ACTD, USA | IAO, USA | ISO 9001:2015

NIND

Navast Institute of Nutrition and Dietetics

INTERNATIONALLY RECOGNISED

CLINICAL FELLOWSHIP IN

WOMEN'S HEALTH & HORMONAL NUTRITION

A 12-MONTH ADVANCED FELLOWSHIP FOR NUTRITION PROFESSIONALS

Advanced Science. Clinical Expertise.
Compassionate Care.
Transforming Women's Health Worldwide.

Evidence-Based Nutrition.
Lifelong Impact.
Women at the Centre.

ADVANCED CLINICAL TRAINING

MULTIDISCIPLINARY COLLABORATION

RESEARCH & EVIDENCE-BASED PRACTICE

CAREER GROWTH & LEADERSHIP

LEARN. PRACTICE. LEAD. TRANSFORM.

GLOBAL RECOGNITION GLOBAL IMPACT

Building the Next Generation of Women's Health Nutrition Specialists

ACTD, USA | IAO, USA | ISO 9001:2015

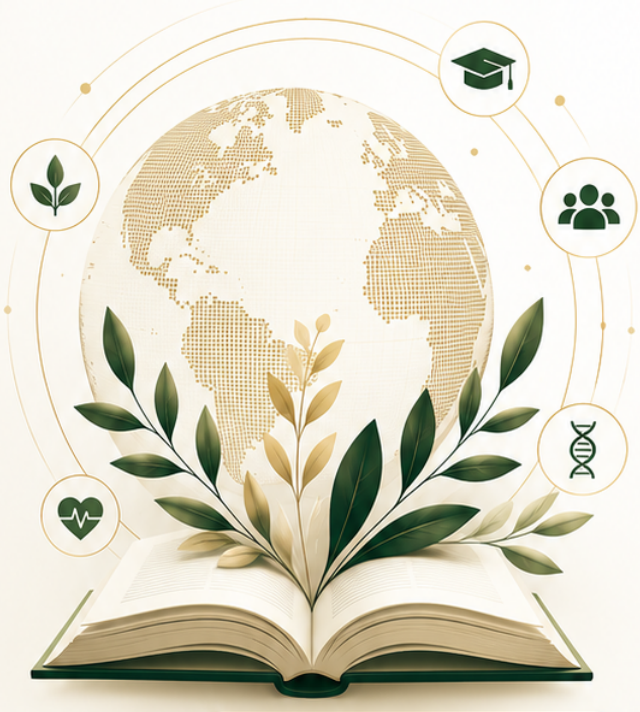
NIND
Navast Institute of Nutrition and Dietetics

ABOUT NIND

A GLOBAL INSTITUTE.
A TRANSFORMATIVE MISSION.

Navast Institute of Nutrition and Dietetics (NIND) is a globally recognised institution committed to advancing the science and practice of nutrition through high-quality education, research, innovation, and community impact.

With international accreditations, expert faculty, evidence-based curriculum, and a learner-centric approach, NIND empowers nutrition professionals to excel in their careers and create meaningful change in the world.



6000+
Learners Empowered

50+
Industry-Relevant Programs

Global Recognition & Accreditation

Excellence Integrity Impact

OUR MISSION

To deliver globally benchmarked nutrition education and practical expertise that creates healthier individuals and stronger communities.

OUR VISION

To be a world-class centre of excellence, shaping the future of nutrition and dietetics through innovation, compassion, and evidence-based practice.

WHAT SETS NIND APART?

- EXPERT FACULTY
- EVIDENCE-BASED CURRICULUM
- PRACTICAL LEARNING
- GLOBAL PERSPECTIVE
- CAREER TRANSFORMATION

LEARN. PRACTICE. LEAD. TRANSFORM.

Building the Next Generation of Nutrition Experts.

INTERNATIONAL ACCREDITATIONS

NIND
Nayast I and Dietetics

Globally Recognised. Internationally Credible.

NIND is accredited by internationally recognised organisations
that uphold excellence in education, quality, and professional standards.

ACTD

ACTD, USA

American Council of
Training & Development, USA

A global accrediting body dedicated to advancing quality education and professional excellence through internationally benchmarking standards.

INTERNATIONAL ACCREDITATION ORGANIZATION
IAO

IAO, USA

International Accreditation
Organization, USA

An internationally recognised accreditation organization committed to promoting quality education and institutional integrity worldwide.

CERTIFIED
ISO 9001:2015
CERTIFIED

ISO 9001:2015

Quality Management
System Certified

An internationally recognised standard that reflects our commitment to consistent quality, continuous improvement, and effective management systems.

OUR COMMITMENT TO GLOBAL STANDARDS

These accreditations reflect our unwavering dedication to academic excellence, quality management, ethical practices, and the holistic development of nutrition professionals ready to make a global impact.

GLOBAL RECOGNITION
Accepted Worldwide

QUALITY ASSURED
Adhering to Highest Standards

ACADEMIC EXCELLENCE
Outcome-Driven Education

PROFESSIONAL CREDIBILITY
Building Trust. Enhancing Careers

CONTINUOUS IMPROVEMENT
Committed to a Better Tomorrow

LEARN. PRACTICE. LEAD. TRANSFORM.

Building the Next Generation of Nutrition Experts.

Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition

Duration: 1 Year
8 Months – Theory (Live Interactive Classes)
2 Months – Online Learning-Based Internship (Weekly Case-Based Sessions)
2 Months - Clinical Assignments and Research Project, Viva & Examination
Level: Expert
Days : Weekday / Weekend batches available
Time : Evening Batches
Hours : 80+ hours of Learning
Medium of Instruction : English
Format : Live Online Classes on Google Meet/ Self Paced/ 1:1 Mentorship

Fellowship Overview

The **Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition** is a prestigious one-year advanced training program developed by the **Navast Institute of Nutrition & Dietetics (NIND)** to prepare nutrition professionals for excellence in women's healthcare across the lifespan. Designed using a competency-based educational framework, this fellowship integrates advanced clinical nutrition, endocrine physiology, evidence-based practice, laboratory interpretation, lifestyle medicine, behavioural science, and multidisciplinary patient care.

The program provides an in-depth understanding of the complex interactions between nutrition, hormones, metabolism, reproductive health, gut health, mental well-being, and chronic disease. Fellows progress from mastering foundational concepts in female physiology and clinical biochemistry to managing complex conditions such as PCOS, endometriosis, infertility, thyroid disorders, pregnancy-related complications, menopause, obesity, insulin resistance, and other hormone-related disorders through structured clinical reasoning and evidence-based nutrition interventions.

Emphasising experiential learning, the fellowship incorporates live expert-led sessions, advanced case discussions, journal clubs, research methodology, supervised clinical exposure, portfolio development, and mentorship from experienced faculty. Fellows develop practical competencies in nutritional assessment, laboratory data interpretation, patient counselling, clinical documentation, and personalised nutrition planning while adhering to ethical and professional standards.

Upon successful completion, graduates will possess the knowledge, clinical confidence, and advanced competencies required to practise as specialists in

women's health and hormonal nutrition, contributing effectively to multidisciplinary healthcare teams and advancing evidence-based nutrition practice both nationally and internationally.

Fellowship Philosophy

The **Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition** is founded on the philosophy that optimal women's health requires an integrated, evidence-based, patient-centred, and life-course approach to nutrition care. The fellowship recognises that hormonal health is influenced by a dynamic interaction of genetics, nutrition, metabolism, lifestyle, psychosocial factors, environmental exposures, and the broader determinants of health. Effective nutrition professionals must therefore possess not only scientific knowledge but also advanced clinical reasoning, ethical decision-making, compassionate communication, and the ability to collaborate within multidisciplinary healthcare teams.

This fellowship embraces competency-based education, ensuring that learning extends beyond theoretical knowledge to the development of measurable clinical skills, professional judgement, and reflective practice. Fellows are encouraged to critically evaluate emerging scientific evidence, apply research findings responsibly, and deliver personalised nutrition interventions that respect individual diversity, cultural contexts, reproductive stages, and patient preferences.

The program is committed to fostering lifelong learning, scientific curiosity, innovation, and leadership in women's health nutrition. Through advanced clinical training, research engagement, case-based learning, and supervised practice, fellows develop the confidence to translate complex scientific evidence into practical nutrition strategies that improve patient outcomes across adolescence, reproductive years, pregnancy, postpartum, perimenopause, menopause, and healthy ageing.

The fellowship further promotes the responsible integration of digital health technologies, artificial intelligence, precision nutrition, and evidence-informed clinical tools while maintaining the highest standards of professional ethics, patient safety, and clinical governance. Graduates are expected to serve as leaders, educators, researchers, and advocates for women's health, contributing to the advancement of nutrition science and improving the quality of healthcare delivery within their communities and across the global nutrition profession.

Why Choose the Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition?

- Gain advanced, one-year specialised training in women's health and hormonal nutrition through a structured, competency-based fellowship curriculum.
- Develop expertise in managing women's health across every stage of life—from adolescence and reproductive years to pregnancy, postpartum, perimenopause, menopause, and healthy ageing.
- Learn to interpret clinical laboratory investigations, hormonal profiles, metabolic markers, and nutrition-related diagnostic reports to support evidence-informed nutrition care.
- Build advanced clinical reasoning skills through progressive, real-world case discussions, multidisciplinary case conferences, and complex patient management scenarios.
- Master evidence-based medical nutrition therapy for conditions such as PCOS, endometriosis, adenomyosis, infertility, thyroid disorders, gestational diabetes, obesity, insulin resistance, osteoporosis, and menopause-related health concerns.
- Understand the scientific relationship between nutrition, hormones, metabolism, inflammation, gut health, mental well-being, and lifestyle factors affecting women's health.
- Gain practical knowledge of pharmacology essentials, nutraceuticals, functional foods, and evidence-based supplementation within the professional scope of nutrition and dietetics.
- Learn advanced nutritional assessment techniques, clinical documentation, nutrition diagnosis, care planning, and patient monitoring using internationally accepted clinical frameworks.
- Strengthen patient counselling, motivational interviewing, behaviour change techniques, and communication skills for diverse clinical and community settings.
- Participate in monthly journal clubs, critical appraisal of scientific literature, and evidence-based clinical discussions to strengthen research literacy.
- Develop research competencies through structured training in research methodology, biostatistics, scientific writing, ethics, and completion of an independent fellowship research project.
- Build confidence in using artificial intelligence, digital health platforms, wearable technologies, and clinical decision-support tools to enhance nutrition practice.

- Gain supervised clinical exposure through internship activities, clinical observation, portfolio development, reflective practice, and mentor-guided learning.
- Learn directly from experienced faculty and multidisciplinary healthcare professionals through interactive lectures, workshops, mentorship sessions, and clinical demonstrations.
- Graduate with a comprehensive portfolio showcasing clinical competencies, case studies, research work, reflective logs, and professional achievements.
- Prepare for leadership roles in hospitals, fertility centres, women's health clinics, endocrinology practices, research organisations, academic institutions, corporate wellness, and private clinical practice.
- Develop the confidence and professional competence to collaborate effectively with gynaecologists, endocrinologists, fertility specialists, psychologists, physiotherapists, lactation consultants, and other healthcare professionals.
- Stay aligned with current international guidelines, evidence-based clinical practices, and emerging advances in women's health nutrition and precision healthcare.
- Become part of an advanced learning community committed to lifelong professional development, ethical practice, innovation, and excellence in women's healthcare.
- Earn an internationally recognised fellowship credential that demonstrates advanced knowledge, clinical competence, and commitment to excellence in Women's Health & Hormonal Nutrition.

Eligibility

The **Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition** is designed for healthcare and nutrition professionals who wish to develop advanced clinical competencies in women's health and evidence-based hormonal nutrition.

Applicants should meet one or more of the following criteria:

- Bachelor's or Master's degree in Nutrition, Dietetics, Food & Nutrition, Clinical Nutrition, Public Health Nutrition, or an equivalent allied health discipline from a recognised institution.
- Registered Dietitians, Clinical Nutritionists, Dietitians, Nutrition Consultants, or Nutrition Practitioners seeking advanced clinical specialisation.
- Medical practitioners (MBBS, BAMS, BHMS, BUMS), nurses, physiotherapists, pharmacists, psychologists, and other allied healthcare professionals with an interest in women's health nutrition.
- Final-year postgraduate students in nutrition or allied healthcare disciplines may be considered subject to institutional approval.
- Applicants should possess a fundamental understanding of human nutrition, anatomy, physiology, and basic clinical nutrition principles.
- A strong commitment to evidence-based practice, professional ethics, lifelong learning, and patient-centred healthcare is expected throughout the fellowship.

Graduate Competencies

Upon successful completion of the fellowship, graduates will demonstrate advanced professional competencies in the following domains:

1. Clinical Knowledge

- Demonstrate comprehensive knowledge of female physiology, endocrinology, reproductive health, metabolism, and nutrition across the lifespan.
- Integrate current scientific evidence into clinical nutrition decision-making.

2. Advanced Nutritional Assessment

- Conduct comprehensive nutritional assessments using anthropometric, biochemical, clinical, dietary, lifestyle, and psychosocial data.
- Identify nutrition-related risk factors and formulate appropriate nutrition diagnoses.

3. Clinical Reasoning & Decision-Making

- Apply systematic clinical reasoning to assess, prioritise, and manage complex women's health conditions.
- Develop personalised nutrition care plans using evidence-based clinical guidelines.

4. Laboratory Interpretation

- Interpret hormonal investigations, metabolic biomarkers, micronutrient assessments, inflammatory markers, and diagnostic laboratory reports relevant to women's health.

5. Medical Nutrition Therapy

- Design and implement evidence-based nutrition interventions for hormonal, metabolic, reproductive, gastrointestinal, and lifestyle-related disorders affecting women.

6. Lifestyle Medicine

- Integrate nutrition, physical activity, sleep optimisation, stress management, behavioural science, and preventive healthcare into comprehensive patient management.

7. Nutraceutical & Supplement Knowledge

- Critically evaluate scientific evidence supporting functional foods, nutraceuticals, and dietary supplements while practising within the professional scope of nutrition and dietetics.

8. Communication & Counselling

- Deliver compassionate, culturally sensitive, and patient-centred counselling using effective communication and behaviour change techniques.

9. Research & Evidence-Based Practice

- Critically appraise scientific literature, interpret research findings, and apply evidence responsibly within clinical nutrition practice.

10. Professionalism & Leadership

- Demonstrate ethical practice, multidisciplinary collaboration, reflective learning, leadership, and commitment to continuous professional development.

Learning Outcomes

By the end of the fellowship, graduates will be able to:

- Explain the physiology and pathophysiology of female reproductive, endocrine, metabolic, gastrointestinal, and immune systems relevant to women's health.
- Analyse the interactions between nutrition, hormones, metabolism, inflammation, genetics, and lifestyle factors affecting women's health outcomes.
- Perform comprehensive nutrition assessments using internationally accepted clinical frameworks.
- Interpret laboratory investigations and hormonal profiles to support nutrition-focused clinical decision-making.
- Develop evidence-based nutrition interventions for a wide range of women's health conditions, including PCOS, infertility, endometriosis, adenomyosis, thyroid disorders, obesity, insulin resistance, pregnancy-related complications, menopause, osteoporosis, and healthy ageing.
- Apply behaviour change theories and motivational interviewing techniques to improve patient adherence and long-term health outcomes.
- Recommend evidence-informed dietary strategies, therapeutic meal planning, functional foods, and supplementation appropriate to individual clinical needs.
- Collaborate effectively with multidisciplinary healthcare teams while maintaining professional boundaries within nutrition practice.
- Critically evaluate emerging scientific evidence and incorporate current clinical guidelines into routine practice.
- Utilise digital health technologies, artificial intelligence tools, and nutrition software to enhance clinical efficiency and patient care.
- Design, conduct, and present a fellowship research project demonstrating scientific inquiry and evidence-based practice.
- Maintain comprehensive clinical documentation, reflective learning portfolios, and professional records in accordance with ethical and legal standards.
- Demonstrate advanced clinical reasoning, independent problem-solving, and confident decision-making in complex women's health nutrition cases.
- Uphold the highest standards of professionalism, patient safety, cultural competence, confidentiality, and ethical practice throughout their careers.

Fellowship Structure

The fellowship is delivered over **12 months** through a structured competency-based learning model that combines academic instruction, clinical application, research training, mentorship, and professional development. The curriculum is designed to progressively advance fellows from foundational scientific knowledge to independent clinical reasoning and specialist practice in Women's Health & Hormonal Nutrition.

Phase I – Foundations of Women's Health & Clinical Nutrition (Months 1–2)

This phase establishes the scientific foundation required for advanced clinical practice. Fellows develop a comprehensive understanding of female anatomy, reproductive physiology, endocrinology, metabolism, clinical biochemistry, nutritional assessment, laboratory interpretation, evidence-based nutrition, and principles of clinical reasoning.

Phase II – Disease-Specific Clinical Management (Months 3–6)

Fellows undertake intensive training in the nutritional management of common and complex women's health disorders. Emphasis is placed on evidence-based medical nutrition therapy, clinical algorithms, pharmacology essentials for dietitians, nutraceuticals, supplementation, personalised nutrition, and multidisciplinary patient management.

Phase III – Advanced Clinical Practice & Integrated Care (Months 7–9)

This phase focuses on advanced clinical reasoning through real-world case discussions, multidisciplinary care planning, complex case management, lifestyle medicine, counselling psychology, motivational interviewing, digital health technologies, artificial intelligence applications, and advanced clinical documentation.

Phase IV – Fellowship Practice, Research & Professional Integration (Months 10–12)

The final phase prepares fellows for independent specialist practice through supervised clinical exposure, research methodology, journal clubs, scientific writing, fellowship dissertation, capstone clinical portfolio, mentorship, viva voce examinations, competency-based assessments, and professional career development.

Throughout the 12-Month Fellowship, Fellows Will Participate In:

- Advanced live academic lectures
- Expert-led clinical masterclasses
- Weekly clinical case conferences
- Progressive case-based learning
- Monthly journal clubs and critical appraisal sessions
- Laboratory interpretation workshops
- Nutrition algorithm and clinical decision-making sessions
- Practical meal planning workshops
- Patient counselling simulations and OSCE training
- Research methodology and biostatistics workshops
- AI and digital health application sessions
- Supervised internship or clinical observation
- Reflective portfolio development
- Mentor-guided academic discussions
- Clinical competency assessments
- Fellowship research project
- Final comprehensive written examination
- Objective Structured Clinical Examination (OSCE)
- Viva voce and portfolio defence

Clinical Assignments

Throughout the fellowship, participants will complete structured clinical assignments designed to bridge theory with real-world practice. Assignments will focus on nutritional assessment, laboratory interpretation, nutrition diagnosis, meal planning, clinical decision-making, counselling strategies, and evidence-based management of women's health conditions. These activities are intended to strengthen analytical thinking, clinical reasoning, and confidence in professional practice.

Practical Workshops

The fellowship includes interactive, hands-on workshops that provide practical exposure to advanced nutritional assessment, laboratory report interpretation, therapeutic meal planning, supplement protocols, clinical documentation, patient counselling, behaviour change strategies, and multidisciplinary case

management. Workshops are designed to simulate real clinical scenarios and enhance practice-ready skills.

Research Methodology

Fellows will receive structured training in research methodology, enabling them to understand research design, formulate clinical research questions, conduct literature reviews, critically appraise scientific evidence, and apply evidence-based principles to nutrition practice. The program encourages scientific inquiry and lifelong learning.

Biostatistics & Data Interpretation

Participants will develop a practical understanding of essential statistical concepts used in healthcare research. Topics include descriptive statistics, interpretation of research findings, understanding study outcomes, evidence grading, and translating scientific data into clinical decision-making without requiring advanced mathematical expertise.

AI in Women's Health Nutrition

The fellowship integrates modern artificial intelligence and digital health technologies to enhance clinical practice. Fellows will explore AI-assisted nutrition planning, research support, clinical documentation, patient education, workflow automation, and responsible use of digital tools while maintaining ethical and evidence-based healthcare standards.

Internship Framework

The internship component provides supervised clinical exposure, allowing fellows to observe and apply evidence-based nutrition care in women's health settings. Through guided learning, case observations, reflective practice, and mentor feedback, participants gain valuable practical insights into multidisciplinary patient management.

Clinical Portfolio

Each fellow will build a comprehensive professional portfolio throughout the program. The portfolio will document clinical case studies, assignments, reflective learning, research activities, practical competencies, counselling experiences, and professional achievements, serving as evidence of advanced clinical training and competency development.

Assessments

Assessment throughout the fellowship is competency-based and designed to evaluate both theoretical knowledge and practical clinical application. Fellows will participate in formative and summative assessments, case-based evaluations, presentations, reflective assignments, quizzes, and final examinations to ensure progressive learning and professional growth.

Objective Structured Clinical Examination (OSCE)

The fellowship includes Objective Structured Clinical Examinations (OSCEs), where participants demonstrate clinical competencies in simulated healthcare scenarios. These assessments evaluate nutritional assessment skills, laboratory interpretation, counselling techniques, clinical reasoning, communication, and evidence-based decision-making in a structured and objective format.

Viva Voce Examination

At the completion of the fellowship, fellows will participate in a comprehensive viva voce examination conducted by the academic faculty. The viva assesses conceptual understanding, clinical reasoning, evidence-based practice, professional judgement, and the ability to apply knowledge to complex patient scenarios.

Final Fellowship Project

Each participant will complete an independent fellowship project under faculty mentorship. The project may involve a clinical case series, quality improvement initiative, evidence-based review, research study, or innovative nutrition intervention relevant to women's health. Fellows will present and defend their work as part of the program's final academic assessment.

Reading Resources

Fellows will have access to a curated collection of recommended textbooks, peer-reviewed journals, clinical practice guidelines, research articles, consensus statements, and digital learning resources. The reading material is regularly updated to reflect current scientific evidence and international best practices in women's health and hormonal nutrition.

International Guidelines

The curriculum is informed by internationally recognised clinical guidelines and evidence-based recommendations from leading healthcare and nutrition organisations. Fellows will learn how to interpret, compare, and apply these guidelines appropriately within the professional scope of nutrition and dietetics while adapting recommendations to individual patient needs.

Career Pathways After Completing the Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition

Graduates of the fellowship will be equipped with advanced clinical knowledge and specialist competencies, enabling them to pursue diverse career opportunities across clinical practice, public health, academia, research, digital health, corporate wellness, and entrepreneurship.

Clinical & Hospital-Based Careers

- Clinical Women's Health Nutritionist
- Women's Health Clinical Dietitian
- Hormonal Health Nutrition Specialist
- Endocrine Nutrition Specialist
- PCOS Nutrition Specialist
- Fertility & Reproductive Nutrition Specialist
- IVF Nutrition Consultant
- Maternal Nutrition Specialist
- Prenatal Nutrition Consultant
- Antenatal Nutrition Counsellor
- Postnatal Nutrition Specialist
- Lactation Nutrition Consultant
- Menopause Nutrition Specialist
- Perimenopause Health Consultant
- Gestational Diabetes Nutrition Specialist
- High-Risk Pregnancy Nutrition Consultant
- Clinical Obesity Specialist
- Metabolic Health Nutrition Specialist
- Lifestyle Medicine Nutrition Specialist
- Functional Women's Health Nutritionist

Specialist Women's Health Practice

- PCOS Lifestyle Coach
- Hormonal Balance Consultant
- Women's Wellness Consultant
- Menstrual Health Nutrition Specialist
- Adolescent Girls' Health Nutrition Consultant
- Reproductive Health Nutrition Specialist

- Healthy Ageing & Women's Wellness Consultant
- Osteoporosis Nutrition Specialist
- Women's Preventive Healthcare Consultant
- Integrative Women's Health Practitioner

Fertility & Reproductive Medicine

- Fertility Clinic Nutrition Consultant
- IVF Centre Clinical Nutritionist
- Assisted Reproductive Technology (ART) Nutrition Consultant
- Preconception Health Consultant
- Recurrent Pregnancy Loss Nutrition Specialist
- Male Fertility Nutrition Consultant
- Couple Fertility Nutrition Coach
- Embryology Centre Nutrition Consultant

Endocrine & Metabolic Care

- Thyroid Nutrition Specialist
- Insulin Resistance Consultant
- Metabolic Syndrome Nutrition Specialist
- Diabetes Prevention Consultant
- Hormonal Weight Management Specialist
- Adrenal Health Nutrition Consultant
- Women's Endocrine Health Educator

Community & Preventive Healthcare

- Community Women's Health Nutritionist
- Public Health Nutrition Consultant
- Preventive Healthcare Specialist
- School & College Women's Health Educator
- NGO Women's Health Program Consultant
- Government Health Program Nutrition Consultant
- Maternal & Child Health Nutrition Officer

Corporate & Workplace Wellness

- Corporate Women's Wellness Consultant
- Employee Health & Wellness Nutritionist
- Occupational Health Nutrition Specialist
- Corporate Lifestyle Medicine Consultant
- Women's Wellness Program Manager

Digital Health & Telehealth

- Telehealth Women's Health Nutrition Consultant
- Virtual Clinical Dietitian
- Online Fertility Nutrition Coach
- Digital Women's Wellness Consultant
- Health App Clinical Consultant
- Digital Therapeutics Nutrition Advisor
- AI-Assisted Nutrition Consultant

Academia & Education

- Fellowship Faculty
- Clinical Nutrition Educator
- University Lecturer
- Academic Program Coordinator
- Curriculum Developer
- Clinical Skills Trainer
- Continuing Professional Education Instructor
- Healthcare Workshop Facilitator

Research & Scientific Careers

- Clinical Research Nutritionist
- Women's Health Research Associate
- Nutrition Research Scientist
- Research Project Coordinator
- Evidence-Based Practice Consultant
- Scientific Literature Reviewer

- Clinical Trial Nutrition Consultant
- Research Publication Specialist

Nutraceutical & Healthcare Industry

- Medical Affairs Nutrition Consultant
- Scientific Affairs Executive
- Clinical Education Specialist
- Nutraceutical Product Consultant
- Women's Health Product Specialist
- Healthcare Scientific Advisor
- Nutrition Science Manager

Media & Health Communication

- Women's Health Content Specialist
- Medical Content Writer
- Scientific Reviewer
- Health Journalist
- Clinical Education Content Developer
- Medical Podcast Host
- Health Communication Consultant
- Women's Health Author

Entrepreneurship & Independent Practice

- Private Women's Health Nutrition Clinic Owner
- Hormonal Health Consultant
- Fertility Nutrition Practice Founder
- Lifestyle Medicine Clinic Founder
- Online Women's Health Coaching Practice
- Nutrition Consultancy Founder
- Women's Wellness Program Developer
- Digital Health Entrepreneur
- Clinical Education Academy Founder
- Corporate Training Consultant

Leadership & Professional Development

- Clinical Nutrition Team Leader
- Women's Health Program Director
- Healthcare Project Manager
- Clinical Services Manager
- Nutrition Department Head
- Multidisciplinary Care Coordinator
- Fellowship Mentor
- Healthcare Quality Improvement Specialist

International Opportunities

- International Women's Health Nutrition Consultant
- Global Public Health Nutrition Specialist
- International NGO Nutrition Advisor
- International Research Collaborator
- International Telehealth Consultant
- Global Women's Wellness Educator
- International Clinical Nutrition Faculty
- International Healthcare Trainer

Professional Designation Upon Successful Completion

Graduates will be eligible to use the professional designation:

Clinical Fellow in Women's Health & Hormonal Nutrition (CF-WHHN)
(Institutional Fellowship Designation awarded by NIND).

This fellowship prepares graduates to contribute effectively within multidisciplinary healthcare teams, collaborate with gynaecologists, endocrinologists, fertility specialists, obstetricians, psychologists, physiotherapists, lactation consultants, and other allied healthcare professionals while practising within the professional scope of nutrition and dietetics.

Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition

Duration: 12 Months

Total Phases: 4

Total Modules: 12

Total Topics: 150+

Clinical Case Discussions: 100+

Journal Clubs: 12

Research Project: 1

Internship: Included

PHASE I

Foundations of Women's Health, Endocrinology & Clinical Nutrition

(Months 1–2)

Module 1 (Month 1)

Foundations of Women's Health, Hormonal Physiology & Clinical Nutrition

Module Goal

Develop a strong understanding of female physiology, endocrinology, reproductive biology, metabolism, nutritional sciences, and the foundations of clinical reasoning before progressing to disease management.

Submodule 1

Introduction to Women's Health Nutrition

Topics

1. Evolution of Women's Health Nutrition
2. Scope of Women's Health Dietetics
3. Global Burden of Women's Health Disorders
4. Role of Clinical Nutrition in Women's Healthcare
5. Nutrition Across the Female Life Cycle
6. Precision Nutrition in Women's Health
7. Evidence-Based Women's Health Practice
8. Multidisciplinary Healthcare Model
9. Clinical Ethics
10. Future of Women's Health Nutrition

Submodule 2

Female Reproductive Anatomy

Topics

1. Female Pelvic Anatomy
2. External Reproductive Anatomy
3. Internal Reproductive Organs
4. Ovarian Structure
5. Ovarian Follicle Development
6. Uterine Anatomy
7. Cervical Physiology
8. Endometrium
9. Fallopian Tubes
10. Breast Physiology
11. Placental Development
12. Blood Supply
13. Lymphatic Drainage
14. Neural Regulation

Submodule 3

Female Reproductive Physiology

Topics

1. Puberty
2. Sexual Maturation
3. Menstrual Physiology
4. Ovulation
5. Fertilisation
6. Implantation
7. Corpus Luteum
8. Hormonal Feedback
9. Menstrual Cycle Phases
10. Ovarian Cycle
11. Endometrial Cycle
12. Menstrual Variability

Submodule 4

Endocrine Physiology

Topics

1. Introduction to Endocrinology
2. Hormone Classification
3. Hormone Receptors
4. Hormone Signalling
5. Endocrine Glands
6. Feedback Mechanisms
7. Hormonal Homeostasis
8. Circadian Hormone Secretion
9. Neuroendocrinology
10. Hormonal Adaptations

Submodule 5

The Hypothalamic–Pituitary–Ovarian (HPO) Axis

Topics

1. Physiology of the HPO Axis
2. GnRH Secretion
3. Pituitary Hormones
4. LH Physiology

5. FSH Physiology
6. Ovarian Hormone Production
7. Estradiol Regulation
8. Progesterone Regulation
9. Ovulation Control
10. Negative Feedback
11. Positive Feedback
12. Luteal Phase Regulation
13. Follicular Recruitment
14. Ovulatory Dysfunction
15. Clinical Disorders of the HPO Axis

Submodule 6

The Hypothalamic–Pituitary–Adrenal (HPA) Axis

Topics

1. Anatomy of the HPA Axis
2. Cortisol Physiology
3. ACTH Regulation
4. CRH Function
5. Stress Response
6. Acute vs Chronic Stress
7. Cortisol Rhythm
8. Adrenal Adaptations
9. HPA Dysfunction
10. Stress and Female Hormones
11. HPA–HPO Crosstalk
12. Nutrition and Cortisol
13. Chronic Inflammation
14. Burnout & Metabolic Adaptation
15. Clinical Relevance in Women's Health

Submodule 7

Female Metabolism

Topics

1. Energy Metabolism

2. Carbohydrate Metabolism
3. Protein Metabolism
4. Fat Metabolism
5. Insulin Physiology
6. Glucagon
7. Leptin
8. Ghrelin
9. Adiponectin
10. Metabolic Flexibility
11. Mitochondrial Function
12. Energy Expenditure

Submodule 8

Gut-Brain-Ovary Axis

Topics

1. Gut Microbiome
2. Gut Hormones
3. Gut Barrier
4. Microbial Diversity
5. Estrobolome
6. Gut Dysbiosis
7. SCFAs
8. Gut Inflammation
9. Brain-Gut Communication
10. Gut-Brain-Ovary Axis
11. Nutrition Interventions
12. Clinical Applications

Submodule 9

Nutritional Biochemistry

Topics

1. Macronutrients
2. Micronutrients
3. Enzymes
4. Coenzymes

5. Oxidative Stress
6. Inflammation
7. Cellular Nutrition
8. Antioxidants
9. Methylation
10. One Carbon Metabolism

Submodule 10

Evidence-Based Nutrition

Topics

1. Levels of Evidence
2. Reading Scientific Papers
3. RCTs
4. Cohort Studies
5. Case-Control Studies
6. Bias
7. Confounding
8. Clinical Guidelines
9. Translating Research to Practice
10. Evidence-Based Decision Making

Practical Workshops (Month 1)

- Female pelvic anatomy workshop
- Hormone mapping workshop
- Menstrual cycle mapping
- HPO axis flowchart creation
- HPA axis interpretation workshop
- Hormone signalling exercises
- Clinical physiology demonstrations
- Interactive endocrine case discussions

Clinical Assignments

- Prepare a hormonal physiology concept map.
- Compare the HPO and HPA axes and explain their interaction in women's health.
- Create a menstrual cycle hormone timeline.
- Review and summarise one landmark research paper on female endocrinology.
- Analyse a case involving stress-related menstrual dysfunction.

Weekly Case Discussions

Week 1: Adolescent with irregular menstrual cycles.

Week 2: Woman with chronic stress and hypothalamic amenorrhoea.

Week 3: Early signs of insulin resistance affecting reproductive health.

Week 4: Hormonal adaptations in pregnancy and postpartum.

Journal Club

Critical appraisal of a recent peer-reviewed paper on hormonal regulation, menstrual physiology, or women's metabolic health.

Learning Outcome

By the end of Month 1, fellows will be able to:

- Explain female reproductive anatomy and physiology in detail.
- Describe the endocrine regulation of the menstrual cycle.
- Illustrate the HPO and HPA axes and their clinical significance.
- Explain the gut–brain–ovary axis and its implications for nutrition care.
- Apply principles of nutritional biochemistry to women's health.
- Critically interpret foundational endocrine research.
- Integrate physiological knowledge into early clinical reasoning.

PHASE I – Foundations of Women's Health, Endocrinology & Clinical Nutrition

Module 2 (Month 2)

Advanced Clinical Assessment, Laboratory Interpretation & Diagnostic Nutrition

Module Goal

To equip fellows with the knowledge and practical skills required to perform comprehensive nutrition assessments, interpret laboratory investigations, identify nutrition-related abnormalities, and develop evidence-based clinical nutrition strategies for women across different stages of life.

Submodule 1

Advanced Nutrition Assessment in Women's Health

Topics

1. The Nutrition Care Process (NCP)
2. Comprehensive Women's Health Assessment
3. ABCD Assessment Framework
4. Anthropometric Assessment
5. Nutrition-Focused Physical Examination (NFPE)
6. Dietary Assessment Methods
7. Medical & Surgical History
8. Medication & Supplement History
9. Menstrual & Reproductive History
10. Lifestyle Assessment
11. Physical Activity Assessment
12. Sleep Assessment
13. Stress Assessment
14. Psychosocial Assessment
15. Family History
16. Risk Stratification
17. Nutrition Diagnosis (PES Statements)
18. Prioritising Nutrition Problems
19. Clinical Documentation
20. Follow-up Planning

Submodule 2

Clinical Biochemistry & Laboratory Medicine

Topics

1. Principles of Laboratory Medicine
2. Reference Ranges vs Functional Ranges
3. Biological Variation
4. Laboratory Accuracy & Reliability
5. Pre-Analytical Variables
6. Interpreting Trends vs Single Values
7. Factors Affecting Laboratory Results
8. Critical Laboratory Values
9. Nutrition-Related Biomarkers
10. Integrating Laboratory Data into Clinical Practice

Submodule 3

Haematology & Micronutrient Assessment

Topics

1. Complete Blood Count (CBC)
2. Red Blood Cell Indices
3. White Blood Cell Interpretation
4. Platelet Parameters
5. Iron Studies
6. Ferritin
7. Serum Iron
8. Total Iron Binding Capacity (TIBC)
9. Transferrin Saturation
10. Vitamin B12
11. Folate
12. Vitamin D
13. Calcium
14. Magnesium
15. Zinc
16. Copper
17. Selenium
18. Homocysteine
19. Anaemia Classification
20. Nutrition Management Based on Laboratory Findings

Submodule 4

Glucose & Metabolic Assessment

Topics

1. Glucose Homeostasis
2. Fasting Blood Sugar
3. Postprandial Blood Sugar
4. HbA1c
5. Fasting Insulin
6. HOMA-IR
7. Oral Glucose Tolerance Test (OGTT)
8. C-Peptide
9. Hyperinsulinaemia
10. Insulin Resistance
11. Metabolic Syndrome
12. Clinical Nutrition Implications

Submodule 5

Lipid, Liver & Kidney Function Interpretation

Topics

1. Lipid Profile
2. Total Cholesterol
3. HDL
4. LDL
5. Triglycerides
6. Non-HDL Cholesterol
7. Apolipoproteins (Overview)
8. Liver Function Tests (LFTs)
9. ALT
10. AST
11. ALP
12. GGT
13. Bilirubin
14. Albumin

15. Kidney Function Tests (KFTs)
16. Creatinine
17. Blood Urea Nitrogen (BUN)
18. eGFR
19. Uric Acid
20. Nutrition Implications of Liver & Kidney Biomarkers

Submodule 6

Endocrine Laboratory Interpretation

Topics

1. Thyroid Function Overview
2. TSH
3. Free T3
4. Free T4
5. Reverse T3
6. Anti-TPO Antibodies
7. Thyroglobulin Antibodies (TgAb)
8. LH
9. FSH
10. LH:FSH Ratio
11. Estradiol
12. Progesterone
13. Testosterone
14. Free Testosterone
15. SHBG
16. DHEA-S
17. AMH
18. Prolactin
19. Cortisol
20. ACTH
21. IGF-1
22. Clinical Correlation of Hormonal Reports

Submodule 7

Inflammation, Immunity & Oxidative Stress

Topics

1. Acute vs Chronic Inflammation
2. hs-CRP
3. ESR
4. Cytokines (Overview)
5. Oxidative Stress
6. Antioxidant Biomarkers
7. Immune Function
8. Autoimmune Screening (Overview)
9. Inflammation & Women's Health
10. Nutrition Strategies to Reduce Inflammation

Submodule 8

Diagnostic Imaging & Clinical Investigations (For Nutrition Professionals)

Topics

1. Understanding Ultrasound Reports
2. Pelvic Ultrasound Interpretation
3. Ovarian Morphology
4. Endometrial Thickness
5. Follicular Monitoring
6. Bone Mineral Density (DEXA)
7. Body Composition Analysis
8. Bioelectrical Impedance Analysis (BIA)
9. Waist Circumference
10. Waist-Hip Ratio
11. Blood Pressure Interpretation
12. Integrating Imaging with Nutrition Care

Submodule 9

Clinical Decision-Making & Nutrition Algorithms

Topics

1. Clinical Reasoning Framework
2. Identifying Root Causes
3. Differential Nutrition Assessment
4. Prioritising Nutrition Problems
5. Nutrition Algorithms
6. Evidence-Based Decision Trees
7. Personalised Nutrition Planning
8. Monitoring & Evaluation
9. Referral Criteria
10. Multidisciplinary Collaboration

Practical Workshops

- Nutrition-Focused Physical Examination (NFPE)
- Anthropometric Assessment Workshop
- Comprehensive Women's Health Assessment
- Laboratory Report Interpretation Workshop
- Hormonal Blood Report Analysis
- Iron Profile Interpretation
- Thyroid Report Interpretation
- Insulin Resistance Calculation (HOMA-IR)
- OGTT Interpretation
- Pelvic Ultrasound Report Reading
- Clinical Documentation Using SOAP Notes
- Nutrition Diagnosis (PES Statement) Workshop

Clinical Assignments

1. Perform a complete ABCD nutrition assessment on a simulated patient.
2. Interpret a CBC and identify nutrition-related concerns.
3. Analyse an iron profile and formulate nutrition recommendations.
4. Interpret thyroid function tests and discuss nutritional implications.
5. Assess a metabolic profile (HbA1c, insulin, HOMA-IR, lipid profile) and develop a care plan.
6. Prepare SOAP notes based on a clinical case.
7. Develop PES statements for five different patient scenarios.
8. Critically evaluate a pelvic ultrasound report from a nutrition perspective.

Weekly Clinical Case Discussions

Week 1: Iron deficiency anaemia in a young woman with heavy menstrual bleeding.

Week 2: Subclinical hypothyroidism with weight gain and fatigue.

Week 3: Insulin resistance and elevated androgen levels in a woman with irregular menstrual cycles.

Week 4: Vitamin D deficiency and reduced bone mineral density in a perimenopausal woman.

Journal Club

Critical appraisal of a recent systematic review or clinical practice guideline related to laboratory biomarkers, nutrition assessment, or hormonal disorders in women.

Learning Outcomes

At the completion of this module, fellows will be able to:

- Conduct comprehensive nutrition assessments using the Nutrition Care Process (NCP).
- Perform Nutrition-Focused Physical Examination (NFPE) and identify nutrition-related physical signs.
- Interpret common laboratory investigations relevant to women's health, including haematological, metabolic, endocrine, inflammatory, liver, and kidney biomarkers.
- Correlate laboratory findings with clinical symptoms and nutritional status.
- Develop nutrition diagnoses (PES statements) and evidence-based nutrition care plans.
- Apply structured clinical reasoning and nutrition algorithms to support personalised patient management.
- Recognise situations requiring multidisciplinary referral and collaborative care.

PHASE II – Disease-Specific Clinical Management

Module 3 (Month 3)

Menstrual Health, HPO Axis Disorders & Polycystic Ovary Syndrome (PCOS)

Module Goal

To develop advanced competency in the assessment, interpretation, and evidence-based nutritional management of menstrual disorders and Polycystic Ovary Syndrome (PCOS). Fellows will understand the interplay between the HPO axis, HPA axis, thyroid function, insulin resistance, inflammation, gut health, and lifestyle factors, enabling them to deliver personalised, multidisciplinary nutrition care.

Submodule 1

Physiology of the Menstrual Cycle & Clinical Relevance

Topics

1. Recap of the HPO Axis
2. Hormonal Regulation of the Menstrual Cycle
3. Follicular Phase Physiology
4. Ovulation & Ovulatory Mechanisms
5. Luteal Phase Physiology
6. Endometrial Changes Throughout the Cycle
7. Hormonal Fluctuations Across the Month
8. Ovulatory vs Anovulatory Cycles
9. Normal Menstrual Parameters
10. Clinical Red Flags in Menstrual Health
11. Menstrual Cycle as a Vital Sign
12. Nutrition Across the Menstrual Cycle

Submodule 2

Menstrual Disorders

Topics

1. Dysmenorrhoea
2. Primary vs Secondary Dysmenorrhoea
3. Premenstrual Syndrome (PMS)
4. Premenstrual Dysphoric Disorder (PMDD)
5. Amenorrhoea
6. Primary Amenorrhoea
7. Secondary Amenorrhoea
8. Oligomenorrhoea
9. Menorrhagia (Heavy Menstrual Bleeding)
10. Hypomenorrhoea
11. Irregular Menstrual Cycles
12. Anovulation
13. Functional Hypothalamic Amenorrhoea
14. Exercise-Induced Menstrual Dysfunction
15. Nutrition Strategies for Menstrual Disorders

Submodule 3

Polycystic Ovary Syndrome (PCOS)

Topics

1. Epidemiology of PCOS
2. Rotterdam Diagnostic Criteria
3. NIH & International PCOS Guidelines
4. Pathophysiology of PCOS
5. Hyperandrogenism
6. Ovarian Dysfunction
7. Insulin Resistance in PCOS
8. Chronic Low-Grade Inflammation
9. Genetics & Epigenetics in PCOS
10. Environmental Factors
11. Lean PCOS
12. Obese PCOS
13. Adolescent PCOS
14. Adult PCOS
15. Clinical Phenotypes (A–D)
16. Long-Term Complications of PCOS

Submodule 4

Hormonal & Metabolic Interactions

Topics

1. HPO Axis Dysfunction in PCOS
2. HPA Axis & Stress
3. Thyroid Dysfunction & PCOS
4. Hyperprolactinaemia
5. Cortisol & Metabolic Health
6. Insulin Resistance & Hyperinsulinaemia
7. SHBG and Free Androgens
8. Androgen Excess
9. Leptin Resistance
10. Adiponectin
11. Ghrelin
12. Gut–Brain–Ovary Axis in PCOS

Submodule 5

Laboratory Interpretation in Menstrual Disorders & PCOS

Topics

1. LH
2. FSH
3. LH:FSH Ratio
4. Estradiol
5. Progesterone
6. Testosterone
7. Free Testosterone
8. DHEA-S
9. SHBG
10. AMH
11. Prolactin
12. TSH
13. Free T3

14. Free T4
15. Fasting Insulin
16. HOMA-IR
17. HbA1c
18. Lipid Profile
19. Vitamin D
20. Ferritin
21. hs-CRP
22. Pelvic Ultrasound Interpretation in PCOS

Submodule 6

Medical Nutrition Therapy for PCOS

Topics

1. Nutrition Goals in PCOS
2. Energy Balance
3. Weight Management Principles
4. Carbohydrate Quality
5. Glycaemic Load
6. Protein Optimisation
7. Healthy Fats
8. Fibre & Gut Health
9. Anti-inflammatory Nutrition
10. Mediterranean Diet
11. Low Glycaemic Index Diet
12. DASH Principles
13. Plant-Based Approaches
14. Ketogenic Diet – Evidence & Limitations
15. Chrononutrition
16. Meal Timing
17. Intermittent Fasting – Current Evidence
18. Behaviour Change for Long-Term Adherence

Submodule 7

Nutraceuticals & Supplementation

Topics

1. Myo-Inositol
2. D-Chiro Inositol
3. Inositol Ratios
4. Omega-3 Fatty Acids
5. Vitamin D
6. Magnesium
7. Zinc
8. Iron
9. Chromium
10. Selenium
11. N-Acetyl Cysteine (NAC)
12. Berberine
13. Curcumin
14. Probiotics
15. Coenzyme Q10
16. Evidence-Based Supplement Selection
17. Safety & Contraindications
18. Monitoring Supplement Outcomes

Submodule 8

Lifestyle Medicine in PCOS

Topics

1. Physical Activity Prescription
2. Resistance Training
3. Aerobic Exercise
4. Exercise & Insulin Sensitivity
5. Sleep Optimisation
6. Stress Management
7. Cortisol Reduction Strategies
8. Yoga for Women's Health
9. Mindfulness & Meditation

10. Emotional Eating
11. Behaviour Change Techniques
12. Motivational Interviewing
13. Digital Health Tools
14. Wearables in Lifestyle Monitoring

Submodule 9

Counselling & Multidisciplinary Care

Topics

1. Breaking a PCOS Diagnosis Compassionately
2. Addressing Body Image Concerns
3. Counselling Adolescents with PCOS
4. Fertility Counselling
5. Managing Unrealistic Expectations
6. Shared Decision-Making
7. Working with Gynaecologists
8. Working with Endocrinologists
9. Referral Criteria
10. Long-Term Follow-Up Planning

Practical Workshops

- PCOS phenotype identification workshop
- Hormonal profile interpretation workshop
- Pelvic ultrasound interpretation for nutrition professionals
- Insulin resistance assessment workshop
- Menstrual cycle tracking using clinical tools
- Designing low-GI and Mediterranean meal plans
- Nutraceutical selection workshop
- Behaviour change and motivational interviewing role-play
- Exercise prescription planning
- Clinical documentation and follow-up planning

Clinical Assignments

1. Perform a complete assessment of a client with suspected PCOS using the ABCD framework.
2. Interpret hormonal and metabolic laboratory reports for a woman with irregular menstrual cycles.
3. Develop a personalised 7-day meal plan for an insulin-resistant PCOS phenotype.
4. Compare nutritional strategies for lean PCOS versus obesity-associated PCOS.
5. Critically appraise the latest International PCOS Guideline and summarise its nutrition recommendations.
6. Prepare a counselling plan addressing body image, stress, and lifestyle modification.
7. Design a multidisciplinary referral pathway for a complex PCOS case.

Weekly Clinical Case Discussions

Week 1: Adolescent with irregular menstrual cycles, acne, and suspected PCOS.

Week 2: Lean PCOS with infertility and elevated AMH.

Week 3: Obesity-associated PCOS with insulin resistance, dyslipidaemia, and non-alcoholic fatty liver disease.

Week 4: Woman with functional hypothalamic amenorrhoea following excessive exercise and low energy availability.

Monthly Journal Club

Critical appraisal of one recent systematic review or international clinical guideline related to PCOS, menstrual disorders, insulin resistance, or medical nutrition therapy.

Learning Outcomes

By the end of Month 3, fellows will be able to:

- Explain the pathophysiology and clinical presentation of common menstrual disorders and PCOS.
- Differentiate between PCOS phenotypes and identify contributing endocrine, metabolic, and lifestyle factors.
- Interpret hormonal, metabolic, and imaging investigations relevant to menstrual disorders and PCOS.
- Develop evidence-based, individualised nutrition care plans that integrate dietary modification, physical activity, supplementation, and behaviour change strategies.
- Apply current international clinical guidelines to the nutritional management of PCOS.
- Counsel women with sensitivity and confidence while collaborating effectively with multidisciplinary healthcare teams.
- Evaluate patient progress through structured monitoring, follow-up, and outcome assessment.

PHASE II – Disease-Specific Clinical Management

Module 4 (Month 4)

Endometriosis, Adenomyosis, Uterine Fibroids & Chronic Pelvic Pain: Evidence-Based Nutrition & Integrated Care

Module Goal

To develop advanced competency in understanding the pathophysiology, diagnosis, laboratory interpretation, multidisciplinary management, and evidence-based nutrition care of women with endometriosis, adenomyosis, uterine fibroids, chronic pelvic pain, and associated reproductive disorders. Fellows will learn to integrate anti-inflammatory nutrition, gut health, lifestyle medicine, and multidisciplinary collaboration into personalised patient care.

Submodule 1

Understanding Endometriosis

Topics

1. Definition and Epidemiology of Endometriosis
2. Normal Endometrial Physiology
3. Theories of Endometriosis Development
4. Retrograde Menstruation Theory
5. Stem Cell Theory
6. Coelomic Metaplasia Theory
7. Immune Dysfunction in Endometriosis
8. Estrogen Dependence
9. Progesterone Resistance
10. Chronic Inflammation
11. Neuroangiogenesis
12. Fibrosis and Adhesion Formation
13. Disease Classification and Staging
14. Impact on Fertility
15. Long-Term Health Consequences

Submodule 2

Adenomyosis

Topics

1. Definition and Epidemiology
2. Pathophysiology
3. Estrogen and Adenomyosis
4. Uterine Muscle Changes
5. Inflammatory Mechanisms
6. Clinical Features
7. Heavy Menstrual Bleeding
8. Chronic Pelvic Pain
9. Fertility Implications
10. Nutrition Considerations
11. Lifestyle Factors
12. Long-Term Monitoring

Submodule 3

Uterine Fibroids

Topics

1. Fibroid Classification
2. Hormonal Regulation
3. Estrogen & Progesterone Effects
4. Genetics
5. Growth Factors
6. Inflammation
7. Risk Factors
8. Clinical Presentation
9. Heavy Menstrual Bleeding
10. Anaemia
11. Fertility Implications
12. Nutrition Strategies

Submodule 4

Chronic Pelvic Pain

Topics

1. Definition
2. Pain Physiology
3. Peripheral Sensitisation
4. Central Sensitisation
5. Neuropathic Pain
6. Neuroinflammation
7. Psychological Factors
8. Pain Assessment Tools
9. Quality of Life
10. Multidisciplinary Pain Management
11. Nutrition and Pain
12. Lifestyle Interventions

Submodule 5

Inflammation, Immunology & the Gut–Immune–Hormone Axis

Topics

1. Immune System Review
2. Cytokines in Women's Health
3. TNF-α
4. IL-6
5. IL-1β
6. Oxidative Stress
7. NF-κB Pathway
8. Estrogen–Immune Interactions
9. Gut Barrier Function
10. Intestinal Permeability
11. Gut Dysbiosis
12. Estrobolome
13. Gut–Immune–Hormone Axis
14. Microbiome and Endometriosis
15. Nutrition–Inflammation Connections

Submodule 6

Laboratory & Diagnostic Interpretation

Topics

1. CBC
2. Ferritin
3. Iron Studies
4. Vitamin D
5. Vitamin B12
6. Folate
7. Magnesium
8. Zinc
9. hs-CRP
10. ESR
11. Hormonal Profile Review
12. Thyroid Function
13. CA-125 (Overview)
14. Pelvic Ultrasound Findings
15. MRI Findings (Overview)
16. Laparoscopy (Overview)
17. Differential Diagnosis
18. Nutrition Interpretation of Clinical Reports

Submodule 7

Evidence-Based Medical Nutrition Therapy

Topics

1. Anti-Inflammatory Nutrition
2. Mediterranean Diet
3. High-Fibre Nutrition
4. Omega-3 Rich Diet
5. Phytonutrients
6. Antioxidant Nutrition
7. Gut-Healing Strategies

8. Low-FODMAP Considerations
9. Gluten-Free Diet – Current Evidence
10. Dairy Elimination – Current Evidence
11. Plant-Based Nutrition
12. Healthy Fat Intake
13. Protein Optimisation
14. Micronutrient Optimisation
15. Meal Timing
16. Individualised Nutrition Planning

Submodule 8

Nutraceuticals & Supplementation

Topics

1. Omega-3 Fatty Acids
2. Curcumin
3. Vitamin D
4. Magnesium
5. Zinc
6. Iron Replacement Strategies
7. Probiotics
8. Prebiotics
9. N-Acetyl Cysteine (NAC)
10. Resveratrol
11. Quercetin
12. Coenzyme Q10
13. Melatonin
14. Polyphenols
15. Evidence-Based Supplement Selection

Submodule 9

Lifestyle Medicine & Integrated Care

Topics

1. Exercise Prescription

2. Yoga for Pelvic Health
3. Pelvic Floor Physiotherapy (Overview)
4. Stress Management
5. Sleep Optimisation
6. Behaviour Change
7. Pain Coping Strategies
8. Mindfulness
9. Psychological Well-Being
10. Sexual Health Considerations
11. Digital Health Monitoring
12. Long-Term Lifestyle Planning

Submodule 10

Counselling & Multidisciplinary Care

Topics

1. Communicating a Chronic Disease Diagnosis
2. Addressing Fertility Concerns
3. Counselling Women with Chronic Pain
4. Managing Emotional Distress
5. Shared Decision-Making
6. Multidisciplinary Team Roles
7. Referral Pathways
8. Follow-Up Planning
9. Patient Education Strategies
10. Building Long-Term Therapeutic Relationships

Practical Workshops

- Anti-inflammatory meal planning workshop
- Chronic pain nutrition management workshop
- Endometriosis and adenomyosis case conference
- Pelvic ultrasound interpretation for nutrition professionals
- Inflammatory biomarker interpretation workshop
- Gut microbiome assessment and intervention planning
- Micronutrient replacement planning
- Behaviour change and counselling role-play

- Lifestyle medicine intervention planning
- Multidisciplinary case management simulation

Clinical Assignments

1. Conduct a comprehensive nutrition assessment for a woman diagnosed with endometriosis.
2. Interpret laboratory findings, including inflammatory and micronutrient markers, and develop an evidence-based nutrition care plan.
3. Design a 7-day anti-inflammatory meal plan for a patient with adenomyosis and heavy menstrual bleeding.
4. Critically compare the evidence for Mediterranean, plant-based, and elimination diets in endometriosis management.
5. Develop a supplementation protocol based on current evidence, clearly stating indications, contraindications, and monitoring parameters within the dietitian's scope of practice.
6. Create a multidisciplinary referral pathway for a woman with chronic pelvic pain and fertility concerns.
7. Prepare a patient education resource on lifestyle strategies to reduce inflammation and improve quality of life.

Weekly Clinical Case Discussions

Week 1: Woman with severe dysmenorrhoea and newly diagnosed endometriosis.

Week 2: Adenomyosis presenting with heavy menstrual bleeding, iron deficiency anaemia, and chronic fatigue.

Week 3: Large symptomatic uterine fibroids associated with obesity, hypertension, and abnormal uterine bleeding.

Week 4: Chronic pelvic pain with suspected gut dysbiosis, anxiety, and reduced quality of life.

Monthly Journal Club

Critical appraisal of a recent systematic review, meta-analysis, or international guideline related to endometriosis, adenomyosis, uterine fibroids, chronic pelvic pain, or nutrition-based interventions.

Learning Outcomes

By the end of Month 4, fellows will be able to:

- Explain the pathophysiology of endometriosis, adenomyosis, uterine fibroids, and chronic pelvic pain using current scientific evidence.
- Describe the roles of inflammation, immune dysfunction, hormonal regulation, oxidative stress, and the gut microbiome in disease progression.
- Interpret relevant laboratory investigations and diagnostic reports to support nutrition-focused clinical reasoning.
- Develop personalised, evidence-based nutrition care plans incorporating dietary modification, micronutrient optimisation, gut health strategies, lifestyle medicine, and appropriate supplementation.
- Counsel women with empathy regarding chronic pain, fertility concerns, and long-term disease management.
- Collaborate effectively with gynaecologists, reproductive specialists, physiotherapists, psychologists, and other healthcare professionals while practising within the professional scope of nutrition and dietetics.
- Critically evaluate emerging research and integrate evidence-based recommendations into clinical practice.

PHASE II – Disease-Specific Clinical Management

Module 5 (Month 5)

Fertility, Preconception Care, Assisted Reproductive Technology (ART) & IVF Nutrition

Module Goal

To develop advanced competency in the nutritional assessment and evidence-based management of couples planning conception, undergoing fertility treatment, or receiving Assisted Reproductive Technology (ART). Fellows will understand reproductive physiology, fertility investigations, ovarian reserve, embryo implantation, recurrent pregnancy loss, male fertility, and multidisciplinary fertility care while applying precision nutrition to improve reproductive outcomes.

Submodule 1

Fundamentals of Human Fertility

Topics

1. Physiology of Human Reproduction
2. Female Fertility Across the Lifespan
3. Male Fertility Physiology
4. Oogenesis
5. Spermatogenesis
6. Follicular Development
7. Ovulation
8. Fertilisation
9. Embryo Development
10. Blastocyst Formation
11. Implantation Biology
12. Endometrial Receptivity
13. Window of Implantation
14. Factors Affecting Fertility
15. Fertility Awareness & Natural Conception

Submodule 2

Female Infertility

Topics

1. Definition of Infertility
2. Epidemiology
3. Ovulatory Disorders
4. Tubal Factor Infertility
5. Uterine Factor Infertility
6. Cervical Factor Infertility
7. Endometriosis-Associated Infertility
8. PCOS-Associated Infertility
9. Diminished Ovarian Reserve
10. Premature Ovarian Insufficiency
11. Age-Related Fertility Decline
12. Unexplained Infertility
13. Lifestyle Factors
14. Environmental Influences
15. Nutrition Risk Factors

Submodule 3

Male Fertility & Nutrition

Topics

1. Male Reproductive Physiology
2. Semen Parameters
3. WHO Semen Analysis
4. Sperm Morphology
5. Sperm Motility
6. Sperm DNA Fragmentation
7. Oxidative Stress
8. Varicocele (Overview)
9. Hormonal Regulation
10. Testosterone
11. Lifestyle & Male Fertility
12. Obesity & Fertility

13. Micronutrients in Male Fertility
14. Nutrition Strategies
15. Couple-Based Fertility Care

Submodule 4

Fertility Investigations & Laboratory Interpretation

Topics

1. Fertility Assessment Pathway
2. Anti-Müllerian Hormone (AMH)
3. FSH
4. LH
5. Estradiol
6. Progesterone
7. Prolactin
8. Testosterone
9. DHEA-S
10. SHBG
11. Thyroid Profile
12. Vitamin D
13. Ferritin
14. Insulin Resistance
15. HbA1c
16. Semen Analysis Interpretation
17. Ultrasound Follicular Monitoring
18. Antral Follicle Count (AFC)
19. Endometrial Thickness
20. Nutrition Implications of Fertility Reports

Submodule 5

Assisted Reproductive Technology (ART) & IVF

Topics

1. Overview of ART
2. IVF Treatment Cycle

3. ICSI
4. IUI
5. Ovarian Stimulation
6. Trigger Injection
7. Oocyte Retrieval
8. Fertilisation Techniques
9. Embryo Culture
10. Embryo Grading
11. Blastocyst Transfer
12. Frozen Embryo Transfer (FET)
13. Luteal Phase Support
14. Implantation Support
15. Nutrition During IVF
16. Common Nutrition Myths in IVF

Submodule 6

Precision Nutrition for Fertility

Topics

1. Fertility Nutrition Assessment
2. Energy Availability
3. Healthy Body Composition
4. Protein Optimisation
5. Carbohydrate Quality
6. Healthy Fats
7. Omega-3 Intake
8. Mediterranean Diet
9. Low-Glycaemic Nutrition
10. Gut Health
11. Antioxidant Nutrition
12. Micronutrient Optimisation
13. Hydration
14. Meal Timing
15. Personalised Fertility Nutrition Plans

Submodule 7

Nutraceuticals & Supplementation

Topics

1. Folic Acid vs Methylfolate
2. Vitamin D
3. Iron
4. Omega-3 Fatty Acids
5. Coenzyme Q10
6. Myo-Inositol
7. D-Chiro Inositol
8. NAC
9. Zinc
10. Selenium
11. Magnesium
12. Vitamin B12
13. Choline
14. Antioxidants
15. Evidence-Based Supplement Protocols
16. Safety During Preconception
17. Monitoring Supplement Use

Submodule 8

Lifestyle Medicine & Fertility Optimisation

Topics

1. Exercise Prescription
2. Sleep & Fertility
3. Stress Management
4. HPA Axis and Fertility
5. Weight Management
6. Alcohol & Fertility
7. Smoking & Reproductive Health
8. Caffeine Consumption
9. Environmental Toxins
10. Endocrine Disrupting Chemicals

11. Digital Detox & Lifestyle Balance
12. Behaviour Change Strategies

Submodule 9

Recurrent Pregnancy Loss & Implantation Failure

Topics

1. Definition
2. Causes of Recurrent Pregnancy Loss
3. Implantation Failure
4. Immune Factors
5. Thrombophilia (Overview)
6. Thyroid Disorders
7. Metabolic Health
8. Nutritional Risk Factors
9. Micronutrient Deficiencies
10. Nutrition Care Planning
11. Emotional Support
12. Referral & Collaborative Care

Submodule 10

Counselling & Multidisciplinary Fertility Care

Topics

1. Fertility Counselling Skills
2. Couple-Centred Care
3. Emotional Well-Being
4. Psychological Impact of Infertility
5. Counselling During IVF
6. Managing Expectations
7. Communicating Scientific Evidence
8. Working with Fertility Specialists
9. Working with Embryologists
10. Long-Term Follow-Up

Practical Workshops

- Fertility nutrition assessment workshop
- Female fertility laboratory interpretation workshop
- Male fertility report interpretation workshop
- IVF treatment cycle mapping
- Embryo implantation timeline workshop
- Fertility meal planning workshop
- Preconception supplementation planning
- Lifestyle modification counselling role-play
- Couple counselling simulation
- Multidisciplinary fertility case conference

Clinical Assignments

1. Conduct a comprehensive preconception nutrition assessment for a couple planning pregnancy.
2. Interpret ovarian reserve investigations (AMH, AFC, FSH, LH) and recommend evidence-based nutrition interventions.
3. Analyse a semen analysis report and develop a nutrition care plan for male factor infertility.
4. Prepare a personalised nutrition protocol for a woman undergoing an IVF cycle, including dietary recommendations and lifestyle considerations.
5. Critically evaluate current evidence for nutraceuticals used in fertility and ART.
6. Develop a multidisciplinary management plan for recurrent pregnancy loss, clearly identifying the nutrition professional's role and appropriate referral pathways.
7. Create a patient education booklet on preparing for conception through nutrition and lifestyle optimisation.

Weekly Clinical Case Discussions

Week 1: Couple with unexplained infertility and suboptimal dietary habits.

Week 2: Woman with PCOS preparing for IVF following unsuccessful ovulation induction.

Week 3: Male factor infertility with abnormal sperm motility, obesity, and oxidative stress.

Week 4: Woman with recurrent pregnancy loss, autoimmune thyroid disease, and vitamin D deficiency.

Monthly Journal Club

Critical appraisal of a recent international guideline, systematic review, or landmark clinical trial related to fertility nutrition, Assisted Reproductive Technology (ART), embryo implantation, or preconception care.

Learning Outcomes

By the end of Month 5, fellows will be able to:

- Explain the physiology of human fertility, embryo development, implantation, and reproductive ageing.
- Perform comprehensive nutrition assessments for both female and male fertility.
- Interpret fertility-related laboratory investigations, imaging reports, ovarian reserve markers, and semen analyses from a nutrition perspective.
- Design evidence-based nutrition care plans for couples planning conception and individuals undergoing ART and IVF.
- Recommend safe, evidence-informed dietary strategies and supplementation within the professional scope of nutrition and dietetics.
- Address lifestyle factors affecting fertility, including body composition, sleep, stress, environmental exposures, and physical activity.
- Provide empathetic, patient-centred counselling while supporting couples through fertility treatment.

PHASE II – Disease-Specific Clinical Management

Module 6 (Month 6)

Maternal Nutrition, Placental Health, High-Risk Pregnancy & Maternal–Fetal Nutrition

Module Goal

To develop advanced competency in evidence-based maternal nutrition throughout pregnancy, with a focus on placental physiology, fetal development, trimester-specific nutritional care, maternal adaptations, pregnancy complications, and multidisciplinary management. Fellows will learn to optimise maternal and fetal outcomes through personalised nutrition interventions while collaborating effectively with obstetricians, maternal-fetal medicine specialists, endocrinologists, and other healthcare professionals.

Submodule 1

Maternal Adaptations During Pregnancy

Topics

1. Physiology of Pregnancy
2. Maternal Cardiovascular Adaptations
3. Respiratory Adaptations
4. Renal Adaptations
5. Gastrointestinal Adaptations
6. Endocrine Adaptations
7. Metabolic Adaptations
8. Immunological Adaptations
9. Maternal Weight Gain Physiology
10. Trimester-Specific Physiological Changes
11. Hormonal Changes During Pregnancy
12. Maternal Nutrient Partitioning

Submodule 2

Placental Physiology & Placental Health

Topics

1. Placental Development
2. Placental Anatomy
3. Placental Implantation
4. Placental Blood Flow
5. Placental Endocrine Function
6. Nutrient Transport Mechanisms
7. Oxygen Transport
8. Placental Barrier Function
9. Placental Growth Factors
10. Placental Inflammation
11. Placental Oxidative Stress
12. Placental Ageing
13. Placental Insufficiency
14. Placental Biomarkers
15. Nutrition for Placental Health

Submodule 3

Fetal Growth & Development

Topics

1. Embryonic Development
2. Organogenesis
3. Fetal Growth Stages
4. Brain Development
5. Skeletal Development
6. Immune System Development
7. Gut Development
8. Lung Development
9. Epigenetics & Fetal Programming
10. Developmental Origins of Health and Disease (DOHaD)
11. Maternal Nutrition & Gene Expression
12. Long-Term Health Implications

Submodule 4

Trimester-Specific Nutrition

Topics

1. Nutrition in the First Trimester
2. Managing Nausea & Vomiting
3. Hyperemesis Gravidarum
4. Nutrition in the Second Trimester
5. Nutrition in the Third Trimester
6. Maternal Weight Gain Guidelines
7. Protein Requirements
8. Energy Requirements
9. Hydration
10. Fibre Requirements
11. Meal Planning by Trimester
12. Practical Nutrition Counselling

Submodule 5

Micronutrients & Supplementation in Pregnancy

Topics

1. Folic Acid & Neural Tube Defect Prevention
2. Iron
3. Calcium
4. Vitamin D
5. Vitamin B12
6. Iodine
7. Choline
8. Zinc
9. Magnesium
10. Selenium
11. Omega-3 (DHA & EPA)
12. Vitamin A Safety
13. Prenatal Supplements

14. Individualised Supplementation
15. Monitoring Micronutrient Status

Submodule 6

High-Risk Pregnancy

Topics

1. Gestational Diabetes Mellitus (GDM)
2. Pregnancy-Induced Hypertension
3. Preeclampsia
4. Eclampsia (Overview)
5. Gestational Weight Management
6. Maternal Obesity
7. Underweight Pregnancy
8. Twin & Multiple Pregnancies
9. Advanced Maternal Age
10. Adolescent Pregnancy
11. Intrauterine Growth Restriction (IUGR)
12. Macrosomia
13. Preterm Birth
14. Premature Rupture of Membranes
15. Nutrition Strategies for High-Risk Pregnancies

Submodule 7

Pregnancy-Related Medical Conditions

Topics

1. Pregnancy with PCOS
2. Pregnancy with Thyroid Disorders
3. Pregnancy with Diabetes
4. Pregnancy with Anaemia
5. Pregnancy with Autoimmune Disorders
6. Pregnancy with Renal Disease
7. Pregnancy with Gastrointestinal Disorders
8. Pregnancy with Obesity

9. Pregnancy after Bariatric Surgery
10. Nutrition During Bed Rest
11. Medication–Nutrition Interactions
12. Multidisciplinary Care Planning

Submodule 8

Laboratory Interpretation in Pregnancy

Topics

1. Pregnancy CBC Interpretation
2. Iron Studies
3. Ferritin
4. HbA1c
5. OGTT in Pregnancy
6. Thyroid Function Tests
7. Vitamin D
8. Liver Function Tests
9. Kidney Function Tests
10. Urine Protein Assessment
11. Blood Pressure Monitoring
12. Fetal Growth Monitoring
13. Ultrasound Reports
14. Doppler Studies (Overview)
15. Clinical Nutrition Implications

Submodule 9

Medical Nutrition Therapy in Pregnancy

Topics

1. Gestational Diabetes Nutrition
2. Hypertensive Pregnancy Nutrition
3. Anaemia Management
4. Hyperemesis Nutrition Care
5. Constipation Management
6. Reflux Management

7. Pregnancy-Induced Appetite Changes
8. Food Safety During Pregnancy
9. Cultural Food Practices
10. Vegetarian & Vegan Pregnancy
11. Meal Planning
12. Monitoring & Follow-Up

Submodule 10

Counselling & Multidisciplinary Maternal Care

Topics

1. Pregnancy Nutrition Counselling
2. Motivational Interviewing
3. Behaviour Change During Pregnancy
4. Addressing Pregnancy Myths
5. Family-Centred Nutrition Counselling
6. Cultural Sensitivity
7. Shared Decision-Making
8. Working with Obstetricians
9. Working with Maternal–Fetal Medicine Specialists
10. Referral Pathways
11. Birth Preparation Nutrition
12. Postpartum Transition Planning

Practical Workshops

- Pregnancy nutrition assessment workshop
- Placental physiology and nutrient transport mapping
- Trimester-wise meal planning workshop
- Gestational diabetes meal planning simulation
- High-risk pregnancy case conference
- Micronutrient supplementation planning
- Pregnancy laboratory interpretation workshop
- Pregnancy counselling role-play
- Maternal weight gain monitoring workshop
- Multidisciplinary obstetric case discussion

Clinical Assignments

1. Conduct a comprehensive nutrition assessment for a woman in each trimester of pregnancy and develop trimester-specific care plans.
2. Interpret pregnancy-related laboratory investigations, including CBC, ferritin, thyroid profile, OGTT, vitamin D, and urine protein, and formulate nutrition recommendations.
3. Develop a complete nutrition management protocol for gestational diabetes mellitus, including meal planning, glucose monitoring, and follow-up.
4. Prepare an evidence-based nutrition care plan for a woman with preeclampsia, integrating dietary modifications and lifestyle recommendations within the dietitian's scope of practice.
5. Design a personalised nutrition strategy for twin pregnancy with emphasis on maternal weight gain, energy requirements, and micronutrient optimisation.
6. Critically evaluate international recommendations for prenatal supplementation and compare them with current evidence.
7. Create a patient education resource addressing common pregnancy nutrition myths and practical dietary guidance.

Weekly Clinical Case Discussions

Week 1: First-trimester pregnancy complicated by hyperemesis gravidarum and inadequate weight gain.

Week 2: Gestational diabetes diagnosed at 26 weeks with obesity and insulin resistance.

Week 3: Severe iron deficiency anaemia and vitamin D deficiency during the third trimester.

Week 4: Preeclampsia with fetal growth restriction requiring multidisciplinary nutrition management.

Monthly Journal Club

Critical appraisal of a recent international clinical guideline, systematic review, or landmark trial related to maternal nutrition, placental health, gestational diabetes, hypertensive disorders of pregnancy, or fetal programming.

Learning Outcomes

By the end of Month 6, fellows will be able to:

- Explain maternal physiological adaptations and placental function throughout pregnancy.
- Describe the influence of maternal nutrition on placental development, fetal growth, and long-term offspring health.
- Calculate trimester-specific energy, protein, fluid, and micronutrient requirements using evidence-based recommendations.
- Interpret pregnancy-related laboratory investigations and fetal assessment reports to support nutrition-focused clinical reasoning.
- Design individualised nutrition care plans for healthy pregnancies as well as high-risk conditions, including gestational diabetes, hypertensive disorders, anaemia, obesity, multiple pregnancies, and fetal growth restriction.
- Provide safe, evidence-informed guidance on prenatal supplementation and food safety while practising within the professional scope of nutrition and dietetics.
- Deliver compassionate, culturally sensitive counselling to pregnant women and their families, addressing both physiological and psychosocial needs.
- Collaborate effectively with obstetricians, maternal-fetal medicine specialists, endocrinologists, lactation consultants, and other members of the multidisciplinary healthcare team to optimise maternal and fetal outcomes.

PHASE III – Advanced Clinical Practice & Integrated Women's Healthcare

Module 7 (Month 7)

Postpartum Recovery, Lactation & Early Maternal Nutrition

Focus Areas

- Maternal physiological recovery after childbirth
- Postpartum endocrine adaptations
- Breastfeeding physiology
- Lactation nutrition
- Breastfeeding challenges
- Caesarean section recovery
- Postpartum weight management
- Postpartum body composition
- Postpartum thyroiditis
- Postpartum anaemia
- Micronutrient restoration
- Emotional eating after delivery
- Sleep deprivation
- Maternal mental health
- Postpartum depression (nutrition perspective)
- Infant nutrition foundations
- Complementary feeding overview
- Return-to-work nutrition planning
- Exercise after childbirth
- Long-term maternal health

Practical Components

- Lactation case discussions
- Postpartum meal planning
- Breastfeeding counselling
- Recovery protocols
- Maternal supplementation planning

Module 8 (Month 8)

Perimenopause, Menopause, Healthy Ageing & Longevity Nutrition

Focus Areas

- Ovarian ageing
- Menopause physiology
- Perimenopause
- Menopausal transition
- Hormonal changes
- Vasomotor symptoms
- Sleep disorders
- Mood disorders
- Bone health
- Osteoporosis
- Sarcopenia
- Cardiovascular risk
- Menopause & metabolic syndrome
- Weight gain after menopause
- Gut microbiome changes
- Brain ageing
- Cognitive health
- Sexual health
- Healthy ageing
- Longevity nutrition

Practical Components

- DEXA interpretation
- Bone health assessment
- Menopause counselling
- Meal planning
- Exercise prescription
- Healthy ageing care plans

Module 9 (Month 9)

Advanced Clinical Practice, Functional Nutrition, Lifestyle Medicine & Precision Women's Healthcare

Focus Areas

Functional Medicine Principles

- Systems biology
- Root cause approach
- Functional timeline
- Clinical matrix
- Precision nutrition
- Nutrigenomics
- Nutrigenetics
- Epigenetics

Lifestyle Medicine

- Exercise prescription
- Circadian rhythm optimisation
- Sleep medicine
- Stress physiology
- HPA axis recovery
- Mind-body medicine
- Yoga
- Meditation

Gut Health

- Gut microbiome
- Gut testing
- Dysbiosis
- SIBO overview
- IBS in women
- Gut-hormone interactions

Autoimmune Women's Health

- Hashimoto's thyroiditis
- Graves' disease
- Lupus overview
- Rheumatoid arthritis overview
- Autoimmune nutrition

Obesity & Metabolic Medicine

- Obesity management
- GLP-1 therapies (nutrition management)
- Bariatric nutrition overview
- Weight regain prevention
- Precision fat-loss

Advanced Counselling

- Motivational interviewing
- Behaviour change psychology
- Trauma-informed care
- Chronic disease counselling
- Difficult conversations
- Shared decision-making

Digital Health

- AI-assisted clinical nutrition
- Remote patient monitoring
- Wearables
- Continuous glucose monitoring (CGM)
- Digital food tracking
- Telehealth
- Clinical software
- AI documentation

Practical Components

- Complex multidisciplinary case conferences
- Nutrition algorithm workshops
- AI-assisted clinical practice
- Advanced counselling simulations
- Functional nutrition assessment
- Lifestyle medicine intervention planning

PHASE III Clinical Exposure

Throughout Months 7–9, fellows will participate in:

- Weekly Grand Rounds
- Complex Case Conferences
- Journal Clubs
- Multidisciplinary Team Meetings
- Nutrition Algorithm Discussions
- Advanced Laboratory Interpretation Sessions
- AI in Clinical Practice Workshops
- Lifestyle Medicine Clinics
- Case Presentation Rounds
- Peer Review Sessions
- Reflective Practice Meetings
- Faculty Mentorship

Competencies Achieved by the End of Phase III

By the completion of Phase III, fellows will be able to:

- Independently assess women across the lifespan, from postpartum recovery through healthy ageing.
- Integrate endocrine physiology, nutrition science, lifestyle medicine, and behavioural psychology into comprehensive care plans.
- Develop personalised, evidence-based nutrition interventions for complex clinical presentations.

- Apply functional and precision nutrition concepts responsibly within the professional scope of nutrition and dietetics.
- Interpret advanced clinical data and formulate long-term management strategies.
- Utilise digital health technologies, artificial intelligence, and remote monitoring tools to enhance nutrition care.
- Deliver advanced patient counselling using motivational interviewing, behaviour change strategies, and trauma-informed communication.
- Collaborate confidently within multidisciplinary healthcare teams while demonstrating leadership, professionalism, and clinical judgement.

PHASE IV – Fellowship Practice, Research, Leadership & Professional Integration

Duration: Months 10–12

Objective:

To consolidate all knowledge and competencies acquired throughout the fellowship by immersing fellows in advanced clinical practice, multidisciplinary collaboration, research, teaching, leadership, digital health, and professional development. This phase prepares fellows to function as confident, ethical, evidence-based specialists in Women's Health & Hormonal Nutrition.

Module 10 (Month 10)

Advanced Clinical Residency, Case-Based Practice & Multidisciplinary Care

Module Goal

Enable fellows to independently assess, manage, monitor, and evaluate complex women's health cases while collaborating effectively with multidisciplinary healthcare professionals.

Submodule 1

Comprehensive Clinical Case Management

Topics

1. Complete Patient Assessment
2. Clinical Prioritisation
3. Nutrition Diagnosis
4. Evidence-Based Care Planning
5. Monitoring & Evaluation
6. Follow-Up Planning
7. Longitudinal Patient Care
8. Outcome Measurement

9. Clinical Decision Trees
10. Individualised Nutrition Strategies

Submodule 2

Complex Women's Health Cases

Topics

- Multi-morbidity
- PCOS with infertility
- Endometriosis with autoimmune disease
- Pregnancy with gestational diabetes
- Pregnancy with thyroid disorders
- Menopause with obesity
- Osteoporosis with sarcopenia
- Metabolic syndrome
- Complex hormonal disorders
- High-risk referrals

Submodule 3

Multidisciplinary Clinical Practice

Topics

Working with:

- Obstetricians
- Gynaecologists
- Reproductive Endocrinologists
- Endocrinologists
- Physicians
- Psychologists
- Psychiatrists
- Physiotherapists
- Pelvic Floor Therapists
- Lactation Consultants

- Fitness Professionals
- Public Health Teams

Submodule 4

Clinical Documentation

Topics

- SOAP Notes
- ADIME Documentation
- Nutrition Care Process
- Electronic Medical Records
- Clinical Reports
- Progress Notes
- Referral Notes
- Discharge Nutrition Planning

Clinical Residency Activities

Throughout Month 10, fellows will participate in:

- Weekly Grand Rounds
- Clinical Observation
- Simulated OPD Consultations
- Clinical Documentation Exercises
- Nutrition Algorithm Discussions
- Clinical Reflection Sessions
- Peer Case Reviews
- Faculty Feedback Meetings

Practical Workshops

- Complete Clinical Consultation Simulation
- Advanced Nutrition Assessment
- Laboratory Integration Workshop
- Multidisciplinary Team Simulation

- Clinical Documentation Masterclass
- Referral Decision Workshop

Clinical Assignments

- Complete 20 supervised comprehensive case reports.
- Prepare evidence-based nutrition care plans.
- Develop multidisciplinary referral pathways.
- Maintain a reflective clinical diary.

Module 11 (Month 11)

Clinical Research, Evidence-Based Practice, Leadership & Professional Development

Module Goal

Develop fellows into clinician-researchers capable of critically evaluating evidence, conducting research, educating patients, and leading clinical nutrition services.

Submodule 1

Research Methodology

Topics

- Research Design
- Quantitative Research
- Qualitative Research
- Mixed Methods
- Clinical Research Ethics
- Literature Review
- Protocol Development

Submodule 2

Biostatistics

Topics

- Descriptive Statistics
- Inferential Statistics
- Clinical Data Interpretation
- Confidence Intervals
- P-values
- Effect Size
- Meta-analysis Interpretation

Submodule 3

Scientific Writing

Topics

- Research Proposal
- Manuscript Writing
- Referencing
- Critical Appraisal
- Systematic Reviews
- Conference Abstracts

Submodule 4

Leadership & Education

Topics

- Clinical Leadership
- Team Management
- Public Speaking
- Teaching Skills
- Curriculum Development
- Healthcare Communication

- Professional Ethics
- Mentorship

Submodule 5

Digital Women's Healthcare

Topics

- Artificial Intelligence
- Telehealth
- Remote Monitoring
- Wearables
- Digital Behaviour Change
- Clinical Software
- Data Privacy
- Future of Women's Healthcare

Practical Workshops

- Research Proposal Writing
- Statistics Workshop
- Journal Club Presentation
- Teaching Demonstration
- AI Clinical Tools Workshop
- Professional Branding

Clinical Assignments

- Submit a research proposal.
- Present a journal club.
- Deliver one teaching session.
- Develop one patient education resource.
- Critically appraise five landmark research papers.

Module 12 (Month 12)

Fellowship Capstone, Clinical Competency Assessment & Professional Transition

Module Goal

Demonstrate independent specialist competency through clinical examinations, research presentation, portfolio defence, and professional readiness for advanced clinical practice.

Submodule 1

Fellowship Research Project

Topics

- Data Analysis
- Results Interpretation
- Discussion
- Clinical Translation
- Final Dissertation
- Research Presentation

Submodule 2

Clinical Portfolio

Portfolio Components

- Clinical Logbook
- 50+ Case Summaries
- Reflection Journal
- Nutrition Care Plans
- Assignment Compilation
- Research Activities
- Journal Club Participation
- Workshop Records

- Competency Checklist
- Continuing Professional Development (CPD) Plan

Submodule 3

Objective Structured Clinical Examination (OSCE)

Assessment Stations

- Nutrition Assessment
- Laboratory Interpretation
- Hormone Report Analysis
- Pregnancy Nutrition
- PCOS Management
- Menopause Management
- Counselling Skills
- Supplement Evaluation
- Meal Planning
- Clinical Documentation

Submodule 4

Viva Voce Examination

Assessment Areas

- Clinical Reasoning
- Evidence-Based Practice
- Hormonal Physiology
- Laboratory Interpretation
- Nutrition Therapy
- Ethical Decision-Making
- Multidisciplinary Care
- Research Methodology
- Professional Practice

Submodule 5

Career Transition & Professional Practice

Topics

- Clinical Practice Setup
- Hospital Careers
- Women's Health Clinics
- Fertility Centres
- Teleconsultation Practice
- Academic Careers
- Research Careers
- Healthcare Entrepreneurship
- Medico-Legal Considerations
- Continuing Professional Development

Practical Workshops

- Mock OSCE
- Mock Viva
- Portfolio Review
- Research Presentation Symposium
- Clinical Interview Preparation
- Career Development Masterclass

Clinical Assignments

- Complete and defend the fellowship dissertation.
- Submit the final clinical portfolio.
- Present three complex multidisciplinary cases.
- Deliver a capstone seminar.
- Develop a five-year professional development roadmap.

Clinical Internship Framework (Months 10–12)

During the final phase, fellows will undertake a structured clinical internship designed to reinforce practical competencies through supervised learning and real-world application.

Fellows will gain exposure to:

- Women's Health & Hormonal Nutrition Clinics
- Obstetrics & Antenatal Clinics
- Gynaecology Services
- Fertility & IVF Centres
- Endocrinology Clinics
- Lifestyle Medicine Practices
- Clinical Nutrition Departments
- Corporate Women's Wellness Programs
- Telehealth Consultations
- Community Women's Health Initiatives

Internship Activities

- Shadowing multidisciplinary consultations
- Performing nutrition assessments
- Developing evidence-based care plans
- Interpreting laboratory reports
- Participating in case conferences
- Delivering supervised nutrition counselling
- Maintaining clinical logbooks
- Reflective practice sessions
- Faculty mentorship meetings

Fellowship Completion Requirements

To be awarded the **Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition**, fellows must successfully complete:

- **Minimum 90% attendance** in academic sessions.
- All clinical assignments and practical workshops.
- Clinical internship requirements and logbook.
- Monthly journal club participation.
- Clinical case presentations.
- Reflective portfolio submissions.
- Fellowship research project/dissertation.

- Final written examination.
- Objective Structured Clinical Examination (OSCE).
- Viva voce examination.
- Capstone clinical portfolio defence.
- Demonstration of competency across all fellowship domains.

Graduate Exit Competencies

Upon successful completion, graduates will be able to:

- Independently perform advanced nutrition assessments and develop comprehensive care plans for women across the lifespan.
- Integrate endocrine physiology, reproductive medicine, lifestyle medicine, and evidence-based nutrition into specialist clinical practice.
- Interpret laboratory investigations, imaging reports, and clinical data to support nutrition-focused decision-making.
- Manage complex women's health conditions using personalised, evidence-informed nutrition interventions within the professional scope of nutrition and dietetics.
- Conduct and critically evaluate clinical research, applying findings to improve patient care.
- Lead multidisciplinary nutrition services with professionalism, ethical practice, and effective communication.
- Utilise digital health technologies and artificial intelligence responsibly to enhance clinical efficiency and patient outcomes.
- Educate patients, mentor peers, contribute to academic initiatives, and advocate for excellence in women's health nutrition.
- Pursue advanced clinical, academic, research, leadership, and entrepreneurial opportunities while maintaining a commitment to lifelong learning and continuous professional development.

Fellowship Admissions Process

The admission process for the **Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition** has been designed to ensure that every fellow possesses the academic background, professional commitment, and motivation required to successfully complete this advanced specialist training program.

The fellowship follows a structured admissions pathway to maintain high academic standards while providing applicants with a smooth and transparent enrolment experience.

Step 1: Submit Your Application

Interested applicants must complete the official Fellowship Application Form available through the NIND admissions portal or submit their application with the assistance of the admissions team.

Applicants will be required to provide:

- Personal details
- Educational qualifications
- Professional background
- Current occupation
- Area of interest
- Statement of Purpose (SOP) outlining their motivation for joining the fellowship
- Updated Curriculum Vitae (CV) or Resume
- Copies of academic certificates (if applicable)

Step 2: Eligibility Review

Once the application has been submitted, the Academic Admissions Committee will review the applicant's eligibility based on:

- Academic qualifications
- Professional experience
- Alignment with the fellowship objectives
- Motivation to pursue advanced clinical training

Applicants may be contacted if additional information or supporting documents are required.

Step 3: Admission Decision

Following the eligibility review, applicants will receive one of the following outcomes:

- Admission Offered
- Admission Offered with Recommendations
- Waitlisted (if applicable)
- Additional Information Required

Successful applicants will receive an official Admission Offer Letter from NIND.

Step 4: Fellowship Confirmation

Applicants who receive an admission offer must confirm their seat by completing the fellowship registration process within the stipulated timeline.

Confirmation includes:

- Acceptance of the Admission Offer
- Completion of the registration form
- Submission of any pending documents
- Payment of the fellowship investment or confirmation of the selected payment plan

Seats are confirmed only after successful completion of the registration process.

Step 5: Enrolment & Learning Portal Activation

Following successful registration, fellows will receive:

- Official Enrolment Confirmation
- Student Identification Number
- Learning Management System (LMS) access

- Fellowship Welcome Kit
- Academic Calendar
- Orientation Schedule
- Fellowship Handbook
- Student Guidelines
- Community Access Details

Step 6: Fellowship Orientation

Before the commencement of academic sessions, all fellows will participate in a structured orientation program introducing them to:

- Fellowship philosophy
- Curriculum structure
- Academic expectations
- Learning resources
- Assessment framework
- Research requirements
- Clinical assignments
- Internship and residency framework
- Faculty introductions
- Student support services
- Digital learning platforms

Attendance at the orientation program is strongly encouraged to ensure a smooth transition into the fellowship.

Step 7: Commencement of Fellowship

The fellowship officially begins according to the published academic calendar.

Throughout the twelve-month program, fellows will participate in:

- Advanced academic lectures
- Clinical case discussions
- Practical workshops
- Journal clubs
- Research methodology sessions
- Clinical assignments

- Clinical residency activities
- Portfolio development
- Faculty mentorship
- Competency-based assessments
- Fellowship research project
- Final clinical examinations

Admission Documents Checklist

Applicants are advised to keep the following documents ready during the application process:

- Completed Fellowship Application Form
- Recent Passport Size Photograph
- Government-Issued Photo Identification
- Curriculum Vitae (CV) or Resume
- Academic Degree Certificates
- Academic Transcripts (if available)
- Professional Registration Certificate (if applicable)
- Experience Certificates (if applicable)
- Statement of Purpose (SOP)
- Any additional supporting documents requested by the Admissions Committee

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Important Admission Information

- Admissions are conducted on a rolling basis or as per the published admission cycle.
- Applications are reviewed by the Academic Admissions Committee.
- Meeting the minimum eligibility criteria does not automatically guarantee admission.
- Fellowship seats may be limited to maintain an optimal faculty-to-fellow learning experience.
- Applicants are encouraged to submit their applications well before the commencement date.
- NIND reserves the right to verify academic and professional credentials submitted during the application process.
- The Institute reserves the right to update admission policies, eligibility requirements, and fellowship regulations in accordance with academic an

institutional standards

Fellowship Investment

The **Internationally Recognised Clinical Fellowship in Women's Health & Hormonal Nutrition** is available in three learning pathways, allowing professionals to choose the mode of study that best aligns with their learning preferences, career goals, and level of mentorship required.

Clinical Fellowship (Self-Paced Learning)

Fellowship Investment: ₹69,999

Ideal for: Professionals who prefer the flexibility of learning at their own pace while accessing the complete fellowship curriculum and academic resources.

Includes:

- 12-Month Fellowship Access
- Complete Self-Paced Learning Modules
- Recorded Expert Sessions
- Fellowship Handbook & Study Material
- Clinical Assignments
- Practical Workshop Recordings
- Monthly Journal Club Recordings
- Research Methodology Sessions
- AI in Clinical Nutrition Modules
- Clinical Portfolio Framework
- Internship Guidelines
- Fellowship Assessments
- Final Examination
- Fellowship Certificate upon Successful Completion
- Student Support

Clinical Fellowship (Live Learning)

Fellowship Investment: ₹89,999

Ideal for: Professionals seeking structured learning through live faculty-led sessions, interactive discussions, and enhanced academic engagement.

Includes Everything in the Self-Paced Fellowship, Plus:

- Live Interactive Classes
- Live Clinical Case Discussions
- Live Question & Answer Sessions
- Live Practical Workshops
- Live Journal Club Discussions
- Faculty Interaction
- Peer Learning & Group Discussions
- Structured Academic Schedule
- Session Recordings for Revision
- Enhanced Academic Support

Clinical Fellowship (1:1 Clinical Mentorship)

Fellowship Investment: ₹1,09,999

Ideal for: Professionals seeking personalised mentorship, advanced clinical guidance, research supervision, and accelerated career development.

Includes Everything in the Live Fellowship, Plus:

- Dedicated One-to-One Faculty Mentorship
- Personalised Clinical Guidance
- Individual Case Reviews
- Personal Clinical Portfolio Review
- Fellowship Research Project Supervision
- Dissertation Guidance
- Mock Clinical Consultations
- Mock OSCE Preparation
- Mock Viva Preparation
- Career Planning & Professional Development Sessions
- Resume & LinkedIn Profile Review
- Practice Development Guidance
- Priority Academic Support
- Personalised Feedback Throughout the Fellowship

Flexible Payment Options

To make the fellowship accessible to professionals across different stages of their careers, flexible payment plans and EMI options are available.

Please contact the Admissions Team for detailed information regarding instalment plans and financing options.

Your Fellowship Investment Includes

- One Year of Advanced Clinical Education
- Competency-Based Curriculum
- 150+ Advanced Learning Topics
- Clinical Residency Framework
- Practical Workshops
- Clinical Assignments
- Weekly Clinical Case Discussions
- Monthly Journal Clubs
- Research Methodology Training
- Artificial Intelligence in Clinical Nutrition
- Clinical Portfolio Development
- Fellowship Research Project
- Competency-Based Assessments
- Objective Structured Clinical Examination (OSCE)
- Viva Voce Examination
- Fellowship Completion Certificate*
- Continuous Academic Support

*Awarded upon successful completion of all academic and assessment requirements of the fellowship.

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Thank YOU

We sincerely appreciate your trust in NIND
and for being a part of our mission to
**advance nutrition, transform lives,
and build a healthier world.**

GLOBAL RECOGNITION | EVIDENCE-BASED EDUCATION | HOLISTIC APPROACH | COMPASSIONATE CARE | IMPACTFUL FUTURES

Together, let's continue to learn,
practice, lead, and transform
the field of nutrition and dietetics.

**We are honoured to be a part
of your journey.**

Thank you once again!

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