

Short Course on ‘Nutritional Assessment Techniques’

Supported by UNICEF

A 4- day short course on nutritional assessment techniques was organized by the Center for Nutrition Studies with support from UNICEF. There were a total of 12 resource persons with eight of them from leading national and international institutions. These included National Institute of Nutrition, Hyderabad, St John’s Research Institute, Bangalore, National Centre for Excellence and Advanced Research in Diets (NCEARD) and AIIMS in New Delhi, National Institute of Health and Welfare and University of Tampere in Finland.

The inaugural function of the course was presided over by Mr Farhaad Yenepoya, Hon’ble Pro-Chancellor, Yenepoya (Deemed to be University) in the presence of Prof. CV Raghuvver, Pro Vice Chancellor of Yenepoya (Deemed to be University), Dr Khyati Tiwari, Nutrition Specialist, UNICEF, Dr Suvi Virtanen from National Institute of Health and Welfare and University of Tampere and Dr Anurag Bhargava, Head, Center for Nutrition Studies.

Thirty-two participants were trained over 4 days in this course. The participants comprised of nutritionists from Mangalore, Mysore, Chennai, Manipal, Hyderabad, public health specialists from medical colleges in Mangalore, Mumbai, Davangere; programme officers from the Tata Trusts, representatives of voluntary organisations based in Odisha and Telangana, doctoral students, nursing faculty, UNICEF and NCEARD consultants.

The topics covered included theory and practical sessions on various methods of dietary assessments, basic and advanced anthropometry and body composition, maternal nutrition, physical activity and functional assessment. There were lectures on dietary policy at population level, recommendations on dietary intakes and biomarkers in nutrition.

The course was highly appreciated by the participants with average scores of 4.5/5 on the course organization and content.



PROFILE OF COURSE PARTICIPANTS

1.	Dr Abdul Jaleel	National Center for Excellence and Advanced Research in Diets (NCEARD), Consultant, New Delhi
2.	Dr Pallavi Gupta	NCEARD, Consultant, New Delhi
3.	Ms Tashi Choedon	NCEARD, Consultant, New Delhi
4.	Ms Naman Kaur	NCEARD, Consultant, New Delhi
5.	Ms Priyanshu Rastogi	NCEARD, Consultant, New Delhi
6.	Dr Arpita Jain	Gandhi Medical College, Bhopal
7.	Dr Sandhya Rani Javalkar	JJ Medical College, Davangere
8.	Dr.Shubha Davalgi Bakkappa	JJ Medical College, Davangere
9.	Mrs Pallavi Shettigar	Faculty, WGSMA, MAHE
10.	Mrs Swathi Acharya	Faculty, WGSMA, MAHE
11.	Dr Narasimha Rao	UNICEF, Hyderabad
12.	Ms Ruchi Sareen	UNICEF, Hyderabad
13.	Dr Vishwanath	UNICEF, Bangalore
14.	Dr Anuradha Mohapatra	Seth GS MC & KEM Hospital, Mumbai
15.	Poulomi Chatterjee	Yenepoya Medical College
16.	Dr Randall Sequera	Kalahandi, Orissa
17.	Dr Leena KC	Yenepoya Nursing College
18.	Shycil Mathew	Yenepoya Nursing College
19.	Gauri Vaze	United Way, Hyderabad
20.	Angelene Cynthia Rani	Tamil Nadu Govt Multi Super Specialty Hospital
21.	Abid Ahmed G	UNICEF, Karnataka
22.	Dr Khyati Tiwari	Nutrition Specialist, UNICEF, Hyderabad
23.	Puneetha P	University of Mysore
24.	Akshatha Thantry	University of Mysore
25.	Binod Das	Tata Trusts, Mumbai
26.	Govinda Madhab Murari	Tata Trusts, Mumbai
27.	Anchal Purbey	UNICEF, New Delhi
28.	Dr Avinash Kumar	KMC Mangalore
29.	Monica Kothari	TAG-VHS Endocrinology and Diabetes Centre
30.	Harshitha Raja	Center for Nutrition Studies, Yenepoya
31.	Dr Sandip Ghosh	UNICEF, Hyderabad
32.	Dr Rohin	KSHEMA, Mangalore

COURSE FACULTY

Anura Kurpad	St John's Research Institute, Division of Nutrition, Bangalore
Anurag Bhargava	Center for Nutrition Studies and Yenepoya Medical College
Madhavi Bhargava	Center for Nutrition Studies and Yenepoya Medical College
Mansi Chopra	National Center for Excellence and Advanced Research in Diet, New Delhi
Prashath T	St John's Research Institute, Division of Nutrition, Bangalore
Raja Mamidi	National Institute of Nutrition, Hyderabad
Rebecca Raj	St John's Research Institute, Division of Nutrition, Bangalore
Sivakumar	Yenepoya Physiotherapy College
Sumathi Swaminathan	St John's Research Institute, Division of Nutrition, Bangalore
Suvi Virtanen	National Institute of Health and Welfare & University of Tampere, Finland
Tarja Kinnunen	University of Tampere, Finland
Vina Pais	Yenepoya Physiotherapy College

Course Schedule

DAY 1: 27th May, 2019				
Time	Mode	Topic	Durati on (min)	Faculty
9:00 AM		Introduction	15	Madhavi Bhargava
9:15 - 10:00 AM	Lecture	Maternal and Child Nutrition	45	Suvi Virtanen
10:00 - 10:30	Inaugural function			
	Dietary assessment:			
10:30 - 11.15	Lecture	Nutritional intake in Indian population: current status and trends	45	Raja Sriswan
11:15 - 12:15	Lecture	Diet as an exposure	60	Tarja Kinnunen
12:15 to 1:00	Lecture	Maternal nutrition in Indian Context	45	Mansi Chopra
1:00-2:00	Lunch with faculty			
2:00 - 3:30	Lecture	Measurement of food and nutrient intake	90	Suvi Virtanen & Mansi Chopra
3:30 - 4:15	Instructi ons	Keeping food diary and 24 hour recall	45	Tarja Kinnunen & Mansi Chopra
4.30 Onwards	Campus tour: Central Kitchen			
7 pm. onwards	Cultural event and dinner			
DAY 2: 28th May, 2019				
Dietary assessment, Food databases, Nutrient calculation, Food policy				
9:00 - 10:00	Lecture	Food databases used in food and nutrient calculations including IFCT	60	Suvi Virtanen / Raja Sriswan
10:00 - 11:00	Lecture and demonst ration	Indian food databases and nutrient calculation	60	Gurdeep Kaur
11:00 - 11:30	Lecture	Dietary surveys in India, the NIN experience	30	Raja Sriswan
11:30 - 1:00	Practical	24 hour recall	90	Tarja Kinnunen and Mansi Chopra
1:00-2:00	Lunch with faculty			
2:00 - 3:30	Practical	Food frequency questionnaire	90	Tarja Kinnunen and Mansi Chopra
3:30 - 4:30	Lecture	Food policy: Success stories from Finland	60	Suvi Virtanen
4.30 -5.30	Campus tour: Food craft / Yenepoya Research Center			
DAY 3: 29th May, 2019				
Food diary, Biomarkers, Anthropometric techniques, WHO Anthroplus software				
8.30 - 10:00	Practical	Food diary	90	Tarja Kinnunen and Mansi Chopra
10.00 - 10.45	Lecture	Biomarkers in nutritional assessment	45	Prashant
10.45 - 11.30	Lecture	Clinical assessment, basic anthropometry	45	Anurag Bhargava
11.30 -12.00	Practical	Anthropometric techniques 1	30	Anurag Bhargava,

				Madhavi Bhargava, Harshita Raja, Rebecca Raj
12.00- 1.00	Lecture	Anthropometric techniques- Body composition	60	Rebecca Raj
1:00 - 2:00	Lunch with faculty			
2.00 - 2.45	Practical	Body composition (skin fold, BIA)	45	Rebecca Raj, Anurag Bhargava
2.45 - 3.30	Lecture	Assessment of physical activity	45	Sumathi Swaminathan
3.30 - 4.15	Demonstration	Functional assessment including hand-grip dynamometry	45	Sivakumar, Veena Pais
4.15 -5.30	Campus Tour: Simulation center and Skills lab			
	DAY 4:30th May, 2019			
	Special Topics:			
9:00-9.45	Lecture	Nutritional assessment of pregnant mothers	45	Mansi Chopra
9.45 -10.30	Lecture	Software for nutritional assessment in children and adolescents: WHO Anthro	45	Raja Sriswan
10.15 -11:00	Practical	Hands on activity: Anthro software	45	Raja Sriswan and Madhavi Bhargava
11.15 - 12.00	Lecture	Perspective on Nutritional assessment: BMI and the Asian cut-offs	45	Anura Kurpad
12.00 -12.45	Lecture	Nutritional requirements for Indian population: Time for a change	45	Anura Kurpad
12.45 -1.15	Feedback from Participants and Valedictory function			

The course fee was 1500 INR and included shared accommodation and all meals and snacks during the course.