



Savitribai Phule Pune University  
Interdisciplinary School of Health Sciences  
Center for Complementary and Integrative Health  
AYUSH Center of Excellence  
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## **Admission Notification**

**University course offers a holistic and practical approach to Diet and Nutrition!**

### **Certificate Course in Integrative Dietetics Integrating Basic Concepts of Ayurveda and Nutrition Science**

The science of Ayurveda offers scientific explanations of qualities of various foods, while modern science quantifies the nutrients present in foods. While modern science provides general understanding of anatomy and physiology, traditional science explains individual variations as per constitution and considers factors such as culture, traditions, geographical location and seasons while planning dietary interventions.

A rational integration of modern nutrition science and Ayurvedic food science holds much promise to identify newer strategies for prevention of disease and health promotion at times when lifestyle related and metabolic diseases have overwhelmed the medical fraternity. This is what a unique course Integrative Dietetics caters to.

#### **Why Integrative Dietetics course?**

The present approaches of teaching and practice of dietetics need to be adapted to changes in lifestyle, environment and dietary habits. It is not enough to advise mere 'dos' and 'don'ts' regarding which food components and quantities should be consumed and which ones to be avoided. Patients and their family members expect more from dieticians and doctors. Nutrition counselling often gets hard with questions and feedbacks like "should I eat 'hot' food items?", or "I am not able to tolerate the items you asked me to eat more, they are cold foods and I get a cough with that, what should I do?" Although trained doctors and dieticians realize the importance of satisfying their patients' expectations, they are not well informed to address such situations. The modern dietetics and allopathic medicine training does not provide sufficient insights into Indian traditions, dietary habits and culture. These questions are rooted in our food culture that closely relates to the Indian traditional medicine- Ayurveda. Indeed this science of life has rich treasure of knowledge on food science that can provide simple solutions to several conditions and ways for disease prevention and health promotion by dietary changes according to season, age, disease, profession etc.

Ayurvedic food science offers a personalized dietary approach that makes it unique and suitable for individual patient needs. Integrating Ayurvedic dietetics with modern knowledge and practice has an exciting potential to bring the best for our patients, however opportunities for such training were not available. To address this need, Savitribai Phule Pune University has launched a new option through innovatively designed Integrative Dietetics course.

### **Integrative Dietetics:**

This course is an outcome of work by professional thought leaders and subject experts in research in Ayurveda and modern dietetics who would also be delivering the course.

#### **This course covers:**

- Ayurvedic Concepts of Health and Nutrition
- Fundamentals of Ayurvedic Dietetics
- Integrative Dietetics for Health - Lifecycle Approach
- Integrative Dietetics for Diseases
- Practical/Participatory Learning
- Research Project

This course will provide profound opportunities to enhance diet planning skills for health promotion, disease prevention and also for disease conditions using an integrative approach, a much in demand skill set perhaps hardly anyone else has mastered. The course provides a skill package for the best to offer in lifestyle diseases including thorough innovative learning methods, ample practical and case studies.

#### **Who is eligible?**

Graduate or a post-graduate degree in nutrition, dietetics or any branch of medicine, public health, health sciences. Research students with interest in nutrition and dietetics.

#### **How to apply?**

In addition to applying through online system of the University, interested candidates are encouraged to email their CV and letter of purpose (max 1 page) specifying why they are interested in taking this course to [ccih.shs@gmail.com](mailto:ccih.shs@gmail.com).

#### **For applying follow the steps mentioned below:**

1. Visit SPPU home page: <http://www.unipune.ac.in/> and click P.G. Admissions
2. Visit University Integrated Campus Management System “One Campus”
3. Look for **Schedule for Pre-Admission without Entrance Exam (Academic Year 2018-2019)**
4. Click on Interdisciplinary School of Health Sciences for accessing application form for “Integrative Dietetics’ course.
5. Follow instructions given in the form, pay and submit the completed form
6. Send the application form along with payment receipt and relevant documents to the address given under contact section.

**Fees: INR.16, 000 for students from Maharashtra, INR 29,806 for students**

**Available Seats: 25.** Admissions on merit through personal interview/written test

**Application Deadline: August 18th 2018**

**Course Schedule (Tentative):** September 2018 - Apr 2019. To suit convenience of working professionals classes will mostly be conducted during weekends.

**Contact:**

Course Coordinator

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