



Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya, Latur
(Empowered Autonomous Institute)

NAAC A+ Grade (4th Cycle) with 3.49 CGPA,
UGC-CPE (Phase-III) & DST-FIST Status



**Structure and Curriculum of
Certificate Course**

in
Dietetics and Diet Counselling
(Under PM-USHA)

Approved by

Board of Studies in Zoology

Rajarshi Shahu Mahavidyalaya, Latur
(Empowered Autonomous Institute)

w. e. f. December, 2025



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Certificate Course under PM- USHA

Certificate Course on Dietetics and diet counselling

SYLLABUS
(Free of Cost Certificate Course)



Credits: 02

Max. Marks: 50

Lectures: 30 Hrs.

Learning Objectives:

- LO.1. To understand Importance of nutrition and dietetics in health and disease
- LO.2. To learn macronutrients and micronutrients
- LO.3. To develop skills in diet counselling and planning
- LO.4. To Design therapeutic diets for lifestyle & metabolic disorders.

Course Outcomes:

After the completion of this course students will be able to:

- CO1. Understand the principles of nutrition and dietetics
- CO2. Develop different types of diets
- CO3. Learn about Diet Planning and Counselling
- CO4. Correlate relationship between diet and chronic diseases

Unit No.	Title of Unit & Contents	Hrs.
I	Introduction to nutrition and Dietetics	05
	<ul style="list-style-type: none">1. Definition, scope & importance of nutrition and dietetics2. Classification & functions of nutrients3. Role of dietitians and nutritionists in healthcare	
II	Macronutrients and Micronutrients	08
	<ul style="list-style-type: none">1. Carbohydrates, Proteins, Fats – digestion & metabolism2. Vitamins & Minerals – role, deficiency symptoms	
III	Diet Planning and Counselling	09
	<ul style="list-style-type: none">1. Different types of diets (e.g., vegan, gluten-free, diabetic)2. Diet planning for:<ul style="list-style-type: none">• Infants, adolescents, adults• Pregnancy & lactation	

Unit No.	Title of Unit & Contents	Hrs.
	<ul style="list-style-type: none"> • Geriatric nutrition 3. Diet counselling in diseases (Kidney, Liver, diabetics) 	
IV	Nutrition and Health	08
	<ol style="list-style-type: none"> 1. Role of diet in prevention & management of diseases 2. Hospital diets — clear liquid, full liquid, soft & tube feeding 3. Diet therapy in: <ul style="list-style-type: none"> • Infants, adolescents, adults • Diabetes mellitus • Obesity & metabolic syndrome • Hypertension & cardiovascular diseases • Thyroid disorders • Gastric disorders (ulcer, constipation, diarrhea) • Renal diseases & liver diseases 	

Learning Resources:

1. "Krause's Food & Nutrition Therapy" by L. K. Mahan and S. Scott-Stump
2. "Understanding Nutrition" by E. N. Whitney and S. R. Rolfe
3. "Dietary Guidelines for Indians" by National Institute of Nutrition, India
4. Mudambi S.R. & Rajagopal M.V. **Fundamentals of Foods, Nutrition & Diet Therapy**
5. Srilakshmi B. **Dietetics**, New Age International
6. Gopalan et al., **Nutritive Value of Indian Foods** – ICMR
7. Srilakshmi B. **Nutrition Science**, New Age International

Dr. D.S.Rathod

Chairman

Board of Studies in Zoology

Rajarshi Shahu Mahavidyalaya, Latur

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Dr. Mahadev Gavhane

Principal

Rajarshi Shahu Mahavidyalaya, Latur

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