



Rayat Shikshan Sanstha's
D. P. Bhosale College, Koregaon

Department of Zoology

INDEX

Skill based Certificate Course Introduction to Nutrition

Year 2020-21

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Rayat Shikshan Sanstha's

D.P. Bhosale College, Koregaon

Department of Zoology

NOTICE

2020-21

Date:- 03/03/2021

All the students of B. Sc. II & III are here by informed that Department has organized "**Skill based Certificate Course on Introduction to Nutrition**" from Thursday **5th March 2021**. All students are informed that they should remain present for course on time. It may clearly noted that fine will be collected from absent students.

S. Pawale
Incharge

S. Pawale
Head,

Department of Zoology

Skill based Certificate Course

On

Introduction to Nutrition





Rayat Shikshan Sanstha's

D.P. Bhosale College, Koregaon

Skill based Certificate Course

On

Introduction to Nutrition

Organized by

Department of Zoology

Course Incharge

Mr. Jawale C. B.

Course Duration: 5 Mar. 2021 – 12 Apr. 2021

Rayat Shikshan Sanstha's
D.P. Bhosale College, Koregaon
Syllabus

Title – Skill based Certificate Course on Introduction to Nutrition Total Hrs- 30

B. Sc. II & III (Zoology)

Theory

Unit 1-Deficiency disorders

- Classification of Vitamins: Fat soluble and water soluble.
- Study of Vitamin deficiency with reference to Sources, role, deficiency diseases, storage, recommended dietary allowances (RDA), toxicity.

Unit 2 - Nutritional Biochemistry–

- Role Carbohydrate in nutrition - Effects of too high - too low carbohydrates on health. Digestion & Absorption.
- Role of Proteins in Nutrition .Effect of too high - too low proteins on health. Digestion & absorption.
- Role of Lipids in nutrition -Digestion & Absorption. Role & nutritional significances of PUFA, MUFA, SFA, W-3 fatty acid.

Practicals

1. Planning and preparation of balanced diet for a Pregnant woman
2. Planning and preparation of balanced diet for a lactating woman
3. Planning and preparation of balanced diet for a pre school Child
4. Planning of balanced diet for a School going Child
5. Preparation of packed nutritive lunch box.
6. Planning and preparation of balanced diet for adolescence.
7. Planning and preparation of balanced diet for Senior Citizens .
8. Physical Fitness of Individual and Nutrition assessment.


Head
Department of Zoology
D. P. Bhosale College Koregaon



Rayat Shikshan Sanstha's

D.P. Bhosale College, Koregaon

Department of Zoology

Year : 2020-21

Skill based Certificate Course

On

Introduction to Nutrition

Objectives:-

- To increase the nutrition knowledge and awareness.
- To promote desirable food behavior and nutritional practices.
- To know the methods and principles involved in nutritional cooking.
- To know about various adulterants and the methods of detecting them.
- To standardize different recipes based on portion size.

Learning outcomes

- Student will learn about the breakdown and Synthesis of each nutrients in their body .
- Student will know how to keep the balanced diet to maintain the requirements of the body .
- Student will get the knowledge of Vitamins and roles played by each vitamin in the body .
- Student will know the sources of vitamins.
- Student will understand the importance of meal patterns in their daily routine and different stages of life
- Student will be able to plan the meal pattern with respect to nutritional requirement at specific age groups


In charge

Certificate Course


Head.

Department of Zoology



Rayat Shikshan Sanstha's

D.P. Bhosale College, Koregaon

Department of Zoology

Skill based Certificate Course on Introduction to Nutrition

Time Table - 2020-21

Theory & Practical

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30-10.15 Theory	CBJ	KJK	NAS	SSP	CBJ	NAS
08.30-10.30 Practical	CBJ	KJK	NAS	SSP	CBJ	NAS

CBJ – Mr. C. B. Jawale

KJK – Dr. K. J. Kamble

NAS – Ms. N. A. Shaikh

SSP - Ms. S.S. Pawar

Jawale
Kamble
Shaikh
Pawar

Jawale
Head
Department of Zoology
D. P. Bhosale College Koregaon



Rayat Shikshan Sanstha's
D.P. Bhosale College, Koregaon

Department of Zoology

Skill based Certificate Course on Introduction to Nutrition

Time Table- 2020-21

Theory & Practical

Date	Time	Theory / Practical	Name of the teacher
05/03/2021	9.30-10.15	Theory	Mr. C. B. Jawale
06/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh
08/03/2021	10-15-11.15	Theory	Mr. C. B. Jawale
09/03/2021	9.30-10.15	Theory	Dr. K. J. Kamble
10/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh
12/03/2021	9.30-10.15	Theory	Mr. C. B. Jawale
13/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh
15/03/2021	9.30-10.15	Theory	Mr. C. B. Jawale
16/03/2021	08.30-10.30	Practical	Dr. K. J. Kamble
17/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh
18/03/2021	9.30-10.15	Theory	Ms. S.S. Pawar
19/03/2021	9.30-10.15	Theory	Mr. C. B. Jawale
20/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh
22/03/2021	9.30-10.15	Theory	Mr. C. B. Jawale
23/03/2021	08.30-10.30	Practical	Dr. K. J. Kamble
24/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh
25/03/2021	08.30-10.30	Practical	Ms. S.S. Pawar
26/03/2021	9.30-10.15	Theory	Mr. C. B. Jawale
27/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh

30/03/2021	9.30-10.15	Theory	Dr. K. J. Kamble
31/03/2021	9.30-10.15	Theory	Ms. N. A. Shaikh
01/04/2021	9.30-10.15	Theory	Ms. S.S. Pawar
03/04/2021	08.30-10.30	Practical	Ms. N. A. Shaikh
05/04/2021	9.30-10.15	Theory	Mr. C. B. Jawale
06/04/2021	9.30-10.15	Theory	Dr. K. J. Kamble
07/04/2021	08.30-10.30	Practical	Ms. N. A. Shaikh
08/04/2021	08.30-10.30	Practical	Ms. S.S. Pawar
09/04/2021	08.30-10.30	Practical	Mr. C. B. Jawale
10/04/2021	08.30-10.30	Practical	Ms. N. A. Shaikh
12/04/2021	08.30-10.30	Practical	Mr. C. B. Jawale



Head
Department of Zoology
D. P. Bhosale College Koregaon



Rayat Shikshan Sanstha's
D.P. Bhosale College, Koregaon
Student list 2020-21

Skill based Certificate Course on Introduction to Nutrition

Sr. No.	Roll No	Name of the Students
1	222338	Salunkhe Avishkar Arjun
2	222339	Sawant Shubham Dattatray
3	222351	Ghaytade Alankar Santosh
4	222362	Waydande Anjali Dhanaji
5	222363	waydande Anushka Ram
6	222364	Mane Avantika Anil
7	222365	Pawar Pooja Dagadu
8	222367	Anbhule Rohan Adinath
9	222369	Bhaldar Taslim Bakshuddin
10	222370	Devadiga Neha Ravi
11	222373	Singh Rutik Pramod
12	222374	Pujari Basavaraj Vitthal
13	222380	Gaikwad Ashish Shankar
14	222381	Ghorpade Amruta Kiran
15	222382	Godase Rutuja Dilip
16	222383	Bansode Sanika Dhananjay
17	222384	Godase Aishwarya Deepak
18	222385	Bhosale Amruta Suresh
19	222386	Makeri Nandukrishna Anil
20	222387	Matkar Rushikesh Chandrakant
21	222388	Sutar Harshada dyaneshwar
22	222389	Madane Nikhil Dilip
23	222390	Kamble Vrushali Chandrakant
24	222391	Yadav Vaishnavi Kiran
25	222392	Disale Vaishnavi Bhupesh
26	222393	Ghadge Kiran Babu

S. P. Bhosale
Head

Department of Zoology
D. P. Bhosale College Koregaon

D. P. Bhosale College, Koregaon

Skill based Certificate Course on Introduction to Nutrition

STUDENT ROLL CALL

Month : March 2020

Roll No.	Name of the Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
1	Adsul A. P.					PA	A			PA	PA	A		PA	A		PA	A	PA	PA	PA	PA		PA	A	PA	PA	PA	PA		PA	A		
2	Bankar J. D.					DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB	DTB		
3	Barge T. S.					STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB	STB		
4	Bhosale N. R.					Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale		
5	Bhosale S. S.					S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.		
6	Bhosale S. S.					BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	BSS	
7	Gole M. D.					Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole	Gole		
8	Inamdar S. A.					SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT	SAT		
9	Kadam P. A.					PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK	PAK		
10	Kamble S. M.					SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM	SKM		
11	Mali S. A.					MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	
12	Mane S. D.					SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	
13	Nikam T. S.					TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	TN	
14	Sawant S. R.					PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	PSS	
15	Yewale P. S.					RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE	
16	Yadav A. N.					AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	AY	
17	Kadarn M. S.					MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	
18	Bhosale P. D.					BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	BPD	
19	Bhosale P. D.					DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	DB	
20	Jadhav A. B.					A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
21	More S. P.					Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	Q	
22	Pawar S. G.					SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP	SEP
23	Phadtare P. D.					PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	PDP	
24	Anbhule B. J.					BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	BJA	
25	Kamble K. N.					KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	KKN	

(Signature)
 Head
 Department of Zoology
 D. P. Bhosale College Koregaon

D. P. Bhosale College, Koregaon

Skill based Certificate Course on Introduction to Nutrition

STUDENT ROLL CALL

Month : April 2020

Roll No.	Name of the Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1	Adsul A. P.	D		PAA		PAA	A	PAA	PAA	PAA	A		PAA		A																		
2	Bankar J. D.			DIB		DIB	DIB	DIB	DIB	DIB	DIB		A																				
3	Barge T. S.			STB		STB	STB	STB	STB	STB	STB		SM																				
4	Bhosale N. R.																																
5	Bhosale S. S.			S.S.		S.S.	S.S.	S.S.	S.S.	S.S.	S.S.		S.S.																				
6	Bhosale S. S.			BIA		BIA	BIA	BIA	BIA	BIA	BIA		MC																				
7	Gole M. D.			A		Gole	Gole	A	Gole	Gole	Gole		Gole																				
8	Inamdar S. A.			SAT		SAT	SAT	SAT	SAT	SAT	SAT		SAT																				
9	Kadam P. A.			PAK		PAK	PAK	PAK	PAK	PAK	PAK		PAK																				
10	Kamble S. M.			SKM		SKM	SKM	SKM	SKM	SKM	SKM		SKM																				
11	Mali S. A.			SM		SM	SM	SM	SM	SM	SM		SM																				
12	Mane S. D.			SD		SD	SD	SD	SD	SD	SD		SD																				
13	Nikam T. S.			TS		TS	TS	TS	TS	TS	TS		TS																				
14	Sawant S. R.			RS		RS	A	RS	RS	RS	RS		RS																				
15	Yewale P. S.			PS		PS	PS	PS	PS	PS	PS		PS																				
16	Yadav A. N.			AN		AN	AN	AN	AN	AN	AN		AN																				
17	Kadarn M. S.			MS		MS	MS	MS	MS	MS	MS		MS																				
18	Bhosale P. D.			BD		BD	BD	BD	BD	BD	BD		BD																				
19	Bhosale P. D.			DB		DB	DB	A	A	DB	DB		DB																				
20	Jadhav A. B.			A		A	A	A	A	A	A		A																				
21	More S. P.			O		O	O	O	O	O	O		O																				
22	Pawar S. G.			A		SGP	SGP	SGP	A	SGP	SGP		SGP																				
23	Phadtare P. D.			PDP		PDP	PDP	PDP	PDP	PDP	PDP		PDP																				
24	Anbhule B. J.			BJA		A	BJA	BJA	BJA	BJA	BJA		BJA																				
25	Kamble K. N.			KKN		KKN	KKN	KKN	KKN	KKN	KKN		KKN																				

Bhosale
Head

Department of Zoology
D. P. Bhosale College Koregaon

Rayat Shikshan Sanstha's
D. P. Bhosale College, Koregaon

Department of Zoology

Question Paper

Skill based Certificate Course on Introduction to Nutrition

Marks : 30

Instructions

1. All the questions are compulsory
 2. Questions to the right Indicate full Marks
 3. Draw neat and Labelled diagrams wherever necessary
-

Que. 1: Long questions (Any 2)

20

- a. Describe in detail Water soluble Vitamins.
- b. Explain in brief deficiency diseases caused by Fat soluble vitamins.
- c. Explain in brief role of protein in nutrition.

Que. 2: Write short notes on following (Any 2)

10

- a. PUFA
- b. Absorption of carbohydrate
- c. Vitamin B deficiency diseases



Rayat Shikshan Sanstha's
D.P. Bhosale College, Koregaon
Student list 2020-21

Skill based Certificate Course on Introduction to Nutrition

Marklist

Sr. No.	Name of the Students	Que. 1 20	Que. 2 10	Total 30
1	Adsul Akanksha Pramod	18	08	26
2	Bankar Jyoti Dattatray	19	09	28
3	Barge Tejal Sudhir	15	08	23
4	Bhosale Nikita Rajendra	17	07	24
5	Bhosale Shivani Suresh	16	08	24
6	Bhosale Shravani Shailesh	18	09	27
7	Gole Mayur Dinkar	17	09	26
8	Inamdar Sahil Amir	16	09	25
9	Kadam Pratik Ajay	19	08	27
10	Kamble Shrushti Manojkumar	18	09	27
11	Mali Sujit Ashok	17	08	25
12	Mane Shubhada Dilip	19	07	26
13	Nikam Tejas Shashikant	18	08	26
14	Sawant Shivam Rajendra	17	08	25
15	Yewale Pratik Subhash	18	07	25
16	Yadav Aarti Narayan	19	08	27
17	Kadarn Manasi Sanjay	17	07	24
18	Bhosale Pooja Dattatray	18	07	25
19	Bhosale Priya Dattatray	19	09	28
20	Jadhav Ankita Babu	17	08	25
21	More Sneha Pramod	18	09	27
22	Pawar Sayali Gopichand	19	08	27
23	Phadtare Pratiksha Dhananjay	17	07	24
24	Anbhule Bhakti Jagannath	19	08	27
25	Kamble Kunal Navnath	19	09	28
26	Ghadge Kiran Babu	17	09	26


Head

Department of Zoology
D. P. Bhosale College Koregaon



**Rayat Shikshan Sanstha's
D. P. Bhosale College, Koregaon**

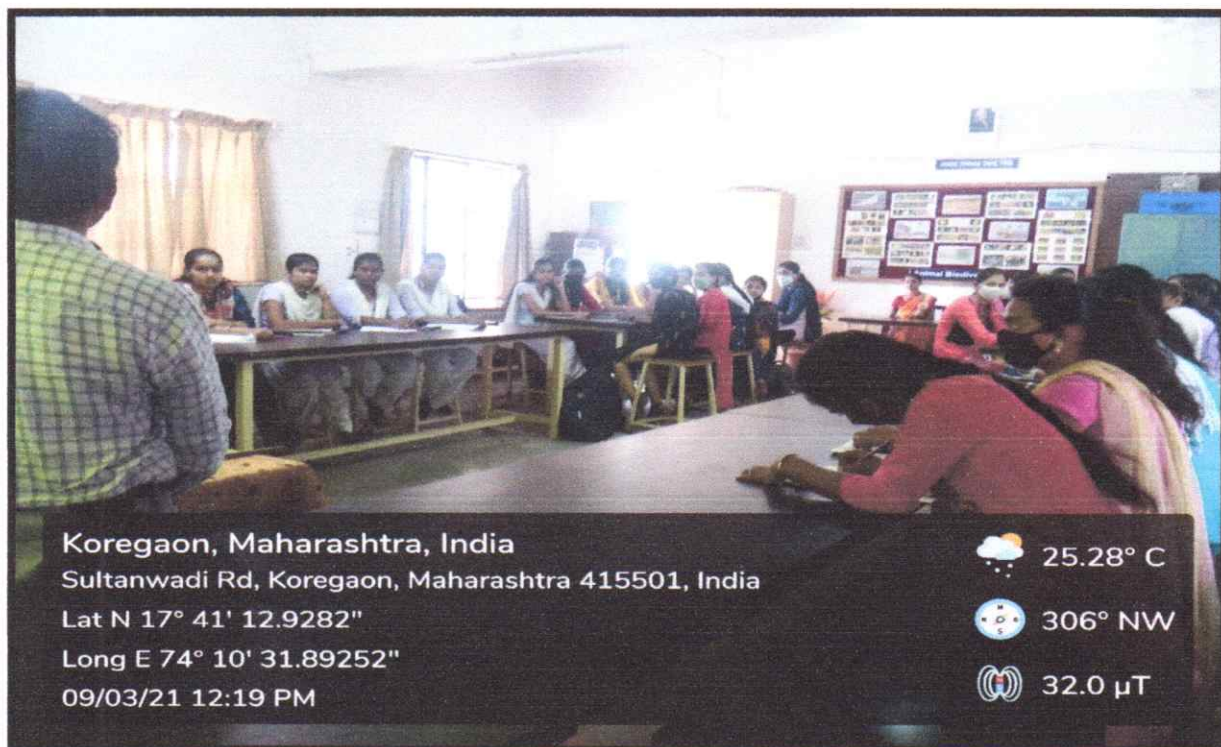
Department of Zoology

Report

Skill based Certificate Course on Introduction to Nutrition

Nutrition is the core of our being- providing what is needed for our bodies to function. Studying nutrition allows us to understand how food choices impact energy and prevent illness and disease.

The course includes basic principles of nutrition and its role in the health care environment. Nutrient composition of foods and current nutrition recommendations for carbohydrate, fat, protein, vitamins, minerals and water will be discussed. An introduction to digestion, absorption and transport of nutrients will be provided. Energy balance and body composition and special considerations for nutrition throughout the lifecycle will also be explored.



Mr. C.B. Jawale delivering lecture

Department of Zoology has offered this course for B.Sc. II and B.Sc. III students. This course was conducted during the 05th March 2021 to 12th April 2021. During this period the lectures and practicals were conducted by resource faculties. Mr. C.B. Jawale, Dr. Miss. K. J. Kamble , Miss N.A. Shaikh and Ms. S.S. Pawar conducted the practicals and theory period. 25 students have took advantage of this course.

After completion of this course students will provide nutrition counselling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies. Evaluate nutrition information based on scientific reasoning for clinical, community, and food service application. Apply technical skills, knowledge of health behaviour, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention. Implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities and Perform food management functions in business, health-care, community, and institutional arenas.



Head
Department of Zoology
D. P. Bhosale College Koregaon



"Education through Self-help is our Motto" - KARMAVEER
Rayat Shikshan Sanstha's

D.P. Bhosale College, Koregaon

District – Satara. (M.S.)
NAAC Reaccredited 'A' (with CGPA 3.12)



Skill based Course

CERTIFICATE



This is to certify that **Mr. / Miss.** ----- **Class :** -----

has successfully completed “**Skill based Certificate Course**” on -----

----- From ----- to ----- Organized by Department of Zoology, D. P. Bhosale
College, Koregaon, District- Satara, (M.S.).

Incharge

Head
Department of Zoology