



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



నమస్తే తెలంగాణ

మిల్లెట్స్ న్యూస్ పోర్టల్ ప్రారంభం



సమావేశంలో మాట్లాడుతున్న ఐఐఎంఆర్ డైరెక్టర్ తారా సత్యవతి

కొండాపూర్, ఏప్రిల్ 14 : ప్రతి ఒక్కరూ తమ దైనందిన జీవితంలో మిల్లెట్స్ను ఆహారంగా చేర్చుకోవాలని ఇండియన్ ఇనిస్టిట్యూట్ ఆఫ్ మిల్లెట్స్ రీసెర్చ్ (ఐఐఎంఆర్) డైరెక్టర్ తారా సత్యవతి అన్నారు. ఆదివారం మాదాపూర్లోని ఓ చోటలో మిల్లెట్స్ న్యూస్ (www.millets.news) పోర్టల్ను ఆమె ముఖ్య అతిథిగా హాజరై ప్రారంభించారు. ఈ సందర్భంగా ఐఐఎంఆర్ డైరెక్టర్ మాట్లాడుతూ... ఉరుకుల పరుగుల జీవితంలో ఆహార సమతుల్యత సరిగా లేక ఆరోగ్యంపై తీవ్ర ప్రభావం చూపుతుందన్నారు. దీనికి తోడు మార్కెట్లోని కల్తీ ఆహారంతో నష్టం చేతులుతుందని, వీటికి విరుగుడుగా మిల్లెట్స్ని ఆహారంలో చేర్చుకోవాల్సిన అవశ్యకత ఎంతైనా ఉందన్నారు. ప్రస్తుత సమాజంలో సంపూర్ణ ఆరోగ్యపంతులే మిక్కిలి సంతోషపడులని, దశవంతులని అన్నారు. కార్యక్రమంలో వెబ్ పోర్టల్ రూపకర్త శ్రీనివాస్ శర్మడం, తదితరులు పాల్గొన్నారు.

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

National Millets Media Portal: 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 selfhealth 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 this field.



Launch Offer: Just ₹15,000/-

Training Program Details

- Start Date : 17th March 2025
- End Date : 28th March 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

Expert Panel for HNA Certification Training



Prof. (Dr.) Veeram Muralidharareddy

LLB, MSW, M.Sc, BNYS,
Ph.D.Senior Naturopathy Physician



Dr. Teja Spandana

BNYS, MSc FNS



Dr. Badigi Prashanth Naik

MBBS, MS (Gen.Surgeon)



Dr. Shaik Mohmmes Tabrez

BUMS, MD (Community Medicine), MBA (HAHM),
PGDEMS (Emergency Medicine)



Dr. Erramanene Akhilaja

BPT



Dr. J. Sravani Santhoshi

BPT, MPT (Neuro)



Dr. Aishwarya Gadhar

BAMS, PG (Panchakarma)



Dr. Akhileshwari

BNYS, PG Diplomain
Herbal drug Technology



Dr. Posa Venkata Srikanth

BAMS, PG Scholar
(Department of Dravyaguna)



Dr. Gurunath Sidda

BNYS, MD(Acu), Msc(Yoga)



Dr. Keerthi Kousalya

BNYS



Dr. Mahitha Naga Subhanjali

Dipl in Pharmacy, BNYS



Dr. Sri Mahesh

BNYS



Dr. B. Bavana

MBBS



Dr. J. Sai Chinmai

MBBS



Dt. Gayathri

MSc (Dietetice)



Dr. Dharani

MBBS



Dr. Akshitha Pagidipalli

BDS



Dr. Nikhitha Nandru

BDS



Dr. M Anudeep

MDS ,Paediatric and Preventive Dentist



Dr. Surya Kedara

MBBS



Dr. Manikanta

MBBS



Dr. Sumiya Afsana

MBBS



Dr. R Laya Sree

BAMS



Dr. Bathina Susmitha
MBBS



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



Dr. B. Hima Varshini
MBBS



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



Dr. V. Vasanti
BNYS, MD (Acu)



Dr. Navya
MBBS



Saritha Chandha
M.A (lit) D.pha



Dr. Guru Prakash
MBBS



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



Dr. Sabitha
BAMS, MD (Dravyvyaguna)



Dr. Shaik Afrin Banu
MBBS



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



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



Dr. Niharika
BAMS



Dr. Prayaga Prasanna
BNYS, MD (Clinical Naturopathy)



Dr. Sowmya Busireddy
MBBS



Dr. Ramya
MBBS



Dr. Madhurima
MBBS



Dr. Sahithi
MBBS



Creating an Income Stream as a Health and Nutrition Ambassador



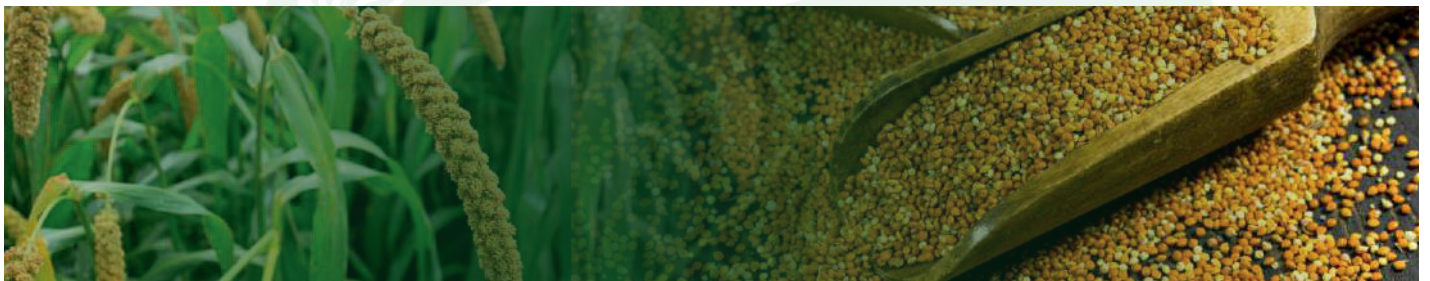
Learn how to use your role as an HNA to establish a steady income stream while promoting wellness and healthy living in your community.



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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