



MASTERCLASS IN INTERMITTENT FASTING



ABOUT NUTRI WORLD

Nutri World, established in 2017 by Dietitian Dipanwita Saha, is a renowned Sole Proprietorship Nutrition Education and Consultancy business based in India. Certified by IAF, ISO, MSME, and TRADEMARKED, Nutri World has educated over 20,000 students globally, offering a range of nutritional courses and diet consultancy services. With a dedicated team of 25 Nutrition Faculties and 10 Clinical Dietitians, the organization works internationally, serving countries like Bangladesh, the UK, USA, Netherlands, Nigeria, and the Philippines. Nutri World aims to promote nutrition education, raise awareness for healthy lifestyles, and become a leading platform for education and diet-related services in India.





Founder & Director **DIPANWITA SAHA**

Clinical Dietitian & Nutripreneur M.Sc. (Clinical Nutrition & Dietetics), | PGD (Food Technology) | Certified Diabetes Educator | Certified Oncology Dietitian | Associated with Kolkata Heart Foundation as a Consultant Dietitian| Consultant Dietitian at Suraksha Polyclinic | Sr. Nutritionist at Hiya Heart Clinic | Sr. International Nutri Educator at 20 Minutes Medical, Bangladesh| Life Member of Indian Association of Parenteral & Enteral Nutrition | Bengali Book Writer - "Aapnar Shoreer Bolchhi"

Achievement

- The Real Super Woman Award, 2022 by by Forever Star India
- India's Top Ideal Woman Award 2023, Presented by Femmetimes India - Category- Woman Healthpreneur & Also Featuring of Entrepreneur Journey on Femmetimes Magazine
- Star Woman of the Year-2023 Presented by India Star Community- Category- Young Dietitian
- International Diabetes Educator Excellence Award 2023 by USV & NDEP
- Bengal Leadership Award Holder 2024 by Today's Story

ABOUT COURSE

Masterclass in Intermittent Fasting by Nutri World is designed for nutrition students seeking in-depth knowledge about this trending dietary approach. The course covers the science behind intermittent fasting, its benefits, potential risks, and practical applications in diverse populations. With expert-led sessions, real-life case studies, and evidence-based insights, students will gain a comprehensive understanding of how to incorporate intermittent fasting effectively into personalized diet plans



COURSE DETAILS

DURATION:	5 Classes
FORMAT LIVE ONLINE CLASSES:	1 Hour classes conducted on the Google Meet Platform
DATE & TIME:	Sunday 12:30 pm
ELIGIBILITY :	Msc in Nutrition Pursuing or Passed out with Completed the Basic Level of Diet Plan Making Program
EXAMINATION:	F.M : 50 (MCQ Types Questions and Answers) (Pass Marks will 70% in total will be needed to qualify in exam)
CERTIFICATION:	Provide E-Certification (ISO Registered Certification)

SPECIAL FEATURES:

- 1) Recorded Classes will be provided after every class
- 2) Exclusive soft copy study materials will be provided

COURSE SYLLABUS

MODULE 1: INTRODUCTION TO INTERMITTENT FASTING

- ➊ **Overview of Intermittent Fasting (IF)**
 - Definition and concepts of IF
 - Historical background and traditional fasting practices
- ➋ **Types of Intermittent Fasting**
 - 16/8 Method
 - 5:2 Diet
 - Alternate-Day Fasting
 - Eat-Stop-Eat
- ➌ **Physiological Mechanisms**
 - The science behind fasting and metabolic changes
 - Impact on glucose, insulin, and hormones (e.g., ghrelin, leptin)
- ➍ **Benefits of IF**
 - Weight loss, metabolic health, cognitive function, and longevity

MODULE 2: HEALTH BENEFITS AND RISKS OF INTERMITTENT FASTING

- ➊ **Health Benefits**
 - Impact on metabolic syndrome, insulin sensitivity, and cardiovascular health
 - Effects on cellular repair and autophagy
- ➋ **Potential Risks and Contraindications**
 - Effects on eating disorders and nutritional deficiencies
 - Risks for specific populations (e.g., pregnant women, people with diabetes)

MODULE 3: INTERMITTENT FASTING PROTOCOLS AND IMPLEMENTATION

- ➊ **Designing IF Protocols for Different Goals**
 - Weight management, muscle gain, and metabolic health
 - Adjusting IF based on individual lifestyle, age, and activity level
- ➋ **Nutrient Timing and Meal Planning**
 - Macronutrient and micronutrient considerations
 - Pre- and post-fasting meal planning
- ➌ **Monitoring and Tracking Progress**
 - Key TECHNIQUES for assessing the impact of IF

MODULE 4: PRACTICAL APPLICATIONS AND COUNSELING STRATEGIES

- ➊ **Guiding Clients in IF: Counseling Techniques**
 - Dealing with hunger, cravings, and social situations
 - Modifying IF approaches to suit individual needs
- ➋ **Common Challenges and How to Overcome Them**
 - Assessing readiness and setting realistic goals
 - Motivational interviewing and behavior change techniques



Our Instructor
DEBASREE SADHU

M.Sc in FPN (IEST, Shibpur)
B.Sc in Nutrition (B.U)
Assistant Professor (OIHS, WBUHS)
Certified Diabetes Educator
Certified Renal Nutritionist
Certified Community Nutritionist

ADMISSION PROCESS & FEES STRUCTURE



Register Now

(Click the link & fill up the admission form)

Nutri World®

FEES STRUCTURE

ONE TIME PAYMENT:

₹799/- (FOR 1 MONTH)

(After enrolment fee cannot be refunded at any circumstances)



DISCLAIMER

This training program/course is not designed to qualify participants as dietitians or to use the title of a dietitian. Becoming a legitimate dietitian or nutritionist requires a minimum of five years of formal education at a recognized college or university. This typically includes pursuing advanced degrees such as a Master's in Food & Nutrition, Food Science, or Dietetics, complemented by a practical internship in a hospital setting. Additionally, it is advisable to pass the national Registered Dietitian (RD) examination to achieve professional recognition in this field. Please note that our program does not support or advocate for short-term crash courses that claim to certify individuals as dietitians in an unrealistic timeframe. Our aim is to provide foundational knowledge and skills, not to replace the extensive education and certification required for dietetics professionals.

Contact Details

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