

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.

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REPORT ON

10 DAYS CERTIFICATE 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: 3rd 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-I, 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

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

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 mellitus (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	Allotment
1.	Mr. Somnath Sau	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.

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

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Date : 20.11.2019

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)

DAY	10.15am-11.15am	11.15am-12.15pm	12.15pm-1.15pm	1.15pm-2.15pm	2.15pm-3.15pm	3.15pm-4.15pm	4.15pm-5.15pm
MONDAY	Theory(S.S)						
TUESDAY	Theory(E.C)				Theory(S.S)	Practical(A.P)	
WEDNESDAY	Theory(S.D)				Practical(E.C)	Practical(S.S)	
THURSDAY	Theory(A.P)				Practical (S.D)		
FRIDAY					Theory(P.M)		
SATURDAY	Theory(P.M)						

CLASS ALLOTMENT

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

List of participants:

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Subject		Date and Signature														For the Month of _____ Of 20__																	
Sl. No.	Roll No.	Name of the Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	300	Anamika Patra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
2	25	Bosanj Hal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
3	56	Gupuboni Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
4	82	Kamabi Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
5	304	Lokani Sahoo	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
6	58	Houmita Hazra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
7	306	Housumi Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
8	56	Pratyanka Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
9	208	Pratyanka Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
10	32	Renuka Sahoo	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
11	47	Richika Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
12	355	Saheli Santra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
13	306	Samanwita Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
14	207	Sandhya Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
15	78	Sanghamitra Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
16	53	Shrabani Pal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
17	55	Sikha Debnath	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
18	301	Smitika Chakraborty	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
19	303	Soma Panda	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
20	514	Soma Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
21	312	Suekara Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
22	32	Sueheta Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
23	16	Susmita Bera	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
24	71	Swagata Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
25	302	Tanushri Nandi	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

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

[Signature]
Mamta Chatterjee
(Signature)
In-Charge of the Department of Nutrition
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[Signature]
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Certificate course on diet therapy
EGRA SARADA SHASHI
REGISTER OF ATTENDANCE

Sl. No.	Roll No.	Name of the Student	Date and Signature													
51	69	Kaishna Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14
52	137	Sabita Sahoo	1	2	3	4	5	6	7	8	9	10	11	12	13	
53	55	Gourai Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14
54	99	Namita Datta	1	2	3	4	5	6	7	8	9	10	11	12	13	14
55	56	Goutam Mondal	1	2	3	4	5	6	7	8	9	10	11	12	13	14
56	172	Dipannita Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14
57	182	Manita Acharyya	1	2	3	4	5	6	7	8	9	10	11	12	13	14
58	229	Dapi Mahapatra	1	2	3	4	5	6	7	8	9	10	11	12	13	14
59	312	Sheuli Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14
60	148	Sumita Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14
61	246	Suravi Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14
62	286	Susmita Sen	1	2	3	4	5	6	7	8	9	10	11	12	13	14
63	318	Shovan Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14
64	245	Sourav Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14
65	224	Amit Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14
66	225	Jndrani Pradhan	1	2	3	4	5	6	7	8	9	10	11	12	13	14
67	139	Manisha sing	1	2	3	4	5	6	7	8	9	10	11	12	13	14

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

BHUSAN COLLEGE
OF STUDENTS

For the Month of Of 20

Sl. No.	Roll No.	Name of the Student	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
51	69	Kaishna Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
52	137	Sabita Sahoo	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
53	55	Gourai Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
54	99	Namita Datta	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
55	56	Goutam Mondal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
56	172	Dipannita Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
57	182	Manita Acharyya	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
58	229	Dapi Mahapatra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
59	312	Sheuli Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
60	148	Sumita Maity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
61	246	Suravi Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
62	286	Susmita Sen	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
63	318	Shovan Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
64	245	Sourav Das	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
65	224	Amit Jana	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
66	225	Jndrani Pradhan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
67	139	Manisha sing	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17

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Fig:1. Certificate course on diet therapy



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