



Clinical Nutrition and Dietetics

Report

NUTRITION AND DIETETICS

30 October 2022 – 19 February, 2023

The **Department of Philosophy**, Janki Devi Memorial College (University of Delhi) in association with Zenith Diet clinic (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 30 October 2022. 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 an 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 4 Sep 2023 which marked the end of the course.

List of students-

Participant Data_ Clinical Nutrition and Dietetics Program Course			
S.No.	Name	Email Id	Course
1	Shipra Gupta	zenithdm2411@gmail.com	Basic
2	Sapna Garg	zenithdm2411@gmail.com	Basic
3	Swati Khandelwal	zenithdm2411@gmail.com	Basic
4	Anu Mathur	zenithdm2411@gmail.com	Basic
5	Dr Manju Agarwal	zenithdm2411@gmail.com	Basic
6	Savita Sharma	zenithdm2411@gmail.com	Basic
7	Shikha Dhingra	zenithdm2411@gmail.com	Basic

Poster



The poster features a background of various fruits and vegetables. At the top left is the University of Delhi logo, and at the top right is the Janki Devi Memorial College logo. The text is centered and reads: **Janki Devi Memorial College (University of Delhi) Department of Philosophy**. Below this, it states: **In Association with Zenith Diet Mentor Pvt Ltd (Under the Aegis of JDMC-IQAC Centre for Career Counselling, Career Opportunities, and Skill Enhancement)**. The main title is **Clinical Nutrition & Dietetics Certificate Program** by **Dt Priya Mittal**, who is noted as an **Internationally Awarded** **Acclaimed Best Dietitian and Nutritionist 2019-2020**, **Weight loss & PCOD/PCOS Treatment Expert**, and **Specialist in DNA diets**. The modules listed are: **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**, and **MODULE 6 - Anatomy and Physiology**. Registration details include: **Last Date of Registration - 15th October, 2022**, **Classes begin - 30th October, 2022**, **Duration of the Course - 45 Days**, **Platform - Zoom Meetings**, and **Course Fee - 2000**. Bank details provided are: **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**. The registration link is **REGISTRATION LINK: <https://forms.gle/WPPKsZa2W1iwQGwg9>**. At the bottom, three coordinators are listed: **Yogacharya Dr. Pradeep Yogi** (Course Coordinator), **Dr. Jayanti P. Sahoo** (Programme Coordinator), and **Prof. Swati Pal** (Principal, JDMC).

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:
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MODULE 2 - Food Science and Health
MODULE 3 - Body Physiology
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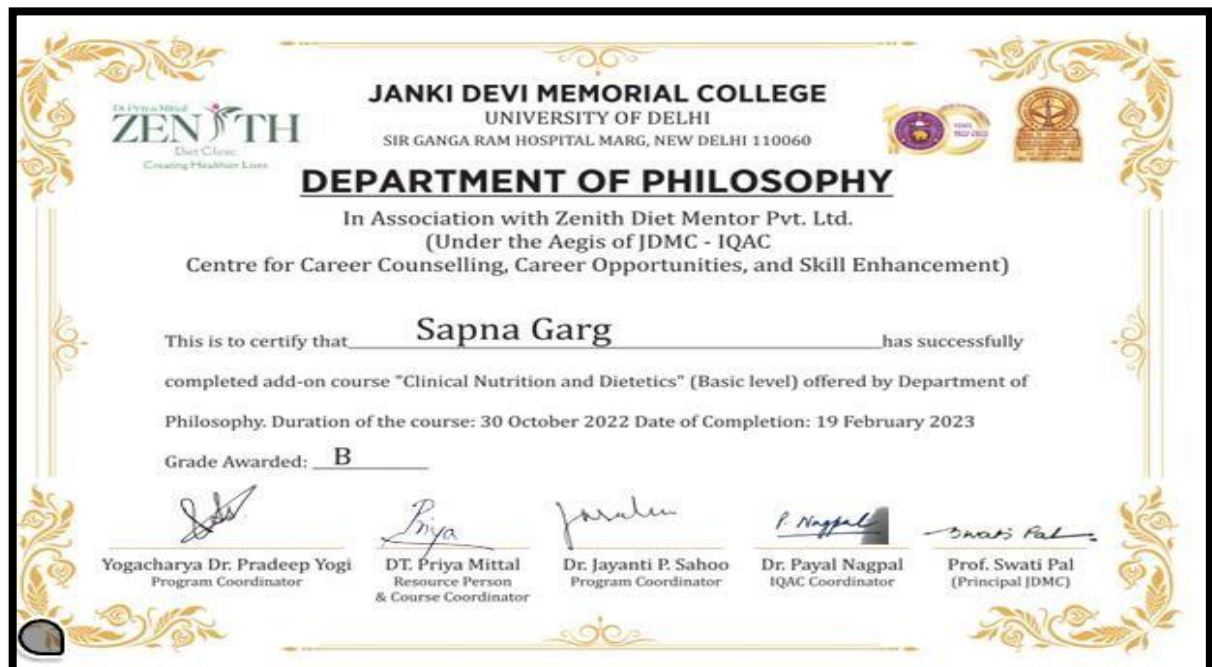
REGISTRATION LINK: <https://forms.gle/WPPKsZa2W1iwQGwg9>

Yogacharya Dr. Pradeep Yogi
COURSE COORDINATOR

Dr. Jayanti P. Sahoo
PROGRAMME COORDINATOR

Prof. Swati Pal
PRINCIPAL, JDMC

Sample Certificate



The certificate is framed with a decorative border. At the top left is the Zenith Diet Clinic logo, and at the top right are the Janki Devi Memorial College and University of Delhi logos. The text is centered and reads: **JANKI DEVI MEMORIAL COLLEGE UNIVERSITY OF DELHI**, **SIR GANGA RAM HOSPITAL MARG, NEW DELHI 110060**, **DEPARTMENT OF PHILOSOPHY**. Below this, it states: **In Association with Zenith Diet Mentor Pvt. Ltd. (Under the Aegis of JDMC - IQAC Centre for Career Counselling, Career Opportunities, and Skill Enhancement)**. The main text reads: **This is to certify that Sapna Garg has successfully completed add-on course "Clinical Nutrition and Dietetics" (Basic level) offered by Department of Philosophy. Duration of the course: 30 October 2022 Date of Completion: 19 February 2023**. The grade awarded is **B**. At the bottom, five signatures are listed with their names: **Yogacharya Dr. Pradeep Yogi** (Program Coordinator), **DT. Priya Mittal** (Resource Person & Course Coordinator), **Dr. Jayanti P. Sahoo** (Program Coordinator), **Dr. Payal Nagpal** (IQAC Coordinator), and **Prof. Swati Pal** (Principal JDMC).

JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
SIR GANGA RAM HOSPITAL MARG, NEW DELHI 110060

DEPARTMENT OF PHILOSOPHY

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Grade Awarded: **B**

Yogacharya Dr. Pradeep Yogi
Program Coordinator

DT. Priya Mittal
Resource Person
& Course Coordinator

Dr. Jayanti P. Sahoo
Program Coordinator

Dr. Payal Nagpal
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