, భావోద్వేగలక్షణాలసమష్టిఆధారంగా

D) కేవలంల్యాబ్టెస్టులఆధారంగా

### 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 |      |

## Glimpse of Workshop



Participants Registration

Welcome Dance



Welcome Address



## Workshop Report



**Lamp lighting before the workshop**



**Inaugural Address**

## Workshop Report



Keynote Address





## Chief Guest Felicitation



## 1<sup>st</sup> 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



Felicitation of 2<sup>nd</sup> Speakers – Dr Usha Rani



Mrs Padmaja Madan session on Diet on Cancer

## Workshop Report



Felicitation of 3<sup>rd</sup> Speaker



Very impressive Interactive session – Debate by III Sem Students



## Workshop Report



Debate by 2<sup>nd</sup> 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



**Memento Presentation to Organizing Committee**

## 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: \_\_\_\_\_

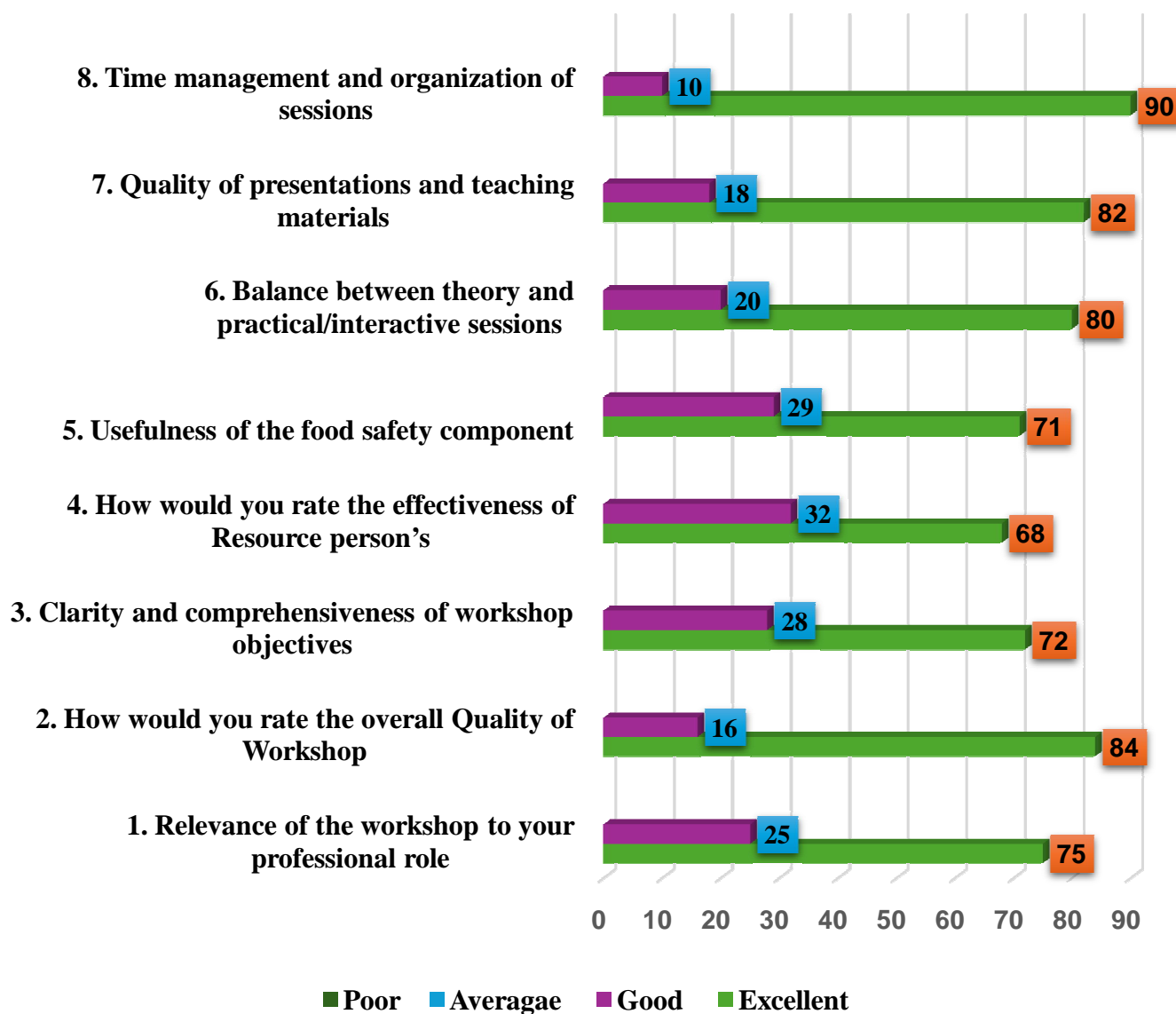
Institution: \_\_\_\_\_

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

## Particiapants 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: 5<sup>th</sup> and 6<sup>th</sup> May 2025 SRI PADMAVATI MAHILA VISVAVIDYALAYAM - PG STUDENTS Venue: Louis Pasteur Gallery

	Name of the institution	Name of the student	Qualification	Contact No	Mail ID	Signature
1	Spmuv	K.V.Sai Swetha	Msc	9666485021	kathiswetha536@gmail.com	K.V.Sai Swetha
2	Spmuv	S. Balakrishna	M.Sc	9392724860	balakrishnasarmanuram@gmail.com	S. Balakrishna

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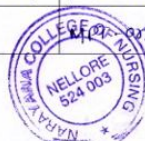
## DHR-ICMR Workshop on

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

Date: 5<sup>th</sup> and 6<sup>th</sup> 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
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4	Narayana college of physiotherapy	M. Prathima	MPT-Ortho	6303363101	mannprathima21@gmail.com	M. Prathima
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8	Narayana college of physiotherapy	P. Hithun	MPT-Neuro	7569772587	nanaismithun777@gmail.com	P. Hithun
9	Narayana college of physiotherapy	P. Praveen Kumar	MPT-Neuro	9392653201	alone PK 866@gmail.com	P. Praveen
10	Narayana college of physiotherapy	R. Subramanyam	MPT-Ortho	9493321940	subramanyam3124@gmail.com	R. Subramanyam
11	Narayana college of physiotherapy	R. Sreedhar Kumar Reddy	MPT-Ortho	94491957700	Viveekay Kumarreddy@narayana college of physiotherapy.com	R. Sreedhar
12	Narayana college of physiotherapy	B. Siva Kumar	MPT-Ortho	9490831833	bsivakumar@narayana college of physiotherapy.com	B. Siva Kumar

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# Workshop Report



## DHR-ICMR Workshop on

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

Date: 5<sup>th</sup> and 6<sup>th</sup> 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
Narayana College of Physiotherapy	Dr. A. Thiruppathi	Ph.D.	9866396403	atppphysio@gmail.com	[Signature]
Narayana college of physiotherapy	E. Hasthanaiah	MPT - cardio	8309000139	dhanyajayai.physio669@gmail.com	[Signature]
Narayana college of physiotherapy	L. Mouunika	MPT Neuro	9182067113	maazanna.lakshminis2005@gmail.com	[Signature]
Narayana college of physiotherapy	K. Sunil Kumar	MPT Neuro prof	9533301123	k.sunil.kumar@narayana-college-of-physiotherapy.com	[Signature]
Narayana college of physiotherapy	N. Vamsidhar	MPT - ORTHO prof	9866814361	N.Vamsidhar@narayana-college-of-physiotherapy.com	[Signature]

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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: 5<sup>th</sup> and 6<sup>th</sup> 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
Narayana college of nursing	Kambella Nadhya	M.Sc(N)	981917572	nadhyahadiraath@gmail.com	[Signature]
Narayana college of nursing	T. Sri Lakshi	M.Sc(N)	7032911281	sri.srilakshmi374@gmail.com	[Signature]
Narayana college of nursing	P. Nissi	M.Sc(N)	7036385507	nissipriyanshi@gmail.com	[Signature]
Narayana college of nursing	V. Tejaswini	M.Sc(N)	7093826455	tejaswini04@gmail.com	[Signature]
Narayana college of nursing	T. Persis	M.Sc(N)	7337039705	Mauryvijayakumari1996@gmail.com	[Signature]
Narayana college of nursing	N. Marysowaralatha	M.Sc(N)	903895563	marysowaralatha@gmail.com	[Signature]

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# Workshop Report



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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: 5<sup>th</sup> and 6<sup>th</sup> 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
24 SNC	K. Charitha	BSc Nursing	6301332101	charithakuruba09@gmail.com	ch
25 SNC	D. Anaya	"	6300971594	anayammulu09@gmail.com	Das
26 SNC	E. Sreevalli	BSc Nursing	9553161374	elapusreevalli9919@gmail.com	E. Sreevalli
27 NCON	D. Rajyalakshmi	M.Sc Nursing	8247585372	rajidurgala2@gmail.com	Raj
28 NCON	G. Lakshmi	BSc Nursing	7032959087	g4311860@gmail.com	G. Lakshmi

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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: 5<sup>th</sup> and 6<sup>th</sup> 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
29 NCON	M. Aruna	M.Sc (N)	9182526444	mogilaruna8@gmail.com	M. Aruna
30 NCON	P. Akhila	M.Sc (N)	7702612474	akhilapayam77@gmail.com	Akhila
31 NCON	D. Venneba	M.Sc (N)	6303075253	venneba victoria.56@gmail.com	Venneba
32 NCON	P. Lydia	M.Sc (N)	6307813664	bandana lydia70@gmail.com	Lydia
33 NCON	M. Chandana	M.Sc (N)	8688716793	chandana vijayasarai@gmail.com	Chandana
34 NCON	N. Rasagna	M.Sc (N)	9573425575	rasagnanelpudic09@gmail.com	N. Rasagna
35 NCON	A. Prasanna Kumar	M.Sc (N)	7569910791	prasannaleti2410@gmail.com	A. Prasanna Kumar
36 NCON	R. Dayasmita	M.Sc (N)	9866773961	dayasmita@gmail.com	R. Dayasmita

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# 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: 5<sup>th</sup> and 6<sup>th</sup> 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. Manogra	II-MDS	709355369	manogaaathipalli@gmail.com	A. Manogra
34	Narayana Dental College	G. Charitha	I-MDS	6305445946	Charithag79@gmail.com	G. Charitha
39	Narayana Dental College	T.V. Sai Sucharitha	CRR1	9949985078	saitalari72@gmail.com	T.V. Sai Sucharitha
40	Narayana Dental College	P.V. Deepthi	CRR1	9866375320	peruvideepthi1@gmail.com	P.V. Deepthi
41	Narayana Dental College	S.D. Farisya	CRR1	9391835371	farou.s.d.17@gmail.com	S.D. Farisya
42	Narayana Dental College	B. Lalitha Sree Vani	CRR1	6302638180	battula.sreevani@gmail.com	B. Lalitha Sree Vani
43	Narayana Dental College	J. Abinayasi	CRR1	9381141145	abinayasi.rajagan@gmail.com	J. Abinayasi
44	Narayana Dental College	R. Sai Vamsi Krishna	CRR1	7396161240	Renu.Sivamurthy@gmail.com	R. Sai Vamsi Krishna
45	Narayana Dental College	A. Srinath Yadav	CRR2	9301103100	srinathgudav515@gmail.com	A. Srinath Yadav
46	Narayana Medical College	N. Navya Sree	BBS-II	7075883754	navyasreenaidu@gmail.com	N. Navya Sree

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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: 5<sup>th</sup> and 6<sup>th</sup> 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
42	B. Divya	B. Divya	BSC Nursing	850381646	divyabusi8@gmail.com	B. Divya
48	NNC	T. Pallavi	B.S.C Nursing	9573433243	PallaviThiravatur164@gmail.com	T. Pallavi
49	NCN	K. Nikhitha	B.S.C Nursing	855045465	kalicetnikitha.kalicetnikie@gmail.com	K. Nikhitha
50	SNC	T. Susmitha	BSC Nursing	7014709253	Susmithathakurchi@gmail.com	T. Susmitha
51	SNC	Ch. Bharani	BSC Nursing	7995758305	chennubharani46@gmail.com	Ch. Bharani
52	SNC	T. Suvanya	BSC Nursing	6881530087	Talapala.Suvanya1234@gmail.com	T. Suvanya
53	SNC	A. Rajeswari	BSC Nursing	9391596932	vajiy619503@gmail.com	A. Rajeswari
54	SNC	A. Hemalatha	BSC Nursing	9966194138	ahema9161@gmail.com	A. Hemalatha
55	SNC	E. Nikhilaxi	BSC Nursing	8317503431	dhoni.saiswathi@gmail.com	E. Nikhilaxi
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# Workshop Report



## DHR-ICMR Workshop on

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

Date: 5<sup>th</sup> and 6<sup>th</sup> 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	9182930426	kmanceeshaus@gmail.com	<i>[Signature]</i>
58	NCN	A. Praveena	BSC Nursing	7780286790	praveenashetty2004@gmail.com	<i>[Signature]</i>
59	NCN	Aleena Shibu	"	8919517342	aleenaanu102005@gmail.com	<i>[Signature]</i>
60	NCN	K. Kumari	"	8885692467	Kattukudikumarior@gmail.com	<i>[Signature]</i>
61	NCN	B. Lavanya	"	6281128476	bhuvatonip1412@gmail.com	<i>[Signature]</i>
62	SNNC	D. Jayanthi	"	6304533795	jayanthi.purnima@gmail.com	<i>[Signature]</i>
63	SNNC	T. Harshini	"	8125162005	harshinithotiqa@gmail.com	<i>[Signature]</i>
64	SNNC	K. Revathi	"	8712207699	Kamarevathi7@gmail.com	<i>[Signature]</i>
65	SNNC	V. Savya	"	7780135696	savyacinivasrao@gmail.com	<i>[Signature]</i>
66	NCC	K. Vyshnavi	"	8688620500	k.vyshnavi2004@gmail.com	<i>[Signature]</i>

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*Nursing*

## DHR-ICMR Workshop on

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

Date: 5<sup>th</sup> and 6<sup>th</sup> 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	Sree Narayana Nursing College	V. Neeraja	BSC(N) III <sup>rd</sup> sem	9000567714	Vernula.neeru949@gmail.com	<i>[Signature]</i>
68	Sree Narayana Nursing College	B. Supriya	B-sc(N) III <sup>rd</sup> sem	7013305615	Supriyabsetti@gmail.com	<i>[Signature]</i>
69	SNCC	M. Anusha	BSC(N) III <sup>rd</sup> sem	8985340067	anusha2004@gmail.com	<i>[Signature]</i>
70	NCON	D. Manasa	BSC(N) III <sup>rd</sup> sem	7386470843	manasa.lakkamrao@gmail.com	<i>[Signature]</i>
71	NCON	B. Krupa Sai	"	9701592619	bachpalli.krupa.sai@gmail.com	<i>[Signature]</i>
72	NCON	I. Nainisha	"	8718294469	Ingilala.Nainisha@gmail.com	<i>[Signature]</i>
73	NCON	A. Deekshitha	"	8328426606	akshyadeekshitha@gmail.com	<i>[Signature]</i>
74	NCON	K. Kusuma Priya	"	7416398376	kusumakarrao11@gmail.com	<i>[Signature]</i>
75	NCON	J. Rithu	"	6301640528	rithujadda.25@gmail.com	<i>[Signature]</i>
76	NCON	D. Harshitha	"	9908091620	harshithadasari23@gmail.com	<i>[Signature]</i>

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# Workshop Report



## DHR-ICMR Workshop on

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

Date: 5<sup>th</sup> and 6<sup>th</sup> 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
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79	Narayana clg/nr	J. Keerthi	"	9908945207	Tangam keerthi@gmail.com	JK
80	NCON	G. Spandana	"	6304809315	Spandana@gmail.com	8
81	NCON	A. Diya	"	7842231574	diyakula 732@gmail.com	A.Diya
82	NCON	K. Vyshnavi	"	9390676097	komarivysnavi@gmail.com	K.V.
83	NCON	A. Jyashna	"	9398615707	jyashnavenkatesh02@gmail.com	A.Jyashna
84	NCON	V. Prabhavathi	"	9544522983	prabhavathi prabhavathi@gmail.com	V.Prabhavathi
85	NCON	T. Bhagyasri	"	7204451741	ssudhakar067616@gmail.com	T.Bhagyasri
86	NCON	M. Kalyani	"	6305215263	kalyanimkalyani71@gmail.com	Kalyani

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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: 5<sup>th</sup> and 6<sup>th</sup> May 2025 SREE NARAYANA NURSING COLLEGE - U6 STUDENTS Venue: Louis Pasteur Gallery

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88	SNC	G. Susmitha	BSC (N)	6303575138	G. Susmitha 978@gmail.com	G. Susmitha
89	SNNC	A. Vani	BSC (N)	9063641450	Ardankavani@gmail.com	A. Vani
90	NCON	G. Ruchitha	BSC (N)	8328475980	gundalaruchitha166@gmail.com	Ruchitha
91	SNNC	P. Sujana	BSC (N)	8747301869	SujanaSujitha@gmail.com	P. Sujana
92	SNNC	V. Vasanthi	BSC (N)	8500469555	Yanamala vasanthi@gmail.com	V. Vasanthi
93	SNNC	B. Saranathi	BSC (N)	7328123559	kittasaranathi@gmail.com	B. Saranathi
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NELLORE - 524 003



# Workshop Report



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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: 5<sup>th</sup> and 6<sup>th</sup> May 2025 SREE NARAYANA NURSING COLLEGE - U6 STUDENTS Venue: Louis Pasteur Gallery

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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: 5<sup>th</sup> and 6<sup>th</sup> May 2025 NARAYANA COLLEGE OF NURSING - U6 STUDENTS Venue: Louis Pasteur Gallery

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# 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: 5<sup>th</sup> and 6<sup>th</sup> May 2025 NARAYANA HOSPITALS - STAFF NURSES

Venue: Louis Pasteur Gallery

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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: 5<sup>th</sup> and 6<sup>th</sup> 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
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# Workshop Report



Faculty

DHR-ICMR Workshop on

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

Date: 5<sup>th</sup> and 6<sup>th</sup> May 2025 NARAYANA COLLEGE OF NURSING - FACULTY

Venue: Louis Pasteur Gallery

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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: 5<sup>th</sup> and 6<sup>th</sup> May 2025 NARAYANA SREE NARAYANA

Venue: Louis Pasteur Gallery

NURSING FACULTY


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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: 5<sup>th</sup> and 6<sup>th</sup> May 2025 **NARAYANA COLLEGE OF NURSING - FACULTY** Venue: **Louis Pasteur Gallery**

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## క్యాన్సర్ నివారణపై కార్యశాల

**నెల్లూరు గ్రామీణం, న్యూస్టుడే:** నారాయణ కాలేజ్ ఆఫ్ నర్సింగ్ ఆధ్వర్యంలో నెల్లూరు రూరల్ నారాయణ మెడికల్ కళాశాలలో క్యాన్సర్ నివారణ, కోలుకునే ప్రక్రియలో పోషకాహారం, ఆహార భద్రత అనే అంశాలపై మంగళవారం వర్క్ షాప్ జరిగింది. నారాయణ కళాశాల నర్సింగ్ ప్రిన్సిపల్, కన్వీనర్ డాక్టర్ బి.వనజకుమారి,

కార్యనిర్వాహక కార్యదర్శి జి.తేజోవతి ఆధ్వర్యంలో జరిగిన కార్యక్రమంలో మెడికల్ కళాశాల ప్రిన్సిపల్ పి.శ్రీనివాసులు రెడ్డి, కోఆర్డినేటర్ డాక్టర్ బిజు రవీంద్రన్, ఆపరేషన్స్ హెడ్ రామారావు హాజరయ్యారు. క్యాన్సర్ నివారణ, రేడియేషన్, కీమోథెరపీ తదితర చికిత్స గురించి వైద్యులు తెలియజేశారు.



జ్యోతి వెలిగించి కార్యశాల ప్రారంభిస్తున్న అతిథులు

పలువురు వైద్యులు, అంకాలజిస్టులు, విద్యార్థులు తదితరులు పాల్గొన్నారు.

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



## క్యాన్సర్ నివారణలో ఆహార భద్రత ముఖ్యం

● నారాయణ వైద్య కళాశాల ప్రిన్సిపల్ శ్రీనివాసులు రెడ్డి





వర్క్ షాపులో వైద్య కళాశాల ప్రిన్సిపల్ డాక్టర్ శ్రీనివాసులు రెడ్డి, వైద్యులు, అధికారులు

నెల్లూరు (వైద్యం), మే 6 (ఆంధ్రజ్యోతి) : క్యాన్సర్ వ్యాధి నివారణలో ఆహార భద్రతకు అత్యంత ప్రాధాన్యమివ్వాలని అవసరం ఉందని నారాయణ వైద్య కళాశాల ప్రిన్సిపల్ డాక్టర్ శ్రీనివాసులు రెడ్డి వెల్లడించారు. మంగళవారం ఇండియన్ కౌన్సిల్ ఆఫ్ మెడికల్ రీసెర్చ్ (ఐసీఎంఆర్) ఆధ్వర్యంలో నారాయణ వైద్య కళాశాలలో కేన్సర్ పై నర్సింగ్ విద్యార్థులు, సిబ్బందికి వర్క్ షాపు జరిగింది. కేన్సర్ నివారణ - కోలుకునే ప్రక్రియలో పోషకాహారం, ఆహార భద్రత అనే అంశంపై అవగాహన కల్పించారు. కూరగాయలు, పండ్లు, చిక్కుళ్లు, తృణధాన్యాలు

ఆహారంలో తీసుకోవడం ఎంతో అవసరమన్నారు. ఐసీఎంఆర్ నిధులు పొందిన నారాయణ నర్సింగ్ కళాశాల రెండవదని, ఇది గర్వకారణమని వెల్లడించారు. నారాయణ నర్సింగ్ కళాశాల ప్రిన్సిపల్ డాక్టర్ వనజకుమారి ఆధ్వర్యంలో జరిగిన ఈ వర్క్ షాప్ లో వైద్య కళాశాల కో ఆర్డినేటర్ డాక్టర్ బిజు రవీంద్రన్, ఆపరేషన్స్ హెడ్ రామారావు, మెడికల్ అంకాలజిస్ట్ డాక్టర్ ఉషారాణి, పోషక శాస్త్ర నిపుణులు మాగంటి పద్మజ మదన్, డైటీషియన్ విభాగాధిపతి డాక్టర్ గురుసాయి రత్నప్రియ తదితరులు పాల్గొన్నారు.




# 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 : 05<sup>th</sup> & 06<sup>th</sup> 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

**Convener**  
**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.

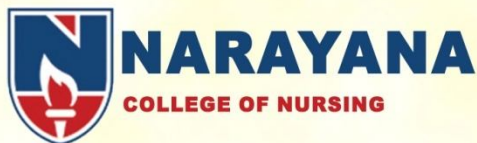
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DAY - 1		
Time	Activity / Session	Speakers & Designation
09:00 - 09:20 am	Registration	Assoc. Prof. G. Thejovathi, HOD - Nursing Research
09:40 - 09:50 am	Welcome address	Dr Latha A, Vice - Principal / HOD - Medical Surgical Nursing
09:40 - 09:50 am	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: • 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 Vuyyuru, 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 Paimagham, 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. Shannugavadi, 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





## DHR - ICMR Funded Workshop On

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

### *Invitation*



**05<sup>th</sup> & 06<sup>th</sup> 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 5<sup>th</sup> and 6<sup>th</sup> 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

## 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. Prtima 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.





## NARAYANA COLLEGE OF NURSING

CHINTHAREDDYPALEM, NELLORE.

*We cordially invite you to the*

### DHR - ICMR Funded Workshop

On

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

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Coordinator, Professor and HOD Dept. of Orthopaedics,  
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**Dr. B. Vanaja Kumari**  
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**Organizing Secretary**  
**Assoc. Prof. G. Thejovathi**  
HOD of Nursing Research,  
Narayana College of Nursing, Nellore.

**Organizing Committee**

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Dept. of Nursing Research  
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**In Collaboration with**

<b>Dr. P. SREENIVASULU REDDY</b> Principal, Narayana Medical College, Nellore.	<b>Dr. B. HARIPRASAD REDDY</b> Medical Superintendent, Narayana Hospital, Nellore.	<b>Dr. AJAY REGINALD</b> Principal, Narayana Dental College & Hospital, Nellore.	<b>Dr. M. SREENIVASULU</b> Principal, Narayana Pharmacy College, Nellore.	<b>Dr. Thiruppathi. A</b> Principal, Narayana College of Physiotherapy, Nellore.
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## 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 05<sup>th</sup> & 06<sup>th</sup> 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.

Convener  
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.