



**AAFT  
ONLINE**

# **N**UTRITION & **D**IETETICS

**1 YEAR**

# ABOUT

## AAFT ONLINE

AAFT Online is an online initiative of India's leading Media Arts Institution - AAFT, that aims to shape global creative talent by establishing the highest educational standards for creative skills. AAFT Online aims to give your innovative streak a professional edge with its 30 years of rich mentoring experience in the field of creative arts education at a university level.

As a leading EdTech platform, AAFT Online is the symbiosis of education and field-based experience, nurturing a need-based training translating into a viable career option. By bringing the best of the industry experts with world class educational standards, AAFT not only promotes job opportunities but also creates empathetic professionals standing in the throes of grand success.

## OUR ACHIEVEMENTS



**India's First**  
**UGC Approved**  
Creative Arts  
University



Trained  
Over **25,000+**  
Students



**Over 30 Years**  
in Education



**500+**  
Faculty &  
Mentors



# CHAIRMAN'S MESSAGE

We have been persistently on a mission to impart creative excellence to the youth and strengthen the media & arts community globally. We believe AAFT Online can help to bridge the industry-academia gap faced in the media and entertainment industry by reaching to the global network of creative enthusiasts. We have established innovative pedagogy and methodologies to provide cutting-edge learning environment to the students. Our curriculum is curated by industry professionals and academicians to foster training in such a way that our students can efficiently meet the industry requirements and demands, thus, excelling in their chosen vocations.

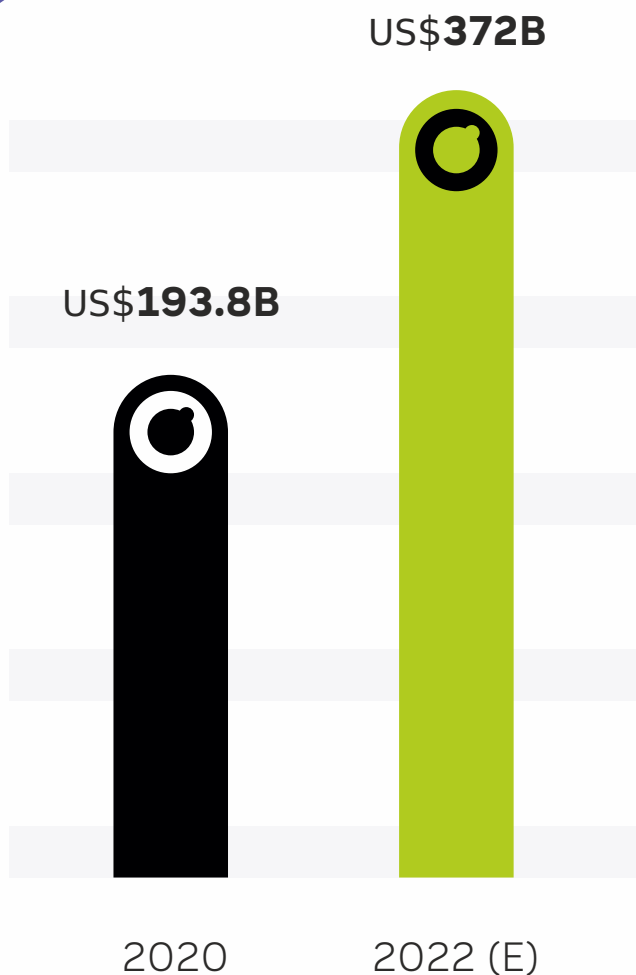
I would like to encourage students to follow their calling and choose the path of creative arts learning, taking the first-step towards transforming passion into profession. I would also like to extend my gratitude to our promoters and supporters for their persistent trust and enthusiasm which continuously motivates us to serve the education community and set new benchmarks with our contemporary teaching modules.



# HEALTHCARE

## INDUSTRY OUTLOOK

The Healthcare industry size was US\$ 193.83 billion in 2020 and is estimated to reach US\$ 372 billion by 2022, driven by rising income, better health awareness, lifestyle diseases and increasing access to insurance.



The background features several vertical lines of varying heights and widths, some solid and some dashed, in a light green color. These lines are arranged in a way that creates a sense of rhythm and structure, framing the text and list.

WHY

# STUDY ONLINE

- Career advancement and hobbies
  - Added Flexibility and Self-Paced Learning
  - Lower costs and debts
  - Better Time Management
  - Demonstrated Self-Motivation
  - Improved Virtual Communication and Collaboration
  - A Broader, Global Perspective
  - Refined Critical-thinking Skills
  - More choice of course topics
  - More Comfortable Learning Environment
  - Access outstanding teaching
  - Study from anywhere in the world
  - Make global connections
- 
- A series of curved lines in a light green color, arranged in a way that suggests a smile or a sense of completion. These lines are positioned below the list of benefits, adding a positive and uplifting touch to the overall design.

# WHY US

Courses are **specially curated by Academicians and Industry Experts**

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Opportunity to **interact and network** with enthusiasts from all across the globe

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**Courses are for all-whether** you are a student or a working professional

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All our classes are backed by **Virtual Faculty Support**

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Focused approach for skill building and **practical exposure** through assignments and projects

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**Dedicated Placement Support**

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**Up-to-date content** with the latest trends and developments of the industry

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Learn **real world application** through practitioners

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**Add a specialization** in your Resume on completion of the course

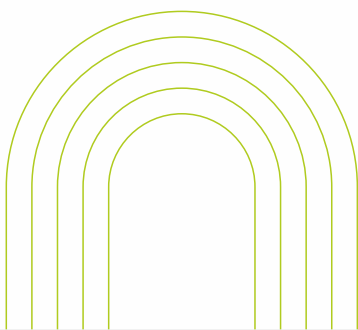
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Access to **AAFT Alumni Association**

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**one-to-one mentor sessions** throughout the course

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# COURSE OVERVIEW

With increasing urbanization and medical problems amongst working individuals rising, a need for proper nutrition is dire. Dietitians are gaining a lot of importance amongst the urban crowd as the young generation of India is realizing the importance of a healthy diet and value of getting proper nutrients.

Dietetics focuses on food management through proper plan, monitoring and supervision of a patient's diet. On the other hand, nutrition is related to the overall promotion of health by advising people on health and food choices.

Therefore, dietitians and nutrition consultants are earning a lot of money in cities. Hospitals also hire professionals in this field. A lot of corporate companies also hire nutritionists in order to keep their employees healthy and active.

**Employability:** Healthcare Industry, Nutrition Industry, Sports Arena, Dietetics Industry.

# COURSE HIGHLIGHTS



Recorded Video  
Lectures &  
eWorkbooks



Self-paced  
Learning



AFT Alumni  
Status



Live Webinars and  
Doubt-clearing support



Digital Verified  
Certification



Career Mapping &  
Career Counseling



Soft Skills  
& Personality  
Development



Resume Building &  
Review Sessions



Course validity  
for 12 months post  
purchase





# WHAT YOU WILL LEARN

Basics of Nutrition & Dietetics

Digestion & Absorption

Macro Nutrients

Energy & Carbohydrates

Proteins & Fats

Vitamins, Minerals & Water

Nutrition during pregnancy  
and lactation

Infancy, childhood,  
adolescence, adulthood &  
ageing

Methods of cooking, exchange  
list & menu planning

Nutrition in weight  
Management, Renal disorders  
& Liver disorders

Nutrition for sprouts,  
hypertension & bone health

Nutrition for diabetes &  
Anemia

Calories burnt for various  
activities

Nutrition & Diets in Diseases

Assessment of Nutritional  
Status

Malnutrition

Food Commodities and Safety

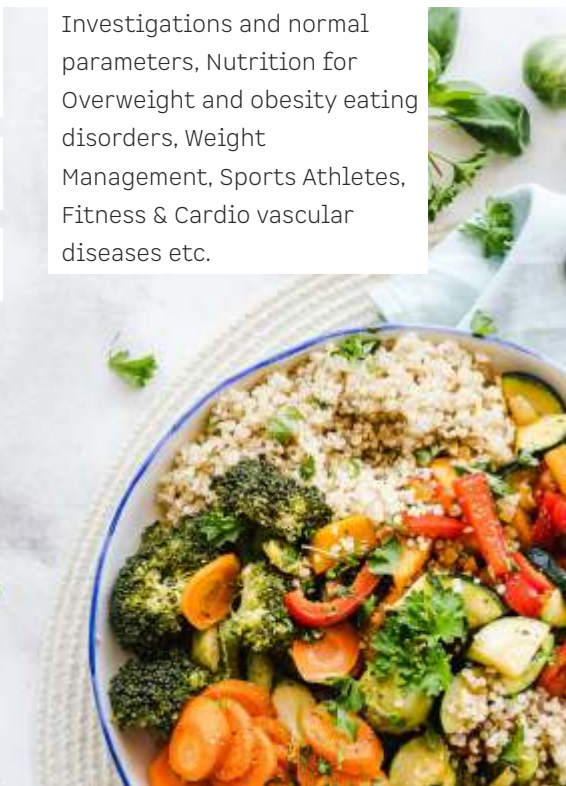
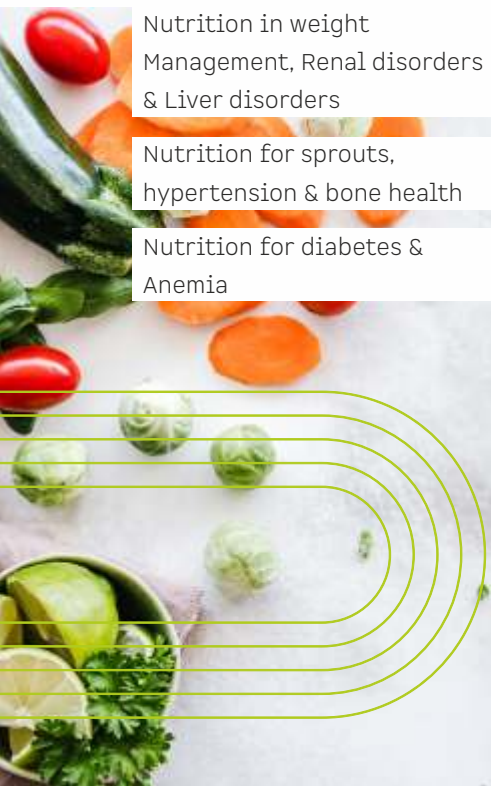
Nutrition for fitness in sports

Obesity Management

Menu Planning & Calories  
burnt

Calories burnt during various  
activities

Investigations and normal  
parameters, Nutrition for  
Overweight and obesity eating  
disorders, Weight  
Management, Sports Athletes,  
Fitness & Cardio vascular  
diseases etc.



# CURRICULUM

## OVERVIEW

### INTRODUCTION TO BASIC CONCEPTS IN NUTRITION

- MODULE 01** Food
- MODULE 02** Health
- MODULE 03** Nutrients

### METHODS OF COOKING AND ITS EFFECT ON NUTRIENTS

- MODULE 04** Different methods of cooking
- MODULE 05** Various nutrient losses during cooking
- MODULE 06** Ways to preserve nutrients

### CONCEPT OF FOOD SCIENCE

- MODULE 07** Carbohydrates
- MODULE 08** Proteins
- MODULE 09** Lipids
- MODULE 10** Water soluble vitamins (Vit B1, B2, B3, Pyridoxine, Folic acid, B12 and VitC)
- MODULE 11** Fat soluble vitamins (Vit A,D,E,K)
- MODULE 12** Minerals (Calcium, Sodium, Potassium, Iron, Iodine)
- MODULE 13** Water

# CURRICULUM

## OVERVIEW

### APPLIED PHYSIOLOGY

- MODULE 14** Organisation of the human body
- MODULE 15** Circulatory System
- MODULE 16** Digestive system
- MODULE 17** Blood and its components
- MODULE 18** Excretory system
- MODULE 19** Respiratory system

### NUTRITIONAL BIOCHEMISTRY

- MODULE 20** Carbohydrate Metabolism
- MODULE 21** Protein Metabolism
- MODULE 22** Lipid Metabolism
- MODULE 23** Acid Base Balance
- MODULE 24** Enzymes
- MODULE 25** Hormones

### ENERGY METABOLISM

- MODULE 26** Concepts of Energy, BMR, BMI Energy balance

### BASIC CONCEPTS OF DIET PLANNING

- MODULE 27** Concept of balanced diet
- MODULE 28** Planning of balanced diet

# CURRICULUM

## OVERVIEW

### DIET DURING THE LIFE CYCLE

- MODULE 29** Diet during infancy
- MODULE 30** Diet during pre school
- MODULE 31** Diet during school
- MODULE 32** Diet during adolescence
- MODULE 33** Diet during adulthood
- MODULE 34** Diet during pregnancy
- MODULE 35** Diet during lactation
- MODULE 36** Diet during old age

### INTRODUCTION TO THERAPEUTIC NUTRITION

- MODULE 37** Different types of hospital diets
- MODULE 38** Special feeding methods
- MODULE 39** Eating disorders
- MODULE 40** Inborn errors in metabolism

### MODULE 41 DIET MODIFICATION IN GENERAL DISEASED CONDITIONS

### PUBLIC HEALTH NUTRITION

- MODULE 42** Concept and scope of public nutrition
- MODULE 43** Nutritional problems in India
- MODULE 44** Various Nutritional programs running in India
- MODULE 45** Methods of nutritional assessment



# CURRICULUM

## OVERVIEW

### COMMON DIET TRENDS

**MODULE 46** Understanding Various Forms of Diet

### NEWER TRENDS IN FOOD INDUSTRY RELATED TO NUTRITION

**MODULE 47** Fast foods

**MODULE 48** Supplements

**MODULE 49** Kitchen remedies

### INSTITUTIONAL MANAGEMENT

**MODULE 50** Food service units

**MODULE 51** Menu planning

**MODULE 52** Food production process

**MODULE 53** Space and equipment

**MODULE 54** Personnel management

**MODULE 55** Financial management



# KEY PROJECTS

Standardization of portion sizes for different food preparations.

Planning Routine Hospital Diets

Diet in Weight Imbalance and Counselling

Diet in Fever

Plan a diet for Nutritional Anaemia

Diet in Diseases of Gastro Intestinal Tract and Counselling

Diet in Liver Diseases and Counselling

Diet in Kidney Diseases and Counselling

Diseases of Metabolic Disorder and Counselling

Diet in Cardiovascular Diseases and Counselling

To plan a diet for Cancer

Planning Meals for Institutional Feeding

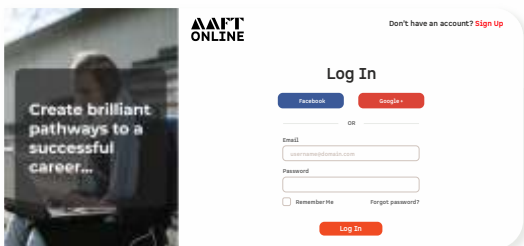
# HOW YOU WILL LEARN

## Seamless & Easy Platform

Our Online platform is easy to use and you can start learning at the click of a few buttons.

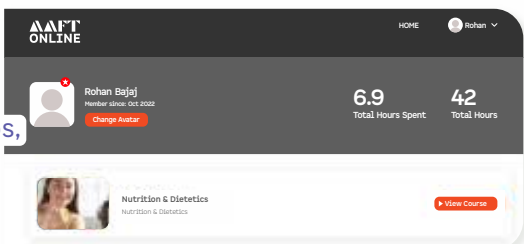
1

Login with your credentials



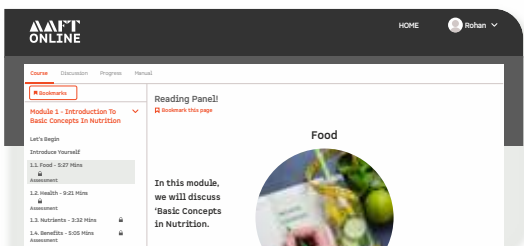
2

Start Learning with help of videos, live sessions & doubt clearing support



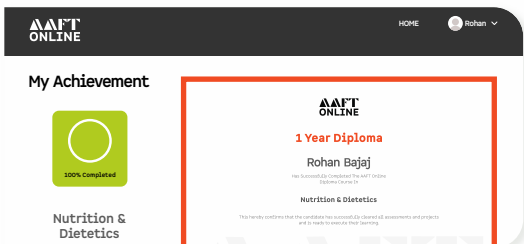
3

Access to Program Material



4

Get Certified upon completion of program



# THE INSTRUCTORS



Aarohi Tyagi

Aarohi Tyagi, a Practicing Nutritionist by profession, has over 13 years of experience in this field. She was a gold medalist in her Bachelors and has pursued her Masters in Food and Nutrition from Panjab University, (Chandigarh). She has also done a course in Palliative care from Japan (Fujita University). She has worked with various reputed organizations like Fortis hospital, Manipal University and Delhi State Cancer Institute to name a few. She is UGC- NET qualified and has been teaching nursing students and students from the hospitality sector for the last 5 years. She is currently the Nutrition and Dietetics Program leader at AAFT Online.



Lovneet Batra

Young, active and accomplished, Lovneet Batra is a celebrated and one of the most insightful nutritionist, columnist and former host of the show Restaurant Spy by India Today Group. She holds a BS and MS in Dietetics from Michigan State University and believes in a sustainable, 'no deprivation' approach to a meaningful, long-lasting lifestyle makeover. Going beyond fads & myths, she makes nutrition simple and straight. She constantly encourages her clients and readers to develop a healthy relationship with food. A nutritionist who believes good food and good health are best buddies and for her, nutrition is delicious & doable.



# THE INSTRUCTORS



Deepti Sherawat

Deepti Sherawat is a therapeutic nutritionist & lifestyle coach, with over 8 years of experience. After completing her Diploma in Dietetics, Nutrition and Health Management, she was awarded a fellowship in Clinical Nutrition. Apart from focusing on healthy nutrition habits and fat loss, she specifically deals with people who suffer from various lifestyle/metabolic disorders ranging from diabetes, hypothyroidism, hormonal disorders (for example PCOD), autoimmune disorders, etc. Prior to starting her own venture, she was working as a nutritionist and lifestyle expert in the team of globally renowned wellness coach Luke Coutinho. She has also worked as a Nutrition Counsellor at Fitness First India Ltd. – an international chain of luxury fitness clubs founded in England in 1993. Deepti is also an internationally certified yoga teacher in two disciplines i.e. Hatha Yoga and Ashtanga Yoga.



Sunaina B. Khetarpal

Sunaina is the Founder of Health is wealth. She is also the Head of Dietetics Department, Fortis Escorts Hospital and Kalyani Hospital. A Core Team Member of NABH (National Accreditation Board Of Hospital), Sunaina is also associated as an EXPERT Dietitian with corporates like Nestle, Hero Motocorp, Group M, Sitel, Walmart, AAJTAK (FIT DELHI), Star Plus Master Chef & Hindustan Times( Anokhi Club ), MOM & ME, Welcome Little. Her expertise lies in Weight loss programmes, Weight gain programmes, Renal, Diabetes and Heart diseases, Paediatric nutrition, Pregnancy & Lactation Diet & Gastrointestinal disorders.

# THE INSTRUCTORS



Kalyani Singh

Kalyani Singh is a Nutritionist- Nutrition Coach, who believes in a multidisciplinary approach and proceeds in this field with the motto, 'knowledge is like a deep well, fed by perennial springs, and your mind is like the little bucket that you drop into it: you will get as much as you can assimilate'. She is Executive Member: Indian Dietetic Association, Chandigarh Chapter and Nutrition Society of India, Chandigarh Chapter, she is Life Member: Nutrition Society of India and Indian Dietetic Association and has been providing healthy diet plans for guiding one and all towards holistic health. She has more than 20 publications in international and national Journals and books and has co-authored of 2 books: "Art of Cooking and Science of Nutrition & Type 2 Diabetes: Quality of Life and Mode of Medication"



Chef Ranojit Kundu

Chef Ranojit Kundu, alumni of IHM Bhubaneswar, started his career with Cidade de Goa and later got associated with "The Ambassadors", Mumbai. He takes keen interest in organizing culinary competitions, workshops, field trips and international tours. He completed the Cochran fellowship program in 2016, organized by the USDA. He represented the English baking camp in Hyejeon College in South Korea. His continued exposure of 25 years in the hospitality industry helped him earn the prestigious Indian Culinary Forum's-Chef of the Year Award in 2019. He loves to create and train people in preparing healthy recipes which benefit to maintain a healthy lifestyle.

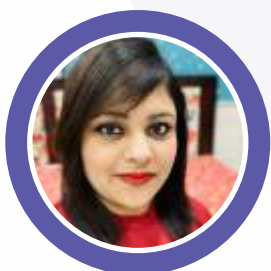
# FACULTY



**Ashu Wadhwa**

Therapeutic Nutrition

Ashu Wadhwa, is a meritorious scholar in Nutrition, Dietetics, and Health Education with strong credentials and a conceptual understanding of Nutrition, She holds double Post Graduate Diploma degrees in Dietetics and Therapeutic Nutrition (PGDDTN) from Jamia Hamdard University & Nutrition and Dietetics (PGND) from IGMPI and and Diploma in Dietetics, Health and Nutrition (DDHN) from VLCC Institute. She was directly appointed as an Academic Counselor of PGDDTN for teaching "'Diet Therapy and Applied Nutrition", for two consecutive years (2019 & 2020). Also, been appointed as a Guest Nutrition Faculty for Bachelor in Dialysis Therapy (BDT, Batch 2020).



**Dr. Pooja**

Human Physiology

Dr. Pooja is a Senior Resident in "Department of Physiology" at Maulana Azad Medical college since 2020. She started her career as a Junior resident at Sharda hospital in dept. of medicine (2012-2013) thenceforth as General Physician at AIM Clinic in Greater Noida (till 2016). She also holds experience of working as Locum EMO in Emergency and RMO in Columbia Asia & Fortis Hospital respectively.

# FACULTY



**Dr. Raushan Khan**

Human Nutrition and Biotechnology

Dr. Raushan, has worked as Business Development Manager at Agricultural and Processed Food Products Export Development Authority, New Delhi (December 2021-September 2022), Research Manager in Kerala Nutrition Research Centre (Joint Venture of NIFTEM, Sonipat and WCD, Govt. of Kerala) - (October, 2020- December 2021), Research and Development In-charge in KLA Foods India Limited, Uttarakhand-(March, 2020-October, 2020).



**Priyanka Bankeraika**

Consulting Nutritionist

Priyanka Bankeraika, an accomplished Dietician, Nutritionist & Lifestyle Wellness Coach, having more than 15 years of experience in Food and Nutrition, Therapeutic Nutrition, Weight Management, Community Nutrition, Preventive Nutrition, Diabetes Education, Bariatric Nutrition Auyurvedic & Yogic Diet Management and Ketogenic Diet.

# TAPASYA

## Mundhra

A circular portrait of Dr. Anshu Singh, a woman with long dark hair, smiling. She is wearing a dark green patterned top. The background is a light blue and white checkered pattern.

**SOFT  
ONLINE**

DISCUSSA DI NAZIONEDUE MODI-TESTI-TESTI

# Orientation



**29  
JAN** **Tuesday  
12:00 PM  
DURATION**

**Introduction and Lifestyle Course**  
**Tapasya Mundhra**

Tapasya Mundhra is a professional and experienced teacher with a background in education and a passion for teaching. She has been teaching for over 10 years and has a wealth of experience in the field of education. She is a highly motivated and dedicated teacher who is committed to providing her students with the best possible learning experience. She is a highly motivated and dedicated teacher who is committed to providing her students with the best possible learning experience.

**ISHI**  
Khosla

ORIGINAL PRACTITIONER & EXPERTISE

# Orientation Session



**Tami Kibele**  
**Clinical Motivational Specialist,  
 Counselor, & Author**

As a past substance use counselor, Tami has firsthand experience working with individuals who are struggling with recovery. With 23 years of experience in the field of mental health, she is a motivational speaker, group facilitator, and a professional counselor. Tami is currently a clinical motivational specialist, clinical case manager, and a group counselor at a local community mental health center. She is also the author of the book *Living with Recovery: The New Recovery Story*, which is available on Amazon.com.

**13 TH NOV**

**12:00 AM - 1:00 PM**

www.addiction.com

# EXPERT SESSIONS

## POOJA Makhija

Celebrity Nutritionist



**Nutritionist to stars** like Deepika Padukone, Sonam Kapoor, Ranbir Kapoor, Karan Johar, Mira Kapoor, Twinkle Khanna, Tamanna Bhatia and more

## RYAN Fernando

Nutrition & Health Coach



**Award-winning celebrity sports nutrition coach.** Has worked with over 6000 athletes and celebrities like **Virat Kohli**, two times Olympic Medalist **Sushil Kumar**, **Aamir Khan** and mre

# EXPERT SESSIONS

## MINACSHI Pettukola

Nutritionist



A **passionate nutritionist** with a pragmatic experience in all areas of a nutrition with an **expertise in Lifestyle and sports nutrition.**

## NEHA Ranglani

Nutrition & Health Coach



Has been **practising for the last 14 years** and has **helped 20000 people** across the globe.



# WHO SHOULD ENROLL

Freshers from any stream

Health Enthusiasts

Aspiring Nutritionists

Aspiring Dieticians

Health Conscious Individuals

Health & Wellness Influencers





# CAREER OPPORTUNITIES

Sports Nutritionist

Health Coach

Holistic Nutritionist

Clinical Dietitian

Certified Nutrition  
Specialist

Public Health  
Nutritionist

Oncology Nutritionist

Nutritional Therapist

Personal Nutritionist

Corporate Wellness  
Consultant

College Nutritionist

Pediatric Nutritionist

Nutrition Therapist

Nutrition Educator

Exercise Science Jobs

Life Coach

Eating Disorder  
Nutritionist



# RECENT PLACEMENTS



**Anju Sharma**

Intern

Max Hospital Noida



**Kamna Singh**

Dietician

Goqii



**Tanya Sharma**

Diet Consultant

Rising Health



**Kaustubha Tiwari**

Nutritionist

Witness The Fitness



**Kritika Singh**

Front Office Exec.

Rising Health



# STUDENT TESTIMONIALS



AAFT is a hub of knowledge and excellence. With a dedicated team, they provide practical and theoretical knowledge to students from all backgrounds. My personal experience has been tremendous. AAFT not only polishes subject knowledge but also improves your skill set with various activities!

**Mitali Swarnkar**

**Batch 12**

I commend AAFT on the excellent communication, and the way with which it's mentor connect with us, overcoming the various restriction caused by the pandemic. I am overwhelmed to be an alumine of such an great institution

**Arushi**

**Batch 15**



# AFT ONLINE IN THE MEDIA



THE TIMES OF INDIA



<https://timesofindia.indiatimes.com/blogs/voices/edtech-trends-to-keep-an-eye-on-in-2022/>

INDIA  
**Forbes**



<https://www.forbesindia.com/article/budget-2022/budget-2022-education-gets-a-digital-push/73339/1>

THE FINANCIAL EXPRESS



<https://www.financialexpress.com/education-2/aft-group-launches-its-start-up-venture-aft-online-/2591229/lite/>

# AFT ONLINE IN THE MEDIA

## Higher<sup>®</sup> Education Digest



<https://www.highereducationdigest.com/check-out-these-amazing-tech-careers-in-visual-design/>

## techgraph!



<https://techgraph.co/budget/budget-2022-23-technology-saas-ai-ml-sector-reactions/>

## CEO Insights



<https://www.ceoinsightsindia.com/startups/how-the-evolution-of-edtech-is-driving-the-job-market-across-domains-nwid-9141.html>

# CERTIFICATE OF COMPLETION

**AAFT  
ONLINE**

## **1 Year Diploma**

**Neha Garg**

Has Successfully Completed The AAFT Online  
Diploma Course In

### **Nutrition & Dietetics**

This hereby confirms that the candidate has successfully cleared all assessments and projects  
and is ready to execute their learning.

**PROF. ALBEENA ABBAS**  
Academics Director, AAFT Online



**Dr. SANDEEP MARWAH**  
Chairman, AAFT Online

# ADMISSION

## DETAILS

### DIPLOMA IN NUTRITION & DIETETICS

#### ELIGIBILITY

Every Candidate with 12<sup>th</sup> grade from a recognised board is eligible for the program.

#### SELECTION PROCESS

**STEP 1:** Fill up the Application Form

**STEP 2:** Admissions Team would review your application

**STEP 3:** Interview round with Director Admissions

#### Financial Aid

Avail Education Loans at  
0% interest rate from our corporate financial partners.

