

Routine for the Add-on Course on "Dietetics"
Venue: Bio 1, Biology Block, Serampore College

Date & Time	10:30 AM	11:30 Noon	12:30 PM	1.30 PM		3:00 PM	4:00 PM
21/06/2022 (Wednesday)			Add-on Course on Dietetics Help Desk : Department of Physiology		BREAK	Inaugural Programme Bio 1, Biology Block	About the course
22/06/2023 (Thursday)	Introduction to Nutrition	Nutrients and their functions				Composition of common Indian foods and their nutrient content	
23/06/2024 (Friday)	Nutrient Requirements & Recommended Dietary Allowances (ICMR, 2020)					Balance Diet and guide to Diet planning	
24/06/2024 (Saturday)	Malnutrition		Therapeutic Diet			Food Preservation, Food hygiene etc.	
25/06/2024 (Sunday)	SUN DAY						
26/06/2025 (Monday)	Assessment of Nutritional Status (Practical)						
27/06/2025 (Tuesday)	Menu planing (Practical)			Practical and Practise			
28/06/2025 (Wednesday)	HOLI DAY						
29/06/2026 (Thursday)	HOLI DAY						
30/06/2026 (Friday)	Examination		Feedback Report				
						# Online class & discussion (if required)	
						Distribution of Certificates	

N.B. All participants have to bring Large exercise book, pen, pencil etc.

Shashi Roy Choudhury
 Convener, Add-on course on Dietetics

[Signature]
Principal and CEO
 Principal
 Serampore College
 Serampore, Hooghly