

NUTRITION INTERNSHIP PROGRAM SYLLABUS

Topics Covered

Section A :-

- General Paper Work & Sample diet chart in hospital.
- Nutritional assessment sheet in hospital.
- Sample diet memo sheet in hospital.
- General weekly menu for patient.
- What is NABH, paper work for NABH and colour codes in hospital.
- 1600 Kcal and 1800 Kcal diet sample.
- Diet sample for North, South, East and West people.
- Low purine diet.
- Low and high potassium food list.

Section B :-

- Therapeutic diet with the help of doctor prescription.
- Diet for major digestive complaints.
- Fatty Liver diet.
- Gall bladder stone and inflammation diet.
- UTI & diet.
- Diet for dialysis patient.
- Diet for open heart surgery and valve replacement.
- Diet for patients on blood thinners.
- Post surgery diet.
- Blood group diet for weight loss.
- Seed cycling techniques for PCOS.

Section C :-

Introduction and working of slimming machines :-

- G5, G10, NMS, FDS, CAVITATION WITH LIPO LASER, cool sculpting.

Massages and therapies :-

- Lymphatic drainage massage
- Anti cellulite massages
- Tummy/Hip/ thigh/ arm/ back tuck
- Pain Relief massages and therapies
- Kati basti
- Greeva basti
- Janu basti
- Potli massage
- Shirodara

How to prepare slimming cards and it's working.

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