

DEPARTMENT OF TOURISM
HENRY BAKER COLLEGE, MELUKAVU
CERTIFICATE PROGRAMME

Title of the programme: **DIET AND NUTRITION**

Name of the faculty in charge: **SONY M CHERIAN**

Instructional Hours:**30 hours**

SYLLABUS

(100% Theory)

Objective: To make the students aware about the importance of a good nutrition intake and improve their performance in daily life.

Module 1: Nutrition perspective: Good Nutrition, Limiting Factors (Genetics, Exercise, Physiology, Mindset, Nutrition), Micronutrients: Vitamins & Minerals, Organic & Conventional.

Module 2: Nutrition physiology: Cells & Body, Digestion, Energy Production / Transfer, ATP, Calorie & Energy Pathway, Vitamin, Minerals and Energy Balance.

Module 3: Science of Nutrition: Macronutrients-Carbs, Proteins, Fats. Micronutrients- Vitamins, Minerals, Phytonutrients, Zoonutrients. Fluid Balance, Special needs.

Module 4: Approach to Nutritional Counselling: Calorie Math, limiting Factors, Hand size portion guidelines, Body type eating, Meal Frequency.

REFERENCES

1. **Textbook of Nutrition and Dietetics.** Sharda Gupta, Santhosh Jain Passi, Rama Seth, Ranjana Mahna
2. **Essentials of Sports Nutrition.** Fred Brouns.
3. **Advanced Nutrition.** Benardot.
4. **Specialist in Sports Nutrition.** ISSA, USA

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DEPARTMENT OF TOURISM

CERTIFICATE PROGRAMME

Title of the Programme: DIET AND NUTRITION

List of Students Enrolled

1		B A History I Year		
2	23HS102	ALEENA K JOHNY	Diet and Nutrition	8848624883
3	23HS103	ANITHA CHADRAN	Diet and Nutrition	9526798459
4	23HS105	EMIL GRACE MATHEW	Diet and Nutrition	9744165242
5	23HS107	JESINY K J	Diet and Nutrition	7902300216
6	23HS109	JOHNSILY TOMY	Diet and Nutrition	8606777419
	23HS110	KRIPA JOY	Diet and Nutrition	7902992704
7		B A History III Year		
8	21HS124	GOPIKRISHNAN K R	Diet and Nutrition	9744947645
	21HS125	JOSMI SAM	Diet and Nutrition	8129205326
9		B.Com MII I Year		
10	23FT704	BERNAD WILSON	Diet and Nutrition	807531119
	23FT707	TIBY TOMY	Diet and Nutrition	9497093371
11		B.Com MII III Year		
12	21CA701	ABISHAR METHAR	Diet and Nutrition	8590405833
13	21CA708	ANN MARIA LAL	Diet and Nutrition	9544576153
14	21CA713	MUHAMMED ALTHAF	Diet and Nutrition	9846997522
	21CP230	KRISHNAPRIYA AJIMON	Diet and Nutrition	
15		B.Com I Year		
16	23CP202	ADHARSH CHANDRAN	Diet and Nutrition	9061615394
17	23CP203	ADHIN ALEX	Diet and Nutrition	8086455469
18	23CP205	ANANDHU S	Diet and Nutrition	9562809432
19	23CP211	GINO JAMES	Diet and Nutrition	7559021639
20	23CP214	KIRAN BINU	Diet and Nutrition	9072210989
	23CP220	TIMOTHY SHAJI	Diet and Nutrition	9645254095
21		M A History I Year		
22	23MH501	ANJANA LALU	Diet and Nutrition	9947116395
23	23MH502	AKHILA K.T	Diet and Nutrition	7736804987
24	23MH504	HAKSA NIHANA M V	Diet and Nutrition	7907124338
	23MH507	SREELAKSHMI C M	Diet and Nutrition	9778238919
25		B.Com II Year		
26	22CP222	SAFKHAN A S	Diet and Nutrition	
27	22CP223	SAJEENA MOL KS	Diet and Nutrition	9744797503

Anette
Head of the Department

[Signature]
Course Co-ordinator

Department of Tourism Studies
Henry Baker College
Melukavu - 686 652



DEPARTMENT OF TOURISM STUDIES
HENRY BAKER COLLEGE, MELUKAVU

Certificate Programme 2023- 24

DIET & NUTRITION

Assessment Procedures:

To deliver the curriculum content, both theoretical concepts and practical sessions were conducted. For assessment, an online exam was conducted using Google Forms

Summary report of the programme:

"Healthy Habits" was developed by a team of registered dietitians and health professionals with expertise in nutrition science and behavior change. The program was designed based on evidence-based dietary guidelines and principles of behavior modification to address common challenges associated with weight management

The "DIET & NUTRITION " program consists of the following components:

Personalized Meal Plans: Participants receive individualized meal plans tailored to their dietary preferences, calorie needs, and health goals.

Nutrition Education: Weekly educational sessions cover topics such as macronutrients, portion control, label reading, and mindful eating practices.

Behavioral Support: Behavioral strategies, such as goal setting, self-monitoring, and problem-solving, are integrated to facilitate long-term adherence to healthy habits.

Physical Activity Guidance: Participants are encouraged to incorporate regular physical activity into their daily routine, with recommendations provided based on fitness levels and preferences.

Outcome:

On completion of the course, students gained good knowledge and skills, which helped them to know about their daily calorie intake. The program's evidence-based framework, combined with personalized support and education, offers valuable resources for individuals seeking to adopt healthier lifestyles.

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1. Alena k. Johnny
2. Anitha Chandrab Anitha Anitha Anitha Anitha Anitha
3. Enil Grace Mathew
4. Jesmy k.J Jesmy Jesmy Jesmy Jesmy Jesmy
5. Johnny Tony
6. Kupa Goy Kupa Kupa Kupa Kupa Kupa
7. Gopikrishnan k.R
8. Jansi Suro
9. Bernard Wilson Bernard Bernard Bernard Bernard Bernard
10. Ivy Tony Ivy Ivy Ivy Ivy Ivy
11. Ann Maria Lal Ann Ann Ann Ann Ann
12. Mubammed Alhab Alhab Alhab Alhab Alhab Alhab
13. Adarsh Chandran
14. Adhis Alex
15. Anaratu S
16. Gino James
17. Kiran Binu
18. Timothy Staji
19. Anjana Lal Anjana Anjana Anjana Anjana Anjana
20. Akhila k.T Akhila Akhila Akhila Akhila Akhila
21. Haksu Nbaran M.V Haksu Haksu Haksu Haksu Haksu
22. Sreelakshmi GM Sreelakshmi Sreelakshmi Sreelakshmi Sreelakshmi Sreelakshmi
23. Sakthar A.S
24. Sujanya Mol k.s Sujanya Sujanya Sujanya Sujanya Sujanya
25. Ishana S.A Ishana Ishana Ishana Ishana Ishana
26. Vimal Vinod
27. Suryanul Sudhakar Suryanul Suryanul Suryanul Suryanul Suryanul
28. Palkhisul T Palkhisul Palkhisul Palkhisul Palkhisul Palkhisul
29. Sujithkumar k.s
30. Parvathy Jones
31. Parvathy C.P Parvathy Parvathy Parvathy Parvathy Parvathy
32. Mubammed M Mubammed Mubammed Mubammed Mubammed Mubammed

HENRY BAKER COLLEGE, MELUKAVU

DEPARTMENT OF TOURISM STUDIES

Certificate Programme 2023-24

DIET & NUTRITION

GRADE SHEET

SL.No	DEPARTMENT	NAME OF STUDENTS	PERCENTAGE
1	1 ST BA HISTORY	JOHNSILY TOMY	40%
2	2 ND MA HISTORY	SELVAM M	66.67%
3	1 ST BA HISTORY	ANITHA CHANDRAN	66.67%
4	3 RD B.COM COMPUTER APPLICATION	ANN MARIA LAL	46.67%
5	2 ND B.COM COOPERATION	SAJEENA MOL K.S	60%
6	2 ND B.COM COOPERATION	IRSHANA S.A	73.33%
7	1 ST BA HISTORY	JESINY K J	53.33%
8	1 ST BCOM COOPERAATION	ADHIN ALEX	20%
9	2 ND BCOM COOPERATION	SUJITH KUMAR	66.67%
10	1 ST MA HISTORY	AKHILA K T	73.33%
11	1 ST MA HISTORY	HAKSA NIHANA M V	66.67%
12	1 ST MA HISTORY	ANJANA LALU	66.67%
13	2 ND MA HISTORY	RANJANA C P	80%
14	1 ST MA HISTORY	SREELAKSHMI C M	80%
15	1 ST MA HISTORY	TANIYA JAMES	66.67%
16	1 ST BA HISTORY	SURYAMOL SUDHAKARAN	66.67%
17	2 ND MA HISTORY	MUBEENA M	53.33%
18	1 ST BCOM COOPERATION	TIMOTHY SHAJI	73.33%
19	2 ND BCOM COOPERATION	VIMAL VINOD	40%
20	1 ST BA HISTORY	KRIPA JOY	73.33%
21	1 ST BCOM COOPERATION	KIRAN BINU	46.67%
22	1 ST BA HISTORY	RAKHI MOL T	66.67%
23	1 ST BCOM FINANCE & TAXATION	BERNAD WILSON	80%
24	2 ND BCOM COOPERATION	SAFKHAN A S	ABSENT
25	1 ST BCOM COOPERATION	ANANDHU S	ABSENT
26	1 ST BCOM COOPERATION	ADARSH CHANDRAN	ABSENT
27	1 ST BA HISTORY	EMIL GRACE MATHEW	ABSENT
28		MUHAMMED ALTHAF	ABSENT
29	1 ST BCOM FINANCE & TAXATION	TIBY TOMY	ABSENT
30	1 ST BCOM COOPERATION	GINO JAMES	ABSENT


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