

# DIETICIAN

A Dietician is a registered professional, who studies the science of nutrition and uses this knowledge to advise people on their food and nutrition choices. Dieticians help their patients by correcting their eating habits with diet charts, meal-plans, etc. Dieticians create awareness around healthy consumption.

## PERSONAL COMPETENCIES

- You are interested in health and nutrition
- You like to help others solve their problems
- You like to research and work independently
- You have good communication skills



The approx. course fee ranges between **INR 40,000 - 1,00,000\*** for the full course

*\*These figures are estimated numbers and will vary from Institute to Institute.*

## SCHOLARSHIPS

• National Scholarship Portal - Visit [www.scholarships.gov.in](http://www.scholarships.gov.in). Under this portal there are Central Government schemes, UGC/AICTE Schemes and Assam Government Schemes offered by different departments\*

• Visit [www.buddy4study.com](http://www.buddy4study.com) for details on available scholarships. This is a gateway to scholarships starting from Class XI\*

• Scholarships are also available in the Institutes based on merit\*

*\*(Availability of these scholarships can vary from time to time)*

## LOANS

• VidyaLakshmi, [www.vidyalakshmi.co.in](http://www.vidyalakshmi.co.in), is a portal for students seeking education loan. This portal has been developed under the guidance of the Department of Financial Services, (Ministry of Finance), Department of Higher Education (Ministry of Human Resource Development) and Indian Banks Association (IBA).

• Some states have student credit cards with low interest rates, for instance, West Bengal, Odisha, Bihar, etc.

• All banks give education loans.



## ENTRY PATHWAY

1. Complete 10+2 in the Science stream (Physics, Chemistry and Biology)

2. Pursue a Bachelor's degree (B.Sc) in Nutrition & Dietetics/Food and Human Nutrition

**OR**

Complete Bachelor's degree followed by a Master's degree (M.Sc) in the same domain

**OR**

Pursue a PG Diploma in Clinical Nutrition & Dietetics/Food and Human Nutrition

*Please check the duration of the course during enrolment*



## EXPECTED INCOME

*\*These figures taken from NCS and are indicative and subject to change*

The approx. salary of a Dietician ranges between **INR 5,910 - 20,200\*** per month for freshers

Source: [bit.ly/3XiGslu](https://bit.ly/3XiGslu)

## WHERE WILL YOU WORK?

**Places of Work:** Government and Private hospitals, Healthcare centres, Self-employed, Nursing homes, Gyms, Fitness centres, Schools, Hostels

**Work Environment:** It is a desk job. Part-time work and contractual jobs are available. Working hours are usually for 8 to 9 hours everyday. This may vary from hospital to hospital. Shift system may be available

*Opportunities for work exist for differently abled in this field*

## EXPECTED GROWTH PATH

Trainee → Dietician → Senior Dietician  
→ Head of Department

Search keywords...



*dietician, diet specialist, nutritional counsellor*

## WHERE WILL YOU STUDY?

The course is offered by the Department of Dietetics and Nutrition. This list of institutes is indicative only.

### GOVERNMENT INSTITUTES

1. Assam Agricultural University, Jorhat
2. Bodoland University, Kokrajhar
3. Lady Irwin College, New Delhi
4. AIIMS Delhi
5. University of Calcutta
6. Tezpur University, Tezpur
7. Quaid-E-Millath Government College for Women, Chennai.
8. Government Arts College for Women, Ramanathapuram

### PRIVATE INSTITUTES

(Please check if Institute is affiliated and accredited with UGC and MCI before applying)

1. Assam Down Town University, Guwahati
2. All India Institute of Hygiene and Public Health, Kolkata
3. Kaziranga University - Jorhat
4. Assam Don Bosco University, Guwahati
5. ITM - Institute of Health Sciences, Nagpur
6. Nehru Arts and Science College, Coimbatore
7. Amity University, Noida
8. Christian Medical College, Vellore (Diploma)

Information on Institute rankings is available at - <https://www.nirfindia.org/2022/Ranking.html>

### DISTANCE LEARNING INSTITUTES

Indira Gandhi National Open University (IGNOU)



## EXAMPLE FROM THE FIELD

Nutritionist **Reshmi Roy Chowdhury** is a renowned celebrity nutritionist and columnist. She holds a master's degree in Food & Nutrition. She has been in active clinical practice since 1992 and her research work in the field of preventive health care has helped more than 5,00,000 patients to reap the benefits of non-drug therapy. She writes frequently in several national dailies like The Times of India, The Indian Express, etc. on health issues besides appearing as guest speaker in several TV channels.\*

Source: [https://www.dietitiankolkata.com/?page\\_id=2](https://www.dietitiankolkata.com/?page_id=2)

*\*The above information is for training purposes only and will not be used for any commercial gains*