



**SOPHIA IRENE HEREDIA CENTRE FOR WOMEN'S STUDIES AND DEVELOPMENT,  
and  
DEPARTMENT OF LIFESCIENCES,  
SOPHIA COLLEGE (AUTONOMOUS), MUMBAI**

**OFFERS**

## **POST GRADUATE DIPLOMA IN NUTRITION, DIET, AND FITNESS**

### **Aim:**

Encourage students to become agents for their families, friends, and peers by positively improving their nutrition attitudes and practices, making them key influencers in public and private life

### **Objectives:**

- ✓ It is a Capacity Building Initiative to help potential motivators interested in nutrition
- ✓ To learn about nutritional sources, functions, diet diversity, deficiencies, excesses, and their impact on community health
- ✓ To explore nutrition intervention strategies for micro and mass approaches to tackle nutrition challenges, and understand nutrition-based fitness and its health benefits

**Duration:** One-year programme  
(Online Bridge course + onsite classes + hands-on practical + post-course internship)

**Eligibility:** Graduation from any stream

**Days:** Monday to Friday (1.00 pm - 4.00 pm)

**Course Fees:** Rs. 74,500/- (exam fees included)  
(Cheque payment in favour of Sophia Centre for Women's Studies and Development)

**Available seats:** 24 students only

**Medium of instruction:** English

**ADMISSION IS OPEN TILL 30<sup>th</sup> APRIL 2026  
COMMENCING ON 2<sup>nd</sup> MAY 2026  
(Online Bridge Course Sessions)**

**A Detailed Syllabus and Admission Form are Available at**

Sophia Centre for Women's Studies and Development,  
Sophia College (AUTONOMOUS), Mumbai,  
Bhulabhai Desai Road, Mumbai 400 026

Tel.: 022 – 20830752/23512642/ 23523304 Ext.: 253

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