



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Value added Course

Nutrition and Diet

(2023-24)



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education



Name of the Course	: Nutrition and Diet
Department	: Department of Physical Education
Course Implementation Year	: 2023-24
Course Coordinator:	
Name of Co-ordinator	: Dr. G. M. Lawangare
Designation	: Associate Professor and Head of the Department
Office Location	: Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur.
Contact No.	: 9021441802 Email: gmlawangare99@gmail.com
Duration	: 32 Hours (3 months- Thrice in a week)
No. of batches	: 01
Intake capacity of batch	: 30
Eligibility Criteria	: 10 +2 or its equivalent exam.
Course Fee	: Free

Objectives of the Course:

- To make students aware of nutrition and balanced diet.
- To provide knowledge of nutrition and importance of balanced diet to students.
- To aware students of the side effects of excessive consumption of fast food and encourage them to inculcate healthy eating habits.

Learning Outcomes:


After successfully completing this course, students will able to,

- Explain nutrients and components of balanced diet.
- Identify food sources of nutrients.
- Explain importance and benefits of nutrients.
- Explain recommended daily allowance of the nutrients.
- Identify the myths about dieting.


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




Principal,
Rajarshi Chh. Shahu College
Kolhapur



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Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education



Value added Course
Nutrition and Diet
(Academic Year 2023-24)

SYLLABUS

Note: Figures at the right side shows no. of sessions per unit. Each session has 60 minutes.

Unit I: Concept of Nutrition and Diet

[6 periods]

- Nutrition: Definition, Meaning and Concept
- Nutrients: Definition and Types
- Balanced Diet: Definition, Meaning and Concept
- Diet and Health
- Importance of Nutrition and balanced diet
- Modern food culture, Healthy and unhealthy eating habits

Unit II: Macro-nutrients

[10 periods]

- Carbohydrates- Definition, Types, Food Sources, Functions
- Proteins- Definition, Types, Food Sources, Functions
- Fats- Definition, Types, Food Sources, Functions

Unit III: Micro-nutrients, Fiber and Antioxidants

[10 periods]

- Vitamins- Definition, Types, Food Sources, Functions
- Minerals- Definition, Types, Food Sources, Functions
- Fibers- Definition, Food Sources, Functions
- Anti-oxidants- Meaning, Functions, food sources

Unit IV: Recommended Daily Allowance (RDA) of Nutrients

[6 periods]

- RDA: Meaning and Concept
- Calorie, RDA of Nutrients
- Food Pyramid
- Food Supplements: Need and Importance
- Myths about Diet, Fad Diet





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Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education

Value added Course
Nutrition and Diet
(Academic Year 2023-24)

Nature of Examination/Rubrics

The performance of the course will be evaluated through course- end written test.

The scheme of assessment and evaluation is as per the table below;

Sr. No.	Evaluation tool	Marks
1.	Written test	40
	Objective questions (MCQ- 2 marks each).	20
	Objective questions (Match the pairs- 1 Mark each)	05
	Answer in one sentence (2 Marks each)	10
	Short notes (Any 1)	05
2.	Oral Test	10
	Total Marks	50

GRADES/ RUBRICS

Percentage	Grade
0-39 %	F (Fail)
40-49 %	P (Pass)
50-59 %	C (Average)
60-69 %	B (Good)
70-79%	A (Very Good)
80-89 %	A+ (Excellent)
90-100 %	O (Outstanding)


Course Coordinator
Head

Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur.





Principal,
Rajarshi Chh. Shahu College
Kolhapur



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Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

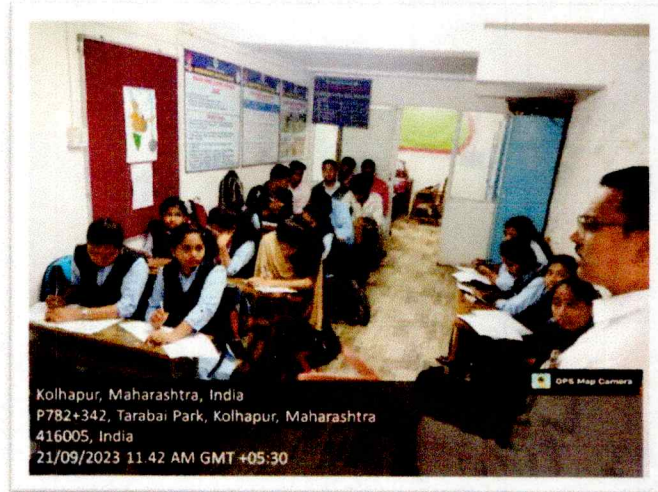
Value added Course- Nutrition and Diet

Academic Year (2023-24)

Report

B. A. (Physical Education) Programme has two courses of Dietetics in curriculum of final year of degree. To enrich the syllabus and to provide in-depth knowledge about nutrition and diet Department of Physical Education has started value added course in Nutrition and Diet from current academic year. The course is meant for all faculty students. The duration of the said course is 3 months (32 hours). The course was started on 25th August, 2023. There were 30 students from B. A. Part -3 (Physical Education) and B. Com. Part-2 enrolled for the course and successfully completed the course. After completion of the course, theory examination was conducted.

Dr. G. M. Lawangare, Head, Dept. of Physical Education and Smt. S.R. Majagaonkar, Assi. Prof., Dept. of Physical Education conducted theory lectures. Dr. S. A. Kharade, Head, Dept. of Physical Education, Bhogawati College, Kurukali provided guidance for designing the outline and construction of syllabus of the said course as a external expert member of Board of studies.



Dr. G. M. Lawangare delivering the lecture on 21/09/2023


Dr. G. M. Lawangare
Course Co-ordinator
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




Principal,
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

List of Enrolled Students (2023-24)

Sr. No.	Name of the Students	Class	Signature
1	Gavade Suyash Rajendra	B. A. -3	<u>S. R. Gavade</u>
2	Kamble Rohit Ashok	B. A. -3	<u>Rohit</u>
3	Khondal Savita Dhulu	B. A. -3	<u>Skhondal</u>
4	Khot Suraj Suresh	B. A. -3	<u>Khot</u>
5	Lakai Malpuri Dhondiba	B. A. -3	<u>malpuri</u>
6	More Santosh Mahadev	B. A. -3	<u>Santosh</u>
7	Malage Shridhar Bhimrao	B. A. -3	<u>Spn</u>
8	Nimbalkar Harshavardhan Satishrao	B. A. -3	<u>Himber</u>
9	Padalkar Utkarsh Kishor	B. A. -3	<u>Puif</u>
10	Patil Shital Namdev	B. A. -3	<u>SPatil</u>
11	Patil Yash Vijay	B. A. -3	<u>yashvj</u>
12	Sardar Balvirsing Mohan	B. A. -3	<u>Sardar</u>
13	Talekar Rushikesh Satish	B. A. -3	<u>Puif</u>
14	Ugave Alok Narendra	B. A. -3	<u>A. N. Ugave</u>
15	Patil Siddhi Dilip	B. Com.-II	<u>Siddhi</u>
16	Shinde Utkarsha Satish	B. Com.-II	<u>utkarsha</u>
17	Kate Krushnali Avinash	B. Com.-II	<u>K. A. Kate</u>
18	Shinde Vaibhavi Sandip	B. Com.-II	<u>V. S. shinde</u>
19	Shaikh Aamna Sameer	B. Com.-II	<u>A. S. Shaikh</u>
20	Chabukswar Namira Majid	B. Com.-II	<u>N. M. C.</u>





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

List of Enrolled Students (2023-24)

Sr. No.	Name of the Students	Class	Signature
21	Chandane Pratibha Bhimrao	B. Com. II	<u>P. B. Chandane</u>
22	Bavane Sujata Nagesh	B. Com. II	<u>S. N. Bavane</u>
23	Patil Vaishnavi Maruti	B. Com. II	<u>Vaishnavi</u>
24	Bhorkade Komal Kirtappa	B. Com. II	<u>K. K. B.</u>
25	Pujari Prachi Vitthal	B. Com. II	<u>P. V. Pujari</u>
26	Magdum Rutuja Sunil	B. Com. II	<u>R. S. M.</u>
27	Malajankar Udma Basappa	B. Com. II	<u>U. B. M.</u>
28	Sutar Swaroop Viraj	B. Com. II	<u>Sutar</u>
29	Powar Dhairyashil Ashwin	B. Com. II	<u>D. Powar</u>
30	Shelake Prashant Baban	B. Com. II	<u>Prashant.</u>

Chandane
Course Co-ordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



U. B. M.

Principal,
Rajarshi Chh. Shahu College
Kolhapur



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 14/08/2023

All the students are hereby informed that, value added course in 'Nutrition and Diet' is being started through the Department of Physical Education. Students who want to take admission for the said course should give their names to Smt. Savita Majagaonkar by 21st August 2023.

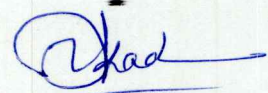
Duration of the Course: 3 Months

Course Fee: Free


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur





Principal,
Rajarshi Chh. Shahu College
Kolhapur



रयत शिक्षण संस्थेचे
राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
शारीरिक शिक्षण विभाग


नोटीस

दि. १४/०८/२०२३


शारीरिक शिक्षण विभागामार्फत 'न्युट्रीशन अँड डाएट' हा मूल्यवर्धित कोर्स पहिल्या सत्रामध्ये २६ ऑगस्ट २०२३ पासून सुरु होत आहे. ज्या विद्यार्थ्यांना सदर शॉर्ट टर्म कोर्स साठी प्रवेश घ्यावयाचा आहे अशा विद्यार्थ्यांनी आपली नावे दि. २१ ऑगस्ट २०२३ पर्यंत प्रा. सविता माजगावकर यांच्याकडे द्यावीत.

कोर्स कालावधी: ३ महिने (आठवड्यातून तीन दिवस)

फी: मोफत


Head
Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




Principal,
Rajarshi Chh. Shahu College
Kolhapur



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 23/08/2023

Value added course in 'Nutrition and Diet' conducted by the Department of Physical Education is starting from 26th August, 2023. All the students who have enrolled for this course are hereby informed that, they should remain present at Hall No. 101 on 26th August, 2023 at sharp 11.45 am.

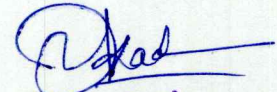
The time table of the course is as follows;

Sr. No.	Day	Time
1	Tuesday	11.00 am to 12.00 noon
2	Thursday	11.00 am to 12.00 noon
3	Saturday	11.50 am to 12.50 noon


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, K.



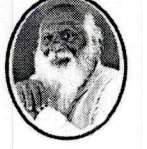


Principal,
Rajarshi Chh. Shahu College
Kolhapur



रयत शिक्षण संस्थेचे

राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
शारीरिक शिक्षण विभाग




नोटीस

दि. २३/०८/२०२३

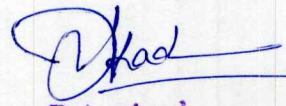
शारीरिक शिक्षण विभागामार्फत चालविला जाणारा 'न्यूट्रीशन अँड डाएट' हा मूल्यवर्धित कोर्स दि. २६ ऑगस्ट, २०२३ पासून सुरु होत आहे. ज्या विद्यार्थ्यांनी या शॉर्ट टर्म कोर्स साठी प्रवेश घेतला आहे अशा विद्यार्थ्यांनी दि. २६ ऑगस्ट, २०२३ रोजी सकाळी ११.४५ वाजता हॉल नं. १०१ मध्ये उपस्थित रहावे.

कोर्सचे वेळापत्रक खालीलप्रमाणे आहे;

अ. क्र.	वार	वेळ
१	मंगळवार	सकाळी ११.०० ते १२.००
२	गुरुवार	सकाळी ११.०० ते १२.००
३	शनिवार	सकाळी ११.५० ते दु. १२.५०


Head
Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur




Principal,
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Kolhapur



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education



Value added Course
Nutrition and Diet
(Academic Year 2023-24)


Time-Table

Sr. No.	Day	Time
1	Tuesday	11.00 am to 12.00 noon
2	Thursday	11.00 am to 12.00 noon
3	Saturday	11.00 am to 12.00 noon


Course Coordinator
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




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Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course- Nutrition and Diet

Teaching Plan (2023 -24)



Day	Date	Content	Name of the teacher
1	26/08/2023	Nutrition: Definition, Meaning and Concept, Importance of Nutrition	Mr. G. M. Lawangare
2	29/08/2023	Nutrients: Definition and Types	Mr. G. M. Lawangare
3	02/09/2023	Balanced Diet: Definition, Meaning and Concept, Importance of balanced diet	Mr. G. M. Lawangare
4	05/09/2023	Diet and Health	Smt. S. R. Majagaonkar
5	07/09/2023	Modern food culture	Smt. S. R. Majagaonkar
6	09/09/2023	Healthy and unhealthy eating habits	Smt. S. R. Majagaonkar
7	12/09/2023	Carbohydrates- Definition, Food Sources	Mr. G. M. Lawangare
8	14/09/2023	Functions of Carbohydrates	Mr. G. M. Lawangare
9	16/09/2023	Simple and Complex Carbohydrates	Mr. G. M. Lawangare
10	21/09/2023	Proteins- Definition, Functions	Mr. G. M. Lawangare
11	23/09/2023	Essential and non-essential proteins	Mr. G. M. Lawangare
12	26/09/2023	Food Sources of proteins	Mr. G. M. Lawangare
13	30/09/2023	Fats- Definition, Food Sources	Mr. G. M. Lawangare
14	03/10/2023	Functions of fats	Mr. G. M. Lawangare
15	05/10/2023	Good fats and bad fats- cholesterol	Mr. G. M. Lawangare
16	07/10/2023	Types of fatty acids	Mr. G. M. Lawangare
17	10/10/2023	Vitamins- Definition, Types	Mr. G. M. Lawangare
18	12/10/2023	Vitamin B and D - food sources, functions, deficiency diseases	Mr. G. M. Lawangare
19	14/10/2023	Vitamin A and C - food sources, functions, deficiency diseases	Mr. G. M. Lawangare
20	17/10/2023	Vitamin E and K - food sources, functions, deficiency diseases	Mr. G. M. Lawangare
21	19/10/2023	Minerals- Definition, micro-minerals and trace minerals	Mr. G. M. Lawangare



Day	Date	Content	Name of the teacher
22	21/10/2023	Micro-minerals – food sources, functions, deficiency diseases	Mr. G. M. Lawangare
23	26/10/2023	Trace minerals – food sources, functions, deficiency diseases	Mr. G. M. Lawangare
24	28/10/2023	Fibers- Definition, Food Sources, Functions	Smt. S. R. Majagaonkar
25	31/10/2023	Role of Water in diet, adequate water intake	Smt. S. R. Majagaonkar
26	1/11/2023	Anti-oxidants- Meaning, Functions, food source	Smt. S. R. Majagaonkar
27	07/11/2023	RDA- meaning and concept	Smt. S. R. Majagaonkar
28	09/11/2023	What is calorie? RDA of nutrients	Smt. S. R. Majagaonkar
29	25/11/2023	Food Pyramid	Smt. S. R. Majagaonkar
30	28/11/2023	Food Supplements: Need and Importance	Smt. S. R. Majagaonkar
31	30/11/2023	Myths about Diet, Fad Diet	Smt. S. R. Majagaonkar
32	01/12/2023	Fad Diet	Smt. S. R. Majagaonkar


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Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Value added Course - Nutrition and Diet

Attendance Sheet (2023-24)

Sr. No.	Name of the Student	26/8/2023	29/8/23	29/9/23	7/9/23	9/9/23	12/9/23	14/9/23	16/9/23	21/9/23	23/9/23
1	Gavade Suyash Rajendra	S. P. Gavade	S. P. Gavade	S. P. Gavade	S. P. Gavade	S. P. Gavade	S. P. Gavade	S. P. Gavade	S. P. Gavade	S. P. Gavade	S. P. Gavade
2	Kamble Rohit Ashok	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit
3	Khondal Savita Dhulu	S. Khondal	S. Khondal	S. Khondal	S. Khondal	S. Khondal	S. Khondal	S. Khondal	S. Khondal	S. Khondal	S. Khondal
4	Khot Suraj Suresh	S. Khot	S. Khot	S. Khot	S. Khot	S. Khot	S. Khot	S. Khot	S. Khot	S. Khot	S. Khot
5	Lakai Malpuri Dhondiba	M. Lakai	M. Lakai	M. Lakai	M. Lakai	M. Lakai	M. Lakai	M. Lakai	M. Lakai	M. Lakai	M. Lakai
6	More Santosh Mahadev	M. Santosh	M. Santosh	M. Santosh	M. Santosh	M. Santosh	M. Santosh	M. Santosh	M. Santosh	M. Santosh	M. Santosh
7	Malage Shridhar Bhimrao	S. Malage	S. Malage	S. Malage	S. Malage	S. Malage	S. Malage	S. Malage	S. Malage	S. Malage	S. Malage
8	Nimbalkar Harshavardhan Satishrao	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan	N. Harshavardhan
9	Padalkar Utkarsh Kishor	U. Padalkar	U. Padalkar	U. Padalkar	U. Padalkar	U. Padalkar	U. Padalkar	U. Padalkar	U. Padalkar	U. Padalkar	U. Padalkar
10	Patil Shital Namdev	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil
11	Patil Yash Vijay	Y. Patil	Y. Patil	Y. Patil	Y. Patil	Y. Patil	Y. Patil	Y. Patil	Y. Patil	Y. Patil	Y. Patil
12	Sardar Balvirsing Mohan	S. Sardar	S. Sardar	S. Sardar	S. Sardar	S. Sardar	S. Sardar	S. Sardar	S. Sardar	S. Sardar	S. Sardar
13	Talekar Rushikesh Satish	T. Talekar	T. Talekar	T. Talekar	T. Talekar	T. Talekar	T. Talekar	T. Talekar	T. Talekar	T. Talekar	T. Talekar
14	Ugave Alok Narendra	A. Ugave	A. Ugave	A. Ugave	A. Ugave	A. Ugave	A. Ugave	A. Ugave	A. Ugave	A. Ugave	A. Ugave
15	Patil Siddhi Dilip	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education

Value added Course - Nutrition and Diet

Attendance Sheet (2023-24)

Sr. No.	Name of the Student	26/8/23	29/8/23	5/9/23	7/9/23	9/9/23	12/9/23	14/9/23	16/9/23	21/9/23	23/9/23
16	Shinde Utkarsha Satish	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha
17	Kate Krushnali Avinash	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate
18	Shinde Vaibhavi Sandip	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde
19	Shaikh Aamna Sameer	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh
20	Chabukswar Namira Majid	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.
21	Chandane Pratibha Bhimrao	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane
22	Bavane Sujata Nagesh	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane
23	Patil Vaishnavi Maruti	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi
24	Bhorkade Komal Kirtappa	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.
25	Pujari Prachi Vitthal	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari
26	Magdum Rutuja Sunil	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.
27	Malajankar Udma Basappa	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.
28	Sutar Swaroop Viraj	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar
29	Power Dhairyashil Ashwin	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power
30	Shelake Prashant Baban	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant

Name & Signature of Teacher: Smt. S. R. Majagaonkar
Dr. G. M. Lawangare



Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Value added Course - Nutrition and Diet

Attendance Sheet (2023-24)

Sr. No.	Name of the Student	26/9/23	20/9/23	3/10/23	5/10/23	7/10/23	10/10/23	12/10/23	14/10/23	17/10/23	19/10/23	21/10/23
1	Gavade Suyash Rajendra	S.R. Gavade Present	S.R. Gavade Present	S.R. Gavade Present	AB	S.R. Gavade Present	S.R. Gavade Present	S.R. Gavade Present	AB	S.R. Gavade Present	S.R. Gavade Present	S.R. Gavade Present
2	Kamble Rohit Ashok	Rohit Present	Rohit Present	Rohit Present	Present	Rohit Present	Rohit Present	Rohit Present	Present	Rohit Present	Rohit Present	Rohit Present
3	Khondal Savita Dhulu	Savita Present	Savita Present	Savita Present	Present	Savita Present	Savita Present	Savita Present	Present	Savita Present	Savita Present	Savita Present
4	Khot Suraj Suresh	Suraj Present	Suraj Present	Suraj Present	Present	Suraj Present	Suraj Present	Suraj Present	Present	Suraj Present	Suraj Present	Suraj Present
5	Lakai Malpuri Dhondiba	Malpuri Present	Malpuri Present	Malpuri Present	Present	Malpuri Present	Malpuri Present	Malpuri Present	Present	Malpuri Present	Malpuri Present	AB
6	More Santosh Mahadev	Santosh Present	Santosh Present	Santosh Present	Present	Santosh Present	Santosh Present	Santosh Present	Present	Santosh Present	Santosh Present	Santosh Present
7	Malage Shridhar Bhimrao	Shridhar Present	Shridhar Present	Shridhar Present	Present	Shridhar Present	Shridhar Present	Shridhar Present	Present	Shridhar Present	Shridhar Present	Shridhar Present
8	Nimbalkar Harshavardhan Satishrao	Harshavardhan Present	Harshavardhan Present	Harshavardhan Present	AB	Harshavardhan Present	Harshavardhan Present	Harshavardhan Present	Present	Harshavardhan Present	Harshavardhan Present	Harshavardhan Present
9	Padalkar Utkarsh Kishor	Utkarsh Present	Utkarsh Present	Utkarsh Present	Present	Utkarsh Present	Utkarsh Present	Utkarsh Present	Present	Utkarsh Present	Utkarsh Present	Utkarsh Present
10	Patil Shital Namdev	Shital Present	Shital Present	Shital Present	Present	Shital Present	Shital Present	Shital Present	Present	Shital Present	Shital Present	Shital Present
11	Patil Yash Vijay	Yash Present	Yash Present	Yash Present	Present	Yash Present	Yash Present	Yash Present	Present	Yash Present	Yash Present	Yash Present
12	Sardar Balvirsing Mohan	Balvirsing Present	Balvirsing Present	Balvirsing Present	Present	Balvirsing Present	Balvirsing Present	Balvirsing Present	Present	Balvirsing Present	Balvirsing Present	Balvirsing Present
13	Talekar Rushikesh Satish	Rushikesh Present	Rushikesh Present	Rushikesh Present	AB	Rushikesh Present	Rushikesh Present	Rushikesh Present	Present	Rushikesh Present	Rushikesh Present	Rushikesh Present
14	Ugave Alok Narendra	Alok Present	Alok Present	Alok Present	Present	Alok Present	Alok Present	Alok Present	Present	Alok Present	Alok Present	Alok Present
15	Patil Siddhi Dilip	Siddhi Present	Siddhi Present	Siddhi Present	Present	Siddhi Present	Siddhi Present	Siddhi Present	Present	Siddhi Present	Siddhi Present	Siddhi Present



Rayat Shikshan Samstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education
 Value added Course - Nutrition and Diet

Attendance Sheet (2023-24)

Sr. No.	Name of the Student	26/9/23	30/9/23	3/10/23	5/10/23	7/10/23	10/10/23	12/10/23	14/10/23	17/10/23	19/10/23	21/10/23
16	Shinde Utkarsha Satish	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha	Utkarsha
17	Kate Krushnali Avinash	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate
18	Shinde Vaibhavi Sandip	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde
19	Shaikh Aamna Sameer	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh
20	Chabukwar Namira Majid	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.
21	Chandane Pratibha Bhimrao	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane
22	Bavane Sujata Nagesh	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane
23	Patil Vaishnavi Maruti	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi
24	Bhorkade Komal Kirtappa	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.
25	Pujari Prachi Vitthal	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari
26	Magdum Rutuja Sunil	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.
27	Malajankar Udma Basappa	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.
28	Sutar Swaroop Viraj	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar
29	Power Dhairyashil Ashwin	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power
30	Shelake Prashant Baban	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant



.....

Name & Signature of Teacher: Smt. S. R. Majgaonkar
Dr. G. M. Lawangare.....

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course - Nutrition and Diet

Attendance Sheet (2023-24)

Sr. No.	Name of the Student	26/10/23	28/10/23	31/10/23	1/11/2023	7/11/23	9/11/23	25/11/23	28/11/23	30/11/23	1/12/23
1	Gavade Suyash Rajendra	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil	S.R. Gavade patil
2	Kamble Rohit Ashok	patil	patil	patil	patil	patil	patil	patil	patil	patil	patil
3	Khondal Savita Dhulu	patil	patil	patil	patil	patil	patil	patil	patil	patil	patil
4	Khot Suraj Suresh	patil	patil	patil	patil	patil	patil	patil	patil	patil	patil
5	Lakai Malpuri Dhondiba	malpuri	malpuri	malpuri	malpuri	malpuri	malpuri	malpuri	malpuri	malpuri	malpuri
6	More Santosh Mahadev	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh
7	Malage Shridhar Bhimrao	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh
8	Nimbalkar Harshavardhan Satishrao	Bhimrao	Bhimrao	Bhimrao	Bhimrao	Bhimrao	Bhimrao	Bhimrao	Bhimrao	Bhimrao	Bhimrao
9	Padalkar Utkarsh Kishor	Utkarsh	Utkarsh	Utkarsh	Utkarsh	Utkarsh	Utkarsh	Utkarsh	Utkarsh	Utkarsh	Utkarsh
10	Patil Shital Namdev	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
11	Patil Yash Vijay	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
12	Sardar Balvirsing Mohan	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
13	Talekar Rushikesh Satish	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
14	Ugave Alok Narendra	A.N. Ugave	A.N. Ugave	A.N. Ugave	A.N. Ugave	A.N. Ugave	A.N. Ugave	A.N. Ugave	A.N. Ugave	A.N. Ugave	A.N. Ugave
15	Patil Siddhi Dilip	Siddhi	Siddhi	Siddhi	Siddhi	Siddhi	Siddhi	Siddhi	Siddhi	Siddhi	Siddhi



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education

Value added Course - Nutrition and Diet

Attendance Sheet (2023-24)

Sr. No.	Name of the Student	26/10/23	28/10/23	31/10/23	1/11/23	7/11/23	9/11/23	25/11/23	28/11/23	30/11/23	1/12/23
16	Shinde Utkarsha Satish	AB	Utkarsha	Utkarsha	Utkarsha	Utkarsha	AB	Utkarsha	Utkarsha	Utkarsha	Utkarsha
17	Kate Krushnali Avinash	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	AB	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate	K.A. Kate
18	Shinde Vaibhavi Sandip	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	V.S. Shinde	AB	V.S. Shinde	AB
19	Shaikh Aamna Sameer	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	A.S. Shaikh	AB	A.S. Shaikh	A.S. Shaikh
20	Chabukswar Namira Majid	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.	N.M.C.
21	Chandane Pratibha Bhimrao	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane	P.B. Chandane
22	Bavane Sujata Nagesh	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane	S.N. Bavane
23	Patil Vaishnavi Maruti	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi
24	Bhorkade Komal Kirtappa	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	K.K.B.	AB
25	Pujari Prachi Vitthal	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari	P.V. Pujari
26	Magdum Rutuja Sunil	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.	R.S.M.
27	Malajankar Udma Basappa	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.	U.B.M.
28	Sutar Swaroop Viraj	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar
29	Power Dhairyashil Ashwin	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power	D.S. Power
30	Shelake Prashant Baban	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant

Name & Signature of Teacher: Smt. S. R. Majgaonkar
 Dr. G. M. Lawangare





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

Written Examination Attendance(2023-24)

Date: 05/12/2023

Sr. No.	Name of the Students	Signature
1	Gavade Suyash Rajendra	<u>S.R.Gavade</u>
2	Kamble Rohit Ashok	<u>Rohit</u>
3	Khondal Savita Dhulu	<u>Khondal</u>
4	Khot Suraj Suresh	<u>Khot</u>
5	Lakai Malpuri Dhondiba	<u>malpuri</u>
6	More Santosh Mahadev	<u>Santosh</u>
7	Malage Shridhar Bhimrao	<u>Spus</u>
8	Nimbalkar Harshavardhan Satishrao	<u>Himbalkar</u>
9	Padalkar Utkarsh Kishor	<u>Utkarsh</u>
10	Patil Shital Namdev	<u>Patil</u>
11	Patil Yash Vijay	<u>yashvi</u>
12	Sardar Balvirsing Mohan	<u>2412</u>
13	Talekar Rushikesh Satish	<u>Rushikesh</u>
14	Ugave Alok Narendra	<u>A.N.Ugave</u>
15	Patil Siddhi Dilip	<u>Siddhi</u>
16	Shinde Utkarsha Satish	<u>utkarsha</u>
17	Kate Krushnali Avinash	<u>K.A.Kate</u>
18	Shinde Vaibhavi Sandip	<u>V.S.shinde</u>
19	Shaikh Aamna Sameer	<u>A.S.Shaikh</u>
20	Chabukswar Namira Majid	<u>N.M.C.</u>





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

Written Examination Attendance (2023-24)

Date: 05/12/2023

Sr. No.	Name of the Students	Signature
21	Chandane Pratibha Bhimrao	<u>P.B. Chandane</u>
22	Bavane Sujata Nagesh	<u>S. N. Bavane</u>
23	Patil Vaishnavi Maruti	<u>Vaishnavi</u>
24	Bhorkade Komal Kirtappa	<u>K. K. B.</u>
25	Pujari Prachi Vitthal	<u>P. V. Pujari</u>
26	Magdum Rutuja Sunil	<u>R. S. M.</u>
27	Malajankar Udma Basappa	<u>U. B. M.</u>
28	Sutar Swaroop Viraj	<u>Sutar</u>
29	Powar Dhairyashil Ashwin	<u>D. Powar</u>
30	Shelake Prashant Baban	<u>Prashant</u>

Pratibha Chandane
Course Co-ordinator
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



Prad
Principal,
Rajarshi Chh. Shahu College
Kolhapur



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet



Result Sheet (2023-24)

Sr. No.	Name	Theory (40)	Oral (10)	Total (50)	Percentage	Grade
1	Gavade Suyash Rajendra	28	7	35	70%	A
2	Kamble Rohit Ashok	28	8	36	72%	A
3	Khondal Savita Dhulu	32	8	40	80%	A+
4	Khot Suraj Suresh	32	8	40	80%	A+
5	Lakai Malpuri Dhondiba	38	8	46	92%	O
6	More Santosh Mahadev	26	7	33	66%	B
7	Malage Shridhar Bhimrao	28	6	34	68%	B
8	Nimbalkar Harshavardhan Satishrao	30	8	38	76%	A
9	Padalkar Utkarsh Kishor	24	7	31	62%	B
10	Patil Shital Namdev	38	8	46	92%	O
11	Patil Yash Vijay	34	8	42	84%	A+
12	Sardar Balvirsing Mohan	36	8	44	88%	A+
13	Talekar Rushikesh Satish	32	7	39	78%	A
14	Ugave Alok Narendra	24	6	30	60%	B
15	Patil Siddhi Dilip	30	8	38	76%	A
16	Shinde Utkarsha Satish	30	8	38	76%	A
17	Kate Krushnali Avinash	32	8	40	80%	A+
18	Shinde Vaibhavi Sandip	34	8	42	84%	A+
19	Shaikh Aamna Sameer	30	7	37	74%	A
20	Chabukswar Namira Majid	30	7	37	74%	A
21	Chandane Pratibha Bhimrao	32	7	39	78%	A
22	Bavane Sujata Nagesh	36	8	44	88%	A+
23	Patil Vaishnavi Maruti	36	8	44	88%	A+
24	Bhorkade Komal Kirtappa	32	7	39	78%	A





Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet



Result Sheet (2023-24)

Sr. No.	Name	Theory (40)	Oral (10)	Total (50)	Percentage	Grade
25	Pujari Prachi Vitthal	32	8	40	80%	A+
26	Magdum Rutuja Sunil	34	8	42	84%	A+
27	Malajankar Udma Basappa	30	7	37	74%	A
28	Sutar Swaroop Viraj	30	8	38	76%	A
29	Powar Dhairyashil Ashwin	30	7	37	74%	A
30	Shelake Prashant Baban	32	8	40	80%	A+


Course Co-ordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur





Principal,
Rajarshi Chh. Shahu College
Kolhapur



Rayat Shikshan Sanstha's


Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 1/12/2023

All the students of 'Nutrition and Diet' course are hereby informed that, the examination of the course will be held on 5th Dec., 2023. All the students should remain present at hall no. 201 at 11.30 am.


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.





Principal,
Rajarshi Chh. Shahu College
Kolhapur



रयत शिक्षण संस्थेचे


राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
शारीरिक शिक्षण विभाग



नोटीस

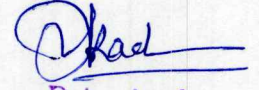
दि. ०१/१२/२०२३

‘न्यूट्रीशन अँड डाएट’ या मूल्यवर्धित कोर्सच्या विद्यार्थ्यांना कळविण्यात येते कि, या कोर्सची लेखी परीक्षा दि. ५ डिसेंबर, २०२३ रोजी सकाळी ११.३० वा. घेतली जाणार आहे. तरी कोर्सच्या विद्यार्थ्यांनी वेळेत हॉल नं. २०१ मध्ये उपस्थित रहावे.


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.





Principal,
Rajarshi Chh. Shahu College,
Kolhapur