



Press Release

IIT Bhubaneswar organises talk on “Reducing Consumption of Sugar, Salt and Oil”

Bhubaneswar, 14th September 2025: On the occasion of National Nutrition Month, Sanjeevan Health Centre, IIT Bhubaneswar, in collaboration with Kalinga Hospital, organized an awareness talk on "Reducing Consumption of Sugar, Salt and Oil" today at the Community Centre, IIT Bhubaneswar. The session was delivered by Dr. Anjana Tripathy, Clinical Nutritionist, Kalinga Hospital, Bhubaneswar, and was accompanied by millet food sampling and sale to encourage healthier food choices.

Addressing the gathering, Dr. Tripathy emphasized that excess sugar, salt, and fat are “*silent culprits*” behind obesity, diabetes, and heart ailments. She urged adopting small changes like opting for fruit-infused water, limiting salt in cooking, and measuring oil use. Highlighting the role of preventive nutrition, she added, “*Food is medicine — by choosing whole grains, fruits, vegetables, and healthy fats, we can safeguard our overall health and liver function.*”

The event also emphasized debunking popular myths around nutrition, highlighting that skipping meals or avoiding all fats is not healthy. Instead, mindful eating, balanced diets, and moderation in high-fat, salt, and sugar foods remain the key to long-term wellness.

As part of the programme, millet-based foods were showcased, sampled, and made available for sale, underscoring their value as a sustainable and nutritious dietary option. The initiative reinforced the message of “Nutrition for All – Together Towards a Healthy India.”

Smt. Shruti Karmalkar, Advisor, Residents’ Clubs, IIT Bhubaneswar graced the programme. Dr. Seema Bahinipati, Professor-in-Charge (Healthcare), Dr. Sivaiah Bathula, NSS Coordinator and Dr. Mansoor Ahmed Khan, Senior Medical Officer, were present on the occasion.
