

"Limited seats only!"

ATAB Accredited

# CERTIFICATE PROGRAM ON NUTRITION AND AYURVEDA DIETETICS (CNAD)

BATCH 3

Kottakkal Ayurveda school of Excellence (KASE), a school for continuing, innovative and functional education in Ayurveda, is conducting online Certificate Program on Nutrition and Ayurveda Dietetics (CNAD)

18 Days Online Program

Video Demonstration of Selected Classical Preparations

## Highlights

- Principles and practices of Ayurvedic dietetics to maintain health
- Nutritional disorders and its management through Ayurvedic dietary preparations
- Basics of food safety & food processing
- The concept and practice of foodcine- common food items as medicine
- Basics of nutraceuticals - Functional foods; pre and probiotics , genetically modified foods
- Basic understanding of clinical nutrition - modern perspective
- Therapeutic diet in various clinical conditions
- Harmful effects of junk food & healthy alternatives in Ayurveda
- Novel practices & recent researches in nutrition
- Sports nutrition in Ayurveda
- Application of dietetics in antenatal and post natal care & childhood nutrition in the present era

 8th to 27th July, 2024

Medium of Instruction:  
English

7.00 PM TO 8.30 PM

**!!HURRY!!**

Registration now open  
first come first serve



## CONTACT US:

Director KASE  
Kerala Ayurvedic studies and Research society  
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Apply Online : <https://www.kottakkalayurvedakase.com/courses>





**Dr. SHOBANA MC**  
Professor & HOD  
VPSV Ayurveda College, Kottakkal

PRINCIPLES OF  
NUTRITION IN AYURVEDA



**Dr. GOPI KRISHNA S**  
Professor  
VPSV Ayurveda College, Kottakkal

CONCEPT OF VIRUDHAHARA AND ITS  
CLINICAL RELEVANCE TODAY (FOOD  
ADULTERATION & INCOMPATIBILITY)



**Dr. VINU RAJ**  
Associate Professor  
Govt. Ayurveda College, Kannur

DIETARY ADAPTATIONS  
BASED ON PRAKRITHI & SEASON  
SPORTS NUTRITION IN AYURVEDA



**Dr. RIJI MADHUSUDHANAN**  
Assistant Professor & Nutritionist,  
Centre For Physical Education,  
University Of Calicut

FUNDAMENTALS OF FOOD SAFETY  
AND PROCESSING, WITH EMPHASIS  
ON JUNK FOODS



**Dr. SUDHAKARA REDDY**  
Professor, JDSS Ayurveda  
Medical College, Mysuru

HARMFUL EFFECTS OF JUNK FOODS &  
AYURVEDIC ALTERNATIVES  
FOR HEALTH



**Dr. KAJEL ANNA MANI**  
Assistant Professor  
VPSV Ayurveda College, Kottakkal

BASICS OF NUTRITION AND  
MODERN PERSPECTIVES ON  
NUTRITIONAL DISORDERS



**Dr. SOWMYA C NAIR**  
Professor  
VPSV Ayurveda College, Kottakkal

AHARAVIDHI FOR  
LIFESTYLE DISORDERS



**Dr. DEEPA KK**  
Professor, Dravyaguna  
Ahalia Ayurveda Medical College

OPTIMAL NUTRITION FOR  
CHILDHOOD DEVELOPMENT



**Dr. APARNA S NAIR**  
Medical officer, Ism Dept,  
Govt. of Kerala

DIETETICS IN ANTENATAL AND  
POSTNATAL CARE IN THE MODERN ERA



**Dr. KAVITHA MB**  
Professor  
SDM College of Ayurveda, Hassan

AHARAVIDHI FOR DISORDERS OF AGNI:  
AJEERNA, AMLAPITTA, GRAHANI, ATHISARA



**Dr. SMITHA AV**  
Professor & HOD,  
PNNM Ayurveda College, Cheruthuruthy

FOOD AS MEDICINE: USING COMMON  
FOODS IN THERAPEUTIC PRACTICES



**Dr. ANUPAMA K**  
Professor  
VPSV Ayurveda College, Kottakkal

AHARAVIDHI FOR  
OBESITY MANAGEMENT



**Dr. SUBIN VR**  
Professor  
VPSV Ayurveda College, Kottakkal

AYURVEDIC DIETARY  
APPROACHES IN RHEUMATOLOGY



**Dr. JITHESH M**  
Professor & HOD  
VPSV Ayurveda College, Kottakkal

AYURVEDIC DIETARY STRATEGIES  
FOR NEURO-PSYCHIATRIC DISORDERS



**Dr. SAJITHA BHADRAN**  
MBA (Health care) PhD, Professor (NC)  
Government Ayurveda College, Trivandrum

BASICS OF NUTRACEUTICALS - FUNCTIONAL FOODS,  
PREBIOTICS, PROBIOTICS, AND GENETICALLY MODIFIED FOODS



**Dr. PM MADHU**  
Associate Professor,  
Govt. Ayurveda College, Kannur

AYURVEDIC DIET IN  
MANAGING SKIN DISORDERS



**Dr. GEETA DARMATTI**  
Consultant Nutritionist, Registered Dietician,  
Director of Geeta Nutriheal Consultancy, Pune

NOVEL PRACTICES AND RECENT RESEARCH IN  
NUTRITION: ADVANTAGES AND DISADVANTAGES



## CONTACT US:

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