



TARA CONSULTANCY SERVICES

NUTRITION
FOOD TECHNOLOGY
HEALTH
HUMAN RESOURCES

PLANNING
TRAINING
MONITORING/EVALUATION
MARKET RESEARCH

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EXPERIENCE OF TCS **(1993 - continuing)**

TCS is technical NGO in Public Health Nutrition. It was established in end 1993 by Prof. Tara Gopaldas, a well known national and international academician and researcher. TCS has vast research and administrative experience in the areas of Programme - Driven - Research with respect to Food, Nutrition and Health. It has experience in Research Design, Policy Planning, Programme Planning and Implementation, Training, Monitoring and Evaluation. It has the capability to do Research in any area of Human Resource Development. Social Market Research, Participatory Research Assessment and Cost-Effectiveness are high on its agenda

Prof. Gopaldas is ably assisted by Prof. Sunder Gujral and Dr. Arathi Singh, the TCS Coordinators. Other Technical and Support Staff are recruited on a project - to - project basis. TCS has been honored by Net - working Partners such as Oxford University, UK; the All India Institute of Medical Sciences, New Delhi; the St. John's National Academy of Health Sciences, Bangalore; the Indian Institute of Management, Bangalore; and other colleges in Gujarat, Delhi, Rajasthan, Karnataka and Tamil Nadu.

ASSIGNMENTS

1. 1998 - 2000 :

- (i) "An Information-Education-Communication (IEC) Project for Working Girls (18 - 23 years) on Cultural Dietary Practices to Increase the Iron Content of Their Every-Day-Diets" funded by Thrasher Foundation, Utah, USA, June 1998 to April 2000.
- (ii) Consultancy with CARE - India on "Addressing Nutritional Gaps in Children 'Under Two' in Rural India" June to November 1998. First in the series of Working Papers by experts.

2. 1996 - 1998 :

"A Multinutrient Package for Tea Plantation Workers for Better Health, Productivity and Profitability". We were one of the 22 grant awardees of USAID - OMNI - ILSI for global research projects (1996). This project commenced in the Balanoor Plantations, Chickmagalur District, Karnataka State, India. It was completed in April, 1998.

3. 1996- 1998 :

The Director, TCS was part-time honorary advisor to the National Assessment and Accreditation Council (NAAC) of India, which oversees approximately 250 universities in the country. She developed the research design for an All - India - Survey for NAAC on "What are the Perceptions of Quality in Higher Education by the Stake Holders, Namely, the Students, Parents and Employers? The Participatory Research Assessment technique was employed.

4. 1996 :

A Select Workshop on the "Imperative Need to Integrate Deworming and Micronutrient Supplementation into the National Mid-Day-Meals Programmes (MDMP)" at India International Center (IIC), New Delhi, in January, 1996, funded by Smithkline Beecham Pharmaceuticals (India) Ltd.

5. 1993 - 1996 :

Global Partner for Child Development (PCD), Oxford University. PCD is located in the WHO Collaborating Center for the Epidemiology of Intestinal Parasitic Infections; and the Center for the Epidemiology of Infectious Diseases, University of Oxford, South Parks Road, Oxford OX1, 3PS, U.K.

The funds for this project came from the Rockefeller Foundation for Health Sciences, USA.

TCS offered its technical services to the MDMP, Gujarat in improving the ongoing Mid-Day-Meal with a cost-effective package of deworming, iron and Vitamin A supplementation (around Rs. 15/- or 50 US Cents/child/annum). This "Improved

MDMP" commenced in March 1994 is covering around 3 million primary schoolers. The total evaluation package consisted of :

- (i) FOCUS GROUP INTERVIEWS regarding the 'Albendazole', iron and Vitamin A package with Providers (the Officials, the Organizers, the Helpers and the Cooks of the MDMP - GOG); the Receivers (the Schoolers of the MDMP), and Key Influencers (Principals, Teachers and Parents) to elicit their opinions on the addition of the above 'deworming and micronutrient package' to the ongoing Mid-Day-Meal. This guided qualitative study served as an important predictor of acceptance or otherwise of the intended addition (This Report was submitted in 1994).
 - (ii) PROCESS EVALUATION included important sequential steps such as procurement, training, coordination, storage, transportation and coverage. (This Report was submitted in March, 1995).
 - (iii) A SENTINEL STUDY on approximately 250 schoolers not availing of the Mid-Day-Meal or 'Health Package' but residing in very similar socio-economic and environment conditions. This study was confined to Baroda city served as an independent control to the Baseline and Resurvey or Pre-Post Impact Evaluation on 6000 representative schoolers in the three study districts of Baroda, Ahmedabad and Rajkot. The major feature of this study was conduct of parasitology of intestinal parasites in the subject. This permitted us to access to what extent questioning subjects on history of helminthic infections could serve as proxy indicator for stool examinations. (This Report was submitted in October, 1995).
 - (iv) The Baseline Resurvey or Pre-Post Impact Evaluation on 6000 representative schoolers (This Report was submitted in February, 1996).
- **The Education Department of HRD Ministry, GOI, has strongly endorsed Gujarat's Improved Mid-Day-Meal Programme of deworming + Iron + Iodine + Vit. A (1997).**
 - **The Improved Mid-Day-Meal Programme of Gujarat is still continuing.**

6. 1994 :

Appraisal report for the Department of Woman and Child, Ministry of Human Resource Development, Govt. of India.

The Report appraised the potential of the Weaning Food Division of the Karnataka Agro (Ltd.), Bangalore, to produce enough Amylase-Rich-Food (ARF) for incorporation into its Ready-To-Eat (RTE) food for the 'Below Threes' in Karnataka ICDS programme.

7. 1992 - 1993 :

Hon Advisor to the Commissionerate of Mid-Day-Meals Programmes (MDMP), Gujarat.

8. 1992 - 1993 :

Advisor to UNICEF, Rajasthan and State Department of Woman and Child, Rajasthan, India.

TCS gave advice on the improvement of the nutrition component of the 'Below Threes' in the ICDS programme.

TCS offered specific technical consultancy services with respect to :

- (i) Appraising 5 representative districts of Rajasthan and developing a detailed Plan of Action for the 'Bal Poshan' pilot programme.
- (ii) Recommending an improved nutrition package for the 'Below Threes' consisting of a 'Take-Home-Food', ARF packets, iron supplementation, Deworming, Vitamin A, timely use of ORS, NHE and simplified growth monitoring.
- (iii) Training of DWCRA women in ARF production.
- (iv) Training of the Home Science Colleges of Rajasthan in drawing the Sample Frame, Evaluation Methodology and Focus Group Interviews.
- (v) Advising on setting up ARF Quality Control Laboratories.
- (vi) Training the trainers of Rajasthan in 'Bal Poshan'.

- **The above project is continuing.**
- **The World Bank's Tamil Nadu Integrated Nutrition Project is using ARF - technology for all 'Below Twos' (1998).**
- **The 9th Plan has strongly endorsed the ARF - technology for 'Below Twos' in its entire ICDS programme (1998).**

IMPORTANT MEETINGS/EVENTS FROM 1992 TO 1997

1. Bellagio Meeting on Vitamin A Deficiency and Childhood Mortality, 1992.
2. WHO Research Action Network Meeting, Hyderabad, 1993.
3. Invited Participant and Speaker. Presented the country paper on "Hookworm in girls and women in India - problems and solutions" at the WHO Informal Consultation on Hookworm Infection in women, Geneva, 5th to 7th December, 1994.
4. Invited Participant and Speaker. Presented a paper entitled "India's Control Program for Iron Deficiency Anemia in Pre-school Children : Past, Present and Future" at the OMNI-ILSI Institute of Child Health Workshop, London University, UK, 18th May, 1995.
5. Guest of the Partnership for Child Development (PCD), Oxford University, 14th - 18th May, 1995.
6. One of the 10 Asian Scientists invited to the SmithKline Regional Health Education Workshop on "The Health Education Needs for Asia and India". Invited to do a presentation on my views at Thailand, Bangkok from 24th -25th September, 1996.
7. Invited Chair for the First Technical and Oration Sessions of the "National Congress on Health and Dietary Fats at the All-India-Institute of Medical Sciences, New Delhi, 29th October, 1996.
8. Invited India-Partner of PCD, Oxford University, and Speaker at the "Improving Education Outcomes : The Nutrition/Education/Health Nexus" meetings organized by PCD and HDDED, World Bank, at World Bank, Washington D.C., 20th to 22nd November, 1996.
9. Invited Guest of Oxford University, 25th to 28th November, 1996.
10. Invited Oration Speaker at the 34th National Conference of the Indian Academy of Pediatrics. Oration lecture was on the "Amylase-Rich-Foods Story" on the 4th January, 1997.

11. Keynote lecture was given to the Hindustan Levers/Brooke Bond/Lipton Board on "Food and Nutrition Trends in India : Opportunities for Food Fortification" on 17th February, 1997.
12. Invited Expert to the International Nutritional Anemia Consultative Group Meeting (INACG) in May on the 1st and 2nd 1997 at Washington D.C. hosted by ILSI.
13. Invited Speaker to the 'Complementary Feeding' meeting on 4th June, 1997, organized by LINKAGES, Academy of Educational Development, Washington D.C.
14. Invited Expert to the 'Palm Oil Awareness Programme' 15th-20th September, 1997, held at Kuala Lumpur, Malaysia.
15. Invited Expert to the National Consultation on Anemia on 16th & 17th October, 1997, held at New Delhi.
16. Invited Expert & Chair of the National Colloquium on "Fortification of Wheat Flour with Iron" on 25th November, 1997, at the Central Food Technology Institute, Mysore, Karnataka.
17. Invited Expert and Speaker at the Workshop on "Innovative Complementary Feeding for the Below Twos" at the National Institute of Child Development and Public Cooperation, on 24th November, 1997, at Bangalore.
18. Invited Presenter of the OMNI-ILSI project on " A multinutrient package for tea plantation workers for better health, productivity and profitability" on 3rd and 4th December, 1997 by the Nutrition Foundation of India, New Delhi.
19. Invited Speaker on "School Health and Nutrition" by the Social Science Forum of India on 29th December, 1997 at the National College, Bangalore.
20. Invited Expert to Evaluate the SNTD University on 13th to 15th January, 1998, for the National Assessment and Accreditation Council of India, Bangalore.
21. Invited Speaker to deliver the Keynote Address at Symposium organized by AFST (I) India, Bangalore Chapter on 4th April, 1998 on 'Integration of Modern and Traditional Technologies in the manufacture of High Quality Indigenous Processed Foods' at IISc, Bangalore.
22. Invited Participant to the World Bank, Delhi Workshop on "Eliminating Malnutrition in India", on 17th June, 1998, at World Bank House, Delhi.

23. Lecture on Industrial Health to Bharat Electronics Ltd., Bangalore under their 'Distinguished Lecture Series', in September, 1998.
24. Guest Speaker on "Iron Deficiency Anemia, in India - Some Control Strategies for the Schooler, Plantation Worker and the Industrial Worker" at the National Conference and Golden Jubilee Celebrations of the University Dept. of Foods and Nutrition, M.S. University, Baroda, January, 1999.
25. Keynote Speaker at the National Symposium on "Microdense Foods" at the M.D.S. University Ajmer, February, 1999.

Short Curriculum Vitae of the Director

TARA GOPALDAS (Prof.) : Director, Tara Consultancy Services, Bangalore, India, a Technical International NGO in Nutrition, Food Technology, Health and Human Resources (1993 - continuing). Currently TCS has completed large research projects for the Partnership for Child Development, Oxford, UK; OMNI-ILSI, USA; CARE - India; and is currently executing a research project for Thrasher Foundation, USA.

Formerly, Dean and Senior Professor, Faculty of Home Science, M.S. University, Baroda, India (1985 - 1992). Honorary Director, WHO Collaborating Centers for Weaning Technology and another for Anemia Control, M.S. University, Baroda (1989 - 1993). Invited Speaker to University ILL UCLA, MIT, Harvard, London University, Oxford, IFPRI, World Bank, USAID, WHO, UNICEF, House of Representatives U.S.A., etc. Chair, University Department of Foods and Nutrition, M.S. University Baroda (1978 -1991). Education : B.Sc. (Home Science, Madras University), M.Sc. (Bio-chemistry), Indian Institute of Science, Bangalore; Ph.D. (Nutritional Sciences), University of Illinois, Ch-Urbana, U.S.A.; Tata Endowment Scholar; Member Sigma Xi, Phi-Sigma, Sigma Delta Epsilon. Conducted huge Public Health Research projects for USAID, Ford Foundation, International Development Research Center, Canada, WHO, UNICEF, ICMR, DST, UGC, Government of India in excess of Rs. 30 million (1970 - 1992) Senior Advisor, Planning Commission of India (1976 - 1978); Nutrition Advisor and Project Director, CARE - India (1970 - 1976); Research Executive, Hindustan Levers Ltd. (1960 - 1965).

Expert Member, Nutrition Council of India (1994- 1997); Member, Expert Advisory Council, WHO (1992 - 1998); Member, Expert Advisory Council, WHO (1992 - 1998); Honorary Advisor, National Assessment and Accreditation Council of India (1994 - 1997); Member, New York Academy of Sciences (1995 - continuing); Convener, Home Science Panel of the University Grants Commission (1985 - 1990); President, Indian Dietetic Association (1982 - 1986); UGC National Lecturer (1984 - 1985); Member of the Governing Board of the 'Foundation of Food Research and Enterprise for Safety and Hygiene' (FRESH) (1998 - continuing); Associate of the Nutrition Foundation of India (1999 - continuing).

4 Books and 10 booklets for IGNOU, about 200 Publications.

Levinson Special Commendation Award (1975); Goenka Memorial Award (1982); Shri Hari Om Ashram Inter-University Awards (1983-84, 87-88, 89-90 & 91-92), Srikantia Oration Award (1994), Shri Haribagwan Oration for the Nutrition Sub speciality of the Indian Academy of Pediatrics, 34th Conference, 1997. Nominated 'Woman of the Year - 1999' by the American Biographical Institute, U.S.A. for contribution to Humanity and Research.

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Curriculum Vitae of

PROF. TARA GOPALDAS

(Updated to end 1992)

EDUCATION

- Ph D in Nutrition with Food Technology and Biochemistry as minors from the Department of Nutritional Sciences, Urbana-Champaign, USA (1958)
- M Sc in Biochemistry from the Department of Biochemistry, Indian Institute of Science, Bangalore, India (1954)
- B Sc in Home Science from the University of Madras, Madras, India (1951)
- Tata Endowment Scholar; Member of Sigma XI; Phi Sigma; and Sigma Delta Epsilon (all for scholastic excellence)

SPECIAL SKILLS

- Nutrition planning and policy research
- Quantitative food, dietary and nutrient assessment
- Monitoring and Evaluation of large-scale nutrition, health, population or social sector projects and programs
- Experienced high level administrator, academic and researcher with skills in project and program proposal design, development and implementation
- Negotiation with scientific, research, governmental and non-governmental agencies
- Project Director or Principal Investigator of large service delivery projects for preschool, school, and women
- Particular expertise in low cost and sustainable technologies to improve the health and nutritional status of urban and rural poor
- Experienced writer of scientific documentation (books, reports, chapters, reviews and original research papers)

NUTRITION PLANNING AND POLICY RESEARCH

Special interest in this area. Prepared approach paper on Nutrition for the Planning Commission of India for the 8th Plan (1990-95) at their invitation. Recommendations emanating from my research have been accepted by Government of India and are being implemented on a national or regional scale.

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INTERNATIONAL ASSIGNMENTS

- * Former Honorary Director of the WHO-Collaborating Center and the Research Cum Action Network of SEARO at Baroda, India (1990-1993)
- * Director of International Workshops on Weaning Technology in Seoul, Korea (1989) and in Baroda, India (1990)
- * Coordinating Dean for the Women in International Development Project with University of Illinois (1985-91)
- * Director Organizer of Appropriate Home Science for Developing Asia (1992)
- * International Consultant to IDRC of Canada in India, Thailand and Philippines (1985)
- * Short-term Adviser to WHO in New Delhi and Geneva several times
- * Short-term Consultant to IFPRI (1981)
- * Nutrition Adviser to CARE-Nepal (1976)
- * Visiting Lecturer to the International Nutrition Program, MIT (1976)
- * Given Seminars at Harvard, UCLA, UIUC, University of Guelph (1988) and Sri Lanka (1992)
- * Participated in several conferences of IUNS, INAG, IVAG and Asian Nutrition conferences
- * Member Advisory Committee on Nutrition, WHO, Geneva (1992-95)
- * Former Member of the Committees of the IUNS on Advanced Degrees in Nutrition Science, and Primary Health Care
- * Expert Member of the Nutrition Council of India, Chaired by the Prime Minister of India (1994-continuing)

AWARDS

- * Special Commendation Award, James and Rachel Levinson Foundation (1976)
- * Goenka Memorial Award, Indian Dietetic Association (1982)
- * Inter-University Shri Hari Om Award (1983-84, 1987-88, 1989-90, and 1991-92)
- * National Lecturer in Foods and Nutrition, University Grants Commission of India (1984-85)
- * The Sixth Srikantia Memorial Award of the Nutrition Society of India (1994)

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LINKS WITH ACADEMIC AND RESEARCH INSTITUTIONS

- * Member, Academic Council of M S University of Baroda, Baroda
- * Member, Joint Boards of University Teaching and Research, SNDT University for Women, Bombay
- * Expert to assess normal and merit promotion, Central Food Technical Research Institute, Mysore

PAST EMPLOYMENT

- * Dean, Faculty of Home Science, Maharaja Sayajirao University of Baroda, Baroda, India (1985-92)

The Faculty has 5 Departments of Foods & Nutrition, Human Development & Family Studies, Clothing & Textiles, Home Management, and Extension Education. It has approximately 75 permanent staff (professors, readers, lecturers), 150 adhoc staff, 40-50 permanent support staff. Approximately 1000 students enrol for the Bachelors (750), the Masters (200) and the M Phil/Ph D (50) programs annually. It is recognized by SAARC as a Center for Advanced Study by UGC as an administrative college for training All-India University teachers in Home Science, and 2 of its departments, namely, Foods & Nutrition, and Human Development & Family Studies obtain additional grants from UGC for their academic and research excellence. Several of the Senior Faculty and I served on apex committees of the Planning Commission, Ministries of Health and Family Welfare, Human Resource Development, Food and Civil Supplies, Post-Graduate Councils, Academic Councils of other Universities, Indian Council of Medical Research etc. I have served as Chair of the Home Science Panel, UGC for 4 years.

- * Chair, Department of Foods and Nutrition, Faculty of Home Science, Maharaja Sayajirao University of Baroda, Baroda, India (1978-89)

The Department has 2 professors, 6 readers, 10 lecturers, 50 research adhoc staff, 20 office and laboratory staff. I have guided 15 Ph Ds, 27 M Scs. Was Principal Investigator of 20 research projects totalling about 20 million rupees. Eight major ones were :

1. The ICMR's Nutritional Research and Training Center for nutrition program management.
2. An USAID funded multi year evaluation of the ICDS in Gujarat and Maharashtra based on which need for appropriate food supplements, and need for first trimester commencement of iron supplementation for pregnant women have been accepted by Government of India.
3. Two major Ford Foundation funded projects on School Health based on which all elementary schoolers in Gujarat will receive deworming, vitamin A and iron supplementation in addition to Mid-Day-Meal.

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4. An IDRC funded project on the reduction of dietary bulk of traditional cereal-based weaning gruels with catalytic amounts of germinated cereal grain powder. The Government of India has accepted this technology on a pilot basis for the supplementary feeding of the "below 3's" in the ICDS. WHO has recognized us as a Collaborating Center in Weaning Technology.
5. A WHO funded project on Relevant-Nutrition-Health-Education for the ICDS. ICDS trainers have found our model simple and useful.
6. Our work on nutritional anemia in women and children and our evaluation of the National Anemia Prophylaxis Program in Gujarat for the ICMR has won us recognition as a WHO Collaborating Center for Anemia Control.
7. A Department of Science and Technology project on culturally acceptable mother food supplements may find wide scale application in the ICDS.
8. An ICMR Multi-Centric study on Behavioural Practice in Young Child Feeding and Rearing revealed that environmental factors such as water, sanitation, personal hygiene had powerful influence on the health and nutritional status of the child; also the family planning status of the parents.

* Senior Consultant, Program Evaluation Organization (PEO), Planning Commission, New Delhi, India (1976-77)

Designed, trained, guided, executed, and reported on "The state of preparedness of the Integrated Child Development Services" (ICDS) when it had just commenced as a national program.

* Project Director and Principal Investigator of Project Poshak, CARE-India, New Delhi (1971-75)

Project Poshak was a macro integrated health and nutrition research project on tribal and non-tribal pregnant and lactating women and children (6-36 months) in Central India, utilizing 88 primary health centers, 210 sub-health centers, and covering 517 villages. Directed a multi-disciplinary staff of professionals (doctors, nutritionists, statisticians) and para-professionals of about 550. Project Poshak is acknowledged to be the fore-runner of the ICDS. The project cost was in the excess of 10 million rupees.

* Research Consultant (1967-70)

Conducted several social and marketing research studies, focus group interviews, and motivation research. Conducted an All-India Evaluation for USAID, New Delhi on the impact of food incentives on family planning.

* Research Executive, Hindustan Levers Limited, Bombay, India (1959-66)

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PUBLICATIONS

Books

1. Senior Author of "Project Poshak". Volume One and Two CARE-India, New Delhi (1975).
2. Nutrition : Monitoring and Assessment edited by Tara Gopaldas and Subadra Seshadri, Oxford University Press, Delhi (1987).
3. The Miracle of Germinated Cereal Grain Powder by Tara Gopaldas and Suneeta Deshpande, Daya Publishers, Delhi (1992).
4. Editor-in-Chief of eight books on a Practical Community Nutrition B Sc level course for the Indira Gandhi Open University (1992).
5. Contributed in all 12 chapters in different books.
6. The monograph of "Malnutrition and Helminthic Infection in the Indian Classroom" will be published shortly.

Reports Monographs

35 in all, of which one on Social Inputs into Area Development for UNICEF was a blue print for the Development of Women.

Research Papers

Over ~~130~~ ^{About 200} of which, 50 have appeared in International Journals i.e. Journal of Tropical Pediatrics, UNU Food and Nutrition Bulletin, European Journal of Clinical Nutrition, American Journal of Clinical Nutrition, Nutrition Research, Nutrition Reports International, Ecology of Food and Nutrition, World Health Forum, Trans of the Royal Soc. of Trop

REFERENCES

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