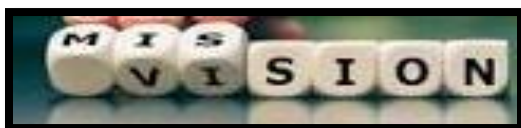


POST GRADUATE DEPARTMENT of NUTRITION & DIETETICS

- ❖ *Post Graduate Department of Nutrition & Dietetics was inaugurated on 16th October 2021 by Dr. Elizabeth Thomas, Former Principal of BCWCC*
- ❖ *The Masters of Nutrition and Dietetics program builds on major concepts from the study of human biochemistry and physiology to discuss the role of nutrients, nutritional contents of food and diet in health and disease.*
- ❖ *The main objective of the program is to impart scientific knowledge and develop skills in the areas of nutrition and dietetics.*
- ❖ *It prepares students to become professionals who can work effectively and efficiently in academic, food industry, research in nutrition and dietetics and in community service.*
- ❖ *The program covers the subjects needed to become career- ready professionals across Food, Nutrition, Dietetics, Sports, Pediatric, Geriatric and public health.*



- ❖ *To optimize the health and wellbeing through the transformation power of food, nutrition and dietetics through inspirational learning by disseminating knowledge to produce professional women leaders for serving the society.*



- ❖ *The Department of post-graduate studies in Nutrition and Dietetics prepares graduates to function as professional in the field of food, nutrition and dietetics utilizing rigorous academic preparation, research experience and guided practice. It is committed to the cause of women's empowerment and to achieve excellence with human values and purposeful social responsibility.*

HIGHLIGHT

HIGHLIGHTS OF THE POST-GRADUATE PROGRAM

- ✓ **Innovative Pedagogy** - Initiate several innovative and flexible pedagogy platforms to provide the best learning experience for the students.
- ✓ **Includes Seminars, Symposium, Assignments, Colloquium**
- ✓ **Includes Choice Based Open Electives**
- ✓ **Internship opportunities in a hospital or health centers and food industries**
- ✓ **Regular Workshops and Practical sessions for exponential learning**
- ✓ **Focus on Research and Innovation**
- ✓ **Inspirational Faculty-** “Great Teachers produce great students”. Highly Qualified and Experienced Faculty.

FACULTY DETAILS





Dr. GRACE PREMILA VICTOR [MSc., M.Phil., PhD]
Dean & Head
Post Graduate Department of Nutrition & Dietetics
Specialization: Clinical Nutrition & Dietetics, Food Service Management



Dr. MARIE KAVITHA JAYAKARAN [MSc., M.Phil., PhD, NET - SLET]
Associate Professor
Post Graduate Department of Nutrition & Dietetics
Specialization: Home Science



Dr. MARY JENEFER SHARMILA [MSc., M.Phil., PhD]
Assistant Professor
Post Graduate Department of Nutrition & Dietetics
Specialization: Clinical Nutrition & Dietetics, Food Service Management & Food Safety Management



Mrs. MALA GURAPPA [M.Sc., NET]
Assistant Professor
Post Graduate Department of Nutrition & Dietetics
Specialization: Advanced Clinical Dietetics, Clinical Research, Food Science and Nutrition, Diabetology



Ms. SARAH MEHMOOD [M.Sc., NET]

Assistant Professor

Post Graduate Department of Nutrition & Dietetics

Specialization: Food Science, Nutrition and Dietetics



Ms. NATHANIA SOLOMON [M.Sc., NET]

Assistant Professor

Post Graduate Department of Nutrition & Dietetics

Specialization: Nutrition, Food Service Management and Dietetics

SYLLABUS – NON NEP

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DEPARTMENTAL ACTIVITIES



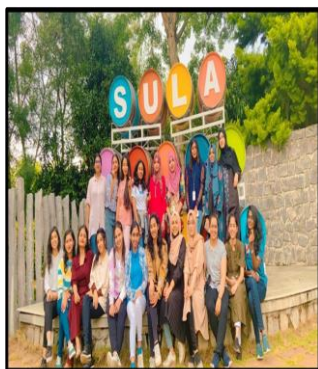
**Dietetics Day
Celebration**



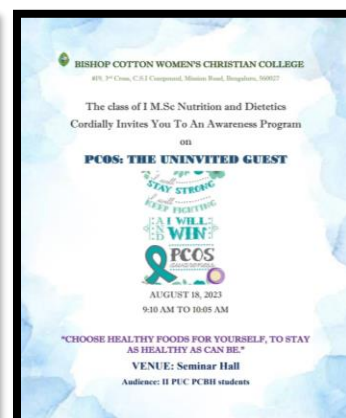
**World Breast Feeding
Week**



**Skill Based Workshop on
Food Preservation**



VISITS TO FOOD INDUSTRIES



Nutrition Education for Support Staff on Lifestyle Diseases & Women Health



Visit to Multi speciality Hospital



Counselling Session with Sports Personnel's



Radio Talk on Nutrition Week



Skill Based Workshop in Baking



Workshop on Decoding SPSS

Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road, Bangalore - 560027.

An IQAC Initiate
PG DEPARTMENT OF NUTRITION & DIETETICS
in Association with
PG DEPARTMENT OF COMMERCE

Organizes an Interdisciplinary Guest Lecture on
HEALTHY EATING PLATE FOR YOUNG ADULTS

Resource Person:
Dr. Mary Jenefer
Assistant Professor
Department: PG ND
BCWCC, Bengaluru
Date: 24/08/2023
Time: 10 - 11am
Venue: G4
Students: M.Com

Principal:
Dr. D. Revina Rebecca

Dean and Head of the Department of PG ND & Commerce: Dr. Grace Premila Victor & Dr. Narasimhan

Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road, Bangalore - 560027.

An IQAC Initiate
PG DEPARTMENT OF NUTRITION & DIETETICS
in Association with
PG DEPARTMENT OF ENGLISH

Organizes an Interdisciplinary Guest Lecture on
HOW HEALTHY ARE HEALTH FOODS?

Resource Person:
Mrs. Mala Gurappa
Assistant Professor
Department: PG ND
BCWCC, Bengaluru
Date: 17/08/2023
Time: 2 - 3pm
Venue: G4
Students: M.A.English

Principal:
Dr. D. Revina Rebecca

Dean and Head of the Department of PG ND & English: Dr. Grace Premila Victor & Dr. Amitha.S



Guest Talk Delivered To Other Stream PG Students & PUC Students

SYMPOSIUM AND WEBINARS ORGANIZED



Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road,
Bangalore - 560027

**PG DEPARTMENT OF
NUTRITION & DIETETICS**

Cordially Invites You to Attend
A Guest Lecture on

**MNT FOR RESPIRATORY DISEASES
IN CHILDREN**

Resource Person:
Mrs. Srividya Arvind Iyer
M.Sc, M.Phil (FSMD)
Clinical Dietitian &
Wellness Coach

05 August 2023 | 11AM
Venue: Seminar Hall

Principal: Dr. D. Revina Rebecca | Dean and Head of the PG Department of Nutrition & Dietetics: Dr. Grace Premila Victor

BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE
PG NUTRITION AND DIETETICS
ORGANIZES ONLINE WEBINAR ON

**NUTRITION COUNSELLING TECHNIQUES AND
IT'S IMPORTANCE IN CLINICAL PRACTICE**

Speaker - Ms. Fiza Aijaz Sait
Nutritionist, Chronic Care Management
Apollo 24/7
Bangalore

Date : 25th February, 2023
Day : Saturday
Time : 4pm
On Microsoft Teams

Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road,
Bangalore - 560027.

An IQAC Initiative
**PG DEPARTMENT OF
NUTRITION & DIETETICS**
Organizes an Interdisciplinary
Guest Lecture on

**BASIC
COUNSELING SKILLS**

Resource Person:
Dr. Renuka Paul
Former Principal
Goodwill Christian College
For Women
Bengaluru
Date: 01/09/2023
Time: 2pm
Venue: G4
Students: M.Sc. ND

Principal: Dr. D. Revina Rebecca | Dean and Head of the Department of PG Nutrition & Dietetics: Dr. Grace Premila Victor

Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road,
Bengaluru - 560027.

An IQAC Initiative
**PG DEPARTMENT OF
NUTRITION & DIETETICS**
Organizes an Awareness Program on

YWCA (NGO)

Resource Person:
Mrs. Pearl Sudeep
General Secretary,
YWCA, Bengaluru.

23/08/2023 | 2pm | G5 Room

Students: M.Sc. Nutrition & Dietetics

Principal: Dr. D. Revina Rebecca
Dean and Head of the PG Department of Nutrition & Dietetics: Dr. Grace Premila Victor

Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road,
Bengaluru - 560027.

An IQAC Initiative
**PG DEPARTMENT OF
NUTRITION & DIETETICS**
Organizes Workshop on

**DECODING SPSS
SOFTWARE**

Resource Person:
Dr. PREETI GARG
Assistant Professor
Dept. of Management & Commerce
PES University, Bengaluru.

Time: 2-4pm
Date: 29.2.2024
Venue: G5

Principal: Dr. D. Revina Rebecca
Dean and Head: Dr. Grace Premila Victor

Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road,
Bengaluru - 560027.

An IQAC Initiative
**PG DEPARTMENT OF
NUTRITION & DIETETICS**
Organizes
Skill Based Workshop
on

**TIPS & TRICKS
OF BAKING**

Resource Person:
Mrs. DAISY PRABU
Daisy's Home Bakes
Bengaluru

Time: 10am - 4 pm Date: 05.03.24
Venue: PG Nutrition Lab

Principal: Dr. D. Revina Rebecca
Dean and Head: Dr. Grace Premila Victor

BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE
19,3rd Cross, Mission Road, Bangalore - 27

**POST GRADUATE DEPARTMENT
OF
NUTRITION & DIETETICS**
Organises a Guest talk on

DISSERTATION WRITING

Resource Person: Dr. VAIJAYANTHI KANABUR
Associate Professor
Dept of Food & Nutrition
Maharani Cluster University, Bengaluru

Date: 11/04/2023 @ 11 a.m

Venue G4

Dean & Head -ND - Dr. Grace Premila Victor

**Importance of
Aminoacids in Human
Nutrition**

Dr Bhavana S
Renal Nutritionist
St. John's National Academy of Health
Sciences

Co-Curricular Achievements of Our Students



Job Drive Arranged for Our Outgoing Students

Bishop Cotton Women's Christian College
#19, 3rd Cross, C.S.I. Compound, Mission Road,
Bangalore - 560027.


An IQAC Initiative
**PG DEPARTMENT OF
NUTRITION & DIETETICS**
Organizes a Guest Lecture on
**CAREER COUNSELLING
AND
RECRUITMENT**

Resource Person:
Mrs. Pooja George
Founder & CEO of Food Gym

Date: 22/09/2023
Time: 10am - 3pm
Venue: Seminar Hall
Students: M.Sc. Nutrition & Dietetics

Principal:
Dr. D. Revina Rebecca

**Dean and Head of the Department of
PG ND:** Dr. Grace Premila Victor



OUR FIRST BATCH POST GRADUATES '2023



REPORTS

2021-2022

- In celebration of National Dietetics Day, the department hosted Quiz and Elocution for its students on 29th January, 2022. The competition was in tune with the theme, “Diet Diversification - Need of the Hour”.
- An online guest lecture on the topic,“ Importance of AminoAcids in Human Nutrition” was organised on 12th Feb, 2022. The resource person was Dr. BHAVANA S, Senior Clinical Nutritionist, St.Johns Medical college, Bangalore.
- Mr Srinivasa (Rtd), an eminent resource person who has been a part of the Food and Nutrition Board, India was invited for Food Preservation Workshop on 8th, 9th and 10th of March, 2022. Under his guidance, the students learned several techniques of preserving fruits and vegetables by preparing jams, jellies, pickles, ketchup and chutneys.
- To commemorate The World Breastfeeding Week, an assembly was organised on 4th of August, 2022, by 1st M.Sc Nutrition and Dietetics students. A skit was performed on the theme,“ Step up for breastfeeding, educate and support”. Topics covered included dietary guidelines of a lactating mother, special foods given for a lactating mother, advantages of breastfeeding and myths and facts of breastfeeding.

- On 6th August 2022, the students along with the lecturers of the department visited 'THEAKSHAYAPATRAFOUNDATION' located at Rajaji Nagar (ISKCON) Bangalore, as a part of the practical syllabus. The main objectives of this visit was to gain knowledge on the various equipments and methods used in the working of the kitchen, and the hygiene methods followed to maintain food safety.
- On 22nd August 2022, an industrial visit was organised to Britannia industry, Abhanakuppe, Karnataka. The visit was planned with an aim to gain insight on the work protocol and the safety measures followed by industries according to food safety aspects (FSSAI). On the same day, the students were also taken to SULA Vineyards located in Gangedoddi Village, Chekkere, Malur. The students learned about different kinds of storage and export system and the procedure followed in the steps of preparation, storage and handling.
- The students of 1st M.Sc. Nutrition and Dietetics participated in a radio talk show that was aired on September 1st, 2022 on the FEBA India online website.
- The programme covered the significance of nutrition, its relationship to covid, and general health in relation to national nutrition week. The theme, "Celebrate a World of Flavors," called for people to lead healthy **lifestyles** while appreciating the flavours of food.
- A community nutrition education programme was organised on 23rd September, 2022, for the Maintenance staff of Bishop Cotton Women's Christian College. Some of the topics covered included Anaemia, Obesity, Osteoporosis, Diabetes and Hypertension. The entire programme was conducted in English and Kannada, and aids like charts, posters, PPTs used were also in both languages to benefit the audience.

2022-2023

- National Dietetics Day was celebrated by the PG Department of Nutrition and Dietetics on 11th Jan, 2023 on the theme - Mighty Millets & 3 As (Availability, Accessibility and Affordability) for sustainable development. The Department hosted two events, namely - Cookery Competition and Poster Competition. The events received interdisciplinary participants from streams including BA, BSc Home Science, MSc Nutrition and Dietetics, and MSc Psychology.

- In the Cookery Competition, 23 students participated and presented creative recipes like Ragi Fruit Cake, Ragi Gone Mad, Ragi Chocolate Chip Cookies and Sorghum Enchiladas. As for Poster Competition, 9 students took part and showcased their artistic skills in conveying the importance of Millets for Sustainable Development. The Department did an exceptional job in gathering students of different streams for the competition and delivering the important message of including different varieties of millets for sustainable development.
- On the 13th and 14th of Feb, 2023, a skill based Food Preservation workshop was conducted. Mr Srinivasa (Rtd), an eminent resource person who has been a part of the Food and Nutrition Board, India, shared his expertise with the enthusiastic group.
- The students were given a hands on experience on various techniques for extending the shelf life of fruits and vegetables by making jams, jellies, pickles, ketchup and chutneys.
- The Department hosted a Webinar on the topic “**Nutrition Counselling Techniques and its Importance in Clinical Practice**” on 25th February, 2023 at 4 pm on Microsoft teams. The session was open to all the Nutrition and Dietetics stream students and staff. The guest speaker for the webinar was **Ms. Fiza Aijaz**, Nutritionist for Chronic Care Management in Apollo 24/7, Bangalore.
- A Symposium on Manipulation of Meals for High Performance was conducted on 17th March, 2023. The guest speaker was Mrs.Geetha Ghaliyawar, one of the leading Sports Nutritionist, a Registered Dietitian and an IBS certified Diabetes educator residing in Bangalore, India. The beneficiaries of this symposium were the II year M.Sc students of BCWCC and Maharani Cluster University making it a total of 45 participants. The program focused on Energy Availability, Macronutrient needs, carbohydrate loading, role of protein in post training sessions, and the importance of hydration for enhanced Sports performance, making it a beneficial session for the audience.
- An Educational trip was organised to a multi-speciality hospital - Manipal, Whitefield on 7th of March 2023. The objective of the trip was to get an insight of how the dietary services are managed at a multi-specialised hospital. The visit to Manipal Hospital’s

dietary department proved to be an enriching experience, providing a detailed idea on the challenges and strategies adopted to cater to patients.

- “Diet Counselling Session for Maintenance Staff”, was organised on 27th March, 2023 for the attenders of BCWCC and BCWCLC. The participants were enlightened on the importance of making healthy food choices and eating a balance diet, with the women staff also being particularly taught on menstrual hygiene.
- A guest lecture on “**DISSERTATION WRITING**” was organised on **11/04/2023**. The resource person invited for the guest talk was **Dr VALJANTHI KANABUR**, Associate Professor at MCU. The key points discussed included explanation on Synopsis format, title framing, determination of sample size, guidelines on the research design, bibliography writing and consent form format. The session on the whole was insightful and informative.
- On the 23rd of August, 2023, an awareness program was conducted on the multifaceted programs and initiatives undertaken by the YWCA (Young Women’s Christian Association). Mrs. Dorcas Pearl Sudeep (General Secretary, YWCA, Bengaluru) was invited as the resource person. The talk shed light on initiatives like Tailoring classes for women, Shelters for the elderly, daycare centres for children, education programs for school-going children and dropouts along with free counseling sessions.
- An interdisciplinary Guest Lecture was organized on 01/09/2023 on the topic, “Basic Counselling Skills (Qualities of a Good Counsellor)” by Dr. Renuka Paul, Former Principal, Goodwill Christian College For Women. The Ice berg Theory was explained, followed by the qualities needed to become a good counselor. The topics covered were on Communication Skills which include – Patience, Confidence, Non Judgmental approach, Observation, Listening skills, Trust, Respect, Acceptance, Self awareness, Appreciating diversity and Empathy.

2023-2024

- The PG Department of Nutrition and Dietetics organised an outreach programme on the 6th of December 2023 for the children of Ashadeep Girls Home located in

Shivajinagar, Bangalore. Groceries, stationery, toiletries and snacks were distributed to the children. The programme conducted was met with an enthusiastic and positive response from the children, who actively participated and enjoyed themselves.

- The National Cadet Corps (NCC), in association with PG Dept. of Nutrition and Dietetics organised a seminar on 'Millets for Healthy Life 'on 11th Dec, 2023. Ms. Sarah Mehmood, Asst. Professor, PG Dept. of Nutrition and Dietetics and Ms. Kavitha M, Alumni, BCWCC were invited as the guest speakers. The Cadets were briefed on the food group of millets, types and its benefits for health including in the prevention and treatment of cardiovascular diseases, diabetes and obesity. Upto 30 Cadets attended and reaped benefits from the session. They were also oriented on healthy recipes that can be made with millets including sorghum dosa, ragi cake and foxtail pakoda. The Cadets were also enlightened on a study conducted in the BCWCC campus about the awareness of millets.
- A 2 day skill based workshop was conducted on 18th and 19th of December, 2023. Mr. N. Srinivasan, retired member of the Food & Nutrition Board, Bengaluru was the resource person invited for providing hands on training on food preservation for the students.
- Each group was taught on skills in preparing jams and jellies like guava jelly, apple jam, orange marmalade, mixed fruit jam as well as pickles, chutneys and sauces like green chilli pickle, beetroot pickle, mixed vegetable pickle, lime peel pickle, green chilli sauce, tomato ketchup, spicy tomato chutney, sweet and spicy raw mango chutney.
- National Dietetics Day was celebrated on 22nd January, 2024. Based on the theme, "Role of Dietitians and Nutritionists in Public Health Issues," the department hosted elocution and cookery competition. The master chefs prepared delicious and healthy fiber rich recipes and were awarded prizes.
- A Diet Counselling Session was organised for the Women Maintenance Staff of BCWCC on 21st February, 2024. The participants were enlightened on the dietary management of PCOS and Menopause, and the role of food in managing these conditions.

- On 24th February, 2024, selected students attended an in-depth, insightful lecture on understanding the role of diet in Inborn Errors of Metabolism conducted at the Center for Human Genetics, Electronic City.
- A workshop on, “Decoding SPSS Software” was organised on 29th February, 2024 to assist the final year students in their research project. The resource person invited was Dr. Preeti Garg, Assistant Professor, Dept. of Management and Commerce, PES University.
- On 2nd March, 2024, the students visited Jayadeva Institute of Cardiology and Research to understand the working of a dietary in the hospital. They learned about the hygiene practices, cyclic menu and role of dietitian in counselling patients.
- On 5th March, 2024, students were given hands on training on, “Tips and Tricks of Baking”. Mrs. DAISY PRABHU, a vendor manager working for a US based corporate office and a passionate home baker renowned for her 25 years of experience in baking was invited as the resource person.