

**J.D. BIRLA INSTITUTE**  
 Department of Food Science & Nutrition Management (B.Sc)  
**CLASS TIMETABLE, SESSION 2021-2022**

**1<sup>st</sup> year (Sem-I)**

	1 <sup>st</sup> Period	Break	2 <sup>nd</sup> Period	Lunch Break	3 <sup>rd</sup> Period
	09.30 am to 10.30am	10.30am to 10.45am	10.45am to 11.45 pm	11.45am to 12.30pm	12.30pm to 01.30pm
Sunday	<b>HOLIDAY</b>				
Monday	Communication skills		Basic Physiology		Introduction to food and nutrition*
Tuesday	Human Nutrition		Bridge Course (Physiology)		Bridge Course (Chemistry)
Wednesday	Communication skills		Basic Physiology		
Thursday	Basic Physiology		Human Nutrition		
Friday	Introduction to food and nutrition				Human Nutrition
Saturday	Introduction to food and nutrition				
<b>Activities and Webinars will be held as per table mentioned below</b>					

**TEACHER ALLOTMENT**

SUBJECT	TEACHER
Basic Physiology (GE-1)	Dr. Manika Das
Introduction to Food and Nutrition (CC-1)	Ms. Sweata Rani Rai/ *Mr. Uddalak Mitra
Human Nutrition (CC-2)	Ms. Divya Mehta
Communication skills (AECC-1)	Dr. Madhumita Saha
Bridge course (Physiology)	Dr. Manika Das
Bridge course (Chemistry)	Ms. Tanushree

**ASSIGNMENTS DETAILS**

Sl. No.	Name of Subject	Subject Code	Assignment Details	Date of Submission
1	Introduction to Food and Nutrition	FSNM101	Role play on 'Importance of Balanced Diet'	27 <sup>th</sup> Oct, 2021
			Make a 2 minute video on the preparation of any soup of your choice explaining each step along with the recipe.	18 <sup>th</sup> Nov, 2021
			Q & A through google form on Unit 2 & 3	14 <sup>th</sup> Dec, 2021
2	Human Nutrition	FSNM102	Q & A through google form on Unit 1 & 8	28 <sup>th</sup> Oct, 2021
			Practical Assignment on 'Planning & preparation of snack recipes for special group'	26 <sup>th</sup> Nov, 2021
			Q & A through google form on Unit 3 & 6	22 <sup>nd</sup> Dec, 2021
3	Basic Physiology	FSNM103	Objective based report (500 word limit) on "Human health & essential nutrients."	23 <sup>rd</sup> Oct, 2021

			Practical Assignment: Blood (A+ & AB-) and blood group detection kit was given to you. Explain and justify how different blood will react with different antibody present in the kit.	23 <sup>rd</sup> Nov, 2021
			Q&A through Goggle form on Unit 2 & 4.	16 <sup>th</sup> Dec, 2021
4	Communication skills	FSNM104	Powepoint presentation on Unit 1	25 <sup>th</sup> Oct, 2021
			Q & A through Google forms on Unit 1, 2, 3, 4,5, 6.	22 <sup>nd</sup> Nov, 2021
			Group Discussion	20 <sup>th</sup> Dec, 2021

### WEBINAR (2:00 pm to 4:00 pm)

Date	Topic	Teacher in charge
29 <sup>th</sup> Sep, 2021 (Wednesday)	First 1000 days: Clinical & Nutritional Perspective	Ms. Jincy Abraham
27 <sup>th</sup> Oct, 2021 (Wednesday)	Transition to traditional cookware for a healthy lifestyle	
24 <sup>th</sup> Nov, 2021 (Wednesday)	Diabetes & Care	
8 <sup>th</sup> Dec, 2021 (Wednesday)	Non-thermal Food Processing	
22 <sup>nd</sup> Dec, 2021 (Wednesday)	Nutrition & Eating Disorder	

### ACTIVITIES (2:00 pm to 4:00pm)

Date	Activity	Topic	Teacher Coordinator
10 <sup>th</sup> Nov, 2021 (Wednesday)	Quiz	Spices around the world	Ms. Divya Mehta
17 <sup>th</sup> Nov, 2021 (Wednesday)	Workshop	Home composting & kitchen gardening	Ms. Sweata Rani Rai
1 <sup>st</sup> Dec, 2021 (Wednesday)	Cultural Activity	Lockdown Diaries	Dr. Uttiya Jana
15 <sup>th</sup> Dec, 2021 (Wednesday)	Workshop	Grow your microgreens	Dr. Manika Das