# REPORT ON HOSPITAL INTERNSHIP PROGRAMME (SESSION 2024-2025)

## DEPARTMENT OF FOOD & NUTRITION

## HMM COLLEGE FOR WOMEN

### Internship Details

The Department of Food & Nutrition, HMM College for Women, successfully conducted a 10-day hospital internship program for 13 students of the 6th Semester (Honours) at The Park Clinic, Kolkata. The internship took place in the Dietetics Department under the guidance of a Senior Dietitian from 20th February to 2nd March 2025.

During the internship, students gained practical exposure to clinical nutrition and hospital dietetics, bridging the gap between theoretical knowledge and real-world application.

### Learning Experience & Activities

Throughout the internship, students actively participated in various aspects of hospital dietetics, including:
- Dietary Assessment: Evaluating patient dietary histories and nutritional needs.
- Meal Planning & Modification: Designing therapeutic diets for patients with conditions like diabetes, hypertension, renal disorders, and gastrointestinal diseases.
- Patient Counseling: Assisting in educating patients about dietary modifications and lifestyle changes.
- Food Service Management: Observing food preparation, portioning, and distribution in a clinical setting.
- Nutritional Support & Supplements: Learning about enteral and parenteral nutrition.

The practical training helped students understand the role of dietitians in patient care and the importance of individualized nutrition therapy.

### Project Report Submission & Certification

After completing the 10-day training, students compiled their experiences and learning outcomes in a detailed project report, which was evaluated by faculty members. Upon successful submission, each student was awarded a Certificate of Completion from The Park Clinic, recognizing their dedication and hands-on learning experience.

### Importance of the Hospital Internship Programme

The hospital internship program is an essential component of Food & Nutrition education, offering the following benefits:
1. Practical Knowledge: Helps students apply theoretical concepts in a real clinical setting.
2. Professional Exposure: Provides insight into the role of dietitians in a hospital and enhances their confidence.
3. Skill Development: Improves communication, counseling, and meal planning skills.
4. Career Readiness: Prepares students for future roles as clinical dietitians, nutritionists, or food service managers.
5. Networking & Mentorship: Allows students to interact with professionals and gain valuable career guidance.

### Conclusion

The internship program at The Park Clinic was a valuable learning experience for the 6th-semester students, equipping them with practical skills and professional exposure. Such internships play a crucial role in shaping future dietitians and nutritionists by providing hands-on training in hospital settings.

This initiative by HMM College for Women’s Department of Food & Nutrition continues to uphold its commitment to providing quality education and industry-oriented learning experiences for students.

