

Go Beyond the Horizon - Empowering Excellence in Hospitality and Wellness

GO BEYOND HORIZON

With Finesse Institute of Hospitality & Wellness



LEARN | **GROW** | TAKE-OFF

9501400319

Finesse Institute, SCO 62-63,
1st Floor, Sector 34A, Chandigarh

WELCOME TO FINESSE INSTITUTE

At Finesse Institute of Hospitality and Wellness, we believe that education is more than just acquiring knowledge—it is about transformation, passion, and excellence. Our mission is to empower students with world-class training in hospitality, Aviation and wellness, equipping them with the skills, confidence, and professionalism to thrive in dynamic industries.

With a strong focus on practical learning, industry exposure, and holistic development, we nurture future leaders who embody grace, competence, and innovation. Whether you aspire to soar in aviation, create memorable hospitality experiences, or revolutionize the wellness sectors, Finesse Institute is your gateway to success.

Join us and embark on a journey where learning meets limitless opportunities!

Dr. Kamaljit Kaur

Founder & Director
Finesse Institute of Hospitality and Wellness

WE ARE CERTIFIED WITH



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OUR VISION

To equip our students with the knowledge, skills, and ethical values needed to become Health Experts and make a positive impact on the wellness sectors.



ABOUT US

Finesse Institute of Hospitality and Wellness is a premier institution empowering future leaders in hospitality, aviation, and wellness through industry-focused training and hands-on learning. We blend cutting-edge education with real-world expertise to shape professionals who drive innovation, uphold excellence, and create transformative experiences.

OUR KEY TRAINING DOMAINS

At Finesse Institute of Hospitality and Wellness, we offer expertly designed programs across four key domains, equipping students with industry-relevant skills and hands-on experience to excel in their careers.

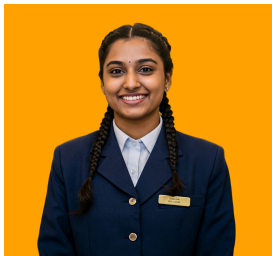


Nutrition & Dietetics

Become a certified nutritionist/dietitian with expertise in food science.

Aviation

Get trained for a high-flying career as a cabin crew & ground staff.



Hospitality Management

For a thriving career in hospitality learn hotel operations, F&B services, room service, and guest relations.

PD & Soft Skills

Build confidence, leadership, and communication skills to excel in any profession.



WHY CHOOSE FINESSE INSTITUTE?

Industry Recognized Programs

Stay ahead with cutting-edge courses tailored to the evolving hospitality and wellness sectors.

Expert Faculty

Learn from seasoned professionals with real-world experience and industry insights.

Hands-On Training

Get practical exposure for real-world readiness through internships, workshops, and simulations.

Strong Industry Connections

Benefit from top-tier associations offering networking and job opportunities.

Unmatched Value

All study materials and resources included in the course fee—no hidden costs!

Total Flexibility

Flexible batch timings, Learn from anywhere, at your own pace.

Positive Environment

Fostering collaboration, creativity, and community for a positive and inclusive learning atmosphere.

Research Opportunities

Encouraging industry-driven research initiatives for practical insights and advancements.

Innovative Teaching

Embracing the latest trends and technologies for a forward-thinking and engaging learning experience.

OUR OFFERED COURSES

Diploma in Nutrition & Dietetics (DND)i

DURATION:

12- Months with 3 month Internship

OVERVIEW:

This course offers in-depth knowledge of nutritional science, diet planning, and public health nutrition, equipping students to become certified nutritionists or dietitians.

KEY MODULES:

Human Physiology & Anatomy ,Micro & Macro Nutrients. BMI. BMR, RDA , Balanced Diet , Food Groups,Cooking methods, Food Safety and Hygiene, Meal Planning, Therapeutic / Clinical Nutrition.

Diploma in Nutrition & Dietetics (DND)

DURATION:

09 – Months with *No Internship

OVERVIEW:

This course offers in-depth knowledge of nutritional science, diet planning, and public health nutrition, equipping students to become certified nutritionists or dietitians.

KEY MODULES:

Human Physiology & Anatomy ,Micro & Macro Nutrients. BMI. BMR, RDA , Balanced Diet , Food Groups,Cooking methods, Food Safety and Hygiene, Meal Planning, Therapeutic / Clinical Nutrition.

Certificate Course in Food & Nutrition (CCFN)

DURATION:

6 months

OVERVIEW:

Gain expertise in healthy eating, dietary planning, food safety, and nutrition's role in well-being.

KEY MODULES:

Understanding of Human Anatomy & Physiology, Introduction to Food and Nutrition, Digestion, absorption, metabolism and functions of nutrients., BMI. BMR, Food Groups, Balanced Diet etc.

Certificate Course in Personal Diet Management

DURATION:

30 days | 01 Months

OVERVIEW:

Anyone interested in understanding personal nutrition, weight management, and healthy eating habits, including students, professionals, homemakers, and fitness enthusiasts.

KEY MODULES:

Fundamentals of Personal Diet Management, Meal Planning & Balanced Diets. Special Diet Plans & Lifestyle Adaptations, Meal Preparation & Cooking Methods, Creating Your Personal Diet Plan (Final Project)

Certificate Course in Nutrition & Healthy Living – CNHL

DURATION:

90 Days / 03 Months

OVERVIEW:

This program equips learners with essential knowledge of nutrition, balanced diets, and practical meal planning. The course covers nutrition fundamentals. By the end of this course, students will be able to design personalized diet plans and promote healthy eating habits

KEY MODULES:

Fundamentals of Nutrition, Macro & Micro Nutrients, BMI & BMR, ICMR-RDA Balanced Diet, Creating Your Personal Diet Plan (Final Project Work)

Certificate Courses in Personality Development

DURATION:

01, 03, or 06 – Months

OVERVIEW:

This program Boosts confidence, communication, and leadership for career and personal success through interactive sessions and expert guidance.

KEY MODULES:

Communication Skills, Confidence Building & Public, Speaking, Body Language & Grooming, Leadership & Teamwork, Emotional Intelligence & Stress Management, Interview & Resume Preparation, Social & Business Etiquette.

Certificate in Cabin Crew Excellence (CCE)

DURATION:

04 – Months

OVERVIEW:

This program prepares students for dynamic careers in aviation as cabin crew and ground staff.

KEY MODULES:

Grooming, In-Flight Services, Ground Handling, Swimming, PPT

Diploma in Hospitality Management (DHM)

DURATION:

12 Months with 03 Months Internship

OVERVIEW:

This program ensures you are industry-ready with global hospitality standards for a successful career in 5–7 star hotels, resorts, and tourism enterprises.

KEY MODULES:

Understanding the global hospitality sector and its career opportunities, Front Office Management, Housekeeping, Food & Beverage Services, Customer Service & Guest Relations etc.

YOUTUBE COURSE - NUTRITION & DIETETICS



A free Nutrition & Dietetics course for students, working professionals, homemakers, and those with financial constraints.

Access a range of video lectures covering topics in Nutrition & Dietetics

INTERNSHIPS & PROJECTS

Internship (DND)

A 03-month mandatory internship in top organizations provides real-world experience, industry exposure, and problem-solving skills.

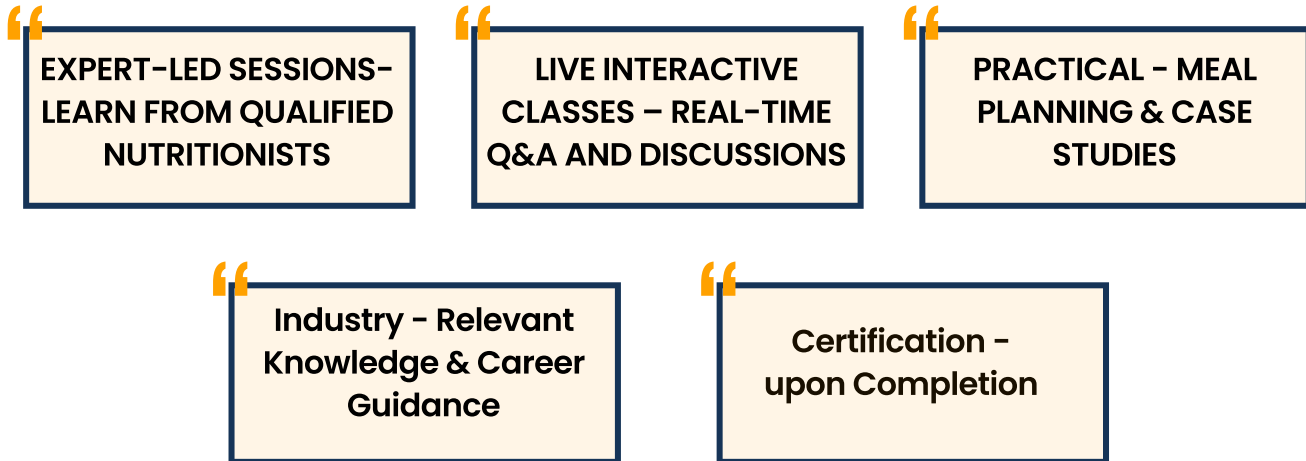
Assignments & Case Studies

Engage in research, case studies, and presentations to build critical thinking, communication, and problem-solving skills.

Hands-On Projects

Work on real-life scenarios like menu planning, wellness programs, and research studies, preparing you for industry challenges.

COURSES - FEATURES & BENEFITS

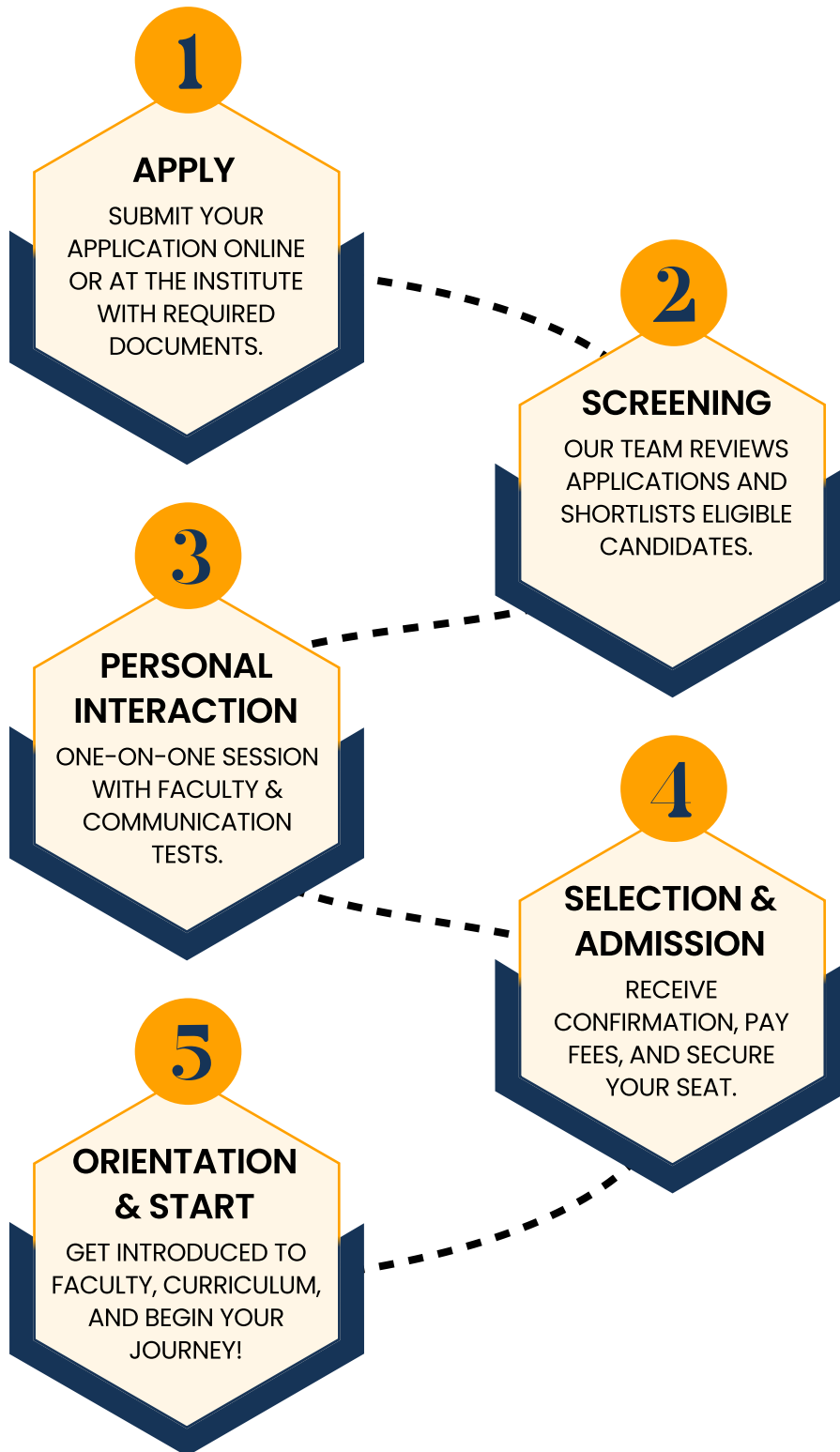


ELIGIBILITY CRITERIA



OUR SELECTION PROCESS

Join Finesse Institute and step into a world of opportunities!



STUDENT ACTIVITIES

At Finesse Institute, we believe in holistic development. Our students engage in a variety of activities beyond the classroom:

Workshops & Seminars



Cultural Events



CERTIFICATIONS & FEEDBACK

Our commitment to excellence is reflected in the feedback from our students also Finesse Institute is approved training partner



PLACEMENT OF OUR STUDENTS

Our graduates have secured positions in esteemed organizations worldwide:

**SONAM ARORA**

NUTRITIONIST, HEALTHY U

**AMANI REDDY**

NUTRITIONIST, AMANI WELLNESS CLINIC

**ANKU**

NUTRITIONIST, NOURISH MYNTRA

**DR. SOWMYA**

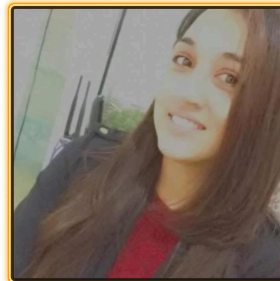
BHMS, DIETITIAN

**DR. RASHMI**

BHMS, DIETITIAN

**AMRITPAL SINGH**

NUTRITIONIST, DYNAMIC NUTRITION SOLUTIONS

**RAMANDEEP KAUR**

NUTRITIONIST, FREELANCE

**UPASNA**

CABIN CREW, AIR INDIA EXPRESS

**MEHAK**

CABIN CREW, SHANKH AIRLINES

**PRIYA THAKUR**

FRONT OFFICE ASSOCIATE, NARKANDA

**PAYAL**

GUEST SERVICE ASSOCIATE, HOLIDAY INN, DELHI

**ANUSHA BUDHWAL**

INDIGO AIRLINES, GROUND STAFF

*For detailed placement records, visit our website : www.finesseinstitute.in

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