



Holistic Health & Wellness Solution Foundation

समग्र स्वास्थ्य एवं कल्याण समाधान फाउंडेशन



**3 MONTH CERTIFICATE COURSE ON
HOLISTIC HEALTH & NUTRITION
ENTREPRENEURSHIP**

About us

Holistic Health And Wellness Solution Foundation , an Indian Section-8 NGO Company for providing a better and efficient health and wellness solutions and education through our different online courses and programs

Our Mission

Our mission at the Holistic Health and Wellness Solution Foundation is to empower individuals to achieve optimal health and wellbeing through a holistic approach that encompasses physical, emotional, and spiritual wellness. We strive to provide access to education through our online courses, resources, and support that promote self-care, mindfulness, and sustainable lifestyle changes. Our foundation is dedicated to creating a community where individuals can thrive and lead fulfilling lives

Course Overview

The "3 Month Certificate Course Holistic Health & Nutrition" offers a unique opportunity to combine your passion for nutrition and dietetics with the skills and knowledge required to start and run your own business. This comprehensive program provides a strong foundation in nutrition science, business management, and entrepreneurial strategies, enabling you to make a positive impact on people's health while building a successful venture in the nutrition and wellness industry.

Course Highlights

1. **Nutrition Fundamentals:** Gain a deep understanding of human nutrition, metabolism, and the role of macronutrients, micronutrients, and functional foods in promoting optimal health.
2. **Dietetics and Meal Planning:** Learn the principles of therapeutic diets, menu planning, and recipe development for specific dietary needs, including weight management, sports nutrition, and medical conditions.
3. **Food Safety and Quality Assurance:** Understand the importance of maintaining food safety standards, regulatory compliance, and quality assurance in the food service industry.
4. **Entrepreneurship and Business Development:** Develop essential entrepreneurial skills such as business planning, marketing strategies, financial management, and customer relationship management to establish and grow your nutrition and dietetics enterprise.
5. **Communication and Counseling:** Enhance your interpersonal and communication skills to effectively educate and motivate individuals and groups about healthy eating habits and lifestyle changes.
6. **Industry Internship:** Gain practical experience through an industry internship, where you will apply your knowledge in a





Course Highlights

real-world setting and network with professionals in the nutrition and dietetics field.

7. Ethical Considerations: Explore the ethical and legal aspects of nutrition counseling, including confidentiality, informed consent, and professional standards.

8. Emerging Trends and Research: Stay up-to-date with the latest advancements in nutrition science, dietary guidelines, and research methods, and learn to incorporate evidence-based practices into your entrepreneurial ventures.

Carrier Opportunitites

Upon completion of the Diploma in Nutrition & Dietetics Entrepreneurship, you will be equipped with the skills and knowledge to pursue a range of rewarding career paths, including:

- Nutrition and Wellness Consultant
- Personalized Meal Plan Provider
- Healthy Catering and Food Delivery Entrepreneur
- Nutritional Supplement Manufacturer, Distributor or Entrepreneurs
- Health and Wellness Coach
- Community Nutritionist
- Fitness and Weight Management Consultant
- Clinical Dietitian in Hospitals and Healthcare Facilities
- Research Assistant in Nutrition Studies

Entry Requirements:

Matriculation

Duration

The program is designed to be completed in 6 months, including 3 of months for internship placement.

Certification:

Upon successful completion of the program, you will be awarded a Certificate Course in Holistic Health & Nutrition Entrepreneurship from "Holistic Health and Wellness solution Foundation"

Take the First Step Towards a Healthy Business Entrepreneurship

Enroll in the in Holistic Health & Nutrition Entrepreneurship Certificate Course and embark on a rewarding journey that combines your passion for nutrition with the skills of an entrepreneur.

Join us at "Holistic Health and Wellness Solution Foundation" and make a difference in people's lives while building a thriving business in the nutrition and dietetics industry.

Future of Certificate Course in Holistic Health & Nutrition entrepreneurship

The business of health, wellness, nutrition, preventive health is growing very fast all over the world. In 2020 itself, this industry has become worth 4.4 trillion dollars and is growing very fast! You can build your future in this healthy revolution full of immense possibilities, as well as you can get invaluable blessings by keeping yourself and your family and community healthy! It has the following possibilities

1. **Personalized Nutrition:** As our understanding of genetics, microbiome, and individual dietary needs advances, personalized nutrition will become more prominent. Entrepreneurs in this field can develop products and services that tailor nutritional recommendations to an individual's specific needs, including genetic testing, personalized meal planning, and targeted supplementation.
2. **Technology Integration:** Technology will continue to play a significant role in the future of nutrition and dietetics entrepreneurship. Mobile apps, wearable devices, and smart kitchen appliances will facilitate data collection, analysis, and tracking of dietary habits. Entrepreneurs can capitalize on these advancements by creating innovative solutions that make it easier for individuals to monitor and improve their nutrition.

3. **Telehealth and Virtual Coaching:** The COVID-19 pandemic accelerated the adoption of telehealth services, including virtual coaching and counseling. This trend is likely to continue, providing opportunities for nutrition and dietetics entrepreneurs to offer remote consultations, online coaching programs, and virtual nutrition clinics. Remote monitoring tools and virtual platforms can enhance accessibility and convenience for clients.

4. **Plant-Based and Sustainable Diets:** With increasing awareness of environmental sustainability and the health benefits of plant-based diets, entrepreneurs can focus on developing innovative plant-based food products, meal delivery services, and sustainable packaging solutions. This trend aligns with the growing demand for ethical and eco-friendly food choices.

5. **Nutraceuticals and Functional Foods:** Consumers are becoming more interested in functional foods and nutraceuticals—foods and supplements with additional health benefits. Entrepreneurs can explore the development of specialized functional foods, fortified products, and supplements targeting specific health conditions or providing unique nutritional benefits.

GLOBAL WELLNESS ECONOMY: \$4.4 TRILLION IN 2020



Note: Numbers do not add to total due to overlap in sectors.

Source: Global Wellness Institute

Course Format



Course Duration - 3 months



500+ Candidates certified



Format - Online



100+ hours of learning



Language - English and Hindi



30+ lectures



Certificates - 3+



Platform - Zoom & Teachable



Expert mentors from around the world



Website Available

Learn from the best Doctors & Faculty



Dr. B.L. Meghwal

Paediatrician,
Assistant Professor
(RNT-Medical College)



Dr. Banwari Mittal

Senior Homeopathic Doctor
Rtd. Government doctor



Dr. Vinod Akhand

MBBS, Diabetologist



Dr. O.P. Samar

Chief Medical Officer
(Raj-Govt.) MD,
TB & Chest physician



Dr. Vishal Jain

MBBS, Specialised in Life
Style Diseases



Dr. S.N. Meena

Director (Raj Govt.)
MD, TB & Chest physician



Dr. Sonu Garg

Paediatrician
MD Paediatrics



Harish Nagar

Director, Holistic Health
And Wellness Solution
Foundation

COURSE CURRICULUM

- Foundations of Nutrition, Dietetics & Wellness Industry
- Introduction to the Industry
- Overview of the Nutrition, Dietetics & Wellness field
- Historical perspective and evolution
- Key players and stakeholders
- Methodology in Nutrition & Wellness
- Defining Health
- Multidimensional aspects of health
- Holistic approach to wellness
- Assessment Tools
- BMI (Body Mass Index)
- Hip to Waist Ratio
- Body Fat Calipers
- Other relevant health assessments
- Human Physiology and its Relationship with Nutrition
- Fundamentals of Human Physiology
- Key organ systems and their functions
- How physiology impacts nutritional needs
- Interconnection of Physiology and Nutrition
- Integrating physiological knowledge into dietary recommendations
- Nutrient Concepts and Recommended Nutrient Intakes (RNI)
- Types of Nutrients
- Macro-nutrients (Proteins, Carbohydrates, Fats)
- Micro-nutrients (Vitamins, Minerals)
- Dietary fiber and water
- Guidelines for optimal nutrient consumption
- Adjusting RNI based on individual needs
- The Law of Energy Balance
- Energy In vs. Energy Out
- Caloric intake and expenditure
- Factors influencing energy balance
- Practical Applications
- Designing nutrition plans for weight management
- Addressing energy balance in different life stages

COURSE CURRICULUM

- **Macronutrient Fundamentals**
- **Fundamentals of Carbohydrates**
- **Structure, sources, and functions**
- **Impact on energy levels and metabolism**
- **Fundamentals of Protein**
- **Amino acids, sources**
- **Protein synthesis and its importance**
- **Fundamentals of Fat**
- **Types of fats, functions, and dietary implications**
- **Relationship with health and energy storage**
- **Caloric Management and Meal Planning**
- **Art of Calculating Calories in a Meal**
- **Understanding caloric content**
- **Calculating energy expenditure**
- **Preparing a Plan According to Target Calories**
- **Setting and adjusting caloric goals**
- **Crafting balanced meals for specific targets**
- **Metabolism**
- **Factors influencing metabolism**
- **Weight Management Strategies**
- **Preparing a Plan for Weight Loss**
- **Manual planning techniques**
- **Preparing a Plan for Weight Gain**
- **Strategies for healthy weight gain**
- **Adjusting macronutrient ratios for muscle development**
- **Dietary Approaches and Meal Planning Techniques**
- **Difference Between Vegetarian & Non-Vegetarian Meal Planning**
- **Addressing nutritional needs in different dietary preferences**
- **Industry Level Diet Plan Presentation Techniques**
- **Creating professional and visually appealing diet plans**
- **Customizing plans for diverse client needs**
- **Optimum Wellness Diet Presentation Style**
- **Effective communication of wellness concepts**
- **Enhancing client understanding and compliance**
- **Advanced Nutritional Concepts**
- **Overview of essential vitamins and minerals**
- **Importance for overall health and well-being**

COURSE CURRICULUM

- Advanced Concepts of Micronutrients
- Role in preventing deficiencies and promoting health
- Specialized Nutrition and Health Conditions
- Nutrition Plans for Diabetes
- Tailoring diets to manage blood sugar levels
- Case study analysis of diabetes management
- Obesity, CVD, and Heart Disease
- Understanding the link between nutrition and cardiovascular health
- Strategies for preventing and managing obesity-related conditions
- PCOS, Hypothyroidism, and Uric Acid Plans
- Addressing hormonal imbalances through nutrition
- Case studies on PCOS, hypothyroidism, and uric acid management
- Sports Nutrition and Specialized Plans
- Introduction to Sports Nutrition
- Nutrition requirements for athletes
- Performance-enhancing strategies
- Nutrition Plans for Muscle Gain & Bodybuilding
- Designing nutrition plans for muscle development
- Case study analysis of successful bodybuilding nutrition
- Hormones and Digestive Health Issues
- Understanding hormonal influences on nutrition
- Addressing digestive health concerns through dietary interventions
- Vegan, Ketogenic, and Macro-Focused Plans
- Exploring specialized dietary approaches
- Professional Skills and Entrepreneurship
- The Art of Coaching, Selling & Mentoring Clients
- Developing effective coaching and communication skills
- Strategies for client retention and success
- Marketing and Entrepreneurship
- Building a wellness brand
- Utilizing marketing tools, client reviews, and testimonials
- Fundamentals of designing and entrepreneurship
- Effective Communication and Advanced Topics
- Communicating with Clients & Professional Communication
- Enhancing communication skills with clients
- Professionalism in nutrition coaching
- Nutrition Myths and Types of Diets
- Debunking common nutrition myths
- Exploring different types of diets and their implications