



October, 2025

06:00pm - 08:00pm

Certificate Program in
**PUBLIC HEALTH
NUTRITION**
COHORT 3

Karnataka
Medical Council Approval

3

Credit Hours
Training Program

Course Overview:



The Certificate Program in Public Health Nutrition is a comprehensive program designed to equip participants with the essential knowledge and skills to tackle critical nutritional challenges faced by diverse populations. This program offers an in-depth exploration of key topics, beginning with an introduction to Public Health Nutrition and extending through vital areas such as nutrient requirements and dietary guidelines across the lifespan.

Participants will delve into the epidemiology of nutrition, focusing on strategies to combat the triple burden of malnutrition: undernutrition, micronutrient deficiencies, and overweight/obesity. The course also covers national nutrition policy & programs, food safety initiatives and effective nutrition program management. Advanced modules on nutritional surveillance techniques for anthropometric and dietary assessment, as well as behaviour change strategies through Information (IEC) and Social Behaviour Change Communication (SBCC), will empower learners to implement effective public health nutrition interventions to achieve sustainable outcomes.

Course Objective:

The objective of the course is to equip participants with comprehensive knowledge and practical skills to address malnutrition through dietary interventions, enhance nutrition program management and achieve public health nutrition outcomes through effective strategies.

Learning Outcomes:

After completing this course, the participant will be able to:

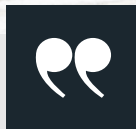
- Build critical thinking and analytical skills to design evidence-based nutrition strategies.
 - Assess nutrient needs for diverse populations by gaining a comprehensive understanding of public health nutrition principles, nutrition fundamentals, dietary requirement of different age groups and determinants of nutritional status.
 - Conduct nutritional assessment and surveillance utilizing anthropometric and dietary assessment techniques.
 - Develop competencies to manage nutrition programs and interventions, with a focus on national initiatives including supplementation and fortification.
 - Promote healthy eating in communities through behaviour change strategies, including IEC and BCC
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Key Topics:

- Public Health Nutrition - Principles and Fundamentals
- Nutrient Requirements throughout the life cycle and Dietary Guidelines
- Nutritional Assessment - ABCD approach
- Strategies to address triple burden of malnutrition
- FSSAI Initiative to ensure safe and healthy food
- Lifestyle modifications to manage NCDs
- Nutrition Program Management
- Community level strategies for improving nutritional status

Pedagogy and Mode of Delivery:

- Interactive Sessions
- Case Study discussion
- Expert Talks
- Panel discussion
- Skills labs
- Competency assessments
- Online resources



Highlighting Success: 52 Participants from Cohort 2

This comprehensive 10-day 'Elective Course on Public Health Nutrition' covered both the technical and practical aspects of nutrition in our country. This holistic program truly captured the essence of Public Health Nutrition.

Ms. Vandana Gurnani , IAS
Affiliated with Govt.of Karnataka

WHO SHOULD PARTICIPATE:

- Bachelor's and Master's degree students in Public Health, General Management, Health, Hospital, Pharmaceutical, Rural Management, Life Sciences, Social Sciences, Ayurveda, Physiotherapy & Home Science
- Doctoral Students and Research Scholars
- Working Professionals from Social Development Sector

Evaluation Process:

Assessment Criteria	Weightage
Class participation	20%
Mid-term evaluation	35%
End Term evaluation	45%
Total	100%

*Minimum 75% participation in sessions is mandatory.



Application Process

To register please click the below link and fill in the application form

<https://bit.ly/4npX3Xy>



Scan for Registration



Course Fee

Rs. 5000/-
Per
Participant
including
GST



Duration & Timing

10 days
(October 2025)
6:00 PM
to
8:00 PM

Program Advisor



Dr. SD Gupta

President
IIHMR Society

Resource Persons



Dr. Usha Manjunath

Professor & Director
IIHMR Bangalore



Dr. Supreet Kaur

Senior Policy Advisor
GAIN (Global Alliance for
Improved Nutrition)

Program Director



Dr. Jyoti Vijay

Ph.D. Food Science &
Nutrition
Assistant Professor
IIHMR Bangalore

Expert Speakers*

- FSSAI
- State Government – Health, WCD & Education
- International Agencies – NI, UNICEF, GAIN, Action Against Hunger

*Subject to availability & acceptance

About IIHMR Bangalore

IIHMR, Bangalore is a premier Institute for Hospital and Health management education in South India. Founded in the year 2004 as the south campus of IIHMR Group of Institutions, IIHMR Bangalore offers a flagship program in Hospital, Health, Health IT, and Pharmaceutical Management. The institution received NABET Accreditation as a Consultancy organization for NABH in 2010 and was ranked as the top Hospital Management college by higher education review magazine. It is also Accredited by the National Board of Accreditation (NBA) and Association of Indian Universities(AIU). IIHMR Bangalore's motive is to create a positive impact in the dynamic health sector through knowledge creation, capacity development, and management research.

Contact Us :

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