

## Course module Nutrition and Human Health

Unit	Syllabus	Hours
1	<b>Fundamentals of Nutrition</b> <ul style="list-style-type: none"> <li>• Basics</li> <li>• Macro and Micro nutrients</li> <li>• Dietary guidelines and recommendations</li> </ul>	6 Hours
2	<b>Nutritional Biochemistry and Metabolism</b> <ul style="list-style-type: none"> <li>• Digestion and absorption</li> <li>• Nutritional biochemistry</li> <li>• Metabolism of macronutrients</li> </ul>	4 Hours
3	<b>Nutritional Assessment and Disorders</b> <ul style="list-style-type: none"> <li>• Methods of nutritional assessment</li> <li>• Dietary assessment tools</li> <li>• Nutritional disorders and their impact</li> </ul>	6 Hours
4	<b>Diet and Chronic Diseases</b> <ul style="list-style-type: none"> <li>• Connection between diet and chronic diseases</li> <li>• Role of nutrition in disease prevention and management</li> <li>• Nutrition and cardiovascular health</li> </ul>	4 Hours

5	<p><b>Public Health Nutrition</b></p> <ul style="list-style-type: none"> <li>• Community nutrition programs</li> <li>• Nutrition education and promotion</li> <li>• Challenges in promoting healthy nutrition at the population level</li> </ul>	6 Hours
6	<p><b>Special Diets and Emerging Trends</b></p> <ul style="list-style-type: none"> <li>• Therapeutic diets for specific conditions</li> <li>• Nutraceuticals and functional foods</li> <li>• Current trends and future directions in nutrition</li> </ul>	4 Hours



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