



# **BASICS IN FOODS AND NUTRITION**

**(CERTIFICATE COURSE)**

**Duration:** 160 days; **COMMENCING ON 6<sup>th</sup> June 2019**

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

**Number of seats:** 25 participants only

**Days:** Monday to Saturday  
Monday to Friday (1.00 pm - 4.00 pm)  
Saturday (11.00 am - 2.00 pm)

**Fees:** Rs. 50,000/- (inclusive)

(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

**For admission contact:**

Sophia Center for Women's Studies and Development,  
Sophia College (AUTONOMOUS), Mumbai,  
Bhulabhai Desai Road, Mumbai 400 026.  
Tel: 022- 2351 3280  
Email: [sophiawomenscentrecourses@gmail.com](mailto:sophiawomenscentrecourses@gmail.com)

# **BASICS IN FOODS AND NUTRITION**

## **(CERTIFICATE COURSE)**

### **SEMESTER 1**

**Duration:** (Part Time) - 80 days

Monday to Saturday

Monday to Friday (1.00 pm - 4.00 pm)

Saturday (11.00 am - 2.00 pm)

Saturday for library, Project Work & Visits

#### **Course Contents:**

1. Basics of Nutrition (Theory)
2. Impact of Nutrition on Health (Theory)
3. Introductory Anatomy & Physiology (Theory)
4. Basics of Food Science and Hygiene (Theory)
5. Introduction to Nutritional Biochemistry (Theory)

**Assignment** –covering any one aspect in the syllabus. It could be a basic community survey of food trends and products

### **SEMESTER 2**

**Duration of the course (Part Time)** 80 days

#### **Course Contents:**

1. Nutrition through the Ages (Theory)
2. Nutrition for Fitness (Theory)
3. Exercise Physiology (Theory)
4. Nutrition in Special Health Conditions (Theory)
5. Fundamentals of Diet Planning

**Assignment** – A review of published scientific nutrition literature covering any one aspect in the syllabus

# **DIET TRAINERS**

## **(CERTIFICATE COURSE)**

**Objective: -**

It is a **Capacity Building Initiative**, to produce high quality Field Nutrition Trainers in the community

**Duration: (Part Time) 70 days**

Monday to Saturday

Monday to Friday (1.00 pm - 4.00 pm)

Saturday (11.00 am - 2.00 pm)

Saturday for library, Project Work & Visits

**Eligibility:**

- On completion of the **Basics in Foods and Nutrition (Certificate Course) - applicable for current students only**
- Other than present students the admission will be based on an entrance exam

**Number of seats:** 25 participants only

**Days:**

Monday to Saturday

Monday to Friday (1.00 pm - 4.00 pm)

Saturday (11.00 am - 2.00 pm)

**Fees:** Rs. 49,200/- (inclusive)

(Cheque payment in favour of Sophia Centre for Women's Studies and Development)

**Career Prospect:** -Work as Nutrition Trainers in the field of -

- Non-Government Organizations
- Fitness Centers
- Food & Hospitality Industries
- School & College Nutrition Programs
- Corporates Wellness Nutrition Programs
- Food Product Entrepreneurs

**Medium of Instruction:** English

**Commencing on:** First week of February 2020

**For admission contact:**

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Tel: 022- 2351 3280

Email: [sophiawomenscentrecourses@gmail.com](mailto:sophiawomenscentrecourses@gmail.com)

# **DIET TRAINERS**

## **(CERTIFICATE COURSE)**

**Duration: (Part Time)** 70 days

Monday to Saturday

Monday to Friday (1.00 pm - 4.00 pm)

Saturday (11.00 am - 2.00 pm)

Saturday for library, Project Work & Visits

### **Course Contents:**

1. Community Nutrition Education (Practical)
2. Indian and International Fusion Menu Planning and Product Development (Practical)
3. Diet planning for all Ages (Practical)
4. Diet Planning for Fitness Regimes (Practical)
5. Diet Planning for Nutrition in Special Health Conditions (Practical)
6. Applications of Food Psychology and Counseling Skills (Practical)

**Assignment:** Research Projects and Case Studies

### **Our Nutrition Course Designer and Mentor:**

**DR. RATNARAJE KRISHNA THAR**, Ph.D., M.Phil., M.Sc., B.Sc.,  
P.G. Dip. in Education Management and  
PG Dip. in film and television.

**Dr Ratnaraje Thar** is a nutritionist with more than 30 years of experience. Presently she is Research Director at College of Home Science Nirmala Niketan, Mumbai, undertaken Maharashtra Tribal Ministry Projects. She has served as Hon. Police Nutritionist for Maharashtra Police at Police Hospital Nagpada. She has been a Master Trainer in Maternal and Child Nutrition Education Training for ICDS Personel Govt. of Goa. She also has private clinical practice handling clinical cases in South Mumbai, Corporate Practice as Lead Nutritionist and Lifestyle Consultant at Connect & Heal, Primary Care Pvt Ltd, Mumbai, India. She is a guide for research thesis - MSc Clinical Nutrition (IGNOU). She also contributes articles in The swaddle. com. and leading Marathi newspapers Loksakta and Sakal.

## **ADMISSION PROCEDURE and RULES & REGULATIONS**

- Application to be filled in and duly signed by the candidate.
- Two passport size photographs (one for form and another for I-card).
- Course Fee by cheque in the name of “Sophia Centre for Women’s Studies and Development”.
- Photocopy of marksheet or certificate of last exam held / appeared.
- Requisite fees shall have to be paid along with filled application form for consideration of application.
- No adjustment or refund of fees shall be made under any circumstances.
- The students are also requiring to attending full all the classes on a regular basis.
- Absence without sufficient cause will lead to automatic expulsion form the course.

**OUR COURSE BENEFICIARIES**

It was learning experience about healthy food habits and right eating. For good and healthy living, one should have the basic knowledge to eat mindfully and to coordinate it with life style. The course taught me the nutritional values, to learn to cook Indian and international technique of healthy cooking. Methodical learning of Bio chemistry, Human anatomy and diet planning. The whole programme was very interesting and I gained good knowledge.

- Neena



The Sophia Women's Centre Nutrition course got me started in my Nutrition career, the hidden gem and driving force of this course was the most knowledgeable and humble Dr. Ratna Thar who patiently guided us through the course. I didn't expect a part Time course to occupy my entire day, but I had my hands full for the rest of the day that I was not attending the class.

- Maadhuri R Sharma

I completed my Food and Nutrition course from Sophia College under the wonderful guidance Dr. Ratna Thar. Words cannot express how grateful I am to the teachers for guiding us through this beautiful course. It was informative, very interactive and gave us the best insight into the world of dietetics. Also, for a non-science student like me, where most colleges would not accept us, this course had no such criteria. We were educated with lots of love by all our teachers and all the subjects were made fun, interactive and in-depth. I highly recommend this course to anyone passionate about health fitness and nutrition.

- Srishti Vasandani



The Sophia College has empowered me with and be what am today. Today I consult in more than 10 countries and have a very steady practice across India....and all of it began in 2013-14 when I chose to come here to study and better understand a field of study which I had a passing interest and nothing more... I walk into class and see an eclectic mix of professionals from the nutrition industry, green kids from college and yes, some bored house wives too... Then the wonder of the knowledge pool that this place with some of the most down to earth teachers. I am eternally grateful to

Sophia College and with specific reference to my teacher Dr Ratna Thar and the support team. Today I also consult people from medical fraternity and professionals from a holistic platform using a basic philosophy that we are of we put into our mouths for our body and soul nourishment. I dedicate all of my personal and professional success to these walls.

and many more....