



SOPHIA CENTRE FOR WOMEN'S STUDIES AND DEVELOPMENT,  
AND  
DEPARTMENT OF LIFESCIENCES,  
SOPHIA COLLEGE (AUTONOMOUS), MUMBAI  
offers

## POST GRADUATE DIPLOMA IN NUTRITION, DIET, AND FITNESS

(Regular classes + Bridge course (30 hours online) +  
assignments + discussions + outreach programme + internship)

- ❖ **Duration:** 10 months
- ❖ **Eligibility:** Graduate from any stream
- ❖ **Age:** No age limit
- ❖ **Number of seats:** Limited number of seats
- ❖ **Platform:** Bridge course 30hrs online and offline classes
- ❖ **Days:** Monday to Friday (1:00 PM - 4:00 PM)
- ❖ **Medium:** English
- ❖ **Fees:** ₹ 72,000/- (Exam fees and kit expenses included)  
(Payment can only be made by NEFT/Cheque only)

**Admission is open till: 25<sup>th</sup> June 2022**  
**Course Commencing on: 1<sup>st</sup> July 2022**

**For syllabus and admission form contact -**

Sophia Center for Women's Studies and Development,  
Sophia College (AUTONOMOUS), Mumbai,  
Bhulabhai Desai Road, Mumbai 400 026.  
Tel: 022- 20830752  
Email: [basicfandn2020@gmail.com](mailto:basicfandn2020@gmail.com)