

ESTD.: 1968

(Reaccredited by NAAC with – 'B' Grade with a CGPA of 2.32) An ISO Certified College for ISO 9001 : 2015 & ISO 14001 : 2015

Post – Egra: Dist – Purba Medinipur (West Bengal): Pin – 721429.

President: Mr. Tarun Kumar Maity, M.L.A., W.B.

Principal: Dr. Dipak Kumar Tamili.

**3.**: 03220-244073, Website - www.egrassbcollege.ac.in : E-mail – info@egrassbcollege.ac.in

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#### REPORT ON

#### 10 DAYS CIRTIFICATE COURSE ON DIET THERAPY

Organized by Department of Nutrition Egra S.S.B. College, Egra, Purba Medinipur, Pin-721429

Title of the Course: Diet Therapy

- Mode of Registration: Offline Preparation Techniques
- Date for Commencement of the Course: 03.12.2019
- Nature of the Course: Theory & Practical
- Class: 3<sup>rd</sup> December 2019
- Closing date of the course: 13 December 2019
- Total Contact Hours: 30hours
- Duration: 10 Days
- Total No of Students Enrolled: 67
- Opening of registration process: 25.11.2019
- Registration Fees: Nil
- Closing of Registration Process: 30.11.2019

#### Course Coordinator:

Mamtaj Khatun , Assistant Professor, Dept. of Botany, Egra S.S.B College Somnath Sau, SACT-1, Department of Nutrition, Egra S.S.B College

#### **Number of Faculty involved:**

Miss. Ankita Panda, Guest faculty, Department of Nutrition, Egra S.S.B College Mrs. Esa Chakraborty, SACT-II, Department of Nutrition, Egra S.S.B College Mrs. Salini Das, Guest faculty, Department of Nutrition, Egra S.S.B College Mr. Pradip Maity, Guest faculty, Department of Nutrition, Egra S.S.B College

#### **Outcome of the Course:**

Upon successful completion of this course, the student will be able to -

- 1. Understand the basic principles of diet and diet therapy.
- 2. Acquire the knowledge of modifications of normal diet for therapeutic purposes.
- 3. Acquire the skills and techniques involved in the planning and preparation of therapeutic diets for various ailments.
- 4. Develop the capacity and attitude for taking dietetics as a profession.
- 5. Gain experience to plan and calculate the modified diet.



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## Section -1: Structure of the Course and Examination

Thurs	Paper	Title of the paper
Type Theoretical	I	Basic concept of Diet Therapy
	II	Preparation of Diet Chart
Practical	11	Troparation

## Section -2: Structure of the Course and Examination

#### Paper-1: Basic concept of Diet Therapy

- 1.1 Basic concepts of Diet therapy: Definition of Dietetics, dietitian, goals of diet therapy. Therapeutic adaptations of normal diet, Classification of therapeutic diets (Progressive diets-Normal, Soft, Clear fluid diet and Full fluid).
- 1.2 Dietitians and hospital basic diets: Types of dietitians and role of dietitian in a hospital. Routin hospital diets. Specially modified therapeutic diet. Nutritional adequacy of hospital diets, Basic concept and methods of (i) Oral feeding (ii) Tube feeding (iii) Parenteral feeding.
- 1.3 Anemia: definition, causes, classification and dietary management of nutritional anaemia.
- 1.4 Fever: Definition, causes, types, symptoms and dietary management.
- 1.5 Etiology, symptoms, diagnostic tests and dietary management of Gastro-intestinal tract and liver diseases Diarrhoea, Constipation, Peptic ulcer, Jaundice and Cirrhosis of liver.
- 1.6 Etiology, Risk factor, Sign and Symptom, Diagnosis and dietary management: Diabetes mellitus, Diabetes insipidus

#### Paper- II: Diet Chart (Practical)

2.1 Planning and preparation of therapeutic diets for the following diseases: Diabetes melilitus (case specific), Hepatitis (case specific), gastrointestinal diseases (case specific), anemia (case specific).



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# CERTIFICATE COURSE: DIET THERAPY SYLLABUS DISTRIBUTION

Sl.No	Faculty	All
1.	Mr. Somnath Sau	Allotment  1.6 Etiology, Risk factor, Sign and Symptom, Diagnosis and dietary management: Diabetes mellitus, Diabetes insipidus
2.	Mrs. Esa Chakarborty	1.5 Etiology, symptoms, diagnostic tests and dietary management of Gastro-intestinal tract and liver diseases Diarrhoea, Constipation, Peptic ulcer, Jaundice and Cirrhosis of liver.
3.	Miss Ankita Panda	1.3 Anemia: definition, causes, classification and dietary management of nutritional anaemia. 1.4 Fever: Definition, causes, types, symptoms and dietary management. 2.1 Planning and preparation of therapeutic diets for the following diseases: Diabetes melilitus (case specific), Hepatitis (case specific), gastrointestinal diseases (case specific), anemia (case specific).
4.	Mrs. Salini Das	1.1 Basic concepts of Diet therapy: Definition of Dietetics, dietitian, goals of diet therapy. Therapeutic adaptations of normal diet, Classification of therapeutic diets (Progressive diets-Normal, Soft, Clear fluid diet and Full fluid).
5.	Mr. Pradip Kumar Maity	1.2 Dietitians and hospital basic diets: Types of dietitians and role of dietitian in a hospital. Routin hospital diets. Specially modified therapeutic diet. Nutritional adequacy of hospital diets, Basic concept and methods of (i) Oral feeding (ii) Tube feeding (iii) Parenteral feeding.

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Manihlad Pati

Countersigned by Principal, Egra S.S.B College

Signature of Head in-charge, dept. of Nutrition

Principal
EGRA S.S.B. COLLEGE
P.O.-Egra, Purba Medinipur

(Signature)
In-Charge of the Department of Nutrition
Egra S.S.B. College



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Notice No.

# DEPARTMENT OF NUTRITION ROUTINE

Add-on COURSE ON "DIET THERAPY" SESSION: 2019 DATE: 03.12.2019 - 13.12.2019 (w.e.f.-03.12.2019)

		The second second		1 4 5	2.15pm-3.15pm	3.15pm-	4.15pm
DAY	10.15am- 11.15am	11.15am- 12.15pm	12,15pm- 1.15pm	1.15pm- 2.15pm	Z.i.opiii o.i.opiii	4.15pm	5.15pm
MONDAY	Theory(S.S)				Theomy(C C)	Practic	al(A.P)
TUESDAY	Theory(E.C)				Theory(S.S) Practical(E.C		al(S.S)
WEDNESSDAY	Theory(S.D)				Practical		
THURSDAY	Theory(A.P)				Theory(P.M)		
FRIDAY					Theory ()		
SATURDAY	Theory(P.M)						

#### CLASS ALLOTMENT

SL.NO	Faculty Name	Theory	Practical	Total
	2.2(C 4) C-11)	4	4	8
1	S.S(Somnath Sau) E.C(Esa Chakraborti)	4	4	8
2	S.D(Salini Das)	4	2	6
4	A.P(Ankita Panda)	2	4	6
5	P.M(Pradip Maity)	2		2
Total	1	16	14	30

Note: The Class schedule is inevitably subject to change

Countersigned by Principal, Egra S.S.B College

Principal
EGRA S.S.B. COLLEGE
P.O.-Egra, Purba Medinipur

Signature of Head in-charge, dept. of Nutrition

(Signature)
In-Charge of the Department of Nutrition
Egra S.S.B. College

Manihlad Pati

## List of participants:



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Fig:1. Certificate course on diet therapy



Fig:2. Certificate distribution of Certificate course on diet therapy