FEATURES | FEATURE

Pioneers in Better Nutrition Lead From the Front

These initiatives are not just about addressing hunger but ensuring that every Indian receives balanced and nutrient-rich food

By **Shraddha Warde** | March 6, 2025



img (2)

> WordPress post #35038

These initiatives are not just about addressing hunger but ensuring that every Indian receives balanced and nutrient-rich food

India stands at a crucial juncture in its journey towards achieving nutritional security. With malnutrition and anaemia affecting millions, particularly women and children, the nation's focus on food and nutrition has never been more critical. The Union Budget has consistently highlighted the importance of improving nutrition among Indians, with initiatives aimed at enhancing food security, promoting food fortification, and supporting research in food science. In the 2024-25 budget, special emphasis was placed on increasing investments in food processing technologies, encouraging nutraceutical research, and supporting women-led Self-Help Groups in nutrition-linked enterprises. These initiatives are not just about addressing hunger but ensuring that every Indian receives balanced and nutrient-rich food.

In this context, the role of women in food research and nutrition becomes indispensable. Women scientists and leaders are at the forefront of driving change, leveraging scientific advancements to bridge nutritional gaps and empower communities. Their contributions span diverse areas, including food fortification, nutritional biochemistry, functional foods, and sustainable agriculture. These pioneers are enhancing the nutritional quality of food products and influencing policy decisions to promote health and well-being. This International Women’s Day, we celebrate these trailblazers who are transforming India’s nutrition landscape. Leaders like Dr Sridevi Annapurna Singh, Director of CSIR-CFTRI, are valorising underutilised resources and empowering women through e-platforms. Dr C Tara Satyavathi’s groundbreaking work in millet nutrition is setting global standards, while Dr Bharati Kulkarni’s research is strengthening maternal and child nutrition policies. Innovators like Dr Mridula Devi are bridging nutritional gaps through advanced food.

To read more click on the link:__BASE_URL__e-magazine

Read online: https://nuffoodsspectrum.in/features/27/22108/pioneers-in-better-nutrition-lead-from-the-front.html
© 2026 NUFFOODS Spectrum. All rights reserved.