



PROGRAMME GUIDE

2024-25



PROGRAMME GUIDE

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- Detailed Syllabus
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Supported By



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**CERTIFICATE IN NUTRITION &
DIETETICS (CND)**

CERTIFICATE IN NUTRITION & DIETETICS (CND)

सर्टिफिकेट इन न्यूट्रिशन एण्ड डायटेटिक्स (CND)

(A) Duration	:	2 Months	(D) Courses	:	07
(अ) अवधि	:	2 माह	(द) कोर्सेस	:	07
(B) Eligibility	:	Graduate in any Discipline	(E) Credit	:	Non Credit
(ब) पात्रता	:	किसी भी विषय में स्नातक	(इ) क्रेडिट	:	नॉन क्रेडिट
(C) Contents and Scheme of Examination					
(स) पाठ्यक्रम विषय सूची एवं परीक्षा योजना					

Course Code	Title of the Course	Credit	Total Marks	Theory		Practical Marks		Assignments		Key Learning Outcomes
				Max	Min	Max	Min	Max	Min	
CND 1	Introduction to Nutrition and Dietetics इंट्रोडक्शन टू न्यूट्रिशन एंड डायटेटिक्स	Non Credit	100	100	40	-	-	-	-	<ul style="list-style-type: none"> Understanding Basic Nutrition Principles. Exploring Dietary and Assessing Nutritional Needs Understanding Macronutrients and Micronutrients Exploring Energy Balance and Dietary Patterns Addressing Special Dietary Needs Learning Food Label Reading and Understanding Behavior Change for Promoting Nutrition Education through program.

CND 2	Menu Planning मेनू प्लानिंग	Non Credit	100	100	40	-	-	-	-	<ul style="list-style-type: none"> • Understanding Nutritional Adequacy • Understanding Food exchange lists are the basis of meal planning. • Understanding Food composition database are compilation of foods and their nutrient and non-nutrient components. • Understanding Planning balanced diets • Understanding Low cost balance diet • Understanding Nutritional considerations • Understanding Menu planning is the process of planning and scheduling intake of meals for general or specific individual requirements.
CND 3	Balance diet and nutrition during normal life cycle बैलेंस डाइट एंड नुट्रिशन डुरिंग नॉर्मल लाइफ साइकिल	Non Credit	100	100	40	-	-	-	-	<ul style="list-style-type: none"> • Understand nutrients are utilized by the body to maintain health. • Understand Diets during a normal life cycle • Understand Nutritional requirements of different age groups • Understand Nutrition for the aging and the aged • Understand Complications commonly occurring in late adulthood

										<ul style="list-style-type: none"> Understand Nutritional assessment of a community. Understand Methods of assessment Nutritional status. Understand Food shortage and its problem. Understand Causes and Consequences of Malnutrition in India.
CND 4	Communication and Personality Development कम्युनिकेशन एंड पर्सनालिटी डेवलपमेंट	Non Credit	100	100	40	-	-	-	-	<ul style="list-style-type: none"> Basic Communication Skills Personality Grooming
CND 5	Microorganisms application with nutritional food sensitivity and commodities मिक्रोऑर्गेनिज़्म एप्लीकेशन विथ न्यूट्रिशनल फूड सेंसिटिविटी एंड कमोडिटीज	Non Credit	100	100	40	-	-	-	-	<ul style="list-style-type: none"> To explore the potential of utilizing microorganisms in enhancing nutritional value, Improving food sensitivity, and optimizing the production of various commodities, Aiming to develop sustainable solutions for the food industry while addressing dietary restrictions and health concerns.
CND 6	Fundamentals of computer & Information technology फंडामेंटल्स ऑफ़ कम्प्यूटर्स एंड इनफार्मेशन टेक्नोलॉजी	Non Credit	100	70	28	30	12	-	-	<ul style="list-style-type: none"> Understand function, components of a computer system, storage devices & their physical structure & working Understand operating system & file system

CND 7	Safety practices in the work environment मेन्टेनिंग हेल्थ एण्ड हाईजीन एण्ड सेफ्टी एट वर्क प्लेस	Non Credit	100	70	28	30	12	-	-	<ul style="list-style-type: none"> Familiarities with safety, first aid, food safety, primary health and basic hygiene Understand Food additives Understand Contamination of food Understand Classification of toxic chemicals in foods Understand Lathyrism Understand Food-borne diseases and their prevention Understand Safe food-preparation practices Understand Detection of food adulteration Understand Effects of food adulteration Understand Nutritional labelling
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Note: For a PASS - A Student would require to secure 40% for both Theory and Practical.

Grand Total	Pass
700	280

Career Counselling and Study Structure

S. No.	Course Code	Title of the Course	Credit	Total Hours of Study	Counseling and Study Structure (hours)			
					Face to Face Counseling	Self study	Practical	Assignments
1	CND 1	Introduction to Nutrition and Dietetics	3	90	12	51	-	27
2	CND 2	Menu Planning	3	90	12	51	-	27
3	CND 3	Balance diet and nutrition during normal life cycle	3	90	12	51	-	27
4	CND 4	Communication and Personality Development	2	60	8	22	12	18
5	CND 5	Microorganisms application with nutritional food sensitivity and commodities	3	90	12	51	-	27
6	CND 6	Fundamentals of Computer & Information technology	2	60	8	22	12	18
7	CND 7	Safety practices in the work environment	2	60	8	22	12	18

Study Modules & Books Information

Sr. No	Course Code	Subject Name	Modules to be used
1	CND 1	Introduction to Nutrition and Dietetics	Nutrition, Aisect
2	CND 2	Menu Planning	
3	CND 3	Balance diet and nutrition during normal life cycle	
4	CND 4	Communication and Personality Development	S68: Effective Communication & Personality Development
5	CND 5	Microorganisms application with nutritional food sensitivity and commodities	Nutrition, Aisect
6	CND 6	Fundamentals of computer & Information technology	S01 - Fundamentals of Computers & Information Technology
7	CND 7	Safety practices in the work environment	S69 - Safety Practices, Primary Health & Personal Hygiene

SHORT TERM CERTIFICATE PROGRAMMES

S. No.	Program List	Duration	Eligibility
Short Term Certificate Programs			
1	Certificate Course in Food Processing (CCFP)	3 Months	10 th Pass
2	Certificate Course in Food Preservation (CCFOOD)	45 Days	5 th Pass

Short terms programs are listed separately along with Academy Programs. The respective Academy can conduct relevant Short Term programs choosing from a list of short term courses. The exam scheme of each program is:

- (1) Theory Paper : 70 Marks
- (2) Assignment : Not Applicable for short term certificate programmes
- (3) Practical/Project : 30 Marks

Thus, every short term program evaluation shall be done on the basis of 100 marks

Note : For Short Term Certificate Programs, only Certificates are provided by the University after conducting examination.