



www.cheharinstitute.in

CHEHAR INSTITUTE

Empowering Future Healthcare & Wellness Professionals

Diploma in Diet & Nutrition Science
PROSPECTUS 2026

ABOUT CHEHAR INSTITUTE

Shaping Careers. Promoting Wellness. Empowering Lives.

Chehar Institute is a premier educational institution dedicated to excellence in health, nutrition, wellness, and allied sciences. Our mission is to provide high-quality education that equips students with the knowledge, practical skills, and confidence required to excel in today's evolving healthcare and wellness industry.

We believe that education is more than earning a qualification—it is about developing the ability to create a positive impact on individuals and communities. Through our carefully designed programs, we aim to nurture competent professionals who are committed to lifelong learning, ethical practices, and holistic well-being.

Whether you are a student beginning your educational journey, a healthcare professional looking to upgrade your skills, or an individual passionate about health and wellness, Chehar Institute provides the right platform to achieve your academic and career aspirations.





WHY CHOOSE CHEHAR INSTITUTE?

- ✓ Industry-Oriented Curriculum
- ✓ Experienced Faculty & Academic Support
- ✓ Flexible Learning Environment
- ✓ Practical & Application-Based Education
- ✓ Affordable Fee Structure
- ✓ Career-Focused Programs
- ✓ Student-Centric Learning Approach
- ✓ Certificate Upon Successful Completion



► Our Vision

To be a leading institution in health, nutrition, and wellness education by delivering quality, innovative, and career-focused learning that empowers individuals to build healthier communities and successful careers.

► Our Mission

To provide accessible, practical, and industry-oriented education that equips learners with the knowledge, skills, and ethical values needed to excel in the healthcare and wellness sector while promoting lifelong learning and holistic well-being.

DIPLOMA IN DIET & NUTRITION SCIENCE

Comprehensive Wellness Science



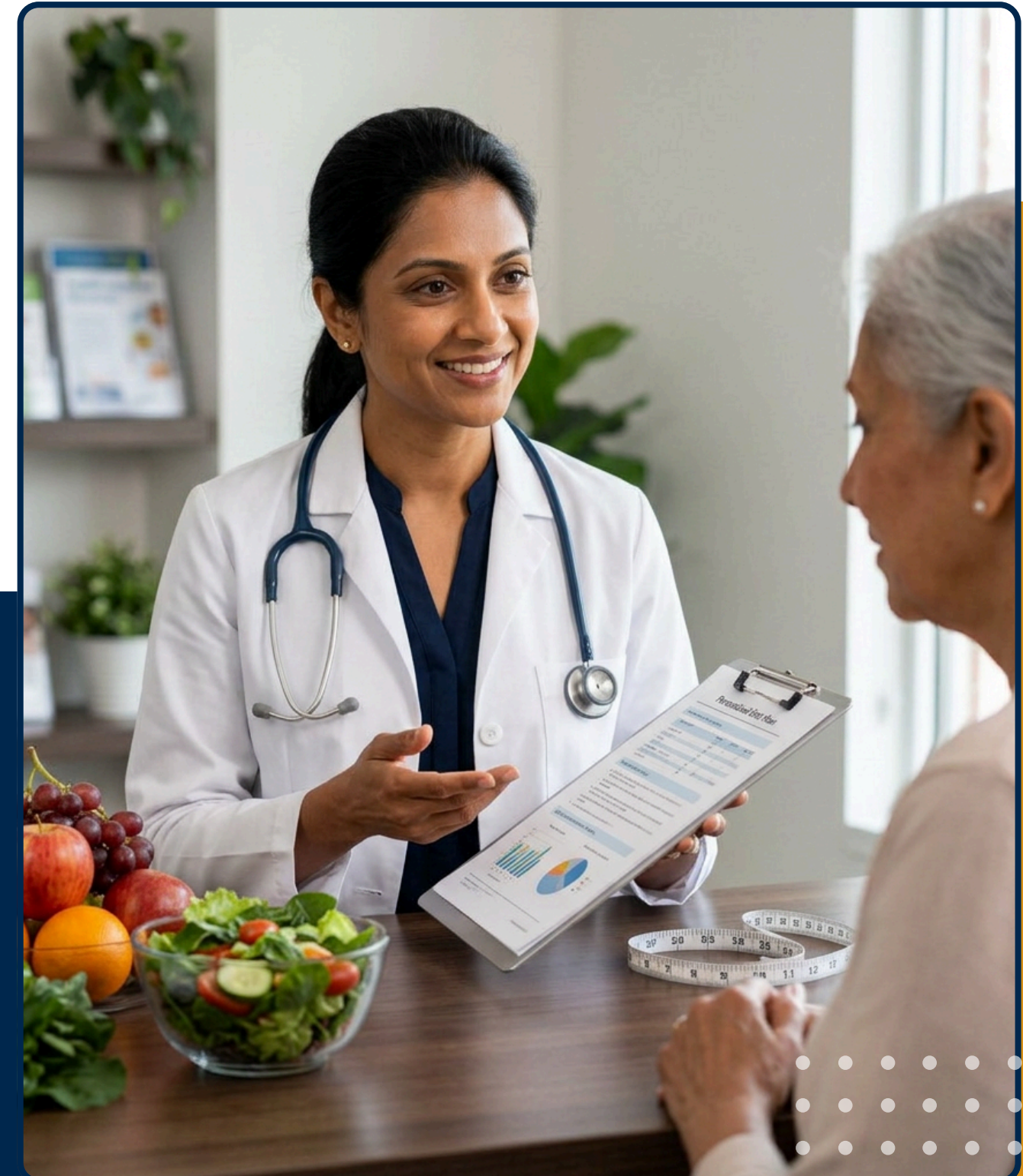
About the Course:

The Diploma in Diet & Nutrition Science is a comprehensive 6-month certification program designed to provide in-depth knowledge of nutrition, food science, and human health. This course focuses on the scientific principles of nutrition, the role of food in maintaining health, and the application of dietary practices for disease prevention and overall well-being.

Students will gain a strong understanding of human physiology, nutritional assessment, food science, and community nutrition while developing practical skills in planning healthy diets and promoting wellness. The program is ideal for individuals who wish to build a strong foundation in nutrition and pursue opportunities in the growing health and wellness sector.

Course Objectives:

- ✓ Understand advanced concepts of nutrition and food science.
- ✓ Learn the fundamentals of human physiology and body functions.
- ✓ Perform basic nutritional assessments and dietary evaluations.
- ✓ Understand the importance of community nutrition and public health.
- ✓ Promote healthy eating habits and preventive healthcare.
- ✓ Develop practical knowledge for personal, community, and professional wellness.





COURSE DURATION: **6 MONTHS**

This six-month program provides learners with a comprehensive understanding of diet, nutrition, and wellness through a balanced combination of theoretical learning and practical application.



COURSE FEE: **₹19,999/-**

The course fee includes comprehensive study materials, academic guidance, assessments, and certification upon successful completion of the program.





ELIGIBILITY

Candidates who have successfully completed 10th Standard (SSC) or an equivalent qualification from a recognized board are eligible to enroll. No prior knowledge of nutrition or healthcare is required.



WHO CAN ENROLL

- Students
- Homemakers / Working Professionals
- Fitness Trainers / Yoga Instructors
- Healthcare Aspirants
- Wellness Coaches
- Nutrition Enthusiasts
- Anyone interested in Health, Diet & Nutrition



CAREER OPPORTUNITIES

After completing this course, learners can explore opportunities as:

- Diet & Nutrition Assistant
- Nutrition Consultant (Foundation Level)
- Wellness Advisor
- Community Nutrition Educator
- Health & Wellness Coordinator
- Nutrition Programme Assistant





COURSE CURRICULUM:

- Advanced Nutrition & Food Science
- Human Physiology
- Nutritional Assessment
- Community Nutrition
- Wellness Management

ADMISSION PROCESS:

The admission process is simple and student-friendly.

1. Obtain the Registration Form from the institute.
2. Fill in the required details and submit the necessary documents.
3. The institute will verify the submitted information.
4. Upon successful verification, complete the course fee payment.
5. Receive your admission confirmation and begin your learning journey with Chehar Institute.





START YOUR LEARNING JOURNEY TODAY!

Take the First Step Towards a Successful Career

GET IN TOUCH:



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