

Center for Learning and Development

IIHMR, Bangalore



INSTITUTE OF HEALTH MANAGEMENT RESEARCH
South Campus of IIHMR, Jaipur



Elective Course on Public Health Nutrition

26TH APRIL – 7TH MAY, 2021
6:00 – 8:00 PM



Elective Course on Public Health Nutrition
(26th April – 7th May, 2021)

Training Report

1. Introduction

The course was designed to impart basic understanding on public health nutrition and enhance knowledge and skills for practice. The curriculum included public health nutrition; its role and scope in India; food and nutrition security; interactive nature of nutrition infection-disease management; triple burden of malnutrition and nutrition policies and programs. It also integrated the key knowledge about nutrition throughout the life cycle; assessment of nutritional status and nutrition education & health promotion.

2. Background and Objectives

The objectives of the course were:

- To integrate basic knowledge while enhancing skills of public health nutrition among participants.
- To sensitize the social development sector professionals for meeting the challenges of nutrition and health.

3. Program duration and venue

- 10 days training program (26th April to 7th May, 2021) - 2 hours per day
- Mode - Online program

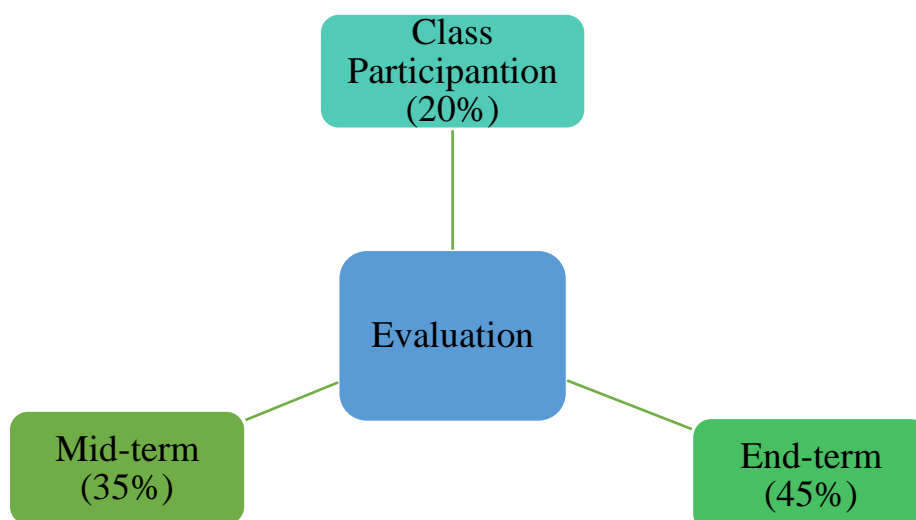
4. Training Team:

Course Co-ordinator	Dr. Jyoti Vijay Assistant Professor, IIMR Bangalore
Program Advisors	Dr. SD Gupta Chairman, IIMR University, Jaipur
	Dr. Usha Manjunath Director, IIMR Bangalore
Key Speakers	Dr. Tara MS Former Regional Director, NIPCCD
	Dr. Usha Manjunath Director, IIMR Bangalore
	Dr. Kanika Varma Associate Professor Dept. of Home Science, University of Rajasthan
	Dr. Manjunatha R Professor & Dean – Research & Publications IIMR Bangalore

	Dr. Meenu Singh Somvanshi Technical Advisor – Nutrition Vital strategies & Seconded to FSSAI
	Dr. Shweta Khandelwal Head, Nutrition Research and Additional Professor Public Health foundation of India, New Delhi
Overall training support	Mr. Piyush Associate Professor & Associate Dean- Trainings IIHMR Bangalore
Sessions Moderated by	Dr. Deepashree MR Assistant Professor, IIHMR Bangalore
	Dr. Jyoti Vijay Assistant Professor, IIHMR Bangalore
Brochure & Certificate designing	Mr. Padma Kumar Creative Designer & IT Support, IIHMR Bangalore
IT Support	Mr. Pradeep Kumar Assistant Professor, IIHMR Bangalore
	Mr. Arun System Administrator, IIHMR Bangalore

5. Structure of the program:

5.1 Evaluation/Assessment – After attending this program, participants were eligible for 3 credit points.

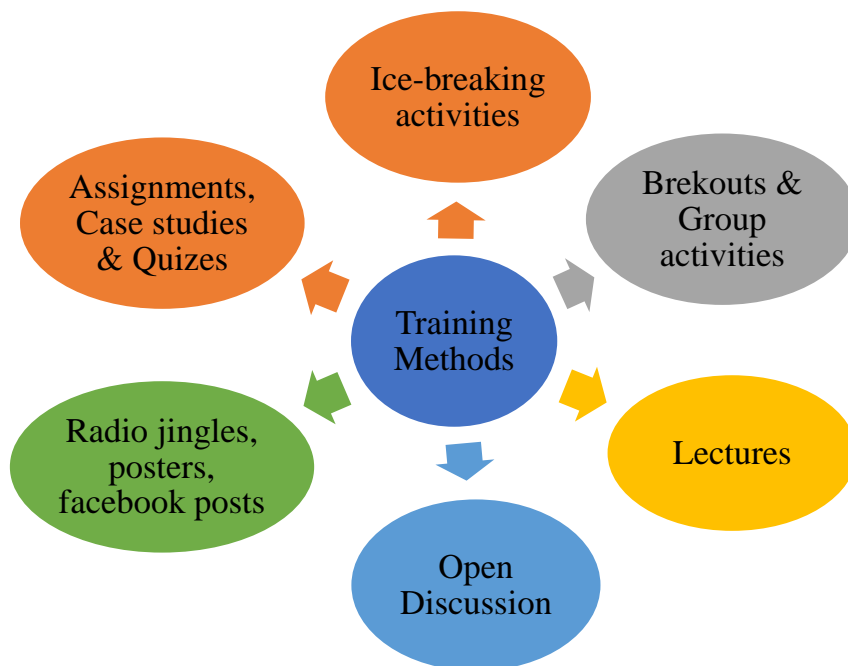


5.2 Number of participants – A total of 205 participants attended the course. Out of 205, 168 participants paid for the certificate.

5.3 Participants' profile –

- A. Participants' category – Students, Research scholars, Doctors, Dentist, Nutritionist/Dietician, Ayurvedic & Homeopathic professionals, Physiotherapist, Unani Physician, Academicians, Anthropometrist, Laboratory professionals, Retired professors, Psychiatrist, Scientist, Additional secretary (NHM, Govt. of India), Program managers, medical officers, consultants etc.
- B. Specialized area - Public Health, Community medicine, Paediatrics, Obstetrics & Gynaecology, Medicine, Dental, Unani, Biotechnology, Biochemistry, Applied Science, Nursing, Agriculture, Ayurveda, Physiotherapy, Nutrition & Dietetics, Community Nutrition, General Management, Biostatistics, Health, Hospital, Pharmaceutical, Rural Management, Economics, Life Sciences, Social Sciences, etc.
- C. Topics covered on the respective days (Kindly see Annexure I)

5.4 Training Methods:



6. Outcomes of the Program:

At the end of the program, the participants were able to:

1. Comprehend the importance of public health nutrition, relationship between health and nutrition, nutritional deficiencies disorders and approaches to tackle them in India
2. Understand the triple burden of malnutrition and lifecycle approach
3. Understand the concept of food labelling & packaging, food adulteration, food safety and ultra-processed foods

4. Discuss the ABCD methods used for nutritional assessment and intersectoral approach to achieve overall health & well-being
5. Understand the approaches used to tackle triple burden of malnutrition in India

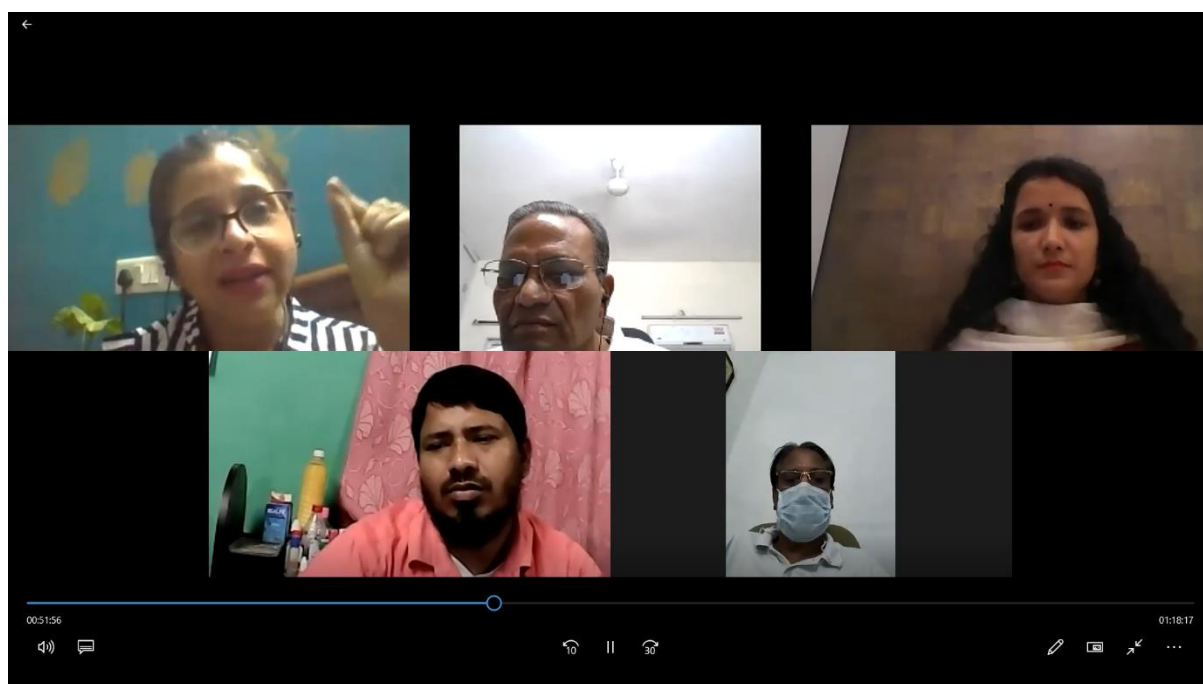
7. **Feedback:**

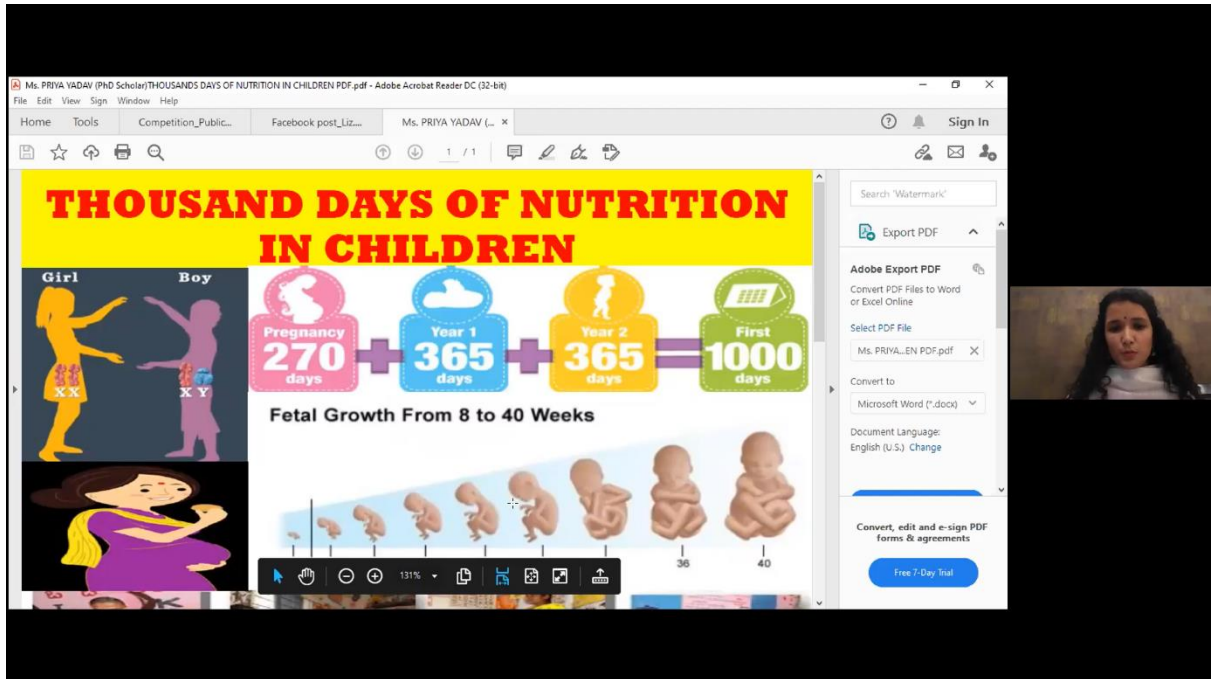
- ✚ Key speakers can be informed before session to share PPT with IT team and course-co-ordinator as a back-up.
- ✚ Key speakers can be informed to share PPT and reading materials with participants pre or post their session.
- ✚ Duration of participants' access to recorded sessions, reading materials and use of LMS platform need more clarifications during further program.
- ✚ LMS is not the right platform for conducting quiz during training programs.
- ✚ Participants should not be allowed for entire to chat with respective program team.

8. **Recommendations:**

- ✚ Google form should be used for conducting quiz during training programs.
- ✚ Each day, participants should be allowed only for 2 hours to chat with respective program team just after the session or time slot can be discussed.
- ✚ More programs can be conducted on specific nutrition issues for short (2 or 3 days) as well as long duration (10-15 days).

9. **Glimpses of the programs:.**





**Annexure I – Session Plan “Elective Course on Public Health Nutrition” from
26th April to 7th May, 2021 – 6:00 to 8:00 pm**

Day	Topics	Sub-Topics	Key Speakers
1	Public Health Nutrition	1. Importance of Public health nutrition 2. Role and scope of Public Health nutrition in India	Dr. Tara MS
	Ice-breaking activities	Welcome & Ice-breaking activities	Dr. Usha Manjunath
2	Nutrition & Health	1. Food Pyramid and My plate for the day 2. Balanced and diversified diet 3. Vicious cycle of Malnutrition 4. Conceptual framework of malnutrition	Dr. Kanika Varma
3	Triple burden of Malnutrition	1. Nutritional Status indicators 2. Burden of stunting, wasting and undernutrition 3. Emerging burden of overweight and obesity	Dr. Manjunatha R
4	Nutritional Deficiency Disorders	Deficiencies of Vitamin A/vitamin D/zinc/iron, iodine, fluoride	Dr. Manjunatha R
5	Nutrition throughout the lifecycle	1. Child nutrition (IYCF practices) 2. Care of children with SAM (NRCs) 3. Adolescent, Maternal and Elderly nutrition 4. Nutrition transition	Dr. Usha Manjunath
6	Nutritional Assessment	ABCD Approach	Dr. Tara MS
7	Health & Well-being	An intersectoral Approach (Nutrition, Health, ICDS, WASH, Immunization)	Dr. Tara MS
8	Nutrition Advocacy	1. IEC/BCC materials for nutrition communication 2. Community participation	Dr. Usha Manjunath
9	Food Safety & Standards	1. Food labelling & Packaging 2. Food Safety 3. Ultra-processed foods 4. Increased risk of NCDs	Dr. Meenu singh Somvanshi
10	Approach to tackle triple burden of Malnutrition	1. Strategies to tackle triple burden of malnutrition in India 2. Impact of current nutrition programs 3. Suggestions to improve the program efficiency in current situation	Dr. Shweta Khandelwal