VIDYASAGAR UNIVERSITY

Midnapore, West Bengal

PROPOSED CURRICULUM & SYLLABUS (DRAFT) OF

BACHELOR OF SCIENCE WITH NUTRITION

(MULTIDISCIPLINARY STUDIES)

3-YEAR UNDERGRADUATE PROGRAMME

(w.e.f. Academic Year 2023-2024)

Based on

Curriculum & Credit Framework for Undergraduate Programmes

(CCFUP), 2023 & NEP, 2020

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:18 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=63

VIDYASAGAR UNIVERSITY
BACHELOR OF SCIENCE IN LIFE SCIENCES with NUTRITION
(*under CCFUP, 2023*)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
								CA	ESE	TOTAL
B.Sc. in Life Sc. with Nutrition	1st	I	**SEMESTER-I**							
			Major (Disc.-A1)	NUTPMJ101	**T: Fundamental Nutrition Part-I; P: Practical** ***(To be studied by the students taken Nutrition as Discipline-A)***	4	3-0-1	15	60	75
			SEC	SEC01	***To be chosen from SEC-01 of Discipline A/B/C of their Hons. prog.***	3	0-0-3	10	40	50
			AEC	AEC01	Communicative English-1 (***common for all programmes***)	2	2-0-0	10	40	50
			MDC	MDC01	Multidisciplinary Course-1 (***to be chosen from the list***)	3	3-0-0	10	40	50
			VAC	VAC01	VAC-01: ENVS (***common for all programmes***)	4	2-0-2	50	50	100
			Minor (Disc.-C1)	NUT MI 01/C1	**T: Fundamental Nutrition Part-I; P: Practical** ***(To be studied by the students taken Nutrition as Discipline-C)***	4	3-0-1	15	60	75
			Semester-I Total			20				400
		II	**SEMESTER-II**							
			Major (Disc.-B1)		***To be decided*** ***(Same as like A1 for students taken Nutrition as Discipline-B)***	4	3-0-1	15	60	75
			SEC	SEC02	***To be chosen from SEC-02 of Discipline A/B/C of their Hons. prog.***	3	0-0-3	10	40	50
			AEC	AEC02	MIL-1 (***common for all programmes***)	2	2-0-0	10	40	50
			MDC	MDC02	Multi Disciplinary Course-02 (***to be chosen from the list***)	3	3-0-0	10	40	50
			VAC	VAC02	VAC-02 (***to be chosen from the list***)	4	4-0-0	10	40	50
			Minor (Disc.-C2)	NUT MI 02/C2	**T: Fundamental Nutrition Part-II; P: Practical** ***(To be studied by the students taken Nutrition as Discipline-C)***	4	3-0-1	15	60	75
			Summer Intern.	CS	Community Service	4	0-0-4	-	-	50
			Semester-II Total			24				400
			TOTAL of YEAR-1			44	-	-	-	800

P MJ= Major Programme (Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; SEC = Skill Enhancement Course, AEC = Ability Enhancement Course, MDC = Multidisciplinary Course, VAC = Value Added Course; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language, ENVS = Environmental Studies

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:18 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=63

MAJOR (MJ)

MJ A1/B1: Fundamental Nutrition Part-I **Credits 04 (FM: 75)**

MJ A1/B1T: Fundamental Nutrition Part-I **Credits 03 [45L]**

Course contents:

Course contents:

1. **Food and Nutrition : Basic concepts**
   - Concept and definition of terms Nutrition, Nutrients, Nutritional status, Malnutrition and Health. Interrelationship in maintaining good health and well-being
   - Food as source of nutrients, function of food, classification of food, Food groups. Food pyramid.
   - Energy in Human Nutrition: Idea of energy and its unit, energy balance, Assessment of energy requirements, Deficiency and Excess, Determination of energy in food, BMI, BMR & influencing factors, S.D.A.
   - Minimum Nutritional Requirements and RDA : Formulation of RDA and Dietary Guidelines: Reference Man and Reference Woman
2. **Nutrition awareness and Public Health:**
   - Nutritional awareness generation process.
   - Concept of Public health, determinants of public health.
3. **Undernutrition management from intrauterine life to adulthood:**
   - PEM in the context of underweight, stunting, wasting,
   - SAM; Nutritional Anaemia with special reference to Iron Deficiency Anaemia; Vitamin A deficiency (Xeropthalmia); Iodine Deficiency Disorders;

MJ A1/B1P: Fundamental Nutrition Part-I (Practical) **Credits 01**

Course Outline:

1. Undernutrition and obesity risk assessment using BMI, weight for age, height for age, waist to hip ratio, MUAC.
2. Preparation of audio visual aids for nutrition awareness
3. Computation of BMI, BMR, SDA from the provided data.
4. Public health sensors assessment.

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:18 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=63

MINOR (MI)

MI-1/C1: Same as Minor-1 (NUTMI01) of Nutrition (Hons) programme **Credits 04**
Full Marks: 75

MI-2/C2: Same as Minor-2 (NUTMI02) of Nutrition (Hons) programme **Credits 04**
Full Marks: 75

SKILL ENHANCEMENT COURSE (SEC)

TO BE CHOSEN FROM THE BUCKET OF SECs OF SELECTED DISCIPLINE A/B/C
(As per A/B/C Hons. Prog. Syllabus)

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:18 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=63