

## **Basics of health and nutrition**

**Indian Social Institute (ISI)**

**In collaboration with**

**Dr. Sylvia Karpagam**

Health and nutrition play an important role in our own lives as individuals as well as the communities we work with. With increased privatisation, communalism and influx of corporates, these issues are becoming more and more 'expert' driven, expensive and driven by unscientific policies. It is important to understand the basics of health, healthcare and nutrition so that we can engage with the issues in an informed manner. It is also to reclaim health into hands of people so that we can challenge both nutrition and health policies that adversely affect us and lead to increasingly catastrophic healthcare costs.

Karnataka is reeling with unacceptably high levels of stunting, wasting and undernutrition. This will have serious impact on the development of children and the future of the country. We need to intervene urgently at multiple levels to ensure that children receive their rightful nutrition which directly impacts on their health and education outcomes.

This 10-day training is being conducted to provide basic knowledge, skills and information to the participants to better engage with these issues in their own lives and in their work as well. This training will give a broad understanding and overview of basic concepts of nutrition, healthy practices and those that contribute to ill health.

### **Course content**

#### **Day 1 – Factors that affect health**

1. Mapping the body
2. Basics of disease and body's defence mechanisms
3. Social determinants of health

#### **Day 2 – Care of special groups**

1. Pregnancy and post-partum period – Common issues, risks and precautions
2. Care of the new-born – Breast feeding, danger signs, home based care.
3. Infant and adolescent care.

#### **Day 3 – Disease prevention and management**

1. Dengue
2. Swine flu
3. Tuberculosis

#### **Day 4 – Disease prevention and management**

4. HIV
5. Non communicable diseases (diabetes, hypertension, heart diseases)

**Day 5 – Basics of nutrition**

1. Nutritional status in India/Karnataka
2. Nutritional needs
3. Role of corporates in nutrition.

**Day 7**

1. Sexual harassment at workplace
2. Sexually transmitted diseases
3. Menstrual hygiene

**Day 8**

1. Health as a right - Role of the government and communities
2. Gender and sexuality

**Day 9**

1. Topics of participants choice
2. Mental illness

**Day 10** – Clarifications/Revision/Planning the way forward.

**Dates of training** - Every Tuesday and Wednesday starting 12<sup>th</sup> March 2019 and ending on 10th April 2019.

**Who can apply for the training?**

This training is open to everyone but preference will be given to those who works with communities. Maximum number of participants is 25, so registration will be based on availability. Last date for registration is

**Cost of training**

The 10 day training costs Rs. 5000/ participant and will include lunch/tea/coffee. Accommodation will not be provided. A detailed schedule will be shared with registered participants.

**Training co-ordinator** – Dr. Sylvia Karpagam – public health doctor active in the field of health and nutrition for the last 15 years.

**Venue** – Indian Social Institute

If you are interested, please fill out the following questionnaire and mail to [aogyarakshana@gmail.com](mailto:aogyarakshana@gmail.com)

1. Name
2. Address
3. Organisation
4. Contact number

5. Contact email
6. Why are you interested in the course?
7. Would you prefer the training to be in English or Kannada?