



ST. WILFRED'S COLLEGE OF ARTS, COMMERCE & SCIENCE

(Affiliated to Mumbai University)

Opp. Ayush Resort, Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Navi Mumbai-410206
Ph. No. +91-8655678500, 9699625148 • College Code 1033 • E-mail: stwilfred.acs@gmail.com • website : www.stwilfreds.org

Value Added Course “Nutrition and Health”

2021-22

Conducted by- Department of Science

Faculty Name- Dr. Nidhi Mathur



St. Wilfred's College of Arts, Commerce & Science

Value Added Course



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Nutrition and Health Index

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Ref. No.

Date: 03/11/2023



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NOTICE

It is to inform all the members of Program Academic Advisory Cell (PAAC) that there will be a meeting on **03/11/2023** at 12.00 PM in Seminar Room to discuss about the various academic activities for the upcoming session. All concerned are requested to attend the meeting on time and be prepared to contribute to the discussion.

Principal



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Ref. No.

Date: 03/11/2023

Circular

It is to inform all the members of Program Academic Advisory Cell (PAAC) that there will be a meeting on 03/11/2023 at 12.00 PM in Seminar Room to discuss about the various academic activities for the upcoming session. All concerned are requested to attend the meeting on time and be prepared to contribute to the discussion.

Principal

Minutes of Meeting

Date: 04/11/2023

Time: 12:00 PM

Place: Seminar Room



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Attendees:

S.No.	Name	Designation	Signature
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

Agenda:

1. To organize Alumni, meet and farewell for the final year students.
2. To conduct student exit survey.
3. To discuss important questions for Mumbai University examination.
4. Soft skills training for placement and internship.
5. Analysis of slow learner and their mentoring.
6. To discuss about the conduction of Mumbai University practical examination.
7. Submission of dissertation and projects by students.
8. To organize seminars by final year students.
9. To conduct remedial classes for weak learners on difficult topics on Saturdays.
10. To organize science exhibition, Panache, departmental quizzes, Industrial trips, surveys etc.
11. To organize Value added courses for Semester 2nd Students

Minutes:

The meeting was called to order by Principal at 12.PM in Seminar Room. The attendees were welcomed, and the agenda for the meeting was presented.

1. **To organize Alumni, meet and farewell for the final year students:** The Principal proposed organizing an Alumni meet to facilitate interactions between current students and successful graduates. The event will serve as an opportunity for networking, mentorship, and sharing experiences. Additionally, a farewell program will be arranged to bid farewell to the final year students and celebrate their achievements. The specific dates and details of these events will be decided in consultation with the concerned faculty members and student representatives.
2. **To conduct student exit survey:** The Principal suggested conducting a student exit survey to gather feedback from graduating students. The survey will focus on their overall college experience, including academic programs, infrastructure, faculty support,



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extracurricular activities, and placement opportunities. The feedback received will help in assessing the college's strengths and areas for improvement.

3. **To discuss important questions for Mumbai University examination:** The Principal highlighted the need to discuss and finalize the important questions for the upcoming University examination. Faculty members were encouraged to collaborate and share their expertise in determining the key topics and questions that students should focus on during their exam preparation. This will ensure that students are well-prepared for the examination.
4. **Soft skills training for placement and internship:** To enhance students' employability and prepare them for the professional world, the Principal proposed conducting soft skills Training programs. These programs will focus on improving students' communication skills, teamwork abilities, time management, and overall personality development.
5. The Training will specifically target placement and internship opportunities, equipping students with the necessary skills to succeed in their future careers.
6. **Analysis of slow learners and their mentoring:** The Principal emphasized the importance of identifying and addressing the needs of slow learners. It was suggested to analyze the performance and progress of such students and provide them with personalized mentoring and support. Faculty members were requested to closely monitor the academic progress of slow learners and implement strategies to help them overcome their challenges.
7. **To discuss the conduction of Mumbai University practical examination:** The Principal proposed a discussion on the conduction of practical examinations. The logistics, evaluation criteria, and assessment procedures for the practical exams will be determined and communicated to the faculty members. It was emphasized that the practical examinations should provide a fair and comprehensive assessment of students' practical knowledge and skills.
8. **Submission of dissertations and projects by students:** The Principal reminded the faculty members about the submission deadline for dissertations and projects by the students. Clear instructions and guidelines regarding the format, content, and submission process should be provided to the students to ensure a smooth submission process.
9. **To organize seminars by final year students:** To showcase the research and academic achievements of the final year students, the Principal suggested organizing seminars where they can present their findings and share their knowledge with the college community. This will provide a platform for intellectual exchange and foster a culture of academic engagement.
10. **To conduct remedial classes for weak learners on difficult topics on Saturdays:** The Principal recommended organizing remedial classes on Saturdays to provide additional support to weak learners. These classes will focus on addressing difficult topics and



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concepts, helping students overcome their challenges and improve their understanding. Faculty members were encouraged to volunteer and contribute to these remedial classes.

11. To organize science exhibition, Panache, departmental quizzes, industrial trips, surveys, etc.: The Principal proposed organizing various extracurricular activities and events, such as science exhibitions, cultural events like Panache, departmental quizzes, industrial trips, and surveys. These activities will provide students with opportunities for practical learning, creative expression, and holistic development.

12. To organize Value added courses for next Semester Students

The Principal elaborated on the importance of providing value-added courses to enhance the academic experience and skill set of students. Various suggestions were put forth regarding the types of value-added courses that could be beneficial for Semester 2nd students. Suggestions included courses related to communication skills, coding, financial literacy, and career development.

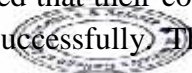
Action Items:

1. The Principal will coordinate with faculty members and student representatives to finalize the dates and details of the Alumni meet and farewell program.
2. Faculty members will develop and conduct the student exit survey, ensuring comprehensive feedback is collected.
3. Faculty members will collaborate to finalize important questions for the upcoming MUMBAI UNIVERSITY examination.
4. The administration will organize soft skills training programs, focusing on placement and internship opportunities.
5. Faculty members will identify slow learners, provide personalized mentoring, and monitor their progress.
6. Faculty members will discuss and plan the conduction of MUMBAI UNIVERSITY practical examinations, ensuring fairness and thorough assessment.
7. The administration will remind students about the submission deadline for dissertations and projects, providing clear guidelines.
8. The administration will facilitate the organization of seminars by final year students, allowing them to showcase their research and knowledge.
9. Faculty members will schedule remedial classes for weak learners on Saturdays, focusing on difficult topics.
10. The administration will coordinate the organization of science exhibitions, Panache, departmental quizzes, industrial trips, surveys, and other extracurricular activities.
11. The Academic Committee will compile a list of potential value-added courses based on the suggestions provided during the meeting.

These action items will be followed up on in subsequent meetings to track progress and ensure the successful implementation of the proposed agendas.

Closing:

Principal expressed gratitude to the staff members for their active participation and valuable input during the meeting. It was emphasized that their collaboration and dedication are essential in implementing the discussed agendas successfully. The staff members were encouraged to



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further develop and refine these proposals and work collectively towards the holistic development of the students.

The meeting concluded at 02.00 PM. The next meeting will be scheduled and communicated to the committee members accordingly.

Principal



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Date-06/11/2023

Notice

We are pleased to inform all the students that the Value Added Course (VAC)-
Nutrition and Health Course classes will commence from **10 November, 2023**.

This course is designed to provide additional skills and knowledge beyond the regular curriculum, enhancing your learning experience and improving your career prospects.

Details of the VAC Classes:

Start Date: 2 September, 2023

Timings: 3:00 PM to 4:00 PM (Monday to Saturday)

Faculty Coordinator- Dr. Nidhi Mathur

Principal

CC-
IQAC Head
HOD of all departments



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Date-06/11/2023

Circular

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Details of the VAC Classes:

Start Date: 10 November, 2023

Timings: 3:00 PM to 4:00 PM (Monday to Saturday)

Faculty Coordinator- Dr. Nidhi Mathur

Principal

CC-

IQAC Head

HOD of all departments



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Value Added Course Nutrition and Health Program Expected Outcomes

Expected outcomes of a Nutrition and Health Program course include:

- Comprehensive understanding of nutrition principles, including macronutrients, micronutrients, and dietary guidelines.
- Knowledge of the relationship between nutrition and health outcomes, including chronic diseases such as obesity, diabetes, and cardiovascular disease.
- Ability to assess dietary patterns, nutritional needs, and food choices to promote optimal health and prevent nutrition-related diseases.
- Competence in developing personalized nutrition plans and recommendations for individuals and communities based on scientific evidence and cultural considerations.
- Skills in interpreting food labels, conducting nutritional assessments, and analyzing dietary intake data.
- Awareness of global and societal factors influencing nutrition and health, such as food insecurity, food access, and socio-economic disparities.
- Proficiency in communicating nutrition information effectively to diverse audiences through written materials, presentations, and educational sessions.
- Understanding of ethical and professional standards in nutrition practice, including confidentiality, informed consent, and conflict of interest.
- Capacity to critically evaluate nutrition research, media claims, and popular diets to make evidence-based recommendations for health promotion and disease prevention.
- Preparation for careers in nutrition counseling, public health nutrition, community health education, food service management, and related fields, contributing to the improvement of population health and well-being.



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Value Added Course: Nutrition and Health Program COURSE OUTCOME

Subject	Nutrition and Health
CO1	By educating individuals about nutrition principles and promoting healthy eating habits, the program helps prevent chronic diseases such as obesity, diabetes, and heart disease, leading to improved overall health and well-being.
CO2	The program empowers individuals to make informed choices about their diet and lifestyle, giving them the knowledge and skills to take control of their health and make positive changes that can have long-lasting benefits.
CO3	Graduates of a Nutrition and Health Program have opportunities for careers in a variety of fields, including nutrition counseling, public health, community health education, food service management, and research, providing diverse and rewarding career paths in the healthcare industry.



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Value Added Course Nutrition and Health

(November 10, 2023 to 2 January 2, 2024)

Syllabus

Topic	Week Days
<ul style="list-style-type: none">• Overview of nutrition and its role in promoting health and preventing disease• Basic principles of nutrition: macronutrients, micronutrients, and dietary guidelines• Introduction to nutritional assessment methods and tools	Monday-Saturday
<ul style="list-style-type: none">• In-depth study of macronutrients: carbohydrates, proteins, and fats• Understanding the functions, sources, and recommended intake of micronutrients: vitamins and minerals• Nutrient metabolism and energy balance	Monday-Saturday
<ul style="list-style-type: none">• Relationship between diet and chronic diseases: obesity, diabetes, cardiovascular disease, and cancer• Role of nutrition in managing and preventing common health conditions• Dietary recommendations for special populations: children, pregnant women, older adults, and individuals with specific health conditions	Monday-Saturday
<ul style="list-style-type: none">• Nutritional needs and considerations during different life stages: infancy, childhood, adolescence, adulthood, and older age• Pregnancy and lactation: maternal nutrition and fetal development• Aging and nutrition: nutritional challenges and strategies for healthy aging	Monday-Saturday
<ul style="list-style-type: none">• Principles of nutrition education and behavior change theories• Effective communication strategies for promoting healthy eating habits and lifestyle choices• Counseling skills and techniques for working with diverse populations and addressing individual nutritional needs	Monday-Saturday



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Syllabus: Nutrition and Health

Unit 1: Introduction to Nutrition and Health

- Overview of nutrition and its role in promoting health and preventing disease
- Basic principles of nutrition: macronutrients, micronutrients, and dietary guidelines
- Introduction to nutritional assessment methods and tools

Unit 2: Macronutrients and Micronutrients

- In-depth study of macronutrients: carbohydrates, proteins, and fats
- Understanding the functions, sources, and recommended intake of micronutrients: vitamins and minerals
- Nutrient metabolism and energy balance

Unit 3: Diet and Disease

- Relationship between diet and chronic diseases: obesity, diabetes, cardiovascular disease, and cancer
- Role of nutrition in managing and preventing common health conditions
- Dietary recommendations for special populations: children, pregnant women, older adults, and individuals with specific health conditions

Unit 4: Nutrition Across the Lifespan

- Nutritional needs and considerations during different life stages: infancy, childhood, adolescence, adulthood, and older age
- Pregnancy and lactation: maternal nutrition and fetal development
- Aging and nutrition: nutritional challenges and strategies for healthy aging

Unit 5: Nutrition Education and Counseling

- Principles of nutrition education and behavior change theories
- Effective communication strategies for promoting healthy eating habits and lifestyle choices
- Counseling skills and techniques for working with diverse populations and addressing individual nutritional needs



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Time Table Nutrition and Health

W.e.f.: 10/11/2023

Days	Subject	Time
Monday	Nutrition and Health	03:00-04:00PM
Tuesday	Nutrition and Health	03:00-04:00PM
Wednesday	Nutrition and Health	03:00-04:00PM
Thursday	Nutrition and Health	03:00-04:00PM
Friday	Nutrition and Health	03:00-04:00PM
Saturday	Nutrition and Health	03:00-04:00PM

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Copy to:

- Vice Principal
- IQAC Head
- HOD's of all Departments



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Lesson Plan Nutrition and Health

Unit	Topic	Weekdays	Allotment
Unit-I	Overview of nutrition and its role in promoting health and preventing disease	Monday-Saturday	03:00-04:00PM
Unit-I	Basic principles of nutrition: macronutrients, micronutrients, and dietary guidelines Introduction to nutritional assessment methods and tools	Monday-Saturday	03:00-04:00PM
Unit-II	In-depth study of macronutrients: carbohydrates, proteins, and fats	Monday-Saturday	03:00-04:00PM
Unit-II	Understanding the functions, sources, and recommended intake of micronutrients: vitamins and minerals Nutrient metabolism and energy balance	Monday-Saturday	03:00-04:00PM
Unit-III	Relationship between diet and chronic diseases: obesity, diabetes, cardiovascular disease, and cancer Role of nutrition in managing and preventing common health conditions	Monday-Saturday	03:00-04:00PM
Unit-III	Dietary recommendations for special populations: children, pregnant women, older adults, and individuals with specific health conditions	Monday-Saturday	03:00-04:00PM
Unit-IV	Nutritional needs and considerations during different life stages: infancy, childhood, adolescence, adulthood, and older age	Monday-Saturday	03:00-04:00PM
Unit-IV	Pregnancy and lactation: maternal nutrition and fetal development Aging and nutrition: nutritional challenges and strategies for healthy aging	Monday-Saturday	03:00-04:00PM
Unit-V	Principles of nutrition education and behavior change theories Effective communication strategies for promoting healthy eating habits and lifestyle choices	Monday-Saturday	03:00-04:00PM
Unit-V	Counseling skills and techniques for working with diverse populations and addressing individual nutritional needs	Monday-Saturday	03:00-04:00PM



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APPLICATION FORM

Add On Course-"Nutrition and Health"

Student's Name :

Father's Name :

Class :

Percentage of Marks obtained in Last Qualifying Examination:

Date of Admission in this Institution:

Phone No. :

Mobile :

DETAILS OF ADD ON COURSES

Parent's Signature:Student's Signature:

Date:

Date:

Reference

Signature of Counsellor:

Name of Counsellor :

Remarks of Counsellor :

Remarks of Principal :



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“Nutrition and Health”

November 10, 2023 to December 30, 2024

Enrolled List:-

S. No.	Class	Name
1.	B.Sc.	More JayeshSantosh
2.	B.Sc.	MhatreKalpesh Dinesh
3.	B.Sc.	MhatreKaushal Dinesh
4.	B.Sc.	ShendeKaustubhPramod
5.	B.Sc.	LaleKrutikaYashwant
6.	B.Sc.	Masaye Manish Pradeep
7.	B.Sc.	PatilMansiBaliram
8.	B.Sc.	HusharMiteshRavindra
9.	B.Sc.	MundheMrunaliAnand
10.	B.Sc.	Pandey Naveen Chandra Babulal
11.	B.Sc.	JadhavNehaPravin
12.	B.Sc.	Bhopi Nikhil Anuradha
13.	B.Sc.	Ramkar Nikita Somnath
14.	B.Sc.	JadhavNitesh Anil
15.	B.Sc.	Reyan Paul Simon
16.	B.Sc.	PatilRinku Ashok
17.	B.Sc.	NalawadeSanchitRajendra
18.	B.Sc.	PatilShreyaRaghunath
19.	B.Sc.	GaikwadSidhhantDhanaji
20.	B.Sc.	Singh AakashSubodh
21.	B.A.	SalunkheTejaswiniDattatray
22.	B.A.	PatilVishwasMahadev
23.	B.A.	JadhavAdityaSudhakar
24.	B.A.	Amisha N Ahuja
25.	B.A.	SinhaAnkita Anil Kumar
26.	B.A.	Ashrita Prasad
27.	B.A.	Chiramel Christina Rajesh
28.	B.A.	DeepaSaroj
29.	B.A.	ParabDivyaDattatray
30.	B.A.	SenghaniDrashti Dinesh
31.	B.A.	NayakEshwariAnant
32.	B.A.	Gargi Rajesh Gupta
33.	B.A.	SandhuHarpreetKaurAvtarsinghJagjit Kaur
34.	B.A.	Pol HarshaliSurendraPushpa
35.	B.A.	MahimiIqraSuhel
36.	B.A.	Singh Karan Raja
37.	B.A.	KhushbooPrakashPurnani
38.	B.A.	AiyaKhushbuVirendra
39.	B.A.	Gala KhyatiTushar
40.	B.A.	Bole KimayaMadhukarMinal

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“Nutrition and Health”

November 10, 2023 to December 30, 2024

Attendance Sheet

S. No.	Class	Name	Signature	November/December																																							
1.	B.Sc.	More JayeshSantosh																																									
2.	B.Sc.	MhatreKalpesh Dinesh																																									
3.	B.Sc.	MhatreKaushal Dinesh																																									
4.	B.Sc.	ShendeKaustubhPramod																																									
5.	B.Sc.	LaleKrutikaYashwant																																									
6.	B.Sc.	Masaye Manish Pradeep																																									
7.	B.Sc.	PatilMansiBaliram																																									
8.	B.Sc.	HusharMiteshRavindra																																									
9.	B.Sc.	MundheMrunaliAnand																																									
10.	B.Sc.	Pandey Naveen Chandra																																									
11.	B.Sc.	JadhavNehaPravin																																									
12.	B.Sc.	Bhopi Nikhil Anuradha																																									
13.	B.Sc.	Ramkar Nikita Somnath																																									
14.	B.Sc.	JadhavNitesh Anil																																									
15.	B.Sc.	Reyan Paul Simon																																									
16.	B.Sc.	PatilRinku Ashok																																									
17.	B.Sc.	NalawadeSanchit																																									
18.	B.Sc.	PatilShreyaRaghunath																																									
19.	B.Sc.	GaikwadSidhhantDhanaji																																									
20.	B.Sc.	Singh AakashSubodh																																									
21.	B.A.	SalunkheTejaswini																																									
22.	B.A.	PatilVishwasMahadev																																									
23.	B.A.	JadhavAdityaSudhakar																																									
24.	B.A.	Amisha N Ahuja																																									
25.	B.A.	SinhaAnkita Anil Kumar																																									
26.	B.A.	Ashrita Prasad																																									
27.	B.A.	Chiramel Christina Rajesh																																									
28.	B.A.	DeepaSaroj																																									
29.	B.A.	ParabDivyaDattatray																																									
30.	B.A.	SenghaniDrashti Dinesh																																									
31.	B.A.	NayakEshwariAnant																																									
32.	B.A.	Gargi Rajesh Gupta																																									
33.	B.A.	SandhuHarpreetKaur																																									
34.	B.A.	Pol HarshaliSurenbra																																									
35.	B.A.	MahimiIqraSuhel																																									
36.	B.A.	Singh Karan Raja																																									
37.	B.A.	KhushbooPrakash																																									
38.	B.A.	AiyaKhushbuVirendra																																									
39.	B.A.	Gala KhyatiTushar																																									
40.	B.A.	Bole KimayaMadhukar																																									

Teacher's Signature



PRINCIPAL
St. Wilfred's College of
Arts, Commerce & Science