Nijampur-Jaitane Shikshan Prasarak Mandal's

Adarsh College of Arts

Nijampur-Jaitane, Tal-Sakri, Dist-Dhule, 424305 NAAC Reaccredited



Report of Add-on Course on

Diet and Nutrition

01 February 2020 to 02 March 2020

Report of Add on Course on Diet and Nutrition 01 February 2020 to 02 March 2020

Objectives

- To Make Aware the Students about Balance Diet and Nutrition.
- To Make Aware the Students about Malnutrition.
- To give information about BMI to the students.
- To give information about Obesity to the students.
- To Make Aware about Weight Management

Niampur- Jaitane Shikshan Prasarak Mandal's , Adarsh College of Arts and Department of Physical Education Conducted Add on Course on Diet and Nutrition held at 01 February 2020 to 02 March 2020. Our college belongs to rural area. Our Students come from Tribal and Rural Areas. College students are physically very weak. They have HB deficiency. The reason behind all this is that they are not aware about diet. Their family, society, environments are also not aware. The student can work actively for the community as an information messenger. If students are made aware of diet, they will make their family aware of alternative society. If they have good habits, they will be able to guide others.

Parents and Students in Rural and Tribal Areas are not aware of Diet. Therefore, Malnutrition is more prevalent in these areas. Students are representatives of the community. If good health and dietary habits are included in the students, they will reach directly to the society. Girls in rural and Tribal areas are suffering from low HB Levels, Malnutrition, and irregularities and many other problems. This course will focus on many factors such as balanced Diet, BMI, Obesity, Ideal Weight and Weight Management.

A Candidate should have passed 12th Examination. Candidate who admitted to B.A, are also for eligible for admission. This Course is Free of cost. First Come First Serve Basis

For this Add on Course 30 college students were enrolled. The syllabus of the course was prepared and approved by the subject expert. 30 hour course was prepared. One hour teaching was done daily during the day. The curriculum was designed to cover a wide range of dietary factors.

On March 02, 2020, a multiple choice examination of 100 marks was conducted for add on course. After that the paper was checked and the result was given. Students who passed the examination were given certificates by the college.

Outcomes

- Diet Planner
- Nutritionist
- Gym Trainer
- Trainer
- · Physical Education Teacher

Dr.Priyanka P.Sulakhe

Coordinator



Dr. Ashok P. Khairnar

Principal
Adarsh College of Arts
Nijampur Jaitane
Tal.Sakri Dist. Dhule

Add on Course Outcomes

- This course gets deep knowledge about Diet and Nutrition.
- This course aware about Balance Diet.
- This course gives knowledge about Healthy Life
- Students aware about the importance of Balance Diet and Nutrition.

Enrolled Students List of Add on Course on Diet and Nutrition

	Name of the Student	Class	Signature
Sr.No.	Pathan Rehnumabano Javidkhan	F.Y.B.A	Chan
1	Cosavi Arti Rajendra	F.Y.B.A	FRGosavi
2	Pane Gavatri Anil	F.Y.B.A	GARane
3	Cowale Ashwini Anil	F.Y.B.A	Ashvinijavole
5	Indhay Ashwini Vithhal	S.Y.B.A	(Astadhar.
6	Jadhav Ashwini Avinash	S.Y.B.A	Marcaha
7	Naik Gita Ranya	F.Y.B.A	Englic
8	Vasave Laxmi Vansing	F.Y.B.A	and
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14	Deore Rajashri Sanjay	F.Y.B.A	Recole
15	Vasave Kapila Datkya	F.Y.B.A	Rount
16	Padvi Sangita Sarpa	F.Y.B.A	Special'
17	Malche Krishna Mukunda	F.Y.B.A	Knomakhe
18	Wagh Radhika Sanjay	F.Y.B.A	TELONGL
19	Pawara Jitendra	F.Y.B.A	Dawita
20	Pawara Himmat Fadya	F.Y.B.A	H.f-pomore
21	Pawara Keshav	F.Y.B.A	Kpawara.
22	Pawar Vikesh Ramdas	F.Y.B.A	
23	Chaudhari Dinesh Pandit	S.Y.B.A	Guerag
24	Sonawane Vaishali Devba	S.Y.B.A	
25	Tadvi Rojila Bava	♣Y.B.A	
26	Vasave Dipali Khuma	F.Y.B.A	
27	Waghmode Sima Shivram	F.Y.B.A	
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Syllabus of Add on Course on Diet and Nutrition 2019-2020

Department of Physical Education Add on in Diet and Nutrition

110475

Chapter- 1

Introduction to nutrition -

Food as source of nutrients, functions of food, definition of nutrition, nutrients & energy, adequate, optimum & good nutrition, malnutrition. Interrelationship between nutrition & health

Chapter- 2

Use of food in body - Digestion, Absorption, transport & utilization.

Role of fibers in human nutrition. Weight management, Ideal weight,

Obesity

Chapter- 3

Food guide - Basic five food groups

Carbohydrates: Functions, classification, food sources, storage in body.

Fats & oils: composition, saturated and unsaturated fatty acids, classification, food sources, function of fats.

Proteins - composition, sources, essential & non-essential amino acids, functions, Protein deficiency.

Water - as a nutrient, function, sources, requirement, water balance & effect of deficiency.

Minerals - macro & micronutrients. - Functions, sources. Bioavailability and deficiency of Calcium, Iron, Iodine, Sodium & Potassium

Vitamins (water & fat soluble) - definition, classification & functions.

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Dr. Torak Das

Time Table of Add on Course on Diet and Nutrition 2019-2020

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Adarsh College of Arts

Nijampur-Jaitane,Tal-Sakri,Dist-Dhule Department of Physical Education and Sports

Add-on Course on Diet and Nutrition 1 February 2020 to 2 March 2020 Time Table

Time: 12.00 to 1.00pm

Time: 12.00 to 1.00	Topic
Days	Nutrients and nutrition labeling information.
1/2/2020	
2/2/2020	Food choices and food guide pyramid. Influences on food choices - social, economic, cultural, food
3/2/2020	Influences on food choices
	sources.
4/2/2020	Comparison of food values.
5/2/2020	Comparison of food values. Weight management - proper practices to maintain, lose and gain.
6/2/2020	Eating disorders, proper hydration, the effects of performance
_	largement drugs
7/2/2020	Food as source of nutrients, functions of food, definition of
	nutrition, nutrients & energy, adequate
8/2/2020	Optimum & good natrition, mercan
	between nutrition & health
9/2/2020	Carbohydrates: Functions, classification, food sources, storage in
	body.
10/2/2020	Fats & oils: composition, saturated and unsaturated fatty acids,
	classification, food sources, function of fats.
11/2/2020	Proteins - composition, sources, essential & non-essential amino
	acids, functions, Protein deficiency.
12/2/2020	Water - as a nutrient, function, sources, requirement, water
	balance & effect of deficiency.
13/2/2020	Minerals - macro & micronutrients Functions, sources.
	Bioavailability and deficiency of Calcium, Iron, Iodine, Sodium
	& Potassium

	Vitamins (water & fat soluble) - definition, classification &
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17/2/2020	Fat - ingestion to energy metabolism and Vitamins and Minerals p ingestion to energy metabolism and
18/2/2020	Vitamins and Minerals p ingestion to be
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	Water ingestion to energy metabolism and role.
19/2/2020	Water ingestion to the transport & utilization.
20/2/2020	Digestion, Absorption, transport & utilization. Note that management, Ideal
21/2/2020	Role of fibers in human nutrition. Weight management, Ideal
	weight, Obesity
22/2/2020	Concept of BMI (body mass index).
	Concept of WHR (waist hip ratio).
23/2/2020	
24/2/2020	Obesity and its hazard.
25/2/2020	Dieting versus exercise for weight control.
26/2/2020	Maintaining a healthy lifestyle.
27/2/2020	Weight management program for sporty child.
28/2/2020	Role of diet and exercise in weight management.
29/2/2020	Diet plan and exercise schedule for weight gain and loss.
2/2/2020	
	Exam

bject Expert

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External Expert

Principal
Adarsh College of
Nijampur Jaita
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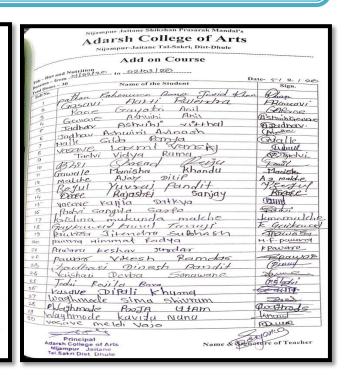
Photo of Add on Course on Diet and Nutrition 2019-2020

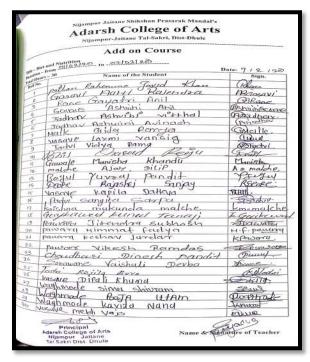




Attendance of Add on Course on Diet and Nutrition 2019-2020

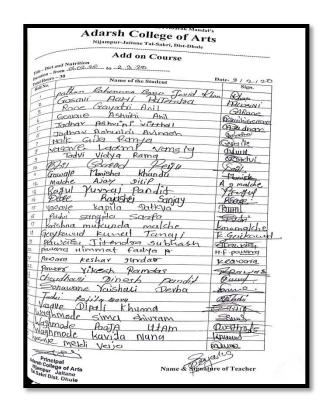
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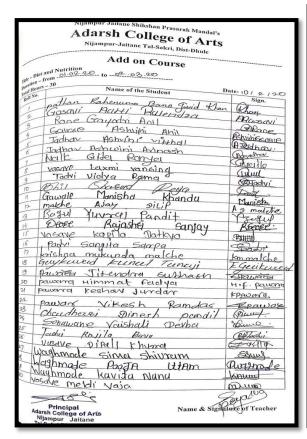




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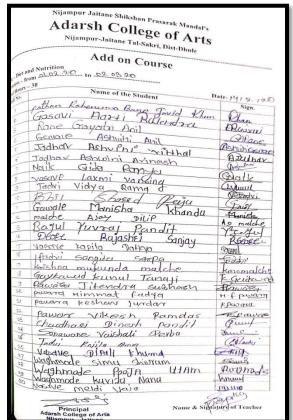




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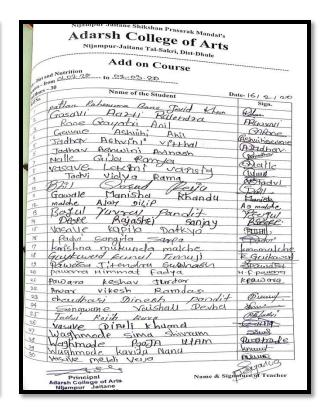
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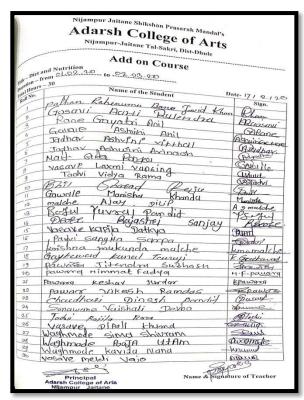
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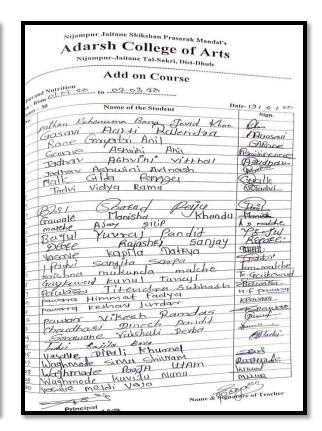
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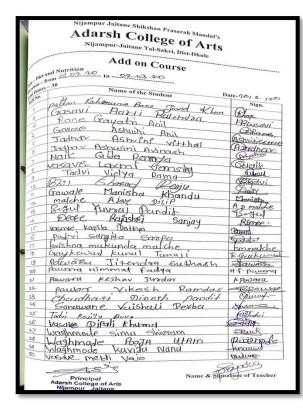


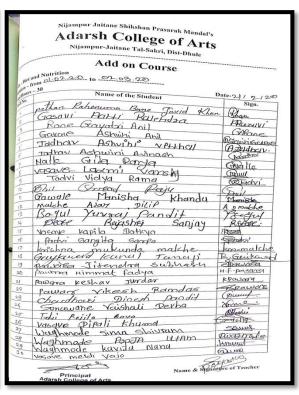


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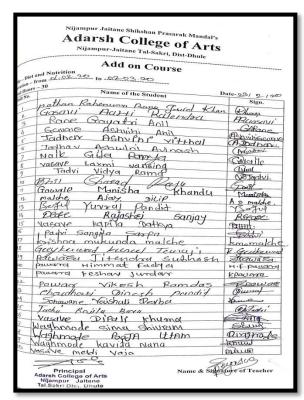






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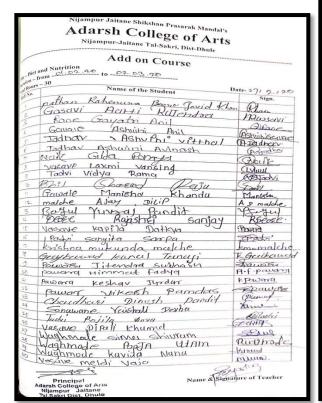
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Nijampur Jaitane Shikshan Prasarak Mandal's Adarsh College of Arts Nijampur-Jaitane Tal-Sakri, Dist-Dhule	8
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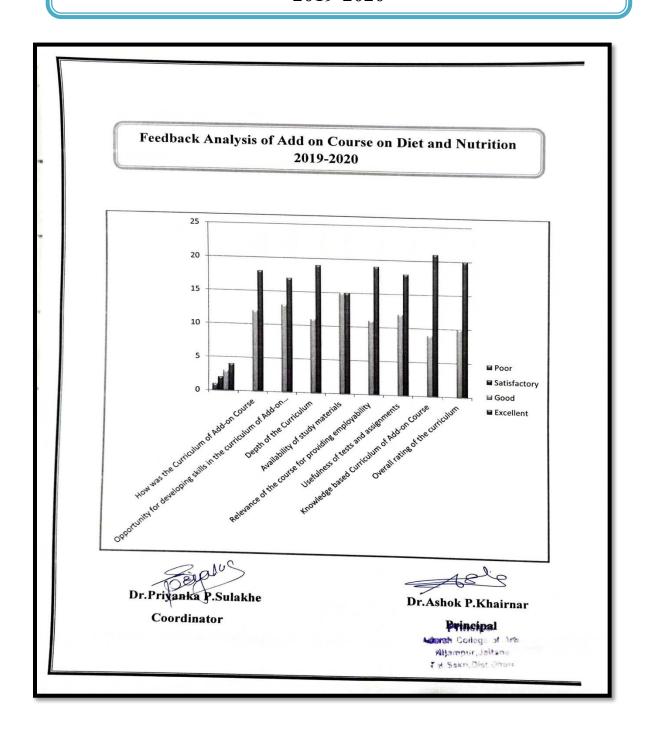


4	Nijampur Jaitane Shikshan Prasarak Mandal's			
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Feedback Analysis of Add on Course on Diet and Nutrition 2019-2020



Certificate of Add on Course on Diet and Nutrition 2019-2020



Dr.Priyanka P.Sulakhe

Coordinator

Nijampur-Jaitane Shikshan Prasarak Mandal's

Adarsh College of Arts

Nijampur-Jaitane, Tal-Sakri, Dist-Dhule, 424305 NAAC Accredited 2nd Cycle



Dr. Ashok P.Khairnar

Principal

Dr. Tarak Das

External Expert

CERTIFICATE

Add-on Coarse

on

Diet and Nutrition

This is to certify that Mr./Ku	Jadhav "Ashwini	Avinosh		of
has participated successfully in A	Add-on course entitled in En	glish at Nijampur-J	aitane Shikshan Prasar	ak
Mandal's Adarsh College of Arts	Nijampur-Jaitane, Tal- Sakri	, Dist- Dhule (MS)	held from 01 Februa	ry
2020 to 02 March 2020 . He/ S	he passed with — 82	% and obtained!	Grade in the fir	ıal
examination of Add-on Course.			APL	
2016	0		AU	1

Dr.Hasinkha Tadvi

Subject Expert

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