



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
	1. Definition, scope & importance of nutrition and dietetics 2. Classification & functions of nutrients 3. Role of dietitians and nutritionists in healthcare	
II	Macronutrients and Micronutrients	08
	1. Carbohydrates, Proteins, Fats – digestion & metabolism 2. Vitamins & Minerals – role, deficiency symptoms	
III	Diet Planning and Counselling	09
	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
	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. Rolfes
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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