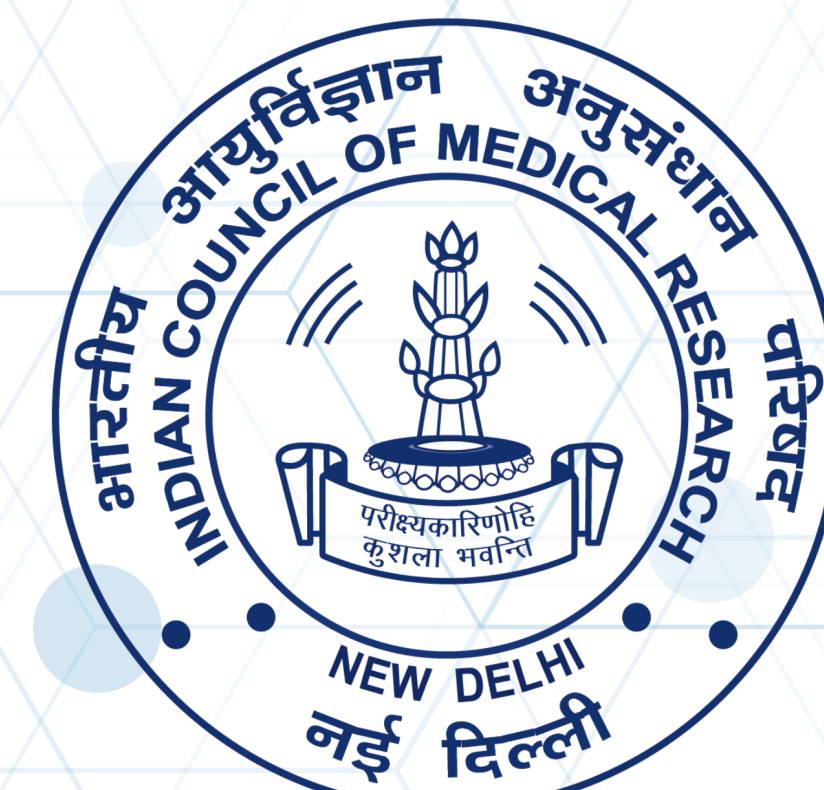


SHINE

SCIENCE & HEALTH INNOVATION
FOR THE NEXTGEN EXPLORERS



icmr
INDIAN COUNCIL OF
MEDICAL RESEARCH
Serving the nation since 1911

Guess
who sets
the
numbers?

Ever flipped a popcorn packet
around to read that little
nutrition table on the back?

The one with “% of your
daily requirement” for
sugar, salt and fat?



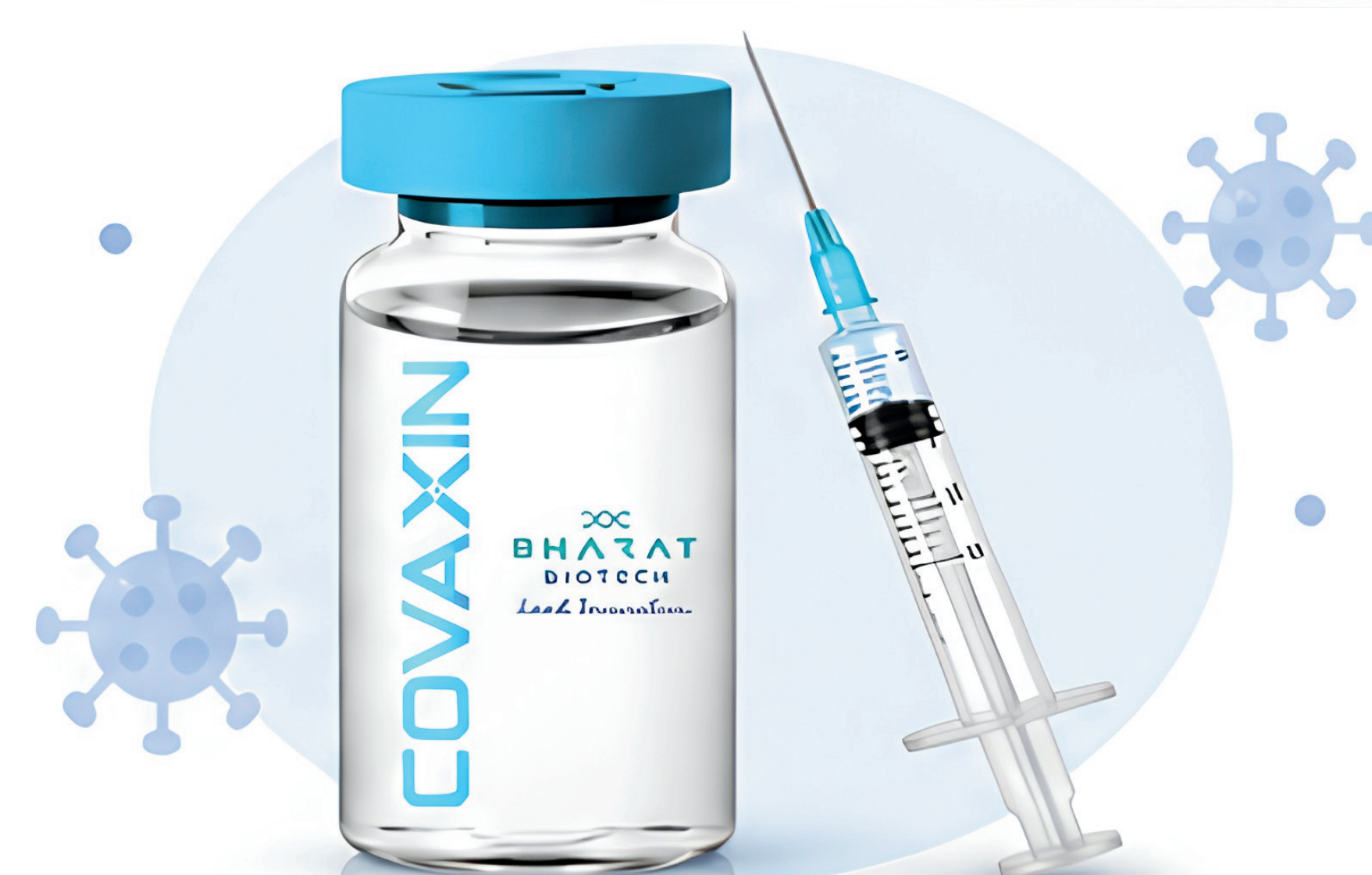
Meet the Indian Council of Medical Research (ICMR)

India's top medical research body,
quietly making discoveries for over
100 years.

Here's **some stuff** they've
done that you've probably
benefited from **without**
even realising:

1. Covaxin:

Remember when the whole world
was hunting for a **COVID vaccine**?
India made its own. **Right here.**



2. Helping kick polio out of India:

ICMR's research and disease-tracking were
part of the massive effort that made India
polio-free. A disease that once paralysed
thousands of kids - **gone.**



3. Double-fortified salt:

Invented by ICMR scientists to secretly
fight anaemia and goitre. Your salt
powered by **iron and iodine** is basically
a **superhero** in disguise.



4. Fighting dehydration with ORT (oral rehydration therapy):

ICMR's research helped prove and spread the humble
salt, potash, baking soda and glucose mix that has
saved millions of lives from diarrhoea.
Simple science, massive impact.

Home based treatment like:



Homemade
fluids – salted
rice water



Salted
yogurt
drink



Vegetable
or chicken soup
with salt



Unsweetened
fresh fruit
juice



Coconut
water



@ICMRDELHI



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Indian Council of Medical Research

/ Indian Council of Medical Research