



केन्द्रीय शैक्षणिक एवम् तांत्रिक माहिती संशोधन समीती

CENTRAL EDUCATION & INFORMATION TECHNOLOGY RESEARCH COMMITTEE
AN AUTONOMOUS INSTITUTION REGD. BY THE GOVT. OF NCT OF DELHI UNDER ITA 1882 GOVT. OF INDIA
REGD. BY NCS-MINISTRY OF LABOUR AND EMPLOYMENT, GOVT. OF INDIA
REGD. AT MINISTRY OF MICRO, SMALL AND MEDIUM ENTERPRISES (MSME), GOVT. OF INDIA
An Autonomous Organization works for IT, HRD & Literacy

Advance Diploma in Weight Management & Slimming Therapy

Description

Advance Diploma in Weight Management & Slimming Therapy is a one-year diploma certification course in which one will be skilled in Nutrition science and Public health education.

Course Content

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| Nutrition for the community | Public Health and Hygiene |
| Basic concepts of Nutrition | Health Indicators |
| Planning Balanced Diets | Environmental Sanitation and Safety |
| Macronutrients – Vitamins and Minerals | Water Supply and Waste Disposal |
| Meal Planning for Adults, infants, and Preschoolers, School Child and Adolescents, Pregnant and Lactating Women | Personal Hygiene |
| Effective Utilization of Food Resources | Dietary Management of Disease |
| Food Safety and Food Budgeting | Foodborne Disease |
| Nutrition Related Disorders | Food Infections and Intoxications |
| Maternal Malnutrition | Common Infections and Infectious Diseases |

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