

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



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

**PROGRAMME: Bachelor of Commerce (Financial Markets)**

**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>Bachelor of Commerce (Financial Markets)</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> 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 professionals</li> <li>• Peer learning through group presentations</li> <li>• Problem-based learning</li> </ul>	15

## **SUGGESTED READINGS:**

### **References:**

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

## **QUESTION PAPER PATTERN**

### **RUBRICS FOR CONTINUOUS EVALUATION**

#### **Assessment Rubric (50 Marks)**

<b>Component</b>	<b>Marks</b>	<b>Criteria</b>
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)**