

Add-On course on Healthy Eating for Healthy Weight Management

Achieving and maintaining a healthy weight includes healthy eating, physical activity, optimal sleep and stress reduction. Besides this, walking is often a good way to add more physical activity to human lifestyle. Several other factors may also affect weight gain or loss. Healthy eating features a variety of healthy foods. How much physical activity we need depends partly on whether we are trying to maintain our weight or lose weight. Managing our weight contributes to good health. In contrast, people who have obesity, compared to those with a healthy weight, are at increased risk for many serious diseases and health conditions. Helping people maintain a healthy weight is part of our goal of this certificate course. Candidates will learn how to develop a healthy eating plan to achieve a healthy weight. This course will break common myths about weight loss and teach the people the science behind healthy eating for a healthy weight management.

Duration: Within 16th May, 2024 to 30th June 2024 : Total 32 hrs Class

- ❖ **Eligibility:** H.S Pass in Science
- ❖ **Admission :** Contact: Suchita Bhowmick
- ❖ **ContactNo:** 6297072683
- ❖ **Seat Capacity:** 50
- ❖ **Course Fee:**The course is free to enroll and learn.
- ❖ **Evaluation:** MCQ test of 50 Marks
- ❖ **Resourse Person :**Arunima Gantait, Chaitali Jana, Suchita Bhowmick



Add-oncourseon

Healthy Eating for Healthy Weight Management

Tamralipta Mahavidyalaya, Tamluk - 721636



Courseoutcome:-

By the end of this course the learner will be able to-

- Understand what kind of diet is needed to manage their weight for healthy living.
- Identify how one can reach their attainable weight goal and that too within a particular time frame desired for weight control.
- Gain a solid understanding related to the management of healthy weight.
- Gain basic knowledge about nutrition.
- Discuss why we need healthy foods in our diet.
- Identify common eating disorders and ways to prevent these disorders.
- Discuss how healthy weight can be attained and maintained by people of different groups.
- Discuss the effects of weight loss on health and highlights the risks of rapid weight loss methods.

Dr. Abdul Motin
Principal

HOD, Dept. Of Nutrition

A. Gantait, C. Jana, S. Bhowmick
Coordinators