



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course
Nutrition and Diet
(2024-25)



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education



Name of the Course: Nutrition and Diet

Department: Department of Physical Education

Course Implementation Year: 2023-24

Course Coordinator:

Name of Co-ordinator : Dr. G. M. Lawangare

Designation : Associate Professor and Head of the Department

Office Location : Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur.

Contact No. : 9021441802 **E mail:** gmlawangare99@gmail.com

Duration : 32 Hours (3 months- Thrice in a week)

No. of batches : 01

Intake capacity of batch : 30

Eligibility Criteria : 10 +2 or its equivalent exam.

Course Fee : Free

Mode of Teaching : Offline

Objectives of the Course:

- To make students aware of nutrition and balanced diet.
- To provide knowledge of nutrition and importance of balanced diet to students.
- To aware students of the side effects of excessive consumption of fast food and encourage them to inculcate healthy eating habits.

Learning Outcomes:

After successfully completing this course, students will able to,

- Explain nutrients and components of balanced diet.
- Identify food sources of nutrients.
- Explain importance and benefits of nutrients.
- Explain recommended daily allowance of the nutrients.
- Identify the myths about dieting.




I/C Principal,
Rajarshi Chh. Shahu College,
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

(Academic Year 2024-25)



SYLLABUS

Note: Figures at the right side shows no. of sessions per unit. Each session has 60 minutes.

Unit I: Concept of Nutrition and Diet

[6 periods]

- Nutrition: Definition, Meaning and Concept
- Nutrients: Definition and Types
- Balanced Diet: Definition, Meaning and Concept
- Diet and Health
- Importance of Nutrition and balanced diet
- Modern food culture, Healthy and unhealthy eating habits

Unit II: Macro-nutrients

[10 periods]

- Carbohydrates- Definition, Types, Food Sources, Functions
- Proteins- Definition, Types, Food Sources, Functions
- Fats- Definition, Types, Food Sources, Functions

Unit III: Micro-nutrients, Fiber and Antioxidants

[10 periods]

- Vitamins- Definition, Types, Food Sources, Functions
- Minerals- Definition, Types, Food Sources, Functions
- Fibers- Definition, Food Sources, Functions
- Anti-oxidants- Meaning, Functions, food sources

Unit IV: Recommended Daily Allowance (RDA) of Nutrients

[6 periods]

- RDA: Meaning and Concept
- Calorie, RDA of Nutrients
- Food Pyramid
- Food Supplements: Need and Importance
- Myths about Diet, Fad Diet





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

(Academic Year 2024-25)



Nature of Examination/Rubrics

The performance of the course will be evaluated through course- end written test.

The scheme of assessment and evaluation is as per the table below;

Sr. No.	Evaluation tool	Marks
1.	Written test	40
	Objective questions (MCQ- 2 marks each).	20
	Objective questions (Match the pairs- 1 Mark each)	05
	Answer in one sentence (2 Marks each)	10
	Short notes (Any 1)	05
2.	Oral Test	10
	Total Marks	50

GRADES/ RUBRICS

Percentage	Grade
0-39 %	F (Fail)
40-49 %	P (Pass)
50-59 %	C (Average)
60-69 %	B (Good)
70-79%	A (Very Good)
80-89 %	A+ (Excellent)
90-100 %	O (Outstanding)

Dr. G. M. Lawangare

Course Coordinator
Head



I/C Principal,

**Rajarshi Chh. Shahu College,
Kolhapur.**

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Value added Course

Nutrition and Diet

(Academic Year 2024-25)

Time-Table

Sr. No.	Day	Time
1	Monday	12.00 noon to 1.00 pm
2	Tuesday	12.00 noon to 1.00 pm
3	Thursday	12.00 noon to 1.00 pm


Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.





1/C Principal,
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course- Nutrition and Diet

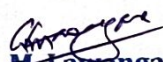


Teaching Plan (2024 -25)

Day	Date	Content	Name of the teacher
1	16/01/2025	Nutrition: Definition, Meaning and Concept, Importance of Nutrition	Smt. S. R. Majagaonkar
2	20/01/2025	Nutrients: Definition and Types	Smt. S. R. Majagaonkar
3	21/01/2025	Balanced Diet: Definition, Meaning and Concept, Importance of balanced diet	Smt. S. R. Majagaonkar
4	23/01/2025	Diet and Health	Smt. S. R. Majagaonkar
5	27/01/2025	Modern food culture	Smt. S. R. Majagaonkar
6	28/01/2025	Healthy and unhealthy eating habits	Smt. S. R. Majagaonkar
7	30/01/2025	Carbohydrates- Definition, Food Sources	Dr. G. M. Lawangare
8	03/02/2025	Functions of Carbohydrates	Dr. G. M. Lawangare
9	04/02/2025	Simple and Complex Carbohydrates	Dr. G. M. Lawangare
10	06/02/2025	Proteins- Definition, Functions	Dr. G. M. Lawangare
11	10/02/2025	Essential and non-essential proteins	Dr. G. M. Lawangare
12	11/02/2025	Food Sources of proteins	Dr. G. M. Lawangare
13	13/02/2025	Fats- Definition, Food Sources	Dr. G. M. Lawangare
14	17/02/2025	Functions of fats	Dr. G. M. Lawangare
15	18/02/2025	Good fats and bad fats- cholesterol	Dr. G. M. Lawangare
16	20/02/2025	Types of fatty acids	Dr. G. M. Lawangare
17	24/02/2025	Vitamins- Definition, Types	Dr. G. M. Lawangare
18	25/02/2025	Vitamin B and D – food sources, functions, deficiency diseases	Dr. G. M. Lawangare
19	27/02/2025	Vitamin A and C – food sources, functions, deficiency diseases	Dr. G. M. Lawangare
20	03/03/2025	Vitamin E and K – food sources, functions, deficiency diseases	Dr. G. M. Lawangare
21	04/03/2025	Minerals- Definition, micro-minerals and trace minerals	Dr. G. M. Lawangare



Day	Date	Content	Name of the teacher
22	06/03/2025	Micro-minerals – food sources, functions, deficiency diseases	Dr. G. M. Lawangare
23	10/03/2025	Trace minerals – food sources, functions, deficiency diseases	Dr. G. M. Lawangare
24	11/03/2025	Fibers- Definition, Food Sources, Functions	Smt. S. R. Majagaonkar
25	13/03/2025	Role of Water in diet, adequate water intake	Smt. S. R. Majagaonkar
26	17/03/2025	Anti-oxidants- Meaning, Functions, food source	Smt. S. R. Majagaonkar
27	18/03/2025	RDA- meaning and concept	Smt. S. R. Majagaonkar
28	20/03/2025	What is calorie? RDA of nutrients	Smt. S. R. Majagaonkar
29	24/03/2025	Food Pyramid	Smt. S. R. Majagaonkar
30	25/03/2025	Food Supplements: Need and Importance	Smt. S. R. Majagaonkar
31	27/03/2025	Myths about Diet, Fad Diet	Smt. S. R. Majagaonkar
32	28/03/2025	Fad Diet	Smt. S. R. Majagaonkar

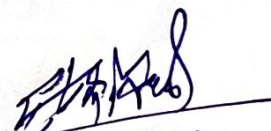

Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




H/C Principal,
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

List of Enrolled Students (2024-25)

Sr. No.	Name of the Students	Class	Signature
1	Bhopale Sourabh Sanjay	B. A. -3	
2	Kawale Suraj Rajendra	B. A. -3	
3	Khondal Tejas Dagadu	B. A. -3	
4	Kothawale Sanket Sudhir	B. A. -3	
5	Kuchikoravi Minakshi Nagappa	B. A. -3	
6	Nagtile Sourabh Hanmant	B. A. -3	
7	Olekar Sachin Gulab	B. A. -3	
8	Raykar Ayush Maruti	B. A. -3	
9	Waghmode Pravin Babaso	B. A. -3	
10	Badame Pandit Shripal	B. A. -1	
11	Bawari Jagatsing Balasing	B. A. -1	
12	Bhosale Savan Sanjay	B. A. -1	
13	Bhosale Shubham Sanjay	B. A. -1	
14	Biranage Soundarya Vilas	B. A. -1	
15	Bisure Vivek Vikas	B. A. -1	
16	Chougale Anjali Aniket	B. A. -1	
17	Ghadmaode Samruddhi Pirajee	B. A. -1	
18	Gavande Prajwal Narayan		
19	Kadam Rudraksh Yashwant	B. A. -1	
20	Kemble Prachi Shrimant	B. A. -1	





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

List of Enrolled Students (2024-25)

Sr. No.	Name of the Students	Class	Signature
21	Kemle Sanika Shrimant	B. A. -1	S.S. kemle
22	Khandagale Aarti Chetan	B. A. -1	Akhadagale
23	Patil Gayatri Rajendra	B. A. -1	Patil
24	Pol Anushka Sunil	B. A. -1	Apal
25	Sarje Prem Jivan	B. A. -1	P.J.S.
26	Sarvagod Vivek Vitthal	B. A. -1	Sarvagod
27	Shinde Sahil Sanjay	B. A. -1	Sahil
28	Shinde Sanket Dattatray	B. A. -1	Shinde
29	Terdalkar Tanish Surykant	B. A. -1	Tanish
30	Thadake Onkar Sachin	B. A. -1	Onkar
31	Kamble Pradip Pintu	B. A. -1	Kamble
32	Kate Sudarshan Dipak	B. A. -1	S.D.K.

Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



H/C Principal,
Rajarshi Chh. Shahu College,
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course – Nutrition and Diet

Attendance Sheet (2024-25)



Sr. No.	Name of the Student	16/01/2025	20/01/2025	21/1/25	23/01/25	27/01/25	28/01/25	30/01/25	03/02/25	04/02/25	6/2/25	10/2/25
1	Bhopale Sourabh Sanjay	Sbpale	Sbpale	Sbpale	Sbpale	Sbpale	Sbpale	Sbpale	Sbpale	Sbpale	Sbpale	Sbpale
2	Kawale Suraj Rajendra	Ska	Ska	Ska	Ska	Ska	Ska	Ska	A	Ska	Ska	Ska
3	Khondal Tejas Dagadu	Sejue	Sejue	Sejue	Sejue	Sejue	Sejue	Sejue	Sejue	A	Sejue	Sejue
4	Kothawale Sanket Sudhir	S.S.K.	S.S.K.	A	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.
5	Kuchikoravi Minakshi Nagappa	M.N.K	M.N.K	M.N.K	M.N.K	M.N.K	A	M.N.K	M.N.K	M.N.K	M.N.K	M.N.K
6	Nagtile Sourabh Hanmant	Saurabh	Saurabh	Saurabh	Saurabh	Ab	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh
7	Olekar Sachin Gulab	Zehi	Zehi	Zehi	Zehi	Zehi	Zehi	Zehi	Zehi	Zehi	Zehi	Zehi
8	Raykar Ayush Maruti	Om	Om	Om	Om	Om	Om	Om	Om	Om	Om	Om
9	Waghmode Pravin Babaso	\$AVIN	\$AVIN	\$AVIN	\$AVIN	\$AVIN	\$AVIN	\$AVIN	\$AVIN	\$AVIN	\$AVIN	\$AVIN
10	Badame Pandit Shripal	P.bop	P.bop	P.bop	P.bop	P.bop	P.bop	P.bop	P.bop	P.bop	P.bop	P.bop
11	Bawari Jagatsing Balasing	J.B.B	A	J.B.B	J.B.B	J.B.B	J.B.B	J.B.B	J.B.B	J.B.B	J.B.B	J.B.B
12	Bhosale Savan Sanjay	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	A	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale
13	Bhosale Shubham Sanjay	S.S.B	S.S.B	S.S.B	S.S.B	S.S.B	S.S.B	S.S.B	S.S.B	S.S.B	S.S.B	S.S.B
14	Biranage Soundarya Vilas	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange
15	Bisure Vivek Vikas	Vivek	Vivek	A	Vivek	Vivek	Vivek	Vivek	A	Vivek	Vivek	Vivek
16	Chougale Anjali Aniket	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course - Nutrition and Diet

Attendance Sheet (2024-25)



Sr. No.	Name of the Student	16/01/2025	20/01/2025	21/1/25	23/01/25	27/01/25	28/01/25	30/1/25	03/2/25	04/2/25	6/2/25	10/2/25
17	Ghadmaode Samruddhi Pirajee	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode
18	Gavande Prajwal Narayan	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal
19	Kadam Rudraksh Yashwant	Rytkadam	A	Rytkadam	Rytkadam	Rytkadam	Rytkadam	Rytkadam	A	Rytkadam	Rytkadam	Rytkadam
20	Kemble Prachi Shrimant	P.s.kemble	P.s.kemble	A	P.s.kemble	P.s.kemble	P.s.kemble	A	P.s.kemble	P.s.kemble	P.s.kemble	P.s.kemble
21	Kemble Sanika Shrimant	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble
22	Khandagale Aarti Chetan	Akhondagale	Akhondagale	Akhondagale	Akhondagale	Akhondagale	Akhondagale	Akhondagale	Akhondagale	Akhondagale	Akhondagale	Akhondagale
23	Patil Gayatri Rajendra	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
24	Pol Anushka Sunil	Apol	Apol	Apol	Apol	Apol	A	Apol	Apol	Apol	Apol	Apol
25	Sarje Prem Jivan	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.
26	Sarvagod Vivek Vitthal	Sarvagod	Sarvagod	Sarvagod	Sarvagod	A	Sarvagod	Sarvagod	Sarvagod	Sarvagod	Sarvagod	Sarvagod
27	Shinde Sahil Sanjay	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	A	Shinde	Shinde	Shinde
28	Shinde Sanket Dattatray	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	AA
29	Terdalkar Tanish Surykant	Tanish	Tanish	Tanish	Tanish	Tanish	Tanish	Tanish	Tanish	Tanish	Tanish	Tanish
30	Thadake Onkar Sachin	Onkar	Onkar	Onkar	A	Onkar	Onkar	Onkar	AA	Onkar	Onkar	Onkar
31	Kamble Pradip Pintu	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble
32	Kate Sudarshan Dipak	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.

Name & Signature of Teacher: Smt. S. R. Majagaonkar
Dr. G. M. Lawangare...

.....
.....





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course - Nutrition and Diet

Attendance Sheet (2024-25)



Sr. No.	Name of the Student	11/02/25	13/02/25	17/02/25	18/02/25	20/02/25	24/02/25	25/02/25	27/02/25	03/03/25	04/03/25	06/03/25
1	Bhopale Sourabh Sanjay	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>	<u>S. Bhopale</u>
2	Kawale Suraj Rajendra	<u>S. Kawale</u>	<u>S. Kawale</u>	<u>S. Kawale</u>	<u>S. Kawale</u>	A	<u>S. Kawale</u>	<u>S. Kawale</u>	<u>S. Kawale</u>	<u>S. Kawale</u>	<u>S. Kawale</u>	<u>S. Kawale</u>
3	Khondal Tejas Dagadu	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>	<u>Tejas</u>
4	Kothawale Sanket Sudhir	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>	<u>S.S.K.</u>
5	Kuchikoravi Minakshi Nagappa	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>	<u>M.N.K.</u>
6	Nagtile Sourabh Hanmant	<u>S. Nagtile</u>	<u>S. Nagtile</u>	<u>S. Nagtile</u>	<u>S. Nagtile</u>	<u>S. Nagtile</u>	A	<u>S. Nagtile</u>	<u>S. Nagtile</u>	<u>S. Nagtile</u>	A	<u>S. Nagtile</u>
7	Olekar Sachin Gulab	<u>S. Olekar</u>	A	<u>S. Olekar</u>	<u>S. Olekar</u>	<u>S. Olekar</u>	<u>S. Olekar</u>	<u>S. Olekar</u>	<u>S. Olekar</u>	<u>S. Olekar</u>	<u>S. Olekar</u>	<u>S. Olekar</u>
8	Raykar Ayush Maruti	<u>A. Raykar</u>	<u>A. Raykar</u>	<u>A. Raykar</u>	<u>A. Raykar</u>	<u>A. Raykar</u>	A	<u>A. Raykar</u>	<u>A. Raykar</u>	<u>A. Raykar</u>	<u>A. Raykar</u>	<u>A. Raykar</u>
9	Waghmode Pravin Babaso	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>	<u>P. Waghmode</u>
10	Badame Pandit Shripal	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>	<u>P. Badame</u>
11	Bawari Jagatsing Balasing	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>	<u>J.B.B.</u>
12	Bhosale Savan Sanjay	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>	<u>S.S. Bhosale</u>
13	Bhosale Shubham Sanjay	<u>S.S.B.</u>	<u>S.S.B.</u>	<u>S.S.B.</u>	A	<u>S.S.B.</u>	<u>S.S.B.</u>	<u>S.S.B.</u>	<u>S.S.B.</u>	<u>S.S.B.</u>	<u>S.S.B.</u>	<u>S.S.B.</u>
14	Biranage Soundarya Vilas	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>	<u>S. Biranage</u>
15	Bisure Vivek Vikas	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>	<u>V. Bisure</u>
16	Chougale Anjali Aniket	<u>A.A. Chougale</u>	<u>A.A. Chougale</u>	A	A	<u>A.A. Chougale</u>	<u>A.A. Chougale</u>	<u>A.A. Chougale</u>	<u>A.A. Chougale</u>	<u>A.A. Chougale</u>	<u>A.A. Chougale</u>	<u>A.A. Chougale</u>





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course – Nutrition and Diet

Attendance Sheet (2024-25)

Sr. No.	Name of the Student	11/2/25	13/02/25	17/02/25	18/02/25	20/02/25	24/02/25	25/02/25	27/2/25	3/3/25	4/3/25	6/3/25
17	Ghadmaode Samruddhi Pirajee	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>	<u>Ghadmaode</u>
18	Gavande Prajwal Narayan	<u>Gprajwal</u>	<u>Gprajwal</u>	A	<u>Gprajwal</u>	<u>Gprajwal</u>	<u>Gprajwal</u>	<u>Gprajwal</u>	<u>Gprajwal</u>	A	<u>Gprajwal</u>	<u>Gprajwal</u>
19	Kadam Rudraksh Yashwant	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>	<u>Rykadam</u>
20	Kemble Prachi Shrimant	<u>P.s.kemble</u>	<u>P.s.kemble</u>	A	<u>P.s.kemble</u>	<u>P.s.kemble</u>	<u>P.s.kemble</u>	<u>P.s.kemble</u>	<u>P.s.kemble</u>	<u>P.s.kemble</u>	<u>P.s.kemble</u>	<u>P.s.kemble</u>
21	Kemble Sanika Shrimant	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>	<u>S.s.kemble</u>
22	Khandagale Aarti Chetan	<u>Akhondagale</u>	<u>Akhondagale</u>	<u>Akhondagale</u>	<u>Akhondagale</u>	<u>Akhondagale</u>	<u>Akhondagale</u>	<u>Akhondagale</u>	AB	<u>Akhondagale</u>	<u>Akhondagale</u>	<u>Akhondagale</u>
23	Patil Gayatri Rajendra	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>	<u>Patil</u>
24	Pol Anushka Sunil	<u>Apol</u>	<u>Apol</u>	<u>Apol</u>	<u>Apol</u>	A	<u>Apol</u>	<u>Apol</u>	<u>Apol</u>	<u>Apol</u>	<u>Apol</u>	<u>Apol</u>
25	Sarje Prem Jivan	<u>P.J.S.</u>	<u>P.J.S.</u>	<u>P.J.S.</u>	<u>P.J.S.</u>	<u>P.J.S.</u>	<u>P.J.S.</u>	A	<u>P.J.S.</u>	<u>P.J.S.</u>	<u>P.J.S.</u>	<u>P.J.S.</u>
26	Sarvagod Vivek Vitthal	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>	<u>Sarvagod</u>
27	Shinde Sahil Sanjay	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>	<u>Sahil</u>
28	Shinde Sanket Dattatray	<u>Sanket</u>	<u>Sanket</u>	<u>Sanket</u>	<u>Sanket</u>	<u>Sanket</u>	A	<u>Sanket</u>	<u>Sanket</u>	<u>Sanket</u>	<u>Sanket</u>	<u>Sanket</u>
29	Terdalkar Tanish Surykant	A	<u>Tanish</u>	<u>Tanish</u>	A	<u>Tanish</u>	<u>Tanish</u>	<u>Tanish</u>	<u>Tanish</u>	<u>Tanish</u>	<u>Tanish</u>	<u>Tanish</u>
30	Thadake Onkar Sachin	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>	<u>Onk</u>
31	Kamble Pradip Pintu	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>	<u>Ramble</u>
32	Kate Sudarshan Dipak	<u>S.D.K.</u>	<u>S.D.K.</u>	<u>S.D.K.</u>	<u>S.D.K.</u>	<u>S.D.K.</u>	<u>S.D.K.</u>	A	<u>S.D.K.</u>	<u>S.D.K.</u>	<u>S.D.K.</u>	<u>S.D.K.</u>

Name & Signature of Teacher: Smt. S. R. Majagaonkar

Dr. G. M. Lawangare...





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course - Nutrition and Diet

Attendance Sheet (2024-25)



Sr. No.	Name of the Student	10/3/25	11/3/25	13/3/25	17/3/25	18/3/25	20/3/25	24/3/25	25/3/25	27/3/25	28/3/25
1	Bhopale Sourabh Sanjay	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.
2	Kawale Suraj Rajendra	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.
3	Khondal Tejas Dagadu	Sejus	Sejus	Sejus	A	Sejus	Sejus	Sejus	Sejus	Sejus	Sejus
4	Kothawale Sanket Sudhir	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.	S.S.K.
5	Kuchikoravi Minakshi Nagappa	M.N.K.	M.N.K.	M.N.K.	M.N.K.	M.N.K.	M.N.K.	M.N.K.	M.N.K.	M.N.K.	M.N.K.
6	Nagtile Sourabh Hanmant	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	A
7	Olekar Sachin Gulab	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin
8	Raykar Ayush Maruti	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin
9	Waghmode Pravin Babaso	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin
10	Badame Pandit Shripal	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin	Retin
11	Bawari Jagatsing Balasing	J.B.B.	J.B.B.	J.B.B.	J.B.B.	J.B.B.	J.B.B.	J.B.B.	J.B.B.	J.B.B.	J.B.B.
12	Bhosale Savan Sanjay	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	A	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale	S.S.Bhosale
13	Bhosale Shubham Sanjay	S.S.B.	S.S.B.	S.S.B.	S.S.B.	S.S.B.	A	S.S.B.	S.S.B.	S.S.B.	S.S.B.
14	Biranage Soundarya Vilas	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange	S.Birange
15	Bisure Vivek Vikas	Vivek	Vivek	A	Vivek	Vivek	Vivek	Vivek	Vivek	Vivek	Vivek
16	Chougale Anjali Aniket	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale	A.A.Chougale





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course - Nutrition and Diet

Attendance Sheet (2024-25)



Sr. No.	Name of the Student	10/3/25	11/3/25	13/3/25	17/3/25	18/3/25	20/3/25	24/3/25	25/3/25	27/3/25	28/3/25
17	Ghadmaode Samruddhi Pirajee	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode	Ghadmaode
18	Gavande Prajwal Narayan	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	Gprajwal	A	Gprajwal
19	Kadam Rudraksh Yashwant	Rykcadam	Rykcadam	Rykcadam	Rykcadam	Rykcadam	Rykcadam	Rykcadam	Rykcadam	Rykcadam	Rykcadam
20	Kemble Prachi Shrimant	P.s.kemble	A	P.s.kemble	P.s.kemble	P.s.kemble	P.s.kemble	P.s.kemble	P.s.kemble	P.s.kemble	P.s.kemble
21	Kemble Sanika Shrimant	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble	S.s.kemble
22	Khandagale Aarti Chetan	Akhandagale	Akhandagale	Akhandagale	Akhandagale	Akhandagale	Akhandagale	A	Akhandagale	Akhandagale	Akhandagale
23	Patil Gayatri Rajendra	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
24	Pol Anushka Sunil	Pol	Pol	Pol	Pol	Pol	Pol	Pol	Pol	Pol	Pol
25	Sarje Prem Jivan	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.	P.J.S.
26	Sarvagod Vivek Vitthal	Sarvagod	Sarvagod	A	Sarvagod	Sarvagod	Sarvagod	Sarvagod	AA	Sarvagod	Sarvagod
27	Shinde Sahil Sanjay	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde
28	Shinde Sanket Dattatray	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde
29	Terdalkar Tanish Surykant	Tanish	Tanish	Tanish	A	Tanish	Tanish	Tanish	Tanish	Tanish	Tanish
30	Thadake Onkar Sachin	Thadake	Thadake	Thadake	Thadake	Thadake	Thadake	Thadake	Thadake	Thadake	Thadake
31	Kamble Pradip Pintu	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble	Ramble
32	Kate Sudarshan Dipak	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.	S.D.K.

Name & Signature of Teacher: Smt. S. R. Majagaonkar
Dr. G. M. Lawangare...

Signature of Teacher



Signature of Principal
I/C Principal,
Rajarshi Chh. Shahu College,
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course

Nutrition and Diet

Written Examination Attendance (2024-25)

Date: 01/04/2025

Sr. No.	Name of the Students	Signature
1	Bhopale Sourabh Sanjay	<u>S. Bhopale</u>
2	Kawale Suraj Rajendra	<u>S. Kawale</u>
3	Khondal Tejas Dagadu	<u>Tejas</u>
4	Kothawale Sanket Sudhir	<u>S.S.K.</u>
5	Kuchikoravi Minakshi Nagappa	<u>M.N. Kuchikoravi</u>
6	Nagtile Sourabh Hanmant	<u>S. Nagtile</u>
7	Olekar Sachin Gulab	<u>S. Olekar</u>
8	Raykar Ayush Maruti	<u>A. Raykar</u>
9	Waghmode Pravin Babaso	<u>P. Waghmode</u>
10	Badame Pandit Shripal	<u>P. Badame</u>
11	Bawari Jagatsing Balasing	<u>J.B.B.</u>
12	Bhosale Savan Sanjay	<u>S.S. Bhosale</u>
13	Bhosale Shubham Sanjay	<u>S.S.B.</u>
14	Biranage Soundarya Vilas	<u>S. Biranage</u>
15	Bisure Vivek Vikas	<u>V. Bisure</u>
16	Chougale Anjali Aniket	<u>A.A. Chougale</u>
17	Ghadmaode Samruddhi Pirajee	<u>S. Ghadmaode</u>
18	Gavande Prajwal Narayan	<u>P. Gavande</u>
19	Kadam Rudraksh Yashwant	<u>P. Kadam</u>
20	Kemble Prachi Shrimant	<u>P.S. Kemble</u>





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

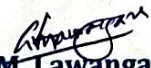
Value added Course

Nutrition and Diet

Written Examination Attendance (2024-25)

Date: 01/04/2025

Sr. No.	Name of the Students	Signature
21	Kemble Sanika Shrimant	S.S. Kemble
22	Khandagale Aarti Chetan	Akhendagale
23	Patil Gayatri Rajendra	Patil
24	Pol Anushka Sunil	Apol
25	Sarje Prem Jivan	P.J.S.
26	Sarvagod Vivek Vitthal	Sarvagod/V3
27	Shinde Sahil Sanjay	Shi
28	Shinde Sanket Dattatray	Shi
29	Terdalkar Tanish Surykant	Tanish
30	Thadake Onkar Sachin	Onkar
31	Kamble Pradip Pintu	Kamble
32	Kate Sudarshan Dipak	S.D.K.

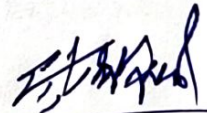

Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




H/C Principal,
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Value added Course
Nutrition and Diet
Examination- 2024-25

Day and Date: Tuesday, 01/04/2025

Total Marks: 40

Time: 2 Hours

Marks Obtained:

Name of the Student: _____

प्रश्न १. योग्य पर्याय निवडून खालील विधाने पुन्हा लिहा. (२०)

१. ----- या पोषकद्रव्याला इंधन पोषणतत्त्व असे म्हणतात.
 अ. कर्बोदके ब. जीवनसत्वे क. खनिजे ड. तंतुमय पदार्थ
२. जीवनसत्व ---- हे स्निग्ध पदार्थात विरघळणारे जीवनसत्व आहे.
 अ. जीवनसत्व अ ब. जीवनसत्व ब क. जीवनसत्व क ड. वरील सर्व
३. सी जीवनसत्वाचा RDA प्रतिदिवस -----ग्रॅम असा आहे.
 अ. २० ब. ४० क. ५० ड. ६०
४. खालीलपैकी ----- हा ट्रान्स फॅटचा स्रोत आहे.
 अ. पॉपकॉर्न ब. बेकरी पदार्थ क. वेफर्स ड. वरील सर्व
५. ओमेगा ३ हेमध्ये अधिक प्रमाणात आढळते.
 अ. मासे ब. जवस क. मांस ड. यापैकी नाही
६. जीवनसत्व अ अभावी ----- हा रोग होतो.
 अ. बेरीबेरी ब. रातंधळेपणा क. मुडदूस ड. रंगांधळेपणा
७. तंतुमय पदार्थाचा मुलभूत घटक ----- आहे.
 अ. ग्लुकोज ब. सेलुलोज क. अमिनो ॲसिड ड. यापैकी नाही
८. आहारात मिठाचा वापर -----असावा.
 अ. जास्त ब. कमी क. बिलकुल नसावे ड. यापैकी नाही
९. किशोरावस्थेत जेव्हा वाढ वेगाने होत असते, तेव्हा आहारातील ----- गरज सर्वाधिक असते.
 अ. कर्बोदकांची ब. प्रथिनांची क. जीवनसत्वांची ड. मेदांची
१०. शरीराचा जवळ जवळ ६० ते ७० % भाग पाणी आहे.
 अ. ३० ते ४० % ब. ५० ते ६० % क. ६० ते ७० % ड. ७० ते ९० %





Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education



Value added Course

Nutrition and Diet

Result Sheet (2024-25)

Sr. No.	Name	Theory (40)	Oral (10)	Total (50)	Percent age	Grade
1	Bhopale Sourabh Sanjay	30	8	38	76%	A
2	Kawale Suraj Rajendra	34	8	42	84%	A+
3	Khondal Tejas Dagadu	25	6	31	62%	B
4	Kothawale Sanket Sudhir	35	8	43	86%	A+
5	Kuchikoravi Minakshi Nagappa	34	8	42	84%	A+
6	Nagtile Sourabh Hanmant	25	6	31	62%	B
7	Olekar Sachin Gulab	32	8	40	80%	A+
8	Raykar Ayush Maruti	32	8	40	80%	A+
9	Waghmode Pravin Babaso	32	7	39	78%	A
10	Badame Pandit Shripal	34	8	42	84%	A+
11	Bawari Jagatsing Balasing	30	7	37	74%	A
12	Bhosale Savan Sanjay	32	6	38	76%	A
13	Bhosale Shubham Sanjay	32	6	38	76%	A
14	Biranage Soundarya Vilas	34	8	42	84%	A+
15	Bisure Vivek Vikas	28	6	34	68%	B
16	Chougale Anjali Aniket	30	8	38	76%	A
17	Ghadmaode Samruddhi Pirajee	32	8	40	80%	A+
18	Gavande Prajwal Narayan	26	7	33	66%	B
19	Kadam Rudraksh Yashwant	24	7	31	62%	B
20	Kemble Prachi Shrimant	28	8	36	72%	A
21	Kemble Sanika Shrimant	28	8	36	72%	A
22	Khandagale Aarti Chetan	30	8	38	76%	A
23	Patil Gayatri Rajendra	32	9	41	82%	A
24	Pol Anushka Sunil	24	8	32	64%	B





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

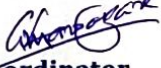
Value added Course

Nutrition and Diet



Result Sheet (2024-25)

Sr. No.	Name	Theory (40)	Oral (10)	Total (50)	Percent age	Grade
25	Sarje Prem Jivan	25	6	31	62%	B
26	Sarvagod Vivek Vitthal	25	8	33	66%	B
27	Shinde Sahil Sanjay	24	8	32	64%	B
28	Shinde Sanket Dattatray	25	8	33	66%	B
29	Terdalkar Tanish Surykant	28	8	36	72%	A
30	Thadake Onkar Sachil	30	8	38	76%	A
31	Kamble Pradip Pintu	30	7	37	74%	A
32	Kate Sudarshan Dipak	25	6	31	62%	B


Course Co-ordinator




I/C Principal,
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 08/01/2025

All the students are hereby informed that, value added course in 'Nutrition and Diet' is being started from 16th Jan. 2025 through the Department of Physical Education. Students who want to take admission for the said course should give their names to Smt. Savita Majagaonkar by 13th Jan. 2025.

Duration of the Course: 3 Months

Mode of the Course: Online and Offline

Course Fee: Free


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




HC PRINCIPAL
R.C. SHAHU COLLEGE
KOLHAPUR



रयत शिक्षण संस्थेचे

राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
शारीरिक शिक्षण विभाग



नोटीस

दि. ८/०१/२०२५

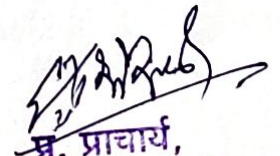
शारीरिक शिक्षण विभागामार्फत 'न्युट्रीशन अँड डाएट' हा मूल्यवर्धित कोर्स पहिल्या सत्रामध्ये दि. १६ जानेवारी २०२५ पासून सुरु होत आहे. ज्या विद्यार्थ्यांना सदर शॉर्ट टर्म कोर्स साठी प्रवेश घ्यावयाचा आहे अशा विद्यार्थ्यांनी आपली नावे दि. १३ जानेवारी २०२५ पर्यंत प्रा. सविता माजगावकर यांच्याकडे द्यावीत.

कोर्स कालावधी: ३ महिने (आठवड्यातून तीन दिवस)

फी: मोफत


विभाग प्रमुख
शारीरिक शिक्षण विभाग
राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर.




प्र. प्राचार्य,
राजर्षी छ. शाहू कॉलेज
कोल्हापूर.



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Value added Course- Nutrition and Diet

Academic Year (2024-25)

Report

B. A. (Physical Education) Programme has two courses of Dietetics in curriculum of final year of degree. To enrich the syllabus and to provide in-depth knowledge about nutrition and diet Department of Physical Education has started value added course in Nutrition and Diet from current academic year. The course is meant for all faculty students. The duration of the said course is 3 months (32 hours). The course was started on 16th Jan., 2025. There were 32 students from B. A. Part -3 (Physical Education) and B. A. Part -1 enrolled for the course and successfully completed the course. After completion of the course, theory examination was conducted.

Dr. G. M. Lawangare, Head, Dept. of Physical Education and Smt. S. R. Majagaonkar, Assi. Prof., Dept. of Physical Education conducted theory lectures. Dr. S. A. Kharade, Head, Dept. of Physical Education, Bhogawati College, Kurukali provided guidance for designing the outline and construction of syllabus of the said course as a external expert member of Board of studies.


Dr. G. M. Lawangare
Course Co-ordinator




I/C Principal,
Rajarshi Chh. Shahu College
Kolhapur.