



www.cheharinstitute.in

CHEHAR INSTITUTE

Empowering Future Healthcare & Wellness Professionals

Diploma in Nutrition
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 NUTRITION

Foundations of Healthy Living



About the Course:

The Diploma in Nutrition is a comprehensive 2-month program designed to build a strong foundation in nutrition, healthy eating, and balanced diet planning. The course introduces the fundamentals of nutrition, food groups, essential nutrients, and their role in maintaining overall health and preventing lifestyle-related diseases.

Through a practical and easy-to-understand curriculum, students learn how to plan balanced diets, understand nutritional requirements across different age groups, and adopt healthier eating habits. Whether for personal development or as a stepping stone toward a career in health and wellness, this program equips learners with valuable knowledge that can be applied in everyday life.

Course Objectives:

- ✓ Understand the fundamentals of nutrition and healthy eating.
- ✓ Learn the importance of essential nutrients and food groups.
- ✓ Develop skills in balanced diet planning.
- ✓ Understand nutritional needs at different life stages.
- ✓ Explore the role of nutrition in preventing lifestyle diseases.
- ✓ Promote healthy eating habits and overall well-being.





COURSE DURATION: **2 MONTHS**

The Diploma in Nutrition is designed as a short-term certification program that enables learners to gain essential knowledge in nutrition and healthy living within a structured two-month learning period. The curriculum is planned to ensure comprehensive understanding while allowing students the flexibility to balance their studies with personal or professional commitments.



COURSE FEE: **₹9,999/-**

The course fee includes access to the academic curriculum, study materials, assessments, and certification upon successful completion of the program.





ELIGIBILITY

Candidates who have 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 Enthusiasts
- Yoga Trainers
- Healthcare Aspirants
- Anyone interested in Health & Nutrition



CAREER OPPORTUNITIES

After completing this course, you can explore opportunities as:

- Nutrition Assistant
- Wellness Advisor
- Health Educator
- Diet Planning Assistant
- Lifestyle Coach
- Community Health Volunteer

You can also pursue advanced studies in Nutrition, Dietetics, and Health Sciences.



COURSE CURRICULUM:

- Basics of Nutrition & Food Groups
- Balanced Diet Planning
- Nutritional Requirements
- Lifestyle Diseases

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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