

School of Allied Health Science

POST GRADUATE DIPLOMA IN DIETITICS AND NUTRITION (PGDDN)

1 Program Objective (PO)

The objective of course is to develop understanding of nutrition and diet at deeper level.

The first semester introduces students to the basics of human physiology, nutritional biochemistry and then gives orientation the core components of diet and nutrition. It is expected that students gets well oriented in these subjects and uses this knowledge as foundation to gain conceptual understanding about human nutrition in order to use it for more gaining advanced level knowledge of nutrition in next semester. In first semester student understand all about cell, all tissue ,organs and human systems along with metabolism of carbohydrate ,protein and fats ,so that when they plan a diet of individual according to his medical condition they understand all the physiology involved along with biochemistry what a diet is been planned. Second semester provides much deeper understanding of clinical nutrition, food microbiology and sports nutrition. Here student understands types of cooking and alteration of food according processing and storage, diet according to specific disease and diet according to different types of sports.

2. Program Specific Outcome: (PSO)

After completion of PGDDN course student will be able to apply his/her knowledge and skill in nutrition and dietetics and work as Consultant Dietician or Nutritionist in,

- Hospitals to do diet and menu planning as per the disease and work in close association with the physicians.
- Own Clinics to plan diet for lifestyle disease like diabetes hypertension and obesity, so that disease remains manageable or reduces its efficacy and does not create other co morbid conditions
- Sports clubs/ Gyms : To plan diet for individuals athletes or gym members as per their requirements.
- Become professionally trained in the area diet and nutrition.

3. Programme Relevance as per Various Needs

a. Local Development Needs:

Solapur city is an upcoming medical hub in the Southern Maharashtra with near about 200 hospitals and nursing homes. There is growing demand of nutritionists in the multi-specialty and super specialty hospitals which have ICUs. Apart from this there growing trend of gyms & sports clubs in the city which need trained dietician for offering consultations to their customers.

b. National Development Needs:

As per newer Clinical Establishment Act and NABH accreditation policy for hospital, every hospital that has Intensive Care Units need to have a well trained qualified nutritionist. Hospitals are in search for the dietician. Also National Programs for Control of Non-Communicable Diseases has job openings for qualified dieticians in the program. With reference to this course offers unique employment opportunities for the students.

c. Regional Development Needs:

University sought suggestions by various stake holders of university for its perspective plan. There was a demand to start course in the field of nutrition and dietetics. This was the first time such kind of course was introduced in the Solapur region. Before this students needed to go to metro cities such as Mumbai or Hyderabad for such kind of course or training.

d. Global Development Needs:

Nutrition, Diet, Weight Loss are the buzz word of 21st century. With increasing awareness about health and fitness there is an upward trend in the demand of nutritional experts not only in India but all over world. There are plenty of job opportunities for such well qualified students in hospitals, diet clinic, sports club and gyms.

Punyashlok Ahilyadevi Holkar Solapur University, Solapur

SCHOOL OF ALLIED HEALTH SCIENCES

Post Graduate Diploma in Dietetics and Nutrition (PGDDN)

Post Graduate Diploma program 2 Semesters

Semester I

PAPER 1 [C.1] Nutrition and Dietetics-I [Marks 80+20=100]

Total no. hours: 60, Credits: 4

Course Objectives:-

Develop the concept of balanced diet and role of diet in different physiological conditions. This course is designed to give the basic knowledge and description of body composition, determining own calorific values. This course will be helpful to students to obtain an understanding of different food groups and different modes of feeding.

Course outcome

After completion of the course student will be able to explain role of diet in different physiological conditions, understanding food groups, exchange list and different modes of feeding which will help them while planning a diet.

PAPER 2 [C.2] Nutritional Biochemistry [Marks 80+20=100]

Total no. hours: 60, Credits: 4

Course Objectives:-Understand the metabolism of nutrient in health and diseases.

Understand role of nutrients and their deficiencies.

Course outcome:- After completion of the course student will be able to explain different nutrients function and metabolism which will to build foundation for planning diet according to diseases.

PAPER [E.1] Human physiology [Marks 80+20=100]

Total no. hours: 60, Credits: 4

Course Objectives:-To understand the structure & composition of human body.

PAPER [E.2] Food Service Management and Community Nutrition [Marks 80+20=100]

Total no. hours: 60, Credits: 4

Course Objectives: -To enable the Students to understand Nutrition and Health situations in community. To give students a basic understanding of the principles of management to apply in food service administration and menu planning

Course outcome:- After completion of course they explain management of resources in food service organization ,different menu planning, organization chart , Manpower planning, Recruitment, Production planning, methods of food production, types of food and beverage service, clearing, cleaning , waste management and public health nutrition and malnutrition.

PAPER [E2] Sports Nutrition (Marks 80+20=100)

Total no. hours: 60, Credits: 4

Course objective: - This course is designed to give the basic knowledge and description of different types of sports and dietary requirement

Course outcome: - After completion of course they can plan diet for different type of athletes.