



NARAJOLE RAJ COLLEGE

(NAAC Accredited B Grade Govt. Aided College)

NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



Affiliated to Vidyasagar University

Value Added Course

on

“Nutrition and Women’s Health”

Organized By

DEPARTMENT OF PHYSIOLOGY

AND

DEPARTMENT OF ZOOLOGY

Course Co-Ordinator:

Dr. Parimal Dua

Assistant Professor & HOD of Physiology

and

Dr. Poulami Adhikary Mukherjee

Assistant Professor & HOD of Zoology

Vice Principal: Dr. Ranajit Kumar Khalua

IQAC Co-Ordinator: Pragna Paramita Mondal

Tentative Time of the Course: May-June, 2023

Course Objectives:

The objective of the course is to introduce the students:

- To impart the students regarding the fundamental principles and specialized knowledge in the field of Nutrition and Dietetics so that they can have a basic understanding of the subject.
- To enhance the students with suitable life skills and outlooks in therapeutic nutrition.
- To familiarize the students with the basic knowledge of food, nutrients, and their relationship to health.
- To create an awareness among the students about a balanced diet, various food groups, recommended dietary allowances (RDA), and food hygiene with the maintenance of better health.
- The students are expected to work in groups during the practical classes.
- The students' primary focus will be on Nutrition and Dietetics in a short period of time.

Course Outcomes:

This course will provide a learning of fundamental principles and specialized knowledge in the field of Nutrition and Dietetics. The course curriculum will develop suitable skills and outlooks in therapeutic nutrition and counselling services for the purpose of some disease management and malnutrition. After the completion of the course, the learners will be able to familiarize themselves with the fundamentals of food, nutrients, and their relationship to health. This course will be helpful to create awareness about a balanced diet, various food groups, recommended dietary allowances (RDA), and food hygiene with the maintenance of better health.

Course Contents:

1. Basic concept on Food, Nutrients
2. Function of nutrients
3. Food as source of nutrients
4. Basic five food groups
5. Minimum Nutritional Requirements and RDA
6. Energy in Human Nutrition
7. B.M.R., S.D.A., ACU
8. Energy requirement of adult female engaged in different types of work
9. Interrelationship between nutrition & health
10. Effect of cooking on nutritive value of foods

11. Food sanitation and hygiene
12. Physiology and Nutrition During Pregnancy
13. Nutritional factors affecting breast feeding
14. Deficiency of nutrients and its impact
15. Common problems of pregnancy and their managements
16. Physiology and Nutrition during Lactation
17. Galactogogues, preparation for lactation
18. Physiology and Nutrition during infancy
19. Advantages of breast-feeding
20. Bottle-feeding
21. Food intolerance in infant
22. Nutrition to toddlers / preschool/school going children or adolescent
23. Management of preterm and low birth weight children
24. Formulation of diet chart and Balance diet
25. Diet chart and menu planning for infants, pre-school children
26. Diet chart and menu planning for adolescents
27. Diet chart and menu planning for pregnant mothers
28. Diet chart and menu planning for lactating and nursing mothers
29. Dietary counselling and Assessment of patients' needs
30. Therapeutic diet chart preparation for some disease
31. Food additives
32. Food Safety
33. Practical: Detection of adulterants in foods

Note:

- i) 1-3,10,11, will be covered by Dr. Poulami Adhikary Mukherjee
- ii) 4, 6-9,16,17, will be covered by Prof. Suman Kalyan Khanra
- iii) 5,12-15,18-23,29-33 will be covered by Dr. parimal Dua
- iv) 24-28 will be covered by Dr. Koushik Das, Guest Lecturer

Schedule:

Total course duration of 33 hours will be scheduled from May 2023. The classes will be both theory and practise based.

Eligibility:

The applicant must be a student at this college, and vacancies are available in all departments and semesters.

Registration/ Application procedure:

All students are encouraged to submit their names to their respective HoDs. From the entire college, no more than 50 candidates will be chosen for the above-mentioned course.

Fee payment: Rs 100/_

Evaluation:

Following the completion of the course, a timely evaluation will be conducted, which may be theoretical or mock test based.

Certification:

Candidates who successfully complete the evaluation process will be certified. The certificate will contain the grades that reflect their aptitude for and performance in the specified course.

About the department of Physiology:

Narajole Raj College, one of the oldest institutions in ancient Medinipur district, founded in September 1966, is a wonderful phenomena in the educational landscape of Medinipur district. The physiology (General) Course was first introduced in 2008. At first, the course was taught at old building i.e., "Raj Bhawan" and now at new from December 2012, onwards. The students and the teachers work very hard for the overall development of the Department of Physiology.

About the department of Zoology:

Narajole Raj College, one of the oldest institutions in ancient Medinipur district, founded in September 1966, is a wonderful phenomena in the educational landscape of Medinipur district. The Department of Zoology is one of the enriched Departments of Narajole Raj Colege. The Zoology (General) Course was first introduced in 2001. Initially, the course was taught in the old building known as "RAJ BHAWAN," and the Zoology (Honours) Course was first introduced in 2013 and now it is currently taught at the new building from December 2012, onwards. The students and the teachers work very hard for the overall development of the Department. Every year, our students exhibit good performance in Vidyasagar University Examination.

About the department of IQAC:

NAAC established the Internal Quality Assurance Cell (IQAC) with the objective of improving and sustaining quality within universities. The IQAC's primary responsibility is to create a mechanism for conscious, consistent, and catalytic improvement in the college's overall performance. The Add-on Course (AOC) is a Narajole Raj College project that will be offered as a Certificate Course by various academic departments to enhance skill development among students. Add-on Courses determine the relevance of a specific topic area for the target population and attempt to incorporate current trends in industry and academics for the benefit of students.

Faculty of the Course



Dr. Parimal Dua, Assistant Professor, Department of Physiology, Narajole Raj College
Teaching experience: 12 years
Mail id: parimaldua@narajolerajcollege.ac.in



Dr. Poulami Adhikary Mukherjee, Assistant Professor & HOD of Zoology, Narajole Raj College
Teaching experience of 4 years
Mail id: poulamiadhikary@gmail.com



Prof. Suman Kalyan Khanra, SACT, Department of Physiology, Narajole Raj College
Teaching experience: 7 years
Mail id: suman.physiology@gmail.com



Dr. Koushik Das, Assistant Professor,
Department of Nutrition, Belda College
Teaching experience: 15 years

For registration related any queries contact

Dr. Parimal Dua

Phone No.- 8900013114

Dr. Poulami Adhikary Mukherjee

Phone No.- 9831020028