



ICMR BULLETIN



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ICMR Completes 85 Years

PM launches the concluding ceremony and gives away ICMR awards

The year long celebrations of the 85th year of the Indian Council of Medical Research (starting from November 1995) will be concluding in November, 1996. Shri

H.D. Deve Gowda, Hon'ble Prime Minister of India launched the concluding phase of the 85th year celebrations by lighting a lamp on October 15, 1996 at a function



Shri H.D. Deve Gowda, Hon'ble Prime Minister, receiving memento from Shri Saleem I. Shervani, Minister of State for Health & Family Welfare and the President of the ICMR at the launching of the concluding ceremony of the 85th Anniversary celebrations of the ICMR.

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122
9/6/97
231



Hon'ble Prime Minister of India and other dignitaries on the dais

held at Vigyan Bhavan. The Hon'ble Prime Minister also gave away the ICMR awards to distinguished Indian biomedical researchers.

Addressing the distinguished gathering, Shri Deve Gowda complemented the track record of the ICMR. He exhorted the scientists gathered to undertake work on practical solutions for major health problems common to India and other developing countries. The success of any health programme, he said, depends not only on the proper use of drugs and other tools but finally on the community - the people affected, without their cooperation, help and support no public health problem can be properly tackled.

Shri Deve Gowda said "Research management is not an end in itself. It is one of the means by which the output of research can exert its full beneficial impact on the



Hon'ble Prime Minister Shri H.D. Deve Gowda lighting the lamp to launch the concluding ceremony of the 85th year celebrations of ICMR.



Dr V. Ramalingaswami receiving Dr. B.R. Ambedkar Centenary Award from the Prime Minister.

community at large. It is, therefore, of paramount importance that health related policies and research are periodically reviewed and reoriented in the background of current socio-economic realities, keeping pace with the social dynamics".



Dr N.K. Ganguly receiving Basanti Devi Amir Chand Prize from the Prime Minister.

He further added : "We live in a world wherein mankind has to eternally fight the microbes and also maintain and pursue environment-friendly life styles. There will thus be many new challenges for ICMR in the years to come. I am, therefore, happy to launch the concluding ceremony of the 85th year of this prestigious Council. I wish not only many successes for ICMR in the coming years, but a meaningful role in all national and even international efforts in promoting and providing health for all by the turn of this century".



Dr R.C. Mahajan receiving Basanti Devi Amir Chand Prize from the Prime Minister.

The Hon'ble Minister of State Shri Saleem I. Shervani, who is the President of the Governing Body of ICMR, presided over the function. Shri Shervani congratulated the awardees for their excellent researches and hoped that they will be more motivated now to take up the challenging



Dr S.H. Advani receiving Sandoz Oration Award from the Prime Minister.

areas of biomedical research. He made specific mention of the use of herbal remedies in India since time immemorial and also the fact that India is an acknowledged leader in the world. To retain such a status he said: "With the Intellectual Property Rights issues now being debated in



Awardees with the Prime Minister.

our country, it is the right time for all Indian research agencies to join hands and work towards a common goal by deciding on priorities for research in this area and also for taking bold decisions with respect to the patenting of the native herbal wealth of India. I understand that some preliminary work has been done on standardization & quality control of herbal remedies by ICMR (in collabora-

tion with CSIR) in our country. Such efforts need to be considerably strengthened." He called upon scientists of the ICMR to rededicate themselves to play a significant role in providing research inputs and their timely application for reducing the burden of disease in our country. He suggested a dynamic planning and co-ordination with the Directorate of Health Services towards achieving this goal.

Address by Shri H.D. Deve Gowda, Hon'ble Prime Minister of India

I am happy to be here to participate in the 85th year ceremony of ICMR as we honour several distinguished Indian biomedical scientists who have achieved success and brought glory to our country by finding solutions to the health problems of our country. I would also like to congratulate the ICMR in its 85th birthday and all the awardees for the excellent work done by them.

The wider importance of research is sometimes not understood as people in the frontline are absorbed with operational difficulties and finding solutions to current outbreaks and epidemics. Sometimes, the implementation of health programmes becomes routine and one does not

We also need to adopt a **nature friendly approach** instead of making efforts to **only control** and **tame Nature**. **This anti-ecological thinking should be shunned**. It would be more rewarding if research efforts are aimed at satisfying the primary health needs of the community. Here we need to have a holistic approach which may require fusion and interaction between various disciplines of **medical science** and related **social sciences**.

I would also like to emphasise that the end result of research should be health equity for under-privileged and poorer sections of the society. **Research should not lead to widening of the gap between the affluent and under-privileged classes in terms of health care delivery**. We should also look at ethical issues in research from the consumer perspective, including the rights of the patients.

The track record of the ICMR in taking up research to find practical solutions and tools to handle health problems common to all developing countries has been impressive. In the control of major diseases like cholera and diarrhoea, ICMR has played a crucial role. Scientists at the National Institute of Cholera and Enteric Diseases at Calcutta have made very valuable contributions in the control of persistent diarrhoea in children through oral rehydration using fluids which can be readily prepared at home, and thus helped in saving the lives of thousands of children, at very little cost. They are now working on developing a **cholera vaccine**, in collaboration with the laboratories of CSIR and the DBT.

The success of any health programme depends not only on the proper use of drugs and other tools, but finally on the community, the people affected. Without their co-operation, help and support no public health problem can be properly tackled. This is one of the major reasons why even after scientists have given the knowledge and technology to us for controlling many diseases, we have **not** yet fully succeeded in eradicating many infectious diseases



Shri H.D. Deve Gowda, Hon'ble Prime Minister delivering his speech.

think about ways and means of improving things. It is precisely that gap that many of the scientists have been able to fill by grappling with what is **achievable, significant, relevant, affordable** and **innovative**.

I would like to emphasise here that **research** must be **aimed at devising simple techniques** that are **appropriate** to the **socio-economic realities** of the country. It is not always easy to devise such techniques or strategies; very often, they are the most difficult.

in our country. The well-known Cherthala project in Kerala, conducted by the Vector Control Research Centre of ICMR located at Pondicherry, has demonstrated how a stubborn disease like elephantiasis can be controlled, if the affected community participates with total involvement.

The oldest Institute of the Council - the National Institute of Nutrition at Hyderabad, has contributed significantly by determining nutritive value of Indian foods, preparing recipes of low cost high nutritive value for North and South India, as well as helping the State Governments in evaluating the nutritive status of people, and by conducting nutrition survey and surveillance.

Research by the ICMR in Family Welfare is also commendable. The safety, efficacy and acceptability of a number of family planning methods have been tested by ICMR for their possible utilisation in the national programmes. ICMR research has also helped in pointing out the need for improvement in services at the Primary Health Centres - specially for Maternal and Child Health Care. The national programmes to control the three major nutritional deficiencies viz. **Iron, Iodine and Vitamin A**, have been based on ICMR studies. A number of ICMR collaborating centres located in different parts of the country are thus assisting the Department of Family Welfare in monitoring these useful programmes.

Research management is not an end in itself. It is one of the means by which the output of research can exert its full beneficial impact on the community at large. It is, therefore, of paramount importance that health related

policies and research are periodically reviewed and reoriented in the background of current socio-economic realities, keeping pace with the social dynamics.

We live in a world wherein mankind has to eternally fight the microbes and also maintain and pursue environment-friendly life styles. There will thus be many new challenges for ICMR in the years to come. I am, therefore, happy to launch the concluding ceremony of the 85th year of this prestigious Council. I understand these celebrations were started last year and will conclude this November. I wish not only many successes for ICMR in the coming years, but a meaningful role in all national and even international efforts in promoting and providing health for all by the turn of this century.

The awardees of ICMR Prizes are all eminent scientists in different age groups (from a very senior scientist like Prof.V.Ramalingaswami to the very young Dr Kakoli Banerjee). I am particularly pleased to see Dr S.H. Advani of Bombay who is a shining example of how scientific excellence can be achieved, despite physical handicap. I am also happy to see a number of young scientists, including women among the awardees. I am sure this function and the awards would encourage all the recipients to continue their good work in the coming years. I would like to once again congratulate the ICMR and all the awardees and wish them the very best in their future endeavours, whose ultimate aim is to alleviate human suffering.

Jai Hind!

Presidential Address by Shri Saleem I. Shervani, Hon'ble Minister of State for Health & Family Welfare

It gives me great pleasure to extend a hearty welcome to our Respected Prime Minister of India who has agreed to give the ICMR Awards for 1994-95 to distinguished Indian scientists who have made a mark in medical science by their outstanding research contributions. I take this opportunity to congratulate them and wish them greater success in the future. I am confident that the prestigious ICMR awards will further motivate and encourage them to attain greater heights in their chosen areas of research. I also convey my best wishes and congratulations to ICMR on its 85th year celebration (to be concluded next month).

It is indeed a matter of pride and gratification that the second Dr B.R. Ambedkar Centenary Award instituted by ICMR for Excellence in Biomedical Research is being presented today. The recipient of this prestigious award is the renowned medical scientist of India - **Prof. V. Ramalingaswami** (who is currently a National Professor). **Of the 22 recipients of the ICMR Awards today 6 are women scientists.** This is an encouraging trend which I hope will be sustained in the coming years. Of the 22 recipients of awards today, only four are from ICMR's own Research Institutes, this year. The ICMR thus recognises good biomedical research, irrespective of where it is done be it



Shri Saleem I. Shervani, Minister of State for Health and Family Welfare addressing the audience.

in the Council's own Centres or in non-ICMR Institutes. I also understand that a major part of research undertaken by many of the awardees today has been supported by the ICMR, in some manner or the other.

I am happy to note that the ICMR has an Award each meant exclusively for (i) **Women Scientists** (ii) **Scientists belonging to Underprivileged Communities**; and (iii) **Research Conducted in Underdeveloped Areas**.

The main objective of scientific research is generally considered to be pursuit of new knowledge. However, in health science, application of the knowledge already available for preventing diseases and promotion of health is equally important. The challenge before us is to find practical ways and means to apply the available knowledge and techniques for overall improvement in the health condition of the common man. It is therefore necessary to ensure that in health sciences significant scientific leads are picked up promptly for developing them into technology and to see that this technology is adapted to suit the socio-cultural and economic conditions of our country and applied rapidly. The crying need of the day is to improve the outreach of health services to cover even the most under-privileged sections of our society.

The ICMR has been playing a vital role for eight and a half decades through research in medical and health sciences. The Council's original research contributions in the areas of **Nutrition, Communicable Diseases like Tuberculosis, Viral Diseases including HIV/AIDS, Cholera, and Vector Control** of diseases like **Malaria** and

Filariasis are well known. In recent years, the ICMR has focussed research on **Non-communicable Diseases** like **Cancer, Blindness, Cardiovascular diseases, Mental Health etc.** The Council is ably assisting, through appropriate research, the National Family Welfare as also the Maternal & Child Health Programmes.

While the overall efforts of ICMR are commendable, much more remains to be done, and I am confident that, with the cooperation of all scientists including those receiving awards today, the Council will be able to meet the new challenges.

A new full-fledged Department of ISM (Indigenous Systems of Medicine) was established only last year in the Ministry of Health with an independent Secretary. With the global importance and the growing recognition being received by these systems and considering that at least four indigenous systems *viz.* **Ayurveda & Siddha, Unani** as well as **Naturopathy & Yoga** (apart from **Homeopathy**) are being widely practiced and officially recognised by the Government of India, we cannot afford to ignore the immense possibilities for research and application in ISM. From time immemorial, herbal remedies have been used by mankind and India is an acknowledged world leader in this field. With the Intellectual Property Rights issues now being debated in our country, it is the right time for all Indian research agencies to join hands and work towards a common goal by deciding on priorities for research in this area and also for taking bold decisions with respect to the patenting of the native herbal wealth of India. I understand that some preliminary work has been done on standardization & quality control of herbal remedies by ICMR (in collaboration with CSIR) in our country. Such efforts need to be considerably strengthened.

India is now at the threshold of the next century. In the field of medical and health research, India should scale new heights in the coming century and in this endeavour we would like ICMR to soar high with a vision for the future at the national as well as international levels. While congratulating ICMR on its 85th year, I do hope that ICMR is poised to play a significant role in providing research inputs and their timely application for reducing the burden of diseases in our country. To achieve this, a dynamic planning and co-ordinating mechanism is essential at the levels of not only ICMR, but the Directorate of Health Services. I wish all success to ICMR in its future activities.

Once again I congratulate and convey my best wishes to the recipients of the ICMR Awards.



The Minister of State for Health and Family Welfare presenting a memento to Shri T.D. Joshi, who retired as Assistant Director. Shri Joshi, who retired in 1972 from the ICMR, joined in 1943 the Indian Research Fund Association (IRFA), the predecessor of ICMR.



Shri P.P. Chauhan, Health Secretary, Ministry of Health and Family Welfare, releasing the booklet on ICMR Awards and Awardees (1983-93).



A view of the awardees at the function.



A view of the audience at the function.

ICMR Research Institutes Celebrate the 85th Year of the Council

The ICMR entered the 85th year of its existence in November, 1995. In spite of 85 years of its existence, the achievements/activities of ICMR are not as widely known. This anniversary was thought to be a good opportunity to inform the professionals, planners, policy makers as well as the general public about the Council, its network of Institutes/Centres located all over India, the major objectives as well as the contributions/achievements of the Council. As a result it was planned to organise various scientific programmes spread over a year (from November,

1995 to November, 1996) with the main aim of highlighting the contributions/achievements of the Council.

For effective dissemination of information, a specific topic/subject was identified and highlighted each month during the year. It was decided to bring out health education material in the form of booklets, pamphlets, folders, posters for distribution among the general public and organize symposia/seminars/exhibitions/open-houses/lectures/discussions/screening of audio-visual programmes, etc. by all the ICMR Institutes/Centres every month on the



On-the-spot inter-school painting competition organised by the NIN, Hyderabad.

selected topic. For each topic/subject one of the ICMR Institutes/Centres (mainly engaged in research on that particular area) was designated as the nodal point. Special issues of the Indian Journal of Medical Research, the ICMR Bulletin, Nutrition News, *etc.* were produced during the year featuring articles on some of the specific subjects/areas identified.



Students participating in a health awareness programme on Nutrition organised at the campus of IRR, Mumbai.

Nutrition being one of the important areas of research under the Council and the National Institute of Nutrition (NIN), Hyderabad, being the oldest and the most well known Institute of the Council which has significant contributions. **Nutrition** was selected as the theme for the inaugural month *i.e.* November, 1995.

The celebrations were launched at the NIN, Hyderabad, on November 28, 1995. Dr G.V. Satyavati, Director General, ICMR, while inaugurating the celebrations at the



An exhibition of AIDS organised by the NARI, Pune.

NIN, exhorted the scientists to strive for a multifaceted, futuristic approach to research. A Special Issue of the Indian Journal of Medical Research on Nutrition Research was also released. The NIN also published pamphlets for the lay public on Diet, Heart Attack and Blood Pressure; Iodine Deficiency Disorders; Obesity; Food for Rich Blood; Diet and Diabetes; Food for Growth; Breast Fed Baby is the Best Fed Baby; Food for Sight; and Low Cost Nutritious Food Supplements for Young Children. Other Institutes/Centres of the Council also celebrated the Nutrition month by organising exhibitions, public lectures, *etc.*



A view of the exhibition organised by RMRC, Port Blair as part of the Andaman & Nicobar Tourism Festival, "Islands on the March".

The theme for December 1995 was AIDS as 1st December is celebrated as the World AIDS Day. At Pune, the National AIDS Research Institute (NARI), organized a talk on the theme for World AIDS Day *i.e.* "Shared Rights and Shared Responsibilities". Other ICMR Institutes/Centres also organised video film shows/exhibitions, *etc.*



Release of health education material on Tuberculosis at the TRC, Chennai.

Tuberculosis and Leprosy were the themes selected for January and February 1996 respectively. The Tuberculosis Research Centre (TRC), Chennai, organized an awareness programme on Tuberculosis in January 1996. The programme comprised a scientific lecture, a two day exhibition on tuberculosis, a quiz programme for school children and a free health check-up camp in which the patients were advised and given medicines. The TRC, Chennai also



Visitors at a health awareness programme on Leprosy organised by the CJIL, Agra.

brought out popular publications in the form of pamphlets entitled TB Bacilli Speaks; and Facts About TB. The Central Jalma Institute for Leprosy (CJIL), Agra, also brought out many popular publications in the form of pamphlets on Leprosy, Multidrug Treatment in Leprosy and Correction of Disabilities Caused by Leprosy. The CJIL, Agra, organised awareness programmes on Nutritional Disorders, AIDS, Leprosy and Tuberculosis during this period.



Symposium on Leprosy Eradication Research & National Leprosy Eradication Programme organised by the CJIL Field Unit, Avadi (Chennai).

Virus diseases (other than AIDS) was the theme for the month of March, 1996. The National Institute of Virology (NIV), Pune brought out a number of publications on Viral Diseases which included pamphlets on Rabies, Dengue Fever, Gastroenteritis, Viral Hepatitis and Influenza and other Respiratory Viral Diseases. The National Insti-



Health education on Leprosy organised by the DMRC, Jodhpur (at village Ramdeora), Rajasthan.

tute of Cholera and Enteric Diseases (NICED), Calcutta, organized an awareness programme on Viral Diseases which also included a lecture and a poster exhibition for the students of the National Medical College, Calcutta, and staff of the NICED. The Centre for Research in Medical Entomology, Madurai, besides bringing out a pamphlet on Japanese Encephalitis: The Disease that Cripples Children, organized a symposium on Viral Diseases and an exhibition and a quiz competition for school children on February 28, 1996. The RMRC, Jabalpur, organized talks/discus-



Students participating in an exhibition on Viral Diseases organised by the CRME, Madurai.

sions on Common Viral Diseases at the Kundam block of Jabalpur district on March 29, 1996.

Tribal Health was the theme for the month of April, 1996. The RMRC, Jabalpur, brought out a number of popular publications/folders related to the problems of Tribal Health. These included a booklet on Glimpses of Tribal Health and a folder on Sick Cell Anaemia. An awareness programme was also organized on Tribal Health and Cancer and Cardiovascular Diseases in May 1996 simultaneously at the RMRC, Jabalpur and at a hospital in district Mandla. The NIN, Hyderabad, brought out a special issue of Nutrition News (April 1996), on Nutrition Profile of Tribals. The IHH, Mumbai, published health education material in the form of pamphlets on Thalassaemia, Haemophilia, G-6-PD Deficiency, Importance of Blood Groups, Hypertension and Transfusion Transmitted



Audience at a programme on Common Viral Diseases organised by the RMRC, Jabalpur at Kundam block of Jabalpur district.

Diseases. The RMRI, Patna, organised a symposium on Tribal Health on April 30, 1996. Topics covered in the symposium included health and sickness among the tribal of M.P., health of tribals, tribal malaria, *etc.*, and a lecture on "Tribals of India and their Health Status". The ICMR Bulletin (March - April, 1996) featured an article on Highlights of Tribal Research under Indian Council of Medical Research.



Display of health education material on Diarrhoeal Diseases at the NICED, Calcutta.

Cardiovascular Diseases and Cancer, and Medicinal Plants were the themes selected for May and June, 1996 respectively. The Institute of Cytology and Preventive Oncology and the Institute of Pathology, New Delhi organized an unique Health Education-cum-Entertainment Programme in May 1996 using a novel approach of interspersing health education messages on Cancer and Cardiovascular Diseases with entertainment. The ICMR Hq., brought out a number of popular publications in the form of pamphlets on Cancer, Rheumatic Heart Disease, *etc.* The Regional Occupational Health Centre, Bangalore (Southern), as well as other ICMR Institutes also organized health education programmes on Cardiovascular Diseases.

Diarrhoeal Diseases and Environmental/Occupational Health were the themes for the month of July and August, 1996. The NICED, Calcutta, organized a one day symposium on Diarrhoeal Diseases in July, 1996 which was attended by several distinguished scientists, medical experts and medical officers from various hospitals, and research institutions of Calcutta. Other ICMR Institutes



Students participating in an exhibition on Vector-borne Diseases organised by the VCRC, Pondicherry.

also organised exhibitions/talks and other awareness programme on Cholera and Enteric Diseases. A special issue of the Indian Journal of Medical Research on Diarrhoeal Diseases was published in July 1996.

Vector-borne Parasitic Diseases (Malaria/Filariasis/Kala-azar) was the theme selected for the month of September, 1996. The Vector Control Research Centre (VCRC), Pondicherry, organized an exhibition on Control of Vectors and Vector-borne Parasites in September, 1996. The exhibits were in the form of posters, photopanel, charts and models. The exhibition concluded with a "Therukuthu," a very popular folk art of the region highlighting the achievements of ICMR in general and the VCRC in particular. All other ICMR Institutes/Centres also organised awareness programmes on Vector-borne Diseases like common diseases transmitted by the mosquito viz., malaria, filariasis, Japanese encephalitis, dengue, etc., their transmission, signs and symptoms,



Therukuthu (a folk play) organised by the VCRC, Pondicherry.

prevention and control during September 1996. The Malaria Research Centre (MRC), Delhi, VCRC, Pondicherry and Rajendra Memorial Research Institute for Medical Sciences (RMRI), Patna, brought out health education material in the form of booklets, pamphlets, brochures on malaria, filariasis, dengue, biolarvicides, pyrethroid impregnated bednets, Neem oil, biological control of vectors of malaria, kala-azar, etc. The ICMR Bulletin featured an article on Prospects of Using Monomolecular Surface Films in Mosquito Control in September, 1996.

Maternal and Child Health/Reproductive Health/Family Welfare was the theme for the month of October, 1996.



Mass education on Vector-borne Diseases through camps/classes conducted by VCRC, Pondicherry and FILCO Movement in Cherthala.





Students of Delhi Public School, R.K. Puram, New Delhi, participating in an exhibition on Malaria organised by the MRC, Delhi.

The ICMR Bulletin published an article on Research in Infertility whereas the Nutrition News published an article on Nutrition Immunization Interactions and Relevance to Child Health in October, 1996.

The Regional Medical Research Centres also took a very active interest in the 85th Year Celebrations. The Regional Medical Research Centre, Port Blair, organized various activities over the year to celebrate the 85th Anniversary of the Council. The Centre organized lectures/seminars to create awareness about leptospirosis. Health camps were organized among the *Shampens*, a mongoloid tribe of the Great Nicobar to create health awareness. Health education material on nutrition, diarrhoeal diseases and intestinal infections, vector-borne diseases, leptospirosis, tuberculosis, AIDS, *etc.* was displayed in an exhibition, organised during the tourism festival "Islands on the March" in February, 1996. The Centre also organized a week long health awareness programme among the Great Andamanese tribes of the Island



Students participating in an exhibition on Mosquito-borne Diseases organised by the RMRC, Dibrugarh.

and the topics covered under the programme included diarrhoeal diseases, nutrition, immunisation, maternal and child health, environmental sanitation and personal hygiene, *etc.* An awareness programme on diarrhoeal diseases and a week long health education programme on leptospirosis was organized in Middle Andaman in July, 1996.

The RMRC, Bhubaneswar also organized various programmes during the year to mark the 85th Anniversary of the Council. The Centre organized a series of health awareness programmes on Nutrition and HIV/AIDS in December 1995 and January 1996 at various schools in Bhubaneswar. The Centre organized a health awareness programme on Health and Nutrition in January 1996 at the Rourkela Steel Plant, another on HIV/AIDS in January 1996 at a college in Bhubaneswar and an awareness programme on Nutrition, Tuberculosis and HIV/AIDS in February 1996 at the RMRC campus for the staff of the State Institute of Health and Family Welfare, Bhubaneswar.

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