



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur

Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Academic Year (2022-23)



Name of the Course: Nutrition and Diet

Department: Department of Physical Education

Course Implementation Year: 2022-23

Course Coordinator:

Name of Co-ordinator : Mr. G. M. Lawangare

Designation : Assistant Professor and Head of the Department

Office Location : Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur.

Contact No. : 9021441802 **E mail:** 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.





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



Value added Course
Nutrition and Diet
Academic Year (2022-23)

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





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



Value added Course
Nutrition and Diet

Academic Year (2022-23)

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




Principal,
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 20/01/2023

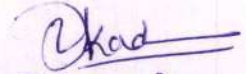
All the students are hereby informed that, value added course in 'Nutrition and Diet' is being started through the Department of Physical Education. Students who want to take admission for the said skill based short term course should give their names to Smt. Savita Majagaonkar by 4th February 2023.

Duration of the Course: 3 Months


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 (2022-23)

Sr. No.	Name of the Students	Contact No.	Signature
1	Dipankar Aniket Machhindra	8080076351	<i>Aro Dipankar</i>
2	Ghodake Sourabh Manik	7057571360	<i>Sourabh</i>
3	Jadhav Vaibhav Sanjay	9172907100	<i>D.S. Jadhav</i>
4	Kadalage Rutuja Basavraj	9371538622	<i>Radalage</i>
5	Kambale Chandramani Shashikant	9552741825	<i>Chandramani</i>
6	Kambale Swagat Shivaji	8806064404	<i>Swagat</i>
7	Kodnaik Chandrakant Shridhar	7218952379	<i>Chandrakant</i>
8	Kokate Rahul Nana	7083134682	<i>Rahul</i>
9	Mahadik Viraj Sunil	7218645414	<i>Mahadik</i>
10	Mullani Subiya Rahimkhan	8087003481	<i>Subiya</i>
11	Patil Raturaj Pratap	9850842411	<i>Raturaj</i>
12	Patil Sanjit Baburao	8975138145	<i>S.B.P.</i>
13	Pawar Tanaji Sidram	9325559598	<i>T.S. Pawar</i>
14	Powar Suyash Ananda	7057946361	<i>Suyash</i>
15	Salavi Prathamesh Prabhakar	9765630995	<i>P. Salavi</i>

[Signature]
Course Co-ordinator



[Signature]
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
Academic Year (2022-23)

Time-Table

Sr. No.	Day	Time
1	Tuesday	10.45 to 11.45 am
2	Thursday	10.45 to 11.45 am
3	Saturday	10.45 to 11.45 am


Course Coordinator




Principal,
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 06/02/2023

Value added course in 'Nutrition and Diet' conducted by the Department of Physical Education is starting from 9th Feb. 2023. All the students who have enrolled for this course are hereby informed that, they should remain present at Department of Physical Education on 9th Feb. 2023 at sharp 10.45 am.

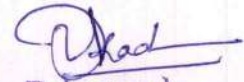
The time table of the course is as follows;

Sr. No.	Day	Time
1	Tuesday	10.45 to 11.45 am
2	Thursday	10.45 to 11.45 am
3	Saturday	10.45 to 11.45 am


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

Academic Year (2022-23)

Teaching Plan


Day	Date	Content	Name of the teacher
1	9/2/2023	Nutrition: Definition, Meaning and Concept, Importance of Nutrition	Mr. G. M. Lawangare
2	11/2/2023	Nutrients: Definition and Types	Mr. G. M. Lawangare
3	14/2/2023	Balanced Diet: Definition, Meaning and Concept, Importance of balanced diet	Mr. G. M. Lawangare
4	16/2/2023	Diet and Health	Smt. S. R. Majagaonkar
5	21/2/2023	Modern food culture	Smt. S. R. Majagaonkar
6	23/2/2023	Healthy and unhealthy eating habits	Smt. S. R. Majagaonkar
7	25/2/2023	Carbohydrates- Definition, Food Sources	Mr. G. M. Lawangare
8	28/2/2023	Functions of Carbohydrates	Mr. G. M. Lawangare
9	2/3/2023	Simple and Complex Carbohydrates	Mr. G. M. Lawangare
10	4/3/2023	Proteins- Definition, Functions	Mr. G. M. Lawangare
11	9/3/2023	Essential and non-essential proteins	Mr. G. M. Lawangare
12	11/3/2023	Food Sources of proteins	Mr. G. M. Lawangare
13	14/3/2023	Fats- Definition, Food Sources	Mr. G. M. Lawangare
14	16/3/2023	Functions of fats	Mr. G. M. Lawangare
15	18/3/2023	Good fats and bad fats- cholesterol	Mr. G. M. Lawangare
16	21/3/2023	Types of fatty acids	Mr. G. M. Lawangare
17	23/3/2023	Vitamins- Definition, Types	Mr. G. M. Lawangare
18	25/3/2023	Vitamin B and D – food sources, functions, deficiency diseases	Mr. G. M. Lawangare
19	28/3/2023	Vitamin A and C – food sources, functions, deficiency diseases	Mr. G. M. Lawangare
20	01/4/2023	Vitamin E and K – food sources, functions, deficiency diseases	Mr. G. M. Lawangare



Day	Date	Content	Name of the teacher
21	6/4/2023	Minerals- Definition, micro-minerals and trace minerals	Mr. G. M. Lawangare
22	8/4/2023	Micro-minerals – food sources, functions, deficiency diseases	Mr. G. M. Lawangare
23	11/4/2023	Trace minerals – food sources, functions, deficiency diseases	Mr. G. M. Lawangare
24	13/4/2023	Fibers- Definition, Food Sources, Functions	Smt. S. R. Majagaonkar
25	15/4/2023	Role of Water in diet, adequate water intake	Smt. S. R. Majagaonkar
26	18/4/2023	Anti-oxidants- Meaning, Functions, food source	Smt. S. R. Majagaonkar
27	20/4/2023	RDA- meaning and concept	Smt. S. R. Majagaonkar
28	25/4/2023	What is calorie? RDA of nutrients	Smt. S. R. Majagaonkar
29	27/4/2023	Food Pyramid	Smt. S. R. Majagaonkar
30	29/4/2023	Food Supplements: Need and Importance	Smt. S. R. Majagaonkar
31	2/5/2023	Myths about Diet, Fad Diet	Smt. S. R. Majagaonkar
32	4/5/2023	Fad Diet	Smt. S. R. Majagaonkar


Course Coordinator




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
Attendance Sheet (2022-23)

Sr. No.	Name of the Student	9/2/2023	11/2/23	14/2/23	16/2/23	21/2/23	23/2/23	25/2/23	28/2/23	2/3/23	4/3/23
1	Dipankar Aniket Machhindra	Aparajita	Ab	Aparajita	Aparajita	Aparajita	Aparajita	Ab	Aparajita	Aparajita	Aparajita
2	Ghodake Sourabh Manik	Sourabh	Ab	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh
3	Jadhav Vaibhav Sanjay	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	Ab	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav
4	Kadalage Rutuja Basavraj	Kadus	Kadus	Kadus	Kadus	Kadus	Kadus	Kadus	Kadus	Kadus	Kadus
5	Kambale Chandramani Shashikant	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani
6	Kambale Swagat Shivaji	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat
7	Kodnaik Chandrakant Shridhar	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant
8	Kokate Rahul Nana	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul
9	Mahadik Viraj Sumil	Mahadik	Ab	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik
10	Mullani Subiya Rahimkhan	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya
11	Patil Ruturaj Pratap	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
12	Patil Sanjeet Baburao	S.B.P.	Ab	S.B.P.	S.B.P.	S.B.P.	S.B.P.	S.B.P.	S.B.P.	S.B.P.	S.B.P.
13	Pawar Tanaji Sidram	T.S. Pawar	Ab	T.S. Pawar	T.S. Pawar	T.S. Pawar	T.S. Pawar	T.S. Pawar	T.S. Pawar	T.S. Pawar	T.S. Pawar
14	Powar Suyash Ananda	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash
15	Salavi Prathamesh Prabhakar	P. Salavi	Ab	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi

(Signature)
Head

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

Attendance Sheet (2022-23)

Sr. No.	Name of the Student	9/3/23	11/3/23	14/3/23	16/3/23	18/3/23	21/3/23	23/3/23	25/3/23	28/3/23	01/4/23
1	Dipankar Aniket Machhindra	Amrinder	Amrinder	Amrinder	Amrinder	Amrinder	Amrinder	Amrinder	Amrinder	Amrinder	Amrinder
2	Ghodake Sourabh Manik	Sourabh Manik	AB	Sourabh Manik	Sourabh Manik	Sourabh Manik	AB	Sourabh Manik	Sourabh Manik	Sourabh Manik	Sourabh Manik
3	Jadhav Vaibhav Sanjay	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav	P.S. Jadhav
4	Kadalage Rutuja Basavraj	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage
5	Kambale Chandramani Shashikant	Chandramani	AB	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani	Chandramani
6	Kambale Swagat Shivaji	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat	Swagat
7	Kodnaik Chandrakant Shridhar	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant	Chandrakant
8	Kokate Rahul Nana	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul
9	Mahadik Viraj Sumil	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik
10	Mullani Subiya Rahimkhan	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya
11	Patil Ruturaj Pratap	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
12	Patil Sanjeet Baburao	SB.P.	SB.P.	SB.P.	SB.P.	SB.P.	SB.P.	SB.P.	SB.P.	SB.P.	SB.P.
13	Pawar Tanaji Sidram	T.S. Pawar	AB	T.S. Pawar	T.S. Pawar	T.S. Pawar	AB	T.S. Pawar	T.S. Pawar	T.S. Pawar	T.S. Pawar
14	Pawar Suyash Ananda	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash
15	Salavi Prathamesh Prabhakar	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi

(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

Attendance Sheet (2022-23)

Sr. No.	Name of the Student	6/4/2023	8/4/2023	11/4/23	13/4/23	15/4/23	18/4/23	20/4/23	25/4/23	29/4/23	29/4/23
1	Dipankar Aniket Machhindra	A. Anirudh	A. Anirudh	A. Anirudh	A. Anirudh	A. Anirudh	A. Anirudh	A. Anirudh	A. Anirudh	A. Anirudh	A. Anirudh
2	Ghodake Sourabh Manik	S. Suresh	S. Suresh	A. Anirudh	S. Suresh	S. Suresh	S. Suresh	S. Suresh	S. Suresh	S. Suresh	S. Suresh
3	Jadhav Vaibhav Sanjay	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav	D.S. Jadhav
4	Kadalage Rutuja Basavraj	K. Rutuja	K. Rutuja	K. Rutuja	K. Rutuja	K. Rutuja	K. Rutuja	K. Rutuja	K. Rutuja	K. Rutuja	K. Rutuja
5	Kambale Chandramani Shashikant	C. Chandramani	C. Chandramani	C. Chandramani	C. Chandramani	C. Chandramani	C. Chandramani	C. Chandramani	C. Chandramani	C. Chandramani	C. Chandramani
6	Kambale Swagat Shivaji	S. Swagat	S. Swagat	S. Swagat	S. Swagat	S. Swagat	S. Swagat	S. Swagat	S. Swagat	S. Swagat	S. Swagat
7	Kodnaik Chandrakant Shridhar	C. Chandrakant	C. Chandrakant	C. Chandrakant	C. Chandrakant	C. Chandrakant	C. Chandrakant	C. Chandrakant	C. Chandrakant	C. Chandrakant	C. Chandrakant
8	Kokate Rahul Nana	R. Nana	R. Nana	R. Nana	R. Nana	R. Nana	R. Nana	R. Nana	R. Nana	R. Nana	R. Nana
9	Mahadik Viraj Sunil	M. Viraj	M. Viraj	M. Viraj	M. Viraj	M. Viraj	M. Viraj	M. Viraj	M. Viraj	M. Viraj	M. Viraj
10	Mullani Subiya Rahimkhan	S. Subiya	S. Subiya	S. Subiya	S. Subiya	S. Subiya	S. Subiya	S. Subiya	S. Subiya	S. Subiya	S. Subiya
11	Patil Ruturaj Pratap	P. Ruturaj	P. Ruturaj	P. Ruturaj	P. Ruturaj	P. Ruturaj	P. Ruturaj	P. Ruturaj	P. Ruturaj	P. Ruturaj	P. Ruturaj
12	Patil Sanjeet Baburao	S. Sanjeet	S. Sanjeet	S. Sanjeet	S. Sanjeet	S. Sanjeet	S. Sanjeet	S. Sanjeet	S. Sanjeet	S. Sanjeet	S. Sanjeet
13	Pawar Tanaji Sidram	P. Tanaji	P. Tanaji	P. Tanaji	P. Tanaji	P. Tanaji	P. Tanaji	P. Tanaji	P. Tanaji	P. Tanaji	P. Tanaji
14	Powar Suyash Ananda	P. Suyash	P. Suyash	P. Suyash	P. Suyash	P. Suyash	P. Suyash	P. Suyash	P. Suyash	P. Suyash	P. Suyash
15	Salavi Prathamesh Prabhakar	P. Prathamesh	P. Prathamesh	P. Prathamesh	P. Prathamesh	P. Prathamesh	P. Prathamesh	P. Prathamesh	P. Prathamesh	P. Prathamesh	P. Prathamesh

(Signature)
Head

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Value added Course – Nutrition and Diet
Attendance Sheet (2022-23)

Sr. No.	Name of the Student	21/5/2023	4/5/2023																	
1	Dipankar Aniket Machhindra	Present	Present																	
2	Ghodake Sourabh Manik	Present	Present																	
3	Jadhav Vaibhav Sanjay	Present	Present																	
4	Kadalage Rutuja Basavraj	Present	Present																	
5	Kambale Chandramani Shashikant	Present	Present																	
6	Kambale Swagat Shivaji	Present	Present																	
7	Kodnaik Chandrakant Shridhar	Present	Present																	
8	Kokate Rahul Nana	Present	Present																	
9	Mahadik Viraj Sunil	Present	Present																	
10	Mullani Subiya Rahimkhan	Present	Present																	
11	Patil Ruturaj Pratap	Present	Present																	
12	Patil Sanjeet Baburao	Present	Present																	
13	Pawar Tanaji Sidram	Present	Present																	
14	Powar Suyash Ananda	Present	Present																	
15	Salavi Prathamesh Prabhakar	Present	Present																	

(Signature)
Head



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

Examination-May- 2023

Day and Date:

Time: 2 Hours

Name of the Student: _____

Total Marks: 40

Marks Obtained:

प्रश्न १. योग्य पर्याय निवडून खालील विधाने पुन्हा लिहा .

(२०)

१. स्निग्ध पदार्थांना रासायनिक दृष्ट्या ----- म्हणून संबोधिले जाते.
अ. लिपीड ब. फॅट क. अमिनो ॲसिड ड. यापैकी नाही
२. किशोरावस्थेत जेव्हा वाढ वेगाने होत असते, तेव्हा आहारातील ----- गरज सर्वाधिक असते.
अ. कर्बोदकांची ब. प्रथिनांची क. जीवनसत्वांची ड. मेदांची
३. शरीराचा जवळ जवळ ६० ते ७० % भाग पाणी आहे.
अ. ३० ते ४० % ब. ५० ते ६० % क. ६० ते ७० % ड. ७० ते ९० %
४. सी जीवनसत्वाचा RDA प्रतिदिवस -----ग्रॅम असा आहे.
अ. २० ब. ४० क. ५० ड. ६०
५. खालीलपैकी ----- हा कर्बोदकांचा स्रोत आहे.
अ. बटाटे ब. साखर क. आंबा ड. वरील सर्व
६. ----- प्रकारच्या अमिनो आम्लाना अत्यावश्यक अमिनो ॲसिड असे म्हणतात.
अ. ७ ब. ८ क. ९ ड. १०
७. ओमेगा ३ हेमध्ये अधिक प्रमाणात आढळते.
अ. मासे ब. जवस क. मांस ड. यापैकी नाही
८. जीवनसत्व ड अभावी ----- हा रोग होतो.
अ. बेरीबेरी ब. रातंधळेपणा क. मुडदूस ड. रंगांधळेपणा
९. आहारात मिठाचा वापर -----असावा.
अ. जास्त ब. कमी क. बिलकुल नसावे ड. यापैकी नाही
१०. जीवनसत्व ----- हे पाण्यात विरघळणारे जीवनसत्व आहे.
अ. जीवनसत्व अ ब. जीवनसत्व ब क. जीवनसत्व ड ड. वरील सर्व

प्रश्न २ योग्य जोड्या जुळवा

(५)

अ गट (पोषणतत्व)

1. जीवनसत्व ब
2. मनेशियम
3. चांगले मेद
4. प्रथिने
5. साधी कर्बोदके

ब गट (आहारातील स्रोत)

- A. चिकन
- B. बटाटे
- C. डार्क चाकलेट
- D. सुका मेवा
- E. पालक

प्रश्न ३ एका वाक्यात उत्तरे लिहा.

(१०)

१. पोषण म्हणजे काय?
२. कोणत्याही दोन सूक्ष्म पोषणद्रव्यांची नावे लिहा.
३. पाण्यात विरघळणाऱ्या जीवनसत्वांची नावे लिहा.
४. लोहाचे आहारातील स्रोत लिहा.
५. HDL व LDL चा लॉग फॉर्म लिहा.

प्रश्न ४ टिपा लिहा (कोणतेही १)

(५)

१. खाण्याच्या योग्य व अयोग्य सवयी
२. तंतुमय पदार्थ



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

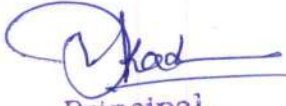
Academic Year (2022-23)

Result Sheet

Sr. No.	Name	Theory (40)	Oral (10)	Total (50)	Percentage	Grade
1	Dipankar Aniket Machhindra	30	07	37	74	A
2	Ghodake Sourabh Manik	28	07	35	70	A
3	Jadhav Vaibhav Sanjay	32	06	38	76	A
4	Kadalage Rutuja Basavraj	34	07	41	82	A+
5	Kambale Chandramani Shashikant	35	09	44	88	A+
6	Kambale Swagat Shivaji	33	08	41	82	A+
7	Kodnaik Chandrakant Shridhar	30	08	38	76	A
8	Kokate Rahul Nana	34	09	43	86	A+
9	Mahadik Viraj Sunil	33	07	40	80	A+
10	Mullani Subiya Rahimkhan	34	08	42	84	A+
11	Patil Ruturaj Pratap	36	09	45	90	A+
12	Patil Sanjit Baburao	28	06	34	68	B
13	Pawar Tanaji Sidram	—	—	—	—	—
14	Powar Suyash Ananda	28	06	34	68	B
15	Salavi Prathamesh Prabhakar	32	08	40	80	A+


Course Co-ordinator




Principal,
Rajarshi Chh. Shahu College,
Kolhapur.

"Education through self-help is our motto" -Karmaveer



Rayat Shikshan Sanstha's,

RAJARSHI CHHATRAPATI SHAHU COLLEGE, KOLHAPUR.

NAAC Reaccredited 'A' Grade (with CGPA 3.07) 3rd Cycle

CERTIFICATE

This is to certify that, Shri/Smt. _____

Mother's Name _____

Class _____ of _____ College _____

has successfully completed the Career Oriented/Certificate Course in _____

organized by **Rajarshi Chhatrapati Shahu College, Kolhapur.**

Course organized academic year _____


Course Coordinator


Principal



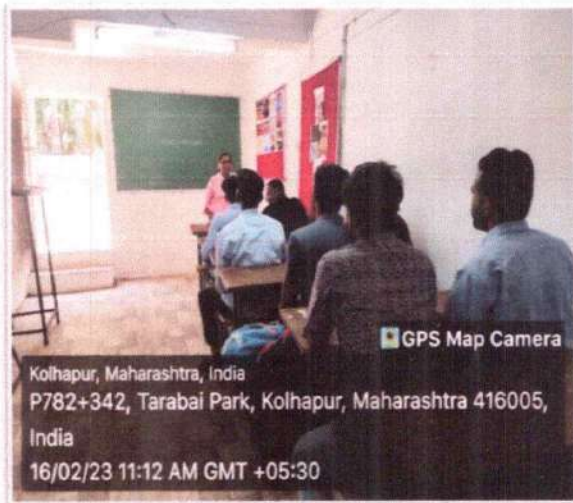


Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Value added Course- Nutrition and Diet
Academic Year (2022-23)

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 9th Feb., 2023. There were 15 students from B. A. Part -3 (Physical Education) enrolled for the course out of them 14 have successfully completed the course. After completion of the course, theory examination was conducted.


Mr. G. M. Lawangare, Head, Dept. of Physical Education and Ms. 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.



Smt. S. R. Majagaonkar delivering lecture on Nutrients on 16/02/2023


Mr. G. M. Lawangare
Course Co-ordinator




Principal,
Rajarshi Chh. Shahu College,
Kolhapur.