

GOUR MAHAVIDYALAYA

Department of Food & Nutrition

ACCREDITED BY NAAC (2nd Cycle) B⁺

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To Whom It May Concern

This is to certify that the mentioned texts of the syllabus of the Department of Food & Nutrition, Gour Mahavidyalaya as prescribed by the University of Gour Banga tallies with the following core values-

Chart of Topics in Syllabus Tallying Core Values

Topic	Sem-I	Sem-II	Sem-III	Sem-IV	Sem-V	Sem-VI
Human Values	Human Physiology	Human Physiology, Physiology of Nutrition	Nutrition and phases of Life	Assessment of Nutritional Status and Surveillance	Medical Microbiology, Human Pathology	Concept of Research and Health Management
Ethics				Epidemiology and Community Nutrition	Food Safety and Standards	Food Spoilage and Food Preservation, Rural Technology and Public Welfare
Environment				Immunization Programme	Food Microbiology, Environment Management and Public Health	Immunology and Toxicology

Chart of values of the Dept. of Food & Nutrition

Topic	Values of the Dept. of Food & Nutrition
Human Values	<p>Nutrition education plays a crucial role in promoting health and well-being:</p> <p>Healthier Choices: Nutrition education aims to motivate individuals to adopt food choices and behaviors conducive to health. By understanding the impact of different foods on our bodies, we can make informed decisions about what we eat¹.</p> <p>Social and Environmental Values: Effective nutrition education draws upon collective strengths, including those of individuals, families, communities, and organizations. It emphasizes social and environmental values, promoting wellness beyond individual health</p> <p>Cultural Relevance: Respect for lived experiences is a core value. Nutrition education adapts content and methods to embrace differences in foods, learning styles, languages, and community dynamics</p> <p>Food Literacy: Learning about the foods we eat, their origins, and their impact empowers us to choose wisely. It's about making meaningful changes that last a lifetime</p>
Ethics	<p>Ethics play a vital role in the field of food and nutrition education:</p> <p>Competence and Professional Development: Nutrition and dietetics practitioners adhere to evidence-based practices within their areas of expertise. They continuously enhance their knowledge, assess scientific evidence objectively, and make informed decisions while considering patient/client values and circumstances</p> <p>Scientific Knowledge: Ethical conduct involves a deep understanding of food, human nutrition, and behavior. Practitioners interpret research, apply it to practice, and contribute to innovation and discovery</p> <p>Protection of Individuals and Communities: The primary goal is safeguarding the well-being of clients, the public, and the profession. Practitioners uphold the Code of Ethics, report violations, and maintain high standards of practice¹. Remember, ethics guide practitioners in promoting health, respecting diversity, and making decisions that positively impact individuals and communities</p>
Environment	<p>Environmental Sustainability in Dietary Guidance:</p> <p>The Society for Nutrition Education and Behavior emphasizes that environmental sustainability should be inherent in dietary guidance. Whether working with individuals or setting national dietary recommendations, considering sustainability is crucial¹. Current environmental trends, such as climate change, biodiversity loss, and water shortages, are partly caused by our diets and agricultural practices. Addressing these issues while ensuring food security requires changes to our food systems</p>

