

## **DETAILS OF THE RD CORRESPONDENCE CLASS**

### **FACULTY:**

- 1) Mrs. Sushila Sharangdhar. RD
- 2) Ms.Padmashri Shanmugaraj, R.D

### **DURATION:**

- **6 months** –Second week of July till second week of January

### **ELIGIBILITY:**

**Graduates or Post graduates in Nutrition & Dietetics. For additional eligibility criterias, please refer to [www.idaindia.com](http://www.idaindia.com)**

### **COURSE CONTENT:**

*Notes for all the following seven subjects will be provided.*

- **Food Microbiology,**
- **sanitation and hygiene,**
- **Human physiology,**
- **Physiologic and Metabolic Changes in Diseases**
- **Bio-chemistry,**
- **Human Nutrition and Meal Management,**
- **Diet Therapy (Theory),**
- **Nutrition Education and Diet Counselling**
- **Community Nutrition,**
- **Food Service Management**

### **MANUALS**

#### **Volume I**

- Human Physiology
- Food Microbiology



- Community Nutrition
- Food Service Management

### **Volume II**

- Biochemistry
- Human Nutrition & Meal Management
- Physiologic and metabolic changes in diseases

### **Volume III**

- Diet Therapy
- Nutrition Education and Diet Counseling
- Clinical Parameters
- Abbreviations
- RDA Table
- Exchange List
- Case Studies
- Assignments

**For your own benefit, we have made it MANDATORY that all the students to send in solved assignments and Mock RDs on time.**

***Remember!! More written practice means better time management and clear thinking on your exam day.***

Kindly send the answers via mail on [diets@PrimeHealthConsultants.co.in](mailto:diets@PrimeHealthConsultants.co.in). Any other queries shall also be solved.

### **PLEASE NOTE:**

- FAQs, assignments and mock RD exam answers will be corrected by our esteemed faculty in Mumbai. We shall provide you with the correct answers via email, only after submission of answers by you.
- ***Photocopying and distribution of the course materials including the assignments, SAQs and mock RD paper is considered malpractice. Kindly do not indulge in the same!***



**FEES:**

- Rs. 8500/- **only. (For NRI Students, fees is Rs.13,000/- only)** This includes cost of the 3 volumes of the study material, assignments/mock RD papers as well as postal charges.
- Students from Mumbai can make the payment through cheque.
- Students out of Mumbai – Kindly make payment through a Demand Draft payable at Mumbai.

**FEES- PAYMENT DETAILS:**

- Send your cheque / DD in the name of “Prime Health Consultants”
- Courier the cheque / DD to the following address:

*Ms. Padmashri Shanmugaraj*

*Consultant Dietitian*

*Bldg No. 3B, Flat No. 1406, 14<sup>th</sup> floor, Dreams,*

*LBS Marg, Bhandup (W), Mumbai- 400078*

- Details for online transfer (NEFT)

*Account holder: Prime Health Consultants*

*Account type: Current*

*Bank: I.O.B,*

*Fort branch, Mumbai,*

*A/C No: 160602000002519,*

*IFSC code: IOBA0000014*



## **WHAT OUR STUDENTS HAVE TO SAY ABOUT THE RD COURSE**

*“I found the exam guide produced by you to be very good and up to the point. The assignments seem to be like a question bank and it is very helpful. It gives a confidence for success.”- Ms.Sandhya Veeramony*

*“Big thanks for your wonderful job. I have done the R.D extremely well and it was possible only because of your notes. The SAQs were very good as I gained good knowledge. Your case study format was excellent. It is structured very well and is to the point. Your notes are fantastic. Once again, thanks to Sushila Madam and her wonderful team of R.D s.”- Ms.Ambika Nair*

*“This course has indeed been a great source of motivation for me. I joined the course not knowing what to expect from it, but today this course has given me more knowledge than I had anticipated. I am very happy that I've been a beneficiary from this very useful package offered by you.*

*I would like to congratulate the entire team for having taken such great efforts to undertake such an innovative program to benefit all the young nutritionists of India. This course is indeed one of its kind and a true achiever. I am sure with such efforts we'll see more and more RD's from India.”- Ms. Poorna Anand*

*“Thanks to you and test/ revision and notes provided by you and constant support in all the queries” – Ms.Akshata Chavan*

*“Thank you so much ma'am for the notes and assignments... They were of great help in clearing the exam in the first attempt itself”- Ms.Bhhomi Shah*