



**SAMRIDDH NAM**  
Vocational Training Institute of India

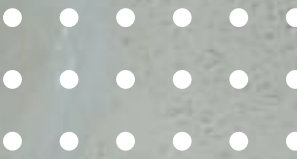
# Nutrition & Dietetics

A nutrition program to boost your career.  
Empower Lives Through Science-Based Nutrition.

Courses in Nutrition

***BROCHURE***

[www.svtiindia.org](http://www.svtiindia.org)

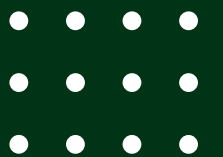


# About us

## *Why SVTI INDIA for Nutrition Program?*

SVTI INDIA is a popular and leading name in the field of beauty and wellness. It was incorporated in 2022 and recognised by the Government of India. It is dedicated to offering thorough courses supported by scientific knowledge and excellent training procedures in top-notch facilities.

With many centres in India. You are never far from an SVTI INDIA institute that will put you on the right path to a successful career.



# Career opportunities

The field of Nutrition & Dietetics offers a wide range of career opportunities, especially as more people prioritize health and wellness. Here are some exciting career paths you can explore:

## ✓ Clinical Dietitian

Work in hospitals, clinics, or private practice to help patients manage health conditions through diet.

## ✓ Sports Nutritionist

Assist athletes and fitness enthusiasts in optimizing their performance through tailored nutrition plans.

## ✓ Public Health Nutritionist

Develop nutrition programs for communities, schools, and government health initiatives.

## ✓ Food Industry Consultant

Collaborate with food companies to create healthier products and ensure proper labeling.

## ✓ Researcher in Nutrition & Dietetics

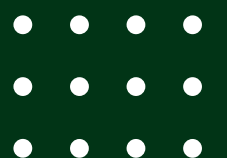
Conduct studies on food science, dietary trends, and health impacts

## ✓ Nutrition Educator or Counselor

Teach individuals or groups about healthy eating habits and lifestyle choices.

## ✓ Entrepreneur in Wellness Industry

Start your own nutrition consultancy, wellness brand, or diet planning service.



# Nutrition Programs



## Diploma in Nutrition & Dietetics

### syllabus

### 1. Community Nutrition - (Theory)

*The practice of assisting people and Organisations in forming wholesome eating habits in order to advance health and fend off disease is known as community nutrition.*



## 2. Community Nutrition - (Practical)

*focuses on applying nutrition principles to improve public health. It involves hands-on activities like dietary surveys, meal planning for different socio-economic groups, and nutrition education programs.*

## 3. Diet Therapy and Applied Nutrition - (Theory)

*A subfield of dietetics called diet therapy focuses on using food as a therapeutic tool. The practical use of nutrition as a disease preventive or treatment strategy is referred to as "diet therapy." It focuses on disease prevention and promoting a healthy diet to aid in recovery from illness.*

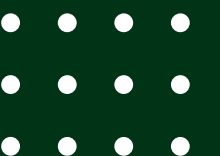


## 4. Hygiene and Microbiology - (Theory)

*The idea that hygiene is the unilateral reduction or elimination of microbes has outlived its usefulness, according to this complex ecological context. Therefore, we propose that "those actions and practices that reduce the spread or transmission of pathogenic microorganisms, and thus reduce the incidence of disease" be the explicit definition of hygiene.*

## 5. Hygiene and Microbiology - (Practical)

*focuses on understanding microorganisms, food safety, and sanitation practices. It involves hands-on activities like microbial testing, hygiene assessment, and contamination control.*

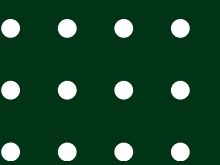


## 6. Physiology - (Theory)

*The scientific study of a biological system's mechanisms and functioning is known as physiology. Physiology is a branch of biology that studies the chemical and physical processes that organisms, organ systems, individual organs, cells, and biomolecules carry out when they are in a living system.*

## 7. Institutional Food Administration - (Theory)

*An issue that really needs more publicity among the foodie set is that culinary school gives you more than just the skills to work in a restaurant. When you learn about food, cooking, and how everything works together to create a meal or diet, you also learn a lot about the science, nutrition, and the politics going on behind the scenes.*



## 8. Institutional Food Administration - (Practical)

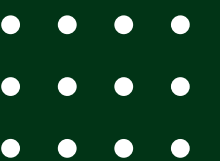
*focuses on managing food services in large-scale institutions like hospitals, schools, corporate cafeterias, and catering businesses. It involves hands-on training in menu planning, budgeting, food safety, and staff management.*

## 9. Social Welfare

*The word "social welfare" is ambiguous and wide, meaning different things in different contexts. In strict definition, the phrase refers to the general well-being of the entire society when it is used with the definite article. This could be based on elements like exposure to crime, level of living, and access to necessary social services.*

## 10. Project

*Assessments based on diet chart preparation, meal planning demonstrations, and case study presentations.*



# Nutrition Programs

## Certificate in Nutrition & Dietetics

### syllabus

### 1. Human Physiology

- *Understand the structure and function of various human body systems.*
- *Learn how nutrients are absorbed, transported, and utilized by the body.*
- *Study physiological changes across different life stages and health conditions.*



## 2. Principles of Human Nutrition

- *Understand the role and classification of nutrients.*
- *Learn the principles of balanced diets and nutritional requirements.*
- *Study the relationship between food, nutrition, and health*

## 3. Food Science and Technology

*is an essential subject in the nutrition curriculum, focusing on the scientific principles behind food composition, preparation, preservation, and safety. It bridges the gap between agriculture, biology, chemistry, and nutrition.*

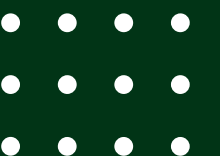


## 4. Dietetics and Diet Therapy

*Dietetics and Diet Therapy is a critical subject in nutrition education, focusing on the application of nutritional science to the prevention and management of diseases. It teaches students how to use food as a therapeutic tool in clinical and community settings.*

## 5. Community Nutrition

*Community Nutrition focuses on improving the nutritional status of populations through education, interventions, and public health programs. It applies nutritional science at the community level, addressing widespread issues like malnutrition, micronutrient deficiencies, and lifestyle diseases.*



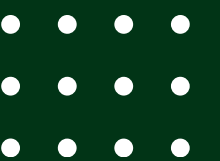
## 6. Food Costing and Quality Control

*Food costing is the process of calculating the cost of food ingredients to control expenses and set menu prices that ensure profitability.*

*Quality control is the process of maintaining the desired standards in food production to ensure safety, consistency, and customer satisfaction.*

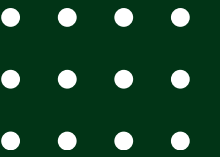
## 7. Food Microbiology

*Food Microbiology is the study of microorganisms that inhabit, create, or contaminate food. This includes bacteria, molds, yeasts, viruses, and parasites that can affect food safety, spoilage, and fermentation.*



## 08. Project

*The practical sessions emphasize measurement, assessment, planning, preparation, hygiene, and counseling.*



**Plan meals  
ahead of time**



**Practice  
portion control**



**Limit processed foods  
and added sugars**



**Incorporate  
variety in your diet**





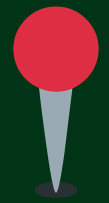
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# Course Duration

**6 months – 1 year**

*online/offline class + practical sessions + final assessment*



# Eligibility

**6 months – 1 year**

*10+2 pass (any stream) or equivalent  
Basic English and science background preferred*





**SAMRIDDHNAM**

Vocational Training Institute of India

# ✓ Take the First Step Toward a Healthier Tomorrow!

**For More Information & Enrollment:**



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Training Institute of India



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