

Diploma in Naturopathy Nutrition

Time Duration - 1 Year

Nutrition course covers how food and drinks affect health, including macronutrients, dietary planning, and food science. These courses are beneficial for health professionals, fitness enthusiasts, and those interested in healthy living.

This course gives an in-person learning environment, practical engagement, and networking opportunities, making it a stepping stone to a successful career in nutrition.



Foundations of Nutrition

Dietary Assessment

Nutritional Assessment Techniques: Tools and methods for evaluating dietary intake and nutritional status.

Clinical Nutrition

Medical Nutrition Therapy: Developing dietary plans for individuals with specific health conditions. Exploring how certain foods and supplements can affect medications.

Culinary Nutrition

Food Preparation: Learning how to create nutritious meals and recipes that are both healthy and appealing. Cultural Influences on diet: Understanding how cultural factors influence food choices and dietary patterns.

Practical Experience

Internships: Many programs include hands-on internships or supervised practice in clinical, community, or food service settings.

OVERVIEW

Diploma course is designed in 5 modules. This curriculum is designed to provide participants with a comprehensive understanding of nutrition and dietetics within the context of naturopathy and wellness. By the end of the course, students will be equipped with the knowledge and skills necessary to promote holistic health through nutrition. Students will get 40 credit points after the completion of all the five modules.

Module 1 (week 1-8) 120 hours (Monday to Friday)

Module 2 (week 9-16) 120 hours (Monday to Friday)

Module 3 (week 17-24) 120 hours (Monday to Friday)

Module 4 (week 25-32) 120 hours (Monday to Friday)

Module 5 (week 33-40) 120 hours (Monday to Friday)

Objectives for delegates of this 5-Module certificate course are:

To establish firm, philosophical and theoretical foundation in Indian Naturopathy, enabling students to articulate its core principles and their applications.

To proficiently conduct a basic Prakriti analysis and understand its critical implications for creating bioindividualised dietary plans.

To evaluate and design Naturopathic dietary strategies to support major body systems and manage common lifestyle disorders, with focus on digestive health and detoxification.

To integrate local Indian natural therapeutics and foundational yogic principles into comprehensive wellness plans

To synthesise all previous learning to conduct a mock client consultation and develop a safe, effective, and personalised naturopathic nutrition and wellness plan.

Schedule of Modules:

Five modules will be completed in one year. At end of each module there will be an internal assessment examination done by the institution. Candidates who are completing all five modules and completing the dissertation will be eligible to attend the external examination. The external examination will include 5 theory papers and one common practical with oral examination and dissertation presentation. The passing marks will be 50%. Those who are passing in all papers and practical's and dissertation will be awarded " Nutrition and Dietician" (N&D). Those who are discontinuing in the one course after completing one or two modules can join the next course. The maximum time permitted to complete the course will be two years.

COURSE FEE:

Indian Candidates:

Tuition Fee: Total fee for one year diploma course will be Rs. 25,000.

Examination Fee Excluded

Payment Mode: Demand Draft / at par Cheque (payment should be made out to Shree Bidada Sarvodaya Trust) or online payment.

Pre-Requisites & Information

ELIGIBILITY

Candidates must have completed their Class 12 from a recognised board, preferably in the Science stream with subjects such as Biology, Chemistry, and Physics.

Who is the course for ?

Anyone interested in wellness or wellness coaching to others

Anyone wanting to learn how to design fitness & customized health programs

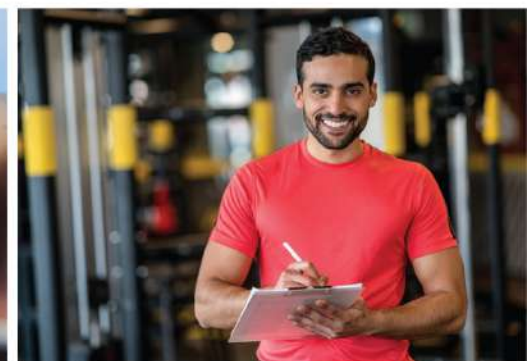
Result

By the end of the course, students will be equipped with the knowledge & skills necessary to promote holistic health. Students will get 19.2 credit points after the completion of all the 5 modules.

Food & Accommodation:

Accommodation (AC / Non AC room in a twin sharing basis on special rates)

- Candidate will reach & depart from the venue on their own cost.
- Naturopathy food / ISKON theme food / Jain Food (Breakfast, Lunch & Dinner, Tea / Coffee)
- Local sightseeing excursion as time & weather allows
- Candidates should reach one day prior for session and check-in at afternoon.
- Check-Out after breakfast before noon
- Extra night stay (optional): per night as per the room tariff.



Career Prospects

Graduates of the Certificate Course can explore career opportunities in:

- Naturopathy and wellness Centres
- Hospitals and Clinics
- Fitness Centres
- Community Health Organisations
- Entrepreneurial ventures in the Health and Wellness Industry