



"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

- Foundational Ayurvedic Dietetics: Principles of Ahara for health promotion and disease prevention.
- Clinical Nutrition & Therapeutic Diets: Dietary management for selected diseases and nutritional disorders.
- Integrative Food Science: Food-cines, safety standards, and modern processing.
- Advanced Nutraceuticals: Clinical applications of functional foods, prebiotics, and probiotics.
- Medical Nutrition in Oncology: Specialized dietetic protocols for Cancer care
- Life-Cycle Dietetics: Nutrition for pediatric, antenatal, and postnatal stages.
- Advances in Sports Nutrition: Ayurvedic approach to performance and recovery.
- Therapeutic Culinary Arts: Demonstrations of therapeutic cookery
- Dietary Correctives: Healthy Ayurvedic alternatives to junk foods



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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# CERTIFICATE PROGRAM ON NUTRITION AND AYURVEDA DIETETICS (GNAD)

## FACULTY



Batch-4



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VPSV Ayurveda College, Kottakkal



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



**Dr. SUDHAKARA REDDY**  
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**Dr. KAJEL ANNA MANI**  
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**Dr. DEEPA KK**  
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**Dr. APARNA S NAIR**  
Medical officer, Ism Dept,  
Govt. of Kerala



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



**Dr. SMITHA AV**  
Professor & HOD,  
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**Dr. JITHESH M**  
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**Dr. SAJITHA BHADRAN**  
MBA (Health care) PhD, Professor (NC)  
Government Ayurveda College, Trivandrum



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



**DR SNANY SURENDRAN A**  
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