

DEPARTMENT OF BBA(HOSPITAL ADMINISTRATION)

Value-Added Course

VACHANW25 - NUTRITION AND WELLNESS

Duration: 30 Hours

Target Audience: Undergraduate students from any stream

Course Objective:

To impart foundational knowledge on nutrition and wellness, encouraging students to adopt a healthy lifestyle through informed food choices, physical activity, and mental wellness practices.

Syllabus

Module 1: Introduction to Nutrition (4 hours)

- Basics of nutrition: Macronutrients and micronutrients
- Importance of a balanced diet
- Dietary guidelines and MyPlate
- Reading food labels

Module 2: Nutritional Needs Across Life Stages (4 hours)

- Childhood and adolescence
- Adults and elderly
- Pregnancy and lactation
- Athletes and special populations

Module 3: Nutrition and Disease Prevention (4 hours)

- Lifestyle diseases: Obesity, diabetes, hypertension
- Immunity-boosting foods
- Role of functional foods and superfoods

Module 4: Wellness Concepts and Mental Health (4 hours)

- Wellness dimensions: Physical, emotional, social, spiritual
- Importance of sleep and hydration
- Stress management techniques
- Digital detox and mindful eating

Module 5: Diet Planning and Food Safety (4 hours)

- Menu planning and food pyramid
- Understanding food adulteration
- Food safety and hygiene practices

Module 6: Practical Workshops and Activities (10 hours)

- Cooking demo: Nutritious and affordable recipes
- Yoga and meditation sessions
- BMI and body composition analysis
- Diet diary and wellness journal activity
- Group discussions: Debunking food myths
- Guest lecture by a dietician/nutritionist

Assessment & Certification

- Online MCQs/Quiz – 30%
- Diet Plan Project – 30%
- Attendance and Participation – 40%
- Certificate issued upon successful completion