

दयानन्द महिला महाविद्यालय, कुरुक्षेत्र
सूचना

दिनांक 03.12.2021

महाविद्यालय की सभी छात्राओं को सूचित किया जाता है कि महाविद्यालय निम्नलिखित "Value Added Course" (30 Hours) निःशुल्क चलाए जा रहे हैं, जिनमें किसी भी संकाय की छात्राएं Admission ले सकती हैं। ये Courses सामान्य Courses के साथ चलाए जा रहे हैं। इससे सम्बन्धित जानकारी व Admission लेने हेतु निम्न प्राध्यापिकाओं से दिनांक 10.12.2021 तक सम्पर्क करें।

Retail Management	Mrs. Minakshi Thakral Mrs. Sapna Arora
Basics of Marketing	Mrs. Minakshi Thakral Mrs. Sapna Arora
Stress Management	Mrs. Urmila Singh Dr. Urmila Panghal
Yoga	Dr. Anu Chauhan
Nutrition & Fitness	Dr. Shweta Saini Ms. Upasana
मानव जीवन में नैतिक मूल्य	Dr. Suman Rajan Dr. Manjeet Dr. Seema Dr. Reerja Dr. Arti Aggarwal
Indian Constitution	Mrs. Saroj Bala
Indian National Movement	Dr. Rukmesh
Science Around Us	Mrs. Asha Malik Ms. Suman Rani

Principal
31/12/21

Principal
Dayanand Mahila Mahavidyalaya
Kurukshehra (Haryana)

Attested to be true copy

Convener
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshehra

Principal
Dayanand Mahila Mahavidyalaya
Kurukshehra (Haryana)

श्रीमती मीनाक्षी ठाकुर
श्रीमती उर्मिला सिंह
डॉ० उर्मिला पंगवाल
श्रीमती सपना अरोड़ा
डॉ० सुमन राजान
डॉ० अनु चौहान
श्रीमती सरोज बाला
डॉ० रुक्मेश

NUTRITION AND FITNESS

(CREDITS: THEORY-2)

THEORY/ PRACTICAL

LECTURES 30

Course Objectives:

- To understand the component of health and fitness.
- To make nutritional dietary and physical activity recommendations to achieve fitness and well being.

Learning Outcome:

After successful completion of this course students will be able to know about:

- Physical fitness and wellness
- Type of nutrient to support physical activity
- Role of nutrition in managing major lifestyle disease i.e. weight imbalance

Unit 1 Understanding Fitness

- Definition of fitness, health and related terms
- Assessment of fitness
- Approaches for keeping fit

Unit 2 Importance of nutrition

- Role of nutrition in fitness
- Nutritional guidelines for health and fitness
- Nutritional supplements

Unit 3 Importance of Physical activity

- Importance and benefits of physical activity
- Physical Activity – frequency, intensity, time and type with examples
- Physical Activity Guidelines and physical activity pyramid

Unit 4 Weight Management

- Assessment, etiology, health complications of overweight and obesity
- Diet and exercise for weight management
- Fad diets
- Principles of planning weight reducing diets

Attached to be true copy

UN

Convener
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

Shweta Saini

Pri
Day
Kurukshetra Mahavidyalaya
Kurukshetra

PRACTICAL

- Preparation of recipes related to weight management

RECOMMENDED READINGS

- Wardlaw, Smith. Contemporary Nutrition: A Functional Approach. 2nd ed: 2012. Mc Graw Hill.
- Williams Melvin. Nutrition for health, fitness and sports. 2004. Mc Graw Hill
- Joshi AS. Nutrition and Dietetics 2010. Tata Mc Graw Hill.

Shweta Saini

Dr. Shweta Saini,
(Assistant Professor)
Department of Home science,
D.M.M., KKR.

checked to be true copy

UN
Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

MS
Convener
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

COURSE OUTCOMES

Name of Programme: Nutrition & Fitness (Value Added Course)

Nutrition & Fitness course enables the students:

- CO 1: To understand the component of Health and Fitness.
- CO 2: To know the role of Nutrition and Fitness in maintaining good health.
- CO 3: To be familiar with the concept of Nutritional Supplements.
- CO 4: To comprehend the concept of Physical Activity.
- CO 5: To get acquainted with Physical Activity Pyramid and plan their own activity pyramid.
- CO 6: To understand the concept of Weight Management.
- CO 7: To understand the role of Diet and Exercise in Weight Management.
- CO 8: To be familiar with the concept of Fad Diets.
- CO 9: To learn the principles of Weight Reducing Diets.
- CO 10: To prepare recipes related to Weight Management.

Shweta Saini

Attested to be true copy

W
Principal
Dayanand Mahila Mahavidyala
Kurukshetra (Haryana)

MS
Convener
IQAC
Dayanand Mahila Mahavidyala
Kurukshetra

Dayanand Mahila Mahavidyalaya, Kurukshetra

Nutrition and Fitness (Value Added Course)

Student Completed the course in session: 2021-22

No.	Name	Father's Name	Class	Roll No.	Mob. No.
	Harpreet Kaur	Mr. Randhir Singh	B.A 3 rd	3148420007	8683961685
	Isha	Mr. Ajit Singh	B.A 3 rd	3148420010	9817260818
	Supriya Kumari	Mr. Satyanarayan Parsad	B.A 3 rd	3148420021	9350335123
	Manjeet	Mr. Gurcharan Singh	B.A 3 rd	3148420023	8307513545
	Kajal	Mr. Ramesh Kumar	B.A 3 rd	3148420034	7056519047
	Tejasvi	Mr. Vipender Singh	B.A 3 rd	3148420047	9996276641
7	Monika	Mr. Ram Kishan	B.A 3 rd	3148420055	9896045237
8	Samriti Saini	Mr. Subhash Chand	B.A 3 rd	3148420092	7206505816
9	Khushboo	Mr. Satish Kumar	B.A 3 rd	3148420102	8307619632
10	Neetu	Mr. Omprakash	B.A 3 rd	3148420107	8307237936
11	Surekha	Mr. Laxman	B.A 3 rd	3148420122	8168999582
12	Prabhsimran Kaur	Mr. Kanwarjit Sigh	B.A 3 rd	3148420132	7419500164
13	Harshita	Mr. Suraj Parkash	B.A 3 rd	3148420144	9350833325
14	Muskan	Mr. Jasmer Singh	B.A 3 rd	3148420181	9992118578
15	Deepika	Mr. Sanjeev Kumar	B.A 3 rd	3148420183	8813847997
16	Aarti Rani	Mr. Jiya Lal	B.A 3 rd	3148420184	9991956330
17	Kavita	Mr. Baldev	B.A 3 rd	3148420191	8307295941
18	Divya Verma	Mr. Sohan Lal Verma	B.A 3 rd	3148420193	9306149961
19	Manju	Mr. Balkar	B.A 3 rd	3148420195	8570949524
20	Heena	Mr. Vinod Kumar	B.A 3 rd	3148420200	8295008689
21	Sunita	Mr. Vijay Kumar	B.A 3 rd	3148420202	9050231229
22	Pallavi	Mr. Sanjay Kumar	B.A 3 rd	3148420209	7056449789
23	Rajni	Mr. Balbir Singh	B.A 3 rd	3148420210	9896392381
24	Parul	Mr. Narender Kumar	B.A 3 rd	3148420212	8295010582
25	Lakhvinder	Mr. Gurmeet Singh	B.A 3 rd	3148420213	9812394073
26	Anu	Mr. Laxhman Singh	B.A 3 rd	3148420216	8708354244
27	Deepti	Mr. Vinod	B.A 3 rd	3148420220	8818090354
28	Tamanna	Mr. Jaipal	B.A. 2 nd	120209002031	8053986201
29	Anju	Mr. Dalbir Singh	B.A. 2 nd	120209002061	7206600305
30	Manpreet Kaur	Mr. Sukhwinder Singh	B.A. 2 nd	120209002123	9996319274
31	Manisha	Mr. Mange Ram	B.A. 2 nd	120209002143	7206570758
32	Yavnika	Mr. Manoj Gulati	B.A. 2 nd	120209002172	8295002077
33	Subal Dahiya	Mr. Swaraj Singh	B.A. 2 nd	120209002185	9729623861
34	Siya Rani	Mr. Lazza Ram	B.A. 2 nd	120209002194	8295204721
35	Sneha	Mr. Shishan Kumar	B.A. 2 nd	120209002198	9728777660
36	Amisha	Mr. Ajay Kumar	B.A. 2 nd	120209002203	8307272910
37	Aarju	Mr. Balwant Singh	B.A. 2 nd	120209002234	7082157058

Sr No.	Name	Father's Name	Class	Roll No.	Mob. No.
38	Manisha	Mr. Angrej Singh	B.Sc. NM 2 nd	120209015031	9729348580
39	Pragati	Mr. Naresh Kumar Garg	B.A 1 st	1212092002022	9896383553
40	Muskan	Mr. Partap Rana	B.A 1 st	1212092002047	8570038481
41	Kanchan	Mr. Anil Kumar	B.A 1 st	1212092002111	9467621305
42	Amaninder Kaur	Mr. Bishmber Singh	B.A 1 st	1212092002117	7027065033
43	Harpreet Kaur	Mr. Davinder Singh	B.A 1 st	1212092002133	9817492993
	Sonia	Mr. Phool Singh	B.A 1 st	1212092002141	9306759929
	Manshu	Mr. Devender Singh	B.A 1 st	1212092002148	9518090224
	Anehal	Mr. Gurjeet Singh	B.A 1 st	1212092002149	9053350144
	Naina	Mr. Sumer Chand	B.A 1 st	1212092002163	8814968470
48	Sakshi	Mr. Amarjeet	B.A 1 st	1212092002167	9896171324
49	Kimti	Mr. Ramesh Kumar	B.A.1 st	1212092002212	8689055768
50	Anamika	Mr. Labh Singh	B.A 1 st	1212092002241	9817476070
51	Simran Devi	Mr. Rakesh Kumar	B.Com.1 st	1212092003058	9416494367
52	Tripti Garg	Mr. Sanjay	B. A 1 st	1212093002001	9518479005
53	Neha	Mr. Raj Kumar	B.A 1 st V	1212093002010	9518042075
54	Tvishi	Mr. Chander Jain	B.A 1 st V	121093002012	9518817001
55	Muskan	Mr. Gurpage Singh	B.A 1 st V	1212093002021	9671535378

Enrolled → 55

Completed → 55

Shweta Saini

Directed to be true copy

W

Convene:

IQAC

Dayanand Mahila Mahavidyalaya
Bokshetra

Mahavidyalaya

2021-22

DAYANAND MAHILA MAHA

VIDYALAYA, KURUKSHETRA

Class: Jan + Feb, Subject: Nutrition, J. B. S. K.

Lectures Dates in the Month

Attendance table with columns for Roll No., Name, and dates from 1 to 31. Rows include students like Monika, Deekhi, Siba, Khushiya, Sakshiya, Swarna, Neetu, Udayant Kaur, Nihal, Oshika, Lakshmi, Parul, Divya Verma, Anamika Singh, Rani, Madhu, Kanika, Anu, Simrita, Pallavi, Muskan, Urvashi, Manojet, Neeraj, Parulshikha, Anu, Smita, Sakshi, Manjul Kaur, Yashika, and Anika.

Lecture dates and total lectures table with columns for dates (1-31), Total Lectures, and Remarks.

Principal Dayanand Mahila Mahavidyala Kurukshetra

QC/Signer Dayanand Mahila Mahavidyala Kurukshetra

Signature: Shubra Saini

