



**KOTTAKKAL AYURVEDA  
SCHOOL OF EXCELLENCE**  
(VPSV Ayurveda College Campus, Kottakkal)

**ATAB Accredited**

"Limited  
seats only!"



# CERTIFICATE PROGRAM ON NUTRITION AND AYURVEDA DIETETICS (CNAD)

**BATCH 4**

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)

**3 months online program ; Video demonstration of selected classical preparations**

This course offers a concise yet comprehensive understanding of Ayurvedic nutrition and modern dietary science, addressing the needs of today's rapidly changing lifestyle and rising non-communicable diseases. It strengthens Ayurvedic clinical practice by reinforcing Aharachikitsa while incorporating contemporary concepts of food safety, clinical nutrition, and nutraceuticals. The program equips Ayurveda doctors to offer personalized, preventive, and therapeutic dietary care for lifestyle, metabolic, maternal, oncological, and sports-related health challenges.

## Highlights

- Principles of Ayurvedic dietetics for health maintenance
- Management of nutritional disorders through Ayurvedic diet
- Basics of food safety, processing, and food-cines
- Nutraceuticals, functional foods, prebiotics & probiotics
- Clinical nutrition: modern perspective
- Therapeutic diets for clinical conditions
- Demonstrations of therapeutic cookery
- Junk food hazards and healthy Ayurvedic alternatives
- Recent advances in nutrition & sports nutrition in Ayurveda
- Dietetics in antenatal, postnatal, pediatric care
- Basics of medical nutrition in oncology



08/04/2026 to  
03/07/2026  
7 PM to  
8.30 PM (IST)

**!!HURRY!!**

Registration now open  
first come first serve



2 online classes per week  
Expert-led sessions  
Self learning modules  
Interim assessments

## CONTACT US:

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Apply Online : <https://kottakkalayurvedakase.com/courses/cnadb4/>

# CERTIFICATE PROGRAM ON NUTRITION AND AYURVEDA DIETETICS (CNAD)

## FACULTY



Batch-4



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Professor & HOD  
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VPSV Ayurveda College, Kottakkal



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**Dr. RIJI MADHUSUDHANAN**  
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University Of Calicut



**Dr. SUDHAKARA REDDY**  
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**Dr. KAJEL ANNA MANI**  
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**Dr. DEEPA KK**  
Professor, Dravyaguna  
Ahalia Ayurveda Medical College



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



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



**Dr. SMITHA AV**  
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**Dr. JITHESH M**  
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**Dr. SAJITHA BHADRAN**  
MBA (Health care) PhD, Professor (NC)  
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**Dr. PM MADHU**  
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Govt. Ayurveda College, Kannur



**Dr. GEETA DARMATTI**  
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Director of Geeta Nutriheal Consultancy, Pune



**DR SNANY SURENDRAN A**  
HOD , Department of Nutrition oncology,  
MVR Cancer Centre and Research  
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