B.Sc. (CLINICAL NUTRITION)

(Student drops Botany, instead study Clinical Nutrition)

Year	Course Code	Subject Name	Theory / Practical	Total Credit	Marks			
					UE	IA	Total	
					Max	Max	Max	Min
First	CN-1T	Anatomy and Physiology	Theory	4	60	15	75	25
	CN-2T	Physiology and Basic Nutrition	Theory	4	60	15	75	25
	CN -1P	Anatomy and Physiology	Practical	2	50	NA	50	17
Second	CN-3T	Biochemistry and Microbiology	Theory	4	60	15	75	25
	CN-4T	Basic Dietetics and Community Nutrition	Theory	4	60	15	75	25
	CN -2P	Biochemistry and Microbiology	Practical	2	50	NA	50	17
Third	CN-5T	Nutrition for Health and Fitness	Theory	4	60	15	75	25
	CN-6T	Advanced Dietetics	Theory	4	60	15	75	25
	CN -3P	Advanced Dietetics	Practical	2	50	NA	50	17

Note- There shall be four extra credits in each year for internship/ Apprenticeship .The certificate of extra credits for this would be provided by the concern university and it is not mandatory.

The foundation courses will be as per common syllabus of any B.Sc. program me.

Abbreviations Used- **UE: University Examination** **IA: Internal Assessment**



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Part A: Introduction				
Program: **Certificate Course**		Class: **B.Sc. Clinical Nutrition I Year**	Year: **2022**	Session: **2022-2023**
1	Course Code	CN-1T		
2	Course Title	Anatomy and Physiology		
3	Course Type	Theory		
4	Pre-requisite (if any)	NO		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: • To understand Basics Knowledge of Human body structure. • To understand Basic knowledge of Human body functioning. • To understand Basic knowledge of Homeostasis. • To understand Basic knowledge of Genetical regulation. • To understand Basic knowledge of Nutrients.		
6	Credit Value	**Theory: 4**		
7	Total Marks	**Max. Marks: 60+15**	**Min Passing Marks : 25**	

Part B: Content of the Course		
Total Periods: 60		
Unit	**Topics**	**No. of Periods**
I	**Human Cell**: structure, organelles and inclusions. Tissues: Epithelial, connective, Bone: structure and classification. Lymphatic System: Formation and composition of Lymph, Lymph glands and their Functions Lymph Node spleen structure and function, Circulation of Lymph, rate of Flow of lymph.	12
II	**Blood and blood circulation**: Blood composition: Plasma Proteins, RBA, WBC Platelets: chemistry and count , functions of blood, Blood clotting mechanism Intrinsic & Extrinsic clotting , Hemophilia, Heparin , factors affecting clotting, blood groups and Rh Factor. Blood vessel: artery, Vein, sinusoids, capillary: Fenestrated & Muscular . Blood pressure: pulse, systolic, diastolic, Measurement of blood pressure.	12
III	**Respiratory system:** Organs of respiration: Nose, Principal Bronchi, Bronchioles, lungs and Alveoli, Pulmonary Volumes .Mechanism of respiration. Inspiration and Expiration, Pressure changes, Muscles involved: Diaphragm, Costal Muscles, Chemical respiration, Tissue respiration: Carriage of Oxygen and carbon dioxide , Anoxia, Asphyxia. Nervous regulation of respiration: Control of rate and depth of respiration forrhythmic respiration.	12

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IV	**Digestive Systems:** Organs, structure, function: Teeth, tongue, salivary glands saliva composition and function esophagus, stomach small intestine: large intestine, Digestive secretions: Stomach Juice, Intestinal juice , pancreatic juice. Digestive Glands: Liver pancreas and gallbladder.	12
V	**Muscular system:** General account of the system: Types of muscles striated, non- striated, Skeletal, Visceral and cardiac: The band structure, The scarco-tubular structure, structure of myofibrils: Actin and myosin, Muscular contraction theory Intercalated Disc, Functions of muscular tissue.	12

Keywords: Human cell, Tissues, Blood, Respiratory system, Digestive system, Muscular system, Process Of contraction, Respiratory system, Nervous Regulation of Respiration.

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Concise Textbook of Physiology – Indu Khurana,Arushi Khurana , 3rd Edition, ELSEVIER .
2. Human Physiology- C.C. Chatterjee,12th Edition, CBS Publisher.
3. Principles of Physiology- Debasis Pramanik, 6th Edition J. P, Brothers Medical Publishers.
4. Human Physiology In Nutshell - Dr. A. K. Jain, 5th Edition ,Arya Publications .
5. Human Anatomy and Physiology-Dr S H Rashid, 2nd Edition, SIA Publishers.
6. Text book of Human Physiology- H D Singh,3rd Edition ,S Chand & Co. Ltd.
7. Textbook of medical physiology - Guyton A.C.-Hall. J.E,9TH edition, Prism Books Pvt Ltd.
8. Wilson, Anatomy and physiology and health and illness, Edinburgh Churchill Livingstone Publication.
9. Applied Physiology-Samsun and Write, 13th Edition, OUP India Publisher.
10. Guyton A.C.-Hall. J.E. 1996- Textbook of medical physiology 9 th edition prism books private limited .
11. Anatomy , physiology and health and illness -Wilson,7th Edition , Edinburgh Churchill Livingstone Publication.
12. Textbook of medical physiology - Chatterjee C.C. 9th E4dition,CBS Publication.
13. Essentials of Medical Physiology- Sembulingam, 8th Edition, J P Brothers Medical Publishers.

E- Learning Resources:

1. Anatomy

https://youtube.com/playlist?list=PLJoALJA_KMOBdYvn33_Jcblu5tNtCO_JD

2. physiology

https://youtube.com/playlist?list=PLJoALJA_KMOAFecsQxKpf03wbSkNoIUmh

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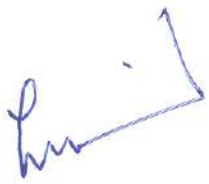
Part D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods-: Maximum Marks: 75 Continuous Comprehensive Evaluation(CCE): 15 University Exam (UE): 60		
Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Total Marks: 15 (Mean of Two Tests + Assignment Divided by 2)



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आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये–

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – अध्यक्ष,

डॉ. बबीता दुबे – प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई–3, दुर्ग – सदस्य 31/5/22

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर – सदस्य

डॉ. संध्या मदन मोहन,प्राचार्य,भिलाई महिला महाविद्यालय, भिलाई, – सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर – सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग – सदस्य 31.5.22

डॉ. निशा श्रीवास्तव, होलीक्रास महिला महावि. अबिंकापुर – सदस्य

डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर – सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग. – सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको.महावि, बालोद – सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर – सदस्य

डॉ वर्षा डोंडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे.

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Part A: Introduction				
Program: **Certificate Course**		Class: **B.Sc. Clinical Nutrition I Year**	Year: **2022**	Session:**2022-2023**
1	Course Code	CN-2T		
2	Course Title	Physiology and Basic Nutrition		
3	Course Type	Theory		
4	Pre-requisite(if any)	NO		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: • To understand Basics Knowledge of Various body system. • To understand Basic knowledge of functioning of body system. • To understand Basic knowledge of Importance of Nutrients for health. • To understand Basic knowledge of chemistry of nutrients. • To understand Basic knowledge of Deficiency diseases caused by absence of nutrients.		
6	Credit Value	**Theory: 4**		
7	Total Marks	**Max. Marks: 60+15**	**Min Passing Marks : 25**	

Part B: Content of the Course Total Periods: 60		
Unit	**Topics**	**No. of Periods**
I	**Excretory system:** Organs structure and functions-Kidney, urethra nephron: Bowman's capsule, Urinary tubule: Filtration, selective absorption and secretion by nephrons, effective filtration pressure, Filtration pores, Urinary bladder, Formation of Urine, deposition and emptying of urinary bladder ,Composition of normal urine Abnormal Constituents of Urine . **Skin structure and function:** Dermis and Epidermis. Structure of sweat and sebaceous gland.Functions of skin and other sense organs: **Eye**: structure and functions Physiology of vision Defects in vision - myopia and hypermetropia. **Ear structure and functions:** External, middle and internal ear, Role of semi circular canals for body balancing. Mechanism of hearing.	12
II	**Digestion and absorption:** of Carbohydrates, Protein and Lipids. Principles of absorption. **Role of Different digestive juices Digestion:** in mouth, stomach, small intestine, Large intestine. **Nervous system**: Structure of a nerve cell, axon and dendrite, nerve fiber: myelinated and non myelinated. **Central nervous system**: Brain and spinal cord: Functions of different parts of the brain: Cerebrum, Cerebellum, Pons , Medulla Oblongata , Thalamus, Hypo-thalamus.	12

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	Thalamus, Hypo-thalamus. **Nerve Impulse**: synapse, synaptic transmission, neuro-transmitters, Reflex action, properties of reflex action.	
III	**Reproductive system**: Female reproductive organs structure and functions ovary fallopian tubes, uterus, vagina. **Male Reproductive Organs**: Structure and functions, Testis Vasdeferens, Urethra, Penis, prostate gland. **Menstruation, puberty**: Menopause Fertilization of ovum placenta its function, parturition.	12
IV	**Carbohydrates:** Composition, Classification: Monosaccharide, Disaccharides, Polysaccharides, Food Sources, Functions, Storage in Body Fats & Oils: Composition, Saturated and Unsaturated Fatty Acids ,Classification, simple and Complex fats, Essential Fatty Acids, Food Sources, Functions of Fats. **Proteins**: Composition, sources, classification, essential and nonessential amino acids. , Sources of Proteins, Functions, Amino Acid Pool, Negative and Positive Nitrogen Balance. **Minerals:** Functions, Sources, Bio availability and deficiency of Calcium, Iron, Iodine , Fluorine, Sodium, Potassium, Zinc.	12
V	**Vitamins**: Classification, Structure, Unit of Measurements, Sources, Functions and Daily requirements of Following Vitamins: **Fat** Soluble Vitamins: A,D,E,K. **Water Soluble Vitamins**: Ascorbic Acid, Thiamine, Riboflavin, Niacin , other Members of B Complex such as B6,Folic Acid and B_{12}. **Effect of Deficiency and Excess of the following Nutrients Minerals**: Calcium, Iron, Iodine, Fluorine, Sodium, Potassium, Zinc Vitamins: Fat and Water Soluble	12
Keywords:	Kidney, effective filtration pressure, gloumerulus, hypothalamus, neuron, myelinsheath,synapse, synaptic transmission, digestive enzymes, Bio physical principals of digestion and absorption, Uterus, fallopian tube, spermatogenesis, various nutrients.	

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Anatomy and physiology for nurses- Evelyn pears 16th Edition, Faber & Faber.
2. Principles of Nutrition -Wilson EVAD, 4th ed. New York John Vilely& Sons.
3. Textbook of medical physiology -Guyton A.C.-Hall. J.E. 1996- 9th edition prism books private limited Bangalore.
4. Introductory Nutrition - Guthrie, Hele, Andrews,. 6th ed. St. Louis, Times Mirror Mosby College- 1988.
5. Advanced Textbook on Food and Nutrition -Swaminathan, M. (2012), , Vol. 1, Second Edition, Bangalore Printing and Publishing Co. Ltd.
6. SWAYAM portal course based Food and Nutrition course no- 40.

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E-Learning Resource:

1. Excretory system
   https://www.youtube.com/results?search_query=Excretory+system
2. Reproductive system
   https://www.youtube.com/results?search_query=Reproductive+system
3. Nervous System
   https://www.youtube.com/results?search_query=nervous+system

Part D:Assessment and Evaluation		
Suggested Continuous Evaluation Methods-: Maximum Marks: 75 Continuous Comprehensive Evaluation(CCE): 15 University Exam (UE): 60		
Internal Assessment : Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Total Marks: 15 (Mean of Two Tests + Assignment Divided by 2)



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Part A: Introduction				
Program: **Certificate Course**		Class: **B.Sc. Clinical Nutrition I Year**	Year: **2022**	Session:**2022-2023**
1	Course Code	CN-1P		
2	Course Title	LAB1: Physiology and Basic Nutrition		
3	Course Type	Practical		
4	Pre-requisite (if any)	Theoretical Knowledge of Human Anatomy & Physiology.		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: • To understand Blood Group & Rh factor. • To understand Basic Human Tissues. • To understand Hemoglobin level and Anemic. • To understand Basic knowledge of Blood Pressure & its regulation. • To understand Basic knowledge normal & abnormal constituents of urine.		
6	Credit Value	**Practical: 2**		
7	Total Marks	**Max. Marks: 50**	**Min Passing Marks : 17**	

Part B: Content of the Course	
Total No. of Periods: 30	
Tentative Practical List	**Note:** This is tentative list; the teacher concern can add more Experiments as per Requirement. 1. **Types of Cells** : Microscopic examination of prepared slides Epithelium – stratified Squamous, ciliated columnar, Glandular Connective tissue - Adipose, Bone , Areolar connective tissue Muscle - smooth, cardiac, stratified. 2. **Blood** Microscopic examination of prepared slides -Fresh amount of blood. Stained blood smear. Testing of blood groups using Anti- sera. Estimation of Coagulation time of blood by Capillary Glass tube method Estimation of bleeding time by using Filter paper spot method Hemoglobin estimation using haemocytometer. 3. **Digestion :** Identification Test Benedicts test for sugar, Barford test for Protein. Iodine test for starch. 4. **Estimation of blood pressure** by Auscultatory method. 5. **Project-** Study of Hemoglobin level of subjects belongs to different age groups (sample size-25/ 4 students).

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Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Concise Textbook of Physiology – Indu Khurana,Arushi Khurana , 3rd Edition, ELSEVIER .
2. Human Physiology- C.C. Chatterjee,12th Edition, CBS Publisher.
3. Principles of Physiology- Debasis Pramanik, 6th Edition J. P, Brothers Medical Publishers.
4. Human Physiology In Nutshell - Dr. A. K. Jain, 5th Edition ,Arya Publications .
5. Human Anatomy and Physiology-Dr S H Rashid, 2nd Edition, SIA Publishers.
6. Text book of Human Physiology- H D Singh,3rd Edition ,S Chand & Co. Ltd.
7. Textbook of medical physiology - Guyton A.C.-Hall. J.E,9TH edition, Prism Books Pvt Ltd, Bangalore.
8. Wilson, Anatomy and physiology and health and illness, Edinburgh Churchill Livingstone Publication.
9. Applied Physiology-Samsun and Write, 13th Edition, OUP India Publisher.
10. Guyton A.C.-Hall. J.E. 1996- Textbook of medical physiology 9 th edition prism books private limited Bangalore.
11. Anatomy , physiology and health and illness -Wilson,7th Edition , Edinburgh Churchill Livingstone Publication.
12. Textbook of medical physiology -Chatterjee C.C. 9th E4dition,CBS Publication.
13. Essentials of Medical Physiology-Sembulingam, 8th Edition, J P Brothers Medical Publishers.

E- Learning Resources-

1. Types of cell
   https://www.youtube.com/results?search_query=tpes+of+cell
2. Blood
   https://www.youtube.com/results?search_query=Blood
3. Barford test
   https://www.youtube.com/results?search_query=barfoed+test

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods-:

Maximum Marks: 50

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 50

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Not Applicable

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डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – अध्यक्ष,

डॉ. बबीता दुबे – प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई–3, दुर्ग – सदस्य 31/5/22

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर – सदस्य

डॉ. संध्या मदन मोहन,प्राचार्य,भिलाई महिला महाविद्यालय, भिलाई, – सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर – सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग – सदस्य 31.5.22

डॉ. निशा श्रीवास्तव, होलीक्रास महिला महावि. अबिंकापुर – सदस्य

डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर – सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग. – सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. दीपाली राय, शासकीय घनश्याम सिंह गुप्त स्नातको.महावि, बालोद – सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर – सदस्य

डॉ वर्षा डोंडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे,

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Part A: Introduction				
Program: **Diploma Course**		Class: **B.Sc. Clinical Nutrition II Year**	Year: **2022**	Session:**2022-2023**
1	Course Code	CN-3T		
2	Course Title	Biochemistry and Microbiology		
3	Course Type	Theory		
4	Pre-requisite (if any)	No		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: • To understand Basic Knowledge Biochemistry. • To understand Basic knowledge Microbiology. • To understand Basic knowledge Nucleic acids and genetic material. • To understand Basic knowledge Food Safety & Standards. • To understand Basic knowledge environmental Microbiology.		
6	Credit Value	**Theory: 4**		
7	Total Marks	**Max. Marks: 60+15**	**Min Passing Marks : 25**	

Part B: Content of the Course		
Total No. of Periods: 60		
Unit	**Topics**	**No. of Periods**
I	**Enzymes:** Structure, Classification, Factor Affecting the action Carbohydrates: Structure, Classification, Functions, Properties Carbohydrates metabolism: Glycolsis.TCA Cycle, Gluconeogensis , Glycogenolysis, Glycogensis.	12
II	**Protein**: Structure, Classification, Functions, biological Value, Essential and Non-Essential Amino Acids, Properties. Metabolism: Urea Cycle. Nucleo- proteins: Basic Structure and functions.	12
III	**Fats:** Structure, Classification, Properties, Essential Fatty Acids, Functions. Metabolism: B-Oxidation of Fat. **Hormones:** Insulin, Thyroxin, Sex Hormones, Adrenal Hormones, PituitaryHormones- their hypo and Hyper Activity.	12
IV	**Structure and classification of some common microbes:** (Bacteria, Fungi, Virus, Yeast, Moulds. Microbiology of different Foods, Spoilage and contaminations, Effects on the Following: Cereal and Cereal products, Sugar and Sugar Products. Vegetables and Fruits, Meat and Meat products, Fish and Other Foods Egg and Poultry, Milk and Milk Products Canned Food	12

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V	**Beneficial Effects of Microorganisms:** Food Toxicity due to Microorganism and any five micros-originate diseases. Environmental Microbiology - Water, Air, Sewage, Soil.	12

Keywords:- Enzymes, Co-enzymes, Metabolic Cycles, Gluconeogenesis, Glycolysis, TCA Cycle, Urea Cycle, Beta- oxidation, Microbiology of foods, Environmental Microbiology.

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1 Fundamental of Biochemistry-Dr.J.L.Jain,1st edition, S.Chand Publication.
2 Biochemistry- U.Satyanarayan,6th edition,Elsevier.
3 Microbiology- Michael J. Pelczar,Indian edition, Mc Graw Hill Publication.
4 Biochemistry- Harbans Lal,2nd edition,CBS Publication.
5 Textbook of Biochemistry and human Biology - G.P. Talwar, 3rd edition,PHI publication.
6 Fundamental of Biochemistry- K.Ramadevi,8th edition, Wolters Kluwer Publication .

E-learning Resources:

1. Carbohydrates
   https://www.google.com/search?q=carbohydrates+biochemistry&rlz=1C1JJTC_
2. Enzymes
   https://www.google.com/search?q=enzymes+biochemistry&rlz=1C1JJTC_
   https://www.youtube.com/watch?v=-slPtkO2d9g
3. Food Toxicity
   https://www.google.com/search?q=Food+Toxicity&rlz=1C1JJTC_
   https://chem.libretexts.org/Bookshelves/Introductory_Chemistry/Chemistry_for_Changing_Times_(Hill_and_McCreary)/22%3A_Poisons/22.01%3A_Natural_Poisons_and_Food_Poisoning

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods-:

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment : Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Total Marks: 15 (Mean of Two Tests + Assignment Divided by 2)

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डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – अध्यक्ष,

डॉ. बबीता दुबे – प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ, खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई–3, दुर्ग – सदस्य 31/5/22

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर – सदस्य

डॉ. संध्या मदन मोहन,प्राचार्य,भिलाई महिला महाविद्यालय, भिलाई, – सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर – सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग – सदस्य 31.5.22

डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अबिंकापुर – सदस्य

डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर – सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग. – सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको.महावि, बालोद – सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर – सदस्य

डॉ वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे.

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Part A: Introduction				
Program: **Diploma Course**		Class: **B.Sc. Clinical Nutrition II Year**	Year: **2022**	Session: **2022-2023**
1	Course Code	CN-4T		
2	Course Title	Basic Dietetics and Community Nutrition		
3	Course Type	Theory		
4	Pre-requisite (if any)	No		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: • To understand Basic Knowledge of Nutrients. • To understand Basic Knowledge of food groups. • To understand Basic Knowledge of Nutritional Deficiency Disease. • To understand Basic Knowledge of Food supplements & Enrichment. • To understand Basic Knowledge of Food adulteration.		
6	Credit Value	**Theory: 4**		
7	Total Marks	**Max. Marks: 60+15**	**Min Passing Marks : 25**	

Part B: Content of the Course		
Total No. of Periods: 60		
Unit	**Topics**	**No. of Periods**
I	**Food Guide and Food Standard:** Basic Principles of Meal Planning: Objectives, steps, Balanced Diet. Nutrition during Pregnancy and Lactation: Physiological stages of pregnancy, nutritional requirements. Nutrition during Infancy: Breast Feeding and its Implications- Hazards of Bottle Feeding, Weaning, Foods: Planning, Formulating and preparing. Importance of correct and timely, weaning, Supplementary Foods.	12
II	**Early and Late Childhood:** Growth and Development, Nutritional Requirement,Nutritional Deficiencies prevalent in this age group. Nutrition during Adolescence and Geriatric Nutrition: Nutritional Needs, Factorsaffecting good nutritional Status. Nutrition in Special Conditions: Air Travelling, Space Travelling, For Sportspersons.	12
III	**Nutrition and health in national development:** Nutritional Problems confronting our country: the causes of Malnutrition in India, Balance between food and population growth. Methods of Assessment of Nutritional status: Sampling Techniques, Identification of rich groups. Direct Assessments: Diet Survey, Anthropometry, Clinical and Biochemical Estimations. Indirect Assessments: Food Balance Sheets and Agricultural Data, Ecological Parameters and Vital Statistics.	12

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IV	**Nutrition Intervention Schemes:** in the community, lectures and Demonstrations, Nutrition Exhibitions and Visual Aids, SNP., ANP, Mid Day Meal Program, FAO, WHO, UNICEF, CARE, AID, ICMR, CSIR, NIN, CFTRI, Recent advances in community nutrition research.	12
V	**Nutrition and Infection:** Relationship, Immunization and its importance Fortification, Enrichment of Foods, Nutrients and Drug Interaction, Food Adulteration, Food Supplements, Food Additives.	12

Keywords: Food Guide and Food Standard, Early and Late Childhood, Nutrition and health, Nutrition Intervention Schemes in the community, Nutrition and Infection.

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1 Dietetics - Srilakshmi, B. ,8th edition, New Age International P. Ltd.
2 Nutrition and Health -Garg, M. Diet, 2nd edition, ABD Publishers.
3 Food, Nutrition and Diet Therapy – Krause,9th W.B. Saunders Company,
4 Dietetics - B. Shrilaxmi ,8th edition, new age international publishers.
5 Human Nutrition and Dietetics- Passmore,8th edition, Livingstone Publishers.
6 Normal and Therapeutic Nutrition- Robinson,17th edition, MacMillan publishing Company,
7 Food, Nutrition and Diet Therapy- Krause, 11th edition, Saunders Publishers.
8 Nutrition and Diet Therapy- Williams,4th edition, C.V.Mosby Co. Publishers.
9 Modern Nutrition in Health and Disease- Shils, M.E. Olson,8th edition, Lea and Febigera Waverly Company Publishers.

E-learning Resources:

1. Diet for pregnancy- https://www.google.com/search?q=diet+for+pregnant+women&rlz=1C1JJTC_enIN950IN950&sxsrf=ALiCzsbC_
2. Methods of Assessment of Nutritional status- https://www.google.com/search?q=methods+of+nutritional+assessment&rlz=1C1JJTC_
3. Basic Principles of Meal Planning- https://www.google.com/search?q=Meal+planning&rlz=1C1JJTC_enIN950IN950

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods-:
Maximum Marks: 75
Continuous Comprehensive Evaluation(CCE): 15
University Exam (UE): 60

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Total Marks: 15 (Mean of Two Tests + Assignment Divided by 2)

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Part A: Introduction				
Program: **Diploma Course**		Class: **B.Sc. Clinical Nutrition II Year**	Year: **2022**	Session: **2022-2023**
1	Course Code	CN-2P		
2	Course Title	LAB2: Normal and Therapeutic Nutrition		
3	Course Type	Practical		
4	Pre-requisite (if any)	Theoretical Knowledge of Medical Nutrition Therapy.		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: 1. To understand Basic Knowledge of Nutrients. 2. To understand Basic Knowledge hospital basic diet. 3. To understand Basic Knowledge of Normal Nutrition. 4. To understand Basic Knowledge various recipes. 5. To understand Basic Knowledge of analytics of nutrients.		
6	Credit Value	**practical:2**		
7	Total Marks	**Max. Marks: 50**	**Min Passing Marks : 17**	

Part B: Content of the Course	
Total No. of Periods: 30	
Tentative Practical List	**Note:** This is tentative list; the teachers concern can add more Experiments as per requirement. 1. Menu planning and preparation of different dishes according to different stagesand conditions of life. a) Pregnancy b) Lactation c) Weaning infant d) Childhood e) Adolescence f) Geriatric Nutrition 2. Planning and preparation of High and Low Calorie diet. 3. Planning and preparation of Liquid and Soft diet. 4. Preparation of Beverages. 5. Rice and Pulses preparation. 6. Preparation of plain and stuffed vegetable. 7. Preparation of Salad and Sauces. 8. Preparation of Snacks. 9. Preparation of Sweets. 10. Preparation of Bakery items. 4. **Project**- (1) Estimation tests of Glucose, protein, Cholesterol, Blood and acetone etc in urine. (2) Estimation of Ascorbic Acid by 2-6 Di – Chlorophenol indophenols method in different citrus foods.

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Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1 Dietetics - Srilakshmi, B. ,8th edition, New Age International P. Ltd.
2 Nutrition and Health -Garg, M. Diet, 2nd edition, ABD Publishers.
3 Food, Nutrition and Diet Therapy – Krause,9th W.B. Saunders Company,
4 Dietetics - B. Shrilaxmi ,8th edition, new age international publishers.
5 Human Nutrition and Dietetics- Passmore,8th edition, Livingstone Publishers.
6 Normal and Therapeutic Nutrition- Robinson,17th edition, MacMillan publishing Company,
7 Food, Nutrition and Diet Therapy- Krause, 11th edition, Saunders Publishers.
8 Nutrition and Diet Therapy- Williams,4th edition, C.V.Mosby Co. Publishers.
9 Modern Nutrition in Health and Disease- Shils, M.E. Olson,8th edition, Lea and Febigera Waverly Company Publishers.

E-learning Resources:

1. Diet for pregnancy
   https://www.google.com/search?q=diet+for+pregnant+women&rlz=1C1JJTC_enIN950IN950&sxsrf=ALiCzsbC_
2. Methods of Assessment of Nutritional status
   https://www.google.com/search?q=methods+of+nutritional+assessment&rlz=1C1JJTC_
3. Basic Principles of Meal Planning
   https://www.google.com/search?q=Meal+planning&rlz=1C1JJTC_enIN950IN950

Part D:Assessment and Evaluation

Suggested Continuous Evaluation Methods-:

Maximum Marks: 50

Continuous Comprehensive Evaluation (CCE): Not Applicable

University Exam (UE): 50

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Not Applicable

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डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – अध्यक्ष,

डॉ. बबीता दुबे – प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ. खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई–3, दुर्ग – सदस्य 31/5/22

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर – सदस्य

डॉ. संध्या मदन मोहन,प्राचार्य,भिलाई महिला महाविद्यालय, भिलाई, – सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर – सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग – सदस्य 31.5.22

डॉ. निशा श्रीवास्तव, होलीकास महिला महावि. अबिंकापुर – सदस्य

डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर – सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग. – सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको.महावि, बालोद – सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर – सदस्य

डॉ वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे.

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Part A: Introduction				
Program: **Degree Course**		Class: **B.Sc. Clinical Nutrition III Year**	Year: **2022**	Session: **2022-2023**
1	Course Code	CN-5T		
2	Course Title	Nutrition For Health And Fitness		
3	Course Type	Theory		
4	Pre-requisite (if any)	NO		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: • To understand Basic Knowledge of Physical Fitness. • To understand Basic knowledge of. Role of Nutrients for Sports Fitness. • To understand Basic knowledge of Muscular Endurance. • To understand Basic knowledge of. Pre and Post Event Meals. • To understand Basic knowledge of Nutrients for sports Fitness.		
6	Credit Value	**Theory: 4**		
7	Total Marks	**Max. Marks: 60+15**	**Min Passing Marks : 25**	

Part B: Content of the Course		
Total No. of Periods: 60		
Unit	**Topics**	**No. of Periods**
I	**Definition components and assessment criteria of age**: specific fitness and health status, Structure of muscles, contraction process and muscular kinetics.	12
II	**Holistic approaches to the management of fitness and health**: energy input output diet and exercise. Effect of specific nutrition on work performance and physical fitness. Nutrition exercise physical fitness and health interrelation ship. Review of different energy system of endurance and power activity: fuels and nutrition to support physical activity. Shift in fat and carbohydrate metabolism, mobilization of storage during exercise, effect of glycogenic index on health and fitness. Effect of nutrients on endurance capacity, zinc and endurance relationship.	12
III	**Nutrition in sports:** sports specific requirement. Diet manipulation, pre game and post game meals. Assessment of different nutrigenic aids and commercial supplement. Diet for person with high energy requirement, stress and fracture injury. Water and electrolyte balance: losses and their replenishment during exercise and sports event, effect of dehydration, sports drinks, formula feeds.	12
IV	**significance of physical fitness and nutrition:** in the prevention and management of weight control, obesity, diabetes mellitus , CV disorders, bone health and cancer. Nutritional and exercise regimens for management of obesity. Critical review of various dietary regimens for weight and fat reduction, prevention of weight cycling. Defining nutritional goals/guidelines appropriate to health, fitness and prevention	12

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	and management of the above chronic degenerative disorders.	
V	**Nutrition and exercise regimens**: for pre and post natal fitness, Alternative systems for health and fitness like ayurveda, yoga, meditation, vegetarianism and traditional diets.	12
Keywords:	Muscles, Actin and Myosin, Muscular contraction Process, Physical Fitness, Muscular Endurance, Pre and Post Meal, Exercise, Role of specific nutrients for Physical Fitness.	

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Nutrition for Health, Fitness & Sport- Williams, Melvin, 5th Edition, Brown Co. Publication.
2. Fitness Nutrition- Nicholas Bjorn, 5th Edition, Lulu.com Publication.
3. Sports Nutrition for health and Performance- Melinda M. Manore, 2nd Edition, Human Kinetics Publication.
4. Health and Fitness- Dr. Philip Maffetone,1st Edition, Skyhorse Publication.

E-learning Resources:

1. Nutrition in sports https://www.google.com/search?q=1.%09Nutrition+in+sports&rlz=1C1ASUC_enIN932IN936&ei=GSqfYseMNorUhwOM9obQ
2. Water and electrolyte balance https://www.google.com/search?q=2.%09Water+and+electrolyte+balance&rlz=1C1ASUC_enIN932IN9
3. physical fitness and nutrition https://www.google.com/search?q=physical+fitness+and+nutrition+&rlz=1C1ASUC_enIN932IN936&ei=_CqfYuwpovKHA-3Nh9gI&ved=0

- bone health and cancer. https://www.google.com/search?q=bone+health+and+cancer.&rlz=1C1ASUC_enIN932IN936&ei=kSufYqKGEdqchwPWvajIC
- Structure of muscles https://www.google.com/search?q=Structure+of+muscles&rlz=1C1ASUC_enIN932IN936&ei=0yufYofOF5H1hwPr27PADA&v

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods-:

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Total Marks: 15 (Mean of Two Tests + Assignment Divided by 2)

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डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – अध्यक्ष,

डॉ. बबीता दुबे – प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ, खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई–3, दुर्ग – सदस्य 31/5/22

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर – सदस्य

डॉ. संध्या मदन मोहन,प्राचार्य,भिलाई महिला महाविद्यालय, भिलाई, – सदस्य

एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर – सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग – सदस्य 31.5.22

डॉ. निशा श्रीवास्तव, होलीक्रास महिला महावि. अबिंकापुर – सदस्य

डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर – सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग. – सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको.महावि, बालोद – सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर – सदस्य

डॉ वर्षा डोंडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे,

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Part A: Introduction				
Program: **Degree Course**		Class: **B.Sc. Clinical Nutrition III Year**	Year: **2022**	Session: **2022-2023**
1	Course Code	CN-6T		
2	Course Title	Advanced Dietetics		
3	Course Type	Theory		
4	Pre-requisite (if any)	NO		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: • To understand Basics Knowledge of Various body system. • To understand Basic knowledge of functioning of body system. • To understand Basic knowledge of Importance of Nutrients for health. • To understand Basic knowledge of chemistry of nutrients. • To understand Basic knowledge of Deficiency diseases caused by absence Of nutrients.		
6	Credit Value	**Theory :4**		
7	Total Marks	**Max. Marks: 60+15**	**Min Passing Marks : 25**	

Part B: Content of the Course		
Total No. of Periods: 60		
Unit	**Topics**	**No. of Periods**
I	**Role of dietician:** Nutrition and diet counseling, nutritional assessment of patient, dietary prescription and counseling, follow up, patient education and diet, factors affecting patients diet- Types of Diet - Liquid, Semi solid, soft and bland, Types of feeding.	12
II	**Diet in Gastrointestinal Tract Disorder**: Peptic Ulcer, Constipation, Diarrhea: Symptoms, treatment. Diet in Diabetes Mellitus, incidence & predisposing factors, symptoms, types and tests for dietician, metabolism in diabetes, dietary treatment and meal management, hypoglycemic agents, Insulin & it's types, Glycaemic Index versus Insulin Index, Complication of diabetes.	12
III	**Diet in renal diseases**: basic renal functions, symptoms & dietary treatment in acute & chronic glomerulonephritis, nephritis, Renal Failure and dialysis, urinary calculi, causes and treatment. Diet in Cardio vascular Diseases: Role of nutrition in cardiac efficiency, incidence of Atherosclerosis, dietary principles, Hypertension and Dietary Treatment.	12
IV	**Diet in Liver Diseases**: Jaundice, Hepatitis, Cirrhosis. Diet in Gout & Arthritis: causes, symptoms and treatment. Diet in allergy & skin disturbance: Definition, Classification, Manifestations, common food allergies, tests and dietetic treatment.	12

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V	**Diet in Weight Imbalance**: Obesity and Under-weight. Diet in Fever and Infections: Types, metabolism in fevers, general dietary consideration, Diet in Influenza typhoid fever, recurrent malaria, tuberculosis and cancer.	12

Keywords: Medical Nutrition Therapy, Types of Diet, Therapy in Intestinal Diseases, Diabetes Mellitus, Renal Diseases, Hepatic Diseases, Weight Imbalances, Fever and Infections.

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Nutrition in Health and disease- simon Langley – Evans, 3rd Edition, Wiley-Blackwell.
2. Dietetics – B Shrilakshmi, 8th Edition, New Age Publishers.
3. Clinical Dietetics & Nutrition - F.P. Anita,3rd Edition, Oxford University Press.
4. Handbook of nutritionally essential mineral elements- Boyd L. O'Dell,CRC Press.
5. Normal and Therapeutic Nutrition- Robinson C.H.,17th Edition, Mc Millan. Pub. Com.
6. Nutrition Science- B Srilakshmi, 8th Edition, New Age Publishers.
7. Antioxidants in Health and Disease – Antonis Zampelas, 1st Edition, CRC Press.

Physiological changes and nutritional requirements during

E-Learning sources:

1. Dietary Guidelines for Indians
   https://youtu.be/a-pXxDrlVjk
2. Nutrition Care Process
   https://youtu.be/4IMhVISEcxA
3. Nutritional Management of Diabetes -2
   https://youtu.be/4iDi7fjSAGE
4. Nutritional requirements during pregnancy
   https://youtu.be/o6s1jGdo7po
5. Nutritional Management of Diabetes – 1
   https://youtu.be/FMZNmgmwXag
6. Nutritional Management of infections
   https://youtu.be/B0vLIHvNxAY
7. Nutritional Care During Fever -1
   https://youtu.be/6EHdeYmq_ic
8. Nutritional Care - Celiac Disease and Lactose Intolerance
   https://youtu.be/DiNl31acMGc
9. Nutritional Management of Hepatitis
   https://youtu.be/z34vP8uus5E
10. Nutritional management Eating Disorders
    https://youtu.be/79V_jHpMB3A
11. Management of Metabolic Syndrome
    https://youtu.be/GjSeaWcVpjI
12. Management of Hypertension II
    https://youtu.be/eAonEBKWMhE
13. Management of Food allergy & Intolerance
    https://youtu.be/JfZ4G0aF8DA

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Part D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods-: Maximum Marks: 75 Continuous Comprehensive Evaluation(CCE): 15 University Exam (UE): 60		
Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Total Marks: 15 (Mean of Two Tests + Assignment Divided by 2)



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Part A: Introduction				
Program: Degree Course		**Class: B.Sc. Clinical Nutrition III Year**	**Year: 2022**	**Session:2022-2023**
1	Course Code	CN-3P		
2	Course Title	LAB3: Clinical Nutrition		
3	Course Type	Practical		
4	Pre-requisite (if any)	Theoretical Knowledge of Clinical Dietetics.		
5	Course Learning. Outcomes (CLO)	At the end of this course, the students will be enable to: 1. To understand Basics Knowledge of Clinical Dietetics. 2. To understand modification of diet as per disease requirements 3. To understand medical nutrition therapy for various diseases. 4. To understand Basic knowledge nutrient requirements in every separate disease. 5. To understand sports nutrition.		
6	Credit Value	**Practical: 2**		
7	Total Marks	**Max. Marks: 50**	**Min Passing Marks : 17**	

Part B: Content of the Course	
Total No. of Periods: 30	
Tentative Practical List	**Note:** This is tentative list; the teachers concern can add more Experiments as per requirement. **Part-A** 14. **Menu Planning & Preparation** of Normal and Therapeutic diet in relation to special nutrient requirement. 1. Adult. 2. Pregnancy. 3. Lactation. 4. Constipation. 5. Diarrhea. 6. Obesity. 7. Under weight. 8. Peptic Ulcer. 9. Jaundice. 10. Viral Hepatitis. 11. Cirrhosis. 12. Acute glomerulus's nephritis. 13. Chronic glomerulus's nephritis. 14. Diabetes Mellitus (a) With Insulin. (b) Without Insulin. 15. Hypertension. 16. Atherosclerosis. 17. Anemia.

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	Part B
	1. Assessment of nutritional status including body composition. 2. Physiological parameters like heart rate and blood pressure. 3. Assessment of coronary risk profile- RISKO factor 4. Assessment of bone health 5. Planning diets and formulating dietary guidelines for: 6. Fitness and health 7. Prevention of chronic degenerative disorders 8. Obesity management 9. Management of diabetes mellitus and CVD 10. Project-Review of existing alternative diet related systems for physical fitness and health.

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

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2. Dietetics – B Shrilakshmi, 8th Edition, New Age Publishers.
3. Clinical Dietetics & Nutrition - F.P. Anita,3rd Edition, Oxford University Press.
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E-Learning sources:

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3. Nutritional Management of Diabetes -2
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4. Nutritional requirements during pregnancy
   https://youtu.be/o6s1jGdo7po
5. Nutritional Management of Diabetes – 1
   https://youtu.be/FMZNmgmwXag
6. Nutritional Management of infections
   https://youtu.be/B0vLIHvNxAY
7. Nutritional Care During Fever -1
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8. Nutritional Care - Celiac Disease and Lactose Intolerance
   https://youtu.be/DiNl31acMGc
9. Nutritional Management of Hepatitis
   https://youtu.be/z34vP8uus5E
10. Nutritional management Eating Disorders
    https://youtu.be/79V_jHpMB3A
11. Management of Metabolic Syndrome

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12. Management of Hypertension II
https://youtu.be/eAonEBKWMhE
13. Management of Food allergy & Intolerance
https://youtu.be/JfZ4G0aF8DA

Part D: Assessment and Evaluation		
Suggested Continuous Evaluation Methods-: Maximum Marks: 50 Continuous Comprehensive Evaluation(CCE): Not Applicable University Exam (UE): 50		
Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Not Applicable

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आज दिनांक 31.05.2022 को केन्द्रीय अध्ययन मण्डल की मीटिंग गृहविज्ञान विभाग में आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित हुए तथा विभिन्न गृहविज्ञान से संबंधित विषयों के पाठ्यक्रम संशोधित एवं अनुमोदित किये गये–

डॉ. सीमा मिश्रा, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – अध्यक्ष,

डॉ. बबीता दुबे – प्रतिनिधि, उच्च शिक्षा विभाग, नया रायपुर

डॉ. भारती सेठी, डॉ, खूबचंद बघेल शासकीय स्नातकोत्तर महाविद्यालय, भिलाई–3, दुर्ग – सदस्य 31/5/22

डॉ. संध्या वर्मा, शासकीय कला एवं वाणिज्य महावि. देवेन्द्र नगर, रायपुर – सदस्य

डॉ. संध्या मदन मोहन,प्राचार्य,भिलाई महिला महाविद्यालय, भिलाई, – सदस्य
एवं अध्यक्ष, अध्ययन मण्डल, हेमचंद यादव विश्वविद्यालय

डॉ. रश्मि मिंज, दूधाधारी महिला महावि. रायपुर – सदस्य

डॉ. अल्का दुग्गल, वामन राव पाटनकर महिला महावि, दुर्ग – सदस्य 31.5.22

डॉ. निशा श्रीवास्तव, होलीक्रास महिला महावि. अबिंकापुर – सदस्य

डॉ. शिप्रा बनर्जी, दूधाधारी महिला महावि. रायपुर – सदस्य

श्रीमती ममता आर, देव, शासकीय कमलादेवी राठी महिला स्नातको. महावि. राजनांदगांव छ.ग. – सदस्य

सुश्री सुषमा घई, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. दीपाली राव, शासकीय घनश्याम सिंह गुप्त स्नातको.महावि, बालोद – सदस्य

डॉ. अर्चना दीक्षित, शासकीय बिलासा कन्या महाविद्यालय, बिलासपुर – सदस्य

डॉ. शोभा महिस्वर, शासकीय माता शबरी महावि. बिलासपुर – सदस्य

डॉ वर्षा डोडिया, विषय विशेषज्ञ तथा शेष अन्य सदस्य ऑन लाइन उपस्थित रहे.

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