

## **SES's L.S. RAHEJA COLLEGE OF ARTS AND COMMERCE (AUTONOMOUS)**

|                       |                                    |                                |
|-----------------------|------------------------------------|--------------------------------|
| Syllabus for Approval | BoS meeting held on:<br>28/03/2025 | AC meeting held on: 04/04/2025 |
|-----------------------|------------------------------------|--------------------------------|

### **Board of Studies: COMMERCE & MANAGEMENT**

| Sr. No. | Heading   | Particulars                       |
|---------|---|-----------------------------------|
| 1       | Nomenclature of the Course                          | <b>Health and Wellness-I</b>      |
| 2       | Eligibility for Admission                           |                                   |
| 3       | Passing Marks for eligibility                       |                                   |
| 4       | Regulations   | College Regulations on Admission  |
| 5       | Programme   |                                   |
| 6       | Semesters   | III                               |
| 7       | NEP Vertical  | C                                 |
| 8       | Credit  | Two (2)                           |
| 9       | Level U.G/PG  | UG                                |
| 10      | Pattern   | Semester                          |
| 11      | Status (Revised or New)<br>If revised, % of change) | NEW                               |
| 12      | To be implemented from Academic Year                | From the Academic Year: 2025-2026 |



**Shri Ramsagar Yadav**  
(Chairperson)

**Date:29/03/2025**

# SES's L.S. RAHEJA COLLEGE OF ARTS AND COMMERCE (AUTONOMOUS)



**BOARD OF STUDIES: Co-Curricular Courses**

**PROGRAMME:**

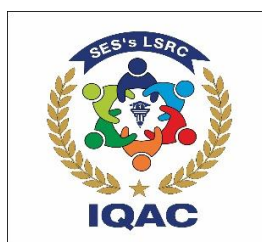
**SEMESTER: III**

**NOMENCLATURE OF THE COURSE: Health and Wellness-I**

**NEP Vertical: CC**

**Credit: 2**

**(As Per Choice Based Credit System (under NEP 2020) with effect from the Academic Year 2025-26)**



|                                   |                              |
|-----------------------------------|------------------------------|
| <b>Programme:</b>                 |                              |
| <b>Nomenclature of the Course</b> | <b>Health and Wellness-I</b> |
| <b>Total Marks</b>                | <b>50 Marks</b>              |
| <b>Semester:</b>                  | <b>III</b>                   |
| <b>Academic year</b>              | <b>2025-26</b>               |

**LEARNING OBJECTIVES:**

- To understand the fundamental principles of nutrition and dietetics.
- To gain knowledge about macronutrients, micronutrients, and their role in health.
- To develop skills in meal planning, dietary analysis, and food safety.
- To apply nutrition knowledge in practical settings through diet planning and case studies.

**COURSE OUTCOMES:**

- Explain the importance of nutrition and identify essential nutrients.
- Demonstrate the ability to plan balanced meals for different age groups and health conditions.
- Analyze dietary intake and recommend appropriate modifications.
- Apply healthy cooking methods and understand the impact of processing on nutrient retention.

| <b>Module</b> | <b>Course Content</b>   | <b>Andragogy</b>   | <b>No of Lectures</b> |
|---------------|---|--|-----------------------|
| 1             | <p><b>Unit 1: Introduction to Nutrition</b></p> <ul style="list-style-type: none"> <li>• Definition and Importance of Nutrition</li> <li>• Basic Food Groups and their Functions</li> <li>• Concept of Balanced Diet</li> </ul> <p><b>Unit 2: Macronutrients and Micronutrients</b><br/>Carbohydrates, Proteins, and Fats – Sources and Functions</p> <ul style="list-style-type: none"> <li>• Vitamins and Minerals – Sources and Functions</li> <li>• Role of Water and Fiber in Nutrition</li> </ul> | <ul style="list-style-type: none"> <li>• Lectures</li> <li>• PowerPoint presentations</li> <li>• Group discussions</li> <li>• Case studies</li> <li>• Interactive Q&amp;A sessions</li> <li>• Visual aids and nutritional charts</li> <li>• Self-assessment quizzes</li> </ul>                         | 15                    |
| 2             | <p><b>Unit 1: Understanding Food Labels and Meal Planning</b></p> <ul style="list-style-type: none"> <li>• Reading and Interpreting Nutrition Labels</li> <li>• Preparing a Basic Diet Chart for Different Age Groups</li> </ul> <p><b>Unit 2: Healthy Cooking Practices</b></p> <ul style="list-style-type: none"> <li>• Cooking Methods and their Effect on Nutrients</li> <li>• Preparing a Low-Calorie, High-Protein Meal</li> </ul>  | <ul style="list-style-type: none"> <li>• Hands-on food label analysis</li> <li>• Dietary chart development</li> <li>• Practical cooking demonstrations</li> <li>• Food journal keeping and analysis</li> <li>• Real-world case study analysis</li> <li>• Field visits/virtual sessions with</li> </ul> | 15                    |

|  |  |  |  |
|--|--|--|--|
|  |  | professionals<br>• Peer learning through group presentations<br>• Problem-based learning |  |
|--|--|--|--|

### SUGGESTED READINGS:

#### References:

1. Swaminathan, M. (2018). *Essentials of Food and Nutrition*. Bangalore Printing.
2. Srilakshmi, B. (2016). *Dietetics*. New Age International Publishers.
3. Gopalan, C., et al. (2017). *Nutritive Value of Indian Foods*. NIN-ICMR.
4. WHO & FAO Reports on Nutrition and Health (Online Resources).

### QUESTION PAPER PATTERN

### RUBRICS FOR CONTINUOUS EVALUATION

#### Assessment Rubric (50 Marks)

| Component                  | Marks | Criteria  |
|----------------------------|-------|---|
| Attendance & Participation | 10    | Active engagement in class and practicals                     |
| Assignments & Case Studies | 15    | Completion of dietary analysis, food charts, and case studies |
| Practical Demonstration    | 15    | Cooking, meal planning, and nutritional analysis              |
| Viva/Presentation          | 10    | Understanding and articulation of nutrition concepts          |

**Passing Criteria:** Minimum **40%** (20 marks out of 50)