

# Diploma in **NUTRITION AND DIETETICS** (DND) – 1 Year



**Do you want to protect  
Your family from Disease**

**Live ONLINE Interactive  
Class (100% Practical)**

**Anyone can learn from  
Anywhere in the world.**

**Qualification : 10th Std  
/ 12th / any Degree.**

**7<sup>th</sup> & 9<sup>th</sup> BATCH  
STARTS - JULY 2025**

**TAMIL & ENGLISH**

**APPLY NOW**

**[www.sypaie.education/apply](http://www.sypaie.education/apply)**

**CONTACT US :**

**89256 52224 | 8925212525**

**ADDRESS :**

No 7, 3rd Floor, Peter's Rd, Royapettah,  
Chennai, 600014 Tamil Nadu

## WHY TO STUDY THIS COURSE

- ✓ Empowers you and your family to lead a healthy lifestyle.
- ✓ Acquire essential knowledge and skills to prevent yourself and your family from diseases.
- ✓ To Become life skill trainer / wellness coach

## COURSE HIGHLIGHTS

- ✔ Live Online Interactive Classes: 100% practical sessions.
- ✔ Duration: Two semesters, 150 hours per semester (6 months each).
- ✔ Learn from experienced professionals and industry experts, including doctors.
- ✔ Resources: Access to LMS video recordings.
- ✔ Materials Provided: Semester-wise step-by-step learning materials provided.
- ✔ Chapter wise skill E-certificate.
- ✔ 4-days direct training at Chennai.
- ✔ Certifications from Multiple Bodies: Receive certificates from the SYPA IIE, NCVRT and Glocal university (Optional).

# CERTIFICATES



SYPA IIE Skill certificate



National council of vocational  
and research training  
(An Autonomous body, Registered  
by Government of India)



Wisdom institute of  
management & Technology,  
Sri Lanka



Certified SKILL DIPLOMA  
from Glocal University  
(Approved by UGC)

Diploma in Nutrition and Dietetics	12 Months
Certificate in Nutrition and Dietetics	6 Months
<b>Job role Certification</b> 1. Wellness Coach 2. Life Skills Coach	Qualifier exam at the end of the course

## Course Structure

### Qualification & Age Limit:

- ✓ No age limit, anyone can learn from anywhere in the world
- ✓ Education qualification : 10th Std / 12th Std / any Degree.

### Who Can Study This Course?

- ✓ Every individual can learn for their personal healthy life
- ✓ Men & women, especially housewives, can learn this course to prevent their family from diseases
- ✓ Any graduates who want to become wellness coach & Life skill trainer

#### Exam Pattern:

- ✓ Number of subjects – **9**
- ✓ Practical – **4**
- ✓ Marks per subject – **100 marks**
- ✓ Internal marks : **40 Marks** (Based on Attendance and Home work)
- ✓ External marks : **60 Marks** (MCQ type)

#### Exam Pattern:

- ✓ Exam Type : MCQ (Multiple choice questions answers)  
Mode : Online Exam
- ✓ Projects : **100 Marks**

**Attendance :** 75% attendance required for writing exams

**Note :** Internal marks based on attendance

## JOB ROLES:

✓ **Wellness Coach**    ✓ **Life Skills Coach**

## ADVISORY MEMBERS



**DR. S SUMAYA**

M.Sc, M.Phil., Ph.D.

Principal and Head

The Department of Nutrition and Dietetics

Thassim Beevi Abdul Kader College for Women  
Kilakarai



**MS. VAHITHA KADAR BASHA**

M.sc., M phil.,(MB) M phil., (Biotech) P.hD. (MB)  
Specialist in Microbiology and Parasitology  
Lab manager - Saudi Arabia

## TRAINING EXPERTS - ACADEMIC PROFESSORS



**MS. K.M BUVANESWARI**

M.Sc, M.Phil., NET.,(Ph.D)

Assistant Professor

Dept of Nutrition and Dietetics



**DR. S.MUTHUMAREESWARI**

M.Sc, M.Phil., Ph.D.

Associate Professor

Dept of Nutrition and Dietetics



**MS. R.LAKSHMI SHREE**

M.Sc, M.Phil, PGDBI, B. Ed., M.Sc. (Yoga)

Assistant Professor

Dept vof Nutrition and Dietetics



# PROFESSIONALS & INDUSTRY EXPERTS



**DEIVA KARTHIKA**

PGDDHFS, M. Sc., M. Phil, NET  
Food and Nutrition



**A.T. SHANTHI CAUVERY**

M.Sc, M.Phil  
MD – Elite Diet Studio



**SARANAYA**

M.sc, Nutrition,  
Food Service Management and Dietetics  
Dietician Elite Diet Studio



**MUJEBUR RAHMAN**

Nutritionist – Specialist in Weight  
Management and Sports nutrition  
Dubai



**Dr. M. YOUSUF AADAM**

BDS., M.A., M.S., Ph.D (Health Psy)  
Health & Research Psychologist

# FEES STRUCTURE

S.No	Particular	Fees	Conducting board /Awarding board	Benefit
1	Application Fee	Rs.500/-	SYPA IIE	
2	Course fees	Rs.2,000/- Per month	SYPA IIE	Training will be provided by experts through online
3	Diploma Certificate Course (1 year)	Rs. 2500/- for mark Sheet &Diploma Certificate	NCVRT (National council of vocational and research training), New Delhi	Useful for job role as Life skill coach / Wellness coach Note - NCVRT certificate is valid for government Attestation
4	CPA/Membership	Rs.500/-	SYPA IIE	Course referral - 25% & Other benefits
5	Glocal University, UGC approved	Skill diploma Certificate - Rs. 7000/-	UGC Approved University	Additional / not compulsory

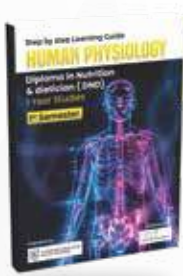
Subject Code	Subject name
DND001	Family meal management
DND002	Diet and Nutrition Counselling
DND003	Public health Nutrition
DND004	Functional foods in Health and disease
DND005	Advanced Dietetics
DND006	Advanced Dietetics Practicals
DND007	Food Adulteration Practicals
DND008	Projects
DND009	Human Physiology
DND010	Basics of Nutrition
DND011	Food Science
DND012	Food Science Practicals
DND013	Dietetics
DND014	Dietetic Practicals
DND 015	Direct training (4 Days)



**TAMIL & ENGLISH BATCH**

Subject Code	Subject name	Subject expert name & qualification	Experience	Total Hours
DND001	Family meal Management	Saranya - Dietician Elite Diet Studio	19 Years	30
DND002	Diet and Nutrition Counseling	Ms. K.M Buvaneswari - Diet specialist M.Sc, M.Phil., NET.,(Ph.D) Assistant Professor	15 Years	30
DND003	Public health Nutrition	Mr. Mujebur Rahman - Nutritionist	16 Years	30
DND004	Functional foods in Health and disease	Ms. Deiva Karthika - Food and Nutrition PGDDHFS, M. Sc., M. Phil	10 Years	30
DND005	Advanced Dietetics	Ms. K.M Buvaneswari - Diet specialist M.Sc, M.Phil., NET.,(Ph.D) Assistant Professor	15 Years	30
DND006	Advanced Dietetics Practicals	Ms. K.M Buvaneswari - Diet specialist M.Sc, M.Phil., NET.,(Ph.D) Assistant Professor	15 Years	10
DND007	Food Adulteration Practicals	Ms. R.Lakshmi Shree M.Sc, M.Phil, PGDBI, B. Ed., M.Sc. (Yoga) Assistant Professor	19 Years	30
DND008	Projects	-	-	-
DND009	Human Physiology	Ms. R.Lakshmi Shree M.Sc, M.Phil, PGDBI, B. Ed., M.Sc. (Yoga) Assistant Professor	19 Years	30
DND010	Basics of Nutrition	Mr. Mujebur Rahman - Nutritionist	16 Years	30
DND011	Food Science	Ms. Deiva Karthika - Food and Nutrition PGDDHFS, M. Sc., M. Phil	10 Years	30
DND012	Food Science Practicals	Ms. Deiva Karthika - Food and Nutrition PGDDHFS, M. Sc., M. Phil	10 Years	30
DND013	Dietetics	Ms. K.M Buvaneswari - Diet specialist M.Sc, M.Phil., NET.,(Ph.D) Assistant Professor	15 Years	10
DND014	Dietetics Practicals	Ms. K.M Buvaneswari - Diet specialist M.Sc, M.Phil., NET.,(Ph.D) Assistant Professor	15 Years	10

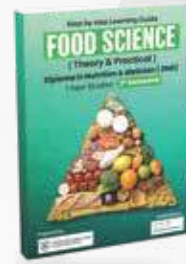
# STEP BY STEP SELF LEARNING MATERIALS SEMESTER -1



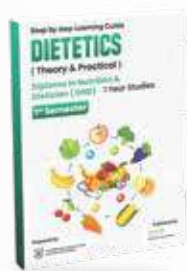
**Human Physiology**



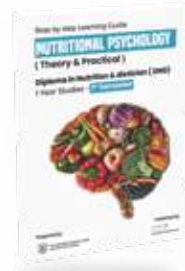
**Basic of Nutrition**



**Food Science**  
(Theory & Practical)



**Dietetics**  
(Theory & Practical)



**Nutritional Psychology**

Human Physiology  
Basics of Nutrition

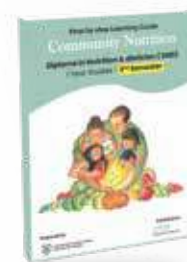
# STEP BY STEP SELF LEARNING MATERIALS SEMESTER -2



**Family Meal Management**



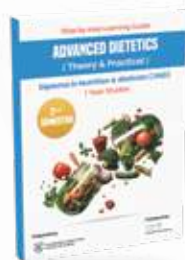
**Diet & Nutrition Counselling**



**Community Nutrition**



**Nutraceuticals and Functional foods**



**Advanced Dietetics**  
(Theory & Practical)



**Food adulteration Practical**

## EVALUATION PATTERN AND ASSESSMENT

Subject Code	Subject name	Internal marks	External marks	Total marks
DND001	Family meal Management	40	60	100
DND002	Diet and Nutrition Counseling	40	60	100
DND003	Public health Nutrition	40	60	100
DND004	Functional foods in Health and disease	40	60	100
DND005	Advanced Dietetics	40	60	100
DND006	Advanced Dietetics Practical	40	60	100
DND008	Food Adulteration Practical	40	60	100
DND009	Project			
DND010	Human Physiology	40	60	100
DND011	Basics of Nutrition	40	60	100
DND012	Food Science	40	60	100
DND013	Food Science Practical	40	60	100
DND014	Dietetics	40	60	100
DND015	Dietetic Practical	40	60	100
DND016	Direct training (4 Days)	40	60	100

10 Point Grading System				
Marks	Grade	Grade Point	GPA	Performance
80 & Above	O	10	10	Outstanding
70 to 79.99	A+	9	9.0 to 9.99	Excellent
60 to 69.99	A	8	8.00 to 8.99	Very Good
55 to 59.99	B+	7	7.0 to 7.99	Good
50 to 54.99	B	6	6.0 to 6.99	About Average
45 to 49.99	C	5	5.0 to 5.99	Average
40 to 44.99	D	4	4.0 to 4.99	Pass
39.99 & Below	F (Fail)	0		Fail



# CERTIFICATE DISTRIBUTION CEREMONY





# CERTIFICATE DISTRIBUTION CEREMONY









## SYPA LIFE EMPOWERMENT AWARD FOR ALUMNI STUDENTS

This award for the students those who are completed DCP,MDCC, DND with SYPA,  
Those who are working for empowering life skills



## ALUMNI MEMBERSHIP BENEFITS

- ✓ You will get 10% Discount in our courses
- ✓ 25% Share for course admission referrals
- ✓ Annual TOP 10 alumnus will get " Life empowerment award "
- ✓ Support & guidance from mentors & management
- ✓ Best alumni will get family tour (3 people) package 100% Sponsorship

# Google Reviews 480 Reviews



**Deepika M**  
By Google Review



It was a great session about overthinking & anxiety and how it is linked. It was very useful for the action plan who are facing overthinking and anxiety and how to handle it. Most of all the session was interactive that's very useful for everyone. Would like to attend upcoming webinars about the mental well-being. Had really great session which was very useful to apply it in life for our mental health. Thank you!



**Bharathi A203**  
By Google Review



Today's class was very good. It was very helpful for the current situation. The teacher was very friendly and approachable, without any fear. It was great. I liked it a lot. Thank you so much...



**Dharshini Priya**  
By Google Review



This is my first time experience in SYPA IIE very experienced Guidance; all are expert in this coaching everyone can understand easily even I too gain lot of Good things in it. Psychology may helpful to myself and I make others how I feel in it. Thank you SYPA for make me confident and mature.



**Kamila parveen**  
By Google Review



The session on "Marital Counseling" brought about clarity & differences between Gender characteristics. Reasons & reactions were simplified, explained in a way that is understandable by all. Development of understanding to bring about a healthy marriage could be successful by the will of Almighty & considering these keys. A knowledge that everyone needs but still underrated. Thank you for this effort to bring about betterment amongst the society :)



**HAMEED MARICAR**  
By Google Review



I learned to think of the present instead of thinking of both the dead and the future. I learned how to let go of unnecessary burdens. I learned my good and bad qualities by asking my family and friends. I learned the characteristics of winners and losers. I learned the differences between the two by choice or by chance. Very Very useful.



**Barook kashif**  
By Google Review



This education was very useful for me. Really everyone should study. They provide high quality education with very little money. I have never seen such a good hearted institution. Even though we are scholars, we are already studied in Quran and Prophets, but this institution helps to stimulate our brains in detail.



**Mariya M**  
By Google Review



I've completed my bachelor's in psychology in distance (corresponding). And I had no knowledge about psychology. The course in diploma psychology helped me gain more knowledge and information in psychology. It was really helpful for my personal growth also. I'm very glad that I had joined this course. Even the Islamic psychology they provided is very useful for day to day life achievement. Thank you for the opportunity to give me a feedback about SyPa.



**Mohamed satik satik**  
By Google Review



Overall, I highly recommend this course to anyone looking to understand what is life and how to balance life and handle stress. I was into full stress before joining the course, now I am completing free from entire problem. Thanking SYPA team for their efforts. 🙏



**Saleem M**  
By Google Review



Taking this course was a good decision. The teacher was great, and I could understand everything easily. The videos were engaging, and I learned a lot from them. Finally I came to know age is not a matter for education only the interest is enough to learn knowledge. Thanks SYPA IIE.



**Sara sameera**  
By Google Review



This session on 'Agam, Puram' was so interesting and knowledgeable. By this session had a clear understanding about healthy marriage, and about the methods to improve male and female understanding. Got a clear view on how to improve the understanding of marital issues. Thank You! for this great session sir.



**Nandhini Selvaraj**  
By Google Review



I got an nice experience in the class. It's really wonderful doctor sir doing a great job. One of my first class I'm really amazing on it.





# Reviews

## 480 Reviews



**Priya Ramesh**  
By Google Review

★★★★★ 5.0

Wonderful and needed concept of believe systems concepts, school of psychology concepts, brain detox concepts, self confidence concepts are Perspicacious and its very useful to me. Thank u sypha



**Reema V**  
By Google Review

★★★★★ 5.0

Wonderful session.Explained very well with the real life example it was easy to understand.Expecting more sessions related to mental health.



**Pugazh T**  
By Google Review

★★★★★ 5.0

It's an wonderful Opportunity and Experience to learn about to start new life in a new way!! And I learned how to control my stress.



**Mariyam Saleem**  
By Google Review

★★★★★ 5.0

Iam Mariyam acting as a house wife and i was thinking to do multiple jobs at the same time but i was struggling with time management. My husband recommend me to join DCP course and now i completed this course and i am very much thankful to my husband for bringing awareness about this course. SYPA is conducting wonderful courses even for house wife👍



**SATHISH J**  
By Google Review

★★★★★ 5.0

I learned DCP course and SYPA IIE provided clear explanations and practical examples, making all thought concepts in easier way to understand. I convey my heartfull wishes ❤️ to my experts who thought me👍



**Mohamed Yunus.A**  
By Google Review

★★★★★ 5.0

How to overcome our overthinking and anxiety class was very interesting and easy to understand and I have learned many new technics from the course for my regular life style physically and mentally. Thanks to SYPA team



**Fathima Johara**  
By Google Review

★★★★★ 5.0

Diploma In Nutrition and Dieticias : i had a fantastic experience with SYPA. They provided Us nutrition guidance that really made a difference in my health journey. Moreover, Staff are approach very professional & friendly, making me feel comfortable discussing dietary concepts. I highly recommend [Diploma In Nutrition and Dieticias ] for anyone seeking reliable nutrition Knowledge.



**Mohammed Illiyas Jabar**  
By Google Review

★★★★★ 5.0

Illiyas from Villipuram  
Thanks SYPA for giving me the opportunity! the expert staff gave their best learning practices throughout the course. This DCP course gave me numerous methods for maintaining problem and solving them



**NEHAL AHMAD**  
By Google Review

★★★★★ 5.0

Hi this is Nehal Ahmad, Founder and CEO of Educulte, Bangalore, have attended the Training program which was conducted by sypha was excellent and very informative and also trainer was well knowledgeable, i would recommend everyone to attend such session to empower ourselves. Thank you sypha for providing such excellent program and keep it up. Thank you



**Edwin prabakar**  
By Google Review

★★★★★ 5.0

First of all i want to tell about this institute and trainers is very good sessions with courses are very useful for me and my family... thanks to everyone in this institute members



**A.Noornisa Bevi**  
By Google Review

★★★★★ 5.0

ஒரு ஆரோக்கியமான நாய்ப்பந்திய உறுப்பினராக நான் பங்கேற்கும் இயல்பான எந்த நாய்ப்பந்தியும், நேருண்மையை சரிவர பின்பற்றிப் பின்பற்றுகிறேன் உடலியல், உணவியல் சீர்திருத்தம் செயல்படுத்தும் நோக்கம் கொண்ட அற்புதமான வகுப்பு இந்த வகுப்பை ஏற்பாடு செய்த நேருண்மையை நான் நினைவாகக் கொள்ளுகிறேன் நான் திரிபினை நேருண்மையைக் கொள்வீனா.

# MODEL CERTIFICATES



**GLOCAL UNIVERSITY**  
(An University Established by U.P. Act 2 of 2012)

**Certificate of Completion**  
(This Certificate is Presented by)

**P. SAMPATH KUMAR**

Certificate No. IIPAHQ/2022-23/043-89  
For Successfully completing the Course  
Diploma in Counseling Psychology - DCP  
From October 2022 - October 2023 (1 Year)

**Subjects Covered:** Psychological Counseling & Guidance  
Family Psychology, Health Psychology, Life Skills  
Psychotherapy, Stress Psychology (Optional) &  
Business & Organizational Psychology

Head of Institute  
Director of Studies  
Coordinator

Head Office: 2022-23-043-89  
Head Office: 2022-23-043-89

Sl. No.	Subject Name	Internal Marks	Extn. Marks	Remarks
01	PSYCHOLOGY OF PERSONALITY	75	25	Pass
02	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	80	20	Pass
03	PSYCHOLOGY OF DEVELOPMENT	70	30	Pass
04	PSYCHOLOGY OF LEARNING	75	25	Pass
05	PSYCHOLOGY OF INTELLIGENCE	80	20	Pass
06	PSYCHOLOGY OF EMOTIONAL BEHAVIOUR	75	25	Pass

**Aggregate Marks**

Sl. No.	Subject Name	Internal Marks	Extn. Marks	Percentage
01	PSYCHOLOGY OF PERSONALITY	75	25	75.00%
02	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	80	20	80.00%

Head of Institute  
Director of Studies  
Coordinator



## **DISCLAIMER**

- ▶ **Its is purely self Empowerment / Life skill course.**
- ▶ **This Course is a Life Skill Course: It will help Individuals and their families lead a Healthy life.**
- ▶ **This course will help to individuals and their Families to protect from Disease.**
- ▶ **The course is only meant for educational Purposes. Taking this course will not make You a Nutritionist and Dietitian.**
- ▶ **Only B.Sc & M.Sc (Nutrition & Dietetics) Food Science graduates from recognized Universities can work in hospitals and the Food safety industry as Nutritionist & Dietician**

## OUR ACHIEVEMENTS

**16 lakhs +**

Guided Students Through 1300+ Career guidance Program

**169**

Education Support to 169 Students (currently 36 Students studying with our support)

**957**

Students Studying UPSC IAS, SSC, TNPSC & Other Job Skill Training & Diploma courses

**98**

Small business Start up support to 98 Backward women's / men's

**19000+**

Job Skill Training Provided to 19000+ Unemployed Graduates & dropouts

**357**

SYPA Awards to Educationalist, Entrepreneurs & Students

**7000+**

Life skill Training Providing to 1400+ Students (including 250+ masjid imams)

**87**

Students (men & women) Studying degree With Employment Training Scheme

**4**

Career guidance books For All Indian Students

**190**

Entrepreneurship (business) Conference/Expo/Workshop

**500 +**

India's First Braille Career guidance Book (Vol 1&2) for Visually Impaired

**4**

Business Magazine Published

**Contact number - +91 97914 75700 | 89256 52224**

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www.syapaiie.education