



DETAILS OF THE RD CORRESPONDENCE CLASS

FACULTY:

- 1) Mrs. Sushila Sharangdhar, R.D
- 2) Ms. Padmashri Shanmugaraj, R.D
- 3) Ms. Gayathri Kashelkar, 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 criteria, please refer to 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
- Explain the terms - glossary

Volume II

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

Volume III

- Diet Therapy
- Nutrition Education and Diet Counseling
- Pathological values
- Abbreviations
- RDA Table
- Exchange List
- Case Studies

**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**. Any other queries shall also be solved.



PLEASE NOTE:

FAQs, assignments and mock RD exam answers will be reviewed 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.10, 000/- **only. (For NRI Students, fees is Rs.15,000/- only)** This includes cost of the 3 volumes of the study material, assignments/mock RD papers and the *zoom sessions*. *This does not include the cost of the Solved RD paper bundle.*

- 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, 14th 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

A huge thanks to Sushila ma'am and Padmashri ma'am for such wonderful guidance. I got the confidence after going through notes and test papers. The notes are really helpful to clear all the concept so it becomes easy to write RD papers. – Ms.Gayathri Kachelkar

Thanks to you, Padmashri ma'm, and the test/ revision and notes provided by you and constant support in all the queries.- Ms.Akshata Chavan