

COURSE DETAILS

Eligibility: Any graduate.
Duration: 6 months

Intake: Maximum 25 students
Total clock hours: 100

Mode of conduction: Online

Medium of instruction:
Marathi and English

Evaluation: Total 200 marks

Award of Certificate:
Minimum marks required for passing are 40 percent in each exam

Fee Structure:
₹22,200/- (includes 18% GST)

Employees of MKSSS can avail 10% discount on the actual course fees.

This is an autonomous course especially designed for those who are working or are willing to work in the health/ food sector or even allied fields like Psychology, Physiotherapy, Social work, Day care centers, Fitness industry etc. This course is a beautiful blend of latest research in modern nutrition and our traditional Indian food wisdom.

- It will enrich you with all the practical knowledge about food and its connection with health and can complement your professional work and personal needs.

It will cover very unique aspects of food and health like:

- Using your food as “pharmacy” to prevent ill-health
- Food – body – mind connection
- Kitchen gardening and herbal medicinal garden
- Various career options allied with food/ nutrition
- Healthy cooking, recipes and numerous hacks to make it enjoyable, nutritious, quick; yet delicious
- Basic nutrition knowledge to prevent common deficiencies, age wise nutrition, strengthen immunity and nutrition to nourish your family.



MKSSS's
**Baya Karve Women's Study
and Research Centre**

ONLINE
**Certificate
course in
Indigenous
Nutrition**

Duration: 6 months
Weekday: Thu, Fri
Weekend: Sat-Sun
3 to 5 pm

Useful for

Doctors, Counsellors, Gym Instructors,
Physiotherapists, Social workers,
Teachers, Caterers, Care takers, Home
makers, Parents, Fitness enthusiasts etc



Other Courses:

- Audit course in Chittavijnana
- Certificate course in Child Counselling
- Certificate course in Family and Marriage Counselling
- PG Diploma in Counselling Psychology
- Basic course in Remedial Teaching
- Credit courses: Psychological first aid, Gender sensitization

Our speciality:

- Application based courses
- Sound theoretical base
- Expert faculties
- Mentor sessions
- Study material
- Long term support
- Library

Areas of work:

Academics Research
Trainings Resource Centre
Counselling Study Circles
Community engagement activities
Gender Studies

Website

www.bkwsc.org

Mobile

8767947523

Email

admin@bkwsc.maharshikarve.org

Address

Shri Sidhhivinayak College
campus,
Kusun Patki Vyavsay
Shikshan Vibhag building
Second floor
Karvenagar, Pune 52

ABOUT US

A unit of our parent body, Maharshi Karve Stree Shikshan Sanstha, the centre invokes the ideals set by Baya Karve after whom it is named.

Core area is to focus on Woman empowerment.

The autonomous platform has provided the freedom to innovate in the areas of curriculum design and teaching – learning and Research based activities that have proved helpful for women.

Visava 

One stop help centre for needy women
Free Legal assistance, Psycho-Social
Counselling facility available

Contact:8329654375

Course outline:

Module No.	Topic	Content
1	introduction	Introduction and overview of course
2	Anatomy and physiology	Basic understanding of how body systems work
3	Biochemistry	Hormones and neurotransmitters and their connection with food
4	Basics of nutrition	Macro nutrients Micro nutrients Principles of healthy diet
5	Nutrition by age	child adult geriatric
6	Nutrition for diseases	inflammation cancer weight loss diabetes
7	Nutrition for immunity	
8	Nutrition for brain function	
9	Food	Consuming food according to season, region, raw food, recipes etc.
10	Diet counselling	-
11	Ayurved	-
12	Exercise	-
13	Medicinal herbs	-
14	Kitchen garden	-

Elective topics: Healthy cooking or Kitchen Garden.



ॐ सर्वे भवन्तु सुखिनः।
सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु।
मा कश्चित् दुःख भाग्भवेत्॥
ॐ शान्तिः शान्तिः शान्तिः॥

