

SKE Society's
Govindram Seksaria Science College, (Autonomous) Belagavi
Department of Zoology
Report on Certificate Course in Food and Nutrition

Details of the programme
Title: Report on Certificate Course in Food and Nutrition
Date of event: 2024-2025
No. of Participants: 14
Highlights of the Programme: The Department of Zoology successfully conducted and completed a Certificate Course titled "Food and Nutrition" under the guidance and instruction of Ms. Sneha P. Mastmardi. The course was designed to provide foundational and applied knowledge in human nutrition, with a focus on both physiological needs and pathological conditions. Total of 30 classes were conducted throughout the academic year, covering 13 comprehensive units. The curriculum included both theoretical understanding and implications of nutrition in daily life. Like, Nutritional requirements for adults and infants, Diet planning in obesity, diabetes, and hypertension, Recommended Dietary Allowances (RDA), Role and importance of vitamins and minerals, Concept and consequences of malnutrition, Basics of balanced diet and food groups. Upon successful completion of the course, an assessment was conducted to evaluate the understanding and knowledge of the students. Based on their performance and participation, certificates were awarded to all the eligible students. The course received a positive response from students, who appreciated the relevance of the subject matter to both their academic interests and personal well-being.
Photographs:


