

**Janki Devi Memorial College
University of Delhi
JDMC-IQAC**

Add-on Course Report

Name of the Course- Clinical Nutrition and Dietetics (Advanced Level)

Name of the Coordinators- Dr Jayanti P Sahoo, Associate Professor, Department of Philosophy, Janki Devi Memorial College and Yogacharya Dr Pradeep Yogi

The Department of Philosophy, Janki Devi Memorial College, University of Delhi in association with Zenith Diet Mentor Private Limited under the Aegis of JDMC-IQAC, Centre for Career Counselling, Career Opportunity and Skill Enhancement offered a Certificate Course on Clinical Nutrition and Dietetics (Advanced Level) which commenced from April 9th, 2023. Classes were scheduled to be held every Saturday and Sunday for 1.5 hours.

Modules-

The Course structure comprised of a total of 5 modules namely-

Module 1- DIETETICS - THERAPEUTIC NUTRITION

Module 2- ANATOMY AND PHYSIOLOGY

Module 3- ALTERNATIVE THERAPIES

Module 4- COMMUNITY NUTRITION

MODULE 5- SCIENTIFIC DIETS

Resource Persons-

These units were covered in the course of the certificate program by Dietician Priya Mittal, Internationally Acclaimed Best Dietitian & Nutritionist year 2019-20; Former dietician of Dharmshila Narayana Super specialty Hospital; Weight loss & PCOD/PCOS treatment expert and specialist in DNA Diets. In addition Yogacharya, Dr Pradeep Yogi and Dr Sapna also took lectures.

These classes were conducted on an online platform. The use of audio-visual aids were also incorporated in the course in order to make the concepts clear. Each session has question and answer (QnA) and doubts clearing session.

Poster



**JANKI DEVI MEMORIAL COLLEGE
(UNIVERSITY OF DELHI)**

Department of Philosophy
In association with Zenith Diet Mentor Private Ltd.
Under the Aegis of JDMC-IQAC
Centre for Career Counselling, Career Opportunity and Skill
Enhancement
Offers
a Certificate Course on



**Clinical Nutrition and Dietetics
(Advanced Level)**

by
Priya Mittal
Internationally Acclaimed Best
Dietitian & Nutritionist year 2019-20
Former dietician of Dharmshila
Narayana Super specialty Hospital
Weight loss & PCOD/PCOS treatment
expert and specialist in DNA Diets

Module 1- DIETETICS -
THERAPEUTIC NUTRITION

Module 2- ANATOMY AND
PHYSIOLOGY

Module 3- ALTERNATIVE
THERAPIES

Module 4- COMMUNITY
NUTRITION

MODULE 5- SCIENTIFIC DIETS

Last date of Registration- March 31,
2023

Duration of Course- 60 Hours

Fee- 6000/-

Platform - Zoom Meeting

Bank Details

ACcount Name-

JDM SS A/C
Account No. 8594101050004
IFSC Code- CNRB0008594
Branch- Canara Bank, Janki Devi
Memorial College
Sir Ganga Ram Hospital Marg, New
Delhi-60

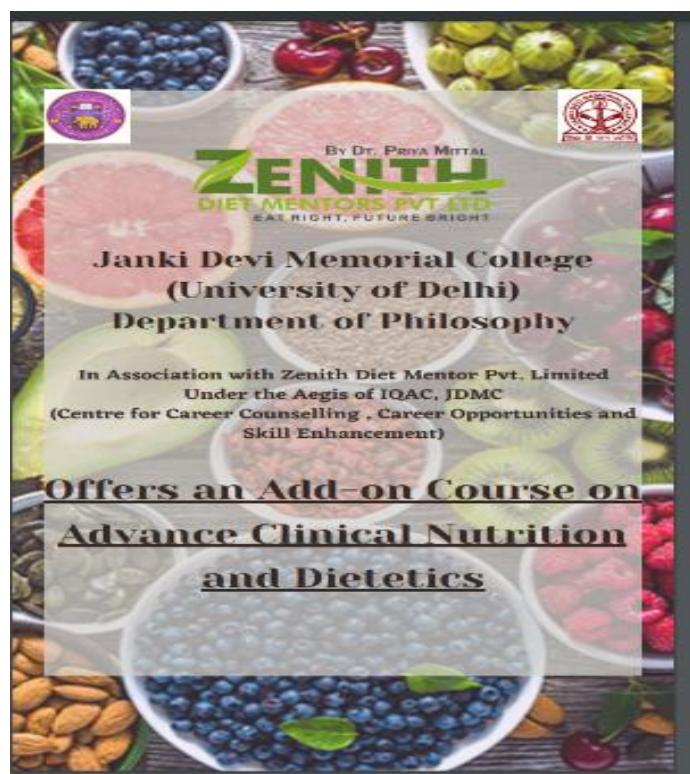
Dr. Jayanti P. Sahoo
Department of Philosophy
Yogacharya Dr. Pradeep Yogi
Course Coordinators

Dr. Jayanti P. Sahoo
Add-On Course Coordinator

Prof. Payal Nagpal
IQAC Coordinators

Prof. Swati Pal
Principal

Brochure



By Dr. Priya Mittal

ZENITH
DIET MENTORS PVT. LTD.
EAT RIGHT, FUTURE BRIGHT

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

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

**Offers an Add-on Course on
Advance Clinical Nutrition
and Dietetics**

About the college	PRINCIPAL'S MESSAGE
 The college was founded in 1959 by the famous Gandhian Shri Brij Krishan Chandiwalla in memory of his mother Smt. Janki Devi in order to promote women's education. In recognition of the changing global scenario the college has changed its priorities and perspectives which is amply reflected in the syllabi and curricula.	 Dear Students, A college that strives relentlessly to excel in all domains be it academic, co-curricular activities, personality development, skill development and sports. We strive to give students, faculty and non-teaching staff an environment that inculcates in them a sense of community while bringing out the best in each individual. A college is a temple of learning. At Janki Devi, we seek to learn and we seek not just information but true knowledge. We understand that academic proficiency can be attained only through honesty and rigour. Both, teachers as well as students of this college leave no stone unturned to raise the bar for academic standards in all disciplines. We cannot rest on our laurels and we have a good motto: Janki Devi Memorial College attempts to find new paths to tread that can make our students not just great citizens of this nation, but indeed global achievers. And finally, we do not forget to be humble. It is our humility, our strong Gandhian foundation that makes us courageous and strong, unyielding against all odds.

About - Zenith Diet Mentor Pvt Ltd



Zenith Diet Mentor began in 2018 with a clear aim and mission of Eat Right Future Bright. The Organization is lead by renowned Dt. Priya Mittal awarded Internationally Acclaimed Best Dietitian & Nutritionist year 2019-2020. She was a former dietician of Dharamshila Narayana Super-specialty Hospital. She is a weight loss & PCOD/PCOS treatment expert and specialist in DNA Diets.

Through Zenith Diet Mentor, she pioneers in using the psychosomatic edge in helping people through their journey to good health, in their own environment. People from various backgrounds, lifestyles, eating habits, and family environment go to the Centre. She addresses their health and personal issues. She treats clients individually and offers counsel through their lifestyle modification needed for each one.

She is available all day long for counselling which gives the much needed support. The Centre features socializing in a huge way. Ladies can continue going to their kitty parties and work related meals out. Men and women can dine out for work or pleasure- they will take care of your weight loss.

Index

Module 1

DIETETICS - THERAPEUTIC NUTRITION

1. THERAPEUTIC MODIFICATION OF NORMAL DIET
2. GASTROINTESTINAL DISORDER
 - METABOLIC DISORDERS
 - PCOS/PCOD
 - DIABETES
 - GOUT
 - HYPERTHYROIDISM
 - HYPOTHYROIDISM
 - MENOPAUSE
 - PREMENSURAL SYNDROME
4. FEBRILE DISORDERS
5. RENAL DISEASES
6. FOOD ALLERGY AND FOOD INTOLERANCE
 - DIET FOR IMPROVING MEMORY
 - NUTRITION FOR SHIFT NIGHT WORKERS
7. DIET FOR HEALTHY SKIN, HAIR AND NAILS- DIET FOR IMPROVING MEMORY
8. LIVER DISORDERS
9. CARDIOVASCULAR DISORDERS
10. WEIGHT MANAGEMENT

Module 2

ANATOMY AND PHYSIOLOGY

1. INTEGUMENTARY SYSTEM
2. ENDOCRINE SYSTEM
3. CARDIOVASCULAR SYSTEM
4. MUSCULOSKELETAL SYSTEM
5. LYMPHATIC SYSTEM
6. NERVOUS SYSTEM AND SENSE ORGANS
7. RESPIRATORY SYSTEM

Module 3

ALTERNATIVE THERAPIES

1. AYURVEDA
2. TRIDOSHA
3. PRAKRITI
4. DISEASE
5. AYURVEDA PARIKSHA
6. TREATMENT
7. NUTRITION

Module 4

COMMUNITY NUTRITION

1. CONCEPT OF COMMUNITY NUTRITION
2. INDIA-CHALLENGES OF DUAL PROBLEM OF NUTRITION
3. METHODS FOR ASSESSMENT OF NUTRITIONAL STATUS OF COMMUNITY
4. APPROACHES FOR NUTRITION EDUCATION IN COMMUNITY
5. COUNSELING SKILLS
6. NUTRITION AND HEALTH PROGRAMMES
7. NUTRITION SURVEILLANCE

MODULE 5

SCIENTIFIC DIETS

1. BLOOD GROUP
2. DIETS
3. KETO DIET
4. ATKINS DIET
5. MONO DIET

Course Details

Course Duration – 60 hours
Fees – Rs. 6000
Top Job Positions – Clinical Dietitian,
Consultant Dietitian
Platform - Zoom Meetings
Classes Begin - April 9, 2023
Last Date of Registration - March 31, 2023

Prof. Swati Pal
Principal, JDMC

Yogacharya Dr. Pradeep Yogi
Course Coordinator

Dr. Jayanti P. Sahoo
Program Coordinator

Resource Person Dt. Priya Mittal



Priya Mittal awarded
Internationally Acclaimed Best
Dietitian & Nutritionist year 2019
2020. She was a former dietician
of Dharmshila Narayana Super
specialty Hospital. She is a weight
loss & PCOD/PCOS treatment
expert and specialist in DNA
Diets.

List of Students-

Participant Data_ Clinical Nutrition and Dietetics Program Course			
S.No.	Name	Email Id	Course
1	Shipra Gupta	zenithdm2411@gmail.com	Advance
2	Sapna Garg	zenithdm2411@gmail.com	Advance
3	Swati Khandelwal	zenithdm2411@gmail.com	Advance
4	Dr Manju Agarwal	zenithdm2411@gmail.com	Advance
5	Savita Sharma	zenithdm2411@gmail.com	Advance
6	Sonia	zenithdm2411@gmail.com	Advance
7	Varun	zenithdm2411@gmail.com	Advance
8	Kajol Sharma	zenithdm2411@gmail.com	Advance

ATTENDANCE SHEET 2023**RESOURCE PERSON'S NAME. PRIYA MITTAL**

S · N O	STUDENTS NAME	9-5-23	16-4-23	19-4-23	22-4-23	23-4-23	29-04-23	30-4-23	6-5-23	07-5-23	13-5-23	14-5-23	17-5-23
1	SHIPRA GUPTA	P	P	P	A	P	P	A	P	P	P	P	A
2	SAPNA GARG	P	P	A	P	P	A	P	A	P	P	P	P
3	SWATI KHANDEWAL	P	A	P	A	P	P	A	P	P	P	P	P
4	DR.MANJU	P	A	P	P	A	A	P	A	P	P	P	P

	AGARWAL												
5	SAVITA SHARMA	P	A	P	A	P	P	P	P	P	A	A	A
6	SONIA	P	A	P	P	A	P	A	P	A	P	P	P
7	VARUN	A	P	A	A	A	P	P	P	P	A	P	P
8	KAJOL SHARMA	A	P	P	P	P	A	A	A	P	P	P	P

S. N O	STUDENTS NAME	18-06-2023	20-06-2023	22-06-2023	01-07-2023	03-07-2023	05-07-2023	06-07-2023	08-07-2023	09-07-2023	11-07-2023	12-07-2023	13-07-2023	05-08-2023	06-08-2023
1	SHIPRA GUPTA	A	P	P	A	P	P	P	P	P	P	P	P	P	A
2	SAPNA GARG	P	P	P	P	A	A	P	P	P	A	A	P	P	P
3	SWATI KHAND EWAL	P	P	P	P	P	P	P	P	P	P	P	A	A	P
4	DR.MA NJU AGARWAL	P	P	P	P	A	A	P	P	A	A	P	P	P	P
5	SAVITA SHARMA	P	P	A	P	P	A	P	P	A	P	P	A	P	P
6	SONIA	P	A	P	P	P	A	P	P	P	P	P	A	P	P
7	VARUN	P	A	P	P	P	P	P	P	A	P	P	A	P	P

8	KAJOL SHARM A	P	P	P	A	P	A	A	A	P	A	A	P	A	P
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Assessment-

The course content and material was very comprehensive and in order to assess the progress of each class had a viva round and for final assessment, a test was conducted on September 3rd, 2023 which marked the end of the course.

Exam Report of Advance Course

Respected mam,

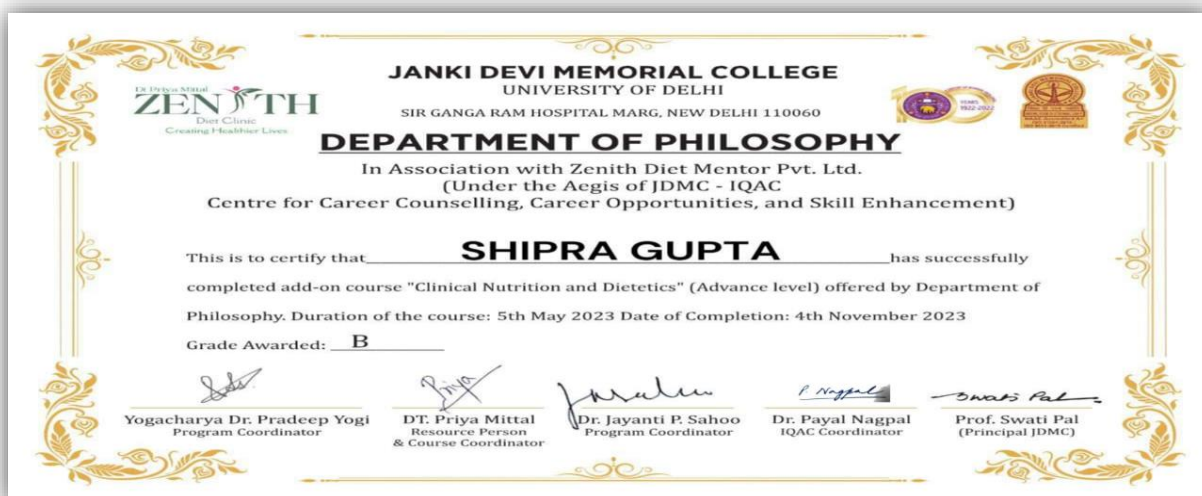
I would like to inform you that the Advance course exam has been conducted on 4/11/2023. The exam has been conducted smoothly on that date. Appearing students' names along with their grades.

1. Shilpa A
2. Savita B
3. Swati khandelwal B
4. Sapna Garg B
5. kajol Sharma A
6. Dr. Manju A+

Regards

Priya Mittal
(Dietician and Nutritionist)

Sample Certificate



Some glimpse of the course

Food exchange list 2017

No.	Exchange No.	Approximate Amount of food (g)	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Calories (kcal)
1	100g	100g	2.0	20.0	1.0	0.0	100
2	100g	100g	2.0	20.0	1.0	0.0	100
3	100g	100g	2.0	20.0	1.0	0.0	100
4	100g	100g	2.0	20.0	1.0	0.0	100
5	100g	100g	2.0	20.0	1.0	0.0	100
6	100g	100g	2.0	20.0	1.0	0.0	100
7	100g	100g	2.0	20.0	1.0	0.0	100
8	100g	100g	2.0	20.0	1.0	0.0	100
9	100g	100g	2.0	20.0	1.0	0.0	100
10	100g	100g	2.0	20.0	1.0	0.0	100

Handwritten notes on the left:

$$75 + 180 + 20 = 275$$

$$275 / 9 = 30.55 \approx 300$$

Handwritten notes on the grid:

1 foot = 12 inches
1 inch = 2.54 cm

Weight categories:

- Underweight
- Normal
- Overweight
- Obese

BMI ranges:

- < 18.5
- 18.5 - 24.9
- 25.0 - 29.9
- ≥ 30
- 30 - 34.9
- 35 - 39.9
- ≥ 40

Calculation at the bottom:

$$61 \times 2.54 = 154.94 = 155 \text{ cm} = 1.55 \text{ m}$$