



MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Report of

CERTIFICATE COURSE

IN

“Nutrition and Dietetics”

16th January, 2019 to 13th July, 2019

Organized by-
Dept. of Nutrition
Mugberia Gangadhar Mahaviyalaya
Bhupatinagar, Purba Medinipur

Course Name: Nutrition and Dietetics

Programe Coordinator, Nutrition and Dietetics: Smt. Sucheta Sahoo, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, e-mail: suchetasahoo12@gmail.com

In-charge, Certificate Course : Ms. Moumita Samanta, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya; e-mail: 89samantanut@gmail.com

Course Objectives

- To help individuals achieve their health and wellness goals through personalized nutrition plans and evidence-based recommendations.
- To develop diet planning skills for healthy and diseased individuals in society for better health management and prevention of diseases.
- To learn techniques of gaining good health.

Course Outcomes: On completion of this course, student will be able to:

- Understanding the role and functioning of dieticians and nutritionists in different health organizations like hospitals, clinics, nursing homes, gyms, corporate sectors, food industries, etc.
- Developing a sensitive and sustainable approach towards the community with a view to serving people from low socio economic groups.
- Inculcating an entrepreneur mindset to be able to have one's own established business in future.

Requirement/ Eligibility: 10+2 pass

Duration: 30 hours. (16th January, 2018 to 13th July, 2018)

SYLLABUS

Certificate Course in Nutrition and Dietetics

THEORY

SUBJECT 1 : Nutritional Biochemistry

04Hour

- 1.1. Chemistry and Metabolism of Carbohydrates
- 1.2 Chemistry and Metabolism of Lipids
- 1.3 Chemistry and Metabolism of Proteins
- 1.4 Vitamins and Minerals
- 1.5 Water and electrolyte balance
- 1.6 Acid base Balance
- 1.7 Organ function test
- 1.8 Hormones

SUBJECT 2 : Dietetics and Diet Counseling

08 Hour

- 2.1 Therapeutic diets
- 2.2 Diet, nutrient and drug interaction
- 2.3 Diet in weight imbalance and counseling:
- 2.4 Diet in fever:
- 2.5 Anemia
- 2.6 Food intolerances and food allergy
- 2.7 Diet in diseases of gastro intestinal tract and counseling
- 2.8 Diet in liver diseases andcounseling
- 2.9 Diet in kidney diseases andcounseling
- 2.10 Nutrition in eating disorders
- 2.11 Nutrition and neurological disorders
- 2.12 Diseases of metabolic disorder andcounseling
- 2.13 Diet in cardiovascular diseases andcounseling
- 2.14 Diet in cancer and counseling

SUBJECT 3 : Human Physiology

04Hour

- 3.1 Organization Of Human Body
- 3.2 Digestive System
- 3.3 Circulatory System
- 3.4 Hematology
- 3.5 Defense Mechanisms Of The Body
- 3.6 Respiratory System
- 3.7 Urinary System
- 3.8 Nervous System
- 3.9 Reproductive System

SUBJECT 4 : PUBLIC NUTRITION

04 Hour

- 4.1 Concept of Public Nutrition
- 4.2. Nutritional Problems in India
- 4.3 Population Dynamics
- 4.4 Assessment of Nutritional Status
- 4.5 Nutrition Monitoring And Nutrition Surveillance

- 4.6 Nutrition Policy and Programmes
- 4.7 Strategies to Combat National Nutritional Problems
- 4.8 Nutrition and Health Education

SUBJECT 5 : INSTITUTIONAL FOOD MANAGEMENT

04 Hour

- 5.1 Institutional Food Management
- 5.2 Management of Spaces
- 5.3 Equipment
- 5.4 Food Management
- 5.5 Financial Management
- 5.6 Personnel Management
- 5.7 Hygiene, Sanitation and Safety

SYLLABUS Certificate Course in Nutrition and Dietetics (Practical)) 16 Hours

PRACTICAL-1

- 1. Standardization of Portion Sizes for Different Food Preparations.**
- 2. Hospital Diets**
 - To plan a Clear Liquid diet.
 - To plan a Full Liquid Diet.
 - To plan a Soft Diet
- 3. Diet In Weight Imbalance And Counseling**
 - To plan a diet for Obesity.
 - To plan a diet for Underweight.
- 4. .Diet In Fever:**
 - To plan a diet for Typhoid fever.
 - To plan a diet for Tuberculosis.
 - To plan a diet for HIV Infection and AIDS.
- 5. Diet For Nutritional Anemia**
- 6. Diet in Diseases of Gastro Intestinal Tract and Counseling:**
 - To plan a diet for Peptic Ulcer.
 - To plan a diet for Lactose Intolerance.
 - To plan a diet for Celiac Disease.
 - To plan a diet for Constipation.
 - To plan a diet for Diarrhea.
 - To plan a diet for Uncreative Colitis.
- 7.Diet In Liver Diseases And Counseling:**
 - To plan a diet for Hepatitis.
 - To plan a diet for Cirrhosis of Liver.
 - To plan a diet for Hepatic coma.
 - To plan a diet for Cholelithiasis and Cholecystitis.
 - To plan a diet for Pancreatitis
- 8.Diet in Kidney Diseases and Counseling:**
 - To plan a diet for Nephrotic Syndrome.
 - To plan a diet for Acute Renal Failure.
 - To plan a diet for End Stage Renal Diseases.
- 9.Diseases of Metabolic Disorder and Counseling:**
 - To plan a diet for IDDM.
 - To plan a diet for NIDDM.

- To plan a diet for Gout.

10.Diet in Cardiovascular Diseases and Counseling:

- To plan a diet for Dyslipidemia.
- To plan a diet for Hypertension.
- To plan a diet for Myocardial infarction

11.Diet For Cancer.

PRACTICAL-2

1.Quantity Cooking: Basic Principles

- Market Survey
- Analysis of the relationship between the purchased amount, edible portion and cooked weight of foodstuffs
- Standardized Recipe

2.Planning Meals for Institutional Feeding:

- Planning a Mid-Day Snack for preschool Children.
- Planning Meals for College Canteen
- Planning meals for College Hostel Mess
- Planning meals for Working Women Hostel

3.Planning and Organization for Industrial Catering:

- Planning Meals for Industrial Canteen.
- Planning Meals for Railway Base Kitchen.

4.Catering for Special Occasions and Events:

- Planning Meals for a Birthday party.
- Planning Meals for a Cocktail party.
- Planning Meals for a Convention/Conference.

5.Preparation of Prospectus for Setting Up A Food Service Unit:

- Visit to a food service establishment to study its planning and functioning
- Preparing a planning prospectus to set up a food service unit



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Date: 03.01.2019

NOTICE

All the students of Dept of Nutrition are hereby informed that our college is organizing Certificate Course on “Nutrition and Dietetics” Program. Admission for the aforementioned course is started. The class will start on 16th January, 2019 at 2: 15 pm and will be on every Friday at 2: 15 pm. Last date of admissions is 22th January, 2018. Interested candidates are informed to enroll with Smt. Sucheta Sahoo, Programme Co-coordinator of Nutrition and Dietetics Certificate Course.

Course duration: 30 Hours.

Cost of training: Free

Venue: Nutrition department

Sucheta Sahoo

Programme Coordinator

Nutrition and Dietetics

Smt. Sucheta Sahoo

SACT

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

In-charge

Certificate Course

Ms. Moumita Samanta

SACT

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Principal ,
Dr. Swapan Kumar Misra

Principal
Mugberia Gangadhar Mahavidyalaya

List of students enrolled

Sl	Name	Program [NUTH/B.Voc (FP)]	Male/Female
1	Buddhadev Jana	B.Voc(FP)	Male
2	Buddhadev Mistri	B.Voc(FP)	Male
3	Debdulal Sahoo	B.Voc(FP)	Male
4	Kousik Mandal	B.Voc(FP)	Male
5	Madhumanti Pradhan	B.Voc(FP)	Female
6	Mahasweta Maity	B.Voc(FP)	Female
7	Prabin Nayak	B.Voc(FP)	Male
8	Puja Bhunia	B.Voc(FP)	Female
9	Rakhi Rani Guria	B.Voc(FP)	Female
10	Ranajit Maity	B.Voc(FP)	Male
11	Sanjib Das	B.Voc(FP)	Male
12	Saswati Jana	B.Voc(FP)	Female
13	Shyamsundar Gole	B.Voc(FP)	Male
14	Somashree Patra	B.Voc(FP)	Female
15	Subha Das	B.Voc(FP)	Male
16	Sudipta Bera	B.Voc(FP)	Female
17	Sujata Sasmal	B.Voc(FP)	Female



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Notice

This is to inform the students enrolled in certificate course in Nutrition and Dietetics that examination will be conducted on 13th July, 2019 at 11 am. So, all enrolled students of this certificate course are informed to be present in the Nutrition department on that day.

Sucheta Sahoo

Programe Coordinator
Nutrition and Dietetics

Smt. Sucheta Sahoo

SACT

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Moumita Samanta

In-charge

Certificate Course

Ms. Moumita Samanta

SACT

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Dr. Swapan Kumar Misra

Principal,

Dr. Swapan Kumar Misra

Principal
Mugberia Gangadhar Mahavidyalaya

Attendance

Duration: 30 hours; 19th February, 2022 to 13th August, 2022; Saturday, 2:15 pm to 4:15 pm

		Class-1	Class-2	Class-3	Class-4	Class-5	Class-6	Class-7	Class-8
Sl. No.	Name of Students	19.01.19	25.01.19	2.02.19	09.02.19	16.02.19	23.02.19	09.03.19	14.03.10
1	Buddhadev Jana	B.J	B.J	B.J	B.J	B.J	B.J	B.J	B.J
2	Buddhadev Mistri	B.M	B.M	B.M	B.M	B.M	B.M	B.M	B.M
3	Debdulal Sahoo	D.S	D.S	D.S	D.S	D.S	D.S	D.S	D.S
4	Kousik Mandal	K.M	K.M	K.M	K.M	K.M	K.M	K.M	K.M
5	Madhumanti Pradhan	M.P	M.P	M.P	M.P	M.P	M.P	M.P	M.P
6	Mahasweta Maity	m.m	m.m	m.m	m.m	m.m	m.m	m.m	m.m
7	Prabin Nayak	P.N	P.N	P.N	P.N	P.N	P.N	P.N	P.N
8	Puja Bhunia	P.B	P.B	P.B	P.B	P.B	P.B	P.B	P.B
9	Rakhi Rani Guria	R.R.G	R.R.G	R.R.G	R.R.G	R.R.G	R.R.G	R.R.G	R.R.G
10	Ranajit Maity	R.M	R.M	R.M	R.M	R,M	R.M	R.M	R.M

11	Sanjib Das	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D
12	Saswati Jana	S.J	S.J	S.J	S.J	S.J	S.J	S.J	S.J
13	Shyamsundar Gole	S.G	S.G	S.G	S.G	S.G	S.G	S.G	S.G
14	Somashree Patra	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P
15	Subha Das	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D
16	Sudipta Bera	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B
17	Sujata Sasmal	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S

12	Saswati Jana	S.J	S.J	S.J	S.J	S.J	S.J	S.J	S.J
13	Shyamsundar Gole	S.G	S.G	S.G	S.G	S.G	S.G	S.G	S.G
14	Somashree Patra	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P
15	Subha Das	S.D	S.D	S.D	S.D	S.D	S.D	S.D	S.D
16	Sudipta Bera	S.B	S.B	S.B	S.B	S.B	S.B	S.B	S.B
17	Sujata Sasmal	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S

Some photos of Certificate course

(16th January, 2019 -13th July, 2019)



Certificates

Skill development certificate course on "Nutrition and Dietetics"

16th January, 2019 -13th July, 2019

Organized by
Department of Nutrition

MUGBERIA GANGADHAR MAHAVIDYALAYA
Bhupatinagar :: Purba Medinipur :: West Bengal ::721425



This is to certify that Shri/Smt/Ms **PUJA BHUNIA**, a student of the department Nutrition , Mugberia Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development certificate course on diploma in "Nutrition and Dietetics" and obtained grade. **A+**

Classification of grade:

A+: 80% and above, A: 65%less than equal or equal to79%, B: 50%less than equal or equal to 64%,C: 35%less than equal or equal to 49%,
D: 34% or below

Smt. Moumita Samanta
In-charge certificate course
SACT, Dept of Nutrition
Mugberia Gangadhar Mahavidyalaya

Smt. Sucheta Sahoo
SACT
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

Dr. Swapan Kr. Misra
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Skill development certificate course on "Nutrition and Dietetics"

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This is to certify that Shri/Smt/Ms **MADHUMANTI PRADHAN**, a student of the department Nutrition , Mugberia Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development certificate course on diploma in "Nutrition and Dietetics" and obtained grade. **A**

Classification of grade:

A+: 80% and above, A: 65%less than equal or equal to79%, B: 50%less than equal or equal to 64%,C: 35%less than equal or equal to 49%,
D: 34% or below

Smt. Moumita Samanta
In-charge certificate course
SACT, Dept of Nutrition
Mugberia Gangadhar Mahavidyalaya

Smt. Sucheta Sahoo
SACT
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Dr. Swapan Kr. Misra
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Mugberia Gangadhar Mahavidyalaya
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Skill development certificate course on "Nutrition and Dietetics"

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This is to certify that Shri/Smt/Ms **BUDDHADEV JANA**, a student of the department Nutrition, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development certificate course on diploma in "Nutrition and Dietetics" and obtained grade. **A+**

Classification of grade:

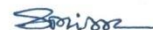
A+: 80% and above, A: 65% less than equal or equal to 79%, B: 50% less than equal or equal to 64%, C: 35% less than equal or equal to 49%, D: 34% or below



Smt. Moumita Samanta
In-charge certificate course
SACT, Dept of Nutrition
Mugberia Gangadhar Mahavidyalaya



Smt. Sucheta Sahoo
SACT
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya



Dr. Swapan Kr. Misra
Principal
Mugberia Gangadhar Mahavidyalaya
Principal
Mugberia Gangadhar Mahavidyalaya

Skill development certificate course on "Nutrition and Dietetics"

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This is to certify that Shri/Smt/Ms KOUSIK MANDAL, a student of the department Nutrition, Mugheria Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development certificate course on diploma in "Nutrition and Dietetics" and obtained grade, A*

Classification of grade:

A+: 80% and above, A: 65% less than equal or equal to 79%, B: 50% less than equal or equal to 64%, C: 35% less than equal or equal to 49%, D: 34% or below

Smt. Moumita Samanta
In-charge certificate course
SACT, Dept of Nutrition
Mugheria Gangadhar Mahavidyalaya

Smt. Sacheta Sahoo
SACT
Dept. of Nutrition
Mugheria Gangadhar Mahavidyalaya

Dr. Swapan Kr. Misra
Principal
Mugheria Gangadhar Mahavidyalaya
Principal
Mugheria Gangadhar Mahavidyalaya



Principal
Mugheria Gangadhar Mahavidyalaya
06.03.2024