Gour Mohan Sachin Mandal Mahavidyalaya

Department of Food and Nutrition
Evaluative Report

Content

1. **History of the Department**: - The Department of Food and Nutrition was established in 2008. Though it has never had a permanent faculty, the Department provides quality and equitable education. The department seeks to inculcate the road to success among the students. To enrich the mind of the learner and to enable them to think analytically and to understand what is happening around them. To enable the learners to do productive work and access gainful employment, including self-employment. At present, the department has one SACT (State Aided College Teacher) Teacher, Suva Sahoo Das.

2. Vision and Mission of the Department: -

- The department provides quality and equitable education.
- Department seeks to inculcate the road to success among the students.
- To enrich the mind of the learner and to enable them to think analytically and to understand what is happening around them.
- To enable the learners to do productive work and access gainful employment, including self-employment.

3. **Programs Offered**: B.Sc. Food and Nutrition offers undergraduate (general) courses under the CBCS and undergraduate (three-year multidisciplinary) courses under the CCF system.

4. Faculty Profile: -

Faculty Details

Name	Designation	Qualification	Specialization	Email ID
SUVA SAHOO DAS	State Aided College Teacher	M. Sc, B. Ed	FOOD AND NUTRITION	Suvasahoo888@gmail.com

SUVA SAHOO DAS

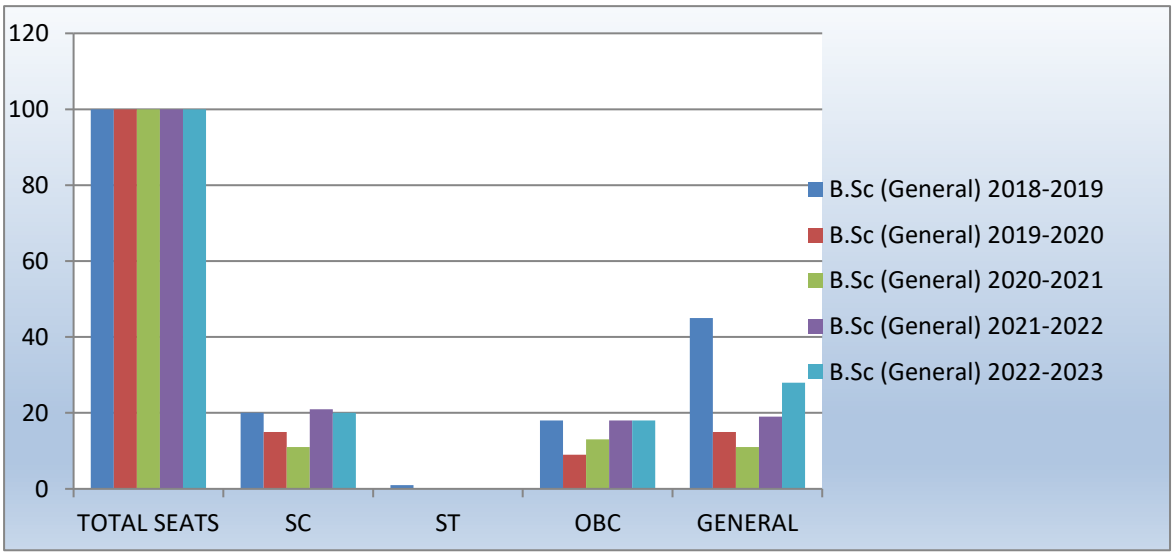
In 2020 Suva Sahoo Das joined the department as a State Aided College Teacher. She completed her post-graduation from West Bengal State University.

Qualification: M. Sc, B. Ed

5. Students' Profile

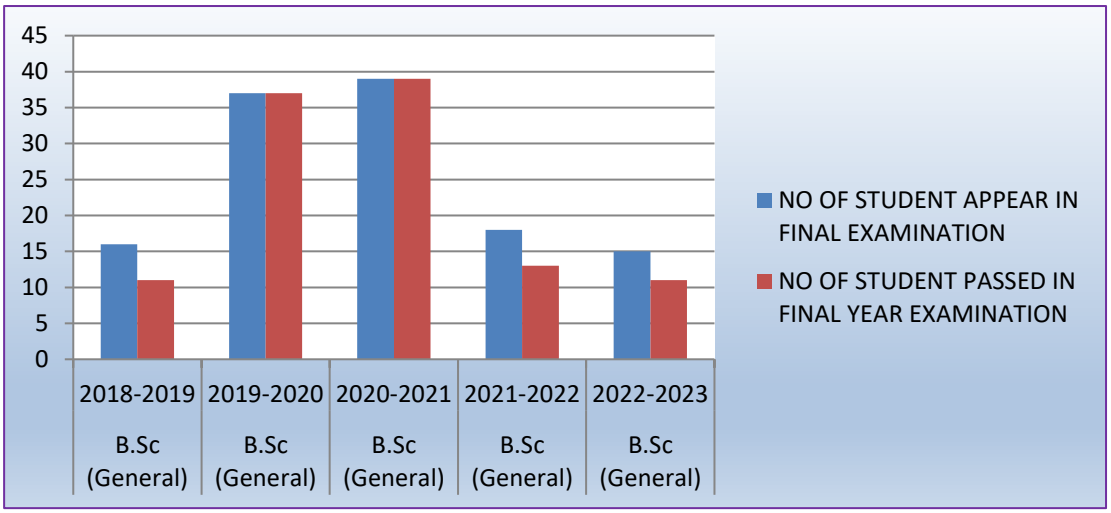
Student Enrollment Profile

Name of Course	Session	Total Seats	SC	ST	OBC	General
B. Sc (General)	2018-2019	100	20	01	18	45
B. Sc (General)	2019-2020	100	15	0	09	15
B. Sc (General)	2020-2021	100	11	0	13	11
B. Sc (General)	2021-2022	100	21	0	18	19
B. Sc (General)	2022-2023	100	20	0	18	28



Student Results

Name of Course	Session	No. of Students appeared in the Final Examination	No of Students Passed in Final Year Examination
B.Sc (General)	2018-2019	16	11
B.Sc (General)	2019-2020	37	37
B.Sc (General)	2020-2021	39	39
B.Sc (General)	2021-2022	18	13
B.Sc (General)	2022-2023	15	11



6. Programme Specific Outcomes (PSO) & Course Outcomes (CO)

CBCS System

Program Specific Outcome:

- Define the science of nutrition and food, the Kilocalorie.
- Determine functions of food.
- Determine the energetic value of nutrients.
- Identify the relation of nutrition to health and disease.
- Determine factors affecting nutritional requirements.
- Define dietary reference intakes and explain their function.
- Describe the process of digestion, absorption, and metabolism.
- Explain how the digestive system works.
- To understand the concept of malnutrition, i.e., undernutrition and overnutrition.
- To know a variety of dietary related diseases and their associated risk factors, e.g. coronary heart disease, obesity, iron deficiency anaemia, etc.

Course Outcome

SEMESTER - I

Students will be able to --

A. To understand conservation of mass, chemical and physical changes, Mechanical mixtures, and chemical compounds.
B. To get a concept Symbol, Valency, Formula, Equation, Naming of Compounds, Radicals.
C. To explain various theories and models relating to the structure of atoms.
D. To discuss theories about definition and classification of acid and bases.
E. To understand colloids, types of colloids, the system, and dialysis.

SEMESTER - 2

Students will be able to --

A. To understand the C.G.S. and F.P.S. system and the Measurement of mass and weight, the uses of common and spring balance.
B. To get a concept of Motion of a body – displacement, velocity, acceleration units. Gravity – Acceleration due to gravity.
C. Learn to Thermometry. Calorimetry, Transmission of heat, Thermoflask.
D. To discuss the Potential, Current relation between two.
E. To explain the concept of electricity and its application in daily life – lamp, Toaster, Geyser, iron, microwave.
F. To explain the concept of Refrigerator, cold storage, and Electric fuse.

SEMESTER - 3

Students will be able to --

A. To understand the Animal cell: Structure and function.
B. To get a concept and define the Digestive system Structure involved in the digestive system (mouth, esophagus, stomach, small intestine, large
intestine,
liver, pancreas, gall bladder) and their functions. Digestion and absorption of Carbohydrate, protein, and fat.
C. To explain the Tissue: Definition, structure, and functions of different types of tissue, e.g. epithelial, connective, nervous and muscular tissue, special emphasis on blood and bone.

D. To discuss enzymes and hormones, name their important functions. Metabolism in brief (Glycolysis, Glycogenesis, Gluconeogenesis.

SEMESTER - 4

Students will be able to --

A. To understand and define: Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balance diet, Malnutrition,
Energy (Unit of energy – Joule, Kilocalorie).

B. To get a concept Carbohydrate, Protein, Fat, Vitamins, and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)-
sources,
classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber.

C. To explain the B.M.R: Definition, factors affecting B.M.R., and Total Energy Requirement Calculation of energy of individuals and Basic
five food groups.

D. To get a concept Nutritional significance of cereals, pulses, milk, meat, fish, vegetables, egg, nuts, oils, sugar.

SEMESTER - 5

Students will be able to --

A. To understand the Concept and types of Community and the Concept of community nutrition.

B. To get a concept Nutritional Assessment: Meaning, need, objectives, and importance.

C. To explain the Nutritional Intervention program to combat malnutrition. Concept of food fortification and food enrichment.

D. To get a concept Nutrition Education: Definition, objectives of nutrition education. Methods of imparting nutrition education.

E. To get ideas about food preservation: principles and different methods – drying, freezing, frying, canning, etc.

SEMESTER - 6

Students will be able to --

A. To understand the concept of dietetics, dietitians, and goals of diet therapy.

B. To get a concept of diet therapy, therapeutic adaptations of the normal diet are needed. Routine hospital diets –Regular, soft, full fluid, clear fluid
diet, specially modified therapeutic diets.

C. To explain Obesity and underweight: Causes, risk factors, dietary and general management of overweight and underweight.

D. To get a concept Hypertension, Atherosclerosis and Diabetes mellitus: Definition, Causes, Types, risk factors, Signs, Symptoms and
dietary Management.

E. To get an idea of ageing, senescence, old age or aged people, gerontology, geriatrics, and Geriatric nutrition.

F. To explain Nutritional requirements and general dietary guidelines for the elderly.

CCF System

At the end of the MDC Course B.Sc. Food and Nutrition Students will be able to ----------

Program Specific Outcome:

- To understand the concept of malnutrition, i.e., undernutrition and overnutrition.
- To know a variety of dietary-related diseases and their associated risk factors, e.g. coronary heart disease, obesity, iron deficiency anemia, etc.
- Determine the energetic value of nutrients.
- Determine functions of food.
- Identify the relation of nutrition to health and disease.

Course Outcome

1st Semester CC1

Students will be able to --

1. Carbohydrates- Sources, daily requirements, functions. Effects of too high and too Low carbohydrates on health.
2. Lipids - sources, daily requirements, functions.
3. Dietary Fiber- Classification, Sources, Composition, Properties, & Nutritional Significance

2nd Semester CC2

Students will be able to --

1. To understand and define: Definition of Food, Functions, daily requirements, Effect of excess and deficiency. Water balance.
2. Biochemical and Physiological role, Bio-availability and requirements, sources, of vitamins and minerals

SEC (FOOD SAFETY AND QUALITY CONTROL)

Students will be able to --

1. To understand the Basic concept, prerequisites-GHPs, GMPs. HACCP, ISO series
2. Understand food hygiene, personal hygiene, kitchen hygiene and sanitation.

3rd Semester CC3

Students will be able to --

1. To understand Assessment of Energy Requirements—deficiency and excess, Determination of Energy in food, B.M.R. and its regulation, S.D.A.
2. Use of growth charts and standards, Prevention of growth faltering.

4th Semester CC4

Students will be able to --

1. To understand colostrum, its composition and importance in feeding,
2. Nutritional requirements during lactation, dietary management, food supplements, galactagogues.

IDC (BASIC NUTRITION AND FOOD SCIENCE

Students will be able to --

1. To Principles and objectives of meal planning and balanced diet.
2. Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balanced diet,

7. Departmental Activities

Seminar Report

Programme Name: - Post-COVID awareness of Hygiene, diet, and role of News Media

Department Organized: - Department Of Journalism and Mass Communication & Department of Food and Nutrition

Date: - 14th March, 2023
Time: - 11.30 A.M

Speaker Name: - Tathagata Chakraborty & Rukshana Irani

Number of Students and Teachers Attend: -

	Number of Students and Teachers Attend
Semester I	01
Semester II	01
Semester III	00
Semester IV	21
Semester V	00
Semester VI	26
Teacher	13

Summary of the Seminar: -

The Honourable Speaker Ms. Rukshana Irani Assistant Professor of Raidighi College, Department of Food and Nutrition Speech the Post Covid Awareness of Hygiene, Diet and Role of news Media. Healthy Diet Play an important role in our overall health and immune system. She suggests that the food that we put in our body directly affects the way that we feel and the way our body functions. The diet widely practiced around the globe, influenced by access, habit, and culture. There are some common truths about how to maintain a healthy diet regardless of where we live.

She suggests that: -

- Adequate intake of a variety of food and food from all the food groups.
- Eat plenty of fruits and vegetables
- Take pulse and go nuts
- Limit intake of fat, Sugar, and Salt.
- Practice good food hygiene.
- Be physically active and drink plenty of water.

Conclusion: - Introduction of the vaccine remains fundamental to help end the pandemic. equally important, we need to take care of ourselves, and eating a healthy diet is one great way to do just that.

Picture: -

Wall Magazines:
Department: - Department of Food and Nutrition
Date: - 07.01.2023
Time: - 11.30 A.M

Number of Students Attend: -

Semester	Number of Students Attend
I	05
II	02
III	03
IV	02
V	01
VI	02

Picture: -

Departmental Function

Lesson Plan (CBCS)

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC/GE-1	I	Law of Conservation of Mass, Chemical and Physical Changes, and Chemical Compounds	Suva Sahoo	Yes
CC/GE-1	II	Common Laboratory Processes: Sedimentation, Decantation, Filtration, Solution, Evaporation, Boiling, Desiccation, Distillation, Sublimation, Fusion, Ignition, Crystallization, Efflorescence, Deliquescence.	Suva Sahoo	Yes
CC/GE-1	III	Symbol, Valency, Formula, Equation, Naming of Compounds, Radicals.	Suva Sahoo	Yes
CC/GE-1	IV	General concept of acids, bases and salts, conjugate acids and bases, Classification of salts, Hydrolysis of salts, pH, Buffer solution.	Suva Sahoo	Yes
CC/GE-1	V	Diffusion and Osmosis, Osmotic pressure, Isotonic solution, Definition, and examples.	Suva Sahoo	Yes
CC/GE-1	VI	Colloids: Definition, Types of colloidal systems, Important properties of colloidal systems, Dialysis.	Suva Sahoo	Yes
CC/GE-1	VII	Structure of atom: Discovery of atomic nucleus, Rutherford's atomic model, concept of Stationary orbit, electronic arrangement of elements (Hydrogen to calcium), Atomic number, Isotopes, Chemical bonds Electrovalent, Covalent, and coordinate covalent bonds, Hydrogen bonds.	Suva Sahoo	Yes
CC/GE-1	VIII	Chemistry of carbon compounds: Classification of organic compounds based on structural characteristics and functional groups, isomerism, Concept of optical isomerism. General methods of preparation, properties and reactions of structured and unstructured hydrocarbons, Aliphatic monohydric alcohols, Glycerol, Aldehyde, Ketones and fatty acids up to 3 atoms with no musculature.	Suva Sahoo	Yes
CC/GE-1	IX	Fitting of simple apparatus, experiment involving solution, filtration, distillation, and crystallization. Separation of constituents of mixture. Titration of acids and bases. Determination of total hardness of water by soda reagent. Estimation of glucose. Simple chemical tests for carbohydrate Starch, glucose, cane sugar, lactose, and dextrin. Qualitative tests Protein in milk and egg, Calcium, phosphorus, and iron in foodstuffs.	Suva Sahoo	Yes

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC/GE-2	1	Units–C.G.S. and F.P.S. system	Suva Sahoo	YES
CC/GE-2	2	Measurement of mass and weight, common and spring balance.	Suva Sahoo	YES
CC/GE-2	3	Motion of body–displacement, velocity,	Suva Sahoo	YES
CC/GE-2	4	Gravity–Acceleration due to gravity.	Suva Sahoo	YES
CC/GE-2	5	Hydro statistics–Pressure at a point, Archimedes, Specific gravity, viscosity, and surface tension.	Suva Sahoo	YES
CC/GE-2	6	Thermometry.	Suva Sahoo	YES
CC/GE-2	7	Calorimetry.	Suva Sahoo	YES
CC/GE-2	8	Transmission of heat, Thermoflask.	Suva Sahoo	YES
CC/GE-2	9	Three types of matter, changes of state, a pressure cooker, an ice machine.	Suva Sahoo	YES
CC/GE-2	10	Static electricity–Changing by friction, a conductor, and an insulator.	Suva Sahoo	YES
CC/GE-2	11	Primary cell, storage cell.	Suva Sahoo	YES
CC/GE-2	12	Electroplating.	Suva Sahoo	YES
CC/GE-2	13	Definition of Potential, Current relation between	Suva Sahoo	YES
CC/GE-2	14	Measurementofcurrentbyammeterandpotentialdifferentialbyvoltmeter.	Suva Sahoo	YES
CC/GE-2	15	Electricity and its application in daily life–lamp, Toaster, geysers, iron, microwave.	Suva Sahoo	YES
CC/GE-2	16	Refrigerator, cold storage.	Suva Sahoo	YES
CC/GE-2	17	Electric fuse.	Suva Sahoo	YES
CC/GE-2	18	Elementary Physics (Practical) Use of balance (Weighing a body). Determination of specific gravity of a solid (heavier and insoluble in water). Determination of specific gravity of a liquid by hydrostatic balance. Determination of specific gravity of a liquid by specific gravity bottle. Reading of barometer. Determination of a thermometer. Fitting of electric fuses.	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC/GE-3	I	Animal cell: Structure and function.	Suva Sahoo	YES
CC/GE-3	II	Tissue: Definition, structure, and functions of different types of tissue, e.g. epithelial, connective, nervous and muscular tissue (special emphasis on blood and bone).	Suva Sahoo	YES
CC/GE-3	III	Digestive system: Structure involve in digestive system (mouth, esophagus, stomach, small intestine, large in testing, liver, pancreas, gallbladder) and their functions. Digestion and absorption of Carbohydrate, protein, and fat.	Suva Sahoo	YES
CC/GE-3	IV	Elementary idea of metabolism, enzymes and hormones-name and their important functions. Metabolism in brief (Glycolysis, Glycogenesis, Gluconeogenesis, Cori's cycle, Kreb's cycle, Deamination, Transamination. Role of hormones in carbohydrate	Suva Sahoo	YES
CC/GE-3	V	Elementary Physiology (Practical) Demonstration for the determination of blood pressure of humans being- Systolic and diastolic. Identification of slides (Blood cells, Stomach, Small intestine, large intestine, Liver, pancreas). Determination of Bleeding Time (BT)and Clotting Time (CT). Detection of Blood group.	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC/GE-4	I	Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balance diet, Malnutrition, Energy (Unit of energy–Joule,	Suva Sahoo	YES
CC/GE-4	II	Carbohydrate, Protein, Fat, Vitamins, and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)-sources, classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber.	Suva Sahoo	YES
CC/GE-4	III	B.M. R: Definition, factors affecting B.M.R., and Total Energy Requirement (Calculation of energy of individuals).	Suva Sahoo	YES
CC/GE-4	IV	Basic five food groups: Nutrition significance of cereals, pulses, milk, meat, fish, vegetables, egg, nuts, oils, sugar.	Suva Sahoo	YES
CC/GE-4	V	Principles and objectives of meal planning. Diet for an infant (Breast feeding versus Bottle feeding). Preschool child, schoolchild, Normal male and female of different occupation.	Suva Sahoo	YES
CC/GE-4	VI	Basic Nutrition and Food Science (Practical) Elementary idea of weight and measure. Preparation of cereals, pulses, vegetables, egg, milk, fish, nuts. Demonstration, jelly, squash, pickles. Planning and preparation of diet, often adult male/female. Modification of diet during pregnancy and lactation.	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
DSE-A-5-1	I	Concept and types of Community. Concept of community nutrition.	Suva Sahoo	YES
DSE-A-5-1	II	Nutritional Assessment: Meaning, need, objectives and importance. A brief idea on Methods of nutritional assessment.	Suva Sahoo	YES
DSE-A-5-1	III	Elementary idea of health agencies- FAO, WHO, ICMR, ICDS, ICAR, CSIR, ANP, VHAI, NIN and CFTRI. Role of voluntary health organization in the improvement of Community health.	Suva Sahoo	YES
DSE-A-5-1	IV	Nutritional Intervention programs to combat malnutrition. Concept of food fortification and food enrichment.	Suva Sahoo	YES
DSE-A-5-1	V	Nutrition Education: Definition, objectives of nutrition education. Methods of imparting nutrition education.	Suva Sahoo	YES
DSE-A-5-1	VI	Community Nutrition (Practical) Preparation of homemade ORS. Preparation of weaning foods for infants. Preparation of low-cost and medium-cost school tiffin. Diet survey by 24-hour call method.	Suva Sahoo	YES
SEC-A-5-1	I	Elementary idea on food preservation: principles and different methods–drying, freezing, frying, canning, etc.	Suva Sahoo	YES
SEC-A-5-1	II	Methods of preparation and packaging of jam, jelly, chili sauce, tomato ketchup, squash, pickles, etc.	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
DSE-B-6-1	I	Definition of Dietetics, dietitian, Goals of Diet Therapy.	Suva Sahoo	YES
DSE-B-6-1	II	Basic Concepts of Diet Therapy: Therapeutic adaptation of the normal diet. Routine hospital diets–Regular, soft, full fluid, clear fluid diet. Specially modified therapeutic diets.	Suva Sahoo	YES
DSE-B-6-1	III	Obesity and underweight: Causes, risk factors, dietary, and general management of overweight and underweight.	Suva Sahoo	YES
DSE-B-6-1	IV	Diarrhea, and Jaundice: Causes, symptoms, and dietary management.	Suva Sahoo	YES
DSE-B-6-1	V	Anemia: Definition, causes, classification, and Dietary Management of Nutritional Anemia.	Suva Sahoo	YES
DSE-B-6-1	VI	Hypertension, Atherosclerosis, and Diabetes mellitus: Definition, Causes, Types, Risk Factors, Signs, Symptoms, and Dietary Management.	Suva Sahoo	YES
DSE-B-6-1	VII	Fever: Definition, causes, types, and Dietary Management.	Suva Sahoo	YES
DSE-B-6-1	VIII	CLINICALNUTRITION(PRACTICAL) Planning and preparation of Therapeutic Diets for the following diseases: Diabetes mellitus. Hepatitis.	Suva Sahoo	YES
SEC-B-6-1	I	Definition of aging, senescence, old age, aged people, gerontology, geriatrics, and Geriatric nutrition.	Suva Sahoo	YES
SEC-B-6-1	II	Physiological changes during old age.	Suva Sahoo	YES
SEC-B-6-1	III	Nutritional requirements and general dietary guidelines for the elderly.	Suva Sahoo	YES
SEC-B-6-1	IV	Major nutritional and health problems during old age.	Suva Sahoo	YES

Lesson Plan (CCF)

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC1	I	Basic concepts of food, nutrition, and nutrients. Classification of Food, Classification of Nutrients.	Suva Sahoo	YES
CC1	II	Carbohydrates-Definition, Classification, Structure and properties. Monosaccharides -glucose, fructose, galactose. Disaccharides-Maltose, lactose, sucrose, Polysaccharides-Dextrin, starch, glycogen, resistant starch. Carbohydrates-Sources, daily requirements, functions. Effects of too high and too Low carbohydrates on health. Digestion and absorption of carbohydrate	Suva Sahoo	YES
CC1	III	Lipids-Definition, Classification & Properties. Fatty acids -composition, properties, types. Lipids - sources, daily requirements, functions. Digestion & Absorption of nutrients. Role & nutritional significances of PUFA,	Suva Sahoo	YES
CC1	IV	Proteins -Definition, Classification, Structure & Properties. Amino acids: Classification, types, functions. Proteins - Sources, daily requirements, functions. Effect of too high, too low proteins on health. Digestion & absorption. Assessment of Protein quality (BV, PER, NPU). Factors affecting protein bioavailability, including anti-nutritional factors	Suva Sahoo	YES
CC1	V	Dietary Fiber: Classification, Sources, Composition, Properties, and Nutritional Significance	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC2	I	Minerals & Trace Elements, Bio-Chemical and Physiological Role, bio-availability & requirements, sources, deficiency & excess (Calcium, Sodium, Potassium, Phosphorus, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium)	Suva Sahoo	YES
CC2	II	Vitamins - Biochemical and Physiological role, Bio-availability and requirements, sources, deficiency & excess (Fat soluble and water-soluble vitamins), Provitamin, Antivitamin, Pseudo vitamin and Vitamers.	Suva Sahoo	YES
CC2	III	Water - Functions, daily requirements, Effect of excess and deficiency. Water balance.	Suva Sahoo	YES
Name of the Paper	**Module or Unit**	**Topic**	**Name of the teacher**	**To be completed during the month**
SEC	I	Food Quality: Meaning and definition of food quality, Quality factors in foods, indicators of food quality, importance, and ways of Food Quality Assessment	Suva Sahoo	YES
SEC	II	Introduction to Food Hazards: Definition, types of hazards- physical, chemical (naturally occurring, environmental, and intentionally added), and biological, factors affecting (food-borne pathogens, bacteria, viruses, and eukaryotes; seafood and shellfish poisoning, and mycotoxins)	Suva Sahoo	YES
SEC	III	Hygiene and Sanitation: Principles of food hygiene, personal hygiene, kitchen hygiene and sanitation. water quality assessment, insect and pest control, waste treatment and disposal, food vending and packaging standards, employees' health	Suva Sahoo	YES
SEC	IV	Food Safety Management Tools: Basic concept, prerequisites-GHPs, GMPs. HACCP, ISO series. National Food Standards (BIS, AGMARK) and Food Laws (PFA and FSSAI).	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC3	I	Concept and definition of terms- Nutrition, Malnutrition, and Health: Scope of	Suva Sahoo	YES
CC3	II	Minimum Nutritional Requirement and RDA: formulation of RDA and Dietary Guidelines Reference Man and Reference Woman, Adult consumption unit.	Suva Sahoo	YES
CC3	III	Energy in Human Nutrition: Idea of Energy and its unit, Energy Balance, Assessment of Energy Requirements—deficiency and excess, Determination of Energy in food, B.M.R. and its regulation, S.D.A.	Suva Sahoo	YES
CC3	IV	Growth & Development from infancy to adulthood: Somatic, physical, brain and mental development, puberty, menarche, pre-pubertal and pubertal changes, Factors affecting growth and development. Importance of Nutrition for ensuring adequate development.	Suva Sahoo	YES
CC3	V	Growth monitoring and promotion: Use of growth charts and standards, Prevention of growth faltering	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
CC4	I	Nutrition During Pregnancy: Factors (non-nutritional) affecting pregnancy outcome, importance of adequate weight gain during pregnancy, antenatal care and its schedule, Nutritional requirements during pregnancy and modification of existing diet and supplementation, Deficiency of nutrients, especially energy, iron, folic acid, protein, calcium, iodine. Common problems of pregnancy and their management, especially nausea, vomiting, pica, food aversions, pregnancy-induced hypertension, obesity, and diabetes. Adolescent pregnancy.	Suva Sahoo	YES
CC4	II	Nutrition during Lactation: Nutritional requirements during lactation include dietary management, food supplements, galactagogues, and preparation for lactation. Care and preparation of nipples during breast feeding.	Suva Sahoo	YES
CC4	III	Nutrition during Infancy: Infant physiology relevant to feeding and care, Breast feeding colostrum, its composition and importance in feeding, Initiations of breast feeding. Advantages of exclusive breast feeding. Basic principles of breast feeding. Introduction of supplementary foods, initiation and management of weaning, Baby-led weaning. Bottle feeding-circumstances under which bottle feeding is to be given. Care & sterilization of bottles. Preparation of formula. Mixed feeding, breast feeding and artificial feeding.	Suva Sahoo	YES
CC4	IV	Management of preterm and low birth weight babies.	Suva Sahoo	YES
CC4	V	Nutritional needs of toddlers, preschool, school going children-and adolescents-Dietary management	Suva Sahoo	YES

Name of the Paper	Module or Unit	Topic	Name of the teacher	To be completed during the month
IDC	I	Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balanced diet, Malnutrition, Energy (Units of energy – Joule, Kilocalorie).	Suva Sahoo	YES
IDC	II	Carbohydrate, Protein, Fat, Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine) - sources, classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber	Suva Sahoo	YES
IDC	III	B.M.R: Definition, factors affecting B.M.R. and Total Energy Requirement (Calculation of energy of individuals).	Suva Sahoo	YES
IDC	IV	Basic five food groups: Nutritional significance of cereals, pulses, milk, meat, fish, vegetables, egg, nuts, oils, sugar.	Suva Sahoo	YES
IDC	V	Principles and objectives of meal planning and balanced diet.	Suva Sahoo	YES
IDC	VI	Diet for a pregnant woman and Lactating mother	Suva Sahoo	YES
IDC	VII	Diet for an infant, preschool child, school child, Normal male and female of different occupation.	Suva Sahoo	YES

8. SWOC Analysis

Strengths

- Modern subject with practical application.
- A young and enthusiastic faculty member.

Weaknesses

- No permanent faculty.
- Student from a poor background.

Opportunities

- Honours course may be introduced.
- Laboratory may be modernized.

Challenges

- Lack of advanced laboratory equipment.

Future Plans: -

We hope shortly, we can introduce a Food and Nutrition Honours course affiliated with the University of Calcutta. To increase students' interest in Nutrition, we plan to organize more seminars, student-teacher interactive sessions, etc.