

The M.L.Gandhi Higher Education
Society, Modasa



Shri S.K.Shah & Shrikrishna O.M. Arts College,
Modasa-383315

Add on Course on
Expertise Training Course in
Nutritional food for Physical
Health of Women

Prepared by
(Home Department)
science

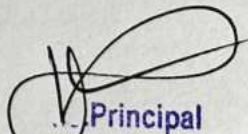
Year 2021-22

DEPARTMENT OF HOME SCIENCE
ADD-ON COURSE REPORT
**“NUTRITIONAL FOOD FOR PHYSICAL HEALTH OF
WOMEN”**

Diet and nutrition is a place of human life. Diet, nutrition and health are associated with each other. Good nutrition is essential for good health. Good nutrition is the key to living a healthy lifestyle. The need for nutrition is changed on the basis of the birth of a person, from the birth of the person and the changing conditions of the body, the type of physical labor, the race (male or the woman), etc., especially in different states of women. Ignorance, misconceptions, etc. are found in the society, which causes malnutrition problems. Therefore, it was decided to take an add on course on this topic with the intention of raising awareness about nutrition among the students from Oposan.

During 02/08/2021 to 19/08/2021, 15 students were registered in this course. This certificate add –on-course provided information about the need for nutrients and fitness, importance of nutrition, cause of malnutrition and removal remedies, as well as the need for nutrients for the teen, during pregnancy, during breastfeeding and the need for nutrients for normal women. Problems related to the nutrition of women were given an understanding of a balanced diet for women, as well as made information about protein, iron, vitamin and saline dishes as well as low calorie dishes.




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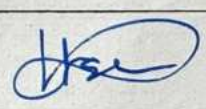
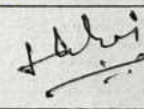

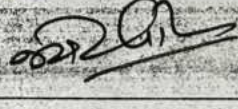
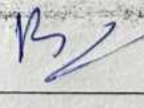

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Shri S.K.Shah & SHriKrishna O.M.Arts College,
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MINUTES

A Meeting of the Committee consisting by the following members was held on Dt. 27-07-21 At 03.00pm to prepare the syllabus of add on courses by Home science Department to be started in the College. The following members were present in this meeting.

The attached syllabus of 30 hrs add on course on Experties Training Course In Nutrition is approved by this committee after intensive Discussion. Food for psysicall Health of women

| Sr.No | Name of Members | Designation | Signature |
|-------|--------------------|--------------------------------|---|
| 1 | Dr D.H.Joshi | Principal |  |
| 2 | Dr J.J.Desai | Vice Principal |  |
| 3 | Dr P.R.Sinh | IQAC Co-Ordinator |  |
| 4 | Shri J.B.Patel | Administrators Co-Ordinator |  |
| 5 | Prof. P.B. Gaurisk | Hod |  |
| 6 | Prof. K.H. Patel | Assistant Professor |  |



DEPARTMENT OF HOME SCIENCE

Add on course

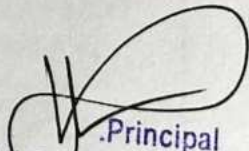
On

NUTRITIONAL FOOD FOR PHYSICAL HEALTH OF WOMEN

syllabus (30hours)

| | | |
|---------|--|---------|
| Unit 1 | 1 introduction to nutrition 2 the relationship between nutrition and health 3 importance of nutrition for women | 6 hours |
| Unit -2 | 1 causes of malnutrition in women 2 suggestion for prevention of malnutrition 3 essential nutrient for normal women health | 6 hours |
| Unit-3 | 1 essential nutrient for adolescent girl 2 nutritional requirement during pregnancy 3 nutritional requirement during lactation | 6 hours |
| Unit -4 | 1 planning balance diet for women 2 nutrition related health issues of women's 3 information about protein rich diet | 6 hours |
| Unit -5 | 1 information about iron supplement 2 information about vitamins and minerals 3 information about low calorie food | 6 hours |




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Add-on Course

Expertise Training Course in

Day 1 – Session 1

Nutritional food for Physical Health of women

| Time | Expert | Subject |
|------------------|-----------------|------------------------------|
| 9:00 to 11:00 | Dr. P. R. Singh | Introduction to Nutrition |

Day 2 – Session 2

| Time | Expert | Subject |
|------------------|-------------------|---|
| 9:00 to 11:00 | Prof- R. H. Patel | The Relationship between Nutrition and Health |


Day 3 – Session 3

| Time | Expert | Subject |
|------------------|---------------------|---|
| 9:00 to 11:00 | Prof- P. B. Gurusig | Importance of Nutrition for Women |

Day 4 – Session 4

| Time | Expert | Subject |
|------------------|-----------------|---------------------------------------|
| 9:00 to 11:00 | Dr. P. R. Singh | causes of malnutrition in Women |




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Day 5 – Session 5

| Time | Expert | Subject |
|------------------|------------------|--|
| 9:00 to 11:00 | Prof- K.H. Patel | suggestions for prevention of malnutrition |

Day 6 – Session 6

| Time | Expert | Subject |
|------------------|---------------------|--|
| 9:00 to 11:00 | Prof- P. B. Curasiy | Essential Nutrients for Normal Women's Health |


Day 7 – Session 7

| Time | Expert | Subject |
|------------------|------------------|---|
| 9:00 to 11:00 | Prof- K.H. Patel | Essential Nutrients for Adolescent girls |

Day 8 – Session 8

| Time | Expert | Subject |
|------------------|---------------------|---|
| 9:00 to 11:00 | Prof- P. B. Curasiy | Nutritional Requirement during pregnancy |




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Day 9 – Session 9

| Time | Expert | Subject |
|------------------|------------------|--|
| 9:00 to 11:00 | Prof. K.H. Patel | Nutritional Requirement during Lactation |

Day 10 – Session 10

| Time | Expert | Subject |
|------------------|-----------------|--|
| 9:00 to 11:00 | Dr. P. R. Singh | Planning a balanced diet for women |

Day 11 – Session 11

| Time | Expert | Subject |
|------------------|---------------------|---|
| 9:00 to 11:00 | Prof. P. B. Gurusig | Nutrition Related Health issues of Women |

Day 12 – Session 12

| Time | Expert | Subject |
|------------------|-------------------|---|
| 9:00 to 11:00 | Prof. K. H. Patel | Information about protein rich diet |



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Day 13 – Session 13

| Time | Expert | Subject |
|------------------|-----------------|--|
| 9:00 to 11:00 | Dr. P. R. Singh | Information about iron supplements |

Day 14 – Session 14

| Time | Expert | Subject |
|------------------|---------------------|--|
| 9:00 to 11:00 | Prof. P. B. Verasig | Information about foods rich in vitamins and minerals |

Day 15 – Session 15

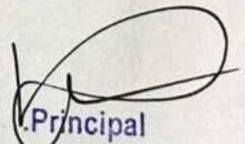
| Time | Expert | Subject |
|------------------|------------------|--|
| 9:00 to 11:00 | Dr. P. R. Singh. | Information about low calorie food |



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Nutritional Food for Physical Health of Women




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Short term Course, Nutritional Department Home Science

List of Students Food for Physical Health

| No. | Name Of Students | Roll No. | M/ F | Class | Session-1 | Session-2 | Session-3 | Session-4 | Session-5 | Session-6 | Session-7 | Session-8 | Session-9 | Session-10 | Session-11 | Session-12 | Session-13 | Session-14 | Session-15 |
|-----|----------------------|----------|---------|-------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|------------|
| 1 | Pugni Nikita P. | 4822 | F | F.Y. | P | P | P | P | P | P | P | A | A | P | P | P | P | P | P |
| 2 | Parmar Megha K. | 4824 | F | F.Y. | P | P | P | P | P | P | A | A | P | P | P | P | P | P | A |
| 3 | Barniyg Manisha P. | 4826 | F | F.Y. | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 4 | Barniyg Sharmista J. | 4827 | F | F.Y. | P | P | P | P | P | P | P | A | P | P | P | A | P | P | P |
| 5 | Cherudhary Bidhi R. | 4830 | F | F.Y. | P | P | P | A | A | P | P | P | P | P | P | P | P | P | P |
| 6 | Kataray Himu P. | 4832 | F | F.Y. | P | P | A | P | P | P | A | P | P | P | A | A | P | P | P |
| 7 | Khamt chetana bork. | 4841 | F | F.Y. | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 8 | Patel monika S | 4848 | F | F.Y. | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P |
| 9 | chaydhari Hemamshi B | 4852 | F | F.Y. | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 10 | Malsar Hemsa G | 4861 | F | F.Y. | P | P | P | A | A | P | P | P | P | P | P | P | P | P | P |
| 11 | Pagi Anishha L | 4863 | F | F.Y. | P | P | P | P | P | P | P | P | P | P | A | A | P | P | P |
| 12 | Parmar Jinal | 4864 | F | F.Y. | A | P | P | P | P | A | P | P | P | P | A | A | P | P | A |
| 13 | Pratipati Megha G | 4867 | F | F.Y. | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 14 | Prhux Amika A | 4816 | F | F.Y. | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 15 | maoivad shital K. | 4818 | F | F.Y. | P | A | A | P | P | A | P | P | A | P | P | P | P | P | P |
| 16 | | | | | | | | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | | | | | | |



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Add on Course

Organized by

Department of Home Science

Shri S.K. Shah & Shri Krishna O.M. Arts College,
Modasa

CERTIFICATE OF APPRECIATION

This is to certify that _____
has actively participated in the "Nutritional Food for
Physical Health of Women" organized by the
Department of Home Science at college campus,
Modasa, held from August 02, 2021 to August 19, 2021.

Head
Department of Home Science

Course Coordinator

Principal
Dr. Dipak H Joshi