

No.PMEB/21/Foreign Faculty/2018-19 | 556

Dated: 24-02-2019

Dear Dr. Vimal Karani,

Greetings from University of Mysore

University of Mysore, in its pursuit towards excellence in teaching and research, has put in place a scheme of inviting international scholars of repute for a teaching assignment.

In this connection, I write to invite you as Visiting Professor to our University. The terms of your visit would be as under.

- (i) You will have to stay for a minimum period of 10-15 days.
- (ii) During your stay you will have to engage a minimum of 8 hours of lecture sessions to Master's students apart from interacting with faculty and research scholars.
- (iii) We will reimburse your travel cost (economy airfare, actual road/train journey cost) and pay an honorarium of equivalent of US \$5000/-. Accommodation will be provided in the University Guest House.

I request you to accept this invitation and visit our University. Kindly confirm the dates of your travel and stay.

For further details you may contact the faculty member of the relevant department who is already in touch with you.

Thank you and I look forward to seeing you soon.

With regards,

U-11-11/19
REGISTRAR

To,

Dr. Vimal Karani,
Assistant Professor in Nutrigenetics
& Programme Director for Food &
Nutritional Science degree programme.
University of Reading, UK.

Prof Asna Urooj
Professor & Chairperson
Dept of Studies in Food science &
Nutrition, University of Mysore
Mysore 570006, India

08 February 2019

Dear Prof Urooj,

Thanks for your invitation. I am interested in visiting your Department of Studies in Food Science and Nutrition at the University of Mysore and conducting lectures and workshops related to nutritional sciences to the postgraduate students. I would be happy to visit in August 2019 (12th – 22nd). If you have any questions, please do not hesitate to ask!

Sincerely,

K. S. Vimalakar

Dr Vimal Karani S

**Workshop on
Critical appraisal skills for Nutrition Research**

**Venue- Department of Studies in Food Science and Nutrition,
Manasangotri , Mysuru- 570006, India**

19th & 20th of August, 2019

Overview: Critical appraisal skills enable a researcher to systematically assess the trustworthiness, relevance and results of published papers. The workshop aims to develop and enhance the critical appraisal skills necessary for success in the field of nutrition research. The program consists of interactive lectures and practical activities.

Why critically appraise?

To weigh up how valid and useful the research will be



Who can attend: Post-graduate students, research scholars, faculty and those working in the nutrition profession who are considering undertaking research in Nutrition.

Learning outcomes : The workshop attendees will be able to:

- ✓ Enhance their understanding of evidence-based practice in health and social care
- ✓ Develop their critical appraisal skills
- ✓ Use critical appraisal skills to underpin reviews and develop systematic reviews
- ✓ Understand and select a range of study designs used in nutrition for developing research proposals
- ✓ Familiarize with the process of scientific writing for publication and its value

Dr Vimal Karani
University of Reading, UK
Course Instructor

Dr Asna Urooj
University of Mysore, Mysore
Course co-ordinator

Workshop Agenda

Title of session	Time
Day 1- 19th Aug 2019	
Introduction to 'Critical Appraisal'	10.00 – 10.30 am
Session I- Assessing the evidence ✓ Evidence based medicine ✓ Evidence based Nutrition ✓ Original Research ✓ Study designs	10.30 am – 12.30 pm
Activity	12.30 – 1.00 pm
Lunch	1.00 – 2.00 pm
Session II - Assessing the evidence ✓ Observational studies – Nutritional Epidemiology ✓ Epidemiological studies ✓ Nutritional biomarkers ✓ Measurement error	2.00 – 3.30 pm
Break	3.30- 3.45 pm
Session III- Assessing the evidence ✓ Meta-analysis & Systematic reviews	3.45 – 5.00 pm
Day 2 - 20th August 2019	
What is a Critical Appraisal? How to review a research article?	10.00 – 11.00 am
Break	11.00-11.15 am
Critical appraisal workshop activity – Group work	11.15am – 1.00 pm
Lunch	1.00 – 2.00 pm
Critical appraisal workshop activity – Group work	2.00-3.30 pm
Break	3.30 – 3.45 pm
Group discussion	3.45 – 4.30 pm
End of workshop- Feed back, certificate distribution and Wrap-up	4.30 - 5.00pm

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