



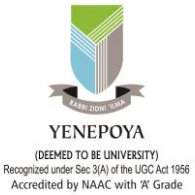
# Nutritional Assessment Techniques: Short Course

Organized by

Center for Nutrition Studies (CNS), Yenepoya  
(Deemed to be University)

Supported by UNICEF (Hyderabad)

*27<sup>th</sup> to 30<sup>th</sup> May 2019, Mangaluru*



## **Announcement**

**We are pleased to announce a four-day course on ‘Nutritional Assessment Techniques’ to be held on 27 – 30 May 2019 at Center for Nutrition Studies, Yenepoya (Deemed to be University), Mangalore.**

**Objectives: Nutritional assessment techniques ranging from assessment of diet, anthropometry & body composition to clinical and functional assessment.**

**Resource faculty: St. John’s Research Institute (Bangalore), University of Tampere (Finland), National Center for Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College & AIIMS, New Delhi, Center for Nutrition Studies, Mangaluru**

**Audience: Nutritionists, dieticians, public health professionals interested in nutrition.**

**Total seats: 20. Interested applicants to send their one-page CV, letter of intent and letter of recommendation from one referee to [cns@yenepoya.edu.in](mailto:cns@yenepoya.edu.in)**

**Registration Fees: INR 1500 (includes food and shared accommodation).**

**Four scholarship seats to deserving candidates based on CV & letter of intent**

**Nutritional Assessment Techniques: Short Course**  
**Organized by Center for Nutrition Studies**  
**Supported by UNICEF (Hyderabad)**

**Context of the course:**

Nutrition is one of the foundations of health in an individual as well as in a community. Nutritional issues like undernutrition on one hand and overweight/obesity on the other underlie a significant part of the preventable morbidity and premature mortality in a population.

Nutritional assessment techniques range from dietary assessment to anthropometry including assessment of body composition, and clinical and functional assessment. These are fundamental to formulation of a dietary prescription at the level of a clinic or a dietary policy for a population.

Professionals working in the spheres of healthcare, nutrition and public health need to be aware of the modalities of nutritional assessment, their strengths and limitations, and their application in the nutritional care process.

**Target audience:** This 4- day course on nutritional assessment techniques is meant for nutritionists as well as clinicians and public health professionals who are interested in nutritional care and research at clinic or community level.

**No. of participants:** Maximum of 20 people

**Course dates:** 27<sup>th</sup> May to 30<sup>th</sup> May, 2019

**Venue:** Yenepoya (Deemed to be University), Mangalore

**Course faculty: Staff from the following institutions:**

1. University of Tampere, Finland: Dr. Suvi Virtanen, Dr. Tarja Kinnunen
2. St. John's Research Institute: , Dr. Anura Kurpad, Dr. Rebecca Raj, Dr. Sumathi Swaminathan,
3. National Institute of Nutrition: Dr. R.S. Mamidi
4. National Centre of Excellence and Advanced Research on Diets: Dr. Mansi Chopra
5. AIIMS, New Delhi: Mrs. Gurdeep Kaur.
6. Yenepoya (Deemed to be University): Dr. Madhavi Bhargava, Dr. Anurag Bhargava, Dr. Padmakumar, Ms. Harshitha Raja.

Day 1 : Session 1				
Time	Mode	Topic	Duration	Faculty
9:00 AM		Introduction	15 minutes	Madhavi Bhargava
9:15 to 10:00 AM	Lecture	Maternal and Child Nutrition	45 minutes	Suvi Virtanen
10:00 – 10:30 AM	Inaugural function			
	Dietary assessment :			
10:30 to 11.15 AM	Lecture	Nutritional intake in Indian population: current status and trends	45 minutes	Raja SriswanMamidi
11:15 to 12:15 AM	Lecture	Diet as an exposure	60 minutes	TarjaKinnunen
12:15 to 1:00	Lecture	Maternal nutrition in Indian Context	45 minutes	Mansi Chopra
1:00-2:00	Lunch with faculty			
2:00 to 3:30 PM	Lecture	Measurement of food and nutrient intake	90 minutes	Suvi Virtanen& Mansi Chopra
3:30 to 4:15 PM	Instructions	Keeping food diary and 24 hour recall	45 minutes	TarjaKinnunen and Mansi Chopra
4.30 pm. onwards	Campus tour: Central Kitchen			
7 pm. onwards	Cultural event and dinner			
	Day 2	Dietary assessment, Dietary recommendations		
9:00 to 10:00 AM	Lecture	Food databases used in food and nutrient calculations including IFCT	60 minutes	Suvi Virtanen / Raja Sriswan
10:00 to 11:00 AM	Lecture and demonstration	Indian food databases and nutrient calculation	60 minutes	Gurdeep Kaur
11:00 to 11:30 AM	Lecture	Dietary surveys in India, the NIN experience	30 minutes	Raja Sriswan
11:30 to 1:00 PM	Practical	24 hour recall	90 minutes	TarjaKinnunen and Mansi Chopra
1:00-2:00	Lunch with faculty			
2:00 to 3:30 PM	Practical	Food frequency questionnaire	90 minutes	TarjaKinnunen and Mansi Chopra
3:30 to 4:30 PM	Lecture	Food policy: Success stories from Finland	30 minutes	TarjaKinnunen and Suvi Virtanen
	Wrap up and feedback			
4.30 p.m-5.30 p.m	Campus tour: Food craft / Yenepoya Research Center			
	Day 3: Anthropometric techniques, including Body composition, Assessment of physical activity			
8.30 to 10:00 AM	Practical	Food diary	90 minutes	TarjaKinnunen and Mansi Chopra
10.00-	Lecture	Use of biomarkers in	45 minutes	Prashant

10.45 a.m.		nutritional assessment		
10.45-11.30 a.m.	Lecture	Clinical assessment ,basic anthropometry	45 minutes	Anurag Bhargava
11.30 to 12.00 p.m.	Practical	Anthropometric techniques – 1	30 minutes	Anurag Bhargava, Madhavi Bhargava, Harshita Raja, Rebecca Raj
12.00-1.00 p.m	Lecture	Anthropometric techniques- Body composition	60 minutes	Rebecca Raj
1:00-2:00	Lunch with faculty			
2.00 to 2.45 p.m	Practical	Body composition ( skin fold, BIA)	45 minutes	Rebecca Raj, Mansi Chopra, Anurag Bhargava
2.45 p.m – 3.15p.m	Lecture	Software for nutritional assessment in children and adolescents: Overview of WHO Anthro	30 minutes	Raja Sriswan
3.15 p.m-4.30 p.m.	Practical	Hands on activity for use of Anthro software	75 minutes	Raja Sriswan and Madhavi Bhargava
4.30pm - 5.30 pm	Campus Tour Simulation center and Skills lab			
Day 4		Special Topics		
9:00-9.45 AM	Lecture	Nutritional assessment of pregnant mothers	45 minutes	Mansi Chopra
9.45 a.m. -10.30 a.m.	Lecture	Assessment of physical activity	45 minutes	Sumathi Swaminathan
10.30 - 11.a.m	Practical	Functional assessment including hand-grip dynamometry	45 minutes	Sumathi Swaminathan, Padmakumar
11.a.m-11.45 a.m	Lecture	Perspective on Nutritional assessment: BMI and the Asian cut-offs	45 minutes	Anura Kurpad
11 45 a.m -12.30 a.m.	Lecture	Nutritional requirements for Indian population: Time for a change	45 minutes	Anura Kurpad
12.30 -1 p.m	Feedback from Participants and Valedictory			