

M.Sc. Nutrition and Dietetics (2 yrs/4 sem.)



CAFODAT
COLLEGE

 Affiliated to Purbanchal University & CTEVT



CAFODAT COLLEGE is a preferred destination for Nepal's Food Technology, Dairy Technology, and Nutrition and dietetics education. It is a center for world-class (quality) education that prepares its graduates to lead in their chosen sector.

CAFODAT COLLEGE is offering M. Sc. in Nutrition & Dietetics, Bachelor of Food Technology (B. Tech. Food) and Bachelor of Dairy Technology (B. Tech. Dairy) in affiliation with Purbanchal University and also offering Diploma in Food and Dairy Technology in affiliation with the Council for Technical Education and Vocational Training (CTEVT).

The management team of CAFODAT COLLEGE consists of food scientists, dairy technologists, nutritionists, dietitians, academicians, researchers, entrepreneurs, and professionally experienced faculty members with proven track records in their fields of expertise.

CAFODAT COLLEGE is centrally located in Kumaripati, Lalitpur, which is an education hub in Lalitpur and easily accessible by public transportation systems.

What is Nutrition & Dietetics?

Nutrition is the study of how food affects the body. It involves understanding how different nutrients in food contribute to overall health and how to use that knowledge to promote good health and prevent or treat illness.

Dietetics is the application of the principles of nutrition to design and manage diets, especially for individuals with specific health needs. Dietitians and nutritionists use nutrition knowledge to help people make informed choices about what they eat and drink and to develop meal plans that meet their individual needs and goals.

The scope of Nutrition and Dietetics involves studying how food affects the health and well-being of individuals and populations.

M. Sc. in Nutrition & Dietetics Program

CAFODAT COLLEGE is the only college in Nepal that offers an M. Sc. in Nutrition & Dietetics program in affiliation with Purbanchal University (PU). It is a two-year Master's level program spread over 4 semesters that focuses on the study of human nutrition, national & international nutrition policy, nutrition related research, food science, and dietetics. The program typically covers topics such as the biochemistry of nutrients, the physiological and metabolic processes involved in nutrient utilization, the relationship between diet and health, and the assessment of dietary needs and the design of appropriate diets for various populations. The program designed to fulfil the needs of high level, competent, practical-oriented Nutrition Professionals and Dietitians.



Nutrition and Dietetics studies are growing in demand as more people need lifestyle adjustments and experts who can make sure we don't eat just the food that tastes good and looks good, but also the food that's healthy for us.

Upon completion of M. Sc. in Nutrition and Dietetics program, graduates are equipped with advanced knowledge and skills in the field of nutrition and dietetics, and are prepared for careers in a variety of settings, including hospitals, community health organizations, research institutions, and the food industry. They may also choose to continue their education and pursue doctoral degrees.

Objectives

- a. To produce higher-level human resources in designing and implementing Nutrition and Dietetics programs and services.
- b. To provide students with advanced knowledge and skills in nutrition and dietetics, including the scientific principles of human nutrition, the role of nutrients in the body, and the relationships between diet and health.
- c. To help students develop a comprehensive understanding of the role of nutrition and dietetics in preventing and managing various health conditions, such as obesity, diabetes, heart disease, digestive disorders and common non communicable diseases.
- d. To train students to assess the nutritional status of individuals and populations, design and implement nutrition interventions, and evaluate their effectiveness.
- e. To equip students with the necessary skills to conduct independent research in nutrition and dietetics and interpret and apply research findings to real-world situations.
- f. To provide students with opportunities to gain practical experience through internships at hospitals, research projects, clinical rotations and communities so they can apply their knowledge and skills in real-world settings.
- g. To prepare students for leadership roles in nutrition and dietetics, such as public health, education, Counselling, behavior change communication, and clinical practice.
- h. To promote ethical and professional conduct in nutrition and dietetics and to encourage students to engage in lifelong learning and professional development.
- i. To fulfil the current need of nutrition and Dietetics graduates required in the Federal Government, Provincial Government, and Municipality as well as in hospitals, community health organizations, research institutions, food industry and health care centers.

Career/ Job Prospects

M. Sc. in Nutrition & Dietetics graduates have various career and job prospects. Some of the common career paths include:

1. Get employment in governmental, semi-governmental, and non-governmental organizations and national & international programs & projects.
2. Self-employment by way of establishing a Dietary consulting firm and working as Consultants in the field of nutrition and dietetics may provide advice and recommendations to clients on healthy eating habits, weight loss, and disease
3. Clinical Dietitian: Clinical dietitians work in hospitals, long-term care facilities, or private practices to develop and implement nutrition plans for patients with various health conditions.
4. Community Dietitian: Community dietitians work in public health settings to promote healthy eating habits and prevent chronic diseases through nutrition education and community outreach programs.
5. Sports Nutritionist: Sports nutritionists work with athletes, coaches, and sports teams to develop personalized nutrition plans to optimize athletic performance and recovery.
6. Food Service Manager: Food service managers plan, direct, and coordinate food service operations in healthcare facilities, schools, and other institutions.
7. Researcher: Nutrition and dietetics graduates may pursue careers in research, working in academic institutions, government agencies, or private companies to conduct research in maternal & child nutrition related issues like Infant & Young Child Feeding (IYCF), Adolescent nutrition, Geriatric nutrition etc. food fortification and food safety.
8. Consultant: Consultants in the field of nutrition and dietetics may provide advice and recommendations to clients on healthy eating habits, weight loss, and disease



M. Sc. in Nutrition & Dietetics programs in the CAFODAT COLLEGE is THE CHOICE for anyone wanting an exciting, fast-paced career as a Nutrition Professional and Dietitian.

Course outline

M. Sc. in Nutrition & Dietetics is a unique program of the CAFODAT COLLEGE offered in affiliation with Purbanchal University. The program is spread over four semesters totalling 75 credit hours, which is divided into 41 credit hours of theory and the remaining 34 hours of Practical, Internship, and Thesis work.

First Semester

Subject	Credit (Theory)	Credit (Practical)
Human Physiology	2	1
Nutritional Biochemistry	2	1
Human Nutrition	2	1
Food Science	3	1
Food Safety and Toxicology	2	-
Food & Medical Microbiology	2	1
Applied Food Nutrition	2	-

Second Semester

Subject	Credit (Theory)	Credit (Practical)
Nutrition and Dietetics - I	3	1
Nutrition Education and Communication	2	1
Functional Foods & Nutraceuticals	2	-
Advance Nutrition Assessment	2	1
Global Nutrition	2	-
National Nutrition Policy, Plan and Programs	2	1
Maternal and Child Nutrition	2	1

Third Semester

Subject	Credit (Theory)	Credit (Practical)
Nutrition and Dietetics - II	3	1
Nutrition Project Planning and Proposal Writing	2	1
Research Methodology	2	-
Biostatistics	2	1
Nutritional Epidemiology	2	1
Nutrition and Dietetics Class Seminar I	-	1

Fourth Semester

Subject	Credit (Theory)	Credit (Practical)
Internship in Public and Private Organization, Hospital and Communities	-	2
Nutrition and Dietetics Class Seminar II	-	1
Nutrition and Dietetics Research (Thesis Work)	-	16

Internship (2 Credit Hours)

All students of the M. Sc. in Nutrition & Dietetics are required to participate in a mandatory credited internship program worth two credits in the third semester as a partial Fulfilment of the program. Students shall submit the completion of their **Two Months** of Internship in Hospital/Community.

Teaching Pedagogy

The teaching pedagogy in M. Sc. in Nutrition & Dietetics typically combines a variety of instructional methods to provide students with a comprehensive education in the field. The Faculties of the college in the M.Sc. in Nutrition & Dietetics program are dedicated to providing the best scientific and evidence based training for successful and productive Nutrition and Dietetics careers. Some blended teaching learning methods used in M. Sc. in Nutrition & Dietetics programs include:



1. **Interactive Lectures:** our interactive lecture method includes visual aid and interaction with students in formal classroom setting.
2. **Laboratory Work:** Laboratory work is an important part of M. Sc. in Nutrition & Dietetics programs. Students have the opportunity to apply what they have learned in lectures to practical, hands-on experiences in the laboratory.
3. **Group Work:** Group work is used to encourage collaboration and problem-solving among students. Group assignments and projects involve working together on case studies, research projects, or other tasks.
4. **Case Studies:** Case studies are a common method of teaching in M. Sc. in Nutrition & Dietetics programs. They involve analyzing real-world situations to develop and apply critical thinking skills.
5. **Field Practice (Internship):** Field practice experiences provide students with the opportunities to apply their knowledge and skills in real-world settings such as hospitals, clinics, government institutions, private sector, national & international organisations.
6. **Online Learning:** M. Sc. in Nutrition & Dietetics programs incorporate online learning too. Our visiting faculties from Nepal and abroad often take online classes and video conferencing to support students' learning.



Overall, the teaching pedagogy in M. Sc. in Nutrition & Dietetics is designed to provide students with a well-rounded education that includes both theoretical knowledge and practical skills with confident leadership quality. The goal is to produce graduates who are knowledgeable, competent, and able to make a positive impact in the field of nutrition and dietetics.

Eligibility

The candidate who has passed the 4-year bachelor's degree in Science & Technology based curriculum such as B. Tech. Food, B. Tech. Dairy, B.Sc. in Nutrition, Nursing/B.N., Public Health, Agriculture, Animal Husbandry, Biochemistry, Biotechnology, Pharmacy, Medicine, or equivalent degrees from a recognized University shall be considered to apply for admission to M. Sc. in Nutrition & Dietetics program. Students of less than four years in biological science groups such as microbiology, biochemistry, chemistry, and biology are also eligible for admission. However, they must complete non-credit courses in food, nutrition, and health-related subjects during the study period.

Admission Procedure

An applicant seeking admission must pass the entrance examinations conducted by CAFODAT COLLEGE/ Purbanchal University. The selection of students for admission will be made on a merit basis.

Scholarship and Support

CAFODAT COLLEGE provides Scholarships up to 3 students as per the scholarships by-law of Purbanchal University in M. Sc. in Nutrition & Dietetics program.

Following are the additional scholarships the college offers:

- i. CAFODAT COLLEGE Alumni Scholarships.
- ii. Ram Raja Shah Memorial Scholarships.
- iii. CAFODAT COLLEGE research endowment grant.
- iv. CAFODAT COLLEGE provides limited waiver on Tuition fee to immediate family members of Female Community Health Volunteers (**FCHVs**), Nepali Army and Nepal Police.

Alumni Voice

Nutrition and diet play pivotal roles in disease prevention and management, yet their significance often goes unrecognized in Nepal across various sectors, including community, academia, and clinical settings. Addressing this gap and cultivating a competent workforce in nutrition and dietetics, the CAFODAT COLLEGE, affiliated with Purbanchal University, stands out as a premier institution in Nepal, offering a Master of Science in Nutrition and Dietetics. It was a great privilege for me to pursue my master's degree at CAFODAT COLLEGE.

Throughout my academic journey, CAFODAT COLLEGE fostered a vibrant learning environment for studying nutrition and dietetics, which greatly supported my educational endeavors. Additionally, I had the opportunity to engage with a comprehensive range of nutritional courses taught by esteemed faculty members who are experts in their respective fields. This enriched educational experience equipped me with the knowledge and skills necessary to excel as a dietitian. Following the completion of my Master's degree, I served as a dietitian at the Nepal APF Hospital, where I worked diligently for five years as an Inspector of the Armed Police Force. Currently, I am pursuing a Ph.D. in Nutritional Epidemiology at the University of Michigan, Ann Arbor, USA. My academic and professional journey underscores my dedication to advancing the field of nutrition and dietetics. I am committed to utilizing my expertise to contribute meaningfully to research, policy, and practice in the realm of public health nutrition and dietetics.

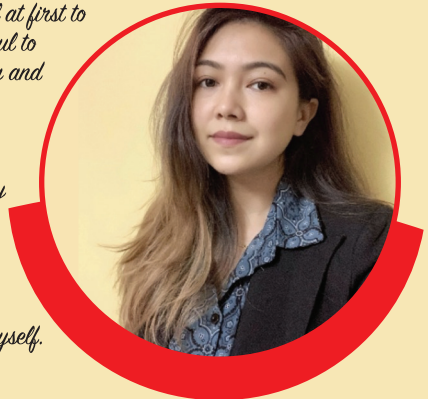


Dev Ram Sunuwar

M. Sc. in Nutrition and Dietetics (University Gold Medal, PU)

Ph.D. student: Nutritional Epidemiology, University of Michigan, Ann Arbor, USA

Coming from a biomedical background, I was quite skeptical at first to pursue MSc in Nutrition and Dietetics but I am forever grateful to CAFODAT for providing a conducive environment for learning and helping me achieve academic excellence. The education that I received here has been a transformative experience and has helped me realize my full potential. After graduating with an MSc in Nutrition and Dietetics from CAFODAT College, my drive for betterment has found a new momentum as a Nutritionist/Dietician and I will consistently take that extra leap to positively impact the community and the world that I live in as a whole. Lastly, I am grateful to the college and its faculty members for helping me become the best version of myself.




Niki Thapa


M. Sc. in Nutrition and Dietetics


Graduates from CAFODAT COLLEGE have found employment in organizations such as Hospitals, Health care centers, government institutions, private sector, national & international organizations, as well as other projects & programs, research institutions, and Diet Clinic throughout Nepal and in several other countries as well as also continuing their further studies in university in Nepal and abroad.




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