

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



BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME: SYBCOM(MS)

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)



Programme:	SYBCOM(MS)
Nomenclature of the Course	Health and Wellness-I
Total Marks	50 Marks
Semester:	III
Academic year	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>Unit 1: Introduction to Nutrition</p> <ul style="list-style-type: none"> • Definition and Importance of Nutrition • Basic Food Groups and their Functions • Concept of Balanced Diet <p>Unit 2: Macronutrients and Micronutrients</p> <p>Carbohydrates, Proteins, and Fats – Sources and Functions</p> <ul style="list-style-type: none"> • Vitamins and Minerals – Sources and Functions • Role of Water and Fiber in Nutrition 	<ul style="list-style-type: none"> • Lectures • PowerPoint presentations • Group discussions • Case studies • Interactive Q&A sessions • Visual aids and nutritional charts • Self-assessment quizzes 	15
2	<p>Unit 1: Understanding Food Labels and Meal Planning</p> <ul style="list-style-type: none"> • Reading and Interpreting Nutrition Labels • Preparing a Basic Diet Chart for Different Age Groups <p>Unit 2: Healthy Cooking Practices</p> <ul style="list-style-type: none"> • Cooking Methods and their Effect on Nutrients • Preparing a Low-Calorie, High-Protein Meal 	<ul style="list-style-type: none"> • Hands-on food label analysis • Dietary chart development • Practical cooking demonstrations • Food journal keeping and analysis • Real-world case study analysis • Field visits/virtual sessions with professionals • Peer learning through group presentations • Problem-based learning 	15

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)