

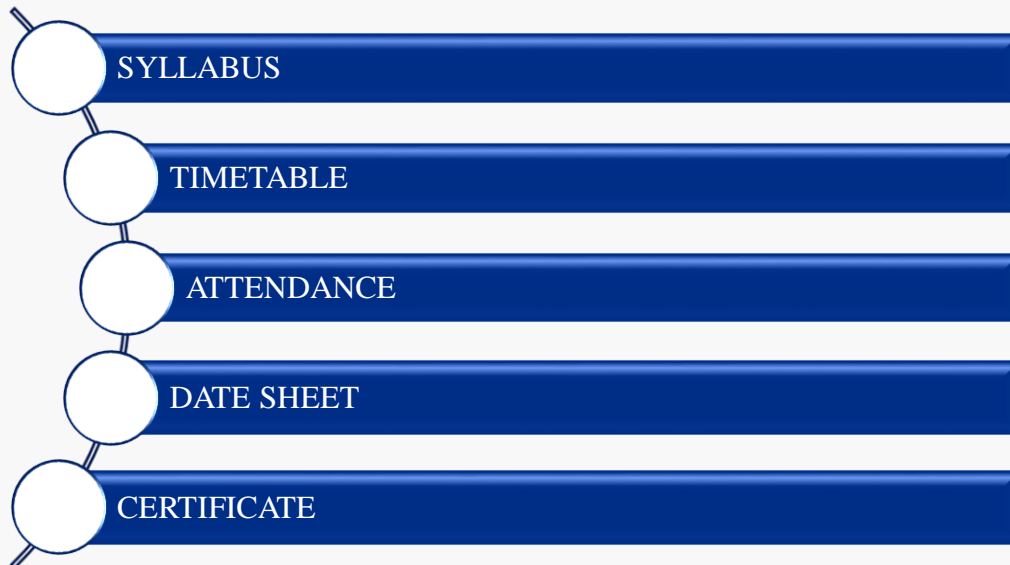


St. Bede's College Shimla
(UGC-NAAC "A+" Grade Re-Accredited)

CRITERION 1

1.2.1&1.2.2

NUTRITION HEALTH & EDUCATION





St. Bede's College Shimla

Syllabus

NUTRITION AND HEALTH EDUCATION SYLLABUS

UNIT-I Basic concepts in Food and Nutrition

- Food and nutrition
- Functions of Food

UNIT-II Nutrients

- Macronutrients
- Micronutrients

UNIT-III Food groups (process of food selection and preparation)

- Cereals
- Pulses
- Fruits and Vegetables
- Milk and milk products
- Eggs
- Meat poultry and fish
- Fats and oils

UNIT-IV Basic Concepts of Meal Planning

- Recommended Dietary Intakes
- Balanced Diet

UNIT-V Nutritional Status

- Assessment of nutritional status
- Food habits
- Food misinformation

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Principal
St. Bede's College
Shimla 171002

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St. Bede's College Shimla

Timetable (2021-2023)

TIME-TABLE FOR ADD ON COURSES THIRD YEAR 2021-22

Date: October 8, 2021

COURSE NAME	DAY	TIME	ROOM
NUTRITION AND HEALTH EDUCATION	SATURDAY	1:45 PM-2:45 PM	A3
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	SATURDAY	1:45 PM-2:45 PM	B11
PHYSICAL FITNESS AND YOGA	SATURDAY	1:45 PM-2:45 PM	COMMON ROOM

Note:

- All Add on courses will commence from October 9, 2021 except for Self Defence/ First Aid/ Fire Fighting course.
- Classes will be held in both online and offline mode.



St. Bede's College Shimla


**ST. BEDE'S COLLEGE, SHIMLA
TIME-TABLE FOR ADD ON COURSES THIRD YEAR
2022-23**

Date: August 16, 2022

COURSE NAME	DAY	TIME	ROOM
NUTRITION AND HEALTH EDUCATION	THURSDAY	3:15 PM -4:15 PM	A3
	SATURDAY	3:15 PM -4:15 PM	A3
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	THURSDAY	3:15 PM -4:15 PM	B11
	SATURDAY	3:15 PM -4:15 PM	B11
PHYSICAL FITNESS AND YOGA	THURSDAY	3:15 PM -4:15 PM	COMMON ROOM
	SATURDAY	2:30 PM-3:30 PM	BASKETBALL COURT

Note:

- All Add on courses will commence from August 20, 2022, except German Language.
- Nutrition and Health Education course will commence from August 25, 2022


PRINCIPAL
Principal
St. Bede's College
Shimla 171002



St. Bede's College Shimla

Attendance (2021-2023)

Subject Nutrition Faculty Jayanti Chauhan Class BA IIIrd year

Section _____ Semester _____ Session 2021-2022

Month October Year 2021

S. No.	Regd. No.	Name	Univ. Roll No.	Phone No. Parent	Phone No. Student	Previous Attendance	Month			Formative Assessment (CCA)			
							P	A	S	Formal Assessment Examiners, Quizzes,	Minor Tests M-I	Minor Tests M-II	Total CCA
1		Shivangi					1	2	3				
2		Suselika					1	2	3				
3		Tanveet					1	2	3				
4		Vijaiha					1	2	3				
5		Rishika Verma					1	2	3				
6		Mammi Zinta					1	2	3				
7		Tushika Arora					1	2	3				
8		Sadhvi Kashyap					1	2	3				
9		Vijaya Gupta					1	2	3				
10		Ranjana Verma					1	2	3				
11		Kanika					1	2	3				
12		Neha					1	2	3				
13		Sonal					1	2	3				
14		Priyanka Durgdung					1	2	3				
15		Angali					1	2	3				
16		Aditi					1	2	3				
17	2453	Jasmine Kaur					1	2	3				
18		Neha Thakur					1	2	3				
19		Lakshi Mehta					1	2	3				
20		Ridhima					1	2	3				
21													
22													
23													
24													
25													
26													
27													
28													
29													
30													
31													
32													
33													
34													

Principal
St. Bede's
Shimla

Dated 23/10/21 Teacher's Signature _____ Principal Signature _____

[BACK](#)



St. Bede's College Shimla

Daily Attendance Register of St. Bede's College for the month of October, November, Feb year 2021-2022

Class: BA-IIIrd year

Subject: Nutrition & Health Education

March

Paper:

CLASS:
SUB:
PAPER:
MONTH:
YEAR:

Serial Number	Name of Student	Registration No.	Registration No.	Previous Attendance	DATES												No. of Lectures	Attendance
					11/10	12/10	13/10	14/10	15/10	16/10	17/10	18/10	19/10	20/10	21/10	22/10		
1	Miswani Chahon				P	P	P	P	P	P	P	P	P	P	P			
2	Susardika				A	A	A	A	A	P	P	P	A	A				
3	Jansel				P	P	P	A	A	A	A	P	P	P				
4	Vibha				P	P	P	P	P	P	A	P	P	P				
5	Rishika Verma				P	P	P	P	P	P	P	A	P	P				
6	Manmeet Kish				P	P	P	A	P	P	P	P	P	P				
7	Neha Anchara				P	P	P	A	P	P	P	P	A	P				
8	Jadhvi Kashish				A	A	A	A	A	A	A	A	A	A				
9	Sanyasa Verma				A	A	P	P	P	P	P	P	A	A				
10	Katika				A	A	P	P	P	P	P	P	A	A				
11	Neha				A	A	A	A	A	A	A	A	A	A				
12	Sonal				A	P	P	P	P	P	P	P	P	A				
13	Khyansa Durgdurg				A	A	A	A	A	A	A	A	P	A				
14	Ashvi				A	A	P	P	P	P	P	P	P	P				
15	Jashvini Kaur				A	A	A	A	A	A	A	A	A	A				
16	Neha Thakur				A	A	A	A	A	A	A	A	A	A				
17	Kapshi Mehla				A	A	A	A	A	A	P	P	P	P				
18	Kishora				A	A	A	A	A	A	A	A	A	A				
19	Aditi				A	A	A	A	A	A	A	A	A	P				

Dated:

Lecturer's Signature
Lecturer Name

Dated:
Received By:

Principal's Signature
Principal's Signature
Shimla - 171 001

Teacher's Name
Jashvini Chahon
Teacher's Signature
@Manish



St. Bede's College Shimla

Daily Attendance Register of St. Bede's College for the month of March year 2023

Class BA IIIrd year

Subject Nutrition of Health Education (Add-on)

Paper Nutrition

CLASS IIIrd year
SUB Nutrition of Health Education
PAPER Nutrition
MONTH March
YEAR 2023

Serial Number	Name of Student	Registration No	Registration No	Previous Attendance	DATES												No. of Lectures	Attendance	
					2/3	4/3	6/3	7/3	8/3	9/3	10/3	11/3	12/3	13/3	14/3	15/3			
1.	Sakshi Verma			4	5	6	7	8	A	A	A							8/30	26.66%
2.	Rishita Verma			9	A	A	A	10	A	A	A							10/30	33.33%
3.	Prakriti Verma			2	A	A	A	A	A	A	A							9/30	30%
4.	Vaishnavi Sankhla			12	A	A	A	A	A	A	A							2/30	6.66%
5.	Nishita Khandelwal			15	16	17	18	19	A	20	21							12/30	40%
6.	Nikita Chhabra			17	18	19	20	21	22	23	24							27/30	90%
7.	Khushi Sharma			11	A	A	A	A	A	A	A							11/30	36.66%
8.	Ananya Singh			16	A	A	17	18	A	19	20							20/30	66.66%
9.	Aditi Sharma			19	20	21	22	23	A	24	25							25/30	83.33%
10.	Pranika Sharma			17	18	19	A	20	21	22	23							23/30	76.66%
11.	Mehak Khandelwal			2	A	A	A	A	A	A	A							2/30	6.66%
12.	Suzana Sharma			2	A	A	A	A	A	A	A							2/30	6.66%
13.	Deviya Chhabra			17	A	A	18	19	20	21	22							22/30	73.33%
14.	Kanyasulkam			6	A	A	A	A	A	A	A							6/30	20%
15.	Pratikha Bhatnagar			12	13	14	15	16	A	17	18							18/30	60%
16.	Gurpreet Kaur			12	L	L	L	13	14	15	16							11/30	36.66%
17.	Rishika Khandelwal			13	14	15	16	A	A	A	A							16/30	53.33%
18.	Nisal Mehta			13	14	15	16	A	A	A	A							15/30	50%
19.	Nishita Sharma			8	9	10	11	12	13	14	15							13/30	43.33%
20.	Riya Verma			12	A	A	A	16	A	A	A							19/30	63.33%
21.	Neha Sharma			16	L	14	15	16	17	18	19							9/30	30%
22.	Mansi Sharma			9	A	A	A	A	A	A	A							17/30	56.66%
23.	Disha Chhabra			4	5	6	7	A	A	A	A							6/30	20%
24.	Chiranjeev Sharma			4	A	A	6	A	6	A	A							9/30	30%
25.	Aditi			5	6	7	8	A	9	A	A							6/30	20%
26.	Aditi Verma			2	3	4	5	6	A	A	A							1/30	3.33%
27.	Mamta			1	A	A	A	A	A	A	A							3/30	10%
28.	Palak Sharma			3	A	A	A	A	A	A	A							9/30	30%
29.	Jasni Mehta			2	3	4	A	5	A	A	A							1/30	3.33%
30.	Nisal Chhabra			3	A	A	A	A	A	A	A							1/30	3.33%
31.	Riya Khandelwal			1	A	A	A	A	A	A	A							1/30	3.33%
32.	Royal Sharma			1	2	3	A	A	A	A	A								

Dated 23/3/2023

Jasvanti Chhabra Lecturer's Signature
Lecturer Name

Dated 23/3/2023
Received By

Prakash Principal's Signature
St Bede's College Shimla 171002 Clerk's Signature

Teacher's Name
Teacher's Signature



St. Bede's College Shimla

Daily Attendance Register of St. Bede's College for the month of August, September, October, year 2022

CLASS: 11th year
SUB: Nutrition & Health Education
PAPER: Nutrition
MONTH: Aug, Sep, Oct, Nov, Dec
YEAR: 2022

Class: 11th year

Subject: Nutrition & Health Education

November, December

Paper: Nutrition

Table with columns: Serial Number, Name of Student, Registration No., Previous Attendance, DATES (28/8 to 24/12), No. of Lectures, Attendance. Rows list 32 students with their attendance records.

Lecturer's Signature: Jyoti Chohan, Lecturer Name

Dated: Received By:

Principal's Signature: St. Bede's College Shimla 171002, Clerk's Signature

Teacher's Name, Teacher's Signature



St. Bede's College Shimla

Date sheet (2021-2023)



*Add on Courses
St. Bede's College, Shimla*

NOTICE

March 8, 2022

DATESHEET FOR ADD-ON COURSES

COURSE NAME	CLASS	DATE & TIME	ROOM NO.
NUTRITION AND HEALTH EDUCATION	THIRD YEAR	MARCH 14, 2022 2:30 PM- 4:00 PM	HOME SCIENCE LAB

Neha Walia
NEHA WALIA 8/3/2022
(Coordinator)





St. Bede's College Shimla



March 18, 2023

*Add. on Courses
St. Bede's College, Shimla*

**DATESHEET FOR ADD-ON COURSES
2022-23**

COURSE NAME	CLASS	TIME	ROOM
PHYSICAL FITNESS AND YOGA	SECOND YEAR	MARCH 21, 2023 3:15 PM – 4:15 PM	A-10
PHYSICAL FITNESS AND YOGA	FIRST YEAR	MARCH 22, 2023 3:15 PM – 4:15 PM	A-10
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	THIRD YEAR	MARCH 23, 2023 1:45 PM ONWARDS MARCH 24, 2023 2:30 PM ONWARDS	B7
NUTRITION AND HEALTH EDUCATION	THIRD YEAR	MARCH 23, 2023 2:00 PM – 4:00 PM	A3
PHYSICAL FITNESS AND YOGA	THIRD YEAR	MARCH 23, 2023 3:15 PM – 4:15 PM	A-10

mollgm
PRINCIPAL

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St. Bede's College Shimla

Certificate (2021-2023)



St. Bede's College
SHIMLA

CERTIFICATE OF MERIT

This certificate is awarded to
Mannat Zinta
D/o Sh. Rajinder Zinta
student of B.A. IIIrd Year
for successfully completing
Nutrition and Health Education Course
acquiring Grade **A++**

Reg. No. : 191061
Certificate No. : 210045
Dated : 25/5/2022


Principal
St. Bede's College
Shimla-171002





St. Bede's College Shimla



St. Bede's College

NAAC Re-Accredited A+ Grade

CERTIFICATE OF MERIT

This certificate is awarded to

Mehak Rawat

D/o Sh. Hukam Singh Rawat

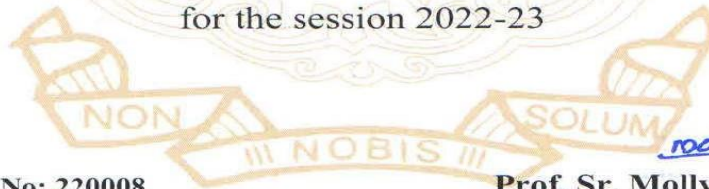
student of B.Com - 3rd year

for successfully completing

Nutrition and Health Education Course

acquiring Grade A+

for the session 2022-23



Certificate No: 220008

Regd. No.: 203005

Date: May 23, 2023

Prof. Sr. Molly Abraham

Principal

St. Bede's College

Shimla-171002