



# University of Rajasthan Jaipur

**Three/Four Year Under Graduate Programme in**

**(Semester – I to IV)**

**In**

**Faculty of Arts/Science/Commerce/Social**

**Science/ Fine Arts**

**(Value Added Courses)**

**w.e.f. Academic Session - 2025-26**

*P. J. Jas*  
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**University of Rajasthan, Jaipur**  
**List of Value Added Courses**  
**As per NEP-2020**  
**For**  
**Undergraduate Courses**  
**In Faculties of Arts/Science/Commerce/Fine Arts/Social Sciences**  
**w.e.f. Academic Session 2024-2025**

S. No.	Course Code	Course Name
<b>First Year (Semester – I and Semester – II)</b>		
1.	VAC-51F-101/ VAC-52F-101	Anandam-I
2.	VAC-51T-102/ VAC-52T-102	Digital Enhancement
3.	VAC-51T-103/ VAC-52T-103	Understanding Indian Society & Culture
4.	VAC-51T-104/ <b>VAC-52T-104</b>	<b>Nutrition for Health and Fitness</b>
5.	VAC-51T-105/ VAC-52T-105	Geriatric Wellness and Care
6.	VAC-51T-106	National Cadet Corps(NCC)-I (Semester-I)
7.	VAC-51T-107/ VAC-52T-107	Indian Value System
8.	VAC-51T-108	National Service Scheme (NSS)-I (Semester-I)
9.	VAC-51T-109/ VAC-52T-109	Financial Literacy
10.	VAC-52T-110	National Cadet Corps(NCC)-II (Semester-II)
11.	VAC-52T-111	National Service Scheme (NSS)-II (Semester-II)
12.	VAC-51T-112/ VAC-52T-112	Environmental Studies
<b>Second Year (Semester – III and Semester – IV)</b>		
1.	VAC-63F-201/ VAC-64F-201	Anandam-II
2.	VAC-63T-203/ VAC-64T-203	Traditional & Modern Medicine Systems for Everyday Health Solutions
3.	VAC-63F-204	National Service Scheme-III (Semester III)
4.	VAC-64F-205	National Service Scheme-IV (Semester IV)
5.	VAC-63F-206	National Cadet Corps-III (Semester III)
6.	VAC-64F-207	National Cadet Corps-IV (Semester IV)
7.	VAC-63T-208/ VAC-64T-208	Content writing
8.	VAC-63T-209/ VAC-64T-209	Cyber Law and Ethics
9.	VAC-63T-210/ VAC-64T-210	Electoral Literacy

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**University of Rajasthan**  
**NEP-2020 based Syllabus**  
**For**  
**Value Added Courses for Semester I and II in UG Programmes**  
**( 2 credits/ semester for Semester I, II. )**  
**VAC-51T-104/VAC-52T-104**

1	Title of course- <b>Nutrition for Health and Fitness</b>	
2	Nodal Department of HEI to run course	Department of Home Science
3	Broad Area/Sector-	Nutrition and Fitness
4	Nature of course - Independent / Progressive	Progressive
5	Number of Seats-	60 students per batch
6	Course Code-VAC-51T-104/VAC-52T-104	Credits- 02 (2 Theory Hours per week)
7	<p>Programme Objective:  The course has been planned to provide the student with the basic concept of health, wellness and fitness. The course shall create awareness about the importance of correct dietary and physical activity practices for positive health and wellness.  The student shall understand a balanced diet and the impact of processed foods on health. An understanding of the current health scenario in the country and globally will be imparted</p>	
8	<p><b>Scheme of Examination</b>  Maximum Marks :50  Minimum Marks: 20</p>	<p>Internal Assessment: 10 Marks  EoSE : 40 marks, Duration: 1 Hours  Exam pattern: MCQ , 40 questions  The responsibility of conducting and evaluating the Mid Semester Assessment is vested on the teacher designated as Course Coordinator. The End-Semester Examination shall be conducted by the concerned University.</p>

<b>10</b>	<p><b>Syllabus/ Guidelines</b>  <b>Unit I : Health &amp; Fitness</b>  <b>Unit II : Nutritional Guidelines</b>  <b>Unit III : Processed Foods</b>  <b>Unit IV: Physical Activity and Nutrition</b></p>
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**Unit wise Details of the Value Added Course**

Unit	Title of Unit	Course Content	Theory Hours (30)
I	<b>Health &amp; Fitness</b>	<ul style="list-style-type: none"> <li>• Concept of positive Health and Wellness as per WHO Guidelines</li> <li>• Physical Fitness –definition</li> <li>• Role of Nutrition for Health and Fitness</li> </ul>	4 4
II	<b>Nutritional Guidelines</b>	<ul style="list-style-type: none"> <li>• Balanced Diets and Food Pyramid .</li> <li>• How to plan balanced diets for various age groups</li> <li>• Dietary Goals and Guidelines for Indians (Reference man &amp; woman)</li> </ul>	3 4
III	<b>Processed Foods</b>	<ul style="list-style-type: none"> <li>• Concept of Processed Foods</li> <li>• Impact of Packaged, Ultra-processed and Convenience Foods on Health</li> </ul>	3 4

  
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IV	<b>Physical Activity &amp; Nutrition</b>	<ul style="list-style-type: none"> <li>• Effects on health of Physical Activity and Dietary Habits</li> <li>• Dual Burden of Malnutrition</li> </ul>	4 4
<b>Total Hours</b>			<b>30</b>

**Suggested Books/References/Web-links(if available)**

(a)	Books:	(1) M.Swaminathan (2015): Advanced Text Book of Food and Nutrition. Volume I & II. The Bangalore Press, India. (2) Ravindra Chadha & Pulkit Mathur (2015) : Nutrition and Life Cycle Approach. The Orient Blackswan; First Ed. (3) Dietary Guidelines for Indians –A Manual (2011) ,NIN, Hyderabad
(b)	References :	<a href="https://www.fao.org/3/ca5644en/ca5644en.pdf">https://www.fao.org/3/ca5644en/ca5644en.pdf</a> <a href="https://www.who.int/news-room/fact-sheets/detail/healthy-diet">https://www.who.int/news-room/fact-sheets/detail/healthy-diet</a>
(c)	Web-Links:	<a href="https://cdn.who.int/media/docs/default-source/health-promotion/framework4wellbeing_16dec22.pdf?sfvrsn=32a0e228_4&amp;download=true">https://cdn.who.int/media/docs/default-source/health-promotion/framework4wellbeing_16dec22.pdf?sfvrsn=32a0e228_4&amp;download=true</a> <a href="https://www.nin.res.in/downloads/DietaryGuidelinesforNINwebsite.pdf">https://www.nin.res.in/downloads/DietaryGuidelinesforNINwebsite.pdf</a> <a href="https://apps.who.int/iris/rest/bitstreams/1315866/retrieve">https://apps.who.int/iris/rest/bitstreams/1315866/retrieve</a> <a href="https://ncert.nic.in/textbook/pdf/iehp104.pdf">https://ncert.nic.in/textbook/pdf/iehp104.pdf</a> <a href="https://www.researchgate.net/publication/51711287_Consensus_Physical_Activity_Guidelines_for_Asian_Indians">https://www.researchgate.net/publication/51711287_Consensus_Physical_Activity_Guidelines_for_Asian_Indians</a> <a href="https://egyankosh.ac.in/handle/123456789/47981">https://egyankosh.ac.in/handle/123456789/47981</a> <a href="https://egyankosh.ac.in/handle/123456789/44151">https://egyankosh.ac.in/handle/123456789/44151</a> <a href="https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=NuAs6SreCGryddEfs4kkBA">https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=NuAs6SreCGryddEfs4kkBA</a>

**Programme Outcome**

1. Enhancing the basic understanding of nutrition and physical fitness
2. Developing a healthy attitude towards physical well being
3. Inculcating values of conscious and correct eating habits
4. Awareness generation regarding processed foods and their effects on health & wellness
5. Understanding importance of physical activity and its effect on health & wellness
6. Understanding nutrition and its effect on health and wellness