



PristineTM

**INSTITUTE OF AESTHETIC
MEDICINE & WELLNESS**

INSTITUTE HANDBOOK

**POST GRADUATE DIPLOMA
IN NUTRITION & WEIGHT
MANAGEMENT(PGNWM)**



9028016667

POST GRADUATE DIPLOMA IN NUTRITION & WEIGHT MANAGEMENT(PGNWM)

**MODULE 1
NUTRITION**



**MODULE 2
WEIGHT MANAGEMENT**



**MODULE 3
PROCEDURES**

MODULE 1

NUTRITION

SYLLABUS

- **INTRODUCTION TO CLINICAL DIET AND NUTRITION**
- **SCOPE AND IMPORTANCE OF DIET IN EVERYDAY LIFE**
- **TERMINOLOGIES**
- **FOOD GUIDE PYRAMID**
- **NUTRIENTS IN FOOD, AND THEIR ROLES**
- **BODY COMPOSITION**
- **RECOMMENDED DIETARY ALLOWANCES FOR INDIANS**
- **ENERGY REQUIREMENT OF BODY**
- **FOOD GROUPS**
- **EXCHANGE LIST SYSTEM**
- **DIGESTION AND METABOLISM PROCESS**
- **DIET PLANNING**
- **NUTRITION FOR FITNESS AND SPORT**
- **DIET FOR OBESITY**
- **DIET FOR DIABETES MELLITUS**
- **DIET FOR CARDIOVASCULAR DISEASES**
- **DIET FOR RENAL DISEASES**
- **DIET IN SKIN CARE AND HAIR CARE**
- **DIET FOR GI DISEASES**
- **DIET IN OTHER CONDITIONS**
- **DIET FOR WEIGHT GAIN**
- **DIET FOR HORMONAL CONDITIONS**

MODULE 2

WEIGHT MANAGEMENT

SYLLABUS

- INTRODUCTION TO WEIGHT MANAGEMENT
- PERSONAL AND CLINICAL HYGIENE
- CLINICAL SET UP GUIDE
- STERILIZATION AND SANITATION
- TERMINOLOGIES IN WEIGHT MANAGEMENT
- FUNDAMENTALS ABOUT FAT AND ADIPOSE TISSUES
- THE CELLS AND TISSUES
- CALORIE REQUIREMENT AND CALCULATION OF BMI TO RULE OUT RISK OF BEING OVERWEIGHT
- FIGURE EXAMINATION AND MEASUREMENTS
 - MUSCULAR SYSTEM
 - LYMPHATIC SYSTEM
 - ENDOCRINE SYSTEM
 - DIGESTIVE SYSTEM
 - EXCRETORY SYSTEM
- FUNDAMENTALS OF CELLULITES
- MASSAGE FOR SKIN TIGHTENING
- DOUBLE CHIN REDUCTION AND FACE COUNTOURING
- IMPORTANCE OF DIET AND EXERCISE FOR WEIGHT MANAGEMENT

MODULE 3 PROCEDURES

LIST

- **G5 MACHINE TREATMENT**
- **FARADIC (EMS) MACHINE**
- **VACCUM SUCTION MACHINE**
- **ULTRASONIC CAVITATION MACHINE**
- **CAVITATION LYPOLYSIS MACHINE**
- **CRYO WEIGHT MANAGEMENT MACHINE**
- **CRYOLYPOLYSIS**
- **HIFU FOR WEIGHT MANAGEMENT AND
SKIN TIGHTENING**
- **RF FOR WEIGHT LOSS AND SKIN
TIGHTENING**
- **MESOTHERAPY FOR FAT LOSS/
MESOLYPOLYSIS/ FAT BURNING
INJECTIONS**
- **FAT BURNING LYMPHATIC DRAINAGE**

**INTEGRATED APPROACH WITH NUTRITION
AND WEIGHT MANAGEMENT PROCEDURES**

ELIGIBILITY FOR PGNWM

- ALL DOCTORS
- ALL HEALTHCARE PROFESSIONALS
- GRADUATES
- CLINICAL ASSISTANTS
- ALL THOSE ARE INTERESTED IN LEARNING NEW SKILLS

DURATION:

2 MONTHS ONLINE LECTURES

(MONDAY TO FRIDAY-1 HOUR

DAILY)+ 3 DAYS OFFLINE HANDS

ON SESSION

AFFILIATIONS/ACCREDITATIONS:



WHAT STUDENTS SAY ABOUT COURSES



STUDENT REVIEW

Hi everyone I have done cosmetology course from pristine institute under the guidance of Dr Preetee madam .

The depth of theoretical & practical knowledge given by ma'am is tremendously great.

The handson given during the practical was very much to the point also the details taught during the practical is very nice. I personally recommend this institute for the respected course

DR. AKSHATA KUNJIR



STUDENT REVIEW

It was simply an amazing Learning Experience of mine at Pristine Institute. I have completed my PG Diploma in Advance Cosmetology & Laser. My special thanks & Sincere gratitude to Preetee Ma'am for enhancing my Learning Curve which would help me in my future career growth...

P.S. : Thanks to komal Ma'am & Kiran Ma'am for all their backend support during my course..

SARIKA SAIGAL



STUDENT REVIEW

Had amazing experience with clinical cosmetology, trichology and laser training. Best institute in India for doctors.👍

DR. KOMAL PAWAR



STUDENT REVIEW

Best skin treatment centre .. Dr preetee follows a "no compromise in quality " principle for treatments

Personal touch and care provides the outmost safety for the patients skin and hair She ensures every step to be safe and Qualitative

As a student ive learn the best from the institute

Proud to be pristinian ...

DR. SHAM DARADE

THANK YOU



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