



Nutri World®

# ADVANCED MASTERCLASS IN OBESITY MANAGEMENT



# ABOUT NUTRI WORLD

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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
- Bengal Icon Award Holder 2024 by Today's Story

# ABOUT COURSE

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Nutri World presents the Advanced Masterclass in Obesity Management, a specialized course designed for nutritionists, dietitians, and healthcare professionals aiming to deepen their expertise in obesity treatment. This masterclass covers advanced topics such as metabolic adaptations, hormonal influences, medical nutrition therapy, behavioral interventions, and evidence-based strategies for sustainable weight management. Led by industry experts, the course offers practical insights, case studies, and the latest research updates to enhance professional competency. Join Nutri World to master the science of obesity management and make a transformative impact on health and wellness.





# COURSE DETAILS

**DURATION:**

10 Classes

**FORMAT LIVE  
ONLINE CLASSES:**

1 Hour classes conducted on the Google Meet Platform

**DATE & TIME:**

The Time schedule will be shared after completing the admission process.

**ELIGIBILITY :**

Bsc, Msc in Nutrition Pursuing or Passed out

**EXAMINATION:**

F.M : 50 Marks– MCQ Type Google Form Exam (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: FUNDAMENTALS OF OBESITY

- Definition, Types, and Classifications of Obesity
- Epidemiology: Global and Indian Perspectives
- Etiology: Genetic, Environmental, and Behavioral Factors
- Role of Hormones in Obesity (Leptin, Ghrelin, Insulin Resistance)

## MODULE 2: PATHOPHYSIOLOGY OF OBESITY

- Mechanisms of Weight Gain and Fat Deposition
- Adipose Tissue Function and Dysfunction
- Chronic Diseases Linked to Obesity (Diabetes, CVD, PCOS)

## MODULE 3: NUTRITION AND DIETARY MANAGEMENT

- Role of Macronutrients in Obesity Management
- Designing Caloric Deficit Diets
- Advanced Diet Patterns: Keto, Intermittent Fasting, Low-Carb, and VLCD
- Personalized Diet Planning
- Deficiencies During Obesity

## MODULE 4: BEHAVIORAL AND PSYCHOLOGICAL ASPECTS

- Emotional Eating and Food Addiction
- Behavior Modification Techniques (CBT, Motivational Interviewing)
- Building Sustainable Healthy Habits

## MODULE 5: EXERCISE AND PHYSICAL ACTIVITY IN OBESITY

- Role of Exercise in Weight Management
- Types of Exercises (Cardio, Strength Training, HIIT)
- Creating Personalized Fitness Plans





# COURSE SYLLABUS

## MODULE 6: PHARMACOLOGICAL AND MEDICAL INTERVENTIONS

- Overview of Anti-Obesity Medications
- Understanding Bariatric Surgery: Indications and Types
- Risks and Post-Surgical Nutrition

## MODULE 7: PAEDIATRIC AND ADOLESCENT OBESITY

- Causes and Consequences of Childhood Obesity
- Nutritional Strategies for Different Age Groups
- Engaging Families in Obesity Management

## MODULE 8: HORMONAL AND ENDOCRINE DISORDERS IN OBESITY

- Thyroid Disorders, PCOS, and Metabolic Syndrome
- Impact of Menopause on Weight Gain
- Role of Gut Microbiota in Obesity

## MODULE 9: ADVANCED TOOLS FOR OBESITY MANAGEMENT

- Use of Technology (Apps, Wearables) in Weight Loss Programs
- Understanding DEXA, BIA, and BMI Measurements
- Tracking Progress and Long-Term Maintenance

## MODULE 10: CASE STUDIES AND PRACTICAL APPROACH

- Discussion of Real-Life Obesity Cases
- Designing Comprehensive Management Plans
- Addressing Barriers to Success
- Open Q&A Session





**Our Instructor**  
**ANURADHA SHARMA**

**M.Sc in Food & Nutrition (Gold-Medalist)**  
**Clinical Nutritionist & Dietitian**  
**Experienced over 10 years in Hospital Industry**  
**(Critical Care Nutrition, Obesity Management,**  
**Cancer Care, Paediatric Endocrinology & Many more)**





# ADMISSION PROCESS & FEES STRUCTURE



**Register Now**

(Click the link & fill up the admission form)

Nutri World<sup>®</sup>

**FEES STRUCTURE**

**ONE TIME PAYMENT:**

**₹1999/-**

**MONTHLY PAYMENT:**

**₹999/-**

(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

**WhatsApp no :** +919647372176/+919593393446

**Email :** [management@gonutriworld.com](mailto:management@gonutriworld.com)

**Website :** [www.gonutriworld.com](http://www.gonutriworld.com)

