

Brief Report

Topic: Add on Course on “Career in Food, Nutrition and Dietetics”

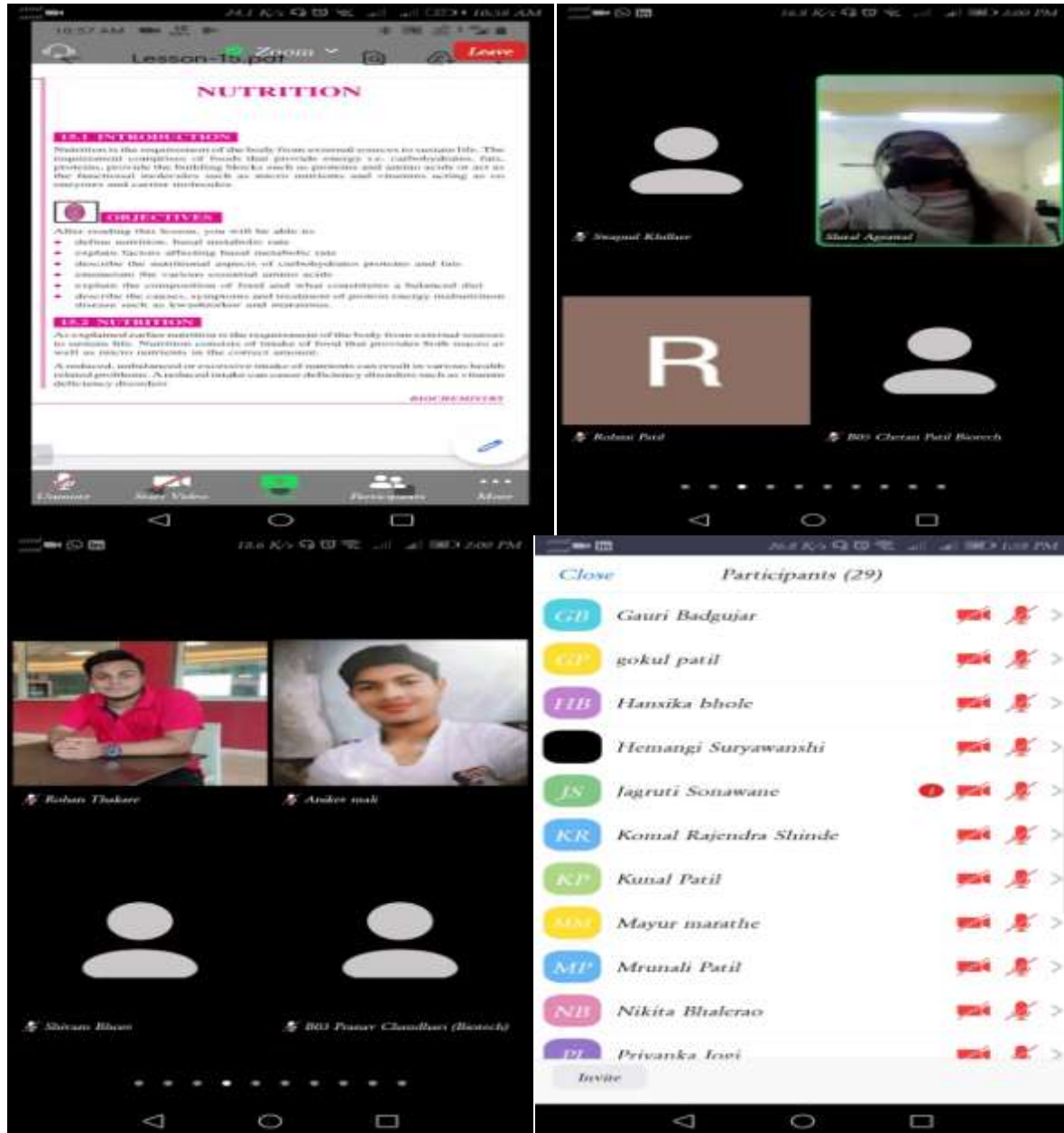
Aim: To enhance the technical and non technical Skill of Student.

Date: 26 October to 30 October 2021

No. of Participants: 49

Venue: Biotechnology Department

Platform: Online



Add on Course Syllabus on Career in Food, Nutrition and Dietetics

Content:

Section A

1. Introduction to nutrients, food
 - 1.1 what is nutrition
 - 1.2 what is food classification of food
 - 1.3 various nutrients
2. Introduction to Dietetics
 - 2.1 what is diet
 - 2.2 balanced diet
3. Biochemistry of Nutrition
 - 3.1 Basal Metabolic Rate
 - 3.2 Nutritional aspects of Nutrients
4. Food safety and Quality Control
 - 4.1 Current concepts of quality control
 - 4.2 Product Evaluation
 - 4.3 Specifications of food standards, International, National-Mandatory
5. Diet Counselling and planning
 - 5.1 Energy in Nutrition
 - 5.2 Growth and development from infancy to adulthood
 - 5.3 Dietician and Diet Survey
6. Sports Nutrition
 - 6.1 physical activity, exercise
 - 6.2 nutritional requirements of sport persons
7. Food and Ayurveda
 - 7.1 Dosha of human body
 - 7.2 Effect of Dosha on diet and health
 - 7.3 Ayurvedic Diet according to dosha
8. Deficiency diseases and disorders
 - 8.1 Deficiency due to deficiency of vitamins
 - 8.2 Deficiency due to deficiency of proteins
 - 8.3 Deficiency due to deficiency of other dietary nutrients

Section B

1. Self Introduction
2. Personality Development
3. Bio data CV Writing
4. Mock Interview

Course Conducted By:

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