



R. J. COLLEGE of Arts, Science & Commerce (Empowered Autonomous)

(Hindi Vidya Prachar Samiti's **RAMNIRANJAN JHUNJHUNWALA COLLEGE** of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai - 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in • Email : rjcollege@rjcollege.edu.in • Tel No. + 91 22 25151763

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.10)

BROCHURE

Hindi Vidya Prachar Samiti's

RAMNIRANJAN JHUNJHUNWALA COLLEGE (AUTONOMOUS)

(Also known as R. J. College of Arts, Science & Commerce as per UGC Notification)

Affiliated to UNIVERSITY OF MUMBAI II Recognized by UGC under 2f & 12B
NAAC Accredited 'A GRADE' with CGPA 3.50

Knowledge is all Ambrosia

A	T	S	M	C	Postgraduate Diploma in Dietetics & Applied Nutrition

www.rjcollege.edu.in
rjcollege@rjcollege.edu.in
+91 22 25151763
Opposite Railway Station, Ghatkopar (W),
Mumbai 400 086, Maharashtra, INDIA.



PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai - 400 086, Maharashtra, INDIA

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Hindi Vidya Prachar Samiti's Ramniranjan Jhunjhunwala College of Arts, Science & Commerce

Post Graduate Diploma Dietetics and Applied Nutrition



Hindi Vidya Prachar Samiti's
RamniranjanJhunjhunwala College
Of Arts, Science & Commerce
(Autonomous College)

Affiliated to
UNIVERSITY OF MUMBAI

Syllabus for the Post Graduate Diploma

Program: Post Graduate Diploma
Dietetics and Applied Nutrition

Program Code: RJSPGDDAN

(Revised Syllabus Academic year 2020-2021)

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Post Graduate Diploma Dietetics and Applied Nutrition

Post Graduate Diploma in

Post Graduate in Dietetics and Applied Nutrition

(Program Code: RJSPGDDAN)

Preamble:

A balanced diet with all the key nutrients is the key to good health. With the changing life style and rapid pace of life has resulted in people consuming ready made and ready to cook food resulting in sudden increase in life style diseases, malnutrition, early ageing and age related disorders. The only way to avoid these disorders to start eating healthy and a balanced diet at regular intervals. Food occupies an important space in the life of any individual but to live a healthy life one needs to follow a regime of healthy diet.

A balanced diet is essential for providing proper nutrition to the development of a child to grow as a normal healthy adult. Healthy diet ensures less number of individuals falling sick thus saving man hours lost by absenteeism. Let food be thy medicine is a popular saying which will ensure a healthy society. The Program ensures that the learner will acquire in depth knowledge of human physiology, clinical nutrition, organization skills, plan a diet as per individual requirement, handle diseases with the help of diet plan for patients

Program Objectives and Outcomes:

- To enable the students to understand the functions of the body in health and its adaptation to changed conditions.
- To enable the students to understand the implications of dietary modifications on the functioning of the various systems.
- To create a better understanding of the basic aspects of human nutrition by providing information on the current concepts of nutritional principles
- To give a simple account of the metabolism and functions of the major dietary constituents and their nutritional and clinical importance.
- To study the interrelationships between nutrients along with their recommended allowances and food sources so as to enable students to become aware of the importance of a balanced diet based on sound nutritional principles.

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Post Graduate Diploma Dietetics and Applied Nutrition

- To enable the students to understand Nutrition and Health situations in India.
- Their role as a dietitian in improving the nutritional and Health Status of the vulnerable groups and the overall community. Acquire skills in assessing Nutritional status of the people, skills in communications and planning, organizing abilities required for conducting nutrition education programmes. Develop the right attitudes towards working in the communities.
- To give students a basic understanding of the principles of management to apply them in food-service administration. To help the student understand what the basic tools of management are and their application in different types of food service institutions. To make the students aware of the methods of work improvement to increase productivity and efficiency. To enable the students to have a basic knowledge of menus, planning menus, standardizing menus and stepping up recipes.
- Study of the etiology, clinical symptoms and treatment with emphasis to dietary management
- Acquire knowledge about the causes, symptoms and the effect of various diseases on dietary requirements.
- Modify the normal diet for disease conditions based on the pathophysiology.
- Understand the role of the dietitian in the dietary treatment of the patients.

Title: Post Graduate Diploma in Dietetics and Applied Nutrition

Eligibility: A candidate to be eligible for admission to the post graduate Diploma must have taken Bachelor of Science (Home Science) with specialization food, Nutrition & Dietetics, Bachelor of Science (Home Science general) Bachelor of Science of Microbiology/Biochemistry/Life Science/ Botany/Zoology/ Biotechnology, Bachelor of Nursing or an equivalent degree any medical degree in allopathic or alternative medicine.

Duration of the Course: One Year Blended teaching on weekends

Fee Structure:

Tuition Fee	:	25,000.00
RFID	:	150.00

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Post Graduate Diploma Dietetics and Applied Nutrition

Examination Fees : 500.00

Application form fees : Rs 100.00

Intake capacity: 40 students

Faculty: Drawn from Industry and Academia Proficient in areas of Human Physiology, Diet and Nutrition.

Standard of Passing:

A student to be declared as Pass must obtain 40 % marks

Medium of Instruction : English

Internship : Compulsory for obtaining the PG Diploma minimum of two months duration

Scheme of Evaluation:

There would be continuous evaluation with Internal assessment consisting of multiple choice questions, quiz, presentation, assignments 40% weightage

External Evaluation: Subjective with 60%weightage

Hospital Internship: For a period of at least two months in hospitals, students are expected to collect six case histories and submit a report. One of the case histories should be presented and the presentations should be evaluate

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Post Graduate Diploma Dietetics and Applied Nutrition

POST-GRADUATE DIPLOMA IN DIETETICS AND APPLIED NUTRITION (RJSPGDDAN)

Semester I

Course Code	Subject	Periods /week	Semester End Exam Marks	Internal Marks	Total Marks	Credits
PSDDAN101	Physiology	2	60	40	100	3
PSDDAN102	Basic Nutrition	3	60	40	100	3
PSDDAN103	Applied Nutrition and Public Health	2	60	40	100	3
PSDDAN104	Foods and Dietetics	3	60	40	100	3
PSDDAN105	Food Service Management	3	60	40	100	3
PSDDAN106	Clinical Nutrition	3	60	40	100	3
PSDDANP101	Diet Therapy	8	100	--	100	2
PSDDANP102	Clinical Testing	3	50	--	50	2
PSDDANP103	Applied Nutrition Field Work/Survey	2	50	---	50	2
Total					800	24




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Course Code	Title	Periods /week	Marks	Credits
PSDDAN101	PHYSIOLOGY	2	100	3
S. No.	Course Content	Periods		
Unit I	Brief introduction to the structure of the cell and tissues Digestive System: Nature and functions of the gastro-intestinal tract, namely the elementary canal, mouth, stomach, small intestine, large intestine, colon, liver, pancreas and gall bladder. Cardio-vascular system: Anatomy and Physiology of the heart and blood vessels, blood circulation, composition of blood, regulations of blood pressure, ECG	15		
Unit II	Excretory System: Renal: Mechanism of urine formation, fluid and electrolyte balance. Endocrine system: Brief review of the hormones secreted by endocrine glands and their effects on metabolism and associated disorders	15		

References

- Guyton, A.C. (1986) Textbook of Medical Physiology,
- Saunders Company. Best and Taylor, (1975) The living Body.
- Chapman and Hall Ltd., London.
- Chatterjee C. C. (1988). Human Physiology, 10th Edition, Medical Allied Agency.
- Tortora G.J. and Anagnostakos N.P. (1990). Principles of Anatomy and Physiology, 6th Edition. Harper and Row

Course Code	Title	Periods /week	Marks	Credits
PSDDAN102	BASIC NUTRITION	3	100	3
S. No.	Course Content	Periods		
Unit I	Introduction: Concept of Nutrition, Relation of nutrition to health, Adequate nutrition, optimum nutrition and malnutrition, The emergence, scope and methodology of Nutrition as a Science Energy Metabolism: Physiology fuel value, Direct and Indirect Calorimetry, Basal and Resting metabolism, Total energy requirement and its modification under normal physiological and other stress conditions.	15		
Unit II	Carbohydrates Classification and functions Digestion, Absorption, transport, storage and utilization Clinical and nutritional significance of carbohydrates Classification of dietary fibre and its clinical significance Lipids: Classification and functions, Digestion, absorption, transport, utilization and storage, Role of essential fatty acids, PUFAs, MUFAs, Clinical and Nutritional significance, Synthesis and clinical significance of prostaglandins, Cholesterol synthesis regulation of cholesterol metabolism	15		
Unit III	Proteins Classifications of amino acids and proteins, Review of digestion, absorption, transport and utilization, Evaluation of protein quality by assessment of digestibility coefficient, biological value, protein efficiency ratio, NDP cal. Percent and Net Protein utilization. Supplementary value of proteins. Sources, recommended allowances and deficiency diseases Amino acid toxicity and imbalance	15		

References

- Anderson L., Dibble M., Turkki P., Mitchell H. and Rynbergen H. 1982, Nutrition in Health and Disease. 17th Edition J.B. Lippincott Company, Philadelphia, Toronto.
- Davidson S., Passmore R. and Brock J.F., (1986), Human Nutrition and Dietetics, Churchill

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- Livingstone, Edinburg. Devlin T.M., (1986), Textbook of Biochemistry with clinical correlations (2nd Edition), John Wiley.
3. Goodhart R.S. and Shils M.E. (Ed), (1994). Modern Nutrition in Health and Disease, Lea and Febiger, Phila.
4. Gopalan C., Rasma Sastri B.V. and Balasubramanian S.C., 1989. Nutritive Value of Indian Foods. 2nd Edition ICMR Offset Press, New Delhi.
5. Krause M.V. and Mahan K. 1984 – Foods, Nutrition and Diet Therapy. 7th Edition, W.B.
6. Saunders Company U.S.A. Lehinger A.L., (1984). Principles of Biochemistry. Worth Publishers
7. New York.
8. Machlin L.J. (1984) Ed., Handbook of Vitamins – Nutritional, Biochemistry and Clinical
9. Aspects, M. Dekker, New York.
10. Pike R.L. and Brown M.L. (1984), Nutrition – An Integrated Approach, John
11. Wiley, New York. Rajalakshmi, (1987), Applied Nutrition, Oxford/IBH

Course Code	Title	Periods /week	Marks	Credits
PSDDAN103	APPLIED NUTRITION AND PUBLIC HEALTH	2	100	3
S. No.	Course Content			Periods
Unit I	Concept of Health, Nutrition and Public Health Nutrition Demographic trends in India and the significance of certain indices of Health and Nutrition situation of a community. (IMR, MMR, TFR, Birth rate, Death rate, Life expectancy etc.)Major Nutritional problems in developing countries – PEM, Night blindness, Nutritional anaemia, Endemic, Goitre, Rickets, Osteomalaria, Beriberi, Pellagra etc.			15
Unit II	Dietary surveys – methods, ways of interpretations, and analysis, recommendations based on survey findings			15
Unit III	Assessment of Nutritional status – Nutritional Anthropometry, Biochemical assessment and observations for clinical signs – interpretations of the result, comparisons with the standards, suggestions/ recommendations – growth monitoring for children below 10 years.			15

Course Code	Title	Periods/ week	Marks	Credits
PSDDAN104	FOODS AND DIETETICS	3	100	3

S. No.	Course Content	Periods
Unit I	Objectives of cooking food Methods of cooking food Food acceptability and sensory evaluation Nutritive value of different food groups and changes due to cooking in the following food groups: Milk and Milk products, eggs, meat, poultry, sea food,	15
Unit II	Nutritive value of different food groups and charges due to cooking in the following food groups: Cereals and cereal products pulses and legumes, fruits, vegetables, sugar and confectionary, beverages, spices and condiments.	15
Unit III	Storage of foods. Food quality and factors affecting food quality. Control of food quality Use of food additives – Classification and applications	15

References

- Barbara Luke (1986) Principles of Nutrition and Diet Therapy, Little, Brown and Company, Boston Eva Medved (1986) Food – Preparation and theory, Prentice – Hall, Inc. Englewood Cliffs, New Jersey.

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2. Marion Bennon and Osee Hughes (1985) Introductory Foods (6th Edition) Macmillan Publishing Co., Inc. New York. Collier Macmillan Publishers, London.
3. Norman N. Potter (1986) Food Science 4th Edition Van Nostrand Reinhold Company, New York.
4. Shakuntal N. Manay and Shadaksharaswamy M. (1987) Foods – Facts and Principles, Wiley Eastern Limited.

Course Code	Title	Periods /week	Marks	Credits
PSDDAN105	FOOD SERVICE MANAGEMENT IN HOSPITALS AND OTHER INSTITUTIONS	3	100	3
S.No.	Course Content	Periods		
Unit I	Organisation And Management Theories of Organisation Steps to start an Organization Types of Organizations (Food Service Institutions) Functions and tools of Management Hierarchy of management – top, middle, lower and the characteristics of each level. Role of supervisions in handling employees Qualities and skills for administrative leadership Professional and trade association in India pertaining to food-service / catering.	15		
Unit II	Food Service Institution Categorization of food service institutions and their respective characteristics Factors affecting the development of food service institutions. Hotels / Hospitals as formal organization. Menus – factors to consider while planning menus, steps to plan a menu, menu design and evaluation; types of menus. Standardization of recipes – meaning advantages, methods used to standardize and step up recipes, how to develop a score card. Food service – types of food services systems and their characteristics: styles of service used, Management of food service.	15		
Unit III	Personnel Management Employment Process – recruitment, selection, orientation, training, methods used for performance appraisal. Procedures relating to promotions, transfers, handling grievances and disciplinary action. Labour policies, financial and non-financial benefits given to employees Labour Management Relations – unionization and how to tackle it. Labour laws pertaining to the food service industry. Methods used for Work Improvement and suggestions for its application	15		



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References

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2. Davis B. and Stone S. 1985 "Food and Beverage Management" William Heinemann Ltd. London.
3. Department of Health and Social Security Scottish Home and Health Department Northern Ireland, 1974 "Clean Catering" Her Majesty's Stationery Office, London.

Course Code	Title	Periods /week	Marks	Credits
PSDDAN106	CLINICAL NUTRITION	3	100	4
S. No.	Course Content	Periods		
Unit I	Role of a dietitian: Education and personal qualifications, role and responsibilities of a dietitian, nutrition counseling, professional ethics and obligations. Career opportunities for dietitians. Diet Therapy – rationale for diet therapy (The normal diet, Modifications of the diet to the light diet, soft diet, full liquid diet, clear liquid diet, Tube feedings); Routes for diet therapy – enteral and parental; use of biochemical parameters in the planning of diets, Use of computers in the planning of diets and hospital administration.	15		
Unit II	Obesity and underweight, Diabetes mellitus, Gastro-intestinal diseases: Reflux esophagitis and hiatal hernia, Diarrhea and constipation, Peptic ulcers, Ulcerative colitis, Regional enteritis, Tropical and non-tropical spru, Diverticular disease, Intestinal obstruction and acute appendicitis, Lactose intolerance	15		
Unit III	Diseases of the circulatory system: Hypertension, Atherosclerosis, Angina pectoris, IHD, Hyperlipidias	15		

References

1. Anderson, Liennea, Dibble, Marjorie, Turkki, P.R.; Mitchell, Helen & Rynbergen, Henderika (1982) "Nutrition in Health and Disease" 17th Edition J.B. Lippincott Co. Philadelphia.
2. Antia, F.P. (1989) "Clinical Dietetics and nutrition" 3rd Edition Oxford University Press, Bombay. Bennion Marion (1979) "Clinical Nutrition" Harper and Row Publishers Inc., New York.
3. Shah, S.J. (editor-in-chief) (1986) "A.P.I. Textbook of Medicine" 4th ed. Association of Physicians of India, Bombay.
4. Williams, Sue (1978) "Self-study guide for Nutrition and Diet therapy" 2nd ed. The C.V. Mosby Company, Saint Louis.
5. Zeeman, Frances, J. and Ney, Denise, M. (1988) "Applications of Clinical Nutrition" Prentice hall, New Jersey.

Course Code	Title	Periods /week	Marks	Credits
PSDDANP 101	DIET THERAPY	8	100	2
S. No.	Course Content	Periods		
Unit I	Standardization of portion sizes, Preparation of normal diets served in hospitals,	15		
Unit II	Modification of normal diets to liquid diets, soft diets, full liquid diet, clear liquid diet, tube feeding.	15		
Unit III	Dietary Management in the treatment of following conditions Obesity and underweight, Low Calorie diets, Child and Adult weight reduction	15		
Unit IV	Diabetes Mellitus, without insulin, with insulin, with insulin – adult & juvenile, diabetes in pregnancy, Hypo-glycemic conditions.	15		
Unit V	G.I. diseases: Diarrhoea and Constipation, Peptic Ulcer, Lactose intolerance, Ulcerate colitis, Conditions of intestinal obstruction and acute appendicitis, Hiatus Hernia	15		
Unit VI	Diseases of the circulatory system: Hypertension, Atherosclerosis, Angina Pectoris, IHD, Low Calorie, low cholesterol and low sodium diets for acute and chronic conditions	15		

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Website: www.rjcollege.edu.in • Email : rjcollege@rjcollege.edu.in • Tel No. + 91 22 25151763

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.10)

Course Code	Title	Periods /week	Marks	Credits
PSDDANP102	CLINICAL TESTING AND FOOD ANALYSIS BY INTERPRETING CLINICAL DATA	3	50	2
S. No.	Course Content	Periods		
Unit I	Standardization of acids and alkalies, Blood collection and preservation, Preparation of anticoagulants, Techniques for determining bleeding time and clotting time, Determination of Hb, ESR, MCV, PCV and WBC, RBC count, Determination of blood pressure.	15		
Unit II	Estimation of: Serum iron, protein, BUN, bilirubin, triglycerides, SGOT, SGPT. Estimation of blood glucose and glucose tolerance test, Detection of normal and abnormal constituents of urine.	15		
Unit III	Estimation of ascorbic acid in urine and ascorbic acid load test. Estimation of creatinine in blood and urine., Estimation of Na & K (demonstration) by flame photometer	15		

Course Code	Title	Periods /week	Marks	Credits
PSDDANP103	APPLIED NUTRITION AND PUBLIC HEALTH	2	50	2




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2015: ISO 9001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013



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LIST OF STUDENTS WHO ENROLLED FOR POST GRADUATE DIPLOMA IN DIETETICS AND APPLIED NUTRITION

Sr No	Full Name	Roll no
1	KHAN IBRAT JAHAN ABDUL KALAM KHAN LAILUNNEHAR KHAN	4001
2	GAIKWAD NISHA NANDLAL JAYDEVI	4002
3	SHAIKH NIKHAT PARVEEN NAZEER AHMED PATEL KIFAYAT PATEL	4003
4	KHAN MISBA KHATOON SAUD AHMAD IRFANA KHATOON	4004
5	YADAV SARITA RAMBACHAN PHOOLMATI	4005
6	SHAIKH AYESHA KHATUN AZIM ULLAH SHAHEDA BEGUM	4006
7	DOKADIA AMRIN IDRIS RASHIDA	4007
8	SAYYED KAINAAT KALIM TANVEER	4008
9	SHAIKH AAMNA MOHD MASHAK FAMIDA	4009
10	THAKKAR GRISHMA UDAY BHARTI	4010
11	NADAR DARSHANA SAMUTHIRAPANDIAN GEETHA	4011
12	RAMEEZA QURESHI ASHFAQUE SAEEDA	4012
13	JAIN NIKKI PRAVIN KAMLA	4013
14	SATAM SHRUTIKA MILIND MANSI	4014
15	PADVI RAJESHVARI UTTAM PUSHPA	4015
16	KHAN ISHRAT IRFAN NAZMA	4016
17	KHAN AZRA MOHAMMAD IRFAN YASMEEN	4017
18	SHAIKH SANIA ZAHEED SALMA	4018
19	PATEL SUMAIYA SAEED ZAHRA	4019
20	BHOJAYYA SNEHA RANJEET RAVEENA	4020
21	DHANGE SADIQUA MOIN TAHSEEN	4021
22	CEREJO RISHIKA RICHARD MATILDA	4022
23	SHEIKH SANA MOHAMMAD ISMAIL RUKSANA	4023
24	MISHRA ADYA ARVIND KUMAR MISHRA SATYA PRIYA MISHRA	4024
25	SHARMA NANDINI PAWAN MANISHA	4025
26	ANSARI SAMEERA ABDUL QAYYUM AMENA	4026
27	JOISHER JANVI CHANDRESH JAYSHREE	4027
28	KHAN SAMREEN TAFAZZUL HUSAIN AZIZUNNISA	4028



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29	JAIN VIDHI PRAVIN PINKY	4029
30	YADAV JYOTI RAMESHCHANDRA NIRMALA	4030
31	KHATOON KULSUM MOHAMMED MOGHEES SANJIDA	4031
32	KAROTIYA EKTA RAVINDRA REKHA	4032
33	BALBALE RIFAT IMTIYAZ YASMIN	4033
34	SHAIKH TEHNEET DAWOOD HAKIMUNNISA	4034




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