

CND-FSM

CERTIFICATION IN NUTRITION, DIETETICS & FOOD SERVICE MANAGEMENT

22/09/2025 to 27/09/2025

(Monday to Saturday)

Fees:

Rs. ~~25000~~/-

Special Price

Rs. 19,500/-

Venue: Asha Nivas Social Service Centre, Thousand Lights, Chennai

Apply 📌

<https://www.sypaie.education/apply>

Contact:

89256 52224, 97914 75700

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**Certification in Nutrition,
Dietetics & Food Service
Management**

22/09/2025 to 27/09/2025

(Monday to Saturday)

Training Highlights:

- 50 மணி நேரம் நேரடி பயிற்சி
- பயிற்சி மொழி : தமிழில், Notes & Materials in English
- சிறந்த வல்லுனர்களின் - 100% செயல்முறைப் பயிற்சி

2 Certifications:

- ◆ Wellness & Life Style Coach
- ◆ Certification in Nutrition, Dietetics & Food Service Management (CND - FSM)

Benefits ?

- Note Pad, Pen + Bag
- 2 Certification with Professional File
- VEG Lunch + Refreshments
- Training Material (Soft copy)
- UNIFORM - COAT
- Certificate Distribution Ceremony - 28th September 2025 (Sunday) -Arrangements
- Graduation Gown (Should be Returned)

Fees for 6 days

Rs. 19,500/-

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Training Experts



MS. K.M BUVANESWARI
M.Sc., M.Phil., NET., (Ph.D.)
Assistant Professor Dept. of
Nutrition and Dietetics
Experience -15 Years



A.T. SHANTHI CAUVERY
M.Sc., M.Phil.
Founder - Elite Diet Studio
Experience - 20 years



MUJEBUR RAHMAN
M.SC. Nutritionist -
Specialist in Weight
Management and Sports
nutrition Dubai
Experience -16 Years



DEIVA KARTHIKA
PGDDHFS, M. Sc., M. Phil, NET
Food and Nutrition
Experience -10 Years



SARANYA M.Sc.
Dietician and Diabetes Educator
Elite Diet Studio
Experience - 19 Years



MS. R.LAKSHMI SHREE
M.Sc., M.Phil, PGDBI, B. Ed.,
M.Sc. (Yoga)
Assistant Professor
Dept of Nutrition and
Dietetics
Experience - 19 year

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TRAINER	TOPICS
<p style="text-align: center;">DEIVA KARTHIKA PGDDHFS, M. Sc., M. Phil, NET Food and Nutrition</p>	<p><u>Food processing_</u> 1.Introduction to Fruit and Vegetable Processing 2.Interactive Discussion / Q&A Hands-on: Preparation of Fruit Squash <ul style="list-style-type: none"> • With preservatives • Without preservatives Hands-on: Preparation of Fruit Jam <ul style="list-style-type: none"> • With/without additives and preservatives 3.Introduction to Millets <ul style="list-style-type: none"> • Types of health benefits, market potential Value-Added Products from Millets • Demonstrations (e.g., millet snacks, flours, ready mixes) 4.Dehydration of Vegetables & Making Powders 5.Final Discussion & Feedback <ul style="list-style-type: none"> • Clarifications • Feedback collection </p>
<p style="text-align: center;">SHANTHI CAUVERY M.Sc., M.Phil MD - Elite Diet Studio</p>	<p><u>Health Begins on Your plate</u> 1.Introduction 2.Understanding nutrients 3.Balanced plate 4.Reading your plate <u>Practical session</u> 1.Smart eating tips</p> <p><u>Role of traditional foods in nutrition</u> 1. Introduction 2. Common traditional foods and their benefits 3. Scientific basis of traditional practices 4. Interactive activity 5. Reviving the roots</p> <p><u>Eat right, feel bright a holistic nutrition</u> Nutri Delights - Fireless fun 1. Sandwich 2. Nuts laddu 3. Salad</p> <p><u>Spice science</u> 1. Introduction 2. Common health benefits of Indian spices 3. Spice jar activity 4. Recipes based on spices</p>

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TRAINER	TOPICS
<p style="text-align: center;">SARANAYA M.sc, Nutrition, Food Service Management and Dietetics Dietician Elite Diet Studio</p>	<p>Family Meal Management</p> <ol style="list-style-type: none"> 1.Introduction 2.Principles of balanced meals and food groups 3.Nutritional needs of different family members (children, adults, elderly) 4. Budgeting for meals 5. Time-saving tips and batch cooking 6. Cultural and seasonal food considerations 7. Reducing food waste 8. Practical Activity: Preparing a Meal Plan Objective: Apply theoretical knowledge to real-life planning. 9. Hands-On Cooking Session <p>Objective:Practice cooking skills and implement planned meals.</p>
<p style="text-align: center;">R.LAKSHMI SHREE M.Sc., M.Phil, PGDBI, B. Ed., M.Sc. (Yoga) Assistant Professor Dept. of Nutrition and Dietetics</p>	<p><u>DART – Detect Adulteration with Rapid Test</u></p> <ol style="list-style-type: none"> 1.milk and milk products 2.Oils and Fat 3.Sugar and Confectionary 4.Food grains and it products 5.Salt,spices and Condiments 6.Fruits and Vegetable 7.Beverage <p>·Identification of Blood Group in a Blood Sample ·Identify the pH levels of alkaline and acidic foods ·Measurement of Blood Pressure</p> <p>Preparation of Traditional Recipes Using Indigenous Ingredients</p>

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<p style="text-align: center;">SARANAYA M.sc, Nutrition, Food Service Management and Dietetics Dietician Elite Diet Studio</p>	<p><u>Dietary Assessment Methods</u></p> <ol style="list-style-type: none"> 1.Introduction to dietary assessment methods 2.24-Hour Dietary Recall (Explanation + Demo) 3.Food Frequency Questionnaire (FFQ) (Hands-on practice) 4.Diet History Method (Case-based discussion) 5.Weighed Food Record (Practical example + tools demo) <p><u>Individual Diet Counselling Practice</u></p> <ol style="list-style-type: none"> 1.Transition 2.Roleplay: Dietitian and patient session 3.Lifestyle modification counselling strategies 4.Demonstration of food models and portion tools 5.Q&A and reflection <p><u>Nutrition Education Materials Preparation</u></p> <ol style="list-style-type: none"> 1.Creating posters/charts/flipbooks (group task) 2.Flashcards on food groups and nutrients (quick activity) 3.My Plate/food pyramid mini-presentations 4.Display and peer feedback <p><u>Counselling & Case Study Practice</u></p> <ol style="list-style-type: none"> 1.Behaviour Change Communication (BCC) concepts 2.Motivational interviewing demo 3.Listening and feedback skills (paired exercise) 4.Case study work: dietary intervention planning 5.Report writing + follow-up schedule/charting

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TRAINER

TOPICS

Basics of Nutrition

1. Overview of basic nutrition (macro and micronutrient)
2. Assessment

Practical based session:

1. Flash card/ quiz session
2. Diet recalls
3. Dietary recommendations

Practical based session:

1. Food plate model
2. Food Pyramid

MUJEBUR RAHMAN
Nutritionist - Specialist in Weight
Management and Sports nutrition Dubai

Weight Management

1. Obesity and weight loss
2. Lifestyle management

Practical based session:

1. Weight loss counselling and BMI calculation
2. Role play about nutrition
3. Without cooking recipes / salad

1. How to become a good diet counselor
2. Case study

Practical based session:

1. Preparation of fireless cooking recipes /Salad

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TRAINER	TOPICS
<p style="text-align: center;">K.M BUVANESWARIM.Sc., M.Phil., NET.,(Ph.D.) Assistant Professor Dept. of Nutrition and Dietetics</p>	<p><u>Nutrition and Diet Plan for Diseases</u></p> <ol style="list-style-type: none"> 1. Iron-Rich Diet for an Anaemic Teenager 2. High-Protein Diet for Malnutrition 3. Post-Surgical Diet (Clear/Full Liquid, Soft Diet) <p><u>Nutrition and Diet Plan for Diseases</u></p> <ol style="list-style-type: none"> 1. Therapeutic Diet Plan for Diabetes Mellitus 2. Lipid-Lowering Diet for Cardiovascular Diseases 3. Renal Diet for Kidney Patient 4. Diet for PCOD/PCOS 5. Natural Home Remedies for Better Health <p>Game based Activities-Nutrition Bingo</p> <p><u>Nutrition and Diet Plan for Diseases</u></p> <ul style="list-style-type: none"> • Low-Sodium Diet for Hypertension • Cancer Patient Nutritional Support • Health Boosting Tips Using Kitchen Ingredients Game based activity - My Plate Relay <p><u>Practical Experiment:</u> Assessment of Nutritional Status of a Patient</p> <ul style="list-style-type: none"> • Height • Weight • Mid arm circumference • Waist hip ratio • Clinical examination of patient Dietician's Role Play <p><u>Game based activity</u> - Diet Planning Puzzle</p> <ul style="list-style-type: none"> • Diet for thyroid problem • Calculate the nutritive value of a diet using nutritional analysis software • Food Label Detectives for disease • Development of Value Added Food Products from Seaweeds and Palm products <p><u>Game based Activity:-</u> Nutrient Charades</p>