

## **POST-GRADUATE CERTIFICATE COURSE IN NUTRITION**

Effective implementation of health and nutrition programmes call for adequately trained health professionals. The Post-Graduate Certificate Course in nutrition is one of the short-term intensive training programmes in nutrition offered by the National Institute of Nutrition, Hyderabad, India, for persons involved in medical education and public health.

### **Goals**

1. To provide the participants an exposure to the latest developments in nutrition science with particular reference to nutritional disorders and strategies for their prevention and control including allied aspects which are relevant to developing countries.
2. To enable them to develop the necessary leadership in planning, implementation and evaluation of nutrition programmes, which benefit the community.
3. To provide necessary background to help strengthen the nutrition component in teaching in medical colleges and enhance the capabilities of personnel involved in nutrition and health intervention and training programmes.

### **Eligibility**

1. Graduates (MBBS) or Post-Graduate in Medicine (MD) involved in implementation of public health programmes or engaged in teaching medical colleges.
2. Post-Graduates in Science (MSc) (Physiology/Biochemistry/ Foods & Nutrition/Dietetics) engaged in teaching in relevant disciplines of medical/home science colleges.

In addition to in-service candidates, sponsored by government or non-governmental organisations, foreign nationals sponsored by their employees or international organizations will also be considered.

### **Duration**

The course extends over a period of 10 weeks, beginning on 1st January every year and ending in the second week of the following March.

### **Language of Instruction**

The course will be conducted in English.

### **Financial Support**

In-service sponsored participants from government or non-governmental organisations are provided per diem by the Indian Council of Medical Research (ICMR). Participants from South East Asia, the Pacific and the Middle East will seek support from International agencies like WHO.

### **Fees**

The Institute does not charge any fees for the course from Indian in-service participants sponsored by various government or non-governmental agencies. However, tuition fee is payable by

overseas participants, as per the prevailing rules. The current rate is US \$ 200-00 per head per month for overseas participants.

### **Course Programme Organization**

The programme consists of teaching sessions, seminars, discussions and other group activities. It also includes practical work in the laboratory, clinic and field; individual elective programme, assignments and library work.

In the first six weeks, the course covers a core programme common to all participants. In these sessions, the theory of nutrition and its application in the community are discussed. Demonstration of important techniques, field experiences, attendance in the bedside clinics etc., form part of this core programme.

The next four weeks are devoted to providing as much individual experience as possible to the participants. Elective Programmes will be assigned according to each participant's background and interest. It would be mainly a training assignment which would be of practical use to the participants in their work later on. Participants are given intensive training in community nutrition particularly in diet survey methodology and nutritional status assessment. This exposure provides the participants with a first-hand experience of problems associated with primary health care delivery in the rural set-up.

### **Teaching Sessions/Seminars**

Each session is followed by active discussion. Panel discussions and seminars are frequently arranged to promote an understanding of various facets of nutrition. Each participant is expected to actively participate in seminars/short presentations on specific topics under the guidance of Institute's staff.

### **Task Analysis**

Participants allotted to different groups undertake specific tasks assigned to them. The problem solving approach adopted in these sessions helps them in comprehending the socio-economic and administrative complexities associated with practical nutrition problems. This exercise also enables them to take crucial decisions for solving the health and nutrition problems in real life situations.

Evaluation of all sessions by participants is an integral part of the course.

Library work and reading assignments are arranged to help participants prepare for these seminars, discussion groups and give the theoretical background for practicals.

The last ten days of the programme are devoted to a study tour. Leading institutions involved in health/nutrition related activities are visited. This enables participants to acquire a first-hand experience of the current work in the concerned fields at various centres.

### **Faculty**

The NIN scientific staff handle most sessions. Leading food and nutrition scientists and experts in a wide range of allied fields from other organizations elsewhere in India are also invited to participate as guest lecturers.

### **Examination and Award of Certificate**

Participants are judged on the basis of : (i) performance at seminars (ii) execution of individual projects assigned to them (iii) group educational activities including task analysis and (iv) results of formative and summative evaluations in the form of quizzes, exercises and examination. On their successful completion of the course, participants receive a formal certificate from the Institute.

### **Boarding and Lodging**

Accommodation is available for the participants at the International Hostel on NIN campus on reasonable payment.

### **Applications**

#### **Procedure**

Applications from Indian participants are to be submitted in the prescribed form. Application forms of sponsored candidates should be routed through their administrative channels. While advance applications may be sent to NIN, official copies of the applications are to be received in the Institute's office before the closing date.

Participants from abroad have to be sponsored by WHO or any other International Agencies providing financial assistance for the duration of the course through fellowship support. It is essential that the participants from outside India obtain the formal clearance and permission of the Ministry of Health and Family Welfare, Government of India, for undergoing the course at NIN.

Foreign participants are expected to submit their applications for admission at least five months in advance to obtain clearance from Government of India.

### **Closing Date**

Foreign Nationals	.....	1st July.
Indian Nationals	.....	1st October.