

ORDINANCE No.33

Post Graduate Diploma in Dietetics And Therapeutic Nutrition (PGDDTN)

Objectives of the Programme

- ◆ Provide comprehensive knowledge on principles and planning of therapeutic diet.
- ◆ Acquire knowledge on nutritional needs of normal and sick persons.
- ◆ Assess the nutritional problems of community and effectively manage the nutritional needs of the community.
- ◆ Promote food hygiene in institutions and community.
- ◆ Manage the dietary department of an institution.
- ◆ Promote effective communication in nutrition education.
- ◆ Use computers in dietary management.

Duration : The duration of this course is **one year**.

Eligibility : The minimum qualification for admission will be **Graduation** in Home Science or Degree in Biology Science. The selection will be on the basis of merit.

Programme Components:

Course No.	Course Title	Credits	Nature of Course
Course I	Applied Health Sciences and Nutrition	6	Theory : 4 Credits Practical : 2 Credits
Course II	Diet Therapy and Applied Nutrition	10	Theory : 6 Credits Practical : 4 Credits
Course III	Community Nutrition	8	Theory : 6 Credits Practical : 2 Credits
Course IV	Institutional Management In Dietetics.	6	Theory : 4 Credits Practical : 2 Credits
Course V	Basics of Computer Sciences	2	Practical : 2 Credits

Total Credits – 32

Credits for Theory – 20

Credits For Practical- 12

One Credit accounts for 30 hours.

Contact Session : There will be **two contact sessions**. Contact sessions will comprise of theory classes and practical sessions. Theory classes will not be lecture based, this will be interactive sessions. The contact sessions will be supported by audio- video programmes. The hospital internship will be of 21 days.

Practical Work would be categorized under two heads i. e.

1. Supervised Activities – Organized at an institution or the hospital.
2. Self Activities - Conducted by the student himself / herself.

Evaluation :

Evaluation will be made both concurrent (internal assessment) and at the end (term-end-assessment). Theory and Practical components will be evaluated separately. In theory, the weightage of the internal assessment (assignment) will be 30%. You will have to score **33% marks separately in internal and term-end –examination**. In practical examination internal assessment will have self and supervised activities and term-end-practical examination. Students are required to score 33% marks separately in internal and term-end-practical.

Blockwise Distribution of the Course

Course I - Applied Health Sciences and Nutrition

Block I : Introduction to Human Physiology - Part I

- Unit 1 : Review of Musculo skeletal System.
- Unit 2 : Review of Cardio Vascular System.
- Unit 3 : Review of Nervous System.
- Unit 4 : Review of Blood Physiology.
- Unit 5 : Review of Respiratory System.

Block II : Introduction to Human Physiology - Part II

- Unit 1 : Review of Digestive System.
- Unit 2 : Review of Renal System.
- Unit 3 : Review of Endocrinal System.
- Unit 4 : Review of Special Senses..
- Unit 5 : Review of Reproductive System.

Block III : Microbiology In Nutrition

- Unit 1 : Common Microbial Organisms.
- Unit 2 : Microbial Organisms and Food Poisoning.
- Unit 3 : Antimicrobial Agents.

Block IV : Food and Water Borne Infections

- Unit 1 : Food Borne Diseases.
- Unit 2 : Water Bore Diseases.
- Unit 3 : Food Preservation.

Block V : Introduction to Institutional Food hygiene

- Unit 1 : Environmental / Institutional Sanitation and Health.
- Unit 2 : Principles of Food hygiene.
- Unit 3 : Control of Infection In Catering.

Practical – I Applied Health Sciences and Nutrition.

Course II - Diet Therapy and Applied Nutrition

Block I : Nutritional Care and Demand status

- Unit 1 : Review of Nutrients and Nutritional Requirement.
- Unit 2 : Nutritional Values of Major Food Groups.
- Unit 3 : Nutritional Status In Normal Body Physiology.

Block II : Principles of Therapeutic Diets

- Unit 1 : Introduction to Diet Therapy.
- Unit 2 : Relationship of Food and Health.
- Unit 3 : Classification of Therapeutic Diet.
- Unit 4 : Classification of Nutritional Problems.
- Unit 5 : Dietary Management of Gastrointestinal Diseases.
- Unit 6 : Dietary Management of Hepatic Diseases.
- Unit 7 : Dietary Management of Renal Diseases.
- Unit 8 : Diet In Deficiency Diseases.

Block III : Dietary Management of Metabolic Disorders

- Unit 1 : Dietary Management In Diabetes.
- Unit 2 : Dietary Management In Cardio-Vascular Diseases.
- Unit 3 : Dietary Management In Chronic Diseases.
- Unit 4 : Dietary Management in Febrile Conditions.
- Unit 5 : Elimination Diets In Allergy.

Block IV : Diet For Special Groups

- Unit 1 : Nutritional Requirements In Infancy and Childhood.
- Unit 2 : Diet in Adolescent and Puberty.
- Unit 3 : Diet In Pregnancy and Lactation.
- Unit 4 : Dietary Requirement In. Old Age.
- Unit 5 : Dietary Requirement For sport persons.

Practical – II Diet Therapy And Applied Nutrition

Course III - Community Nutrition

Block I : Economics of Nutrition

- Unit 1 : Economical Status and nutrition..
- Unit 2 : Cost effective Nutrition For Community.

Block II : Nutritional Programmes

- Unit 1 : Nutritional Organization.
- Unit 2 : Nutritional Problems In India and Developing Countries.
- Unit 3 : Nutritional Programmes In India and Developing Countries.
- Unit 4 : Assessment of Nutritional Problems.
- Unit 5: Monitoring of Nutritional programmes

Block III : Communication Skills In Nutrition

- Unit 1 : Introduction to General Communication Skills.
- Unit 2 : Therapeutic Communication.
- Unit 3 : Principles of Nutrition Education
- Unit 4 : Use of Audio – Visual Aids In Promotions of Nutritional.

Practical- III Community Nutrition.

Course IV - Institutional Management In Dietetics

Block I : Organizational Structure

- Unit 1 : Classification of Organization.
- Unit 2 : Classification of Hospital.
- Unit 3 : Leadership Style and Dietitian.
- Unit 4 : Personnel Management.
- Unit 5 : Meal Planning In Institutions.

Block II : Management of Physical Set Up

- Unit 1 : Management of Physical Plant.
- Unit 2 : Management of Equipment.
- Unit 3 : Financial Management.
- Unit 4 : Style of Food Serving.

Practical – IV Institutional Management In Dietetics

Course V - Basics of Computer Sciences

- Block I : Basics of Computer.
- Block II : Introduction to Windows 95, 98 and MS – WORD.

Project Work :

- Block I : Introduction to Nutritional Research.
- Block II : Guidelines to Prepare Project.

Note : Academic Council of the University will be accountable to make periodical review of syllabus to include new trends as per the need of programme.