



# HNA

Health and Nutrition Ambassador

Certification By

HNA Council, Hyderabad, India

- The HNA Council is an emerging health community in India.
- It includes hundreds of medical and health professionals as panelists
- Certified students become members of this platform.
- The platform supports

1. Debates on health topics.
2. Knowledge sharing on health and nutrition.
3. Guidance on do's and don'ts for well-being.

- Currently active in the Telugu states, with plans to expand to other Indian regions.
- The primary goal is to make people healthy and happy.
- This initiative is established by the Millets National Media Portal, [www.millets.news](http://www.millets.news)



# నమస్తే తెలంగాణ

## మిల్లెట్స్ న్యూస్ పోర్టల్ ప్రారంభం



సమావేశంలో మాట్లాడుతున్న ఐఐఎంఆర్ డైరెక్టర్ తారా సత్యవతి

కొండాపూర్, ఏప్రిల్ 14 : ప్రతి ఒక్కరూ తమ వైద్యం కోసం ఆరోగ్యకరమైన ఆహారం తీసుకోవాలని ఇండియన్ ఇన్స్టిట్యూట్ ఆఫ్ మిల్లెట్స్ రీసెర్చ్ (ఐఐఎంఆర్) డైరెక్టర్ తారా సత్యవతి ఆహ్వానించారు. ఆదివారం మాట్లాడుతూ ఆహారంలో మిల్లెట్స్ న్యూస్ పోర్టల్ (www.millets.news) ప్రారంభించారు. ఈ సందర్భంగా ఐఐఎంఆర్ డైరెక్టర్ మాట్లాడుతూ.. ఉరుకుల పర్యటన జీవితంలో ఆహార సమతుల్యత సరిగా లేక ఆరోగ్యంపై తీవ్ర ప్రభావం చూపుతుందన్నారు. దీనికి తోడు మార్కెట్లోని కల్తీ ఆహారంతో నష్టం చేతులుతుందని, వీటికి విరుగుడుగా మిల్లెట్స్ ని ఆహారంలో చేర్చుకోవాల్సిన ఆపత్వక ఎంజైనా ఉందన్నారు. ప్రస్తుత సమాజంలో సంపూర్ణ ఆరోగ్యపంతులే మిక్కిలి సంతోషపరులని, ధనవంతులని అన్నారు. కార్యక్రమంలో వెబ్ పోర్టల్ రూపకర్త శ్రీనివాస్ శర్మ, డి.తరులు పాల్గొన్నారు.

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Source : <https://epaper.ntnews.com/>

**National Millets Media Portal:** [www.millets.news](http://www.millets.news), Launched in the presence of esteemed health professionals and **C.Tara Satyavathi IIMR Director**, this portal is dedicated to enhancing nutrition and wellness awareness across India. While focusing on promoting millets as a key to healthy eating, we also provide guidance on optimal nutrition. Our pilot project targets Andhra Pradesh and Telangana, with plans to expand nationwide.



## Purpose of HNAs

To promote self-health and the well-being of their families, neighbors, friends, and colleagues through the principles of naturopathy.

HNAs will receive comprehensive training from 20 esteemed experts in the field.

Actual Fee: ₹ 14,999/-

Launch Offer: Just **₹ 499/-**



## Training Program Details

- Start Date : 2nd January 2025
- End Date : 17th January 2025
- Format : Online
- Certification : Provided upon successful completion



# Training Program Details & Topics



## Training Program Highlights

Our online training program is crafted to deliver comprehensive education on health and nutrition, ensuring our ambassadors are well-prepared to advocate for healthier lifestyles. The training covers a wide range of topics and includes sessions with expert speakers in the health sector.

- Introduction to Millets and Their Benefits
- Basic Principles of Nutrition
- Understanding Dietary Requirements
- The Role of Millets in Preventing Chronic Diseases
- Effective Meal Planning with Millets
- Nutritional Value of Various Millets
- Cooking Techniques for Nutritious Meals
- Understanding Food Labels and Nutritional Information
- Health Implications of Processed vs. Whole Foods
- Developing Balanced Diet Plans
- Integrating Millets into Daily Diet
- Managing Weight with Healthy Eating Habits
- Addressing Common Nutritional Deficiencies
- The Science of Metabolism and Digestion
- Practical Tips for Healthy Eating on a Budget
- Importance of Hydration and Fluid Intake
- Understanding Supplements and Vitamins
- Building Healthy Eating Habits for Families
- Strategies for Community Nutrition Education
- Evaluating the Impact of Dietary Changes



## Topics Covered in the Training Program



[www.millets.news](http://www.millets.news)



**Dr Bathina Susmitha**  
MBBS



**Dr. Deeksha**  
BAMS



**Dr. B. Hima Varshini**  
MBBS



**Dr. Santosh Kante**  
MBBS, MD (Gen. Med)



**Dr Nalam Naga Kavya Sri**  
BNYS, MSc DAN, DNHE, CCIM, Genetic counsellor



**Dr. V. Vasanti**  
BNYS, MD (Acu)



**Dr. Akhila Davagni**  
BAMS



**Dr. Saritha Chandha**  
M.A (lit) D. pha



**Dr. Guru Prakash**  
MBBS



**Dr. Navya**  
MBBS



**Dr. P. Bhargavi**  
BNYS, MD (Clinical Naturopathy)



**Dr. Sabitha**  
BAMS, MD (Dravyaguna)



**Dr. Shaik Afrin Banu**  
MBBS



**Dr. M. Sumanth Kumar Raju**  
BNYS, MD (Clinical Naturopathy), PGDHMM, (PhD)



**Dr. Manikanta**  
MBBS



**Dr. Prashanth**  
MBBS



**Dr. Ruthumbara**  
BNYS



**Dr. Jahnavi**  
BNYS, MD (Diet & Nutrition)



**Dr. Deepthi Sarojini**  
MBBS, MD (Gen. Med)



**Dr. Sameera Kommuru**  
BNYS, PGDEMS, MSc Clinical Psychology



[www.millets.news](http://www.millets.news)





## Creating an Income Stream as a Health and Nutrition Ambassador



Learn how to use your role as an HNA to establish a steady income stream while promoting wellness and healthy living in your community.



**Mr Srinivas Sarakadam**  
Founder

### A special class by **Mr. Srinivas Sarakadam**, **founder** of Millets National Media Portal.

He is a digital marketing expert with 21 years of experience and a business mentor. He has helped over 500 brands, including Dr. Reddy's and Horlicks, in digital marketing. **Mr. Sarakadam is also a guest speaker at well-known universities like GITAM and NALSAR**



- Students who finish this course will take a final exam to get the HNA certification. This means they can become a Health and Nutrition Ambassador (HNA).
- As an HNA, they can follow their own health diets and suggest them to others who need help.
- They are also allowed to promote products and services offered by the HNA Council and Millets National Media Portal.



## How to Get Involved

Interested candidates can join the training program and become Health and Nutrition Ambassadors by registering on our website.

Be part of a transformative initiative that aims to create a healthier India through better nutritional practices.



### Benefits for HNA Certified Members:

- Free Membership in the HNA Council, giving access to a wealth of knowledge on health and nutrition from HNA panelists, helping members stay updated on the latest in the field.
- After certification, members can explore an income opportunity through a special class by Mr. Srinivas Sarakadam, Business Mentor and Founder of Millets National Media Portal. This is an optional benefit, and members will need to obtain a business ID from the organization to participate.



For more information  
contact us

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