



DEPARTMENT OF BIOCHEMISTRY
SCHOOL OF BIOLOGICAL SCIENCES
St. JOSEPH'S COLLEGE (Autonomous)
Re-accredited with 'A' Grade (3rd Cycle) by NAAC
College with Potential for Excellence by UGC
TIRUCHIRAPPALLI - 620 002, INDIA



Invitation

VALUE ADDED COURSE ON

“DIET THERAPY”

Duration - 30 hrs

Time - 2.00 PM TO 4.00 PM

PROGRAM SCHEDULE: 13th MARCH 2023 TO 30th MARCH 2023

STUDENTS WILL LEARN

- Nutritional assessment of patients, dietary prescription and counseling follow up, patient education and diet.
- Obesity and leanness - Dietary treatment and other recommendations.
- Diets in fevers and infections - Types, metabolism in fevers, general dietary considerations, diet in influenza, typhoid fever.
- Diet in Cardio-vascular diseases
- Disorders of metabolism - Diabetes Mellitus

Organizing Committee

Prof. A. Benno Susai Vijayakumar

Prof. P. G. Geegi

Convener

Prof. T. Antony Diwakar Chandran

Course Fee: Rs.100/-

For further details

Contact:

Prof. T. Antony Diwakar Chandran (9443167518)

Prof. A. Benno Susai Vijayakumar (9842447555)

Dr. P.G.Geegi (9487568372)

DIET THERAPY

Course Description

This course enables the students to have a better understanding and maintain health through good diet practices.

Course objective

1. To be familiar with the dietary/behaviour modifications based on physiological changes occurring in disease conditions.
2. To acquire knowledge regarding effect of various diseases on nutritional status and nutrient requirement.
3. To understand the role of dietician.
4. To develop skill and techniques in the planning and preparation of therapeutic diets for various diseases and nutritional deficiencies.
5. To gain knowledge in diet counseling and educating patients.

Course Outline:

Unit – I

Nutritional assessment of patients, dietary prescription and counseling follow up, patient education and diet.

Unit – II

Obesity and leanness - Dietary treatment and other recommendations.

Unit – III

Diets in fevers and infections - Types, metabolism in fevers, general dietary considerations, diet in influenza, typhoid fever.

Unit – IV

Diet in Cardio-vascular diseases - Role of nutrition in cardiac efficiency. Atherosclerosis - incidence and dietary principles. Hyperlipidemia and hypertension - dietary treatment.

Unit – V

Disorders of metabolism - Diabetes Mellitus. - Incidence and predisposing factors.
- Symptoms, types and tests for detection. - Metabolism in diabetes - Dietary treatment and meal management.

Reference Books:

1. Srilakshmi B. Dietetics, 7th Edition, New Age International Publishers, New Delhi.
2. Antia, C.P. "Clinical Dietetics and Nutrition", 3rd Ed. 2000, Oxford University Press, New Delhi/ Bombay.
3. Passmore, R, Eastwood, M.A. "Human Nutrition and Dietetics", 8th Ed. 1986, ELBS Publishers.
4. Robinson, C.H. & Wzley, E.S. "Basic Nutrition & Diet Therapy", 6th Edition, 1989, Macmillan Pub. New York.
5. Anderson, L and others, "Nutrition in Health and Disease", 1982, 17th edition, J.B. Lippin Cott Co. Philadelphia.
6. Bhala, S.M.L., Bhati, N. Gopinath "Diet Manual for Heart Patients", CTC, AIMS, New Delhi, 1983.
7. Helen S. Guthrie, "Introducing Nutrition", 6th edition, St.Louis, Times Mirror/Mosby College, 1988.

1. 22PBT801 - ~~S~~ NAVEENKUMAR T - N Nav
2. 22PBT802 - M. HELEN DAPHNIE - M. Helen Daphy
3. 22PBT803 - S. B. Rithishree - S. B. Rithish
4. 22PBT804 - J. P. Nertan Norbert - J. P. Nurf
5. 22PBT805 - S. KAVIA GAYATHRI - S. K. Gayathri
6. 22PBT806 - B. SOWMIYA - B. Sowmya
7. 22PBT807 - J. Mary Sneha - J. Mary Sneha
8. 22PBT808 - D. Pradeesh - Pradeesh D.
9. 22PBT809 - S. KEERTHANA - S. Keerthana
10. 22PBT810 - S. Dhanasree
11. 22PBT811 - A. Bency Mirudhla.
12. 22PBT812 - M. Ahmed Fazil - M. Ahmed Fazil
13. 22PBT813 - L. VISWANATHAN - L. Viswanathan
14. 22PBT814 - S. RISHANTH - S. Rishanth
15. 22PBT815 - G. R. Jaran - G. R. Jaran
16. 22PBT816 - P. C. Karthikeyane - P. C. Karthikeyane
18. 22PBT818 - M. Priyadharsini - M. Priyadharsini
20. 22PBT820 - A. Hasshini - A. Hasshini
21. 22PBT821 - G. Nandhini - G. Nandhini
22. 22PBT822 - Rahul S
23. 22PBT823 - J. SAMBU - J. Sambu
24. 22PBT824 - R. Dhanadharan - R. Dhanadharan
25. 22PBT825 - S. Joes Rithi Rufina S. Joes Rithi Rufina
26. 22PBT826 - Prasath A
27. 22PBT827 - D. Chandru D. Chandru
28. 22PBT828 - S. MOHAMED DHANVEER. S. Mohamed Dhanveer
29. 22PBT829 - J. Sneha - J. Sneha

DEPARTMENT OF BIOCHEMISTRY
ST. JOSEPH'S COLLEGE
TIRUCHIRAPPALLI

VALUE ADDED COURSE: DIET THERAPY
COURSE CODE: 18PBIVAC01

ATTENDANCE

S.NO	D.NO	NAME	DATE	13/03/2023	14/03/2023	15/03/2023	16/03/2023	17/03/2023	18/03/2023
1.	22PBT805	S.KAVIA GAYATHRI		S. Thiruf	S. Thiruf	S. Thiruf	S. Thiruf	S. Thiruf	S. Thiruf
2.	22PBT806	B.SOWMIYA		B. Sowmiya	B. Sowmiya	B. Sowmiya	B. Sowmiya	B. Sowmiya	B. Sowmiya
3.	22PBT807	J.MARYSNEKA		J. Marysneka	J. Marysneka	J. Marysneka	J. Marysneka	J. Marysneka	J. Marysneka
4.	22PBT808	D. PRADEESH		D. Pradeesh	D. Pradeesh	D. Pradeesh	D. Pradeesh	D. Pradeesh	D. Pradeesh
5.	22PBT810	S.DHANASRI		S. Dhana	S. Dhana	S. Dhana	S. Dhana	S. Dhana	S. Dhana
6.	22PBT814	S. RISHANTH		S. Rishanth	S. Rishanth	S. Rishanth	S. Rishanth	S. Rishanth	S. Rishanth
7.	22PBT815	G.R. JANANI		G.R. Janani	G.R. Janani	G.R. Janani	G.R. Janani	G.R. Janani	G.R. Janani
8.	22PBT816	P.C KARTHIKEYANEE		P.C. Karthikeyanee	P.C. Karthikeyanee	P.C. Karthikeyanee	P.C. Karthikeyanee	P.C. Karthikeyanee	P.C. Karthikeyanee
9.	22PBT825	S.JOES RITHI RUFINA		S. Joes Rithi Rufina	S. Joes Rithi Rufina	S. Joes Rithi Rufina	S. Joes Rithi Rufina	S. Joes Rithi Rufina	S. Joes Rithi Rufina
10.	22PBT829	K. SNEKA		K. Sneka	K. Sneka	K. Sneka	K. Sneka	K. Sneka	K. Sneka

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S. Rishanth

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S.NO	D.NO	NAME	DATE						
			20/03/2023	21/03/2023	23/03/2023	24/03/2023	27/03/2023	28/03/2023	29/03
1.	22PBT805	S.KAVIA GAYATHRI	S. Kavi	S. Kavi	S. Kavi	S. Kavi	S. Kavi	S. Kavi	
2.	22PBT806	B.SOWMIYA	B. Sowmiya	B. Sowmiya	B. Sowmiya	B. Sowmiya	B. Sowmiya	B. Sowmiya	
3.	22PBT807	J.MARYSNEKA	J. Marysneka	J. Marysneka	J. Marysneka	J. Marysneka	J. Marysneka	J. Marysneka	
4.	22PBT808	D. PRADEESH	D. Pradeesh	D. Pradeesh	D. Pradeesh	D. Pradeesh	D. Pradeesh	D. Pradeesh	
5.	22PBT810	S.DHANASRI	S. Dhana	S. Dhana	S. Dhana	S. Dhana	S. Dhana	S. Dhana	
6.	22PBT814	S. RISHANTH	S. Rishanth	S. Rishanth	S. Rishanth	S. Rishanth	S. Rishanth	S. Rishanth	
7.	22PBT815	G.R. JANANI	G.R. Janani	G.R. Janani	G.R. Janani	G.R. Janani	G.R. Janani	G.R. Janani	
8.	22PBT816	P.C KARTHIKEYANEE	P.C	P.C	P.C	P.C	P.C	P.C	
9.	22PBT825	S.JOES RITHI RUFINA	S. J. Rithi	S. J. Rithi	S. J. Rithi	S. J. Rithi	S. J. Rithi	S. J. Rithi	
10.	22PBT829	K. SNEKA	K. Sneka	K. Sneka	K. Sneka	K. Sneka	K. Sneka	K. Sneka	

L. Varkki. J. J. B. B. J. L. Varkki.

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S.NO	D.NO	NAME	DATE		
			29/03/2023	30/03/2023	31/03/2023
1	22PBT805	S.KAVIA GAYATHRI	S. K. Gayathri	S. K. Gayathri	S. K. Gayathri
2	22PBT806	B.SOWMIYA	B. Sowmiya	B. Sowmiya	B. Sowmiya
3	22PBT807	J.MARYSNEKA	J. Marysneka	J. Marysneka	J. Marysneka
4	22PBT808	D. PRADEESH	D. Pradeesh	D. Pradeesh	D. Pradeesh
5	22PBT810	S.DHANASRI	S. Dhana Sri	S. Dhana Sri	S. Dhana Sri
6	22PBT814	S. RISHANTH	S. Rishanth	S. Rishanth	S. Rishanth
7	22PBT815	G.R. JANANI	G. R. Janani	G. R. Janani	G. R. Janani
8	22PBT816	P.C KARTHIKEYANEE	P. C. Karthikeyanee	P. C. Karthikeyanee	P. C. Karthikeyanee
9	22PBT825	S.JOES RITHI RUFINA	S. J. Rithi Rufina	S. J. Rithi Rufina	S. J. Rithi Rufina
10	22PBT829	K. SNEKA	K. Sneka	K. Sneka	K. Sneka

29/03





