

**DEBRA THANA S.K.S. MAHAVIDYALAYA  
(AUTONOMUS)**

Chakshyampur , Debra, Paschim Medinipur, West Bengal



*PROPOSED CURRICULUM & SYLLABUS (DRAFT) OF*

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**BACHELOR OF SCIENCE WITH NUTRITION  
(MULTIDISCIPLINARY STUDIES)**

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**3-YEAR UNDERGRADUATE PROGRAMME**  
*(w.e.f. Academic Year 2024-2025)*

*Based on*

**Curriculum & Credit Framework for Undergraduate Programmes  
(CCFUP), 2023 & NEP, 2020**

**DEBRA THANA SAHID KSHUDIRAM SMRITI MAHAVIDYALAYA.**  
**MAHAVIDYALAYA**  
**BACHELOR OF SCIENCE IN LIFE SCIENCES with NUTRITION**  
**(under CCFUP, 2023)**

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks				
								CA	ESE	TOTAL		
B.Sc. in Life Sc. with Nutrition	1 <sup>st</sup>	I	<b>SEMESTER-I</b>									
			Major (Disc.-A1)	NUTPMJ101	T: Basic concept of Food and Nutrition; P: Practical (To be studied by the students taken Nutrition as Discipline-A)	4	3-0-1	15	60	75		
			SEC	SEC01	To be chosen from SEC-01 of Discipline A/B/C of their Hons. prog.	3	0-0-3	10	40	50		
			AEC	AEC01	Communicative English-1 (common for all programmes)	2	2-0-0	10	40	50		
			MDC	MDC01	Multidisciplinary Course-1 (to be chosen from the list)	3	3-0-0	10	40	50		
			VAC	VAC01	VAC-01: ENVS (common for all programmes)	4	2-0-2	50	50	100		
			Minor (Disc.-C1)	NUT MI 01/C1	T: Basic concept of Food and Nutrition; P: Practical (To be studied by the students taken Nutrition as Discipline-C)	4	3-0-1	15	60	75		
		<b>Semester-I Total</b>						<b>20</b>				<b>400</b>
		II	<b>SEMESTER-II</b>									
			Major (Disc.-B1)		T :Basic concept of Public Health and Nutrition (Same as like A1 for students taken Nutrition as Discipline-B)	4	3-0-1	15	60	75		
			SEC	SEC02	To be chosen from SEC-02 of Discipline A/B/C of their Hons. prog.	3	0-0-3	10	40	50		
			AEC	AEC02	MIL-1 (common for all programmes)	2	2-0-0	10	40	50		
			MDC	MDC02	Multi Disciplinary Course-02 (to be chosen from the list)	3	3-0-0	10	40	50		
			VAC	VAC02	VAC-02 (to be chosen from the list)	4	4-0-0	10	40	50		
			Minor (Disc.-C2)	NUT MI 02/C2	T: Basic concept of Public Health and Nutrition (To be studied by the students taken Nutrition as Discipline-C)	4	3-0-1	15	60	75		
Summer Intern.	CS	Community Service	4	0-0-4	-	-	50					
<b>Semester-II Total</b>						<b>24</b>				<b>400</b>		
<b>TOTAL of YEAR-1</b>						<b>44</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>800</b>		

P MJ= Major Programme (Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; SEC = Skill Enhancement Course, AEC = Ability Enhancement Course, MDC = Multidisciplinary Course, VAC = Value Added Course; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language, ENVS = Environmental Studies

**MAJOR (MJ)**

**MJ A1/B1: Basic concept of Food and Nutrition Credits 04 (FM: 75)**

**MJ A1/B1T: Basic concept of Food and Nutrition**

**Credits 03  
[45L]**

**Course contents:**

**Course contents:**

**1. Food and Nutrition : Basic concepts**

- Concept and definition of terms Nutrition, Nutrients, Nutritional status, Malnutrition and Health. Interrelationship in maintaining good health and well-being
- Food as source of nutrients, function of food, classification of food, Food groups. Food pyramid.
- Energy in Human Nutrition: Idea of energy and its unit, energy balance, Assessment of energy requirements, Deficiency and Excess, Determination of energy in food, BMI, BMR & influencing factors, S.D.A.
- Minimum Nutritional Requirements and RDA : Formulation of RDA and Dietary Guidelines: Reference Man and Reference Woman

**2. Nutrition awareness and Public Health:**

- Nutritional awareness generation process.
- Concept of Public health, determinants of public health.

**3. Under nutrition management from intrauterine life to adulthood:**

- PEM in the context of underweight, stunting, wasting,
- SAM; Nutritional Anaemia with special reference to Iron Deficiency Anaemia; Vitamin A deficiency (Xerophthalmia); Iodine Deficiency Disorders;

**MJ A1/B1P: Basic concept of Food and Nutrition (Practical)**

**Credits 01**

**Course Outline:**

1. Under-nutrition and obesity risk assessment using BMI, weight for age, height for age, waist to hip ratio, MUAC.
2. Preparation of visual aids for nutrition awareness((PPT, Poster, Model &Chart)
3. Computation of BMI and BMR, from the provided data.

## MINOR (MI)

### **MI – 1: Basic concept of Food and Nutrition**

**Credits 04 (Full Marks: 75)**

#### **MI – 1T: Basic concept of Food and Nutrition**

**Credits 04**

#### **COURSE LEARNING OUTCOMES:**

After the completion of the course, students will have ability to

1. Importance of nutrients for basic requirement of life.
2. Importance of nutrition awareness for prevention of diseases and early recovery.
3. Dietary management of under nutrition act different phases of human lifecycle.
4. Understand the impact of digestive system in nutrition.

#### Course contents:

##### **1. Food and Nutrition : Basic concepts**

- Concept and definition of terms Nutrition, Nutrients , Nutritional status ,Malnutrition and Health. Interrelationship in maintaining good health and well-being
- Food as source of nutrients, function of food, classification of food, Food groups. Food pyramid.
- Energy in Human Nutrition: Idea of energy and its unit, energy balance, Assessment of energy requirements, Deficiency and Excess, Determination of energy in food, BMI , BMR & influencing factors, S.D.A.
- Minimum Nutritional Requirements and RDA : Formulation of RDA and Dietary Guidelines: Reference Man and Reference Woman

##### **2. Nutrition awareness and Public Health:**

- Nutritional awareness generation process.
- Concept of Public health, determinants of public health.

##### **3. Under nutrition management from intrauterine life to adulthood:**

- PEM in the context of underweight, stunting, wasting,
- SAM; Nutritional Anaemia with special reference to Iron Deficiency Anaemia; Vitamin A deficiency (Xerophthalmia); Iodine Deficiency Disorders;

### **MI-1P Basic concept of Food and Nutrition (Practical)**

**Credits 01**

#### Course Outline:

1. Undernutrition and obesity risk assessment using BMI, weight for age, height for age, waist to hip ratio, MUAC.
2. Preparation of visual aids for nutrition awareness (PPT, Poster, Model &Chart)
3. Computation of BMI and BMR from the provided data.

## SKILL ENHANCEMENT COURSE (SEC)

### **SEC 1: Community Nutrition**

**Credits 03 (Full**

#### **Marks: 50) COURSE LEARNING OUTCOMES:**

After the completion of the course, students will have ability to

1. To know programme formulation and its different components.
2. To understand the programme planning, designing and implementation.
3. To know the programme management and evaluation.

SEC1P: Community Nutrition (ICDS/MDMP /SNP) (Practical) Course

Outline:

Programme formulation-different components

- Pre-program survey
- Policy decision and plan of action
- Program designing
- Program implementation
- Program Management
- Program evaluation
- Program formulation to be done using secondary data set and primary data set.