

PROGRAMME GUIDE

For

POST GRADUATE DIPLOMA IN DIETETICS AND THERAPEUTIC NUTRITION

(Open and Distance Mode)



Directorate of Open and Distance Learning

JAMIA HAMDARD

(DEEMED UNIVERSITY)

Accredited by NAAC in 'A' category

HAMDARD NAGAR, NEW DELHI-110062

Jamia Hamdard

Hakeem Abdul Hameed, the founder of Jamia Hamdard, had a vision to develop Jamia Hamdard into an institution of excellence imparting modern professional education with special emphasis on Unani medicine and Islamic studies. Today, it has evolved into an excellent centre of higher learning, fulfilling the objective of the *wakf*, which has been funding the University ever since its inception.

As a mark of tribute and thanks to the Almighty Allah for bestowing his guiding spirit to its founder and his associates, Jamia Hamdard adopted a seal inscribed with the following

*“He (The Prophet may peace be upon him)
Instructs them in the Book and Wisdom”*

Ever since the inception of Jamia Hamdard, this holy verse (*ayat*) has been a source of inspiration and guidance for all those associated with its management and administration. As an Islamic charity, *wakf* has played the vital financial role in the making of Jamia Hamdard. He (PBUH) preached his followers that

*“Wisdom is (like) the lost animal of a believer
Wherever he finds it, catches hold of it”*

Inspired by the Holy Qur’an and exhorted by the Prophet (PBHU), Muslims became the torch-bearers of knowledge and civilization in the medieval period, but are lagging behind in present times. Late Hakeem Abdul Hameed Sahib wisely chose education and pursuit of knowledge as his prime objective when he decided to convert *Hamdard Dawakhana* into a *wakf*, a charity dedicated to fulfilling educational and health care needs of Indian Muslims. Hamdard (*wakf*) continues to provide generous grant to the university for building, equipments and salaries of staff and other development activities.

Jamia Hamdard was inaugurated by late Shri Rajiv Gandhi, the then Prime Minister of India, on August 01, 1989. In his impressive speech, the Prime Minister applauded the efforts of Hakeem Abdul Hameed Sahib in setting up institutions of higher learning, which were emerging in the form of a “Deemed to be University.” He said, “This will enable (the Muslim) minority to go forward and thus help India to march forward.”

The University offers professional courses, which equip the students to get placements in the highly competitive job market. On the basis of the record of performance of the University and quality of infrastructure including staff, the university has been accredited by NAAC in category ‘A’ of Indian Universities.

Post Graduate Diploma in Dietetics & Therapeutic Nutrition:

1. Introduction:

The Post Graduate Diploma programme is a holistic package giving the learner an opportunity to gain knowledge about Dietetics & Therapeutic Nutrition. The programme gives an in depth theoretical as well as practical knowledge related to dietary management of healthy and sick individuals & dietary planning. It also equips learners with communication skills that are essential to impart dietary counseling.

2. Programme Objectives

The programme aims to help learners achieve following objectives:

- To impart comprehensive knowledge on principles & planning of therapeutic diet.
- To develop skills involved in assessment of nutritional problems & effective management of nutritional needs of clients.
- To promote awareness about concepts & principles in effective communication.
- To develop & apply communication skills effectively during dietary counseling.
- To develop professionals for dietary management of healthy & sick persons.
- To promote use of information technology in dietary management.

3. Scope of the Programme

The programme equips learners to plan & conduct nutrition & health education campaigns & programmes in community settings as well as in hospitals. It will provide an additional qualification to learners helping them to improve their professional competence & promotion chances.

On completion of this programme, following job opportunities are available for the learners:

- Clinical dietitian in government or non-governmental health organizations.
- Dietitian in multi specialty hospitals.
- Consulting dietitian in residential schools, old age homes, hotels & catering services, sports divisions of state, fashion & beauty industry, health clubs, etc.
- Educator in an institution, which conduct the nutritional programme.
- Nutritionist with various nutritional and child development project to government & non-government organization of Women & Child Development Department.
- There is also great potential for self-employment.

4. Criteria for Admission to the Programme

The course is open to candidates who have:

- (i) Bachelor's degree in Home Science or Biological Science from recognized university
- (ii) Bachelor's degree in Health Science such as B.Sc. Nursing, MBBS, B.Pharm, Degree in Homeopathy/Ayurvedic/Unani Medicine from recognized institution/University.

5. Duration

Post Graduate Diploma in Dietetics & Therapeutic Nutrition (PGDDTN) programme through distance mode is of one-year duration. This includes contact session held on weekends, 2 months internship & self-study. However, the students are given a maximum period of 2 years to complete the course from the date of registration.

6. Medium of Instruction

The medium of instruction will be English. Self Instructional Material will be available in English.

7. Programme Structure

The programme is based on theory and practical courses. Total 5 theory courses are offered and practical of these courses are integrated. However, the students have to appear for two practical examinations at the end of the session.

7.1 How to Proceed for Study

Each course has been divided in 3 to 4 Blocks. Each Block has 4-6 units. These units of each block are arranged in systematic and logical sequence to maintain continuity of learning of a particular subject.

The course material will be provided in the form of printed books. Each book is a block containing units. The first page of each block indicates the number and titles of the units. Each block starts with the course introduction followed by brief introduction of the block.

Each unit has an outline of contents with the list of objectives for the learners. This is followed by the test of the unit that is divided into various sections and subsections. This is followed by summary of the content to help learners to recall the main points.

In each unit, there are self-assessment exercises, which are meant to assess the understanding of the subject by the learners.

8. Course Structure

S. No.	Course Code	Name of the Paper	No. of Assignments
1.	PTND 101	Applied Health Science and Nutrition	2
2.	PTND 102	Diet Therapy and Applied Nutrition	2
3.	PTND 103	Community Nutrition	2
4.	PTND 104	Institutional Management in Dietetics	2
5.	PTND 105	Basic of Computer Science	1
6.	Practical	- Diet Therapy & Applied Nutrition - Community Nutrition	-

All courses are compulsory for the students.

The details of all the theory & practical courses are given below:

PTND – 101 (APPLIED HEALTH SCIENCE & NUTRITION)

<u>Units</u>	<u>Topics</u>	<u>Units</u>	<u>Topics</u>
I	<u>Human Physiology Part (1)</u> ? Musculo Skeletal System ? Respiratory System ? Cardio Vascular System ? Nervous System ? Physiology of Blood	II	<u>Human Physiology Part (2)</u> ? Digestive System ? Excretory System ? Endocrine System ? Reproductive System ? Physiology of Special Senses
III	<u>Food Microbiology</u> ? Introduction ? Micro Organism & Food Poisoning ? Common water & food borne diseases ? Anti-microbial Agents	IV	<u>Institutional Food Hygiene</u> ? Institutional Sanitation & Health ? Principal of Food hygiene ? Food Preservation & Control of Infection

PTND – 102 (DIET THERAPY AND APPLIED NUTRITION)

<u>Unit</u>	<u>Topic</u>	<u>Unit</u>	<u>Topic</u>
I	<u>Nutrients & Physiology of Nutrition</u> ? Introduction to Nutrients ? Nutrient Classification ? Role of Nutrients: - Carbohydrates, proteins, lipids, vitamins, minerals, fibres & water ? Major Food Groups - Introduction - Categories ? Physiology of Nutrition - Introduction - Physiological Process: Digestion, Absorption & Metabolism	II	Diet & Metabolic Disorder ? Gastrointestinal Diseases ? Hepatic Diseases ? Renal Diseases ? Cardio-Vascular Diseases ? Deficiency Diseases ? Febrile Conditions ? Allergy ? Chronic Diseases ? Diabetes Mellitus
III	<u>Diet Therapy</u> ? Role of Diet in Health ? Introduction to Diet Therapy ? Classification of Diets ? Nutritional Disorders	IV	<u>Special Diet</u> ? Introduction ? Diet for Infants & Children ? Diet for Adolescents ? Diet During Pregnancy ? Old Age Diet ? Sports Diet
V	<u>Practical</u> ? Blood pressure Measurement ? Survey of Nutritional Status ? Classification of Diets ? Nutritional Requirement Assessment for special groups ? Diet Therapy		

PTND-103 (COMMUNITY NUTRITION)

<u>Unit</u>	<u>Topic</u>	<u>Unit</u>	<u>Topic</u>
I	<u>Economics & Nutrition</u> ? Effect of Economic status on Nutrition ? Cost-effective Nutrition	II	Assessment of Nutritional Problems
III	Nutritional Problem in India	IV	<u>Nutritional Programmes</u> ? Monitoring of Nutritional programmes ? Nutrition Programmes in India
V	<u>Awareness & Education in Nutrition</u> ? Developing Communication Skills ? Promotion of Nutrition Education		

PTND – 104 (INSTITUTIONAL MANAGEMENT IN DIETETICS)

<u>Unit</u>	<u>Topic</u>	<u>Unit</u>	<u>Topic</u>
I	Classification of Organization with Special Reference to Hospital	II	Planning of Meals
III	Food Services	IV	Leadership & Personnel Management
V	Financial Management		

PTND – 105 (BASICS OF COMPUTER SCIENCE)

<u>Unit</u>	<u>Topic</u>	<u>Unit</u>	<u>Topic</u>
I	Introduction to Computers	II	Basic Computer Organization
III	Secondary Storage Devices	IV	Input Output Devices
V	Application Software Packages	VI	Microsoft Office 2000

9. Contact Sessions

The Study Centre will organize contact sessions on Saturdays & Sundays during the one year programme. The contact/Counselling sessions will comprise of theory & practical sessions, which will be guided by the counselors. The counselors will also organize sessions with use of audio/ video programmes on various aspects of textual material. The practical sessions will comprise of both laboratory practical and field experience. Participation in contact counseling sessions is compulsory. A minimum of 60 % attendance in practical sessions is mandatory for the students. This session will help learners to interact with fellow students & form self-help group. Exact dates/schedule of counseling sessions will be announced after admission. Students who fail to attend contact programmes in one year shall be permitted to attend the programme in subsequent year, provided they have paid the full fee as per schedule.

- Supervised Activities: Organized in Study Centre under supervision of counselors.
- Self-Activities: Will be done by students themselves.

During the contact/counseling sessions, specific activities are assigned to the students as per practical manual, which need to be carried out by them in their own place.

9.1 Assignments

An assignment is a part of continuous evaluation of a course. As mentioned in section 8, the learners are required to do two assignments in each course of study. This will carry 30% weightage while 70% weightage is given to theory paper at term end evaluation. The assignment marks are counted in the final result and so are essential component of the course to be eligible for term-end examination. The learners should follow the schedule for submission of these assignments strictly.

The assignments are aimed at testing the comprehension of learners about learning material and help to give their feedback to the university. These assignments are designed in such a way as to help learners concentrate mainly on the printed course material & make use of their personal experience. However, use of reference books is also recommended. The learner needs to do good amount of self-learning.

The learners are advised to retain a copy of all the assignments that they submit to the coordinator of the study centre for their own record. The assignments after due evaluation, will be returned back to the learners within a month after submission. If not received, learners must contact their respective teacher or co-coordinator personally.

All assignments should be written in own handwriting. Do not type or print the assignments. If copying is noticed, assignments will be rejected. The front page of the assignment should contain following information:

Name of learner:.....	Date:.....
Address:.....	
Programme Title: Name & Address of Study Centre:.....	
Course Title:	
Assignment Code/Topic:	

9.2 Internship

There will be two months internship, out of which 1½ months (45 days) of hospital internship under the supervision of experts is compulsory. Remaining 15 days, the learners will have experience in community nutrition. No one will be awarded diploma unless he/she completes internship. Internship will be organized before the term end examination Learners are advised to explore the hospitals having Dietary Department for experience during internship.

10. Evaluation

Evaluation will be made both continuous and term-end examination. Theory & practical component will be evaluated separately.

10.1 Theory

For theory course, the evaluation consists of two aspects:

- i) Continuous evaluation through assignment
- ii) Term end examination (TEE).

In final result, all the assignments carry 30% weightage while 70% weightage is given for TEE in each course.

The learners are required to score 50% marks separately in assignments and TEE. The integrated marks of both also should be 50% to declare the learner as pass.

10.2 Practical

In practical course, self-activities and supervised activities will be evaluated as continuous evaluation. There will be 50% weightage given to these activities, 25% for self and 25% for supervised activities. TEE for practical will be viva-voce & practical examination, which will have 50% marks. Learners are required to score 50% marks separately for both self and supervised activities & 50% in TEE of practical. The integrated marks of both also should be 50% for the learner to be declared as pass.

10.3 Basics of Computer Sciences

There will be no theory examination for Basics of Computer Sciences. Marks will be given only on supervised activities and minimum passing score will be 40%.

Distribution of Marks

Course Code	Theory					Practical						Grand Total	
	Assignment		TEE		Total	Self Activity		Supervised Activity		Final Practical			Total
	Max.	Min.	Max.	Min.		Max.	Min.	Max.	Min.	Max.	Min.		
101	30	15	70	35	100	-	-	-	-	-	-	-	100
102	30	15	70	35	100	25	12.5	25	12.5	50	25	100	200
103	30	15	70	35	100	25	12.5	25	12.5	50	25	100	200
104	30	15	70	35	100	-	-	-	-	-	-	-	100
105	--	--	--	--	--	--	--	50	20	--	--	50	50
	120		280		400	50		100		100		250	650

10.4 Provision for Unsuccessful Candidates.

Candidates who fail in one subject will have to appear for Supplementary examination which will be conducted alongwith the TEE of the subsequent batch. They will have to resubmit assignments & will re-appear in practical examination of the same subject.

A student will have to clear all courses in a maximum period of 2 years after admission. After the expiry of this period the learners will have to seek fresh admission & no credit/marks will be carried over.

10.5 Award of Division to successful candidate:

The candidate for being declared successful shall be placed in the division in accordance with the following categories on the basis of aggregate marks obtained in all the subjects:

Less than 50%	Fail
50% or above but less than 60% marks	2 nd Division
60% or above marks	1 st Division
75% or more marks	Distinction

10.6 Examination Schedule

After the completion of the programme requirements, the university will declare the dates/schedule for term end examination & issue admit card.

10.7 Term End Examination

To be eligible to appear for TEE, learner is required to fulfill the following conditions:

- Payment of all installments of the course fee.
- 60% attendance in practical sessions.
- Completion of internship.
- Submission of all assignments.

10. Uniform

Students are required to wear white lab coat (Apron) with short sleeves during the practical work and internship. They are also required to pin up a badge, which has black background with white letters. The sample is given below:

Name of Student P.G. Diploma in Dietetics & Therapeutic Nutrition DDE, Jamia Hamdard

Jamia Hamdard (Deemed University)

The Ministry of Human Resource Development, Government of India, granted to Jamia Hamdard, the status of a 'Deemed to be a University', in 1989 under section 3 of University Grant Commission Act, 1956. Since its establishment, Jamia Hamdard has made commendable progress with regard to expansion of facilities for higher learning and diversification of teaching and research programmes in frontier areas of biological Sciences, Unani Tibb, Pharmaceutical Sciences, IT and Management. The University has a strong base of infrastructure for quality teaching and research. On the basis of the overall assessment of its performance in realizing the university mandate and contributions made by various departments and faculties to the growth of knowledge, National Assessment and Accreditation Council of UGC has accredited the University under category 'A' the Indian Universities.

Jamia Hamdard is one of the universities selected by the UGC for promoting education abroad. The university attracts over 10 percent of the total students from over 30 countries. The international corporations and Foreign Governments employ a large number of the University graduates in various capacities, which is the testimony of international recognition of degrees/diplomas awarded by the University.

As a Muslim minority institution under Article 30 (1) of the Constitution of India, the University is committed *inter alia* to improve access and quality of education so as to enable the adult learners to effectively function in the knowledge based economy. In this context, a number of initiatives have been taken to provide high quality of professional education at Undergraduate and Post Graduate levels.

In order to provide opportunities to students for participating in ongoing educational revolution to upgrade the knowledge and skills of working population, entrepreneur and other aspirants of new knowledge, the university has taken initiative to utilize information and communication technologies to extend the reach of education and to enhance quality of education through the use of multi-media methods of teaching and learning. The Directorate of Open and Distance Learning has therefore been established to promote education through open and distance learning systems, which adopt flexible and innovative methods of education to ensure 'independent learning' to anyone, anytime and anywhere. The programmes of the study will be customized to meet the learning requirements of knowledge seekers as well as to ensure that they learn at their own pace and convenience. Towards this end in view, the university has recognized reputed institutes to act as Study Centres for conduct of various job-oriented and professional courses, which effectively meet the requirements of the world of work.
