

DEPARTMENT OF LIFELONG LEARNING

SYLLABUS FOR THE SESSION 2026-2027

SIX MONTH CERTIFICATE COURSE IN DIET AND NUTRITION



GURU NANAK DEV UNIVERSITY, AMRITSAR

The Certificate Course in Diet and Nutrition is conducted under the Department of Lifelong Learning at Guru Nanak Dev University, Amritsar. The course is of six months' duration, and the examination is conducted once at the end of the academic session. After successful completion of the course and passing the final examination, a candidate shall be awarded the Certificate in Diet and Nutrition by the Department of Lifelong Learning, Guru Nanak Dev University.

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PROGRAMME OBJECTIVES

The Certificate Course in Diet & Nutrition is designed to provide students with fundamental and practical knowledge of nutrition science, diet planning, and health management. The course aims to develop a scientifically organized, skill-oriented, and application-based understanding of food, nutrients, and their role in maintaining health and preventing diseases. This program emphasizes both theoretical learning and hands-on training, enabling students to gain practical exposure through laboratory work, case studies, diet planning exercises, and field visits. It also encourages awareness of food safety, hygiene, and sustainable dietary practices. The course provides opportunities for learners to enhance their skills through interactive sessions, workshops, and demonstrations. It also focuses on developing critical thinking, communication, and basic counselling skills required in the field of nutrition and wellness.

PROGRAMME OUTCOMES

At the end of this course, the candidate will be able to:

- Apply the basic principles of nutrition and dietetics in daily life for maintaining health and well-being.
- Plan balanced diets for different age groups and physiological conditions.
- Work as a diet assistant, nutrition advisor, or wellness coach in clinics, hospitals, fitness centres, and NGOs.
- Assist in food service management, including menu planning and maintaining hygiene standards.
- Start small-scale entrepreneurial ventures such as diet consultancy services, health food businesses, or home-based nutrition services.
- Promote awareness about healthy eating habits, food safety, and lifestyle management in the community.
- Support teaching and practical work as a lab assistant or instructor in short-term or certificate-level programs.

ORDINANCES

1. Duration of Course:

- a) Duration of the Course shall be Six Months. Examination will be held once at the end of course after six months as per G.N.D.U schedule.

2. Eligibility:

The candidate who has passed 12th Class examination with minimum of 35% marks.

3. Mode of Admission:

- a) The admission will be made by a committee constituted by the Worthy Vice-Chancellor strictly on the basis of the merit of the candidates in 12th class.
- b) If any of the admitted student remains absent consecutively for fifteen days without prior information and permission of heading authority from the commencement of the course, the name of such candidate shall be struck off from the rolls of the department and the next candidate on the waiting list in order of merit of the respective course shall be admitted in his/her place with the permission of the Director of the department.

4. Attendance Instructions:

- a) The students admitted to One Year Diplomas/Six Month Certificate Courses, who remain absent consecutively for fifteen working days during the duration of the course without any information to the department their name(s) shall be struck off from rolls of the department with the permission of Dean Academic Affairs.
- b) The students admitted in One Year Diplomas, if they attain less than 25% of the total attendance in six months their name(s) shall be struck off from rolls of the department with the permission of Dean Academic Affairs.
- c) The students admitted in six-month certificate courses, if they attain less than 25% of total attendance in three months, the name(s) of such students shall be struck off from rolls of the department with the permission of Dean Academic Affairs.
- d) Attended not less than 75% of the full course of lectures delivered and practical arranged for the class.
- e) The Director of the department shall have the power to condone shortage of lectures in each paper up to 15% of total taken separately.

5. Fees:

- a) According to the schedule, every candidate shall pay such fees to the university, as per university rules.

6. General Instructions:

- a) He/ She bears good moral character.
- b) The examination shall be held in accordance with the syllabus prescribed by Department from time to time.
- c) The examination shall consist of Practical and Exhibit Display.
- d) The Practical paper shall be set by examiner on the spot.
- e) The medium of instruction/examination shall be English/Punjabi/Hindi in general.

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- f) The marks of exhibit display shall be based on House Test and performance of the students.
- g) The marks of exhibit display shall be submitted to the Director of the Department fifteen days before the commencement of the examination.
- h) Minimum number of marks required to pass the examination shall be 35% in each Practical/Exhibit Display separately.
- i) If the candidate Absent/Fails in one or more Practical Examination her result shall be declared Fail.
- j) The result shall be declared and published by the Department.
- k) The successful candidates shall be awarded division according to the following criteria
 - (i) Those who obtain 60% or more marks – First division.
 - (ii) Those who obtain 50% or more but less than 60% marks – Second Division
 - (iii) Those who obtain 35% or more marks but less than 50% - Third Division
- l) Each successful candidate shall be awarded a Certificate Signed by the Director of the Department showing the division and the Aggregate Marks obtained.
- m) Fee for issuing of duplicate certificate shall be decided from time to time by the approval of the worthy Vice-Chancellor.

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CRITERIA FOR ADMISSION

The Committee makes the following recommendations after deliberations:

1.	Name of the Course	Certificate Course in Diet & Nutrition		
2.	Duration	Six Months		
3.	Commencement of Course	July & January Every Year		
4.	Eligibility	10+2 pass Boys & Girls Candidates from any recognized board.		
5.	Venue	Department of Lifelong Learning, Guru Nanak Dev University, Amritsar.		
6.	No. of Seats	40 seats		
7.	Mode of Admission	<p>(i) The admission will be made by a committee duly constituted by the worthy Vice-Chancellor strictly on the basis of the merit of the candidates in 10+2.</p> <p>(ii) If any of the admitted student remains absent consecutively for fifteen days without prior information and permission of the heading authority, his/her name shall be struck off from the rolls of the Department and the next candidate on the waiting list in order of merit of the respective course shall be admitted in his/her place with the permission of the Director of the Department.</p>		
8.	Fee Structure	Rs.13150/-		
	Total Fee (July 2025 – December 2025) (January 2026- June 2026)	Rs.13150/ which includes: - (To be deposited at the time of Admission) Admission Fee = Rs. 2200/- Examination Fee = Rs.1400/- Tuition Fee: Rs. 1550x6 Months = Rs.9300/- Identity Card Fee = Rs.250/-		
9.	Late fee at the time of admission	July 2026 to Dec 2026	January 2027 to June 2027	Fees
		May 8 th 2026 to July 30 th 2026	Jan 1 st 2027 to 29 th 2027	Nil
		Aug 3 rd 2026 to Aug 11 th 2026	Feb 2 nd 2027 to Feb 11 th 2027	Nil
		Aug 12 th 2026 to Aug 20 th 2026	Feb 12 th 2027 to Feb 19 th 2027	Rs.3000/-
		Aug 21 st 2026 to Aug 31 st 2026	Feb 23 rd 2027 to Feb 26 th 2027	Rs. 4000/-
		Sep 1 st 2026 to Sep10 th 2026	Mar 2 nd 2027 to Mar 10 th 2027	Rs. 6000/-
		Sep 11 th 2026 to Sep 18 th 2026	Mar 11 th 2027 to Mar 19 th 2027	Rs.9000/-
		Within 15 days from the date of closing of admission. = Rs. 10000/-		
10.	Review of Course of Reading	The syllabus committee constituted by the worthy Vice-Chancellor will review the course of reading for the session.		
11.	Conduct of Examination Evaluation & Award of Certificate.	To be decided with the approval of worthy Vice-Chancellor.		

SCHEME OF STUDY AND EXAMINATION

	Scheme of Study		Scheme of Examination	
Course Code	Name of Paper	Credits/ Hrs. per week	Max. Marks	Examination Hrs.
CCDN 051	Paper-I (Theory) Fundamentals of Nutrition & Dietetics	8 Hrs.	75	3 Hrs.
CCDN 052	Paper-II (Practical) Nutrition Quality & Food Preparation	8 Hrs.	100	4 Hrs.
CCDN 053	Project/ Field Visits	2 Hrs.	50	
CCDN 054	Exhibit/Display	2 Hrs.	25	
	TOTAL		250	

PAPER – I (THEORY-I)
CCDN051: Fundamentals of Nutrition and Dietetics

Time: 3 Hours
Total Marks: 75

Instructions for the Paper Setters:

- The paper setter is required to set 9 questions in all and the students are required to attempt 05 questions.
- First question is compulsory and consist of 15 short answer type questions of one mark each.
- Section “A”, “B”, ”C”, ” D” consists of 2 questions. Each student is required to attempt 1 question from every section and all questions carry 15 marks each.

Course Objectives:

- To develop basic knowledge of food, nutrients, and their functions in the body.
- To understand the principles of balanced diet and meal planning.
- To create awareness about nutrition in health and disease prevention.
- To provide practical knowledge of food safety and healthy eating habits.

Section-A

- Basic terms used in the study of food and nutrition- Health, Food, Nutrients, Nutrient Requirement, Malnutrition, Over-nutrition, under nutrition, Balanced Diet, Nutritional status, and Factors affecting nutritional status.
- Functions of Food- Physiological Function, Psychological function, and Social Function, Food groups and Food Pyramid.
- Effect of Heat on Food Components, Enhancing the Nutritive Value of Food and Minimizing Nutrient Losses.

Section-B

- Understanding of Macro-nutrients – Carbohydrates, Fats, Proteins
- Understanding of Micronutrients- Vitamins and Minerals (Fat Soluble and Water Soluble)
- Dietary Sources, Functions, RDA, Deficiency & Excess of Vitamins (Fat Soluble and Water Soluble)
- Classification of Macro-nutrients – Carbohydrates, Fats, and Proteins

Section-C

- Introduction and principles of Food Preservation
- Method of Food Preservation-Physical, Chemical, Biological
- Preservation of Specific Food Groups- Fruits and Vegetable, Dairy Products, Meat, Poultry, and Fish, Cereals and Pulses

Section-D

- Meal Planning- Aims and objectives, Factors Affecting Meal Planning.
- Planning of Meals according to various income, sex and age groups
- Methods of Cooking – Dry Heat, Moist Heat, Combining, and Other Methods (Microwave and Solar Cooking)

Course Outcomes:

After completing this course, students will be able to:

- Explain the basic concepts of food, nutrients, and their functions in the body.
- Plan balanced diets for different age groups and nutritional needs.
- Identify the role of nutrition in health promotion and disease prevention.
- Apply principles of food safety, hygiene, and healthy meal preparation

Reference Books:

1. Mudambi, S.R. and Rajagopal, M.V., *Fundamentals of Foods, Nutrition and Diet Therapy*, New Age International Publishers, 2012.
2. Gopalan, C., Rama Sastri, B.V. and Balasubramanian, S.C., *Nutritive Value of Indian Foods*, National Institute of Nutrition, ICMR.
3. Satyanarayana, U. and Chakrapani, U., *Biochemistry*, Elsevier Publishers, 2021.
4. Srilakshmi, B., *Dietetics*, New Age International Publishers, 2019.

PAPER – I (PRACTICAL)
CCDN052: Nutrition Quality & Food Preparation

Time: 4Hours
Total Marks: 100

Instructions for the Paper Setters:

The paper will be set on the spot.

Course Objectives:

- To develop basic knowledge of food groups and their nutritional importance.
- To understand the role of nutrients in growth, health, and body functions.
- To provide knowledge of balanced diet planning and preparation of healthy recipes.
- To create awareness about healthy eating habits and food safety practices.

1. Weights and measures
2. Food preparation, understanding the principals involved, nutritional quality and portion size Beverages: Hot tea/coffee, Milk shake/ lassi, fruit-based beverages
3. Cereals and pulses: whole, dehusked, sprouted
4. Vegetables: curries, dry preparations
5. Milk and milk products: Smoothies, fermented milk products
6. Animal Products: Egg, Meat, Fish, Poultry Preparation
7. Soups: Broth, plain and cream soups
8. Baked products: Biscuits/cookies, cream cakes, sponge cake preparations, tarts and pies
9. Snacks: Fried, baked and steamed snacks
10. Salads: salads and salad dressings.
11. Preservation: Pickling, Murabas, Squash, Jams, Jellies

Course Outcomes:

After completing this course, students will be able to:

- Demonstrate an understanding of food groups, nutrients, and their functions in maintaining health.
- Plan balanced diets and prepare nutritious recipes according to individual nutritional requirements.
- Apply nutritional principles in the prevention and management of common health conditions.
- Practice safe food handling, hygiene, and healthy cooking techniques in daily life.

Reference Books:

- Gopalan, C., Rama Sastri, B.V. and Balasubramanian, S.C., *Nutritive Value of Indian Foods*, National Institute of Nutrition, ICMR.
- Makan, C., *Chetna's Healthy Indian: Everyday Family Recipes with a Healthy Twist*, Mitchell Beazley, 2023.
- Spies, D., *Clean & Delicious: 150 Recipes for Everyday Wellness*, William Morrow Cookbooks, 2020.

CCDN-053 Project/Field Visits

Total Marks: 50

- Candidates will participate in exposure visits to project sites where Nutrition Programs are going on and will upload their Learning, e.g- Mid-day meal or Anganwadi visits, Private Health centres or Hospital visits, Food outlets or Preservation outlets visits.
- Reports and Assignments to be submitted as Posters, Pamphlets, Videos or IFC material.
- A hard copy of the Report Based on Visits/ Observation/Study Activities carried out during the Course to be submitted.

CCDN-054 Exhibit/Display

Total Marks.: 25

- Exhibits and Display of Healthy Nutritious Food and Preservation
- Exhibits of Health and Nutrition related Charts and Posters.

PANEL OF EXAMINERS

The panel of examiners recommended by the syllabus committee for the Final Examination of Six-Month Certificate Course in Diet and Nutrition at University Campus, Amritsar for the session 2026-27.

1. Ms. Minna Bagga, Assistant. Professor,
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