

Rayat Shikshan Sanstha's
Karmaveer Bhaurao Patil College, Vashi [Autonomous]

Department of Biotechnology

Report Student Training Program

Skill Based Course – Food Science & Nutrition

Title: Skill Based Course on Food Science & Nutrition

Date(s): 12th January 2021 to 5th April 2021

Time: 03.00pm-05.00pm

Preamble: Skill Based Course on Food Science & Nutrition has been conducted from **12th January 2021 to 5th April 2021**, at Karmaveer Bhaurao Patil College, Vashi. The main objective of this course is to address the fundamentals of science of food and nutrition and also promote awareness regarding the importance of healthy diet and disease prevention as well as other current areas in nutrition.

Participant's Details: A total of 20 students completed the course.

Description about the Program:

Courses address the fundamentals of science of food and nutrition, and promote awareness regarding the importance of healthy diet and disease prevention as well as other current areas in nutrition.

Objective:

To provide up-to-date knowledge in foods, nutrition.

- To promote health and disease management
- To prepare students for
- working in diverse areas of food and nutrition
- communication of nutrition principles to the individual/community
- focusing on the relationship between nutrition and health.
- Students will be able to apply and incorporate the principles of food science in practical, real-world situations and problems.

Course Duration: 60 Hrs.

Intake Capacity: 30 students

Duration: 3 months

Evaluation Pattern: **Total: 100**

Student Training Program Content:

SYLLABUS: - FOOD SCIENCE AND NUTRITION	Module	Number of lectures
Module 1	Basic Food Science & Nutritional Biochemistry Basic concept of food, nutrition and nutrients, classification of food, and nutrients. Introduction to the biochemistry and the main properties of the principle constituents of foods- lipids, proteins, carbohydrates, vitamins, minerals in nutrition.	07

Physiochemical properties of food.

Module 2	Human Physiology, Microbiome and Human Nutrition - I Overview of human physiology – body systems, Human gut microbiome, Basis for computing nutrient requirements Body fluids and water balance Body composition	07
Module 3	Human Nutrition – II and Nutraceuticals Energy metabolism Regulation of food intake Nutrition during life span Functional foods Overview of nutraceuticals Food laws	07
Module 4	Healthy Diet, Over nutrition and Malnutrition Healthy diet, Constituents Over nutrition & health risk Malnutrition & health risk Health Risks of Being Underweight Major nutritional problems prevalent in India Nutrition policy and programs Advances in nutritional sciences Geriatrics and pediatric nutrition	07
Module 5	Diet Therapy and Diet Counseling Introduction to clinical nutrition and dietetics Role and responsibility of dieticians Basic principles of planning a normal diet Objectives of diet therapy Dietary principles and management for special condition Nutrition Counseling Factors to be considered for counseling Assessment component	07

Outcomes :-

Student are able to

Explain the chemistry underlying the properties of various food components.

- Apply knowledge of the role of nutrition and healthy eating for disease prevention and wellness

- Explain the structure and components of food systems and analyze the relationships between nutritional health and food selection.
- Develop effective strategies to engage populations in promotion of nutritional well-being.
- Identify the structure and functional roles of macronutrients and micronutrients.
- Explain digestion, absorption, and metabolism of nutrients.
- Explain diet and lifestyle factors that affect body weight and risk of chronic disease.
- Identify effective, evidence-based strategies for health promotion and disease prevention.
- Learn importance of dietitians and counseling.

List of Enrolled Student:

**Rayat Shikshan Sanstha's
Karmaveer Bhaurao Patil college
Vashi, Navi Mumbai**

S.No	Name of the student	Course
1	Divya Dilip Bansode	Food Science and Nutrition
2	Vaishnavi Madhav Sudke	Food Science and Nutrition
3	Seema Ganpat Kadam	Food Science and Nutrition
4	Pranay Chandrakant Mohite	Food Science and Nutrition
5	Mrunali Satish Dawre	Food Science and Nutrition
6	Kirti Balu Bodke	Food Science and Nutrition
7	Nidhi Rajesh Mahale	Food Science and Nutrition
8	Muskan Dastagir Mulani	Food Science and Nutrition
9	Sanjivani Suresh Padwal	Food Science and Nutrition
10	Asmita Sanjay Patil	Food Science and Nutrition
11	Bhavika Ravindra Bhoir	Food Science and Nutrition
12	Aditi Prashant Patil	Food Science and Nutrition
13	Shubham Rajendra Kalambe	Food Science and Nutrition
14	Prachi Bhamare	Food Science and Nutrition
15	Kunal Dalvi	Food Science and Nutrition
16	Anish Vinod Randhir	Food Science and Nutrition
17	Aditi Mahendra Jadhav	Food Science and Nutrition
18	Akshay Manojkumar Kumbhar	Food Science and Nutrition
19	Darshana Mahesh Waykar	Food Science and Nutrition
20	Ebrahim	Food Science and Nutrition
21	Mansi Ashok Mokal	Food Science and Nutrition
22	Rahul Anil Ghatge	Food Science and Nutrition
23	Aditi Dhamdere	Food Science and Nutrition
24	Deep Sanjivkumar Mirkute	Food Science and Nutrition
25	Nikita Rohidas Dundle	Food Science and Nutrition
26	Nasreen Ibrahim Sumar	Food Science and Nutrition
27	Shivani Dhanapandian Achari	Food Science and Nutrition
28	Agnimitra Fadataré	Food Science and Nutrition

Rajat
HEAD
Department of Biotechnology
Karmaveer Bhaurao Patil College
Vashi, Navi Mumbai-400 703



**Rayat Shiksha Sanstha's
Karmaveer Bhaurao Patil College, Vashi
(Autonomous)
Department of Biotechnology
Food Science and Nutrition Result 2020-21**

Sr. No.	Name of the Student	Total (Out of 100)			
1	Aditi Dhamdere	(84)	IST		
2	Anish Vinod Randhir	54			
3	Bhavika Ravindra Bhoir	(77)	III rd		
4	Darshana Mahesh Waykar	59			
5	Deep Sanjivkumar Mirkute	69			
6	Divya Dilip Bansode	62			
7	Ebrahim	53			
8	Kirti Balu Bodke	56			
9	Kunal Dalvi	70			
10	Mansi Ashok Mokal	54			
11	Mrunali Satish Dawre	71			
12	Muskan Dastagir Mulani	74			
13	Nidhi Rajesh Mahale	74			
14	Prachi Bhamare	(78)	II nd		
15	Pranay Chandrakant Mohite	68			
16	Rahul Anil Ghate	50			
17	Sanjivani Suresh Padwal	53			
18	Seema Ganpat Kadam	73			
19	Wasundhara Mistri	61			
20	Shubham Rajendra Kalambe	56			

Rayat
Head, Dept. of Biotechnology
K. B. P. College, Vashi



Certificate Format

Rayat Shiksha Sanstha's
KARMAVEER BHAURAO PATIL COLLEGE, VASHI
(Autonomous College)
Accredited as "A+" Grade with CBPA 3.53 & ISO 9001:2015 Certified Institute
STAR STATUS BY DEPARTMENT OF BIOTECHNOLOGY (Government of India)

DEPARTMENT OF BIOTECHNOLOGY

CERTIFICATE

This is to certify that Ms. Aditi Dhamdere from KBP college has successfully completed the Food Science and Nutrition, a skill based course conducted by Department of Biotechnology in the academic year 2020-21, K.B.P. College, Vashi, Navi Mumbai.

Rayat
Course Coordinator

Rayat
Principal