



**Ranjeet Deshmukh Dental College  
and Research Centre, Nagpur**

Department of Orthodontics and Dentofacial Orthopaedics  
Value added course

## **Healthy Lifestyle – Best Medicine**

**About the course:** A Healthy Lifestyle goes hand in hand with development and can assist people to succeed later in life. Life styles are recognized as those essential skills that bring together the social, emotional, and cognitive capacities of a person to solve problems and achieve goals. This program introduces healthy lifestyle to interns, PG and Staff and is designed to help them implement required skills in their day-to-day lives.

**Participants:** The program is intended to orient the interns, PG, Teaching and non teaching staff to essential life skills and train them to utilize these skills in their daily routines.

**Objective:**

- To impart knowledge regarding behavioural changes and lifestyle prevention of chronic diseases.
- To promote a balanced lifestyle
- To allows students to gain a solid understanding of nutritional science linked to dietary factors, health conditions and chronic diseases.

**Duration:** 8 days(2 hours each)

**Tentative month:** May/June

**Course Module:**

**Day 1:** Healthy lifestyle : best medicine

- Insight of nutrition
- Introduction of nutrition
- Nutrition insights
- Proteins
- Fats
- Carbohydrates
- Water and micro nutrients
- Effects of cooking
- Newer concepts significant for human nutrition

**Day 2:** Healthy lifestyle : best medicine

- Super foods
- Diets in recent trends
- My plate
- Exchange list
- Food exchange choices
- Calories per 100 gms of edible portion
- Household measures
- Ready calorie reckoner of food stuffs
- Calorie conservation
- Clinical and biological parameters
- Reference ranges
- Food habits and dental problems

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