



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Accredited by NAAC with 'A++' Grade

Sector-01, Kamothe, Navi Mumbai - 410 209

Tel 022-27432471, 022-27432994, Fax 022 - 27431094

E-mail : registrar@mgmuhs.com | Website : www.mgmuhs.com

Value Added Course

**Clinical Nutrition for patients
having Neurological and or
Musculoskeletal disorders**


Dr. Rajesh B. Goel
Registrar
MGM INSTITUTE OF HEALTH SCIENCES
(DEEMED UNIVERSITY u/s 3 of UGC Act, 1956)
NAVI MUMBAI- 410 209


Dr. Shashank D. Dalvi
Vice Chancellor
MGM INSTITUTE OF HEALTH SCIENCES
(DEEMED UNIVERSITY u/s 3 of UGC Act, 1956)
KAMOTHE, NAVI MUMBAI



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS
(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)
(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A'' Accredited by NAAC
Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620
Email: mgmudpo@mgsuhs.com | Website: www.mgmudpo.edu.in

Value Added Course

Title: 'Clinical Nutrition for patients having Neurological and/or Musculoskeletal Disorders'

Course Duration: 16 hours – 2 weeks

Course Coordinator: Dr. Simranjeet Kaur (P&O)

Mona Singh (Clinical Chief Dietician)

Venue: MGM Institute's University Department of Prosthetics & Orthotics, Kamothe, Navi Mumbai.

Course Objectives:

- Understand the basic principles of nutrition and its role in promoting health.
- Identify and analyse various nutrients and their functions in the human body.
- Learn various types of diets.
- Evaluate dietary patterns and their impact on overall health and well-being.
- Critically assess nutrition information and myths prevalent in media and society.
- Discuss current nutrition recommendations and guidelines from reputable sources.
- Develop skills in interpreting food labels and making informed food choices.

Course Learning Outcome:

- Foundational Knowledge
- Dietary Assessment and Planning
- Nutrition and Health Relationships
- Nutrition Counselling and Communication

Course Evaluation: Case Study (10Marks) & Multiple Choice Questions (10Marks)

Total – 20 Marks

Dr. Uttara Deshmukh (P&O)

Head of the Department,

MGM Institute's University Department of Prosthetics and Orthotics,

Sector-01, Kamothe, Navi Mumbai.

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SR NO.	TIME	TOPIC	RESOURCE PERSON	HOURS
1.	03:00 PM to 04:00 PM	Need of Nutrition	Mona Singh	01
2.	03:00 PM to 04:00 PM	Nutrition Fundamentals – Micronutrients, Macronutrients, Label Reading	Mona Singh	01
3.	04:00 PM to 05:00 PM	Nutrition Fundamentals – Micronutrients, Macronutrients, Label Reading	Dr. Simranjeet Kaur (P&O)	01
4.	03:00 PM to 04:00 PM	Types of Diet	Mona Singh	01
5.	04:00 PM to 05:00 PM	Hydration & Hormone	Dr. Simranjeet Kaur (P&O)	01
6.	04:00 PM to 05:00 PM	Nutritional Myths	Dr. Simranjeet Kaur (P&O)	01
7.	04:00 PM to 05:00 PM	Body Mass Index (BMI), Basal Metabolic Rate (BMR) & Calories - Description	Dr. Simranjeet Kaur (P&O)	01
8.	04:00 PM to 05:00 PM	Body Mass Index (BMI), Basal Metabolic Rate (BMR) & Calories- Calculation	Dr. Simranjeet Kaur (P&O)	01
9.	04:00 PM to 05:00 PM	Client Assessment	Dr. Simranjeet Kaur (P&O)	01
10.	04:00 PM to 05:00 PM	Client Monitoring	Dr. Simranjeet Kaur (P&O)	01
11.	04:00 PM to 05:00 PM	Activity – Calories Calculation	Dr. Simranjeet Kaur (P&O)	02
12.	04:00 PM to 05:00 PM	Activity – Healthy food Vs. Junk Food	Dr. Simranjeet Kaur (P&O)	01
13.	03:00 PM to 04:00 PM	Case Study	Mona Singh	03


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SCHEME OF EVALUATION

Q. 1 Case Study (One Question) (1X10)	10 Marks
Q. 2 Multiple Choice Question (10 Questions) (1X10)	10 Marks

Total – 20 Marks

Uttara

Dr. Uttara Deshmukh (P&O)

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