



We Transform you into a

**NUTRITION
PRO!**

Kickstart

Your Career with Science-backed Courses!

80,000+ Students • 100+ Schools • 18 States • Canada Certification

ABOUT ORANE INTERNATIONAL



Orane International is a popular and leading name in the field of beauty and wellness. It was incorporated in 2009 under the leadership of Mr. Dinesh Sood when he assessed a massive dearth of skilled manpower in beauty and wellness in India, along with a lack of formal skill education. Over the years, along with the beauty course, the nutrition domain has become one of the pillars of Orane's mission of skilling youth.

Orane has trained more than 80,000 students in nutrition and beauty over the last 15 years. It is dedicated to offering thorough courses supported by scientific knowledge and excellent training procedures in top-notch facilities. With over 100 centres in 18 states, you are never far from an Orane institute that will put you on the right track to a successful career.

YOUR OPPORTUNITIES

In India & globally, nutrition and dietetics demand is on the rise due to the surge in lifestyle diseases like obesity, diabetes, and

heart issues. This demand has created numerous job roles, such as:

NUTRITION CONSULTANT: Offer personalized dietary advice to individuals or groups.

DIETITIAN: Work in gyms, private hospitals, and health clinics, assisting clients.

SPORTS NUTRITIONIST: Provide guidance to athletes for performance enhancement.

FOOD INDUSTRY EXPERT: Develop and analyze nutritional content for food products.

COMMUNITY NUTRITIONIST: Promote healthy eating in community settings.

WELLNESS COACH: Assist individuals in achieving overall health & well-being.

FREELANCE NUTRITIONIST: Offer remote consultation services to clients.





WHY NUTRITION MATTERS & SURGING IN POPULARITY GLOBALLY

In the dynamic landscape of modern life, the relevance of nutrition to fostering a healthy lifestyle is paramount. At Orane, we firmly believe that nutrition science is not just a study; it's a key to unlocking the comprehensive well-being of individuals, which leads to a great career as well.

Key Factors Driving Nutrition's Popularity Globally

Rising Health Consciousness: People are becoming increasingly aware of the link between nutrition and overall health. They seek information and guidance on making healthier choices to achieve a better quality of life.

The Pursuit of Personalized Wellness:

Nutrition is no longer a one-size-fits-all approach. This personalized approach to nutrition is driving demand for customized nutrition plans and tailored dietary advice.

The Growing Influence of Social Media:

Social media platforms are playing a significant role in shaping public perceptions about nutrition. This exposure encourages more people to seek evidence-based information and make informed food choices.

Awareness of Gut Health Importance: The gut microbiome's connection to overall health is gaining traction. Nutritionists get specific training in gut health management, making them valuable in this rapidly growing field.

Increased Focus on Sustainable Eating:

Consumers are seeking sustainable and responsible dietary choices. Nutritionists are trained to guide people towards an environmentally conscious and healthy diet, a skill in high demand.

Our nutrition courses are meticulously crafted to provide a comprehensive understanding of both the theoretical foundations and practical applications, empowering individuals to make informed choices for holistic health for themselves and their clients.



WHY CHOOSE ORANE FOR YOUR NUTRITION CAREER?

- **EXPERT FACULTY:** Learn from experienced professionals who understand the nuances of nutrition.
- **RIGHT MIX OF THEORY & PRACTICALS:** Practical skills are emphasized alongside theoretical knowledge.
- **NSDC GRADE:** Orane is a Grade A- (Outstanding) on the NSDC as their training partner.
- **CURRICULUM EXCELLENCE:** Science & data-based curriculum prepares you for diverse career challenges.
- **AWARDS AND RECOGNITION:** Orane has won many awards, including “World’s Greatest Brand of Beauty Training,” “Fastest Growing Brand of Asia,” and more.
- **PLACEMENT SUPPORT:** A dedicated placement cell to help you get your dream job.



OUR PROGRAMS

DIPLOMA IN NUTRITION & DIETETICS

Duration: 12 Months /720 hours 2 Months Internship (Optional)*

MODULE - I

- Nutrients-Balanced Diet
- Macro-nutrients- Carbohydrates, Fats and Proteins
- Micro-nutrients- Vitamins and Minerals
- Energy and Water
- Food Science/Food Chemistry- Cereals, Vegetables, Fruits Sugar, Jaggery, Oils and Fats, Meat, Milk, Pulses, Fish, Poultry, Egg, Spices and Aromatics, Beverages
- Anatomy and Physiology - Digestive System

PRACTICALS

- Standardization, BMI

MODULE - II

- Meal Planning Guidelines
- Diet Planning – Infancy, Childhood, Adolescence, Adulthood, Old age, Pregnancy and Lactation
- Diet Counselling & Diet counselling forms

PRACTICALS

- Diet Planning for all Age Groups
- Nutritional Labelling-Analysis
- Diet Counselling Events

MODULE - III

- Weight Management – Body weight components
- Body Weight – Fat & fat free mass
- Obesity causes & consequences
- Dietary Management of obesity

- Physical activity & obesity
- Lifestyle modifications & Obesity
- Eating Disorders
- Effective utilization of food resources- Food Budgeting, Food labelling, Food Preservation, Food Adulteration, Fermentation, Germination & Supplementation,
- Introduction to Novel foods to increase the Food Quality
- Basic concepts of Ayurveda & Yoga

PRACTICALS

- Weight Management Seminar & Diet Counselling events
- Low fat cooking
- Visit to some weight loss centre
- Budget cooking

MODULE - IV

- Basic Understanding of Skeletal System –Nutrition for Bone Health & Dental Health
- Basic Understanding of Renal System- Nutrition for Renal Diseases
- Basic Understanding of Cardiovascular System-Nutrition for Cardiovascular Diseases e.g. Hypertension, Atherosclerosis Etc.
- Basic Understanding of Respiratory System- Nutrition for Respiratory Diseases
- Nutrition In reproductive Problems e.g., Menopause Etc.
- Nutrition in Diabetes Mellitus
- Nutrition in Gastrointestinal Diseases
- Nutrition for Inborn Error of Metabolism
- Nutrition in Fever and Other Infectious

OUR PROGRAMS

Diseases

- Hospital Organization Structure and Wellness Organization Structure

PRACTICALS

- Diet Planning as per Therapeutic Conditions
- Hospital Visit for seminars
- Diet Counselling Event

CERTIFICATE COURSE IN FAMILY AND CHILDCARE

Duration: 6 months / 96 hours

- Introduction to Nutrition and Dietetics
- Introduction to Nutrients
- Macronutrients
- Micronutrients
- Energy, Water, and Fiber
- Fundamentals of Meal Planning
- Recommended Dietary Allowance
- Food Exchange Lists in Meal Planning
- Meal Planning Guidelines
- Diet Planning (for Various Life Stages)
- Diet Counselling & Forms
- Diet Planning,
- Nutritional Labeling Analysis,
- Counselling Events
- Practicals: Diet Planning

CERTIFICATE COURSE IN CLINICAL NUTRITION

Duration: 6 months / 96 hours

LEVEL - 1

- Nutrients-Balanced Diet
- Macro-nutrients- Carbohydrates, Fats and Proteins
- Micro-nutrients- Vitamins and Minerals
- Energy, Fiber and Water
- Fundamentals of Meal Planning
- Recommended Dietary Allowance for Indians
- Food Exchange List in Meal Planning

LEVEL 2

- Therapeutic Modification of Normal Diet
- Nutrition in Renal Disorders
- Nutrition in Gastro Intestinal Disorder
- Nutrition in Diabetes Mellitus
- Nutrition in Cardiovascular Disorder
- Nutrition in Food Allergy and Intolerance
- Nutrition in Fever
- Nutrition and Weight Management
- Nutrition in Cancer

OUR PROGRAMS

CERTIFICATE COURSE IN SPORTS AND FITNESS

Duration: 6 months / 96 hours

- Nutrients–Balanced Diet
- Macro–nutrients
- Micro–nutrients
- Energy, Fiber,& Water
- Meal Planning Fundamentals
- Dietary Allowance (for Indians)
- Food Exchange List
- Vitamins for Athletes
- Minerals for Athletes
- Ergogenic Supplements
- Anatomy
- Body Composition Analysis
- Nutritional Approach to Fitness & Performance
- Special Concerns for Athletes

CERTIFICATE COURSE OF NUTRITION AND DIETETICS

Duration: 6 Months / 96 Hours

- Anatomy & Physiology Digestive System
- Nutrients Balanced Diet
- Macronutrients
- Micronutrients
- Macro and Trace Minerals
- Budget Cooking,
- BMI, BCA,
- Energy
- Water
- Fibre
- Fundamentals of meal planning

CERTIFICATE COURSE IN NUTRI- COSMETOLOGY

Duration: 1 month / 30 hours

- Cosmetology & Integumentary System
- Skin Structure (Anatomy & Physiology)
- Fitzpatrick Scale
- Hair & Nail Structure
- Nutrition Concepts
- Macronutrients
- Micronutrients
- Balanced Diet (Food Pyramid)
- Nutrition for Hair, Nails,& Skin
- Nutrition for Skin Disorders
- Ayurvedic Concepts for Skin & Hair



AUTHENTIC EXPERIENCES, MEANINGFUL INFLUENCE

“ I can't thank Orane enough for the transformative experience. I did the Diploma in Nutrition & Dietetics 10 months ago. The right mix of theory, practicals, and NSDC Grade A recognition made the learning journey impactful. Today, I am earning handsomely as a therapist. I'm glad I chose Orane, and if you're considering nutrition education, I highly recommend Orane.”

- Sanjay Sharma, Delhi

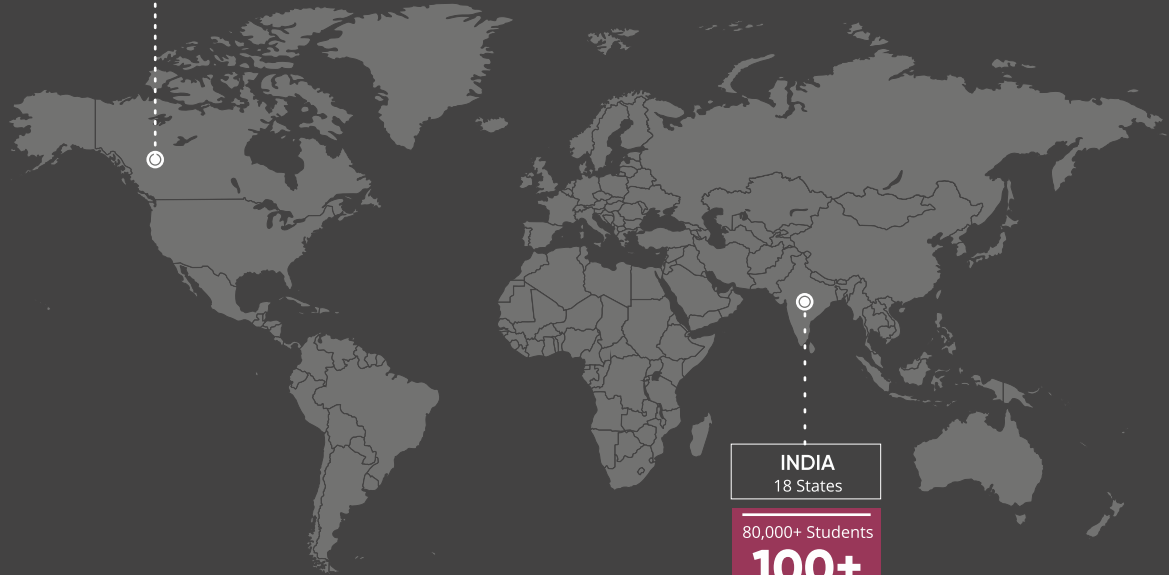
“ I chose Orane Malad (Mumbai) for a diploma in nutrition. This decision has changed my life for the better. I received the best knowledge and practical training that has helped me excel in my field. I'm now confidently practicing as a professional nutritionist with one of the big companies that work with athletes, and offers keep pouring in. In my eyes, Orane deserves all the love and admiration, and it is the best institute for nutrition courses.”

- Ananya Singh, Mumbai

I still miss Orane! I completed my clinical nutrition certification around 14 months ago at Orane Kolkata. Boy, what a time I had! The course, instructor, and overall support were something I had not expected. From the outset, they set you up for success, providing subject-focused classes beyond graduation to further refine your skills and advance your career to new levels of gratification. If you're considering building career in nutrition, nothing beats Orane!

- Yogita Bhattacharya, Kolkata

CANADA
British Columbia




INDIA
18 States

80,000+ Students
100+
Schools


AWARDS & RECOGNITIONS





 India's Top 10 Education Brands in India
2022: Awarded by Global Triumph Foundation


 Best Institute Innovation on Skill Development
2021: Awarded by Indian Education Network


 World's Greatest Brands & Leaders in Skill training
2018: Awarded by PwC


 Best Award of Education Excellence
2016: For skill development institution

 Rising Star of Asia
2016: Awarded by the Indo-Asean Global Investment Summit

 Fastest Growing Academy of the decade
2016: Awarded by the Beautypolis

 Best Beauty Institute
2015: Awarded by Global Quality Awards

 Best Education Institute
2014: Awarded by the Education Excellence Award

 Best Beauty Training Institute Award
2013: Awarded in Malaysia



CANADA: 4980 Kingsway Unit 200,
Burnaby, BC V5H 4K7.
☎ +1 (250) 883-3743, +1 (250) 388-4440

INDIA: SCO 88-92, JLPL, Industrial Area,
Sector 82, Mohali, Punjab.
☎ +91 8872 500 500