



**Nijampur-Jaitane Shikshan Prasarak Mandal's
Jagannath Kadwadas Shah Adarsh College**

Nijampur-Jaitane, Tal.Sakri, Dist- Dhule

In

Collaboration with

Kavayitri Bahinabai Chaudhari North Maharashtra University

Jalgaon

**Certificate Course
On
Balance Diet and Nutrition**

**Conducted by
Department of Physical Education and Sports**

Academic Year 2020-2021

Boucher




Kavayitri Bahinabai Chaudhari North Maharashtra University
Jalgaon
And
Nijampur-Jaitane Shikshan Prasarak Mandal's
Jagannath Kadwadas Shah Adarsh College
Nijampur-Jaitane, Tal.Sakri, Dist- Dhule




Certificate Course
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Nijampur-Jaitane Shikshan Prasarak Mandal's
Jagannath Kadwadas Shah Adarsh College
Nijampur-Jaitane, Tal.Sakri, Dist- Dhule

Prospectus

Certificate Course
On
Balance Diet and nutrition



Conducted by
Department of Physical Education and Sports

Please Contact for more Details

Dr.Priyanka P.Sulakhe
Coordinator

Dr.Ashok P.Khairnar
Principal

About the college

Nijampur-Jaitane Shikshan Prasarak Mandal's Adarsh College of Arts, Nijampur-Jaitane, Tal-Sakri, Dist- Dhule is an aided renowned institution imparting higher education in hilly area of Dhulia District in Maharashtra. Adarsh College of Arts was established in 1995 to cater to the higher educational needs of the rural and tribal people of hilly area. Empower the rural and tribal students through value based and life-oriented quality education is the mission of the college. N.J.S.P. Mandal's Adarsh college of Art's has 2f and 12(B) status of UGC and permanent affiliation with Kavayitri Bahinabai Chaudhary North Maharashtra University, Jalgaon. Our college is awarded 'A Grade in Academic Audit conducted by KBCNMU, Jalgaon.

The college is reaccredited by NAAC with CGPA of 1.75 on four-point scale at 'C' Grade in Second Cycle. The college has organized university level, state level and national level seminars, conferences and workshop. The Department of Physical Education and Sports is established in 1995. It is very active and vibrant department in college. Department is very concision about the mission of the college. Department organize various activities for developed Physical Education and Sports in Rural area. The main objective is to physically and mentally empower the Students.

About Certificate course on Balance Diet and Nutrition

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.

Objectives of the Course

- 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

Eligibility

- A Candidate should have passed 12th Examination.
- Candidate who admitted to B.A, B.Com, B.sc are also for eligible for admission

Course Fee

100 Rupees admission fees for this course.

Selection Criteria

First Come First Serve Basis.

Outcomes

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

Please Contact for more Details

Dr.Priyanka P.Sulakhe (8329586336)

Report of Certificate Course on Balance Diet and Nutrition

Objectives

- To Make Aware the Students about Balance Diet and Nutrition.
- To give information about major Nutrition and it's function.
- 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 , Jagannath Kadwadas Shah Adarsh College and Department of Physical Education in collaboration with Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon Conducted Certificate Course on Balance Diet and Nutrition in Academic Year 2020 -2021. Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon has been granted Certificate Course under 181 ordinances for the three years. Our college belongs to rural area. Our Students come from Hilly and Rural Areas. College students are physically and mentally is 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 Hilly 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, B.Com. B.Sc is also eligible for this Course. 100 Rs fees have been taken from the students for this course. First Come First Serve Basis

For this Certificate Course application form collected via Google form. 60 students were selected for this course. The syllabus of the course was prepared and approved by the Committee. Total three papers include in this Course. 90 hours for paper –I and paper –II and 120 hours for Paper – III for this course. The curriculum was designed to cover a wide range of dietary factors. Lecture was conducted regarding Time table. Two internal was conducted of Paper - I and Paper – II. In the Practical paper some Quiz, guest lecture was conducted. In this Covid-19 situation Google classroom and zoom app LMS platform were used for teaching and learning. 40 Internal Marks 60 External Marks was divided out of 100 Marks.

A multiple choice examination of Internal and External was conducted for Certificate course. After that the paper was checked and the result was given. Students who passed the examination were given certificates by the University.

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.



Dr. Priyanka P. Sulakhe

Coordinator



Dr. Ashok P. Khairnar

Principal

Sanction Letter of Certificate Course on Balance Diet and Nutrition



॥ अंतरी पेट्यू ज्ञानव्योम ॥

कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव
Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon

विकास विभाग

जा.क्र. कवचौउमवि/११ए/अध्या.१८१/जन.१९-७/११/२०२०

विनांक- १९/१०/२०२०

प्रति,

- १) कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठाची संलग्नित महाविद्यालयांचे मा. प्राचार्य व परिसंस्था यांचे मा. संचालक बांना -
- २) कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठांतर्गत प्रशाळा / विभाग यांचे मा. संचालक / विभागप्रमुख बांना -

विषय :- अध्यादेश १८१ अंतर्गत विविध अभ्यासक्रमांची संलग्नता घेतलेल्या महाविद्यालयांची व कोर्सेची यादीबाबत.

महोदय / महोदया,

उपरोक्त विषयास अनुसरून अध्यादेश - १८१ अंतर्गत विविध अभ्यासक्रमांची संलग्नता घेतलेल्या महाविद्यालयांची व कोर्सेची यादी सोबत जोडलेली आहे.

तेव्हा वरील अभ्यासक्रमासंबंधात आपल्या अधिनस्त अध्यापक तथा संबंधित विद्यार्थ्यांच्या निदर्शनास आणून विद्यापीठास सहकार्य करावे, ही विनंती.

कळावे.

सोबत - वरीलप्रमाणे.

आपला विश्वासू,

(डॉ. डॉ. तळेले)

सहा. कुलसचिव, विकास विभाग

Selection List of Kavayitri Bahinabai Chaudhari North Maharashtra University Jalgaon

45	Late Karmveer Dr. P. R. Ghogrey Science College, DHULE.	1. Certificate Course in Analytical Chemistry	2020-21	2022-23
		2. Certificate Course in Public Health and Hygiene	2020-21	2022-23
		3. Certificate Course in Biotechnology	2020-21	2022-23
		4. Certificate Course in Computer Application	2020-21	2022-23
		5. Certificate Course in Microbiological Laboratory Techniques	2020-21	2022-23
		6. Certificate Course in Electronics Hardware Design	2020-21	2022-23
46	RPSPM's Shri. V.S. Naik Arts, Commerce & Science College, RAVER, Dist. Jalgaon.	1. Certificate Course in Goods and Service Tax	2018-19	2020-21
		2. Certificate Course in GIS and GPS	2020-21	2022-23
		3. C. C. in Mutual Fund and Share Market	2020-21	2022-23
		4. Cer. Course in Marathi Writing for Media	2020-21	2022-23
		5. Certificate Course in Human Rights and Values Education	2020-21	2022-23
		6. Cer. Course in Counselling Psychology	2020-21	2022-23
		7. Cer. Course in Soil and Water Analysis	2020-21	2022-23
		8. Cer. Course in Web Designing & Internet	2020-21	2022-23
		9. C. C. in Library and Information Science	2020-21	2022-23
		10. Certificate Course in Study of Yoga and Meditation	2020-21	2022-23
47	NJSPM's Adarsh College of Art, NIJAMPUR – JAITANE, Tal. Sakri.	1. Certificate Course in Balance Diet and Nutrition	2020-21	2022-23
		2. Certificate Course in Right to Information and Reservation Policy	2020-21	2022-23
		3. Certificate Course in Communication Skills	2020-21	2022-23
48	G.H. Raisoni Institute of Business Management, JALGAON.	1. Certificate Course in Goods and Service Tax	2018-19	2020-21
49	PDUSPM's Institute of Management & Research, JAMNER.	1. Certificate Course in Goods and Service Tax	2018-19	2020-21
50	S.S.V.P.S.'s Bhausaheb N.S. Patil Arts and Comm. College, DHULE.	1. Certificate Course in Goods and Service Tax	2018-19	2020-21
51	S.T.E.S.'s Systel Institute of Management & Research, DHULE.	1. Certificate Course in Goods and Service Tax	2018-19	2020-21
52	Dadasaheb D. N. Bhole College, BHUSAWAL.	1. Certificate Course in Goods and Service Tax	2018-19	2020-21

Cont..9

Enrolled Student List of Certificate Course on Balance Diet and Nutrition

Appnexusure –A

List of admitted student for Career Oriented Courses under Ordinance 181

Name of the College - **Nijampur-Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane, Tal-Sakri, Dist-Dhule, 424305**

Name of the Career Oriented Courses – **Certificate Course on
Balance Diet and Nutrition**

Academic Year - **2020-2021**

Capacity – **60 Students**

Sr.NO	Full Name Of The Students	Gender	Category	Educational Qualification	Present Class	Remarks
1	Bachhav Maya Dilip	Female	NT (C)	XII th	F.Y.B.A	
2	Bachhav Rupali Nhanu	Female	NT	XII th	F.Y.B.A	
3	Bagul Rakesh Bharat	Male	ST	F.Y.B.A	S.Y.B.A	
4	Bagul Yuvaraj Pandit	Male	ST	F.Y.B.A	S.Y.B.A	
5	Baviskar Suchita Rajendra	Female	OBC	F.Y.B.A	S.Y.B.A	
6	Bhadane Dhanraj Jagannath	Male	OBC	S.Y.B.A	T.Y.B.A	
7	Bhadane Gayatri Jitendra	Female	OBC	F.Y.B.A	S.Y.B.A	
8	Borase Madhuri Pandurang	Female	OBC	S.Y.B.A	T.Y.B.A	
9	Borkar Gokul Natthu	Male	NT (C)	F.Y.B.A	S.Y.B.A	
10	Chaudhari Dinesh Pandit	Male	ST	S.Y.B.A	T.Y.B.A	
11	Chaudhari Mansi Ananda	Female	OBC	F.Y.B.A	S.Y.B.A	
12	Chaudhari Rahul Suresh	male	ST	XII th	F.Y.B.A	
13	Deore Rajshri Sanjay	Female	OBC	S.Y.B.A	T.Y.B.A	
14	Dhangar Punam Dilip	Female	NT (C)	XII th	F.Y.B.A	
15	Gaikwad Ravindra Prakash	Male	ST	XII th	F.Y.B.A	

Certificate Course on Balance Diet and Nutrition

16	Gaikwad Vishal Ganu	Male	ST	S.Y.B.A	T.Y.B.A	
17	Gavale Manisha Khandu	Female	OBC	S.Y.B.A	T.Y.B.A	
18	Gavali Aashish Ramdas	Male	ST	XII th	F.Y.B.A	
19	Gawale Dakshata Ganesh	Female	OBC	S.Y.B.A	T.Y.B.A	
20	Gawale Tushar Shriram	Male	OBC	S.Y.B.A	T.Y.B.A	
21	Khalane Ankush Dasharath	Male	OBC	F.Y.B.A	S.Y.B.A	
22	Kokani Ajay Manesh	Male	ST	F.Y.B.A	S.Y.B.A	
23	Kuvar Kunal Mahendra	Male	OBC	XII th	F.Y.B.A	
24	Malche Ajay Dilip	Male	ST	F.Y.B.A	S.Y.B.A	
25	Malche Dipak Sanjay	Male	ST	XII th	F.Y.B.A	
26	Mali Aarati Baliram	Female	OBC	F.Y.B.A	S.Y.B.A	
27	Malich Yogita Jayram	Female	ST	S.Y.B.A	T.Y.B.A	
28	Marnar Kalpana Raju	Female	NT (B)	S.Y.B.A	T.Y.B.A	
29	Marnar Sachin Dhanraj	male	NT(B)	F.Y.B.A	S.Y.B.A	
30	Mahire Bharti Nanabhau	Female	SC	XII th	F.Y.B.A	
31	Mhaske Kajal Dinesh	Female	OBC	XII th	F.Y.B.A	
32	More Nikita Santosh	Female	OBC	S.Y.B.A	T.Y.B.A	
33	Naik Gita Ranya	Female	ST	F.Y.B.A	S.Y.B.A	
34	Nyahalde Anita Sanjay	Female	NT	XII th	F.Y.B.A	
35	Nyahalde Nikita Ravindra	Female	NT (C)	XII th	F.Y.B.A	
36	Pathan Rahenamuma Javidkhan	Female	Open	F.Y.B.A	S.Y.B.A	
37	Gavit Ajay Kautik	male	ST	XII th	F.Y.B.A	
38	Pawara Himmat Fadya	Male	ST	F.Y.B.A	S.Y.B.A	
39	Pawara Jitendra Subhash	Male	ST	F.Y.B.A	S.Y.B.A	
40	Pawara Keshav Jurdar	Male	ST	F.Y.B.A	S.Y.B.A	
41	Sonawane Mayuri Bhika	Female	OBC	S.Y.B.A	T.Y.B.A	
42	Sonawane Puja Dhanraj	Female	NT (C)	XII th	F.Y.B.A	

Certificate Course on Balance Diet and Nutrition

43	Sonawane Varsha Santosh	Female	ST	F.Y.B.A	S.Y.B.A
44	Suryawanshi Dinesh Shivdas	Male	ST	XII th	F.Y.B.A
45	Suryawanshi Rohit Antaram	Male	ST	XII th	F.Y.B.A
46	Suryawanshi Vinay Shivdas	Male	ST	F.Y.B.A	S.Y.B.A
47	Suryawanshi Tushar Eknath	Male	ST	S.Y.B.A	T.Y.B.A
48	Tadvi Vidya Rama	Female	ST	F.Y.B.A	S.Y.B.A
49	Thakare Priya Bhagvan	Female	NT (B)	S.Y.B.A	T.Y.B.A
50	Thakur Kirti Sanjay	Female	ST	XII th	F.Y.B.A
51	Vasave Laxmi Vansing	Female	ST	F.Y.B.A	S.Y.B.A
52	Vhatgar Jagan Pavsa	Male	NT (B)	F.Y.B.A	S.Y.B.A
53	Wadhmode Kavita Nana	Female	NT(B)	F.Y.B.A	S.Y.B.A
54	Wagh Rohidas Dagadu	Male	ST	XII th	F.Y.B.A
55	Wagh Sagar Ishwar	Male	OBC	F.Y.B.A	S.Y.B.A
56	Waghmode Nana Gangaram	Male	NT (B)	F.Y.B.A	S.Y.B.A
57	Waghmode Puja Uttam	Female	NT (B)	F.Y.B.A	S.Y.B.A
58	Waghmode Satish Sonu	Male	NT	XII th	F.Y.B.A
59	Waghmode Shankar Maharu	Male	NT	XII th	F.Y.B.A
60	Waghmode Sima Shivram	Female	NT (B)	F.Y.B.A	S.Y.B.A

CERTIFICATE

This is to certify that the documents regarding educational qualification of the above students have been verified and found correct. The students mentioned in the list are eligible for the admission to the above mentioned course as per university Ordinance – 181


Coordinator

Dr. Priyanka P. Sulakhe
Mobile No.- 8329586336, 8007983698


Principal

Dr. Ashok P. Khairnar
Principal
Adarsh College of Arts
Nijampur, Jaitane
Tal. Sakri, Dist. Dhule

Certificate of Certificate Course on Balance Diet and Nutrition

॥ अंतरी पेटवू ज्ञानज्योत ॥

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon



1990
'A' Grade
NAAC Re-Accredited
(3rd Cycle)

Jalgaon (M.S.), INDIA

We, the Board of Deans, Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon
&
The Principal
N.J.S.P.M. Adarsh College of Arts, Nijampur - Jaitane
do, hereby, certify that,
Mr./Ms. Bachhav Rupali Nhonu
has pursued a course of study approved by the Kavayitri Bahinabai
Chaudhari North Maharashtra University, Jalgaon
and has passed the requisite examination held in Oct. 2021
with B grade and found duly qualified for the award of

Certificate in
Balance Diet and Nutrition

Which is conferred on him / her on ^{Dec.} October 1st, 2021
In testimony whereof is set the seal and signatures of authorities.


PRINCIPAL
Adarsh College of Arts
Nijampur - Jaitane




Dean

A - 9258

Feedback Analysis of Certificate Course on Balance Diet and Nutrition

