



Kavayitri Bahinabai Chaudhari North Maharashtra University Jalgaon
And

Nijampur-Jaitane Shikshan Prasarak Mandal's
Jagannath Kadwadas Shah Adarsh College
Nijampur-Jaitane, Tal.Sakri, Dist- Dhule



Certificate Course
On
Balance Diet and nutrition
Academic Year 2020-2021

Conducted by
Department of Physical Education and Sports

Nijampur-Jaitane Shikshan Prasarak Mandal's
Jagannath Kadwadas Shah Adarsh College
Nijampur-Jaitane, Tal.Sakri, Dist- Dhule

Prospectus

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Please Contact for more Details

Dr.Priyanka P.Sulakhe
Coordinator

Dr.Ashok P.Khairnar
Principal

About the college

Nijampur-Jaitane Shikshan Prasark Mandal's Adarsh College of Arts, Nijampur-Jaitne, Tal-Sakri, Dist- Dhule is an aided renowned institution imparting higher education in hilly area of Dhulia District in Maharashtra. Adarsh College of Arts was established in 1995 to cater to the higher educational needs of the rural and tribal people of hilly area. Empower the rural and tribal students through value based and life-oriented quality education is the mission of the college. N.J.S.P. Mandal's Adarsh college of Art's has 2f and 12(B)v status of UGC and permanent affiliation with Kavayitri Bahinabai Chaudhary North Maharashtra University, Jalgaon. Our college is awarded 'A Grade in Academic Audit conducted by KBCNMU, Jalgaon.

The college is reaccredited by NAAC with CGPA of 1.75 on four-point scale at 'C' Grade in Second Cycle. The college has organized university level, state level and national level seminars, conferences and workshop. The Department of Physical Education and Sports is established in 1995. It is very active and vibrant department in college. Department is very concision about the mission of the college. Department organize various activities for developed Physical Education and Sports in Rural area. The main objective is to physically and mentally empower the Students.

About Certificate course on Balance Diet and Nutrition

Parents and Students in Rural and Tribal Areas are not aware of Diet. Therefore, Malnutrition is more prevalent in these areas. Students are representatives of the community. If good health and dietary habits are included in the students, they will reach directly to the society. Girls in rural and Tribal areas are suffering from low HB Levels, Malnutrition, and irregularities and many other problems. This course will focus on many factors such as balanced Diet, BMI, Obesity, Ideal Weight and Weight Management.

Objectives of the Course

- To Make Aware the Students about Balance Diet and Nutrition.
- To Make Aware the Students about Malnutrition.
- To give information about BMI to the students.
- To give information about Obesity to the students.
- To Make Aware about Weight Management

Eligibility

- A Candidate Should have passed 12th Examination.
- Candidate who admitted to B.A, B.Com, B.sc are also for eligible for admission

Course Fee

100 Rupees admission fees for this course.

Selection Criteria

First Come First Serve Basis.

Outcomes

- Diet Planner
- Nutritionist
- Gym Trainer
- Trainer
- Physical Education Teacher

Please Contact for more Details
Dr.Priyanka P.Sulakhe (8329586336)

Note: Certificate will be awarded after the course