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Department of Health Research



**icmr**  
INDIAN COUNCIL OF  
MEDICAL RESEARCH

**RMRCBB**  
REGIONAL MEDICAL RESEARCH  
CENTRE, BHUBANESWAR

## A 5-DAY HANDS-ON WORKSHOP ON

**NUTRITIONAL ASSESSMENT, DIETARY PROFILING AND  
ANTHROPOMETRY AMONG INDIAN CHILDREN, ADOLESCENTS, AND  
ADULTS: UNDERSTANDING AT COMMUNITY TO POLICY/PROGRAM  
LEVEL.**

**DATE: 1<sup>ST</sup> SEPTEMBER - 5<sup>TH</sup> SEPTEMBER 2025**

**Under the aegis of  
ICMR-RMRC, BHUBANESWAR**



**Seats available: 40**

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## **ABOUT ICMR-REGIONAL MEDICAL RESEARCH CENTRE (RMRC), BHUBANESWAR**

The ICMR-Regional Medical Research Centre (RMRC), Bhubaneswar, established in 1981, is a premier institute under the Indian Council of Medical Research (ICMR), Ministry of Health and Family Welfare, Government of India. Strategically located in Odisha, the Centre serves as a hub for biomedical, public health, and translational research, especially focusing on the eastern and north-eastern regions of India. ICMR-RMRC Bhubaneswar addresses diverse and region-specific health challenges through multidisciplinary research in the key domains like Lymphatic Filariasis, Malaria, Diarrheal Diseases, Tuberculosis, various Communicable and Non-Communicable Diseases, Nutrition and Lifestyle Disorders, Socio-Behavioral Health, Tribal Health, Multimorbidity and Aging, Environmental Health, and One Health approaches. The Centre is also deeply engaged in community-based health research, policy-relevant studies, and collaborative projects at national and global levels.

The Centre has also key facilities and initiatives like three Model Rural Health Research Units (MRHRUs), Regional Health Technology Assessment (HTA) Hub, Regional Virus Research and Diagnosis Laboratory (VRDL), National Reference Laboratory (NRL) for Tuberculosis. The Centre also offers academic programs such as Ph.D. and Master of Public Health (MPH), adopting an interdisciplinary approach to education and training aimed at preparing future public health professionals. With its dedicated team of scientists, advanced laboratories, strong community outreach, and capacity-building programs, ICMR-RMRC Bhubaneswar plays a vital role in improving public health outcomes and shaping evidence-based health policies across the region.

### **WORKSHOP OVERVIEW:**

India faces a complex and evolving nutritional landscape characterized by the coexistence of undernutrition, micronutrient deficiencies, and rising rates of overweight, obesity, and non-communicable diseases. Understanding the **nutritional status across life stages—children, adolescents, and adults—is critical** for designing effective interventions and shaping public health policies.

This workshop is designed to strengthen understanding, technical expertise and methodological proficiency in the field of human nutrition and nutritional assessment, with a particular focus on anthropometric techniques, dietary profiling and field techniques. Given the pressing challenges of malnutrition and health disparities across diverse demographic contexts in India, the workshop seeks to address the critical need for a trained and competent research workforce capable of generating accurate and unbiased nutritional data. By integrating theoretical knowledge with hands-on training, the program aims to equip participants with the skills required to conduct independent, high-quality research and effectively contribute to evidence-based public health interventions and policy formulation. Furthermore, the workshop encourages knowledge dissemination by

enabling participants to share acquired skills within their professional networks, thereby fostering the development of a technically sound and efficient research community in the domain of nutritional science. The workshop will also foster a forum for future nutritional research across the country.

## **OBJECTIVES OF THE WORKSHOP:**

- ☐ To develop hands-on skills in nutritional assessment, dietary profiling, and anthropometry.
- ☐ To understand food behavior patterns and their implications for nutrition research and interventions.
- ☐ To strengthen nutrition communication strategies for behavior change and public health outreach.
- ☐ To link community-level nutrition data with program and policy planning.
- ☐ To gain practical exposure to field tools, techniques, and data collection in real-world settings.

## **THEMES OF THE WORKSHOPS**

### **1. Nutrition and Human Growth Across Life Stages**

*(Understanding the impact of nutrition on physical and cognitive development in children, adolescents, and adults.)*

### **2. Dietary Behaviors and Dietary Profiling in Indian Populations**

*(Methods and challenges in assessing and analyzing dietary patterns across demographics.)*

### **3. Nutrition Communication and Behavioral Change Strategies**

*(Role of health communication in promoting dietary and nutritional awareness in communities.)*

### **4. Clinical and Biochemical Aspects of Nutrition**

*(Micronutrient assessment, nutritional biochemistry, and clinical nutrition applications.)*

### **5. Paediatric and Adolescent Nutrition: Evidence from Research**

*(Current trends, challenges, and research findings in child and adolescent nutrition.)*

### **6. Tools and Techniques for Nutritional Assessment and Anthropometry**

*(Practical training on validated methods and tools for field-based assessments.)*

### **7. Fieldwork Methodologies in Community Nutrition Research**

*(Designing, conducting, and analyzing community-level nutrition surveys and assessments.)*

### **8. Nutrition Programs and Policies in India: National and State Perspectives**

*(Evaluation of existing interventions and their alignment with population needs.)*

**A special Technical Session with UNICEF on “*Research to Policy and Implementation: Experience, learning and Advocacy on Nutrition in India*”**

## **TARGET AUDIENCE:**

Participants should hold at least a post-graduate or equivalent degree in any of the disciplines such as, Anthropology/Population Studies/Social Sciences/Public Health/Medical Sciences/Statistics/Food Science

& Nutrition or related fields. Both student scholars as well as early career researchers are encouraged to apply and participate.

### EXPECTED LEARNINGS:

- Gain **practical skills** in conducting nutritional assessments using standardized tools.
- Understand and apply **dietary profiling** techniques to assess nutritional intake and food behavior.
- Learn accurate methods for **anthropometric measurements** across different age groups.
- Analyze and interpret **nutrition-related data** for use in research and programming.
- Develop effective **nutrition communication strategies** for community engagement and behavior change.
- Strengthen the ability to **translate field-level findings** into actionable insights for programs and policies.
- Gain **field exposure** to real-world challenges and best practices in community-based nutrition research.
- Enhance interdisciplinary thinking around **nutrition, health systems, and public policy**.

**Seats available: 40**

**(15 for early/mid-career participants and 25 for Students/scholars)**

### IMPORTANT DATES:

Registration Deadline

**17<sup>th</sup> August 2025**

Notification of Acceptance

**19<sup>th</sup> August 2025**

**Email ID for further communication:** nutritionworkshop2025@gmail.com

**QR Link for Application:**



<https://forms.gle/Fd4R9WG4Kxsm1V8bA>