



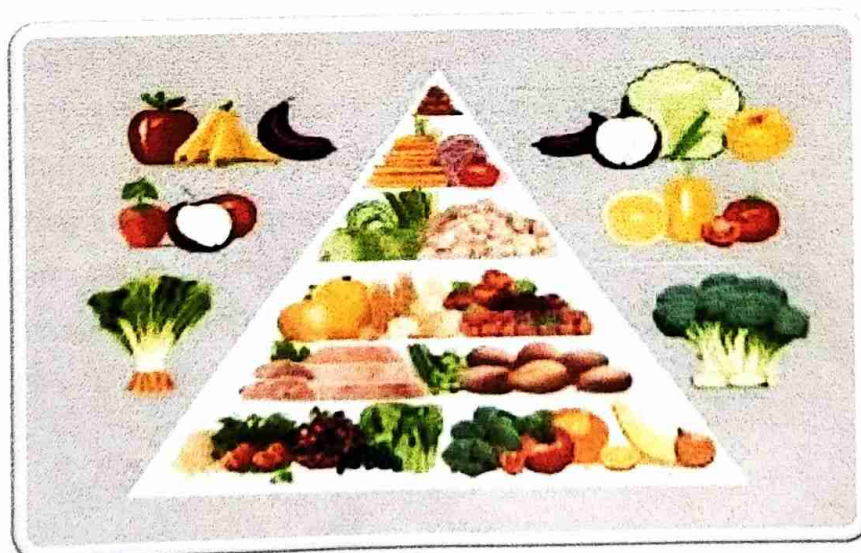
Rayat Shikshan Sanstha's

**RAJARSHI CHHATRAPATI SHAHU COLLEGE,  
KOLHAPUR**

Tal. Karveer, Dist. Kolhapur, 416003  
{NAAC Accredited 'A++' Grade (CGPA 3.78) / ISO 9001:2015 Certified}

**DEPARTMENT OF PHYSICAL EDUCATION**

Value Added Course on  
**NUTRITION AND DIET**



## ..... Syllabus & Course Information .....

### VALUE ADDED COURSE ON **Nutrition and Diet**

#### **Introduction:**

Good nutrition is crucial for physical and mental performance, disease prevention, and overall well-being. Nutrition is the process of consuming and utilizing nutrients from food to support life, health, and development. It involves the intake of essential substances like carbohydrates, proteins, fats, vitamins, and minerals, which the body needs for energy, growth, and bodily functions. A healthy diet involves a variety of foods from all major groups. Education of nutrition and diet is important for students as it provides knowledge of food groups; sources of nutrients and how proper nutrition prevents chronic diseases and supports overall health. Nutrition helps students develop better focus, concentration, and memory, leading to improved academic performance. A healthy diet supports physical growth and development, strengthens the immune system, and reduces the risk of long-term health problems. Nutritious eating can positively impact mood, reduce stress and anxiety, and contribute to emotional stability. Studying nutrition allows individuals to adopt healthier eating habits themselves, improving their own overall well-being and energy levels.

#### **COURSE OUTCOMES (CO):**

After successfully completing this course, students will be able to,

CO-1: Explain nutrients and components of balanced diet.

CO-2: Identify food sources of nutrients.

CO-3: Explain importance and benefits of nutrients.

CO-4: Explain recommended daily allowance of the nutrients.

CO-5: Identify the myths about dieting.



**Name of the course:** Certificate Course in Nutrition and Diet

**Eligibility:** 10 +2 Any Stream

**Duration:** 30 Hours (02 Credits)

**Medium:** Marathi/ English

**Admission Criterion:** First cum First Serve

**Lecture Timing:** Three Days in a week (Monday, Wednesday and Friday)

**Assessment:**

At the end of the course, examination will be conducted and certificates are issued to the participants who qualify the passing criterion.

**Examination Pattern:**

- **Theory:** 40 Marks (External)
- **Viva-voce:** 10 marks (Internal)



## Syllabus

|               |    |
|---------------|----|
| Total Credits | 02 |
| Total Hours   | 30 |
| Theory ND -01 | 30 |

## Detailed Syllabus

### THEORY SYLLABUS: (YM-01) (30 Hrs)

| Sr. No. | Name of the Topic                                                                                                                                                                                                                                                                                                    | Theory Periods |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| 01      | <b>Concept of Nutrition and Diet</b><br>1.1 Nutrition: Definition, Meaning and Concept<br>1.2 Nutrients: Definition and Types<br>1.3 Balanced Diet: Definition, Meaning and Concept<br>1.4 Importance of Nutrition and balanced diet<br>1.5 Modern food culture, Healthy and unhealthy eating habits                 | 05             |
| 02      | <b>Macro-nutrients</b><br>2.1 Carbohydrates- Definition, Types, Food Sources, Functions<br>2.2 Proteins- Definition, Types, Food Sources, Functions<br>2.3 Fats- Definition, Types, Food Sources, Functions                                                                                                          | 08             |
| 03      | <b>Micro-nutrients, Fiber and Antioxidants</b><br>3.1 Vitamins- Definition, Types, Food Sources, Functions<br>3.2 Minerals- Definition, Types, Food Sources, Functions<br>3.3 Fibers- Definition, Food Sources, Functions<br>3.4 Anti-oxidants- Meaning, Functions, food sources<br>3.5 Water- an important nutrient | 10             |
| 04      | <b>Recommended Daily Allowance (RDA) of Nutrients</b><br>4.1 RDA: Meaning and Concept<br>4.2 Calorie, RDA of Nutrients<br>4.3 Food Pyramid<br>4.4 Food Supplements: Need and Importance<br>4.5 Myths about Diet, Fad Diet                                                                                            | 07             |

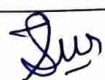


### REFERENCE BOOKS:

1. Nutrition and Physical Fitness - Bogert, Briggs and Galloway, W.B. -Saunders Co. 1966.
2. Human Nutrition and Dietics - Davidson and Passmore, The Williams and Wilkins Co., 1966.
3. Preventive and Social Medicine J. E. Park.
4. Nutrition - Dr. Swaminathan
5. Diet, Health & exercise- Major Chas G.Perciral (2012), Khel Sahitya Kendra, New Delhi.



### BOARD OF STUDIES (BOS)

| Sr. No. | Name                      | Designation                       | Sign.                                                                               |
|---------|---------------------------|-----------------------------------|-------------------------------------------------------------------------------------|
| 01      | Prof. (Dr.) D. R. Bhosale | I/C. Principal                    |  |
| 02      | Dr. U. S. Shelke          | IQAC Co-ordinator                 |                                                                                     |
| 03      | Dr. G. M. Lawangare       | Head, Dept. of Physical Education |                                                                                     |
| 04      | Dr. S. A. Kharade         | External Expert (University)      |                                                                                     |
| 05      | Smt. S. R. Majagaonkar    | External Expert (College)         |  |
| 06      | Dr. G. M. Lawangare       | Course Coordinator                |  |
| 07      | Dr. V. P. Nangare         | Member                            |  |

  
Course Coordinator  
Nutrition and Diet

  
Head  
Department of Physical  
Education

  
Principal  
Rajarsi Chh. Shahu College,  
Kolhapur





Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

## **Notice**

**Date: 24/12/2025**

All the students are hereby informed that, value added course in 'Nutrition and Diet' is being started from 2<sup>nd</sup> Jan. 2026 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 30<sup>th</sup> Dec. 2025.

**Duration of the Course: 3 Months (Monday, Wednesday and Friday)**

**Course Fee: Free**



*[Signature]*  
**Head**

Department of Physical Education  
Rajarshi Chhatrapati 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 (2025-26)

| Sr. No. | Name of the Students          | Class    | Signature     |
|---------|-------------------------------|----------|---------------|
| 1       | Bhosale Manthan Manohar       | B. A. -1 |               |
| 2       | Chavan Vivek Sanjay           | B. A. -1 |               |
| 3       | Chougule Anjali Sanjay        | B. A. -1 | A.S. Chougule |
| 4       | Gaikwad Mahesh Bhimrao        | B. A. -1 |               |
| 5       | Ghodake Rohit Santosh         | B. A. -1 |               |
| 6       | Hunde Diksha Mahendra         | B. A. -1 | D.M. Hunde    |
| 7       | Hurdekar Gayatri Sanjay       | B. A. -1 |               |
| 8       | Jadhav Isha Vilas             | B. A. -1 |               |
| 9       | Jadhav Roshani Sachin         | B. A. -1 |               |
| 10      | Jadhav Uma Narendra           | B. A. -1 |               |
| 11      | Jambhalkar Mahamadsaad Shakir | B. A. -1 |               |
| 12      | Kambale Deepa Sanjay          | B. A. -1 |               |
| 13      | Kamble Paras Navnath          | B. A. -1 |               |
| 14      | Kamble Pranay Satish          | B. A. -1 |               |
| 15      | Kamble Raviraj Ganapati       | B. A. -1 |               |
| 16      | Kamble Sarthak Sakhamam       | B. A. -1 |               |
| 17      | Kamble Tejas Ratnakar         | B. A. -1 | T.R. Kamble   |
| 18      | Kamble Vinayak Kamble         | B. A. -1 |               |
| 19      | Kamte Pratibha Biraju         | B. A. -1 |               |
| 20      | Kasture Rajesh Dhondiba       | B. A. -1 |               |





Rayat Shikshan Sanstha's

# Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

## List of Enrolled Students (2025-26)

| Sr. No. | Name of the Students       | Class    | Signature   |
|---------|----------------------------|----------|-------------|
| 21      | Khalif Yasin Rajak         | B. A. -1 | X.R.K.      |
| 22      | Kulal Rashita Krishna      | B. A. -1 | R.K.K.      |
| 23      | Lohar Harshad Dilip        | B. A. -1 | H.D.L.      |
| 24      | Lohar Krushnamit Ashok     | B. A. -1 | [Signature] |
| 25      | Maske Vinayak Babaso       | B. A. -1 | V.Maske     |
| 26      | Mujawar Khushbu Imran      | B. A. -1 | Mujawar.    |
| 27      | Powar Prathmesh Prakash    | B. A. -1 | [Signature] |
| 28      | Powar Urmila Lakhan        | B. A. -1 | UPowar      |
| 29      | Rahate Dipak Ashok         | B. A. -1 | Rahate      |
| 30      | Sayyad Yasmin Mohammad     | B. A. -1 | Y.M.Sayyad  |
| 31      | Shaikh Nikhat Nasir        | B. A. -1 | [Signature] |
| 32      | Tikole Shankar Appa        | B. A. -1 | S.A.T.      |
| 33      | Tikole Shrinath Sampat     | B. A. -1 | S.S.T.      |
| 34      | Vadgaonkar Rupali Madhukar | B. A. -1 | [Signature] |
| 35      | Waghmare Kajal Babu        | B. A. -1 | K.A.        |
| 36      | Yedake Tushar Sharad       | B. A. -1 | T.S.Yedake  |

Dr. G. M. Lawangare

Course Coordinator  
Head

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



[Signature]

H.C. PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

## Notice

**Date: 30/12/2025**

Value added course in 'Nutrition and Diet' conducted by the Department of Physical Education is starting from 2<sup>nd</sup> Jan. 2026. All the students who have enrolled for this course are hereby informed that, they should remain present at Department of Physical Education on 2<sup>nd</sup> Jan. 2026 at sharp 10.55 am.

**The time table of the course is as follows;**

| Sr. No. | Day       | Time                  |
|---------|-----------|-----------------------|
| 1       | Monday    | 12.00 pm to 1.00 noon |
| 2       | Wednesday | 12.00 pm to 1.00 noon |
| 3       | Friday    | 12.00 pm to 1.00 noon |



*[Signature]*  
**Head**

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



Rayat Shikshan Sanstha's



**Rajarshi Chhatrapati Shahu College, Kolhapur**



**Department of Physical Education**

**Value added Course- Nutrition and Diet**

**Teaching Plan (2025-26)**

| Day | Date       | Content                                                                     | Name of the teacher    |
|-----|------------|-----------------------------------------------------------------------------|------------------------|
| 1   | 02/01/2026 | Nutrition: Definition, Meaning and Concept, Importance of Nutrition         | Smt. S. R. Majagaonkar |
| 2   | 05/01/2026 | Nutrients: Definition and Types                                             | Smt. S. R. Majagaonkar |
| 3   | 07/01/2026 | Balanced Diet: Definition, Meaning and Concept, Importance of balanced diet | Smt. S. R. Majagaonkar |
| 4   | 09/01/2026 | Diet and Health                                                             | Smt. S. R. Majagaonkar |
| 5   | 12/01/2026 | Modern food culture                                                         | Smt. S. R. Majagaonkar |
| 6   | 14/01/2026 | Healthy and unhealthy eating habits                                         | Smt. S. R. Majagaonkar |
| 7   | 16/01/2026 | Carbohydrates- Definition, Food Sources                                     | Dr. G. M. Lawangare    |
| 8   | 19/01/2026 | Functions of Carbohydrates                                                  | Dr. G. M. Lawangare    |
| 9   | 21/01/2026 | Simple and Complex Carbohydrates                                            | Dr. G. M. Lawangare    |
| 10  | 23/01/2026 | Proteins- Definition, Functions                                             | Dr. G. M. Lawangare    |
| 11  | 28/01/2026 | Essential and non-essential proteins                                        | Dr. G. M. Lawangare    |
| 12  | 30/01/2026 | Food Sources of proteins                                                    | Dr. G. M. Lawangare    |
| 13  | 02/02/2026 | Fats- Definition, Food Sources                                              | Dr. G. M. Lawangare    |
| 14  | 04/02/2026 | Functions of fats                                                           | Dr. G. M. Lawangare    |
| 15  | 06/02/2026 | Good fats and bad fats- cholesterol                                         | Dr. G. M. Lawangare    |
| 16  | 09/02/2026 | Types of fatty acids                                                        | Dr. G. M. Lawangare    |
| 17  | 11/02/2026 | Vitamins- Definition, Types                                                 | Dr. G. M. Lawangare    |
| 18  | 13/02/2026 | Vitamin B and D – food sources, functions, deficiency diseases              | Dr. G. M. Lawangare    |
| 19  | 16/02/2026 | Vitamin A and C – food sources, functions, deficiency diseases              | Dr. G. M. Lawangare    |
| 20  | 18/02/2026 | Vitamin E and K – food sources, functions, deficiency diseases              | Dr. G. M. Lawangare    |
| 21  | 21/02/2026 | Minerals- Definition, micro-minerals and trace minerals                     | Dr. G. M. Lawangare    |



| Day | Date       | Content                                                       | Name of the teacher    |
|-----|------------|---------------------------------------------------------------|------------------------|
| 22  | 23/02/2026 | Micro-minerals – food sources, functions, deficiency diseases | Smt. S. R. Majagaonkar |
| 23  | 25/02/2026 | Trace minerals – food sources, functions, deficiency diseases | Smt. S. R. Majagaonkar |
| 24  | 28/02/2026 | Fibers- Definition, Food Sources, Functions                   | Smt. S. R. Majagaonkar |
| 25  | 02/03/2026 | Role of Water in diet, adequate water intake                  | Smt. S. R. Majagaonkar |
| 26  | 04/03/2026 | Anti-oxidants- Meaning, Functions, food source                | Smt. S. R. Majagaonkar |
| 27  | 06/03/2026 | RDA- meaning and concept, What is calorie? RDA of nutrients   | Smt. S. R. Majagaonkar |
| 28  | 13/03/2026 | Food Pyramid, Food Supplements: Need and Importance           | Smt. S. R. Majagaonkar |
| 29  | 23/03/2026 | Myths about Diet, Fad Diet                                    | Smt. S. R. Majagaonkar |
| 30  | 25/03/2026 | Different types of Fad Diet                                   | Smt. S. R. Majagaonkar |

  
**Dr. G. M. Lawangare**  
**Course Coordinator**  
**Head**  
 Department of Physical Education  
 Rajarshi Chhatrapati Shahu College, Kolhapur.



  
**H.C. PRINCIPAL**  
**R.C. SHAHU COLLEGE**  
**KOLHAPUR**



Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

## Value added Course – Nutrition and Diet

## Attendance Sheet (2025-26)

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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 (2024-25)**

| Sr. No. | Name of the Student        | 02/10/2026            | 05/10/2026            | 07/10/2026            | 09/10/2026            | 12/10/2026            | 14/10/2026            | 16/10/2026            | 19/10/2026            | 21/10/2026            | 23/10/2026            | 28/10/2026            |
|---------|----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 20      | Kasture Rajesh Dhondiba    | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      |
| 21      | Khalif Yasin Rajak         | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        |
| 22      | Kulal Rashita Krishna      | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 | R.k.k                 |
| 23      | Lohar Harshad Dilip        | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 | H.D.L                 |
| 24      | Lohar Krushnamit Ashok     | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      | <del>Paley</del>      |
| 25      | Maske Vinayak Babaso       | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     | <del>Vmaske</del>     |
| 26      | Mujawar Khushbu Imran      | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    |
| 27      | Powar Prathmesh Prakash    | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      |
| 28      | Powar Urmila Lakhan        | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      |
| 29      | Rahate Dipak Ashok         | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     | <del>Rahate</del>     |
| 30      | Sayyad Yasmin Mahamud      | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     |
| 31      | Shaikh Nikhat Nasir        | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     |
| 32      | Tikole Shankar Appa        | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 | S.A.T                 |
| 33      | Tikole Shrinath Sampat     | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 | S.S.T                 |
| 34      | Vadgaonkar Rupali Madhukar | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> |
| 35      | Waghmare Kajal Babu        | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      | <del>Kajal</del>      |
| 36      | Yedake Tushar Sharad       | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> | <del>T.S.Yedake</del> |



Name & Signature of Teacher: Smt. S. R. Majagaonkar

Dr. G. M. Lawhade

Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur



## Rayat Shikshan Sanstha's



**Rajarshi Chhatrapati Shahu College, Kolhapur**

## Department of Physical Education

## Value added Course – Nutrition and Diet

## Attendance Sheet (2025-26)

[illegible]



Rayat Shikshan Sanstha's



**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

**Value added Course – Nutrition and Diet**

**Attendance Sheet (2024-25)**

| Sr. No. | Name of the Student        | 30/10/26         | 02/10/26         | 04/10/26         | 06/10/26         | 09/10/26         | 11/10/26         | 13/10/26         | 16/10/26         | 18/10/26         | 21/10/26         | 23/10/26         |
|---------|----------------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 20      | Kasture Rajesh Dhondiba    | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 21      | Khalif Yasin Rajak         | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 22      | Kulal Rashita Krishna      | R.k.k            | R.k.k            | R.k.k            | R.k.k            | R.k.k            | R.k.k            | R.k.k            | R.k.k            | R.k.k            | R.k.k            | R.k.k            |
| 23      | Lohar Harshad Dilip        | H.D.L            | H.D.L            | H.D.L            | H.D.L            | H.D.L            | H.D.L            | H.D.L            | H.D.L            | H.D.L            | H.D.L            | H.D.L            |
| 24      | Lohar Krushnamit Ashok     | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> | <del>R.k.k</del> |
| 25      | Maske Vinayak Babaso       | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 26      | Mujawar Khushbu Imran      | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 27      | Powar Prathmesh Prakash    | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 28      | Powar Urmila Lakhani       | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 29      | Rahate Dipak Ashok         | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 30      | Sayyad Yasmin Mahamud      | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 31      | Shaikh Nikhat Nasir        | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 32      | Tikole Shankar Appa        | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           | S.A.T.           |
| 33      | Tikole Shrinath Sampat     | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           | S.S.T.           |
| 34      | Vadgaonkar Rupali Madhukar | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 35      | Waghmare Kajal Babu        | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |
| 36      | Yedake Tushar Sharad       | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   | <del>YRK</del>   |

Name & Signature of Teacher: Smt. S. R. Majagaonkar

Dr. G. M. Lawal

Department of Physical Education





Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

**Value added Course – Nutrition and Diet**

**Attendance Sheet (2025-26)**

| Sr. No. | Name of the Student           | 25/02/26 | 28/02/26 | 02/03/26 | 04/03/26 | 06/03/26 | 13/03/26 | 23/03/26 | 25/03/26 |
|---------|-------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 1       | Bhosale Manthan Manohar       | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 2       | Chavan Vivek Sanjay           | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 3       | Chougule Anjali Sanjay        | A.S.C    | A.S.C    | A.S.C    | A.S.C    | A.S.C    | A.S.C    | A.S.C    | A.S.C    |
| 4       | Gaikwad Mahesh Bhimrao        | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 5       | Ghodake Rohit Santosh         | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 6       | Hunde Diksha Mahendra         | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 7       | Hurdekar Gayatri Sanjay       | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 8       | Jadhav Isha Vilas             | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 9       | Jadhav Roshani Sachin         | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 10      | Jadhav Uma Narendra           | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 11      | Jambhalkar Mahamadsaad Shakir | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 12      | Kambale Deepa Sanjay          | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 13      | Kamble Paras Navnath          | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 14      | Kamble Pranay Satish          | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 15      | Kamble Raviraj Ganapati       | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 16      | Kamble Sarthak Sakharan       | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 17      | Kamble Tejas Ratnakar         | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 18      | Kamble Vinayak Kamble         | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |
| 19      | Kamte Pratibha Biraju         | NA       | NA       | NA       | NA       | NA       | NA       | NA       | NA       |





Rayat Shikshan Sanstha's



# Rajarshi Chhatrapati Shahu College, Kolhapur

## Department of Physical Education

### Value added Course - Nutrition and Diet

#### Attendance Sheet (2024-25)

| Sr. No. | Name of the Student        | 25/02/26              | 08/02/26              | 02/03/26              | 04/03/26              | 06/03/26              | 13/03/26              | 23/03/26              | 25/03/26              |
|---------|----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 20      | Kasture Rajesh Dhondiba    | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      |
| 21      | Khalif Yasin Rajak         | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        | <del>YRK</del>        |
| 22      | Kulal Rashita Krishna      | <del>R.K.K</del>      | <del>R.K.K</del>      | <del>R.K.K</del>      | <del>R.K.K</del>      | <del>R.K.K</del>      | <del>R.K.K</del>      | <del>R.K.K</del>      | <del>R.K.K</del>      |
| 23      | Lohar Harshad Dilip        | <del>H.D.I</del>      | <del>H.D.I</del>      | <del>H.D.I</del>      | <del>H.D.I</del>      | <del>H.D.I</del>      | <del>H.D.I</del>      | <del>H.D.I</del>      | <del>H.D.I</del>      |
| 24      | Lohar Krushnamit Ashok     | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      | <del>Pales</del>      |
| 25      | Maske Vinayak Babaso       | <del>Vinayak</del>    | <del>Vinayak</del>    | <del>Vinayak</del>    | <del>Vinayak</del>    | <del>Vinayak</del>    | <del>Vinayak</del>    | <del>Vinayak</del>    | <del>Vinayak</del>    |
| 26      | Mujawar Khushbu Imran      | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    | <del>Mujawar</del>    |
| 27      | Powar Prathmesh Prakash    | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        |
| 28      | Powar Urmila Lakhani       | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      | <del>Powar</del>      |
| 29      | Rahate Dipak Ashok         | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        | <del>P.H</del>        |
| 30      | Sayyad Yasmin Mahaymad     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     | <del>Sayyad</del>     |
| 31      | Shaikh Nikhat Nasir        | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     | <del>Shaikh</del>     |
| 32      | Tikole Shankar Appa        | <del>S.A.T</del>      | <del>S.A.T</del>      | <del>S.A.T</del>      | <del>S.A.T</del>      | <del>S.A.T</del>      | <del>S.A.T</del>      | <del>S.A.T</del>      | <del>S.A.T</del>      |
| 33      | Tikole Shrinath Sampat     | <del>S.S.T</del>      | <del>S.S.T</del>      | <del>S.S.T</del>      | <del>S.S.T</del>      | <del>S.S.T</del>      | <del>S.S.T</del>      | <del>S.S.T</del>      | <del>S.S.T</del>      |
| 34      | Vadgaonkar Rupali Madhukar | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> | <del>Vadgaonkar</del> |
| 35      | Waghmare Kajal Babu        | <del>K.A.K</del>      | <del>K.A.K</del>      | <del>K.A.K</del>      | <del>K.A.K</del>      | <del>K.A.K</del>      | <del>K.A.K</del>      | <del>K.A.K</del>      | <del>K.A.K</del>      |
| 36      | Yedake Tushar Sharad       | <del>Yedake</del>     | <del>Yedake</del>     | <del>Yedake</del>     | <del>Yedake</del>     | <del>Yedake</del>     | <del>Yedake</del>     | <del>Yedake</del>     | <del>Yedake</del>     |

Name & Signature of Teacher: Smt. S. R. Majgaonkar

Dr. G. M. Lawhe

Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur



H.C. PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

## **Notice**

**Date: 24/03/2026**

All the students of 'Nutrition and Diet' course are hereby informed that, the examination of the course will be held on 6<sup>th</sup> April, 2026. All the students should remain present at hall no. 204 at 8.30 am.



  
**Head**

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

Department of Physical Education

Value added Course

**Nutrition and Diet**

**Written Examination Attendance (2025-26)**

Date: 06/04/2026

| Sr. No. | Name of the Students          | Class    | Signature     |
|---------|-------------------------------|----------|---------------|
| 1       | Bhosale Manthan Manohar       | B. A. -1 |               |
| 2       | Chavan Vivek Sanjay           | B. A. -1 |               |
| 3       | Chougule Anjali Sanjay        | B. A. -1 | A.S. chougule |
| 4       | Gaikwad Mahesh Bhimrao        | B. A. -1 |               |
| 5       | Ghodake Rohit Santosh         | B. A. -1 |               |
| 6       | Hunde Diksha Mahendra         | B. A. -1 | D.M.Hunde     |
| 7       | Hurdekar Gayatri Sanjay       | B. A. -1 | Gayatri       |
| 8       | Jadhav Isha Vilas             | B. A. -1 | Bhosale       |
| 9       | Jadhav Roshani Sachin         | B. A. -1 |               |
| 10      | Jadhav Uma Narendra           | B. A. -1 | UJadhav       |
| 11      | Jambhalkar Mahamadsaad Shakir | B. A. -1 | Masad         |
| 12      | Kambale Deepa Sanjay          | B. A. -1 |               |
| 13      | Kamble Paras Navnath          | B. A. -1 | RKamble       |
| 14      | Kamble Pranay Satish          | B. A. -1 |               |
| 15      | Kamble Raviraj Ganapati       | B. A. -1 |               |
| 16      | Kamble Sarthak Sakharam       | B. A. -1 |               |
| 17      | Kamble Tejas Ratnakar         | B. A. -1 | T.R.Kamble    |
| 18      | Kamble Vinayak Kamble         | B. A. -1 |               |
| 19      | Kamte Pratibha Biraju         | B. A. -1 |               |
| 20      | Kasture Rajesh Dhondiba       | B. A. -1 |               |





Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

Department of Physical Education

Value added Course

**Nutrition and Diet**

**Written Examination Attendance (2025-26)**

Date: 06/04/2026

| Sr. No. | Name of the Students       | Class    | Signature     |
|---------|----------------------------|----------|---------------|
| 21      | Khalif Yasin Rajak         | B. A. -1 | K. P. K.      |
| 22      | Kulal Rashita Krishna      | B. A. -1 | R. K. K.      |
| 23      | Lohar Harshad Dilip        | B. A. -1 | H. D. L.      |
| 24      | Lohar Krushnamit Ashok     | B. A. -1 | Bl            |
| 25      | Maske Vinayak Babaso       | B. A. -1 | V. Maske      |
| 26      | Mujawar Khushbu Imran      | B. A. -1 | M. Mujawar.   |
| 27      | Powar Prathmesh Prakash    | B. A. -1 | P. Powar      |
| 28      | Powar Urmila Lakhan        | B. A. -1 | U. Powar      |
| 29      | Rahate Dipak Ashok         | B. A. -1 | D. Rahate     |
| 30      | Sayyad Yasmin Mohammad     | B. A. -1 | Y. Sayyad     |
| 31      | Shaikh Nikhat Nasir        | B. A. -1 | N. Shaikh     |
| 32      | Tikole Shankar Appa        | B. A. -1 | S. A. T.      |
| 33      | Tikole Shrinath Sampat     | B. A. -1 | S. S. T.      |
| 34      | Vadgaonkar Rupali Madhukar | B. A. -1 | R. Vadgaonkar |
| 35      | Waghmare Kajal Babu        | B. A. -1 | K. Waghmare   |
| 36      | Yedake Tushar Sharad       | B. A. -1 | T. S. Yedake  |

*Dr. G. M. Lawangare*  
Dr. G. M. Lawangare

Course Coordinator  
Head

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



*T. S. Yedake*  
TIC PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR



**Rayat Shikshan Sanstha's  
Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

**Value added Course**

**Nutrition and Diet**

**Examination- 2025-26**

**Day and Date: Monday, 06/04/2026**

**Time: 1.30 Hours**

**Name of the Student: \_\_\_\_\_**

**Total Marks: 40**

**Marks Obtained: \_\_\_\_\_**

प्रश्न १. योग्य पर्याय निवडून खालील विधाने पुन्हा लिहा .

(१०)

१. आहारात स्निग्ध पदार्थांचा समावेश ----- असावा.

अ. ५२%

ब. ३० %

क. १२ %

ड. यापैकी नाही

२. गर्भवती स्त्रियांना रक्तातील हिमोग्लोबिन वाढविण्यासाठी आहारात ----- युक्त पदार्थांचा समावेश करावा.

अ. प्रथिन

ब. जीवनसत्व ब

क. लोह

ड. कॅल्शियम

३. ----- या पोषकद्रव्याचा उपयोग शरीरबांधणीसाठी होतो.

अ. कर्बोदके

ब. प्रथिने

क. मेद

ड. तंतुमय पदार्थ

४. ओमेगा ३ हे .....मध्ये अधिक प्रमाणात आढळते.

अ. मासे

ब. जवस

क. मांस

ड. यापैकी नाही

५. जीवनसत्व ब अभावी ----- हा रोग होतो.

अ. बेरीबेरी

ब. रातंधळेपणा

क. मुडदूस

ड. रंगांधळेपणा

६. तंतुमय पदार्थांचा मुलभूत घटक ----- आहे.

अ. ग्लूकोज

ब. सेलुलोज

क. अमिनो'अॅसिड

ड. यापैकी नाही

७. शरीराचा जवळ जवळ ----- भाग पाणी आहे.

अ. ३० ते ४० %

ब. ५० ते ६० %

क. ६० ते ७० %

ड. ७० ते ९० %

८. जीवनसत्व ---- हे पाण्यात विरघळणारे जीवनसत्व आहे.

अ. जीवनसत्व अ

ब. जीवनसत्व ब

क. जीवनसत्व ड

ड. वरील सर्व

९. सी जीवनसत्वाचा RDA प्रतिदिवस -----ग्रॅम असा आहे.

अ. २०

ब. ४०

क. ५०

ड. ६०

१०. खालीलपैकी ----- हा चांगल्या फॅटचा स्रोत आहे.

अ. पॉपकॉर्न

ब. सुका मेवा

क. वेफर्स

ड. वरील सर्व



प्रश्न २ खालील पोषणतत्वांचे प्रत्येकी २ अन्नपदार्थांचे स्रोत लिहा.

(१०)

१. प्रथिने
२. कर्बोदके
३. जीवनसत्व ब
४. कॅल्शियम
५. जीवनसत्व इ

प्रश्न ३ एका वाक्यात उत्तरे लिहा.

(१०)

१. अँटी ऑक्सिडंट म्हणजे काय?
२. जीवनसत्वांचे प्रकार कोणते?
३. जीवनसत्व ड अभावी कोणता रोग होतो?
४. HDL म्हणजे काय?
५. महापोषणतत्वांची नावे लिहा.

प्रश्न ४ टिपा लिहा (कोणतेही २)

(१०)

१. कॅलरी
२. आधुनिक आहाराचे दुष्परिणाम
३. आहारातील पाण्याचे महत्व





Rayat Shikshan Sanstha's



**Rajarshi Chhatrapati Shahu College, Kolhapur**



Department of Physical Education

Value added Course

**Nutrition and Diet**

**Result Sheet (2025-26)**

| Sr. No. | Name                          | Theory (40) | Internal (10) | Total (50) | Percent age | Grade |
|---------|-------------------------------|-------------|---------------|------------|-------------|-------|
| 1       | Bhosale Manthan Manohar       | 25          | 7             | 32         | 64%         | B     |
| 2       | Chavan Vivek Sanjay           | 22          | 7             | 29         | 58%         | C     |
| 3       | Chougule Anjali Sanjay        | 36          | 8             | 44         | 88%         | A+    |
| 4       | Gaikwad Mahesh Bhimrao        | 28          | 7             | 35         | 70%         | A     |
| 5       | Ghodake Rohit Santosh         | 32          | 8             | 40         | 80%         | A+    |
| 6       | Hunde Diksha Mahendra         | 32          | 8             | 40         | 80%         | A+    |
| 7       | Hurdekar Gayatri Sanjay       | 30          | 8             | 38         | 76%         | A     |
| 8       | Jadhav Isha Vilas             | 34          | 8             | 42         | 84%         | A+    |
| 9       | Jadhav Roshani Sachin         | 34          | 8             | 42         | 84%         | A+    |
| 10      | Jadhav Uma Narendra           | 35          | 8             | 43         | 86%         | A+    |
| 11      | Jambhalkar Mahamadsaad Shakir | 22          | 7             | 29         | 58%         | C     |
| 12      | Kambale Deepa Sanjay          | 35          | 8             | 43         | 86%         | A+    |
| 13      | Kamble Paras Navnath          | 25          | 8             | 33         | 66%         | B     |
| 14      | Kamble Pranay Satish          | 28          | 8             | 36         | 72%         | A     |
| 15      | Kamble Raviraj Ganapati       | 35          | 8             | 43         | 86%         | A+    |
| 16      | Kamble Sarthak Sakharam       | 32          | 7             | 39         | 78%         | A     |
| 17      | Kamble Tejas Ratnakar         | 32          | 7             | 39         | 78%         | A     |
| 18      | Kamble Vinayak Kamble         | 30          | 7             | 37         | 74%         | A     |
| 19      | Kamte Pratibha Biraju         | 35          | 8             | 43         | 86%         | A+    |
| 20      | Kasture Rajesh Dhondiba       | 32          | 7             | 39         | 78%         | A     |
| 21      | Khalif Yasin Rajak            | 30          | 7             | 37         | 74%         | A     |
| 22      | Kulal Rashita Krishna         | 34          | 8             | 42         | 84%         | A+    |
| 23      | Lohar Harshad Dilip           | 30          | 7             | 37         | 74%         | A     |
| 24      | Lohar Krushnamit Ashok        | 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 (2025-26)**

| Sr. No. | Name                       | Theory (40) | Oral (10) | Total (50) | Percent age | Grade |
|---------|----------------------------|-------------|-----------|------------|-------------|-------|
| 25      | Maske Vinayak Babaso       | 20          | 6         | 26         | 52%         | C     |
| 26      | Mujawar Khushbu Imran      | 36          | 8         | 44         | 88%         | A+    |
| 27      | Powar Prathmesh Prakash    | 28          | 7         | 35         | 70%         | A     |
| 28      | Powar Urmila Lakhan        | 28          | 8         | 36         | 72%         | A     |
| 29      | Rahate Dipak Ashok         | 32          | 8         | 40         | 80%         | A+    |
| 30      | Sayyad Yasmin Mohammad     | 34          | 8         | 42         | 84%         | A+    |
| 31      | Shaikh Nikhat Nasir        | 38          | 8         | 46         | 92%         | D     |
| 32      | Tikole Shankar Appa        | 22          | 7         | 29         | 58%         | C     |
| 33      | Tikole Shrinath Sampat     | 20          | 6         | 26         | 52%         | C     |
| 34      | Vadgaonkar Rupali Madhukar | 34          | 8         | 42         | 84%         | A+    |
| 35      | Waghmare Kajal Babu        | 34          | 8         | 42         | 84%         | A+    |
| 36      | Yedake Tushar Sharad       | 20          | 6         | 26         | 52%         | C     |

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

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



*Principal*  
H.C. PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**NAAC Re-accreditation A++ (With CGPA 3.78)**



# Certificate

This is to certify that, Shri./Smt. \_\_\_\_\_

Class \_\_\_\_\_ has successfully completed the Value Added Course  
in 'Nutrition and Diet' conducted by Department of Physical  
Education, Rajarshi Chhatrapati Shahu College, Kolhapur in the  
academic year 2025-26.



Dr. G. M. Lawangare  
Course Coordinator  
Yoga & Meditation

Dr. D. S. Kumbhar  
Coordinator

Rayat Skill Development Center

Dr. D. R. Bhosale  
I/c Principal

R. C. Shahu College, Kolhapur



Rayat Shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
Department of Physical Education  
**Value added Course- Nutrition and Diet**  
Academic Year (2025-26)

**FEEDBACK FORM**

Name of the Student: -----

College: ----- Class: -----

Contact No.: ----- E-mail ID: -----

*This survey enables you to provide feedback on the value and outcomes of the course you have just completed. Please indicate your rating of each aspect of the course from 5 to 1.*

5: Excellent, 4: Very good, 3: good, 2: Satisfactory, 1: Needs to improve

| Sr. No. | Aspects of the event                                    | 5 | 4 | 3 | 2 | 1 |
|---------|---------------------------------------------------------|---|---|---|---|---|
| 1.      | Content of the course                                   |   |   |   |   |   |
| 2.      | Quality of information given by teachers                |   |   |   |   |   |
| 3.      | Presentations given by teachers                         |   |   |   |   |   |
| 4.      | Relevance of the course content to me                   |   |   |   |   |   |
| 5.      | Quality of study material and notes provided            |   |   |   |   |   |
| 6.      | Assessment method                                       |   |   |   |   |   |
| 7.      | Communication and interaction of teachers with students |   |   |   |   |   |
| 8.      | Overall satisfaction of the course                      |   |   |   |   |   |

Any suggestions -----  
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Signature of Student

---THANK YOU FOR YOUR FEEDBACK---