

## Internship in Ayurveda Dietetics

<b>Day 1</b>
1. Program objectives, logistics, and introduction to physician mentors
2. Hospital tour, Panchakarma therapy basics, dietary management for in-patients and out-patients
3. Diet planning concepts I: Macronutrients
4. Diet planning concepts II: Food formats
<b>Day 2:</b>
1. Diet planning concept III: 24-hour recall, factors to be considered, design a diet
2. Cancer project/case study: practical
<b>Day 3:</b>
1. Inpatient / Outpatient observation at Ayurveda Hospital
2. Writing up diet recall and discussion on physician recommendations
<b>Day 4 and Day 5:</b>
1. Inpatient / Outpatient observation at Ayurveda Hospital
2. Prepare diet chart for patients encountered in the morning
<b>Day 6:</b>
1. Inpatient / Outpatient observation at Ayurveda Hospital
2. Discussing the diet charts prepared with physicians and communicating with clients.
3. Viva voce
4. Program feedback and certificate award.