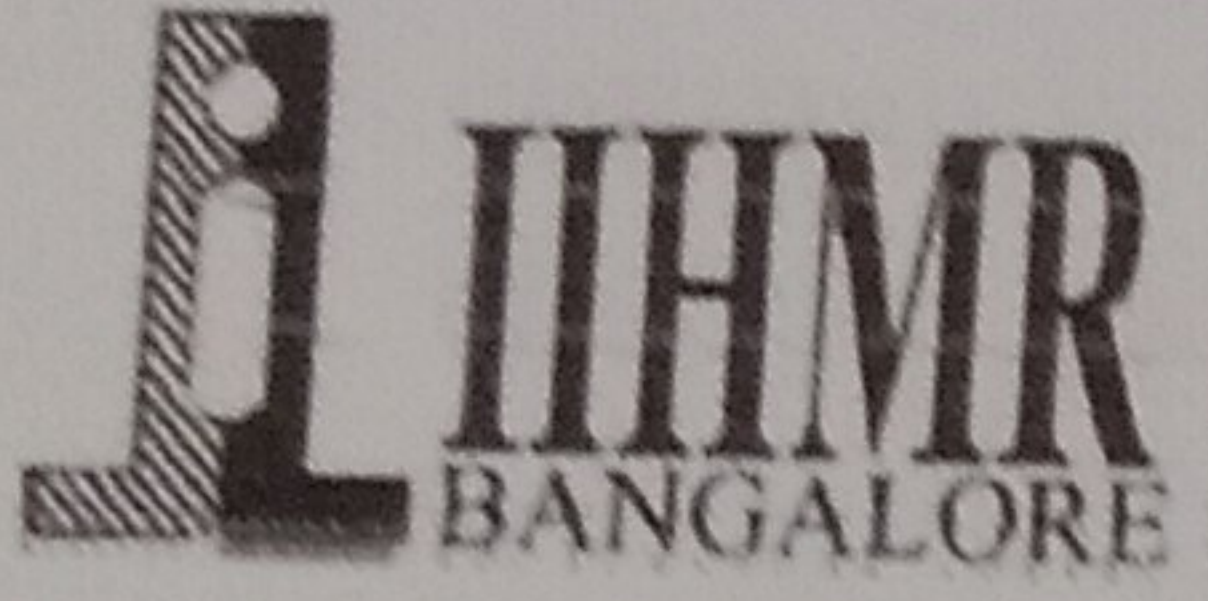


Certificate Course in Nutrition & Health (CCNH)

Jointly offered by



INSTITUTE OF HEALTH MANAGEMENT RESEARCH
South Campus, IIHMR Group



ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
UNIVERSITY OF MYSORE

2020

MODULES AND CREDITS

Module No	Code	Title of paper	HC	No. of credits			
				L	T	P	Total
1		Nutrition and Health	HC	4	1	0	5
2		Project work	HC	0	5	0	5
Total				4	6	0	10

I MODULE

Basic concepts in Nutrition

1. **Introduction to food and nutrition**
 - A. Food a prerequisite to health
 - B. Nutrition and infection cycle (Infection and under-nutrition vicious cycle)
 - C. Basic food sources: energy yielding food, body building and protective foods
 - D. Balanced diet
2. **Nutritional deficiency disorders**
 - A. Nutritional Anemia - public Health concern
 - B. Vitamin A and D deficiency
 - C. Zinc deficiency
 - D. IDD - a public health issue
3. **Nutrition – Life Cycle Approach**
 - A. Nutrition during infancy and childhood
 - B. Nutrition during adolescent
 - C. Nutrition during pregnancy and lactation
 - D. Nutrition for adult and geriatric population
4. **Food fortification and nutraceuticals**
 - A. Introduction and basic concepts of food fortification
 - B. Fortification of Oil, salt, Rice and wheat flour
 - C. Introduction to Nutraceuticals
 - D. Therapeutic modification of the normal diet.

Field based activity sessions – Salt testing kits for iodine, observation study by visiting various sites for understanding milk/wheat/oil fortification.

1. **Health & Malnutrition**
 - A. Understanding health and wellness
 - B. Consequences of Malnutrition- high morbidity, mortalities, cost treatment, low productivity and low economic output at various levels- Individual, household, community, state and nation
 - C. Undernutrition- Stunting, wasting, underweight and micronutrient deficiency
 - D. Overnutrition - overweight and obesity
 - E. Nutrition – Communicable and Non-communicable diseases
2. **Intergeneration cycle of malnutrition**
 - A. Vicious cycle of malnutrition
 - B. Integrated approaches to promote nutrition in life cycle
 - C. Barker Hypothesis
3. **Nutritional assessment**
 - A. Determinants of nutritional status- household food security, food intake and nutritional status
 - B. Indicators for nutritional status (direct and indirect indicators)
 - C. Anthropometric measurements

Field based activity sessions – Anthropometric measurements and BMI calculations, Growth Chart Preparation – measuring degree under/over nutrition

III

MODULE

Public Health Nutrition Policies and Acts/ Food and nutritional security, related policies & acts

1. **Food and Nutritional security**
 - A. Concept and framework of hunger, food and nutrition
 - B. Determinants of Food and nutrition security (availability, access, utilization) Water, Sanitation and Hygiene (WASH)
 - C. Food safety standards (FSSAI)
2. **Overview of policies related to nutrition and health**
 - A. National Nutrition Policy
 - B. National Nutrition Mission – POSHAN Abhiyan
 - C. National Health Policy 2017
 - D. Swachh Bharat Abhiyaan
 - E. Agriculture Policy
3. **Acts and Regulations**
 - A. National Food Security Act 2013
 - B. Institutional Mechanism
4. **New Methods to address the issue**

Crop rotation, Warehousing, cold chain and logistics maintenance, information through Kisan Vikas Kendra in villages etc.

Field based activity sessions – Observing WASH activities in community, POSHAN Abhiyan Activities, FSSAI – labeling and nutrition information for basic packaged food items.

MODULE

Public Health Nutrition Program

- 1. Schemes and programs on nutrition**
 - A. Integrated Child Development Scheme
 - B. Mid-day meal scheme
 - C. Public Distribution system
 - D. Other flagship programs -NHM, NRC, NDD
- 2. Program Planning, Implementation, Monitoring and Evaluation**
 - A. Models of programme planning in nutrition and Health- Welfare program to right based entitlements
 - B. Management of nutrition program including Monitoring
 - C. Evaluation of Programmes and Methods
- 3. Role of different departments/agencies**
Roles of different departments like Women and Child Department (WCD), Health department, Food Corporation of India, Agriculture dept., Rural Development and Panchayat Raj, Food and Civil supplies, NGO's and Corporates

Field based activity sessions – Observational activities: Visit to Primary Health Center, Sub-Center, Government School, Anganwadi Center, Private Hospital/Clinics

MODULE

Community Participation and Mobilization for Nutrition related Programmes

- 1. Community Participation and Mobilization**
 - A. Nutrition promotion and communication strategies
 - B. Mobilization of the community through multisectoral and multi stakeholder platform
- 2. IEC/BCC, Advocacy Programmes**
 - A. Audio-visual aids in Nutrition and Health Communication
 - B. Advocacy for health and nutrition
- 3. Study/Observational Project Report**

Field based activity sessions – 1 & 2 Developing IEC/BCC materials - Posters, Pamphlets, Radio Jingles, Short video, etc. for promotion and advocacy. Community mobilization using IEC materials. **For 3** – A report based on visits/observations/study activities carried out during Module 1 to 5 – hard copy to be submitted (three copies) and presentation/viva.

EVALUATION

There will be Five Days contact program & evaluation on each of the module towards the end of the program as per the prescribed norms of the University of Mysore. On-line quizzes will be conducted throughout the course for all modules.

Candidates will present their project work before the evaluation committee.

Total Marks = 200

- Term end exam = 100
- Project work = 100 Marks, Presentation & Final Report carry 50 Marks Each

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

Course fee includes

- + Course materials, access to library resources
- + On-line classes and mentoring
- + Computer lab during contact classes
- + Lunch and Tea during contact classes
- + Shared accommodation @ IIHMR - Electronic City, Bangalore/University of Mysore during 5-day contact classes.

Course Fee:

- + Per candidate: Rs. 31,000/-
- + For Foreign candidate: 425 USD

The course fee does not include the travel to reach and return from the institutions/field level activities.

Total Seats – 20

READING MATERIALS AND REFERENCES

Reading materials will be given for modules

REFERENCES

1. Bamji, M. S., Krishnaswamy, K., & Brahmam, G. N. V. (Eds.). (2013). Textbook of human nutrition. Oxford & IBH.
2. Mann, J., & Truswell, S. (2012). Essentials of human nutrition. Oxford University Press.
3. Nnakwe, N. (2012). Community nutrition: planning health promotion and disease prevention. Jones & Bartlett Publishers.
4. www.fssai.gov.in/home/fss-legislation/fss-registration.html
5. <http://poshanabhiyaan.gov.in/#/>
6. <https://icds-wcd.nic.in/nm/home.htm>

**Program Co ordinator
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