



Request Letter

Date- 17.08.2023

To,

Principal,

AHMC&RI, Bhoyan Rathod,

Gandhinagar, Gujarat.

Subject- Regarding, Request to conduct certificate course in “Nutrition in Pregnancy & Homoeopathic Management” to 3rd BHMS students.

Respected Madam,

With due respect we would like to conduct certificate course in “**Nutrition in Pregnancy & Homoeopathic Management**”, the course will be of 30 hours. So, we are requesting you to kindly allow us to commence this course to **3rd BHMS students** that, how healthy diet and lifestyle should ideally achieve prior to conception Kindly do the needful.

Thanking you!

S.K. Jha

Yours faithfully

Dr. Santosh Kumar Jha

Course Co-Ordinator



Permission Letter

Date- 25.06.2023

To,

Course Co-Ordinator

AHMC&RI, Bhoyan Rathod,

Gandhinagar, Gujarat.

Subject- Permission to conduct certificate course in "Nutrition in Pregnancy & Homoeopathic Management" to 3rd BHMS students.

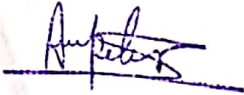
Respected Sir,

With reference to your requisition letter dated 17/06/2023 you are permitted to start certificate course in "Nutrition in Pregnancy & Homoeopathic Management" to 3rd BHMS students., from the Month of JULY 2023.

Course Coordinator - Dr. Santosh Kumar Jha, Professor & HOD, Department of Obs & Gyn.

Duration- 30 Hours




Principal
Aarihant Homoeopathic Medical College & R.I.
Bhoyan Rathod, Gandhinagar



COURSE CONTENTS

Name of the course: Nutrition in Pregnancy & Homoeopathic Management (Course Code: VACNDP)

Aim: Nutrition for pregnancy and post care focus, needs and challenges during pregnancy.

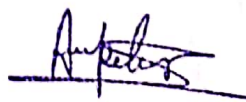
Objectives:

- 1) Essential role in development of foetus
- 2) To fulfil the nutritional needs during pregnancy
- 3) Understanding the requirement of various macro and micro nutrients of pregnant woman.
- 4) How a healthy diet and lifestyle should ideally achieve prior to conception.

Courses contents: Topics:

Sr. No.	Topics	Duration In Hours
01	Introduction of course a) Preconception nutrition and health	2 Hrs.
02	Nutrition and supplements to start before pregnancy (Ayurvedic concept of nutrition)	2 Hrs.
03	Anatomical and physiological changes during pregnancy a) Changes in hormones b) Changes in weight and metabolic c) Changes in reproductive organs d) Changes in cardiological health	4 Hrs.
04	Understanding three trimesters	2 Hrs.
05	Trimester wise nutrition requirements a) Carbohydrates and their importance b) Fats and proteins during pregnancy c) Micro-nutrients and their importance d) Anaemia in pregnancy e) Calcium deficiency in pregnancy	5 Hrs.
06	Ayurvedic concept of food during pregnancy a) Nutrition and diet guidelines b) Food recipes toxic in pregnancy	2 Hrs.
07	Routine supplementary Homoeopathic medicines in pregnancy	2 Hrs.
08	Evaluation session	2 Hrs.
09	Management of minor ailments in pregnancy	2 Hrs.
10	Homoeopathic perspective for treating a) Obesity b) Thyroid disfunction c) PIH	3 Hrs.
11	Healthy pregnancy food and demonstration of food recipes	2 Hrs.
12	Demonstration of Homoeopathic Medicines/Therapies beneficial in pregnancy	2 Hrs.




Principal
Arihant Homoeopathic
Medical College & R.I.
Bhoyan Rathod, Gandhinagar



Duration of the course: 30 Hrs.,

Time- 05.00 PM to 06.00 PM,

Eligibility criteria: 3rd BHMS students [AHMC & RI]

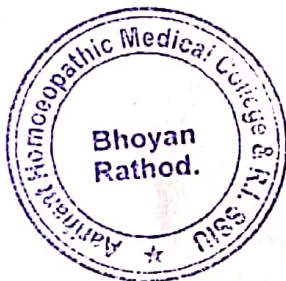
Fees: -----

Resource persons:

Method of Assessment: Assignments and Quiz

List of reference books:

1. Real food for pregnancy, Lily Nichols RDN, CDE
2. Nutrition during Pregnancy and Lactation, Leanne M. Redman
3. Big Book of Pregnancy Nutrition, Stephane Middleberg
4. Homoeopathic Materia Medica, W. Boericke



Principal
Arihant Homoeopathic
Medical College & R.I.
Bhoyan Rathod, Gandhinagar

CERTIFICATE COURSE IN NUTRITION IN PREGNANCY

COURSE CONTENTS

- PRECONCEPTION NUTRITION
- SUPPLEMENTS BEFORE PREGNANCY
- ANATOMICAL & PHYSIOLOGICAL CHANGES
- UNDERSTANDING 3 TRIMESTER
- CONCEPT OF FOOD DURING PREGNANCY
- ROUTINE HOMOEOPATHIC MEDICINES
- MINOR AILMENTS IN PREGNANCY
- HOMOEOPATHIC PERSPECTIVE FOR TREATING OBESITY, ANAEMIA AND PIH

SCHEDULED 2 MONTHS
FROM JULY 2023

ELIGIBILITY
III BHMS
STUDENTS

DURATION- 30 HOURS

METHOD OF ASSESMENT
QUIZ



Swarnim Startup & Innovation University

Campus Address

Bhoyan Rathod, Opposite IFFCO,
Near ONGC WSS, Adalaj Kalol Highway,
Gandhinagar, Gujarat - 382420.

Swarnim House, Uvardsad, Gujarat,
Sarkhej-Gandhinagar Highway,
Post Adalaj, Gandhinagar, Gujarat 382421

+91 70690 03003
+91 92280 18003

+91 92280 18009
+91 99789 55814

WWW.SWARNIMSCHOOL.EDU.IN

- Facebook.com/Swarnim.Uni/
- Instagram.com/swarnim_uni/
- Twitter.com/SwarnimUni
- linkedin.com/company/swarnim-startup-and-innovation-university/

TIME
[MONDAY TO FRIDAY]
5.00 PM – 06.00 PM



Principal
Arihant Homoeopathic
Medical College & R.I.
Bhoyan Rathod, Gandhinagar