



AAFT
ONLINE

NUTRITION
& **D**IETETICS
1 YEAR

ABOUT AAFT ONLINE

AAFT Online is an online initiative of India's leading Media Arts Institution - AAFT, that aims to shape global creative talent by establishing the highest educational standards for creative skills. AAFT Online aims to give your innovative streak a professional edge with its 30 years of rich mentoring experience in the field of creative arts education at a university level.

As a leading EdTech platform, AAFT Online is the symbiosis of education and field-based experience, nurturing a need-based training translating into a viable career option. By bringing the best of the industry experts with world class educational standards, AAFT not only promotes job opportunities but also creates empathetic professionals standing in the throes of grand success.

OUR ACHIEVEMENTS



**India's First
UGC Approved**
Creative Arts
University



Trained
Over **25,000+**
Students

30
YEARS

Over 30 Years
in Education



500+
Faculty &
Mentors



CHAIRMAN'S MESSAGE

We have been persistently on a mission to impart creative excellence to the youth and strengthen the media & arts community globally. We believe AAFT Online can help to bridge the industry-academia gap faced in the media and entertainment industry by reaching to the global network of creative enthusiasts. We have established innovative pedagogy and methodologies to provide cutting-edge learning environment to the students. Our curriculum is curated by industry professionals and academicians to foster training in such a way that our students can efficiently meet the industry requirements and demands, thus, excelling in their chosen vocations.

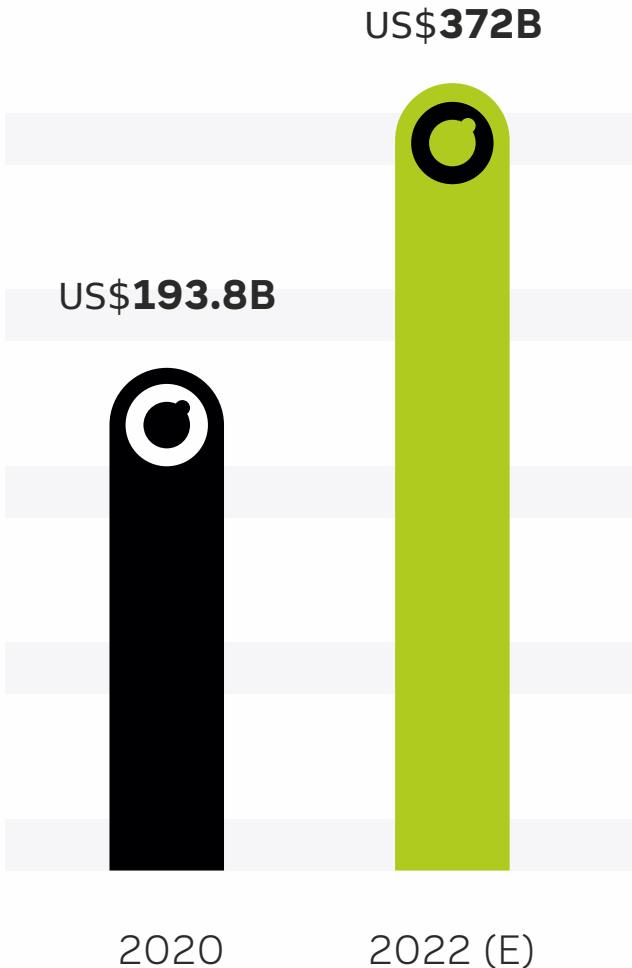
I would like to encourage students to follow their calling and choose the path of creative arts learning, taking the first-step towards transforming passion into profession. I would also like to extend my gratitude to our promoters and supporters for their persistent trust and enthusiasm which continuously motivates us to serve the education community and set new benchmarks with our contemporary teaching modules.



HEALTHCARE

INDUSTRY OUTLOOK

The Healthcare industry size was US\$ 193.83 billion in 2020 and is estimated to reach US\$ 372 billion by 2022, driven by rising income, better health awareness, lifestyle diseases and increasing access to insurance.



WHY

STUDY ONLINE

- Career advancement and hobbies
- Added Flexibility and Self-Paced Learning
- Lower costs and debts
- Better Time Management
- Demonstrated Self-Motivation
- Improved Virtual Communication and Collaboration
- A Broader, Global Perspective
- Refined Critical-thinking Skills
- More choice of course topics
- More Comfortable Learning Environment
- Access outstanding teaching
- Study from anywhere in the world
- Make global connections

WHY US

Courses are **specially curated by Academicians and Industry Experts**

Opportunity to **interact and network** with enthusiasts from all across the globe

Courses are for all-whether you are a student or a working professional

All our classes are backed by **Virtual Faculty Support**

Focused approach for skill building and **practical exposure** through assignments and projects

Dedicated Placement Support

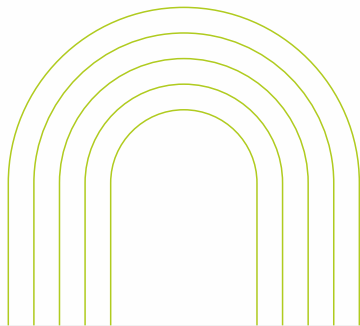
Up-to-date content with the latest trends and developments of the industry

Learn **real world application** through practitioners

Add a specialization in your Resume on completion of the course

Access to **AAFT Alumni Association**

one-to-one mentor sessions throughout the course



COURSE OVERVIEW

With increasing urbanization and medical problems amongst working individuals rising, a need for proper nutrition is dire. Dietitians are gaining a lot of importance amongst the urban crowd as the young generation of India is realizing the importance of a healthy diet and value of getting proper nutrients.

Dietetics focuses on food management through proper plan, monitoring and supervision of a patient's diet. On the other hand, nutrition is related to the overall promotion of health by advising people on health and food choices.

Therefore, dietitians and nutrition consultants are earning a lot of money in cities. Hospitals also hire professionals in this field. A lot of corporate companies also hire nutritionists in order to keep their employees healthy and active.

Employability: Healthcare Industry, Nutrition Industry, Sports Arena, Dietetics Industry.

COURSE HIGHLIGHTS



Recorded Video
Lectures &
eWorkbooks



Self-paced
Learning



AAFT Alumni
Status



Live Webinars and
Doubt-clearing support



Digital Verified
Certification



Career Mapping &
Career Counseling



Soft Skills
& Personality
Development



Resume Building &
Review Sessions



Course validity
for 12 months post
purchase



WHAT YOU WILL LEARN

Basics of Nutrition & Dietetics

Digestion & Absorption

Macro Nutrients

Energy & Carbohydrates

Proteins & Fats

Vitamins, Minerals & Water

Nutrition during pregnancy
and lactation

Infancy, childhood,
adolescence, adulthood &
ageing

Methods of cooking, exchange
list & menu planning

Nutrition in weight
Management, Renal disorders
& Liver disorders

Nutrition for sprouts,
hypertension & bone health

Nutrition for diabetes &
Anemia

Calories burnt for various
activities

Nutrition & Diets in Diseases

Assessment of Nutritional
Status

Malnutrition

Food Commodities and Safety

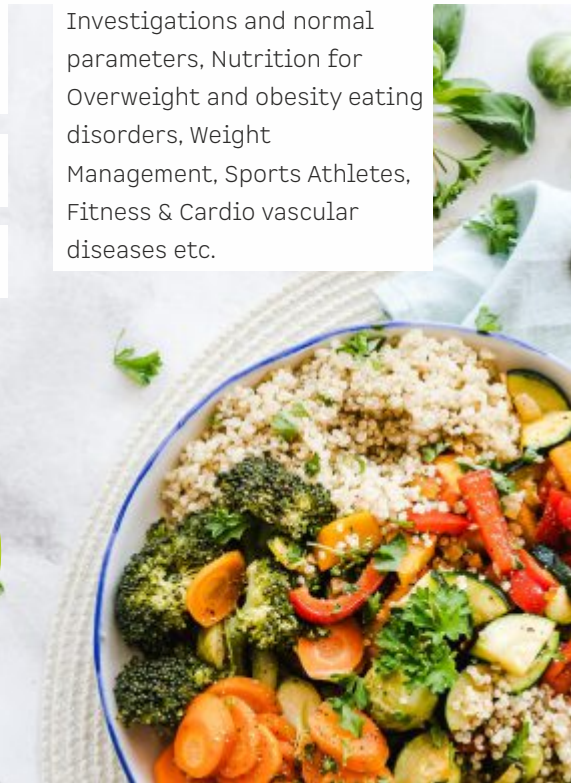
Nutrition for fitness in sports

Obesity Management

Menu Planning & Calories
burnt

Calories burnt during various
activities

Investigations and normal
parameters, Nutrition for
Overweight and obesity eating
disorders, Weight
Management, Sports Athletes,
Fitness & Cardio vascular
diseases etc.



CURRICULUM OVERVIEW

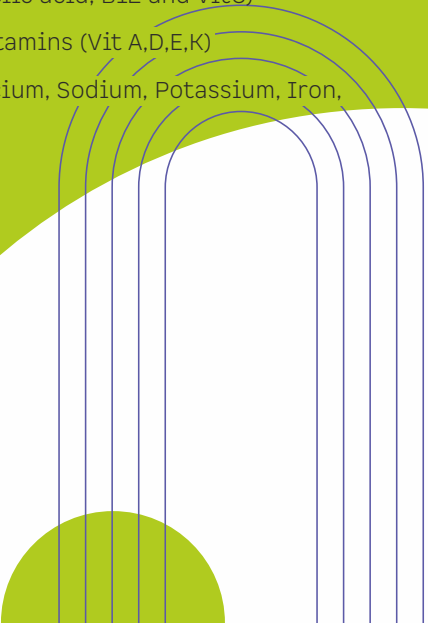
INTRODUCTION TO BASIC CONCEPTS IN NUTRITION

- MODULE 01** Food
- MODULE 02** Health
- MODULE 03** Nutrients

METHODS OF COOKING AND ITS EFFECT ON NUTRIENTS

- MODULE 04** Different methods of cooking
- MODULE 05** Various nutrient losses during cooking
- MODULE 06** Ways to preserve nutrients

CONCEPT OF FOOD SCIENCE

- MODULE 07** Carbohydrates
 - MODULE 08** Proteins
 - MODULE 09** Lipids
 - MODULE 10** Water soluble vitamins (Vit B1, B2, B3, Pyridoxine, Folic acid, B12 and VitC)
 - MODULE 11** Fat soluble vitamins (Vit A,D,E,K)
 - MODULE 12** Minerals (Calcium, Sodium, Potassium, Iron, Iodine)
 - MODULE 13** Water
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CURRICULUM OVERVIEW

APPLIED PHYSIOLOGY

- MODULE 14** Organisation of the human body
- MODULE 15** Circulatory System
- MODULE 16** Digestive system
- MODULE 17** Blood and its components
- MODULE 18** Excretory system
- MODULE 19** Respiratory system

NUTRITIONAL BIOCHEMISTRY

- MODULE 20** Carbohydrate Metabolism
- MODULE 21** Protein Metabolism
- MODULE 22** Lipid Metabolism
- MODULE 23** Acid Base Balance
- MODULE 24** Enzymes
- MODULE 25** Hormones

ENERGY METABOLISM

- MODULE 26** Concepts of Energy, BMR, BMI Energy balance

BASIC CONCEPTS OF DIET PLANNING

- MODULE 27** Concept of balanced diet
- MODULE 28** Planning of balanced diet

CURRICULUM OVERVIEW

DIET DURING THE LIFE CYCLE

- MODULE 29** Diet during infancy
- MODULE 30** Diet during pre school
- MODULE 31** Diet during school
- MODULE 32** Diet during adolescence
- MODULE 33** Diet during adulthood
- MODULE 34** Diet during pregnancy
- MODULE 35** Diet during lactation
- MODULE 36** Diet during old age

INTRODUCTION TO THERAPEUTIC NUTRITION

- MODULE 37** Different types of hospital diets
- MODULE 38** Special feeding methods
- MODULE 39** Eating disorders
- MODULE 40** Inborn errors in metabolism

MODULE 41 DIET MODIFICATION IN GENERAL DISEASED CONDITIONS

PUBLIC HEALTH NUTRITION

- MODULE 42** Concept and scope of public nutrition
- MODULE 43** Nutritional problems in India
- MODULE 44** Various Nutritional programs running in India
- MODULE 45** Methods of nutritional assessment



CURRICULUM OVERVIEW

COMMON DIET TRENDS

MODULE 46 Understanding Various Forms of Diet

NEWER TRENDS IN FOOD INDUSTRY RELATED TO NUTRITION

MODULE 47 Fast foods

MODULE 48 Supplements

MODULE 49 Kitchen remedies

INSTITUTIONAL MANAGEMENT

MODULE 50 Food service units

MODULE 51 Menu planning

MODULE 52 Food production process

MODULE 53 Space and equipment

MODULE 54 Personnel management

MODULE 55 Financial management



PROJECTS

Standardization of portion sizes for different food preparations.

Planning Routine Hospital Diets

Diet in Weight Imbalance and Counselling

Diet in Fever

Plan a diet for Nutritional Anaemia

Diet in Diseases of Gastro Intestinal Tract and Counselling

Diet in Liver Diseases and Counselling

Diet in Kidney Diseases and Counselling

Diseases of Metabolic Disorder and Counselling

Diet in Cardiovascular Diseases and Counselling

To plan a diet for Cancer

Planning Meals for Institutional Feeding



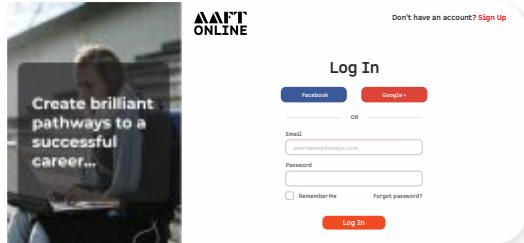
HOW YOU WILL LEARN

Seamless & Easy Platform

Our Online platform is easy to use and you can start learning at the click of a few buttons.

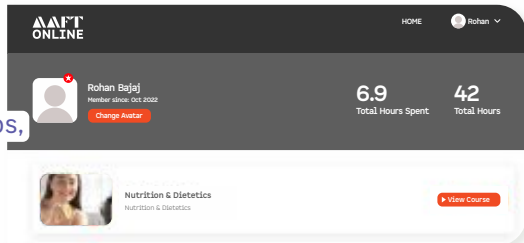
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Login with your credentials



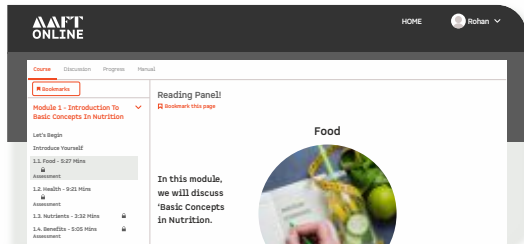
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Start Learning with help of videos, live sessions & doubt clearing support



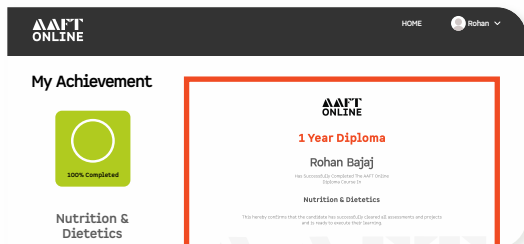
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Access to Program Material



4

Get Certified upon completion of program



THE INSTRUCTORS



Aarohi Tyagi

Aarohi Tyagi, a Practicing Nutritionist by profession, has over 13 years of experience in this field. She was a gold medalist in her Bachelors and has pursued her Masters in Food and Nutrition from Panjab University, (Chandigarh). She has also done a course in Palliative care from Japan (Fujita University). She has worked with various reputed organizations like Fortis hospital, Manipal University and Delhi State Cancer Institute to name a few. She is UGC- NET qualified and has been teaching nursing students and students from the hospitality sector for the last 5 years. She is currently the Nutrition and Dietetics Program leader at AAFT Online.



Lovneet Batra

Young, active and accomplished, Lovneet Batra is a celebrated and one of the most insightful nutritionist, columnist and former host of the show Restaurant Spy by India Today Group. She holds a BS and MS in Dietetics from Michigan State University and believes in a sustainable, 'no deprivation' approach to a meaningful, long-lasting lifestyle makeover. Going beyond fads & myths, she makes nutrition simple and straight. She constantly encourages her clients and readers to develop a healthy relationship with food. A nutritionist who believes good food and good health are best buddies and for her, nutrition is delicious & doable.

THE INSTRUCTORS



Deepti Sherawat

Deepti Sherawat is a therapeutic nutritionist & lifestyle coach, with over 8 years of experience. After completing her Diploma in Dietetics, Nutrition and Health Management, she was awarded a fellowship in Clinical Nutrition. Apart from focusing on healthy nutrition habits and fat loss, she specifically deals with people who suffer from various lifestyle/metabolic disorders ranging from diabetes, hypothyroidism, hormonal disorders (for example PCOD), autoimmune disorders, etc. Prior to starting her own venture, she was working as a nutritionist and lifestyle expert in the team of globally renowned wellness coach Luke Coutinho. She has also worked as a Nutrition Counsellor at Fitness First India Ltd. – an international chain of luxury fitness clubs founded in England in 1993. Deepti is also an internationally certified yoga teacher in two disciplines i.e. Hatha Yoga and Ashtanga Yoga.



Sunaina B. Khetarpal

Sunaina is the Founder of Health is wealth. She is also the Head of Dietetics Department, Fortis Escorts Hospital and Kalyani Hospital. A Core Team Member of NABH (National Accreditation Board Of Hospital), Sunaina is also associated as an EXPERT Dietitian with corporates like Nestle, Hero Motocorp, Group M, Sitel, Walmart, AAJTAK (FIT DELHI), Star Plus Master Chef & Hindustan Times(Anokhi Club), MOM & ME, Welcome Little. Her expertise lies in Weight loss programmes, Weight gain programmes, Renal, Diabetes and Heart diseases, Paediatric nutrition, Pregnancy & Lactation Diet & Gastrointestinal disorders.

RECENT

EXPERT SESSIONS

TAPASYA Mundhra

Nutritionist & Lifestyle Coach

BAFF ONLINE
www.baffonline.com

DIPLOMA IN NUTRITION AND DIETETICS

Orientation

29 Timing
JAN 12:00 PM
ONWARDS

Nutritionist and Lifestyle Coach
Tapasya Mundhra

Tapasya Mundhra is an accomplished dietitian and nutritionist with 15 years of experience in the field of nutrition and dietetics. She has worked for several reputed hospitals, clinics, and wellness centers. She is also a frequent speaker at various conferences and seminars. She has authored several books and articles on nutrition and dietetics. She is currently working as a Senior Nutritionist at a reputed hospital in Delhi.



Recognised **amongst the top nutritionist & dieticians** in Delhi NCR, whose achievements in the healthcare sector has made her the front runner for prestigious magazines and media houses.

ISHI Khosla

Clinical Nutritionist

DIPLOMA IN NUTRITION & DIETETICS

Orientation Session

13th Timing
NOV 12:00 PM onwards

Clinical Nutritionist,
Gabemedia & Author

Ishi Khosla is an accomplished Clinical Nutritionist, Consultant, and Author with over 25 years of experience in the field of nutrition and dietetics. She has worked for several reputed hospitals, clinics, and wellness centers. She is also a frequent speaker at various conferences and seminars. She has authored several books and articles on nutrition and dietetics. She is currently working as a Senior Nutritionist at a reputed hospital in Delhi.



Having **experience of over 25 years**, she is a consultant on the Board of several organisations. Has been listed **among the 25 most powerful women** in the country

RECENT

EXPERT SESSIONS

POOJA Makhija

Celebrity Nutritionist



Nutritionist to stars like Deepika Padukone, Sonam Kapoor, Ranbir Kapoor, Karan Johar, Mira Kapoor, Twinkle Khanna, Tamanna Bhatia and more

RYAN Fernando

Nutrition & Health Coach



Award-winning celebrity sports nutrition coach. Has worked with over 6000 athletes and celebrities like **Virat Kohli**, two times Olympic Medalist **Sushil Kumar**, **Aamir Khan** and mre

RECENT

EXPERT SESSIONS

MINACSHI Pettukola

Nutritionist



A **passionate nutritionist** with a pragmatic experience in all areas of a nutrition with an **expertise in Lifestyle and sports nutrition.**

NEHA Ranglani

Nutrition & Health Coach



Has been **practising for the last 14 years** and has **helped 20000 people** across the globe.

WHO SHOULD ENROLL

Freshers from any stream

Health Enthusiasts

Aspiring Nutritionists

Aspiring Dieticians

Health Conscious Individuals

Health & Wellness Influencers



CAREER OPPORTUNITIES

Sports Nutritionist

Health Coach

Holistic Nutritionist

Clinical Dietitian

Certified Nutrition
Specialist

Public Health
Nutritionist

Oncology Nutritionist

Nutritional Therapist

Personal Nutritionist

Corporate Wellness
Consultant

College Nutritionist

Pediatric Nutritionist

Nutrition Therapist

Nutrition Educator

Exercise Science Jobs

Life Coach

Eating Disorder
Nutritionist



RECENT PLACEMENTS



Anju

Intern

Max Hospital Noida



Kamna

Dietician

Goqi



Tanya Sharma

Diet Consultant

Rising Health



Kaustubha Tiwari

Nutritionist

Witness The Fitness



STUDENT TESTIMONIALS



It has been a great experience with AAFT. This one year has completely changed my perception about Nutrition. As my 9 year old says, "nutrition, for the right thing". I have been able to successfully drive my family behavior towards healthy eating. My son before eating outside now questions whether that food has trans fat?". This makes me feel that my 1-year journey with AAFT has been highly successful. It is a learning for a lifetime. Live mentoring has been a big support with quick response and help whenever required made me trust that I am in good hands.

Priyanka Samanta

10th Batch - November 2022

It's my privilege that I got opportunity to attain the knowledge in the field of nutrition and dietetics from such a recognized AAFT university. The Course materials were good, the mentoring approach was good, and working with other people via the Internet was good. The instructor did a good job of communicating and making it a more intimate arrangement. A lot of online courses fail because of the isolation. I learned a lot. Now I find myself empowered.



Chandrakanta Gululia

10th Batch - November 2022

AFT ONLINE IN THE MEDIA



THE TIMES OF INDIA



<https://timesofindia.indiatimes.com/blogs/voices/edtech-trends-to-keep-an-eye-on-in-2022/>

INDIA
Forbes



<https://www.forbesindia.com/article/budget-2022/budget-2022-education-gets-a-digital-push/73339/1>

THE FINANCIAL EXPRESS



<https://www.financialexpress.com/education-2/aft-group-launches-its-start-up-venture-aft-online-/2591229/lite/>

AFT ONLINE IN THE MEDIA

Higher[®] Education Digest



<https://www.highereducationdigest.com/check-out-these-amazing-tech-careers-in-visual-design/>

techgraph!



<https://techgraph.co/budget/budget-2022-23-technology-saas-ai-ml-sector-reactions/>

CEO Insights



<https://www.ceoinsightsindia.com/startups/how-the-evolution-of-edtech-is-driving-the-job-market-across-domains-nwid-9141.html>

CERTIFICATE OF COMPLETION

**AAFT
ONLINE**

1 Year Diploma

Neha Garg

Has Successfully Completed The AAFT Online
Diploma Course In

Nutrition & Dietetics

This hereby confirms that the candidate has successfully cleared all assessments and projects
and is ready to execute their learning.

PROF. ALBEENA ABBAS
Academics Director, AAFT Online



Dr. SANDEEP MARWAH
Chairman, AAFT Online



ADMISSION

DETAILS

DIPLOMA IN NUTRITION & DIETETICS

ELIGIBILITY

Every Candidate with 12th grade from a recognised board is eligible for the program.

SELECTION PROCESS

STEP 1: Fill up the Application Form

STEP 2: Admissions Team would review your application

STEP 3: Interview round with Director Admissions

Financial Aid

Avail Education Loans at 0% interest rate from our corporate financial partners.

AAFT ONLINE // AAFT ONLINE // AAFT ONLINE

**AAFT
ONLINE**



**MARWAH
STUDIOS**
a creative enterprise

AAFT

ABS
ASIAN BUSINESS
SCHOOL

ASB
ASIAN SCHOOL
OF BUSINESS

ALC
ASIAN LAW
COLLEGE

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