

# Online Certificate Course in Nutrition and Health (CCNH) - Cohort 3, 2023

Jointly offered by Institute of Health Management Research, Bangalore &  
Food Science and Nutrition Dept., University of Mysore



**Course Duration : 6 months**

**Course Credits - 12**

**Admissions  
Open !!!**

**Course Hours - 50**

Biweekly engagement with Nutrition experts



# Nutrition – Need of the Hour

Nutrition issues from preconception throughout life, particularly under nutrition, overnutrition and micronutrition malnutrition are majorly prevalent in India. Nutrition education through integration of knowledge, skills-building and reinforce specific nutrition-related practices or behaviours among professionals to improve the nutrition status in country and better nutrition service delivery.



## Learning Outcomes

- ➔ Understand food and nutrition security, public health/nutrition policy & programmes.
- ➔ Understand nutrition and health relationship, triple burden of malnutrition, their significance, prevention, and control strategies
- ➔ Nutritional assessment and application of Anthropac, Anthroplus WHO software
- ➔ Nutrition education, IEC, Behaviour Change
- ➔ Communication and promotion of healthy dietary practices
- ➔ Effective nutrition program delivery

## Pedagogy & Mode of delivery

- Meticulously developed course material by senior academicians
- Expert session – lectures, group discussions, scholar presentations, hands on exercises, quizzes, videos and competency driven assignments
- Project work supervised by course coordinators
- Workshop exposure for skill building

## Evaluation Criteria

- ✓ **Internal assessment (15%)**
- ✓ **End term assessment (35%)**
- ✓ **Project report and presentation (50%)**

*Candidates who successfully completes the course will be awarded the certificate. The certificate carries the signatures and emblems of the both the institutions.*

## CCNH-Program & Module Launch





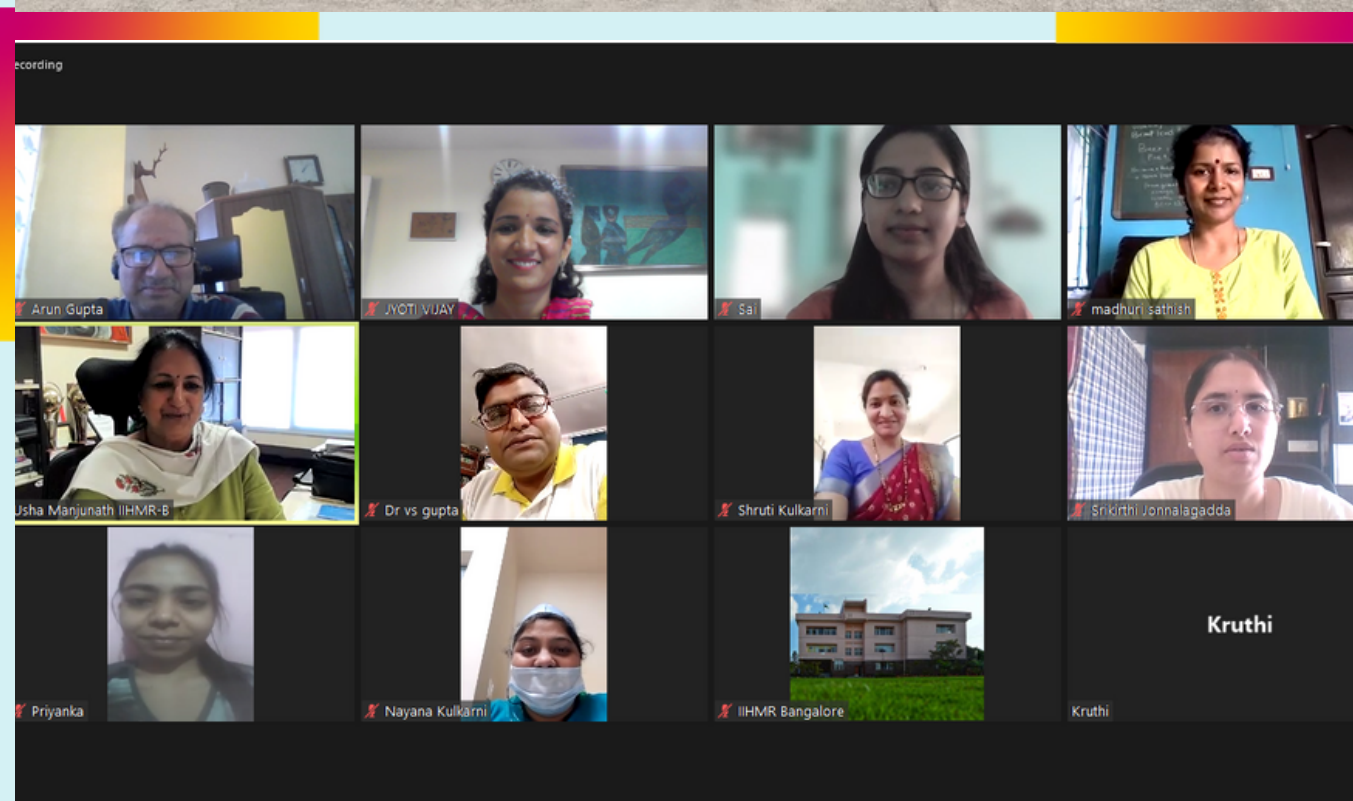
## Course Highlights

- Interactive five days workshop at University of Mysore
- Skill Development (Hands on exercise on Anthropac & Anthroplus Software)
- Development of IEC materials
- Weekly live interaction with experts

## Key projects undertaken by Cohort-2

- Assessment of Sedentary lifestyle among reproductive age women
- Anaemia status among school children and their perception about Mid Day Meal Programme
- Scoping review on Intermittent fasting
- Influence of farming on IYCF practices in rural children aged 6-23 months old
- Current practices and approach to an educational health program in the elderly at an old age home
- Role of salt in the geopolitical, strategic and economic history of human civilization

## Glimpse of CCNH Cohort 2 - 2022



## Expert Appreciation



**Dr. Tara MS**

Former Regional Director,  
NIPCCD

Course offered a unique experience in integrating various crucial elements in stirring Public Health and Nutrition concepts, with diverse subject experts. The course enlightened the spirits of the participants, as it was interactive and objective



**Dr. Suneeta Chandorkar**

Assistant Professor(Grade3),  
The Maharaja Sayajirao University  
of Baroda, Gujarat

The CCNH program content addresses the current nutrition issues of our country and has a good balance of theory and practicum. The course is highly recommended for those who wish to pursue a career and build skills in public health and social development sector.

## Participant Testimonials



**Mr. Gautam Basu**

CCNH Participant - 2022 Batch,  
Publication Manager  
International Health Organization

Certificate Course in Nutrition & Health was immensely useful to add to the expertise of people like us who are professionals in health and related fields. It offers on-the-job learning to gain thorough knowledge on the subject of Nutrition. This course is strongly recommended for health professionals as it very well organized, skills based, matching the needs of professionals, scholars and students working in the field of public health and nutrition. An eminent panel of professors interacted through weekend online classes which balanced our work and personal time commitments.



**Ms. Shivani Gcharge**

CCNH Participant - 2022 Batch  
PhD Scholar, International Institute for Population Sciences (IIPS),  
Mumbai

My domain is population studies and I joined this course to brush up my knowledge of nutrition. This course provided me the additional knowledge of nutrition which I could use to improve the quality of my thesis. I would highly recommend this course for all the people working and studying in the field of health and nutrition.

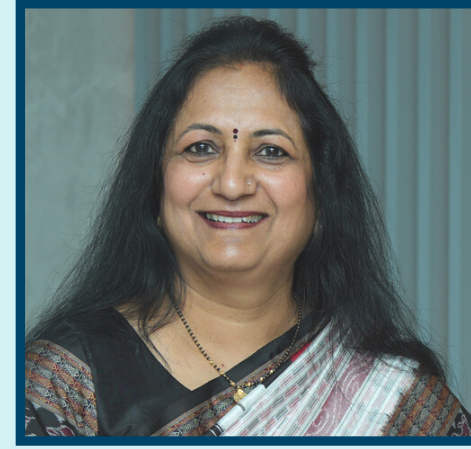


# Course Directors



## Dr. Asna Urooj

Professor & Chairperson  
PG Dept of Food Science and Nutrition  
University of Mysore  
asnaurooj@foodsci.uni-mysore.ac.in



## Dr. Usha Manjunath

Professor & Director  
IIHMR Bangalore  
usha.m@iihmrbangalore.edu.in

## How to Apply

### Registration Details:

[Click Here for Registration.](#)

[Click Here for Application Form.](#)

## Course Co-Ordinator



## Dr. Jyoti Vijay

Assistant Professor  
IIHMR Bangalore

## For Course Fee & more details Contact:

**email : [trainings@iihmrbangalore.edu.in](mailto:trainings@iihmrbangalore.edu.in)**

**Mobile Number: 9535266665 / 9649533116**

## About IIHMR Bangalore:

IIHMR Bangalore is the South Campus of the Indian Institute of Health Management Research, Jaipur, and was established in the year 2004. In the year 2010, the Institute acquired AICTE approval for its Post Graduate Diploma Management (Hospital and Health Management) -PGDM, a flagship programme in which Academics, Research and Training create a distinctive edge for developing Professionals for the Hospital and Healthcare Industry.

IIHMR, Bangalore leverages the collective strength of nearly 70 faculty members across the institutes at Bangalore, Delhi, IIHMR Jaipur University, and project office at Kolkata. The Institute conducts short-term training programmes in specific areas of Hospital Management such as Quality Assurance, NABH accreditation, and customized training for Hospital and Healthcare Organizations to improve the competency of working professionals. The Institute has a proven track record in research and consultancy projects in the health sector.

## About Food Science and Nutrition Department, University of Mysore:

University of Mysore has sown a seed of M.Sc. Course in Home Science in the year 1970 at the palatial mansion in Manasagangotri campus. A seed sown on that day has grown up as tree of Department of studies in Food Science and Nutrition (Formerly Department of Studies in Home Science until 6th February 1994) offering Postgraduate and Doctoral Degree programme in Food Science and Nutrition, Human Development covering the following areas of study: University of Mysore is the only University offering postgraduate and Ph.D. courses in Food Science and Nutrition in the state of Karnataka since more than three decades. The master's programme in Human Development was introduced in the academic year 1993-94. The department celebrated Silver Jubilee in the year 1995.