



# Advance Institute of Cosmetology Aesthetics & Trichology



**PG DIPLOMA IN NUTRITION AND  
WEIGHT MANAGEMENT - DURATION : 5 DAYS**

# ABOUT

You will gain a systematic understanding of patient care in obesity and weight management; critical awareness of current issues affecting patient care in weight and obesity management treatments; and advanced knowledge of obesity and weight management that will aid decision-making in unpredictable and/or complex situations.

## Weight Management Aims to

- Produce graduates who can articulate professional decisions in a variety of diverse and complex situations, incorporating an evidence-based rationale.
- Broaden the scope of practice by delving deeper into obesity and weight management, drawing on knowledge gained in previous modules.
- Produce graduates with in-depth and current knowledge of the science of obesity and weight management, who are prepared to work and lead in the delivery and advancement of related care, and who can advocate for policies and practises that are weight bias-free and stigma-free.
- Produce graduates who understand the complexities of obesity and can work in multi-agency, multi-cultural, and/or international contexts using respectful, non-judgmental, and non-biased language.
- Gain leadership and evaluation skills in the provision of evidence-based care to obese patients.
- Produce graduates with extensive knowledge and understanding of research methods, as well as the ability to apply these characteristics to further the scientific evidence base for the benefit of people living with obesity.

# ABOUT

**The course consists of six modules over one year, each of six weeks' duration:**

- **Module 1:** The adipocyte, appetite regulation, and nutrition This module aims to provide students with a thorough understanding of the physiology and regulation of the adipocyte, adipose tissue, human nutrition, and appetite.
- **Module 2:** Obesity: defining obesity, epidemiology, and health risks. This aims to develop a critical understanding of the epidemiology of obesity, including the importance of the distribution of adiposity, its epidemiology, the global problems of obesity and its relationship in different populations.
- **Module 3:** Obesity and weight gain are linked to disease and genetics. This will provide a thorough understanding of the medical and genetic conditions that can lead to obesity and weight gain.
- **Module 4:** Weight loss, diet, exercise, and behavioural modification This programme aims to improve the clinical skills and knowledge needed to effectively evaluate and treat obesity, with a focus on lifestyle and behavioural changes.
- **Module 5:** Medical treatments and emerging therapies for weight loss. The module's goal is to help students understand the role of medications and emerging therapies in weight management, as well as pharmacovigilance and post-marketing surveillance.
- **Module 6:** Surgical approaches to weight loss. The module's goal is to improve the clinical skills and knowledge needed to comprehend surgical weight management strategies.

## Certification

After The Completion Of Course International Accreditation Organization (IAO)Based Certificated Will Be Handed Over To Each Student



## Get In Touch With Us

**Center Address:**  
Marigold Complex, Marisoft-1,  
2nd Floor office no 206,  
Kalyani Nagar, Pune-411014.

**Contact Us:**  
+91 70301 00113  
+91 70301 00779

**Email Address:**  
aicat@gmail.com

