

MOUNT CARMEL COLLEGE, AUTONOMOUS, BENGALURU**IGNOU M.SC DFSM STUDY CENTRE 1349 P****PRACTICAL TIME TABLE SCHEDULE****Course Code: MFNL 002****Course Title: NUTRITIONAL BIOCHEMISTRY****Batch No.: 4**

Session No.	Date	Time	Practical	Counsellor Name
1	06/10/2022	5 pm – 9 pm	Techniques- Chromatography, Electrophoresis, Colorimetry	Dr. Myrene R. Dsouza
2	07/10/2022	5 pm – 9 pm	Measurement of pH buffers and instruments	Dr. Kavitha G Singh
3	08/10/2022	9 am - 1 pm	Qualitative tests of carbohydrates	Dr. Myrene R. Dsouza
4	09/10/2022	9 am -1 pm	Methods of estimation of ascorbic acid	Dr. Myrene R. Dsouza
5	10/10/2022	5 pm – 9 pm	Estimation of reducing sugar by fehling's method	Dr. Kavitha G Singh
6	11/10/2022	5 pm – 9 pm	Determination of saponification number	Dr. Myrene R. Dsouza
7	12/10/2022	5 pm – 9 pm	Estimation of glucose by NS Method	Dr. Kavitha G Singh
8	13/10/2022	5 pm – 9 pm	Determination of iodine number	Dr. Myrene R. Dsouza
9	14/10/2022	5 pm – 9 pm	Estimation of nitrogen	Dr. Kavitha G Singh
10	15/10/2022	9 am -1 pm	Estimation of protein	Dr. Kavitha G Singh
11	16/10/2022	9 am -1 pm	Estimation of cholesterol	Dr. Myrene R. Dsouza
12	17/10/2022	5 pm – 9 pm	Qualitative and Quantitative techniques	Dr. Kavitha G Singh
13	18/10/2022	5 pm – 9 pm	Estimation of Ca, P and Fe	Dr. Kavitha G Singh
14	20/10/2022	5 pm – 9 pm	Pre-finals	Dr. Kavitha G Singh Dr. Myrene RD
15	21/10/2022	5 pm – 9 pm	Examination	Dr. Kavitha G Singh Dr. Myrene RD

Please note: Session is 4 hours, Total 15 sessions

Mount Carmel College, Autonomous, Bengaluru

IGNOU M.Sc DFSM Study Centre 1349 P

Online Tentative Time Table

Course Code: MFN 004

Course Title: Advanced Nutrition

Counselor: Dr V Padma

Please note: Session is 4 hours, Total 15 sessions

Batch No.: I

Session No.	Date	Time	Practical
1	08.10.22	3.00 pm to 7.00pm	Calculating Energy Expenditure using Satya Narayan Method
2	09.10.22	7.00 am to 11.00 am	Calculation of percent energy supplied by Carbohydrates in the diet
3	22.10.22	3.00 pm to 7.00pm	Chemical score calculation using SAAP, PAAP value
4	23.10.22	7.00 am to 11.00 am	Calculate Chemical score and NDP cal% of dishes
5	29.10.22	3.00 pm to 7.00pm	Evaluation of protein quality of dishes
6	30.10.22	7.00 am to 11.00 am	Evaluation of protein quality of dishes
7	05.11.22	3.00 pm to 7.00pm	Planning and critical evaluation of dish for Supplementary feeding programme
8	06.11.22	7.00 am to 11.00 am	Calculating cereal pulse proportions
9	12.11.22	3.00 pm to 7.00pm	Calculating cereal pulse proportions
10	13.11.22	7.00 am to 11.00 am	Diet plan for sport event
11	19.11.22	3.00 pm to 7.00pm	Diet plan for sport event
12	20.11.22	7.00 am to 11.00 am	Nitrogen balance study
13	26.11.22	3.00 pm to 7.00pm	Survey on ergogenic aid & Journal article review
14	27.11.22	7.00 am to 11.00 am	Examination
15	03.12.22	4.00 to 7.00 pm	Examination

Kindly Note :

All Saturdays – 3.00 to 7.00 pm ; All Sundays – 7.00 am to 11.00 am

Mount Carmel College, Autonomous, Bengaluru
IGNOU M.Sc DFSM Study Centre 1349 P
Online Tentative Time Table 2022

Course Code: MFNL006

Course Title: Public Health Nutrition

Counsellor : Dr Lakshmi Jithendran

Please note: Session is 4 hours, Total 15 sessions

Batch No.:

Session No.	Date	Time	Practical
1	9/10/2022	8 - 12 Noon	Introduction & Use and Interpretation of Growth Charts
2	15/10/2022	8 - 12 Noon	Assessment of nutritional status of pre-schoolers - Anthropometry & clinical assessment
3	23/10/2022	8-12 Noon pm	Food frequency & 24 hour recall
4	30/10/2022	8 - 12 Noon	Nutritional Concerns Among Vulnerable Groups and Strategies/Action to Tackle
5	7/11/2022	4 - 8 pm	Nutritive recipes- Low cost snack
6	9/11/2022	8 - 12 Noon	Cyclic menu & One dish meal
7	10/11/2022	4- 8 pm	Messages for nutrition health education
8	12/11/2022	4 - 8 pm	Development of Nutrition Education Material- Field setting
9	14/11/2022	4 - 8 pm	Development Of Suitable Teaching Aid
10	17/11/2022	4 - 8 pm	Development of Tools to Assess Nutrition Knowledge, Attitudes and Practices
11	19/11/2022	4 - 8 pm	Evaluation of Nutrition Education Aid-Video clipping
12	21/11/2022	4 - 8 pm	Nutrition Education Programme -Planning
13	24/11/2022	4 - 8 pm	Nutrition Education Programme -Anganwaadi
14	26/11/2022	4 - 8 pm	Community Agency
15	28/11/2022	4 - 8 pm	Examination