

Clinical Nutrition and Dietetics

Report

NUTRITION AND DIETETICS

October 9 – January 15, 2022

The Department of Philosophy, Janki Devi Memorial College (University of Delhi) in association with Zenith Diet Mentors Pvt. Ltd. Zenith Diet Mentor Pvt Ltd (Under the Aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunities, and Skill Enhancement) offered a Certificate Course on Clinical Nutrition & Dietetics which commenced on 9th October 2021 . Classes were scheduled to be held on every Saturday and Sunday for 1.5 hours. The course structure comprised of a total of 6 modules namely-

MODULE 1- Introduction to Nutrition

- This unit focused on the meaning of the term "Nutrition" and the description of the term "nutrients" in terms of macro and micro nutrients. This module also gave a brief introduction to vitamins and minerals as well as Phytochemicals

MODULE 2 - Food Science and Health

- In this module various aspects pertaining to food science, health, food adulteration and preservation were decoded.

MODULE 3- Body Physiology

- This unit emphasis on the Physiology of human digestive and excretory system.

MODULE 4 - Dietetics Normal Nutrition

- The major objective of this module was to introduce the concept of "dietetics" with emphasis on the topic "fundamentals of meal planning".

MODULE 5-Dietetics Therapeutic Nutrition

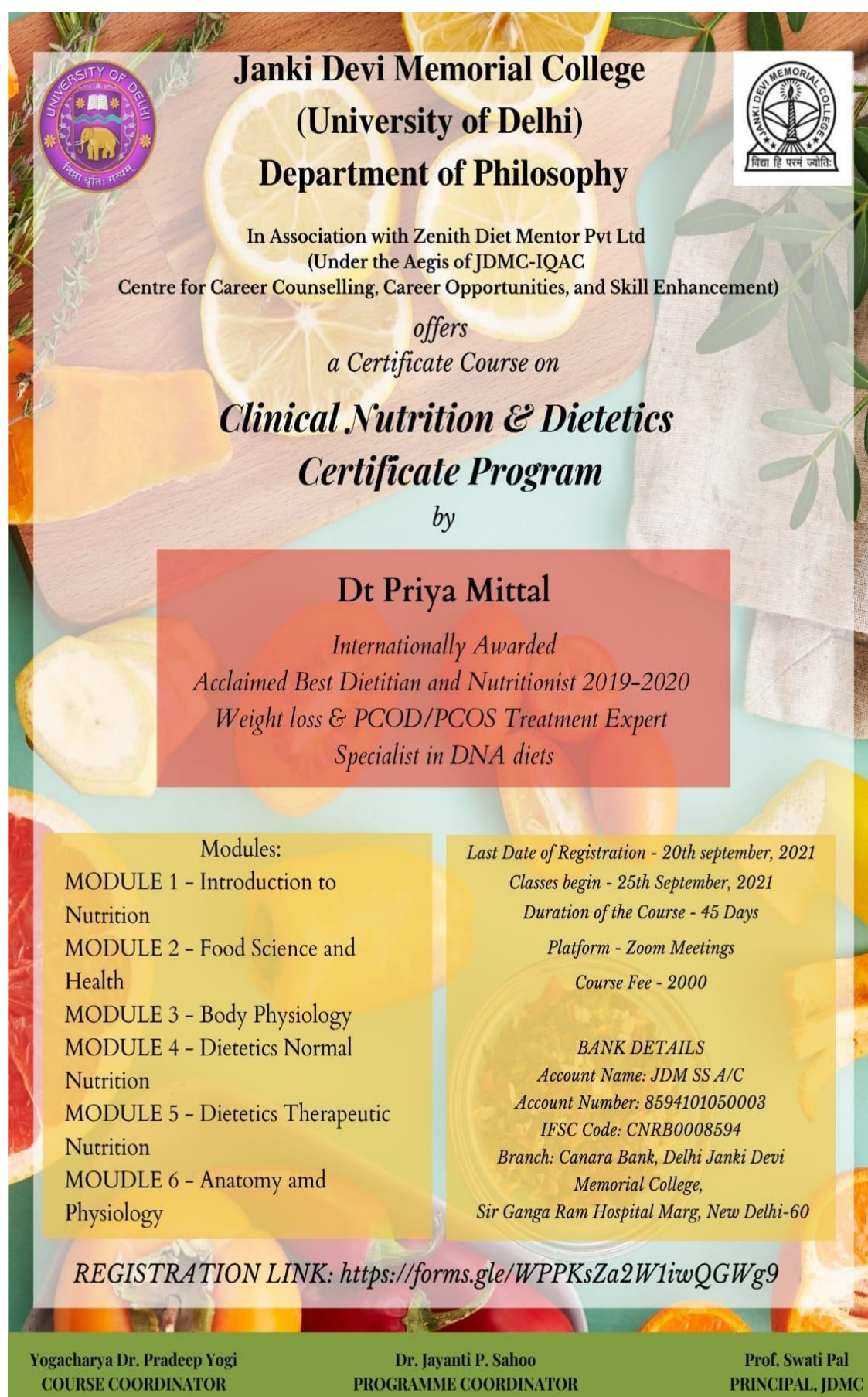
- Aim of this particular module was to initiate the basis of Therapeutic modifications that are done in medical conditions like gastrointestinal disorder, metabolic disorder, PCOS/PCOD etc.

MODULE 6 - Anatomy and Physiology

In this module, endocrine system and cardiovascular system was covered

These units were covered in the course of the Certificate program by the resource person Dietitian Priya Mittal. In addition , Yogacharya Dr. Pradeep Yogi and Dr. Sapna also took lectures on "Yogic Diet", "Diet for each Chakra" , "The three doshas" and "Applications of Ayurveda and it's principles in day to day life".

The classes were conducted on an online platform. The use of audio visual aids (AV aids) was incorporated in order to make the concept clear. Each session had a question and answer (QnA) or a doubt session. The course content and material was very comprehensive and in order to assess the progress each class had a viva round and for the final assessment of the student a test was conducted on 15th January 2022 which marked the end of the course.





Janki Devi Memorial College
(University of Delhi)
Department of Philosophy

In Association with Zenith Diet Mentor Pvt Ltd
(Under the Aegis of JDMC-IQAC
Centre for Career Counselling, Career Opportunities, and Skill Enhancement)

offers
a Certificate Course on
Clinical Nutrition & Dietetics
Certificate Program
by

Dt Priya Mittal
Internationally Awarded
Acclaimed Best Dietitian and Nutritionist 2019-2020
Weight loss & PCOD/PCOS Treatment Expert
Specialist in DNA diets

Modules:
MODULE 1 - Introduction to Nutrition
MODULE 2 - Food Science and Health
MODULE 3 - Body Physiology
MODULE 4 - Dietetics Normal Nutrition
MODULE 5 - Dietetics Therapeutic Nutrition
MODULE 6 - Anatomy and Physiology

Last Date of Registration - 20th September, 2021
Classes begin - 25th September, 2021
Duration of the Course - 45 Days
Platform - Zoom Meetings
Course Fee - 2000

BANK DETAILS
Account Name: JDM SS A/C
Account Number: 8594101050003
IFSC Code: CNRB0008594
Branch: Canara Bank, Delhi Janki Devi Memorial College,
Sir Ganga Ram Hospital Marg, New Delhi-60

REGISTRATION LINK: <https://forms.gle/WPPKsZa2W1iwQGwg9>

Yogacharya Dr. Pradeep Yogi
COURSE COORDINATOR

Dr. Jayanti P. Sahoo
PROGRAMME COORDINATOR

Prof. Swati Pal
PRINCIPAL, JDMC

List of students-

Participant Data_ Clinical Nutrition and Dietetics Program Course			
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Sample Certificate-





By Dr. PRIYA MITTAL



JANKI DEVI MEMORIAL COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PHILOSOPHY

In Association with Zenith Diet Mentor Pvt Ltd
(Under the Aegis of JDMC-IQAC
Centre for Career Counselling, Career Opportunities, and Skill Enhancement)

This is to certify that KAJOL SHARMA has successfully completed Add on Course 'Clinical Nutrition and Dietetics' (Basic level) offered by Department of Philosophy.

Duration of the course: 10th October 2021- 30th January 2022

Grade Awarded: A

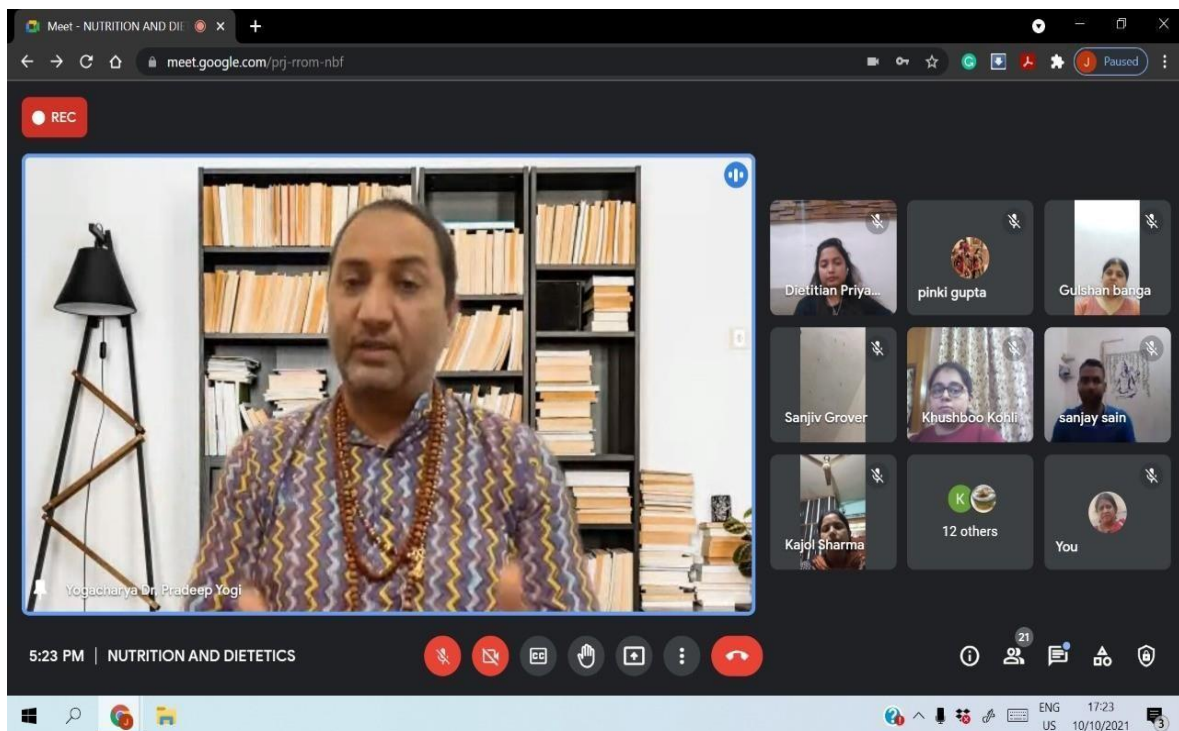
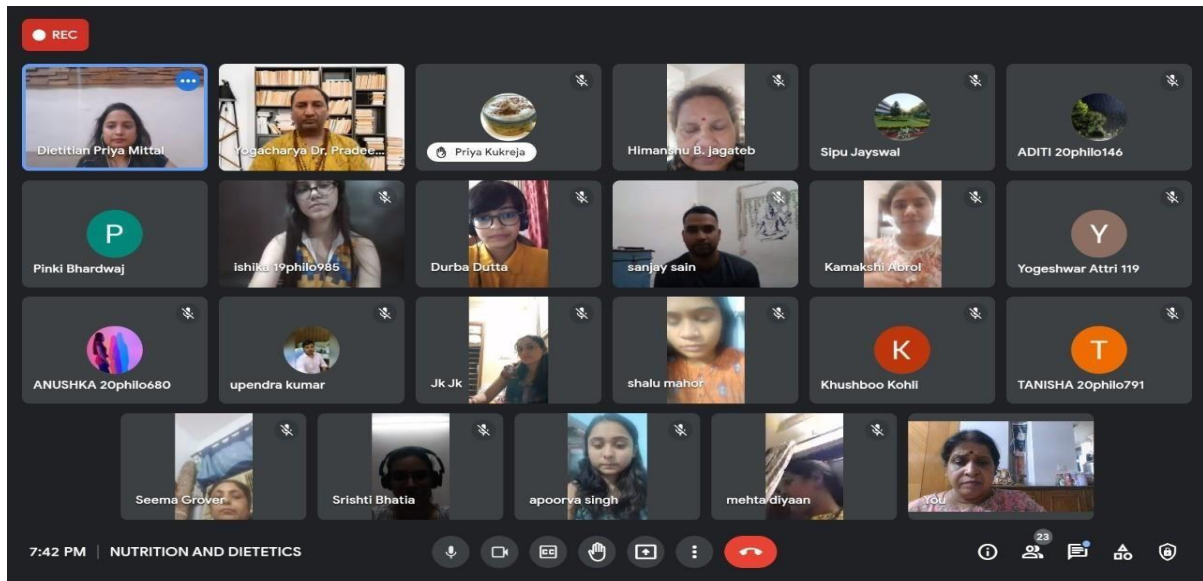
Yogacharya Dr. Pradeep Yogi
COURSE COORDINATOR

Dt. Priya Mittal
DIETITIAN AND NUTRITIONIST
ZENITH DIET MENTOR PVT.LTD

Dr. Jayanti P. Sahoo
PROGRAM COORDINATOR

Prof. Swati Pal
PRINCIPAL, JDMC

Some glimpse of the Course-



Meet - NUTRITION AND DIET... x +

meet.google.com/pjg-rron-nbf

REC

Dietitian Priya Mittal

5:23 PM | NUTRITION AND DIETETICS

Participants:

- Yogacharya D.
- pinki gupta
- Gulshan banga
- Sanjiv Grover
- Khushboo Kohli
- sanjay sain
- Kajol Sharma
- 12 others
- You

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meet.google.com/pjg-rron-nbf?pli=1&authuser=1

REC Dietitian Priya Mittal is presenting

Nutrition & A Balanced Diet - Copy.docx

Open with Google Docs

Importance of Nutrition ?

Whenever you consume any food, it becomes a part of your body, plays a major role in the growth of your body.

It can be understood in such a way that when you build a house, you see what quality of bricks is, what quality of cement is there, because it depends on whether the house will be strong or weak.

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Khushboo Kohli has left the meeting

4:53 PM | NUTRITION AND DIETETICS

Participants:

- PRERNA 20phil...
- Ecstatic Danc...
- Kajol Sharma
- apoorva singh
- Srishti Bhatta
- Kamakshi Abrol
- Dietitian Priya...
- 8 others
- You

ENG US 16:53 16/10/2021

Google Chrome browser tabs: (24) WhatsApp, Exam Atten, Exam Atten, values in pl, Values Edu, Meet, Inbox (101), Pradeep Yo.

Address bar: meet.google.com/prj-rrom-nbf?pli=1

Google Meet interface:

- REC button (top left)
- Participants grid:
 - Satya Sanatan TV (top left)
 - priya mittal (top right)
 - PRERNA 20philoo88 (bottom left, highlighted with a blue border)
 - You (bottom right, circular profile picture)
- Meeting controls (bottom): 6:22 PM | NUTRITION AND DIETETICS, mute, video, chat, hand, share, more, end call.
- Windows taskbar (bottom): Windows logo, search, Chrome, File Explorer, Edge, Outlook, Word, PowerPoint, OneDrive, Teams, OneNote, OneLocker, OneDrive sync, system tray (network, volume, battery, time: 15:00).

Google Chrome browser tabs: WhatsApp, Gmail, values in, Values I, Fwd: Inv, Post Att, Mee, Inbox (9), Lecture.

Address bar: meet.google.com/prj-rrom-nbf?pli=1

Google Meet interface:

- REC button (top left)
- Participants grid:
 - priya mittal (left)
 - Kamakshi Abrol (center, highlighted with a blue border)
 - You (right, circular profile picture)
- Meeting controls (bottom): 4:50 PM | NUTRITION AND DIETETICS, mute, video, chat, hand, share, more, end call.
- Windows taskbar (bottom): Windows logo, search, Chrome, File Explorer, Edge, Outlook, Word, PowerPoint, OneDrive, Teams, OneNote, OneLocker, OneDrive sync, system tray (network, volume, battery, time: 15:00).