

Student Hand Book



Certificate Course in Nutrition

INSTITUTE OF MEDICINE AND
HEALTH SCIENCES

INSTITUTE OF MEDICINE AND HEALTH SCIENCES (IMHS) SRI
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CERTIFICATE COURSE IN NUTRITION

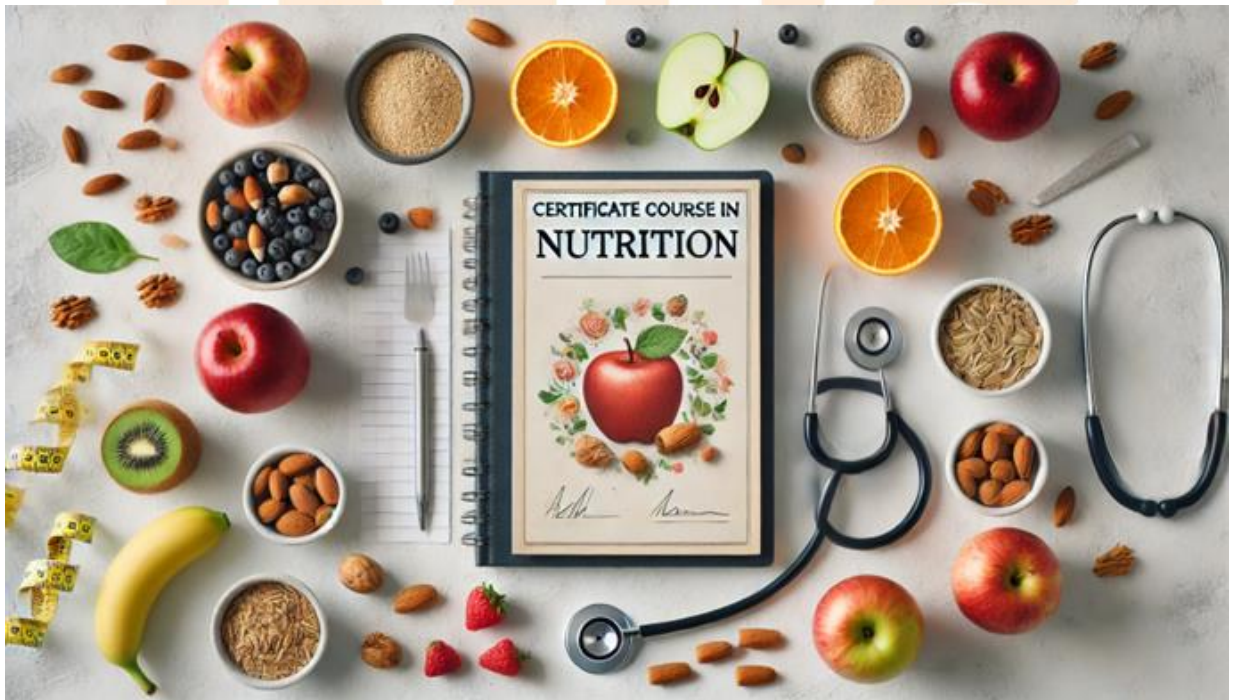


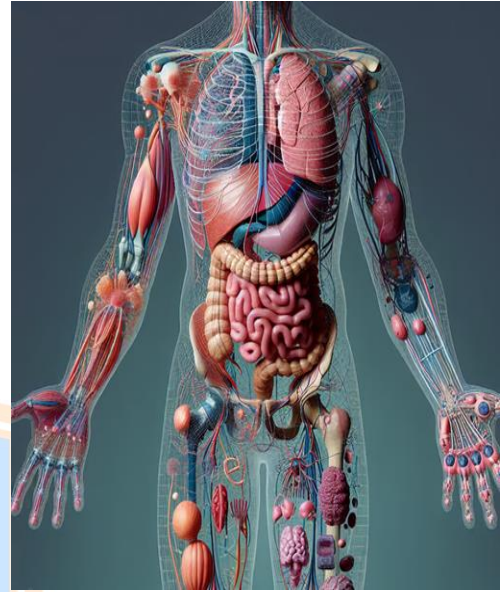
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Certificate Course in **Nutrition**

Targeted Group

A nutrition course is important for several types of professionals who are involved in health, wellness, and lifestyle management. Here's a list of professionals who can benefit from a nutrition course:

- Dietitians and Nutritionists
- Healthcare Providers (Nurses, Midwives etc.)
- Fitness Trainers and Personal Trainers
- Sports Professionals (Coaches, Athletes, and Sports Therapists)
- Pharmacists assistant Pharmacists
- Public Health Professionals
- Wellness Coaches
- Supplement Marketers
- Beauticians
- Caregivers

Course Highlights

- Comprehensive Nutrition Education
- Specialized Knowledge on Nutrition Categories and Supplements
- Interactive Learning with Practical Marketing Skills
- Ethical Standards and Legal Compliance
- Practical Skills in Nutrition and Science
- Hands-On Engagement with Medical Community
- Career Guidance and Job hunting
- Preparation for Global Opportunities
- Highly Qualified Lecturers
- Distance Learning (ONLINE)
- Unlimited Access of Lecture Recordings
- ONLINE Access Modules
- Oral and Written Tests
- Certificate with Transcript

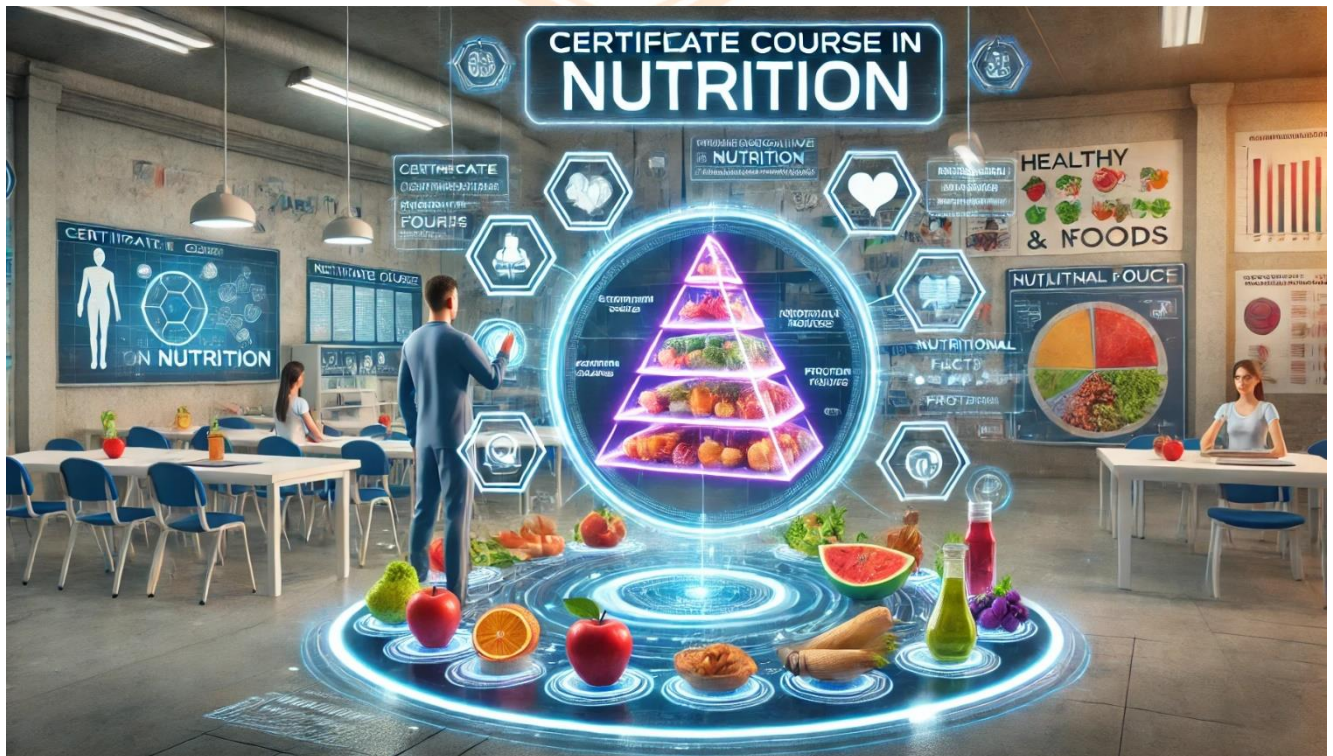


Course Content

- Introduction to Nutrition
- Digestive System and Metabolism
- Nutritional Assessment and Planning
- Dietary Guidelines and Food Pyramid
- Nutritional Needs Across the Lifespan
- Nutrition for Disease Prevention and Management
- Food and Nutrient Labels
- Nutritional Supplements and Functional Foods
- Nutrition and Exercise
- Public Health Nutrition
- Cultural and Ethical Aspects of Nutrition
- Psychology of Eating and Behavior Change
- Clinical Nutrition and Medical Nutrition Therapy
- Food Safety and Hygiene
- Emerging Trends in Nutrition
- Practical Application and Case Studies
- Ethics and Professional Development in Nutrition

Program's Outcomes

- Understanding of Basic Nutritional Science
- Ability to Assess Nutritional Needs
- Application of Dietary Guidelines and Food Planning
- Knowledge of Nutrition Across the Lifespan
- Understanding of Nutrition and Chronic Disease Prevention
- Ability to Use Food Labels and Interpret Nutritional Information
- Knowledge of Nutritional Supplements and Functional Foods
- Ability to Design Nutrition Plans for Specific Populations
- Understanding of the Psychological Aspects of Eating and Behavior Change
- Knowledge of Food Safety and Hygiene Practices
- Ability to Promote Healthy Lifestyle Choices
- Critical Thinking and Evidence-Based Practice
- Ethical and Professional Standards in Nutrition
- Practical Experience and Application
- Ability to Communicate Nutritional Information Effectively
- Continual Learning and Professional Development



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Certificate Course in Nutrition

Course syllabus

Lecture	Topic of the lecture	Sub topics and Remarks	Allocated time
1	Definition for Nutrition	<ul style="list-style-type: none"> ➤ Nutrition as a science ➤ Essential vocabulary ➤ Food science ➤ Food classification by origin ➤ Food classification by chemical composition ➤ Macro nutrients ➤ Micro nutrients ➤ Comparison of macro and micronutrients 	1 hour
2	Diet	<ul style="list-style-type: none"> ➤ Healthy diet and constituents in a healthy diet ➤ Balance diet ➤ Recommended dietary allowance(RDA) ➤ Adequate Intake (AI) ➤ Estimated Average Requirement (EAR) ➤ Tolerable Upper Intake Level (UL) ➤ Deficiency diseases ➤ Essential nutrients and nonessential nutrients 	1 hour

3	Calories in food and nutrition	<ul style="list-style-type: none"> ➤ Energy from nutrients/daily caloric intake. ➤ Calories and kilocalories ➤ BMI calculator ➤ Malnutrition ➤ Under nutrition ➤ Over nutrition ➤ Underweight ➤ Overweight ➤ Obese 	1 hour
4	Physiological steps of nutrition process	<ul style="list-style-type: none"> ➤ Ingestion ➤ Digestion ➤ Absorption ➤ Assimilation ➤ Egestion ➤ Utilization ➤ Parts of human digestive system ➤ The digestion process 	1 hour
5	Macronutrients	<ul style="list-style-type: none"> ➤ Carbohydrates <ul style="list-style-type: none"> • Monosaccharides • Disaccharides • Polysaccharides ➤ Proteins <ul style="list-style-type: none"> • Amino acids • Polypeptides ➤ Lipids 	1 hour
6	Advance topics in nutrition	<ul style="list-style-type: none"> ➤ Introduction to Cell Biology ➤ DNA Replication and Cell Division ➤ Free Radicals ➤ Antioxidants and Antioxidant Activity ➤ Basic Reproductive Biology ➤ Sex Hormones 	2 hours

		<ul style="list-style-type: none"> ➤ Contraceptive Methods and Health Impacts ➤ Aging, Degenerative Diseases and Female Diseases. 	
7	Micro nutrients	<ul style="list-style-type: none"> ➤ Vitamins <ul style="list-style-type: none"> • Vitamin A • Thiamine • Riboflavin • Niacin • Pantothenic acid • Vitamin B6 • Vitamin B12 • Biotin • Vitamin C • Vitamin D • Vitamin E • Folate ➤ Minerals <ul style="list-style-type: none"> • calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, chromium, copper, fluoride, molybdenum, manganese, and selenium 	2 hours
8	Diseases and Conditions Influenced by Vitamin Deficiency	<ul style="list-style-type: none"> • Beriberi • Ariboflavinosis • Pellagra • Paraesthesia • Biotin deficiency • Hypocobalaminemia • Night blindness • Scurvy • Rickets • Vitamin K deficiency • Magnesium deficiency • Potassium deficiency 	2 hours

9	Dietary Supplements	<ul style="list-style-type: none"> ➤ Introduction to dietary supplements ➤ Commonly marketed dietary supplements available in Sri Lankan/world market <ul style="list-style-type: none"> • Ginseng Root Extract • Activated Charcoal • Ashwagandha • Astaxanthin • Astragalus • Berberine • Biotin • Chlorella • Chlorophyll • Choline • Cod Liver Oil • Cordyceps • Damiana • Evening Primrose • Fish Oil • Gamma-Aminobutyrate • Garlic • Ginger • Glutathione • Horny Goat Weed • Hyaluronic Acid • Inositol • Krill Oil • L-Arginine • L-Carnitine • Lecithin • Licorice • Lutein • Maritime Pine • Melatonin • Moringa • Phenylalanine • Phosphatidylserine 	4 hours
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		<ul style="list-style-type: none"> • Raspberry Ketone • Rhodiola • Serrapeptase • Whey Protein 	
10	Commonly Marketed Nutraceutical Products in Sri Lanka	<ul style="list-style-type: none"> ➤ Introduction to basic Biotechnology /Biosystem technology ➤ Introduction to Pharmaceutics ➤ Omega 3 fish oil ➤ CoQ10 ➤ Glucosamine ➤ Vitamin E capsules ➤ Other key products 	2 hours
11	Commonly marketed herbal supplements in Sri Lanka	<ul style="list-style-type: none"> ➤ Introduction to Pharmacognosy ➤ Directed study for a market survey ➤ Discussion of common herbal products based on a market survey 	2 hours
12	Commonly Marketed FMCG Dietary Items in Sri Lankan Market	<ul style="list-style-type: none"> ➤ Butter brands ➤ Directed study for a market survey ➤ Margarine brands ➤ Cheese brands ➤ Marmite yeast extract ➤ Energy drinks (Red Bull) ➤ Liquid milk brands ➤ Milk powder brands and Malted milk brands ➤ Fruit drinks ➤ Jams ➤ Coffee 	4 hours

		<ul style="list-style-type: none"> ➤ Tea and Green tea ➤ Preserved meat (Sausages and meat balls) ➤ Fruit drinks ➤ Carbonated drinks ➤ Chocolates 	
13	The role of nutrition in skin health	<ul style="list-style-type: none"> ➤ The Basics of Skin Structure ➤ Key Nutrients for Healthy Skin ➤ Vitamins <ul style="list-style-type: none"> • Vitamin A • Vitamin C • Vitamin E • Vitamin D ➤ Minerals <ul style="list-style-type: none"> • Zinc • Copper • Selenium ➤ Fatty Acids <ul style="list-style-type: none"> • Omega-3 Fatty Acids • Omega-6 Fatty Acids ➤ The Impact of Antioxidants in skin ➤ Hydration and Skin Health ➤ The Gut-Skin Connection ➤ Dietary Habits and Skin Conditions <ul style="list-style-type: none"> • Inflammatory Foods • Sugar and Aging • Acne and Dairy • Eczema and Food Sensitivities ➤ Supplements and Skin Health ➤ Dermatology and Skincare 	4 hours

		<ul style="list-style-type: none"> ➤ Dryness and Topical Solutions ➤ Skin Cancer Awareness ➤ Practical Tips for Healthy Skin ➤ Diversify Your Plate 	
14	Essential Supplements for Fitness Enthusiasts	<ul style="list-style-type: none"> ➤ Benefits of Supplements for Fitness <ul style="list-style-type: none"> • Mechanism of Muscle Growth • Proper Nutrition in Athletic Performance • Balance Nutrition in Workout Recovery • Bridging Nutritional Gaps in Athletes • Well Nutrition and Overall Health ➤ Key Supplements for Fitness Enthusiasts <ul style="list-style-type: none"> • Creatine • Protein Supplements (Whey Protein Powder) • BCAAs and Glutamine • Zinc • Magnesium • Vitamin B-6 • D-Ribose • NOS (Nitric Oxide Supplements) • Caffeine • Carnitine • L-Arginine 	4 hours

15	Modern topics in Nutrition	<ul style="list-style-type: none"> ➤ Introduction to Research Articles and Journals ➤ Impact Factor of Journals and How to find a Good Scientific Research Paper ➤ Reference styles in Research articles. ➤ Advertising in nutraceutical products ➤ Handling literatures ➤ Health Hazards in handling nutraceuticals. ➤ Other Promotional materials. ➤ Market research ➤ NMRA Act, Narcotic Act and Consumer Act. ➤ Legal aspects in Nutraceuticals and Supplements handling 	2 hours
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Message from the Nutrition Course Lecturer

Welcome to the Nutrition Course!

I am excited to have you embark on this journey into the world of nutrition. Throughout this course, we will explore the science behind what we eat, how our bodies process food, and how proper nutrition plays a critical role in maintaining health and preventing disease. Whether you are pursuing a career in healthcare, fitness, food science, or simply have a passion for understanding nutrition, this course will provide you with essential knowledge and practical skills to make informed decisions about diet and health.

Nutrition is a dynamic and ever-evolving field, and our understanding of its impact on overall well-being is constantly growing. By the end of this course, you will have a deeper understanding of the nutrients our bodies need, how to evaluate and improve dietary habits, and how nutrition can be tailored to meet the needs of individuals at different life stages or with specific health concerns.

This course is designed to be interactive, with opportunities to engage in case studies, discussions, and hands-on activities that will allow you to apply what you learn in real-world contexts. It is my hope that you will develop not only a foundational knowledge of nutrition but also a passion for continuing your education in this ever-important area of health.

As your lecturer, I encourage you to approach this subject with curiosity, critical thinking, and an open mind. Nutrition is more than just science—it's about making choices that can positively impact our health, energy, and quality of life. Together, we will explore the many ways that nutrition intersects with culture, society, and individual needs.

I look forward to working with you and supporting you on your learning journey. Should you have any questions or need assistance, don't hesitate to reach out. Let's make this course an engaging and enriching experience for all of us!



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Faculty Members of the IMHS



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Dr. Isuru Wijesinghe (PhD)

- **Senior Lecturer / Director IMHS**
- **PHD (USA) - Healthcare & Pharmaceutical Sciences**
- **MSc (USA) - Pharmaceutical Sciences**
- **BPharm Special (SL)**
- **Registered in Sri Lanka Medical Council**
- **LLB (Reading) (SL)**
- **16 Years experiences in the field**



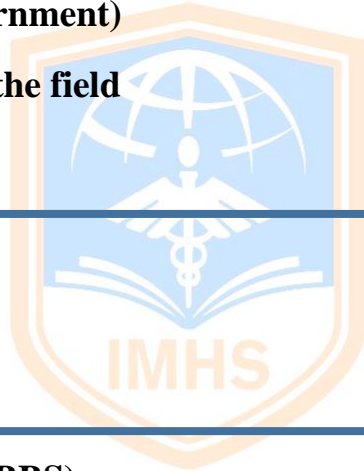
Dr. R. Sanjewa Pathirana (PhD) – Lead Educator to this Course

- **Senior Lecturer IMHS**
- **PHD (SL) in Plant Molecular genetics**
- **MSc (SL) in Biotechnology**
- **Master of Arts**
- **B.Sc Molecular Biology & Biochemistry**
- **Diploma in Pharmaceutical Management & Practice**
- **Registered Sri Lanka Medical Council**
- **16 Years experiences in the field**



Mrs. MGEJ Dharmasiri

- **Senior Lecturer / Director IMHS**
- **BPharm (Reading) (SL)**
- **Diploma in Pharmacy (Proficiency) (SL)**
- **Registered in Sri Lanka Medical Council**
- **Chief Pharmacist (Government)**
- **15 Years experiences in the field**



Dr. Niranga Meegaskada (MBBS)

- **Senior Lecturer IMHS**
- **MBBS (SL)**
- **Senior Medical Officer (Government)**
- **Obstetrics and Gynecology**
- **15 Years experiences in the field**



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Mr. V Hari Harshan

- **Senior Lecturer IMHS**
- **MPharm (India)**
- **BPharm Special (India)**
- **Registered in Sri Lanka Medical Council**
- **Head of Formulation Development (SL)**
- **11 Years experiences in the field**



Ms. GWT Madhumali

- **Senior Lecturer IMHS**
- **BSc Nursing (Special) SL**
- **Registered Nurse (Nursing Council, SL)**
- **Nursing officer (Government)**
- **11 Years experiences in the field**



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About IMHS

IMHS (Institute of Medicine & Health Sciences) was established in 2019 with the aim of facilitating Professional Healthcare Education for the professionals involved in the healthcare sector, students pursuing their studies in Healthcare & Medicine and the members of the general public who wishes to acquire & enhance their knowledge on health education.



Since the inception, over 3000 students have successfully completed the courses offered by IMHS

IMHS currently offers the below Professional programs for SLMC Registered Apprentice Students.



- Diploma In Pharmaceutical Sciences (SLMC Registration)
- Foundation Course On Pharmaceutical
- Advanced Course In Pharmaceutical Manufacturing
- Advanced Course In Pharmaceutical Law & Regulation
- Advanced Course In Hospital & Community Pharmacy Practices
- Full Revision Course – External Pharmacist Examination (SLMC Registration)
- Rapid Revision Course – External Pharmacist Examination (SLMC Registration)
- OSPE & VIVA – External Pharmacist Examination (SLMC Registration)
- English Course For Healthcare Professionals (Medical English Course)

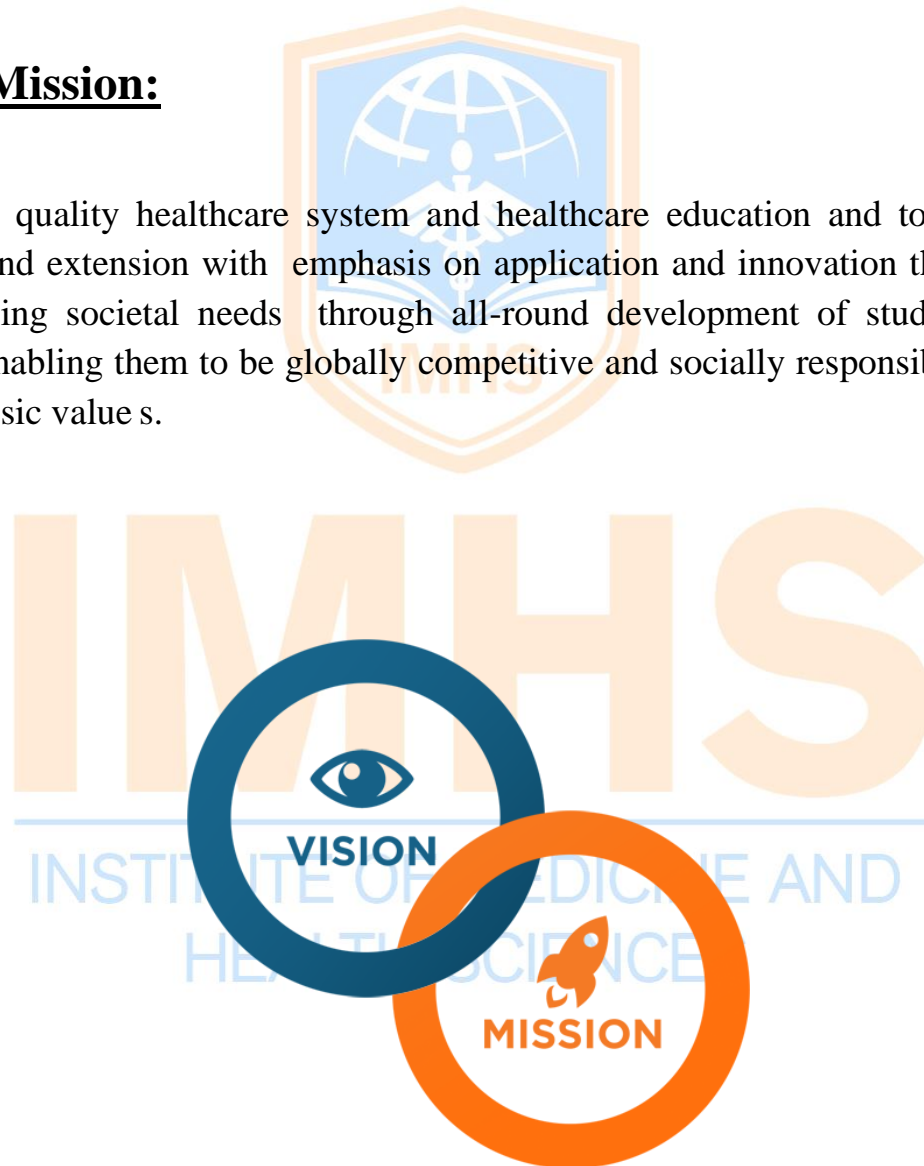
In addition to the above, our management team is tirelessly working on introducing novel program areas (attached full programs below).

IMHS Vision

To be a globally renowned Healthcare Education Provider.

IMHS Mission:

To impart quality healthcare system and healthcare education and to undertake research and extension with emphasis on application and innovation that cater to the emerging societal needs through all-round development of students of all sections enabling them to be globally competitive and socially responsible citizens with intrinsic values.



Chairman's / Managing Director's Message

The Pharmaceutical Industry has been evolving in Sri Lanka and around the world, over the years. Technological advancements, process re-engineering, knowledge sharing & up-skilling have resulted in elevating the overall standards of the industry and its stakeholders.

We established IMHS in 2019, in order to facilitate and share up-to-date knowledge on a number of subject areas within the Pharmaceutical industry. The learned, professional panel of lecturers work tirelessly in developing, further improving & delivering quality course content to students across the subject areas of drug action on diseases, medicine legislation, patient counseling and good pharmaceutical manufacturing practices, to name a few.

By completing our courses successfully, you will be empowered with knowledge and skills related to become a professional in the pharmaceutical industry; may it be in a hospital, a retail or wholesale pharmacy, or even in a pharmaceutical manufacturing facility. Our result-driven subject curriculum & teaching methods will equip you with the required skills and knowledge, for career progressions within and beyond the Pharmaceutical Science industries.

R.M Isuru Gayashan Wijesinghe

Senior Lecturer

PhD in Healthcare & Pharmaceutical Sciences, USA

M.Sc in Pharmaceutical Sciences, USA

BPharm (Special) Sri Lanka, LLB (Reading) SL



Director's Message

Our journey at IMHS started with the aim of developing a center of globally known excellence in Pharmaceutical education in Sri Lanka. Toward achieving this dream, we promote high-quality education and training in pharmaceutical science as well as entrepreneurship and innovation that cater to emerging societal needs.

As a Pharmacist with years of knowledge and experience in the industry, I believe proper knowledge of medicine with good ethics makes our community healthier which is very important for the growth of our country. So, we are committed to creating a learning, innovative, scientific, and carefully planned course curriculum for our students. This will help them gain knowledge of Pharmaceutical industry and relevant skills to claim their professional place in healthcare.

So, I invite you to join us to embark on a meaningful and rewarding career where you can play a part to safeguard health by making quality drugs and imparting knowledge on the safe use of medicines.

M.G.E.J Dharmasiri

Senior Lecturer

BPharm (Reading), Sri Lanka

Diploma in Pharmacy, Sri Lanka

Chief Pharmacist - Government Hospital





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KIU
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IMHS SIGNED MOU WITH KIU

DATE : ON 5TH APRIL 2024 AT KIU



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IMHS SIGNED MOU WITH T L CARE CAMPUS PVT LTD

DATE : ON 19TH APRIL 2024



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IMHS Academic Goals

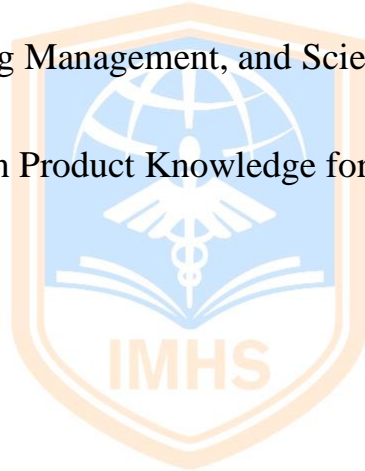
1. To offer a healthcare education pathway to healthcare professionals and the general public with the industrial and global requirements, and enhance the healthcare knowledge of the people.
2. To identify and introduce new education providing areas and incorporate curriculums and arrange relevant education high standard processes to the global.
3. To design and implement an educational system adhering to outcome-based international models
4. To introduce and implement innovation in the teaching and learning process to strengthen academic delivery



IMHS Courses:

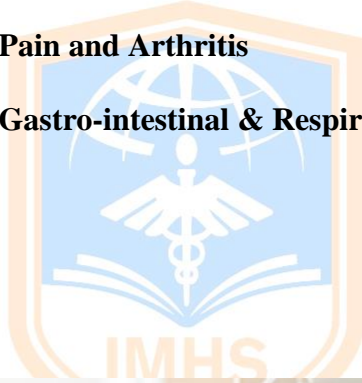
- Medication Handling and Safety for Caregivers
- Foundation Course on Pharmaceutical Sciences
 - Certificate Course on Pharmacy Practice (Assistant Pharmacist Course)
 - Certificate Course on “Basics of Pharmaceutical Manufacturing”
 - Advanced Courses on Pharmaceutical Manufacturing
 - Advanced Courses on Pharmaceutical Law and Regulation
 - Advanced Courses on Community Pharmacy Practices
 - Diploma in Pharmaceutical Sciences
- Pharmacists’ Course for Sri Lanka Medical Council (SLMC) registration
- Revision Courses – External Pharmacist Examination (SLMC Registration)
- OSPE & VIVA – External Pharmacist Examination (SLMC Registration)
- Higher Diploma in Pharmaceutical Sciences
- International Pharmacy Qualification Examinations (RPL)
- Pharmaceutical Marketing & Scientific Insights
- Professional Product training Courses for medical delegates & managers

- Skill Development for Pharmaceutical Industry Pharmaceutical Manufacturing (Production)
- Skill Development for Pharmaceutical Industry Research & Development
- Skill Development for Pharmaceutical Industry Quality Assurance
- Pharmaceutical Marketing Management, and Scientific Insights
- Professional Certificate in Product Knowledge for Medical Representatives & Managers
- Caregiver courses
- First aid courses
- Occupational Safety & Health Courses
- Physiotherapy courses
- Medical English Course For Healthcare Professionals
- Medical English Course For Medical Students (Beginner, Intermediate, Advanced)
- English courses for Medical Students
- Wound care management courses



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- Healthcare Education Courses for General Public
 - **First Aid Fundamentals for Everyone**
 - **Living Well with Diabetes**
 - **Healthy Pregnancy and Lactation Essentials (Pregnancy and Location)**
 - **Living Well with High Blood Pressure & High Blood Cholesterol**
 - **Living Well with Pain and Arthritis**
 - **Living Well with Gastro-intestinal & Respiratory Disorders**



Continuing Professional Development

CPD



IMHS සමගින්

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Pharmaceutical, Nursing, Medical Delegates, Care Giving

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Educational Objectives of IMHS

This program has been crafted with the following educational objectives:

1. **Knowledge Expansion:**

- To broaden the understanding of healthcare professionals, colleagues, and the wider community regarding the intricacies of the pharmaceutical industry and the overall healthcare system.

2. **Professional Development:**

- To cultivate a workforce that is both knowledgeable and competent, thereby enhancing the quality of personnel within the pharmaceutical sector and healthcare infrastructure.

3. **Educational Advancement:**

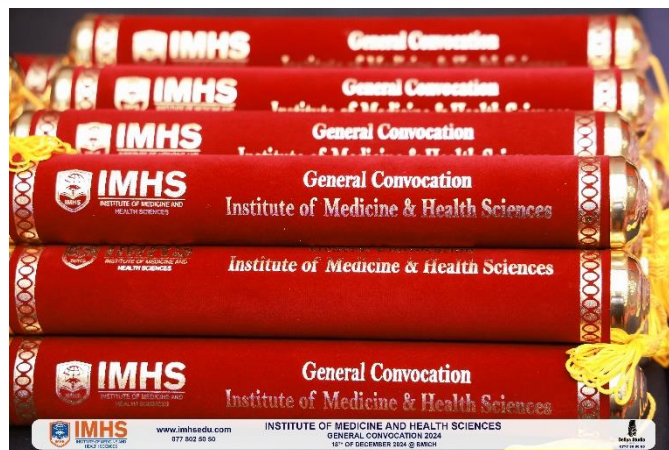
- To establish a structured educational route that guides individuals through the complexities of the pharmaceutical landscape and healthcare services.

4. **Career Exploration:**

- To spotlight the multitude of vocational opportunities available within the pharmaceutical field and healthcare system, thus informing and inspiring the public about potential career paths.

Each goal is aimed at not only enriching participants with knowledge but also at fostering a more efficient, informed, and prepared community of healthcare practitioners and industry professionals.

IMHS CONVOCAATION 2024



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IMHS General Convercation 2024

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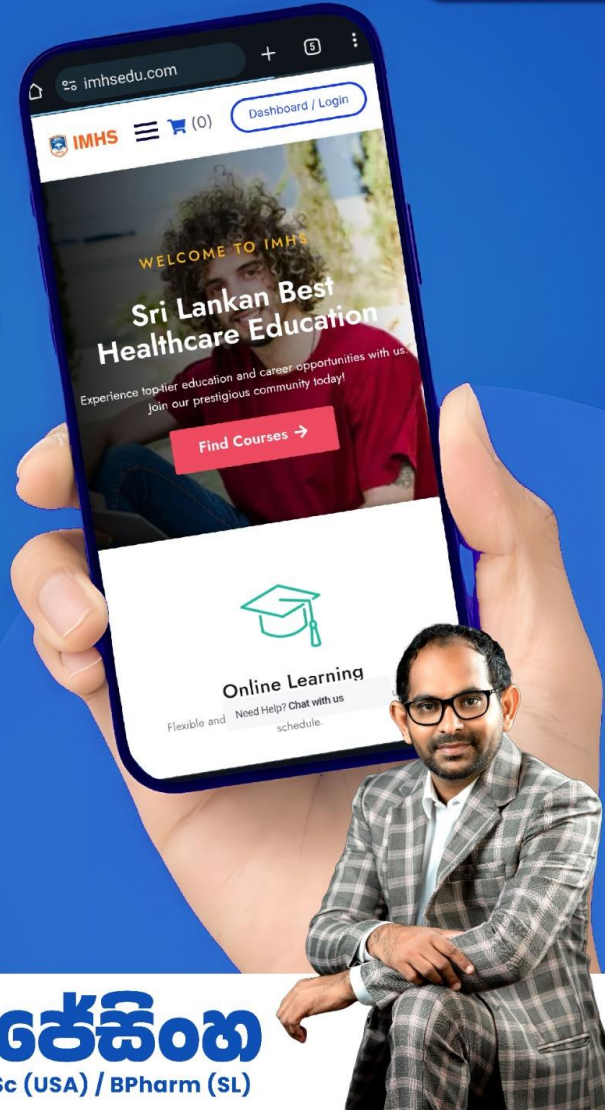


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