

Report of Short Course on 'Nutritional Assessment Techniques'

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 Thanry	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

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