



SOPHIA CENTRE FOR WOMEN'S STUDIES AND DEVELOPMENT
SOPHIA COLLEGE CAMPUS, BHULABHAI DESAI ROAD
CERTIFICATE COURSE IN BASICS IN FOODS AND NUTRITION

Duration: 10 Months; commencing on 13th June, 2017

Number of seats: 30 participants

Days: Tue, Wed, Thu, Fri (1.00 pm - 4.00 pm)

Fees: Rs.32, 000/- (Cheque payment in favour of

Sophia Centre for Women's Studies and Development)

Eligibility: HSC from any stream, Admission is on a first come first served basis.

- Imparts nutrition education, which is vital in today's health-conscious times
- Introduces participants to the nutritional components of any diet and their impact on health
- Instruct participants through lectures and practicals
- Offers various diet plans for altered conditions such as diabetes, hypertension, obesity, heart problems, terminal illnesses etc.
- Helps participants to develop effective meal planning
- Especially useful for people in the fields of health-care and physical fitness as well as the hospitality, food processing and beauty industries

**Note: Please speak to our course coordinator Ms. Jyoti Agarwal (9820920474)
or Dr. Ratna Thar (9820136367), before enrolling for the course.**