



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Brochure content for Certificate Course

Title of the Course	Food and nutrition
Date of Registration (From- to)	
Date of Commencement	
Venue	ONLINE PLATFORM
Duration	30 hours
Who can Enroll?	Any undergraduate
Registration Fee	NO FEES
Course Facilitators	Mr.Maruthi C V Mrs.Pandikani
Module 1	Basics of Food Science: Basic definition, function, classification and dietary sources of foods, nutrition and dietetics. Concept of malnutrition, health, immunity by food and functions of food. Classification of macronutrients and micronutrients. Is water a nutrient?
Module 2	Effect of nutraceuticals on health : Definition, classification and role of nutraceuticals. Effect of nutraceuticals on health and prevention of diseases. Beneficiary microbes and there metabolism for improving health. Textured and nano foods. Principles of convenience foods.
Module 3	Nutrition during extremes and novel foods: Nutritional principals of adaptation during special circumstances of weather, professions and diseases. Nutrition for industrial worker:

	Nutrition for high physical work. Nutrition in space: Nutrition for high physical work. Nutrition for extreme weather conditions. Sports nutrition. Introduction to novel foods, functional foods and organic foods. Beneficial and harmful effects of genetically modified food
Objectives (in two sentences)	To introduce the students to the fundamentals of Nutrition, food and health and to familiarize them with importance of nutrition during various stages of life.
Outcome (in two sentences)	Being familiar with nutrients, their function in an organism, bioavailability, requirements and recommended quantities, as well as the bases of energetic and nutritional balance. Examining and evaluating the relationship between food and nutrition in health and/or illness.
Name and Contact details of HoD and Coordinators	Dr.Nebula murukesh Ph:8197869982 Prof.Rashmi Ph:9743136333

Points to Note:

- **The main topic of each module should be mentioned. The sub topics may be decided later.**
- **Each module should have 7 recorded videos, one quiz and two assignments. $7+2+1=10$**
- **Each recorded video should be a minimum of 30 minutes.**



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Letter of Appointment

The Curriculum Enrichment Committee is pleased to appoint the following faculty as the course facilitators of the Certificate/Add-On course **Food and Nutrition** from the Department of **Science – UG**. They will be responsible for designing and developing the curriculum for the Certificate/Add On course, conducting the courses, and evaluating the course for the odd semester 2021-2022.

S.No	Name	Designation
1	Prof. Maruthi C V	Assistant Professor
2	Dr. Pandikani M	Assistant Professor


COORDINATOR
Curriculum Enrichment Cell
St. Francis de Sales College
Bengaluru - 560100
Date: 01.12.2022
Place: Bangalore


PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore

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Certificate/Add-On Course Report

Title of the Course: Food and nutrition

Date of Commencement: 9-12-2021

Date of Completion: 11-03-2021

Number of hours: 30 hrs

Course Facilitator/s: Prof. Maruthi C V

Dr. Pandikani M

Course Objective: (in around 100 words) The objective of the course was to introduce the students to the fundamentals of **Nutrition, food** and health To familiarize them with importance of nutrition during various stages of life.

This course aims at enriching the minds of the students who have interest in learning finer points of nutrition. Nutrition generates lot of concerns, issues and is very close to individual heart. This course aims to develop a holistic and multidimensional understanding of the various topics. Syllabus covers basic aspects of nutrients, food science, nutrition concerns in various stages of life cycle, food safety, food security as well as open a vast understanding of the current spectrum of malnutrition, this course equips the students for skill development, academic understanding, entrepreneurship, community role and employment in various fields of food industry, health clinics, NGOs, etc.

Course Structure:

Syllabus of Food and nutrition certificate course

Module 1: Basics of Food Science and childhood nutrition Basic definition, function, classification and dietary sources of foods, nutrition and dietetics. Concept of malnutrition, health, immunity by food and functions of food. Classification of macronutrients and micronutrients. Is water a nutrient? Effect of nutraceuticals on health: Definition, classification and role of nutraceuticals. Introduction to chemistry of prebiotics and probiotics as functional foods. Effect of nutraceuticals on health and prevention of diseases. Beneficial and harmful effects of genetically modified food. Beneficiary microbes and their metabolism for improving health. Nutrition during childhood • Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns and healthy food choices • Infants • Preschool children • School children • Adolescents

Module 2: Nutrition during extremes, novel foods and nutritional problems Nutritional principals of adaptation during special circumstances of weather, professions and diseases. Nutrition for industrial worker: Nutrition for high physical work. Nutrition in space: Nutrition for high physical work. Nutrition for extreme weather conditions. Sports nutrition. Introduction to novel foods, functional foods and organic foods. Nutritional problems, their

implications and related nutrition programmes • Etiology, prevalence, clinical features and preventive strategies of- - Undernutrition – - Protein energy malnutrition, nutritional anaemias, vitamin A deficiency, iodine deficiency disorders - Overnutrition – obesity, coronary heart disease, diabetes • National Nutrition Policy and Programmes - Integrated Child Development Services (ICDS) Scheme, Mid-day Meal Programme (MDMP), National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders

Report of the Course: (in around 250 words)

A healthy human body needs seven different types of nutrients to thrive: protein, carbohydrates, fats, vitamins, minerals, fibre, and water. Good foods and liquids contain all important nutrients as well as protein, carbohydrates, fat, vitamins, minerals, and water. We also have nutrients such as vitamins and supplements, but when we talk about nutrition, we mean the nutrients we get from food. Nutrients are the substances in food that our body needs to function and grow. The food also provides micronutrients, vitamins, minerals. If your diet does not match you, you won't get the food you need, your body will not tolerate it or there are supplements available to supplement your diet and your nutritional needs. Consuming a variety of healthy foods provides the body with various vitamins. Vitamins and minerals are nutritional components that support general health and play an important role in cell metabolism and neurological function. By eating foods rich in vitamins and minerals, we contribute to keeping a healthy immune system healthy. Millions of people are suffering from different forms of malnutrition. In fact, 1.9 billion adults are overweight or obese while 462 million are underweight. Among children, 52 million under-fives are suffering from wasting, where they have a low weight for height.

Around one in ten children are born with low birth weight, and in South Asia, it is one in four, and approximately 45% of deaths among children under five are linked to undernutrition. These deaths often occur in low- and middle-income countries where childhood obesity levels are rising at the same time.

In such times, a certificate course on food and nutrition is very relevant and would be very useful for students. So, in this context a certificate course was conducted on food on nutrition by the Department of Science. 34 students registered for the course and 14 students completed it. The duration of the course was for 30 hours. The course was divided into two modules. Each module had 12 videos, 2 assignments and 1 test. Only those students who cleared module one were allowed to join for module 2. Evaluation was done based on students' performance in the test, attendance and assignments.

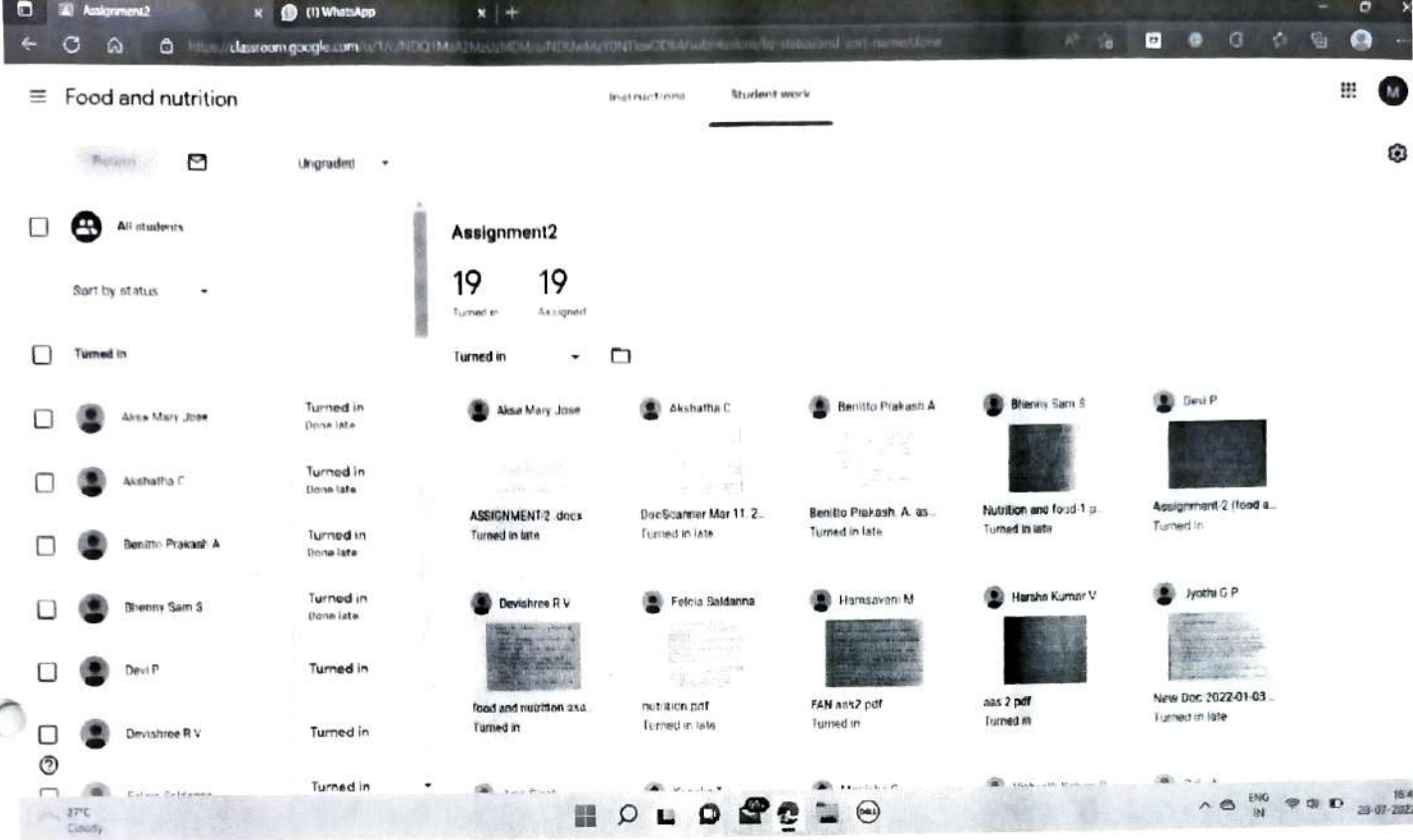
The outcome of the Course: (Minimum three points)


1. Students were able to interpret and apply nutrition concepts to evaluate and improve the nutritional health of individuals and also those with some medical conditions.
2. Students were able to integrate knowledge and skills in food and nutrition with professional issues affecting the nutrition and/or dietetics fields.
3. Students were able to apply biological, biochemical and physiologic scientific principles to nutrition practice

No of the Students who registered for the Course (along with the Name List): 34

No of the Students who completed the Course (along with the Name List):30

Harsha kumar. V
Nishanth Kalyan B
Benitto Prakash.A
Ancy
Arun V
S. Praveena agree thanuja
Arun V
Mani kanta
Devishree R V
Hamsaveni M
Rentala.V.M.Sreeja
Malles N
Tejaswini.M.R
Joel Jose
Shanthi priya .v
Bhenny Sam
Raju.A
Girish.G
Jyoti Singh
Jackwin J
Devi.P
Jyothi G P
Chayashree k
Monisha S




11/01/23
COORDINATOR
Curriculum Enrichment Cell
St. Francis de Sales College
Bengaluru - 560100


COORDINATOR
Curriculum Development Cell
St. Francis de Sales College
Bengaluru - 560100


PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100

FOOD AND NUTRITION

FULL NAME OF THE STUDENT	E-MAIL ID	CLASS (only for 2nd and 3rd year students)	COLLEGE ROLL NO.	UNIVERSITY REGISTRATION NO.
Girish.G	dollgirish046@gmail.com	BA - 3rd Sem - HEP	19HEP007K	19NCA80015
Jyoti Singh	jyoti_1484@sfscollege.in	BSc - 5th Sem - PCM	19PCM015E	19NCS85088
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Ancy	ancy_3545@sfscollege.in	BSc - 3rd Sem - PCM	20PCM002H	20NCS85052
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Aksa Mary Jose	aksa_001@sfscollege.in	MSc - PSYCHOLOGY	20SM8001M	20NCSM8002
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Chayashree k	chayashree-1478@sfscollege.in	BSc - 3rd Sem - PCM	19pcm036k	19NCS85082

Monisha S	monisha_1490@sfscollege.in	BSc - 5th Sem - PCM	19PCM019K	19NCS85094
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santoshi. Tibiriseti	tibiriseti_004@gmail.com	MSc - PSYCHOLOGY	20SM8004M	20NCSM8011
DEVI SHREE R V	devishree_3531@sfscollege.in	BSc - 3rd Sem - MEC	20MEC002K	20NCS85038
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MANI KANTA	mantikanta_3535@sfscollege.in	BSc - 3rd Sem - MEC	20MEC006K	20NCS85045
FELICIA SALDANHA	felcia_006@gmail.com	MSc - PSYCHOLOGY	20NCSM8006C	20NCSM8005
Jeevan V	vjeevan010@gmail.com	MSc - PSYCHOLOGY	20sm8008c	20ncsm8007
Tejaswini.M.R	tejaswini_3120@sfscollege.in	B COM - 3rd Sem - B	20C130K	20NCC41308
Tejaswini.M.R	tejaswini_3120@sfscollege.in	B COM - 3rd Sem - B	20C130K	20NCC41308



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CERTIFICATE COURSE BROCHURE

DEPARTMENT OF HUMANITIES (BA)

FREE
REGISTRATION FOR
2021-22 COURSES

Title of the Course: STRUCTURING RESEARCH PAPER

Duration : 30 Classes

Venue : Online Platform

Fees : No Registration Fees

Eligibility : UG and PG Students of any streams

Course Facilitators : PROF. LAKSHMI BALAKRISHNAN

PROF. KUSUMA R

PROF. PRASHANTH

PROF. DILIYA JOSEPH

PROF. MITHUN MATHEW

REGISTRATION
DATES
4th DEC to 6th DEC, 2021

Date of Commencement of Course: 08th December, 2021

Objectives:

- ✓ To Understand some basic concepts of research and its methodologies.
- ✓ To Identify research topics.
- ✓ To Select and define the research problem and parameters.
- ✓ To Guiding, structuring research paper and dissertation.

Outcome:

1. To get a better understanding of how to structure the research paper. A better glance of how research is important for students career prospective.
2. A detailed view of how one can structure a research paper to get publish in UGC CARE list journals.

Registration Link:

<https://docs.google.com/forms/d/12LmYSos6FmzFV e1vcs3S0YHhj1qfR08n026VjCBj4N8/edit>