



# **BASICS IN FOODS AND NUTRITION** **(CERTIFICATE COURSE)**

**Duration:** 160 days;

**Course Commencing:** 8<sup>th</sup> June 2020

**Eligibility:** HSC from any stream Admission is on a first come first served basis.

**Number of seats:** 25 participants only

**Days:** Monday to Saturday  
Classes on: Monday to Friday (1.00 pm - 4.00 pm)  
Saturday (Home assignment)

**Fees:** Rs. 50,000/-  
(Cheque payment in favour of Sophia Centre for Women's Studies and Development)

- Imparts nutrition education, which is vital in today's health-conscious times
- Introduces participants to the nutritional components of diet and their impact on health
- Instruct participants through lectures and relevant practicals
- To enable participants, learn appropriate knowledge in human nutrition management
- To provide the mechanism to enable potential motivators with an interest in nutrition to fulfill the need to communicate a behavioral change

**Medium of Instruction:** English

**Admission commences:** 7<sup>th</sup> April 2020 onwards

**For admission contact:**

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

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