

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

For further details and queries write to_

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/ 23523304 Ext.: 253



Email: diploma.ndf@sophiacollege.edu.in

