



# Certificate Course In **Diet and Diabetes**

“Your guide to control diabetes through intelligent diet”

Diabetes is one of the modern-day challenges faced by a majority of people in our country. India is known as the diabetes capital of the world with almost 50 million people suffering from type-2 diabetes. It is a huge challenge but according to medical experts a timely detection, lifestyle modifications and correct diet can help patients lead a normal life.



**Diet & Diabetes**  
THERAPEUTIC FOOD

# Course Objective

**Discover Wellness Diet & Diabetes** course is an endeavor towards assisting people correct their diet and lifestyle to lead a wholesome and normal life. Apart from dietary knowledge the course familiarizes you with different diet plans exclusively designed by leading experts to keep diabetes in check.

## Course Ideally Suited For

- Students/ Homemakers looking forward to work as Diabetes Diet Consultants
- Individuals looking for full time/part time career at health centers or clinics
- Professionals who want to upgrade their skills

## Key Areas of The Course

- Difference between Type-1 and Type -2 Diabetes
- Effects of different types of food on human body
- Food and Yoga Asanas helpful in controlling diabetes
- Diet plans by experts for diabetic patients

### Duration - 20 Hours

Diabetes- Modern Approach	Types of Diabetes, Preventive Measures, Symptoms, Side Effects, Diagnostic Methods for Diabetes
Diabetes- Ayurved Approach	Ayurved Approach Towards Diabetes, Causes of Diabetes, Prevention and Treatment Through Ayurved
Yoga and Diabetes	Yoga Poses for Prevention of Diabetes, Introduction to Suryanamaskar
Diabetes-Dietary Management	Modern Dietary Approach to Diabetes - What to Eat, What to Avoid, Introduction to Basic Lifestyle & Dietary Changes for Diabetes

## Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Excellent course content including course books, DVD



Offline learning through Interactive Training videos for hassle-free, self-paced learning



A life time support to students through email & off-line chats

**DISCOVER**  
Wellness Pvt. Ltd.

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