



In collaboration with



**TRAINING OF TRAINERS (TOT) Programme  
on Nutrition and Health through online mode**

**Date: 28<sup>th</sup> September to 2<sup>nd</sup> October 2020 | Timings 11AM to 1 PM**

IIHMR Bangalore in collaboration with Food and Nutrition Board, Ministry of Women and Child Development, Government of India had organised the Training of Trainers programme (TOT) on nutrition and health through online mode.

The above said training programme is proposed to be organised from 28.09.2020 to 02.10.2020. 20 participants i.e., ACDPOs & Supervisors was deputed from Gulbarga ICDS Project for the above said programme. The duration of the programme was 5 days as per the dates mentioned above. Everyday 2 sessions starting from 11:00 am to 01:00pm.

Dr. Usha Manjunath, Professor and Director, IIHMR Bangalore, Dr. Allen P Ugargol- Associate Professor, Dean – Academics & Students Affair, Dr. Manjunatha R - Associate Professor, Dean – Research & Publications, Dr Sarala R, Associate Professor and Dr. Deepashree M R – Assistant Professor were the resource persons of this training programme.

Below are the topics covered by speakers:

Topics Covered	Speakers
State nutrition policy, current nutrition scenario in India and respective state, nutritional goals, Government programmes to combat malnutrition at community/ district level.	Dr. Usha Manjunath
Personal hygiene, food hygiene, environmental sanitation, safe drinking water, etc.	
Diet related chronic diseases, role of fruits & vegetables, antioxidants, lifestyle in children, nutrition of elderly and diet for healthy aging	Dr. Allen P Ugargol
Low birth weight and its consequences, preventing on set of malnutrition through lifecycle approach, nutrition counselling techniques.	
PEM and management of under nourished children, growth monitoring and its significance, CED in adult women and its prevention.	Dr. Manjunatha R

Role of micro-nutrients in health promotion, vitamin 'A' deficiency, its prevention and management, nutritional anaemia, IDD and its prevention, etc.	
Nutrition and Health education during adolescent, improving diet at low cost, conservation of nutrients, preparation of low cost processed nutritious food at community level, fruits, and vegetable storage, etc.	Dr. Sarala R
Care during pregnancy and lactation, early childhood care, addressing social causes of malnutrition, identifying nutrition indicator at different levels.	Dr. Deepashree M R
Importance of nutrition for infant and young children, early initiation of breast feeding, exclusive breast feeding up to 6 months, preventing on set of mal-nutrition, role of complementary feeding, etc.	Dr. Sarala R
Preparation of area specific educational aids, mass media for nutrition education, mass awareness techniques, area specific action plan, etc.	Dr. Deepashree M R

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