



# **BASICS IN FOODS AND NUTRITION** **(ONLINE CERTIFICATE COURSE)**

## **Aim:**

- **To motivate** a change among people, to establish desirable food and nutrition behavior for promotion and protection of good health.

## **Objective:**

- To impart knowledge to all participants in basic concepts of foods, nutrition and its impact on human wellbeing.
- To provide the mechanism to enable potential motivators with an interest in nutrition to fulfill the need to communicate a behavioral change
- Enable participants, to learn appropriate knowledge in human nutrition management

- ❖ **Duration:** 6 months (150 days: online classes and exams)
- ❖ **Eligibility:** Graduate from any stream
- ❖ **Age:** No age limit
- ❖ **Number of seats:** Limited number of seats
- ❖ **Platform:** Microsoft Team/Webex/Zoom/ & Google Classroom
- ❖ **Days:** Monday to Friday (11.00-12.30 & 2.00-3.30)
- ❖ **Medium of Instruction:** English
- ❖ **Fees:** ₹ 35,400/-  
(Payment can only be made by NEFT)
- ❖ **Course Commencing:** 14<sup>th</sup> July 2020

## **Details for online payment**

<b><u>Account name:</u></b>	<b>Sophia College Centre for Women Studies &amp; Development</b>	
<b><u>Name of Bank:</u></b>	<b>State Bank of India</b>	
<b><u>Account Number:</u></b>	<b>10366469245</b>	
<b><u>Branch Code:</u></b>	<b>510</b>	<b><u>Branch Name:</u> Pedder Road</b>
<b><u>Type of Account:</u></b>	<b>SB</b>	
<b><u>IFSC CODE:</u></b>	<b>SBIN0000510</b>	

**For admission click on:** <https://docs.google.com/forms/d/1xILZrRa2rsr-MU7QBUBKfnyFI8xrCYnN-KeRHbSD-A/edit>

## **Course Syllabus:**

### **Semester 1**

1. Basics of Nutrition (Theory)
2. Impact of Nutrition on Health (Theory)
3. Introductory Anatomy & Physiology (Theory)
4. Basics of Food Science and Hygiene (Theory)
5. Introduction to Nutritional Biochemistry (Theory)

### **Semester 2**

1. Nutrition through the Ages (Theory)
2. Nutrition for Fitness Theory (Theory)
3. Exercise Physiology (Theory)
4. Nutrition in Special Health Conditions (Theory)
5. An Introduction to Diet Planning (Theory)

**Faculty:** Teaching Faculty members include academicians, experts & consultants in -  
Foods & Nutrition  
Biochemistry  
Anatomy & Physiology  
Public Health

### **Course Designer and Mentor:**

**Dr. Ratnaraje Krishna Thar**, Ph.D., M.Phil., M.Sc., B.Sc., P.G. Dip. in Education Management and PG Dip. in film and television.

Dr Ratnaraje Thar is a nutritionist with more than 30 years of experience. Presently she is Research Director at College of Home Science Nirmala Niketan, Mumbai. She is serving as Hon. Police Nutritionist for Maharashtra Police at Police Hospital Nagpada. She has been a Master Trainer in Maternal and Child Nutrition Education Training for ICDS Personel Govt. of Goa. She also has private clinical practice handling clinical cases in South Mumbai, Corporate Practice as Lead Nutritionist and Lifestyle Consultant at Connect & Heal, Primary Care Pvt Ltd, Mumbai, India. She is a guide for research thesis – M.Sc. Clinical Nutrition (IGNOU). She regularly contributes articles in various news papers and on websites.

### **Course Coordinator:**

**Jyoti Manish Agarwal**, B.Sc. (Home. Sc.), M.Sc. (Home Sc), Certificate Course in Nutrition Counselling.

Ms Agarwal is a visiting Faculty at Byramjee J. P. College, Churni Road, Mumbai. She is a Nutrition consultant for CSR projects with Corporates. She is actively involved in community and clinical nutrition projects in Mumbai, rural and tribal areas of Maharashtra.

## **ADMISSION PROCEDURE and RULES & REGULATIONS**

- Registration form to be filled online (Google form link is given in this flyer) by the candidate.
- Requisite fees shall have to be paid along with filled application form for consideration of application.
- Course Fee to be paid online. Part payment is not acceptable.
- No adjustment or refund of fees shall be made under any circumstances.
- The students are also required to attend all online classes on a regular basis (75% attendance is mandatory to appear for examination).
- Absence without sufficient cause will lead to automatic expulsion from the course.
- It is mandatory to attend both the semesters and to appear for regular online tests and exams for getting certificate.
- Soft as well as hard copy of the certificate will be given to the successful candidates on completion of the course.

**For admission click on:** <https://docs.google.com/forms/d/1xILZrRa2rsr-MU7QBUBKfnyFI8xrCYnN-KeRHbSD-A/edit>

**For any queries write to us on:** [basicfandn2020@gmail.com](mailto:basicfandn2020@gmail.com)

**Last date for admission:** 5<sup>th</sup> July 2020

**Disclaimer:** On successful completion of this basic course you are eligible for the Diet Trainers Course. The details of offline practical 'Diet Trainers' course will be available on the Sophia College website soon.

