



POSHAN Abhiyaan E-Learning Platform

ICMR-NIN Modules

MWCD

ICMR-NIN

SWAYAM

User Manual

ICMR-National Institute of Nutrition
Department of Health Research
Ministry of Health & Family Welfare
Government of India, Hyderabad - 500 007
Telangana State, INDIA

Home Page

- To access “POSHAN Abhiyaan E-Learning ICMR-NIN Modules”, it is mandatory to register with the website.



POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश को शान



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POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश को शान



समोच जगो
Ministry of Women and Child Development



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नए समाज की ओर
Towards a new dawn

E-Learning ICMR-NIN Modules

Welcome to POSHAN Abhiyaan E-Learning ICMR-NIN Modules

The e-learning modules on various nutritional themes - Basics of Nutrition, Child feeding, Mothers' Health & Nutrition, Anemia, Yoga, Food fortification, Physical activity, etc. aim to educate people on practical nutritional knowledge pertaining to our daily life. These modules are highly informative containing valuable scientific information on everyday nutrition. These are designed to be used by all the members of population in the country.

You may get registered here to use our modules, view them at your convenience and then take a simple test at the end to gauge your understanding of the information provided. Our modules will empower you to eat right and lead a healthy life. Also, you will earn a certificate of appreciation from the Government of India, on finishing the module.

Come, be a part of POSHAN Abhiyaan by being a proud knowledge seeker. Be Nutrition- conscious and help spread your new knowledge among your near and dear. Empower people to lead healthy lives!

पोषण अभियान

किन के लिये

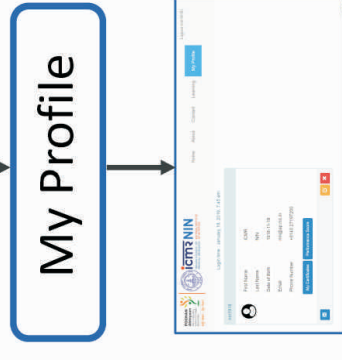
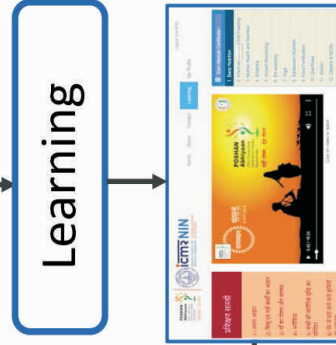
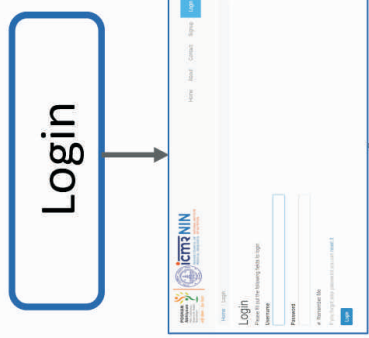
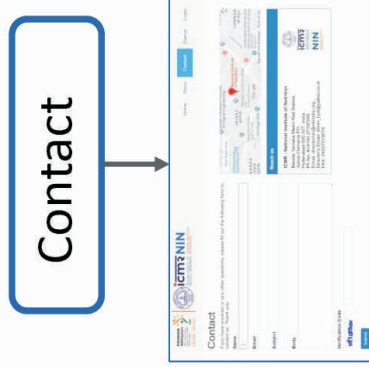
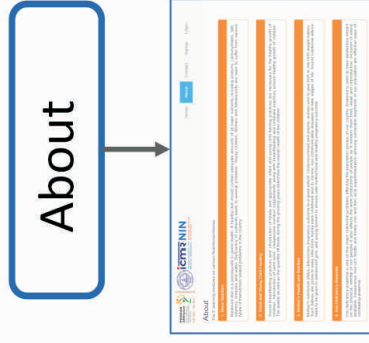


गर्भवती महिलाएं
किसानों
बाड़ी महिलाएं तथा घरजान स्त्रियों
बच्चे

Training Modules



Basic Nutrition	Growth Monitoring	Diarrhoea
Child Feeding	De-worming	WASH
Mother Nutrition	Yoga	Obesity & NCDs
Convergence	Anaemia	Physical Activity
Adolescent Nutrition	Food Fortification	Nutrition Awareness

Site Map



Sign-up / Login

- After registration, user can login and watch e-learning module videos using their registered username and password.



Home About Contact **Signup** Login

Home / Signup

Register here

Please fill out the following fields as mentioned in your Class X Mark Sheet For signup

First Name	Last Name
<input type="text"/>	<input type="text"/>
Gender	Date Of Birth
<input type="text" value="Male"/>	<input type="text" value="mm/dd/yyyy"/>
Email	Mobile
<input type="text"/>	<input type="text"/>
Username	Password
<input type="text"/>	<input type="password"/>

Signup

Home / Login

Login

Please fill out the following fields to login:



Username

Password

☒ Remember Me

If you forgot your password you can [reset it](#).

Login




Home About Contact Learning **My Profile**

Logout (nin1918)

Login time : January 19, 2019, 7:45 am

nin1918

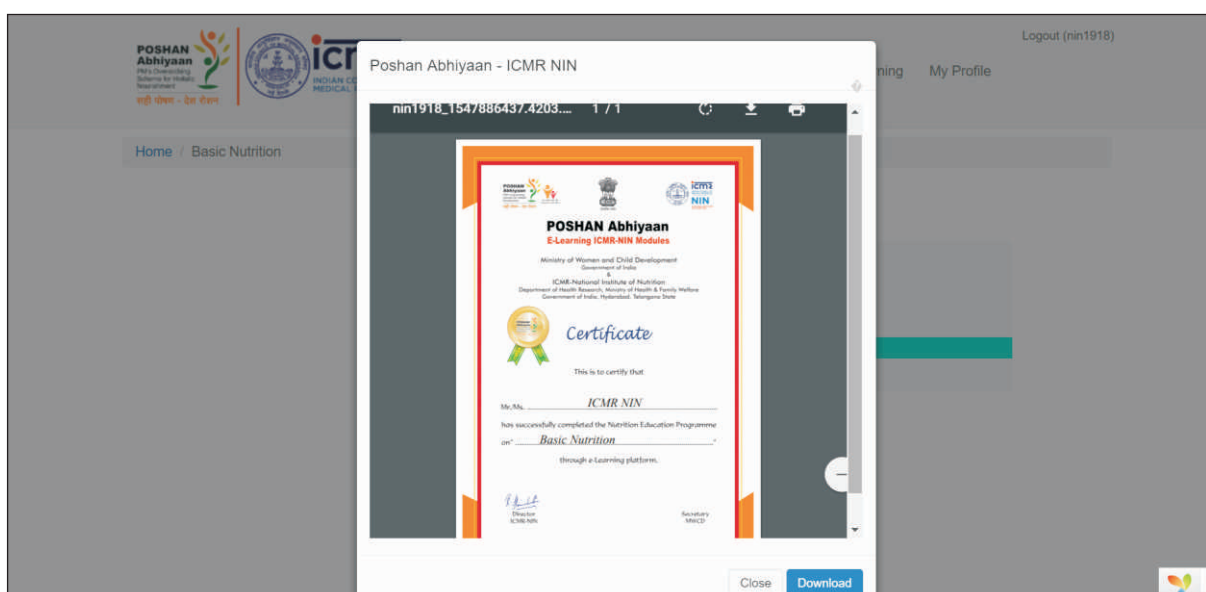


First Name	ICMR
Last Name	NIN
Date of Birth	1918-11-18
Email	nin@ap.nic.in
Phone Number	+9140 27197200

My Certificates Performance Score

Certificate Generation

1. Once the user completes watching the e-learning module video, user can opt for generation of certificate by clicking on “Earn Module Certificate” by answering questionnaire of particular e-learning module video.
2. The user will have an option to generate an individual module certificate or they can generate the course completion certificate after completing all the 14-modules. The course completion certificate is endorsed by the Ministry of Women and Child Development, Ministry of Health and Family Welfare, Government of India.



Modules in brief

- User can navigate all the 14-modules given in the menu bar.

BASIC NUTRITION

Balanced diet is a prerequisite to good health. A healthy diet should contain adequate amounts of all major nutrients including proteins, carbohydrates, fats, vitamins, minerals and water. Deficiency of nutrients leads to several problems. Young children, women and adolescents are seen to suffer from various types of malnutrition related problems in the country.

The screenshot displays the NIN website interface. At the top, there are logos for POSHAN Abhiyaan, the Government of India, and NIN (Indian Council of Medical Research, National Institute of Nutrition). Navigation links include Home, About, Contact, Learning (highlighted), and My Profile. A user is logged out (nin1918).

The main content area features a video player titled 'अपना आहार' (My Food) showing various fruits and vegetables. Below the video, it says 'Click on video to watch'. To the left of the video is a sidebar with the heading 'प्रशिक्षण सामग्री' (Training Material) and a list of 14 modules:

1. अपना आहार
2. शिशु एवं नन्हें बच्चों का आहार
3. माँ का स्वास्थ्य और स्वास्थ्य
4. अनीमिया
5. बच्चों की शारीरिक वृद्धि का मॉनीटर
6. पेट में पाये जाने वाले कृमियों का उन्मूलन
7. योग
8. Adolescent Nutrition
9. Food Fortification
10. Diarrhoea
11. WASH
12. Obesity & NCDs
13. Physical Activity
14. National Nutrition Mission

To the right of the video player is a sidebar titled 'Earn Module Certificate' with a dropdown arrow, listing the same 14 modules.




Logout (nin1918)

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Home / Basic Nutrition

अपना आहार

प्र 1. पोषण अभियान का मुख्य उद्देश्य है ..

पोषण शिक्षा द्वारा माँ और शिशु के स्वास्थ्य की रक्षा	माँ और शिशु को शिक्षा प्रदान करना
कृषि को बढ़ावा देना	कालेज में पोषण संबंधी ज्ञान देना

[Submit Answers](#)
[Next Question](#)
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Home / Basic Nutrition

अपना आहार

You did alright.
You got 9/10 questions correct.

Generate Certificate




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Home / Basic Nutrition

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Department of Health Research, Ministry of Health & Family Welfare
Government of India, Hyderabad, Telangana State



Certificate

This is to certify that

Mr./Ms. *ICMR NIN*

has successfully completed the Nutrition Education Programme

on" *Basic Nutrition* "

through e-Learning platform.


Director
ICMR-NIN

Secretary
MWCD

Modules in brief

MOTHER'S HEALTH AND NUTRITION

Mother's nutritional status determines pregnancy outcome to a great extent. Undernourished and anemic women tend to give birth to low-birth weight babies. Such babies are prone to easy infections during early childhood and to chronic non-communicable diseases at later stages of life. Sound nutritional advice need to be given to adolescent girls and young women to ensure safe motherhood and healthy pregnancy outcome.



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Home About Contact **Learning** My Profile

प्रशिक्षण सामग्री

1। अपना आहार

2। शिशु एवं नन्हें बच्चों का आहार

3। माँ का पोषण और स्वास्थ्य

4। अनीमिया

5। बच्चों की शारीरिक वृद्धि का मॉनीटर

6। पेट में पाये जाने वाले कृमियों का उन्मूलन

7। योग



Click on video to watch

Earn Module Certificate

1. Basic Nutrition

2. Infant and Young Child Feeding

3. Mother Health and Nutrition

4. Anaemia

5. Growth Monitoring

6. De-worming

7. Yoga

8. Adolescent Nutrition

9. Food Fortification

10. Diarrhoea

11. WASH

12. Obesity & NCDs

13. Physical Activity

14. National Nutrition Mission




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Home About Contact Learning My Profile

Home / Mother Health and Nutrition

माँ का स्वास्थ्य और आहार

प्र 1. पोषण अभियान की शुरुआत किसने की ?

भारत के प्रधान मंत्री	भारत के राष्ट्रपति
दिल्ली के मुख्य मंत्री	भारत के रक्षा मंत्री

Submit Answers
Next Question
Previous




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माँ का स्वास्थ्य और आहार

Great job!
You got **10/10** questions correct.

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Modules in brief

INFANT AND YOUNG CHILD FEEDING

Sound breastfeeding practices and introduction of timely and appropriate infant and young child feeding practices are necessary for the healthy growth of children. Introduction of semi-solid, inexpensive and nutritional supplements along with breastfeeding and childcare practices ensure healthy growth of children. The quality as well as the quantity of foods during the growing years determine the overall health of our children.

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प्रशिक्षण सामग्री
1। अपना आहार
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3। माँ का स्वास्थ्य और स्वास्थ्य
4। अनीमिया
5। बच्चों की शारीरिक वृद्धि का मॉनीटर
6। पेट में पाये जाने वाले कृमियों का उन्मूलन
7। योग



शिशुओं और नन्हे बच्चों का आहार

0:59 / 13:27

Click on video to

Earn Module Certificate
1. Basic Nutrition
2. Infant and Young Child Feeding
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4. Anaemia
5. Growth Monitoring
6. De-worming
7. Yoga
8. Adolescent Nutrition
9. Food Fortification
10. Diarrhoea
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Home / Infant and Young Child Feeding

शिशु एवं नन्हें बच्चों का पोशन

प्र 1. जीवन के आरंभिक 1000 दिनों में, यह समय बहुत महत्वपूर्ण होता है ?

गर्भावस्था + 24 महीने	गर्भावस्था + 12 महीने
गर्भावस्था + 36 महीने	गर्भावस्था, किशोरावस्था, शैशव

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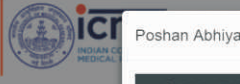
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Home / Infant and Young Child Feeding

शिशु एवं नन्हें बच्चों का पोशन

You did alright.
You got **9/10** questions correct.

Generate Certificate

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Modules in brief

ANAEMIA

Iron deficiency anaemia is one of the major nutritional problems affecting the population groups of our country. Anaemia is seen to have deleterious impact on the physical, mental of our people. It also affects the work productivity of people as it renders them tired, weak and unproductive. Inclusion of easily available, inexpensive iron-rich foods and timely iron and folic acid supplementation among vulnerable segments of our population are effective ways of combating anaemia.

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6। पेट में पाये जाने वाले कृमियों का उन्मूलन

7। योग



0:56 / 17:46

Click on

Earn Module Certificate

1. Basic Nutrition

2. Infant and Young Child Feeding

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4. Anaemia

5. Growth Monitoring

6. De-worming

7. Yoga

8. Adolescent Nutrition

9. Food Fortification

10. Diarrhoea

11. WASH

12. Obesity & NCDs

13. Physical Activity

14. National Nutrition Missio




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Home / Anaemia

अनीमिया

प्र 1. कौन से पोषक तत्व या न्यूट्रियेंट की कमी के कारण अनीमिया होता है ?

आइरन (लोह)	कैल्शियम
प्रोटीन	सेलेनियम

Submit Answers
Next Question
Previous

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अनीमिया

Great job!
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If you have inquiries or any other questions, please fill out the following form to contact us. Thank you.

Name

Email

Subject

Body

Verification Code





Reach us

ICMR - National Institute of Nutrition
Beside Tarnaka Metro Rail Station,
Jamai-Osmania PO,
Hyderabad-500 007, India.
Ph No: #+9140 27197200
Email: directornin@nininindia.org ,
Director's Email: dirnin_hyd@yahoo.co.in
FAX: 04027019074