



# L. M. College of Pharmacy

(An Autonomous Institution under UGC Regulation 2023)  
Accredited 'A' (CGPA: 3.13 out of 4) by NAAC (1st cycle, 2022-27)

IN ASSOCIATION WITH



SHRI B.V. PATEL  
EDUCATION TRUST

IS ORGANISING

# A CERTIFICATE COURSE ON FOOD CHEMISTRY AND NUTRITION

(2025-26)



## COURSE CONVENERS:

Dr. Mahesh Chhabria (LMCP)

Dr. Mamta B. Shah (LMCP)

Dr. Neeta Shrivastava (BVPET)

## COURSE COORDINATOR:

Dr. Krupa Gadhvi (LMCP)

# *L. M. College of Pharmacy*

L.M College of Pharmacy was founded in the year 1947 by the most trusted and philanthropic educational trust Ahmedabad Education Society (AES), Navrangpura, Ahmedabad. LMCP is approved by AICTE and PCI, New Delhi, Govt. of India. The institute is affiliated to Gujarat Technological University, Ahmedabad and accredited by NAAC with 'A' grade (CGPA 3.13). LMCP has been conferred with autonomous status under UGC regulation 2023. We also lead in innovative research in pharmaceutical sciences and promote entrepreneurship. The L.M. College of Pharmacy has been granted financial assistance from NITI Aayog's Atal Innovation Mission, to set up the Atal Incubation Centre for pharma and health care sector. The institution is also a nodal centre for Student Start-up and Innovation policy of Govt. of Gujarat.

## *Shri B.V. Patel Education Trust*

Shri B.V. Patel Education Trust is established in the fond memory of the First Drug Controller of Gujarat, Shri Bhupendrabhai V. Patel in the year 1974. Vision and Mission of the Trust is educational activities in the field of pharmacy and allied sciences to support pharma industry with skilled scientists / technocrats / management professionals. To fulfil this goal the Trust carries out various programmes like International Symposiums, Hands on Training Workshops, Industry-Oriented Dissertation Programs etc. The Trust also conducts Shri B.V. Patel Essay Competition annually where students / academicians / industry professionals from various field can participate. In addition to this the Trust also organises Shri B.V. Patel Memorial Lecture every year in 'Indian Pharmaceutical Congress' where the winners of Essay Competition also receive medals and cash prize. The Trust is also planning to start Certificate Courses for pharma and allied science graduates to prepare them for industry oriented skilled human resource. The Trust is also working to come up with innovative programmes to support students and promote educational activities in Gujarat.

## *Course Preamble*

Nutrition is addressed as a crucial criterion in the development of the nation as emphasized in the National Policy of Nutrition. This curriculum is designed to stimulate the minds of students interested in delving into the nuances of nutrition in managing health, recognizing its profound impact on individuals, fostering a scientific mindset and introducing them to innovative technologies and methods for family and community engagement, as well as sustainable resource utilization. Its

goal is to cultivate a comprehensive understanding of various topics, covering basic nutrients, food science, nutrition throughout different life stages, food safety, food security, and a deep exploration of malnutrition. This course not only focuses on theoretical knowledge but also covers topics for academic excellence, entrepreneurship, community engagement, and employment in diverse fields such as the food industry and health clinics. Food chemistry, food components and their interactions, properties (flavor, aroma and texture), effect of processing and storage all are required to understand nutritional aspects. The knowledge of food chemistry explores the biochemical processes and interactions of nutrients within the body, focusing on how they affect the health and illness.

## *Who Should Enrol?*

Students and researchers who have a degree in science (B.SC, D. Pharm, B. Pharm, M. Pharm, Pharm D.) and also B.SC, B.A. Home science., Nutritionists, Nursing students, Dieticians, fitness expert.

## *Course Highlights*

The key features are outlined as follows:

1. Certificate Course specific to Food, Nutrition, and Dietetics.
2. Available to students from unrelated subjects across various disciplines.
3. Skill Enhancement Courses (SEC), which can be specific to the domain or generic.

## *Course Objective*

The course objectives are as follows:

1. Introducing students to the basics of Nutrition, food, and health.
2. Familiarizing them with the significance of nutrition across different life stages.
3. Providing knowledge about the causes and management of nutritional disorders, ranging from deficiencies to lifestyle-related issues.
4. Emphasizing the importance of food safety, quality, regulations, national programs, and nurturing entrepreneurial skills for career advancement.

The course content has been developed to adapt to the expanding scope of Food and Nutrition, addressing the current needs of students and the evolving needs of society. The option of a project or dissertation is available to enhance students' knowledge, skills, and research abilities, fostering a scientific mindset.

# Course Outcome

1. Apply food science knowledge to describe functional properties of food ingredients.
2. Utilize the knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.
3. Apply research-based approaches, technical skills, knowledge of health behaviour, clinical judgement and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.
4. Apply nutrition and dietetics-based knowledge and skills in the planning and assessment of suitable diets for individuals of every age, patients and the community in a sustainable manner.
5. Provide nutrition counselling and education to individuals, groups and communities throughout the lifespan using a variety of communication strategies.

# Course Modules

Module 1	Basics of food & nutrition
Module 2	Food chemistry & science
Module 3	Food adulteration, additives & safety
Module 4	Disease-specific nutrition/ Clinical Nutrition
Module 5	Specific nutritional requirements
Module 6	Regulatory guidelines

# Course Methodology

- **Mode:** Online
- **Mode of exam:** Online after each session or module (i.e. continuous evaluation), 10 MCQs only
- **Hours:** 30 hours (2 days a week, two sessions of 1.5 hours per week)
- **Credits:** 2
- **Fees:** 3000 ₹
- **No. of seats:** 30 (first come first serve)
- **Starting From:** 14th July, 2025



# Speakers



**Dr. Dipal Gandhi**

Assistant Professor,  
Department of  
Pharmacognosy  
Institute of Pharmacy,  
Nirma University



**Dr. Niyati Acharya**

Assistant Professor,  
Department of  
Pharmacognosy  
Institute of Pharmacy,  
Nirma University



**Dr. Renu Singh**

Assistant professor,  
Department of  
biochemistry and  
forensic science,  
Gujarat University



**Dr. Alka Sanghvi**

Clinical Dietician



**Anand B Mehta**

Technical Officer ( Ayu)  
Class -1, Gazetted Officer,  
Food and Drug's Control  
Administration,  
Gandhinagar

For more details visit:

[lmcp.ac.in](http://lmcp.ac.in)

[bvpedutrust.com](http://bvpedutrust.com)

*For Queries Contact Dr. Krupa Gadhvi: 9426032217*



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