

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



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

**PROGRAMME:** B.COM (ACCOUNTING AND FINANCE)

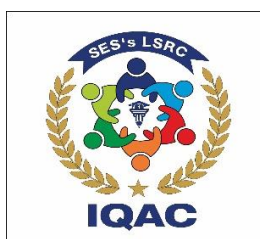
**SEMESTER:** IV

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

**NEP Vertical:** Co-Curricular Courses (CC)

**Credit:** 02

(As Per Choice Based Credit System (under NEP 2020) with effect from the academic year 2025-2026)



<b>Programme:</b>	B.COM (ACCOUNTING AND FINANCE)
<b>Nomenclature of the Course</b>	Health and Wellness – II
<b>Total Marks</b>	50 marks
<b>Semester:</b>	IV
<b>Academic year</b>	2025-26

#### 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

Module	Course Content	Andragogy	No of Lectures
1	<p><b>Unit 1: Diet Planning and Food Safety</b></p> <ul style="list-style-type: none"> <li>• Principles of Meal Planning for Different Age Groups</li> <li>• Special Diets for Lifestyle Disorders (Diabetes, Obesity, Hypertension)</li> <li>• Food Hygiene, Safety, and Storage</li> </ul> <p><b>Unit 2: Nutritional Deficiencies and Wellness</b></p> <ul style="list-style-type: none"> <li>• Common Deficiency Diseases and Prevention (Anemia, Rickets, Scurvy, etc.)</li> <li>• Role of Diet in Immunity and Disease Prevention</li> <li>• Traditional Indian Foods and their Nutritional Benefits</li> </ul>	Lectures, PowerPoint presentations, Group discussions, Case studies, Interactive Q&A sessions, Visual aids and nutritional charts, Self-assessment quizzes	15
2	<p><b>Unit 1: Dietary Analysis and Case Studies</b></p> <ul style="list-style-type: none"> <li>• Recording a 3-Day Food Intake and Analyzing Nutritional Value</li> <li>• Case Studies on Nutritional Interventions</li> </ul> <p><b>Unit 2: Field Visit and Presentation</b></p>	Hands-on food label analysis, Dietary chart development, Practical cooking demonstrations, Food journal	15

	<ul style="list-style-type: none"> <li>• Visit to a Dietitian/Nutritionist (Virtual/Physical)</li> <li>• Group Presentation on Nutrition-Related Topics</li> </ul>	keeping and analysis, Real-world case study analysis, Field visits/virtual sessions with professionals, Peer learning through group presentations, Problem-based learning	
	Total		30

### SUGGESTED READINGS

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)**