DIVE DEEP, LEARN SMART, LEAD IN WELLNESS

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

## offered by

Sophia Irene Heredia Centre for Women's Studies and Development, and Department of Lifesciences, Sophia College for Women (Empowered Autonomous), Mumbai

## **One-year Programme**

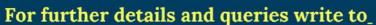
(Online Bridge course + onsite classes + hands-on practicals + post-course internship)
Time: 1:00 pm - 4:00 pm Monday to Friday

## Eligibility

Minimum Qualification: Graduation or Master's from any stream/ Age: No bar

Admission open till 20th May 2025

The Programme commences on 16th June 2025



Detailed syllabus and admission form are available at Sophia Center for Women's Studies and Development,

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