



Photo: Jean Marion Hülot

AIMING AT ETHICAL HUMAN NOURISHMENT DISTILLING COURSEWORK, AGROPASTORAL, RESEARCH, AND RECREATIONAL ACTIVITIES

Public Health Nutrition Summer Course, 16 to 30 August, 2018, Kathmandu and Annapurna, Nepal



Overview

This course is organised into three sections in chronological sequence. First week will comprise of lectures aimed at a general approach to the problem of malnutrition in its current state (with examples form Nepal and similar settings), a detailed discussion of the dimensions of ethical nourishment perspective, and an introduction to fieldwork activities to follow the next week. Every day, the session starts with a review of the past day and a summary of the day's lectures/activities. All sessions will take place in Tribhuvan University, Kathmandu.

Fieldwork is a blend of fun-filled trek through exotic landscapes and cultural activities in Annapurna area. Unconventional to mainstream tourism, you will stay in ordinary people's homes in their local conditions and participate in their daily activities from kitchen to farm to pastures and forests.

Finally, a wrap up session will draw on your achievements and learning reflections form the field augmented by further guidance from the lecturers.

The participants are expected to become familiar with the theoretical underpinning of the need for and prospects of ecologically responsible approach to meeting human nutritional requirement; acquire a first-hand experience of livelihood strategies of agro-pastoralist activities related to food and non-food aspects of nourishment; and develop cultural competencies for conducting ethnographic research applied in public health nutrition.



Schedule

DAY 1 [27Aug] Arrival and accommodation

You will be welcomed at Tribhuvan International Airport, Kathmandu and will be guided through your pre-booked accommodation having private rooms and bathrooms. You can also ask for a free sim card in case you wish to have a local mobile phone number.

DAY 2 [28 Aug] Introduction

Includes a) introduction of the participants, course and lecturers; b) review of public health nutrition; c) introduction to the population nutrition problem and knowledge gap of special relevance to the course, and d) objective and methodology of researching plant-based nutrition from an eco-sustainable perspective while meeting human nutritional requirements. Reception with live ethnic song and dance will take place from 6:00 to 9:00 pm.

DAY 3 [29 Aug] Aspects of ethical nourishment

Nutrients and optimal health
Public health nutrition
Epidemiological aspect
Environmental and botanical/ethnobotanical aspects
Agriculture and forestry related dimension
Anthropological perspectives/Land use and issues

DAY 4 [30 Aug] Overview of fieldwork

Introduction to field activities and site, including logistical and other practicalities
Trekking itinerary and relevant details
Workshop: identification of question and methods for fieldwork
Screening of video documentaries from field sites

DAY 5 [31 Aug] Preparation for field or a day tour

You may use this day in either of the two ways: logistical preparation (such as procurement of field items/gear; packing up your bags etc.); or (if you have completed your field preparation) a sightseeing tour to key touristic locations of Kathmandu such as Bouddha Stupa, Bhaktapur square, Swoyambhu or a short hike to Bagdwar, Bishnudwar or Nagi Gompa in Shivapuri. You will be guided through any of choice among these activities.

DAY6-12 [1-7 Sep] Fieldwork in Annapurna

You will undertake observation and documentation activities together with trekking and village homestay in the communities of Sikles, Tangting and nearby locations with the accompaniment and guidance of the course organisers who have years of experience in this matter

DAY13-14 [8 Sep] Reflection from the field

Presentation of individual and group reports coming from field activities, incl. key results and learning reflection
Feedback and further guidance by lecturers
Awarding of certificates

DAY15 [9 Sep] Farewell

Lunch with cultural performances by local artists as well as course participants.



Photo: Dhan Gurung Maila, Namaste GH

Teaching team

Ashok Bhurtyal Assistant Professor of Public Health, Institute of Medicine, Tribhuvan University, Nepal

Aruna Uprety Board Secretary, Rural Health and Education Service Trust, Nepal

Bandana Pradhan Professor of Environmental Health, Institute of Medicine, Tribhuvan University, Nepal

Claudio Schuftan Former Chief of Nutrition in Unicef headquarters, and People's Health Movement, Vietnam.

Dushala Adhikari People's Health Initiative, Nepal

Madhu Sudan Subedi Associate Professor of Anthropology, Central Department of Sociology and Anthropology, Tribhuvan University, Nepal

Prem Basel Assistant Professor of Epidemiology, Institute of Medicine, Tribhuvan University, Nepal.

Purna Chandra Wasti (TBC)

Chief of National Nutrition Programme, Ministry of Agriculture, Nepal

Umesh Kapil

Professor of Human Nutrition, All India Institute of Medical Sciences, India

Visith Chavasith

Professor and Former Director, Institute of Nutrition, Mahidol University



Photo: Tirtha Gurung

Further information and registration



For more information, please write to us at
phinitiative@gmail.com

Fees: coursework = US\$ 450, fieldwork = US\$ 700
[includes airport pick-up and drop-off, trekking
permits, accommodation, local transport, course
materials, meals, and certificate; excludes air
transport to and from Nepal and visa).