

POST GRADUATE DIPLOMA IN NUTRITION AND DIETETICS
(Semester: I & II)

(Under Continuous Evaluation System)

Session: 2022-23



The Heritage Institution

KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)

**PROGRAMME SPECIFIC OUTCOMES OF POST GRADUATE DIPLOMA IN
NUTRITION AND DIETITICS
(Session 2022-23)**

PSO1. To recognize different systems including cardiovascular, urinary system, digestive system in our body.

PSO2. Work and communicate with people who are vulnerable those who are able to have food at proper time and educate them about malnutrition, nutrition and benefits of current nutrition programmes run by government.

PSO3. To understand the issues regarding meal planning in hospital , its organization , management , personal management , principle resources and equipments used in catering industry.

PSO4. To understand the industrial hygiene, environment, sanitation, public health and to control of infection in catering establishment. To gain knowledge about microbiology bacterial food poisoning and food preservation.

PSO5. To understand the basic principle of therapeutic diets, different types of diets to be given in different diseases.

PSO6. To understand the concept of social welfare, its agencies and institution involved in social welfare.

Post Graduate Diploma in Nutrition and Dietetics Semester –I
(Session 2022-2023)
PHYSIOLOGY
(Theory)
COURSE CODE: PDNL – 1281

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO1. To develop the knowledge of cell structure and functions of inclusion bodies.
 - CO2. To understand the elementary knowledge of structure and functions of cardiovascular system.
 - CO3. To develop the knowledge of different types of endocrine glands and its functions.
 - CO4. To develop the knowledge about digestive system and its structure, function, digestion and absorption of carbohydrates, proteins and fats.
 - CO5. To develop the knowledge of structure and function of urinary system. CO6.
- To develop the knowledge of respiratory system and reproductive system.

Post Graduate Diploma in Nutrition and Dietetics

Semester - I

Session 2022-2023

COMMUNITY NUTRITION AND SOCIAL WELFARE

(Theory)

COURSE CODE: PNDL - 1282

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To understand the factors affecting food consumption and malnutrition.

CO2. To gain knowledge about agricultural production and socio- economic and psychological factors related to malnutrition and family size and composition.

CO3. To understand the measures to overcome malnutrition and to apply basic principle of nutrition to improve the dietary practices of community.

CO4. To gain knowledge about economics of sanitation of food nutrition.

CO5. To understand the national and international organization engaged in food and nutrition activity.

CO6. To understand the role of voluntary agencies their state programmes community development and extension programmes.

CO7. To understand the principles of planning, executing and evaluating the nutrition education programme.

CO8. To develop the knowledge about concept of social welfare.

CO9. To understand the knowledge about broad fields of social welfare, family and social welfare.

CO10. To distinguish social welfare from social work, social service, social reform and social action.

CO11. To develop the knowledge about social welfare agencies and institutions involved in social welfare.

CO12. To understand the knowledge about local organization, Home Science Association Of India, Women Voluntary Service.

**Post Graduate Diploma in Nutrition and Dietetics
(Semester-I)**

Session 2022-2023

INSTITUTIONAL FOOD ADMINISTRATION

(Theory)

COURSE CODE: PNDL - 1283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To review of different types of institutional food service operation – commercial and non – commercial.

CO2. To develop the knowledge about meal planning in institution , menu types and standardization of common food preparation.

CO3. To understand the knowledge about management, organization and communication process and method.

CO4. To develop the knowledge about personnel management, methods of recruitment, welfare provision for employees- health, safety and recreation.

CO5. To understand the knowledge about types of equipment, kitchen unit, storage units, serving units and dishwashing.

Post Graduate Diploma in Nutrition and Dietetics (Semester-I)

Session: 2022-2023

NUTRITIONAL BIOCHEMISTRY

COURSE CODE: PNDM – 1284

COURSE OUTCOMES:

CO (1): To Understand the knowledge of Classification and properties of bio molecules.

CO (2): To Understand the concept of Intermediary Metabolism of Carbohydrates, Proteins and lipids

CO (3): To review the knowledge of Enzymes, Hormones and Inborn errors of metabolism CO

(4): to Understand the Concept of Vitamins, Minerals and Antioxidant

**Post Graduate Diploma in Nutrition and Dietetics
(Semester-I)**

Session 2022-2023

NUTRITIONAL BIOCHEMISTRY

(Practical)

COURSE CODE: PNDM – 1284

COURSE OUTCOMES:

CO (1): Qualitative analysis of monosaccharide, disaccharide and polysaccharide. CO (2):

Quantitative estimation of glucose.

CO (3): To test the reaction of protein fats and carbohydrate in bread, milk and egg.

**Post Graduate Diploma in Nutrition and Dietetics
(Semester-I) Session 2022-2023**

**COMMUNITY NUTRITION AND SOCIAL WELFARE
(Practical)**

COURSE CODE: PNDP-1285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To understand the planning and conducting nutrition education programmes.

CO2. To develop the knowledge about standardization of cheap, nutritious recipes using food suitable for vulnerable groups.

CO3. To enable them to conduct survey regarding vulnerable groups.

CO4. To understand the preparation of teaching aids for imparting nutrition education programmes.

**Post Graduate Diploma in Nutrition and Dietetics
(Semester-I)**

Session 2022-2023

INSTITUTIONAL FOOD ADMINISTRATION

(Practical)

COURSE CODE: PNDP-1286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To knowledge about preparation of recipes suitable for cafeteria.

CO2. To develop the knowledge about standardization and cost calculation of recipes selected for cafeteria.

CO3. To enhance the supervising quality of a student in which they have to plan cafeteria and calculate its cost.

**Post Graduate Diploma in Nutrition and Dietetics
(Semester-I)**

Session 2022-2023

BASIC NUTRITION

COURSE CODE: PNDL-1287

COURSE OUTCOMES

CO (1) – To develop the knowledge about introduction to nutrition and storage methods of cereals, pulses, eggs, poultry, vegetables and fruit.

CO (2) – To distinguish between the different types of cooking methods- dry heat, moist heat, frying and microwave cooking.

CO (3) – To understand the knowledge about classification, functions and food sources, requirement, deficiencies of carbohydrates.

CO (4) – To develop the knowledge about classification. Food sources, functions and deficiencies of proteins, fats and oils.

CO (5) – To understand the knowledge about energy, food as a source of energy, the body need of energy.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session 2022-23)

Hygiene and Food Microbiology

COURSE CODE: PNDL-2281

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about brief introduction to industrial hygiene, sanitation , public health. CO2. To knowledge about types of disinfection and different surfaces and materials.

CO3. To knowledge about brief history of microbiology and sub discipline of microbiology.

CO4. To develop the knowledge about harmful bacteria, methods of transmission and anti microbiology agents : antibiotics, germicides.

CO5. To understand the knowledge about types of food spoilage and food preservation

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session 2022-23)

Diet Therapy and Applied Nutrition COURSE CODE: PNDL- 2282

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about principles of therapeutic diets.

CO2. To develop the knowledge about diet in metabolic and chronic disorder – diabetes, gout, cardiovascular disease.

CO3. To develop the knowledge about nutrition and cancer.

CO4. To develop the knowledge about AIDS and skin disease.

CO5. To develop the knowledge about Drug – Nutrient interaction.

**Post Graduate Diploma in Nutrition and Dietetics
(Semester-II) (Session 2022-23)**

Nutritional Science

COURSE CODE: PNDL- 2283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To knowledge about Nutrition Science

CO2. To develop the knowledge about Carbohydrates, lipids, fiber, macro minerals and micro minerals.

CO3. To develop the knowledge about vitamins – fat soluble and water soluble vitamins.

CO4. To develop the knowledge about antioxidants.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session 2022-2023)

PRINCIPLES OF FOOD SCIENCE

COURSE CODE: PNDM- 2284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To knowledge about principal of food science.

CO2. To develop the knowledge about starchy food, flours, fats and oils.

CO3. To develop the knowledge about meat structure, egg, milk and milk products. CO4.

To develop the knowledge about pulses, legumes, fruits and vegetables.

Post Graduate Diploma in Nutrition and Dietetics

(Semester-II)

(Session: 2022-2023)

PRINCIPLES OF FOOD SCIENCE

(Practical)

COURSE CODE: PNDM- 2284

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about evaluation of food grains.

CO2. To develop the knowledge about chemistry of cereals.

CO3. To develop the knowledge about chemistry of colloidal particles.

CO4. To develop the knowledge about food colours, preservation of food and new product development.

Post Graduate Diploma in Nutrition and

Dietetics (Semester-II)

(Session 2022-2023)

DIET THERAPY AND APPLIED NUTRITION

(Practical)

COURSE CODE:PNDP-2285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about planning, preparation and serving diets for all the conditions.

CO2. To develop knowledge functioning of hospital in patient care and to plan diet for different patients.

CO3. To develop the knowledge of preparing innovative recipes for therapeutic conditions such as diabetes, hypertension.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session: 2022-2023)

MEAL MANAGEMENT

(Theory)

COURSE CODE: PNDM: 2288

COURSE OUTCOME:-

CO (1): To understand the concept of recommended dietary allowances, food groups, exchange list and balanced diet.

CO (2): To discuss principal of meal planning and nutritional requirements of men and women with different conditions

CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.

CO (4): To understand the nutritional requirement during infancy.

Post Graduate Diploma in Nutrition and Dietetics (Semester-II)

(Session 2022-2023)

**Meal management
(Practical)**

COURSE CODE: PNDM -2288

COURSE OUTCOME:

CO (1): To understand the concept of Standardize Proportion Size.

CO (2): To discuss meal planning and nutritional requirements of men and women with different conditions

CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.

CO (4): To understand the nutritional requirement during infancy with their Calculations.