

“Education for Knowledge, Science and Culture”

-Shikshanmahashri Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Vivekanand College, Kolhapur (Autonomous)

Department of Zoology

Academic Year 2020-2021

Add On Course on Nutrition & Dietetics

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DEPARTMENT OF ZOOLOGY

Notice**Date: 20/08/2021**

All students hereby informed that Add on course on "Nutrition and dietetics (Dietician)" is going to start from 26/08/2021 onwards on online/offline platform. The fees for above said course is Rs. 500/-. All students have to the pay course fees in the Department of Zoology before 31.8.2021.


Dr. G. K. Sontakke
Head
Department of Zoology
Vivekanand College,
Kolhapur

Shri Swami Vivekanand Shikshan Sanstha's
Vivekanand College Kolhapur [Autonomous]
DEPARTMENT OF ZOOLOGY
2020-21

Add On Course 'Nutrition and Dietetics'

WORKLOAD

Duration of course: 30 Hrs

Mode: Online/Offline

Lectures: 40

Dr. Patil T.C	=	09
Ms. Satale G. B	=	09
Ms. Pujari Y.S	=	09
Ms. Sathe J.S	=	09
Dr. Sontakke G.K	=	04

TOTAL = 40

Sontakke
(Dr.Sontakke G.K)
Head
Department of Zoology
Vivekanand College,
Kolhapur


Shri Swami Vivekanand Shikshan Sanstha's
Vivekanand College Kolhapur [Autonomous]
DEPARTMENT OF ZOOLOGY
2020-21

Add On Course 'Nutrition and Dietetics'

TIME TABLE

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.00 to 08.48	TCP	YSP	JSS	GBS		Practical
08.48 To 09.30	YSP	JSS	GBS	TCP	GKS	

Dr. Patil T.C
Ms. Satale G. B
Ms. Pujari Y.S
Ms. Sathe J.S
Dr. Sontakke G.K


(Dr.Sontakke G.K)
Head
Department of Zoology
Vivekanand College.
Kolhapur

Vivekanand College, Kolhapur (Autonomous)

Department of zoology Carrier

oriented course (COC)

Nutrition and Dietetics (Dietician) ND 2020-21

Duration of course: three months

Introduction to course:

A dietician plans nutrition programs and food program for people. Dieticians can help prevent diseases and obesity problems because they teach people about the role of food in their diet. A career in dietician will enable you to use strength and skills in orders to teach others about healthy eating and good nutrition.

Objectives of course:

- 1) To enable students the importance of therapeutic diet.
- 2) To enable students the knowledge about dietary control of different diseases.
- 3) To enable the students to: Know the importance of RDA and know the dietary modification for disease condition.
- 4) To enable students to understand the anatomy and physiology of human.
- 5) To enable students to understand Physiological changes at different stages of life
- 6) To enable students to understand the importance of hormonal and nervous regulation of the body function.

Outcomes of course:

There are many different areas of practice for registered dietitians. Dietitians are needed in any capacity that involves planning and educating others about the importance of incorporating a healthy diet into our everyday lives. Practice areas include the following:

- Administrative/Food Service Management
- Clinical
- Community
- Consulting
- Research
- Teaching
- Business/Entrepreneurial

Student's intake: 40

Fees for course: 1000 per student



Syllabus for Nutrition and Dietetics (Dietician)

UNIT I: DIETETICS AND DIET COUNSELLING

10

1. Introduction to therapeutic diets.
2. Routine Hospital diets: Regular diet, light diet, soft diet, full liquid diet, clear liquid diet and tube feedings
3. Therapeutic adaptation of normal diet.
4. Feeding infants and children: Problems in feeding in the Hospital.
5. Feeding the patient: Psychology of feeding the patient, assessment of patients need.
6. Nutrition and diet clinics. Patients check-up and counselling, education of the patient and follow-up.
7. Diet in fevers, typhoid fever, influenza and tuberculosis, Rheumatic fever & Counselling.
8. Disease of Gastro Intestinal tract.
9. Diet in Cancer & Counselling.
10. Diet in Liver Diseases. & Counselling.
11. Diet in Cardiovascular diseases & Counselling.
12. Diet in kidney diseases & counselling.
13. Diseases of metabolic disorder.
14. Diseases of Nervous system & Counselling.
15. Diseases of Endocrine disorders. & Counselling.
16. Anaemia

Reference:-

1. Joshi S. A. 'Nutrition and Dietetics', New Delhi, Tata Mc Graw Hill Publishing Co. Ltd.
2. Robinson 'Nonnal and Therapeutic Nutrition' New Delhi, Tata Mc Graw Hill Publishing Co. Ltd.
3. Crampton E.W. and L. E. Lloyd (1915), 'Fundamentals of Nutrition', San Francisco W. H. Freeman
4. Davidson S.R, Passmore and IF. Brock (1986), 'Human Nutrition and Dietetics' London Churchill, Livingstone
5. Antia F.P (1986), 'Clinical Dietetics and Nutrition', Bombay, 3rd edition, Oxford University Press.
6. Jelliff B.B. 'Assessment of Community Nutrition Status'



UNIT III: CLINICAL & COMMUNITY NUTRITION

15

1. Introduction to Nutrition Principles of Foods and Nutrition, Food groups, Diet and balanced diet, Meal planning, meal pattern, selection of adequate diet, BDA, RDA of different age groups, use of Food exchange list.
2. Nutritional requirements for infancy, pre-school, school going and adolescents and adult hood. Factors affecting nutritional status, Nutritional problems, packed lunch, and school lunch programmes, Food habits.
3. Nutritional requirements for expectant and nourishing mother, dietary modification, - dietary problems, complications of pregnancy and Indian nourishing mother.
4. Geriatric Nutrition: Nutritional requirement, physiological changes, Nutritional changes, Nutritional problems during old age.
5. Nutritional problems in India Anaemia, overweight, underweight, vito A- deficiency, PEM, goitre, thiamine deficiency.
6. Food selection purchase, storage, Food handling, sanitation and hygiene
7. Assessment of nutritional status by Population sampling, Anthropometry, Biophysical assessment, Radiographic examination, Nutritional adequacy of diet consumed, Clinical assessment, Biochemical assessment.
8. Diet survey methods Population sampling & duration of survey, diet survey methods, Questionnaire, Food list method, Interview method, Food inventory of log book method, Weightment of raw food, Weightment of cooked food, Analysis of cooked food method, Adult consumption units
9. Nutrition and Health Education Definition.
10. Role of National & International Agencies to overcome malnutrition
11. Food fads & fallacies.
12. Applied Nutritional Programmes ANP.MMP.SNPJCDS.FWPJPP.BNP.

References:

1. Swaminthan M. 'Essentials of Food and Nutrition', Bangalore, printing and Publishing Co. Ltd.
2. Srilakshmi B. 'Dietetics' New Delhi, Newage International publishing Co. Ltd.
3. Joshi S. 'Nutriton and Dietetics' New Delhi, Tata McGraw Hill Publishing Co. Ltd.
4. Crampton E.W. and L.E.Lloyd, (1915), 'Fundanentals of Nutrition' W.H.Freeman, San Francisco.
5. Davidson S.R, Passmore and J.F. Brock, (1986), 'Human Nutrition and Dietetics' London 8th edition, Churchill, Livingstone.



PRACTICALS

1. Weights and measures
2. Preparation of therapeutic diets -liquid diet, full fluid, solid and semisolid diet.
3. Diet in fever and diet in gastro intestinal diseases
4. Diet in liver diseases and diet in cardiovascular diseases
5. Diet in kidney diseases and diet in cancer.
6. Diet in disease of metabolic disorder such as arthritis, diabetes and gout.
7. Diet in Aids.
8. Quantity cookery
9. Anthropometric measurements and clinical assessment of subjects
10. Growth monitoring and nutrition Education
11. Planning, preparation and Demonstration of Low cost nutrient rich recipes

Budget:

Sr. No	Particulars	Approximate Expenditure
1	Chemicals and materials	5000
2	Remuneration for faculty	18,500
3	workshop	4000
4	Examination	3000
5	Office Remuneration	5000
Total		= 35,500



Shri Swami Vivekanand Shikshan Sanstha's
 Vivekanand College Kolhapur (Autonomous)
 Department of Zoology
 Academic year-2020-21
Add On Course "Nutrition & Dietetics"

List of the Student

Sr. No.	Roll Call	Name of the Student	Class	Mobile No.
01	DT 0120	KAMBLE RASIK ANIL	B.Sc.II	8888645983
02	DT0220	ASWALE SHRAVANI POPATRAO	B.Sc. I	8208952183
03	DT0320	MUJAWAR NAAZ NAVAJ	B.Sc.II	9158805151
04	DT0420	BANADAR JAVERIYA LIYAKAT	B.Sc.II	7888135676
05	DT0520	DASIE SHARWANI SUDHAKAR	B.Sc.II	8788674523
06	DT0620	LOHANDE KETKI KISAN	b.Sc.III	7264950345
07	DT0720	SHIROLKAR DIPTÉE BAJIRAO	b.Sc.I	7083118900
08	DT0820	JADHAV NISHA SHASHIKANT	B.Sc.I	7350311965
09	DT0920	CHOUGALE SHIVANI VILAS	B.Sc.II	7558457600
10	DT1020	JAJTAP SHITAL BHARAT	B.Sc.II	7385904238
11	DT1120	MAGDUM PRANALI MANIK	B.Sc.II	8767376710
12	DT1220	MARULKAR GEETANJALI SUGANDA	B.Sc.II	9307613211
13	DT1320	NIGADE SAMRUDDHI SUBHASH	B.Sc.II	9067719922
14	DT1420	PARANDE PARHINA YASIN	BSC.II	9373431272
15	DT1520	UPADHYA ANJIRI SACHIN	B.SCII	7057137811
16	DT1620	MULLA AYSA MANOJ	B.SC.I	8080607943
17	DT1720	LAMBE NEHA K.	B.SC.I	9175047169
18	DT1820	BARGIR UJMA IMTIYAGZ	B.SC.I	9112196957
19	DT1920	SAWANT SIDDHI AMAR	B.SC.I	9022747044
20	DT2020	KADAM SAYALI RAMCHANDRA	B.SC.I	8010434292
21	DT2120	PATIL SNEHAL RAMCHANDRA	B.SC.I	9021348217
22	DT2220	KAMBLE PAVANASHWARI MALLAPPA	B.SC.I	9156921474
23	DT2320	DASAI SHRENIK UDAY	B.SC.I	8623097423
24	DT2420	GHORPADE RUPCHAND DEEPAK	B.SC.I	8767255013
25	DT 2520	THORAT SHRUTI JAYSING	B.SC.II	9422684509
26	DT 2620	BURAD SAKSHI SHAMRAO	B.SC.I	7797050114
27	DT 2720	KOLI SNEHAL NARASU	B.SC.II	7499424662
28	DT 2820	MASKAR PRACHI PRASHANT	B.SC.I	9859769090
29	DT 2920	POWAR SHITAL EKANTH	B.SC.I	7387097072
30	DT 3020	MULLA SAHIRA YUNUS	B.SC.I	7620515818
31	DT 3120	MOKASHI TANJILA BASHIR	B.SCI	8483822070
32	DT 3220	AGA SAYMA SAMIR	B.SC.I	7276032822
33	DT 3320	KAMBLE SHIRISH SANJAY	B.SC.II	9322355295
34	DT 3420	PATIL RAJVARDHINI JAYSING	B.SC.II	8080550602
35	DT 3520	KAMBLE AMRUTA SURESH	B.SC.II	7559187611

36	DT 3620	SHELAR SAMIKSHA UMESH	B.SC.II	7558244200
37	DT 3720	YEVALUE SWAPNALI MADHUKAR	B.SC.II	8007490903
38	DT 3820	MAHADIK RUCHITA PRASHANT	B.SC.II	8605067548
39	DT 3920	AVADHUT PRADNYA SUNIL	B.SC.II	8805997428
40	DT 4020	TALKAR AKANKSHA VIJAY	B.SC.II	132787474
41	DT 4120	TALKAR PRATIKSHA VIJAY	B.SC.II	9011779550
42	DT 4220	DAREKAR VISHAKHA VISHWANTH	B.SC.I	8956186613
43	DT 4320	UBALE PRATIBHA SARDAR	BB.SCI	9130069493
44	DT 4420	MALAVI SAYALI GAUTAM	B.SC.III	9623486731
45	DT 4520	SALAVI PRATIKSH PRAKASH	B.SC.II	8330418801
46	DT 4620	KUMAWAT RITU RAJESH	B.SC.I	7709318091
47	DT 4720	CHOUGULE PRIYANKA SANJAY	B.SC.II	9923730717
48	DT 4820	KAMBLE SWAPNAGANDHA DILIP	B.SC.II	9067564771
49	DT 4920	GANDKAR RASIKA MAHESH	B.SC.I	7796093378
50	DT 5020	PATIL VAISHNAVI DEEPAK	B.SC.I	9579740095
51	DT 5120	SHINDE PRAYATI SAKHARAM	B.SC.I	9923178490
52	DT 5220	KAMBLE PRACHI YAVRAJ	B.SC.I	9028366062
53	DT 5320	SUTAR VAISHNAVI RAJENDRA	B.SC.I	7517057420
54	DT 5420	MANE PAYAL ASHOK	B.SC.I	8483807529
55	DT 5520	BAGANIKAR VAISHNAVI MAHESH	B.SC.I	9764287074
56	DT 5620	WAGAVEKAR PRERANA JITENDRA	B.SC.I	7447742020
57	DT 5720	KAMBLE RASHMI RAJENDRA	B.SC.I	7498873075
58	DT 5820	FALLE NILAM RAMCHANDRA	B.SC.II	9579286986
59	DT 5920	SAWAT MURNAL KRISHNAT	BSC.III	7448232020
60	DT 6020	KULKARNI DIVYA ASHOK	BSC.II	7499270924
61	DT 6120	GARDE JANHAVI ALHAD	BSC.I	9403694189
62	DT 6220	CHAWLA SIMRAN SUNIL	BSC.III	9021371252
63	DT 6320	PAWAR HIRNAKSHI PRALHAD	BSC.III	9130594518
64	DT 6420	PATIL SIMANTINI DEVENDRA	BSC.III	7756040064
65	DT 6520	PATIL DHANASHREE SHANKAR	BSC.III	8975287151
66	DT 6620	MHETRI BHAKTI SUKUMAR	BSC.III	7020115224
67	DT 6720	NAIKAWADI FIRDAUS ANJUM	BSC.III	8007598257
68	DT 6820	KAZI TABASUM ARIF	BSC.III	7219413592
69	DT 6920	KAMBLE PRADNYA SHANKAR	BSC.III	9028521680
70	DT 7020	KAMBLE AKSHATA PRAFFUL	BSC.III	
71	DT 7120	HABLE SANIKA PRASHANT	BSC.II	9765644944
72	DT 7220	KOLI PRIYANKA SUNIL	BSC.I	7768859750
73	DT 7320	SAWANT ROHINI VITTHAL	BSC.III	8855068921
74	DT 7420	SAMIYA MULLA	BSC.III	7447547425



Dr G. K. Sontakke
Head

Department of Zoology
Vivekanand College,
Kolhapur

DEPARTMENT OF ZOOLOGY

Notice

Date: 10/10/2021

This is to inform that the exam of add on course "Nutrition and Dietics" Is scheduled on 13 October 2021 on online platform (Google form). This exam includes both theory and practical in one Google form. This exam will be conducted for 90 marks, which contains multiple choice questions. 40 MCQs for theory and 5 MCQs for practical, each question carries 2 marks. There are 10 marks for submission of journal in total 100 marks. Timing of exam will be 11.00am to 1.00pm. After 1.00pm link will get automatically closed. There is no provision for repeat examination.



Dr. G. K. Sontakke

Vivekanand College Kolhapur (Autonomous)

Department of Zoology

Additional Course

Nutrition and Dietetics (Dietician)

RESULT 2020-21

Sr. no.	Full Name of Student	Mother's Name	Mark (90)	Submission(10)	Total(100)	Grade
1.	Aga Sayma Samir	Nilofer	80	10	90	A+
2.	Aswale Shravani Popatrao	Sunita	76	10	86	A
3.	avadhut Pradnya sunil	Kalpana	60	10	70	B+
4.	Baganikar Vaishnavi Mahesh	Vidya	72	10	82	A
5.	Banadar Juveriya Liyakat	Jahida	82	10	92	A+
6.	Bargir Ujma Imtiyaj	Asma	68	10	78	B+
7.	Burud Sakshi Shamrao	Laxmi Bai	72	10	82	A
8.	Chawla Simran Sunil	Sonam	80	10	90	A+
9.	Chougale Priyanka Sanjay	Sangita	74	10	84	A
10.	chougale Shivani vilas	Nanda	74	10	84	A
11.	Darekar vishakha vishwanath	Geeta	80	10	90	A+
12.	Desai Shrawani Sudhakar	Shilpa	74	10	84	A
13.	Desai shrenik uday	Vanita	86	10	96	A+
14.	Falle Nilam Ramchandra	Seema	68	10	78	B+
15.	Garde Janhavi Alhad	Apurva	74	10	84	A
16.	Ghorpade Rupchand Deepak	Savita	86	10	96	A+
17.	Gondkar Rasika Mahesh	Vidya	78	10	88	A
18.	Heble Sanika Prashant	Neelima	76	10	86	A
19.	Jadhav nisha shashikant	Meena	80	10	90	A+
20.	Jagtap Shital Bharat	Rekha	72	10	82	A
21.	Kadam Sayali Ramchandra	Rupali	80	10	90	A+
22.	kamble Akshata Prafull	Sunita	68	10	78	B+
23.			72	10	82	A

	Kamble Pavanashwari Mallappa	Jayashri	82	10	92	A+
27.	kamble Prachi yuvraj	Varsha	80	10	90	A+
28.	Kamble pradnya shankar	Pratima	74	10	84	A
29.	Kamble Rasika Anil	Malti	80	10	90	A+
30.	Kamble Shirish Sanjay	Manisha	68	10	78	B+
31.	Kazi Tabasum Arif	Julekha	72	10	82	A
32.	Koli Priyanka Sunil	Chandarani	80	10	90	A+
33.	koli Snehal narasu	Sangita	40	10	50	C
34.	Kulkarni Divya Ashok	Alaka	54	10	64	B
35.	Kumawat Ritu Rajesh	Maina devi	74	10	84	A
36.	Iambe Neha krishnat	Madhavi	78	10	88	A
37.	Iokhande Ketki kisan	Chhaya	80	10	90	A+
38.	Magdum Pranali Manik	Mangal	72	10	82	A
39.	Mahadik Ruchita Prashant	Sarika	66	10	76	B+
40.	Malavi Sayali Gautam	Sunita	66	10	76	B+
41.	Mane payal Ashok	Rani	72	10	82	A
42.	Marulkar Geetanjali Sugandh	Sushama	78	10	88	A
43.	Maskar Prachi Prashant	Nandini	82	10	92	A+
44.	mhetri Bhakti sukumar	Sunita	80	10	90	A+
45.	Mokashi Tanjila Bashir	Rameja	80	10	90	A+
46.	Mujawar Naaz Navaj	Yasmin	68	10	78	B+
47.	mulla Aqsa Manoj	Saniya	72	10	82	A
48.	mulla Sahira Yunus	Lailabi	64	10	74	B+

	Mulla Samiya Isak	Reshma	70	ab	70	B+
50.	Naikawadi Firdaus Anjum	Simin	74	10	84	A
51.	Nigade Samruddhi Subhash	Sangeeta	70	10	80	A
52.	Parande Parhina Yasin	Bismilla	78	10	88	A
53.	patil Dhanashree shankar	Rekha	78	10	88	A
54.	Patil Rajvardhini Jaysing	Jyoti	76	10	86	A
55.	Patil Simantini Devendra	Deepali	74	10	84	A
56.	Patil Snehal Ramchandra.	Sunita	80	10	90	A+
57.	patil Vaishnavi Deepak	Jayshree	78	10	88	A
58.	Pawar Hirnakshi Pralhad	Manisha	78	10	88	A
59.	Powar Shital Ekanath	Arati	76	10	86	A
60.	Salavi Pratiksha Prakash	Surekha	72	10	82	A
61.	Sawant Rohini Vitthal	Sanjivani	68	10	78	B+
62.	Sawant Siddhi Amar	Vinaya	82	10	92	A+
63.	Sawat Mrunal Krishnat	Rekha	82	10	92	A+
64.	Shelar Samiksha Umesh	Savita	70	10	80	A
65.	Shinde Pragati Sakharam	Balabai	78	10	88	A
66.	Shirolkar Diptee Bajirao	Unnati	76	10	86	A
67.	Sutar Vaishnavi Rajendra	Rani	72	10	82	A
68.	Talkar Akanksha Vijay	Jayshri	62	10	72	B+
69.	Talkar Pratiksha Vijay	Jayshri	62	10	72	B+
70.	Thorat Shruti Jaysing	Sulbha	62	10	72	B+
71.	Ubale Pratibha Sardar	Archana	78	10	88	A

	Upadhye Anjiri Sachin	Manisha	80	10	90	A+
73.	Wagavekar Prerana Jitendra	Sarita	70	10	80	A
74.	Yevaluje Swapanali Madhukar	Sarika	74	10	84	A

Head,
Department of Zoology
Vivekanand College,
Kolhapur (Autonomous)


Head

Department of Zoology
Vivekanand College,
Kolhapur

SHRI SWAMI VIVEKANAND SHIKSHAN SANSTHA'S

Vivekanand College, Kolhapur (Autonomous)

Affiliated to Savitribai Phule University, Kolhapur

DEPARTMENT OF ZOOLOGY

CERTIFICATE

This is to certify that Mr/Ms Mulla Ayesha Mahoj.....of B.Sc. I/II/III Roll No. 1622. has successfully completed the Add on Course 'Nutrition and Dietetics [Dietician] carried out in the Department of Zoology, Vivekanand College, Kolhapur [Autonomous] during academic year 2020-21. This certificate is awarded to him/her after passing theory and practical examination.

Sista
Dr. G. K. Sontakke
Head,
Department of Zoology
Vivekanand College,
(Autonomous)
Kolhapur

Peer
Dr. R. R. Kumbhar
PRINCIPAL
Vivekanand College
Kolhapur