



**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:**

This is to encourage students to become agents for their families, friends, peers, and social models as they can become key influencers in public and private life by positively improving their own nutrition attitudes and practices.

**Objectives:**

- ✓ It is a Capacity Building Initiative, to enable potential motivators with a keen interest in nutrition, to learn about its sources, functions, diet diversity, deficiencies excesses, impact on community health and wellbeing, and much more.
- ✓ To learn about different nutrition intervention strategies that are needed to develop micro as well as mass approaches to combat and overcome various nutrition challenges and barriers.
- ✓ To learn about nutrition-based fitness, and to understand its impact on health.

<b>Duration:</b>	One year programme (30 hours online Bridge course + onsite classes + post-course internship)
<b>Eligibility:</b>	Graduation from any stream
<b>Days:</b>	Monday to Friday (1.00 pm - 4.00 pm)
<b>Course Fees:</b>	Rs. 72,000/- (exam fees and kit expenses included) (Cheque payment in favour of Sophia Centre for Women's Studies and Development)
<b>Available seats:</b>	20 students only
<b>Medium of instruction:</b>	English

**Commencing on 1<sup>st</sup> June 2024**  
**Admission is open till 10<sup>th</sup> June 2024**  
**Detailed syllabus and admission form are available at**

Sophia Center for Women's Studies and Development,  
Sophia College (AUTONOMOUS), Mumbai,  
Bhulabhai Desai Road, Mumbai 400 026  
Tel.: 022- 20830752/ 23512642

**Email:** [diploma.ndf@sophiacollege.edu.in](mailto:diploma.ndf@sophiacollege.edu.in)

[Click here for FAQ](#)

# ADMISSION PROCEDURE and RULES & REGULATIONS

- ✓ Application to be filled in and duly signed by the candidate
- ✓ Two passport-size photographs (one for the form and another for I-card)
- ✓ Photocopy of marksheet or certificate of the last exam held/appeared
- ✓ Requisite fees shall have to be paid along with a filled application form for consideration of the application
- ✓ Course full fee to be paid in cash/ cheque
- ✓ No adjustment or refund of fees shall be made under any circumstances.
- ✓ The students are also required to attend 80% of the classes on a regular basis to qualify for the final exam
- ✓ Absence without sufficient cause will lead to automatic expulsion from the course

