

# THE CURRICULUM

## Holistic Nutrition & Health

Certificate Course by  
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1

Why  
"Eat Healthy"



2

What is a  
"Healthy"  
state



3

How "Healthy"  
are You



4

Why be  
responsible  
for your  
Food & Health



5

How Elements of Nature -  
Space, Air, Fire, Water, & Earth -  
are "Food for Health"



6

Definitions, functions,  
sources and digestion of  
Macro & Micro Nutrients  
- Food Facts about their  
impact on health  
and ill health



7

Troubleshooting on a  
bumpy road to "Health"  
- What, When, How &  
How Much to Eat



8

Nutrient-rich  
"Healthy" Meal Plates



9

Right ways of  
Combining  
Food Groups  
for a wholesome mix  
i.e. cereals/ grains,  
gram/ dals,  
vegetables, greens,  
fruit, fats, sugars

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The Real Truth  
about  
animal products



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Yogic Philosophy of  
Sattvic, Rajasic &  
Tamasic Food



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Principles of Natural Hygiene  
viz. Health & Disease



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Role of Whole Plant Foods in  
Prevention & Reversal of  
diseases like Obesity,  
Type-2 Diabetes, CVDs,  
Gut Disorders, Dyslipidaemia,  
Hypertension, allergies,  
autoimmune and skin disorders

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Role of Mind  
in the Way we Eat

