

# DEPARTMENT OF PHYSIOLOGY

## Report on field survey 2020



*Conducted By*

Department of Physiology  
Katwa College

**List of student participating field work**

<b>Sl no.</b>	<b>Students' Name</b>
1	ANUSHREE RUDRA
2	ARGHO BHATTACHARYA
3	DEBANGSHI SEN
4	DIPA LAHA
5	MADHAB BERA
6	MD SOHAIL RANA
7	MOUSUMI DAS
8	RAHUL KUMAR PAL
9	RAHUL MONDAL
10	RANA DAS
11	RICHA DUTTA
12	SAYAN CHATTERJEE
13	SHILPI SAHA
14	SISIR HALDER
15	SMRITI BHATTACHARJEE
16	SONALI KHATUN
18	SUBHRA GHOSH
19	SUSMITA PAL
20	SWAGATA GANGOPADHYAY
21	TARITAVA GHOSH
22	UMA DUTTA
23	UPASANA DEY

## Syllabus

### **Paper -DSE3A (HUMAN NUTRITION AND DIETETICS)**

**[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]**

**Theory:**

**Total Lecture-60**

#### **Concepts in theory**

1. Constituents of food and their significance.
2. Basal metabolic rate-factors, determination by Benedict-Roth apparatus.
3. Respiratory quotient.
4. Specific dynamic action.
5. Basic concept of energy and units.
6. Calorific value of foods.
7. Body calorific requirements –adult consumption unit
8. Dietary requirements of carbohydrate, protein, lipid and other nutrients.
9. Balanced diet and principles of formulation of balanced diets for growing child, adult man and woman, pregnant woman and lactating woman.
10. Nitrogen balance, essential amino acids, biological value of proteins.
11. Supplementary value of protein.
12. Protein efficiency ratio and net protein utilization of dietary proteins.
13. Dietary fibres.
14. Vitamins.
15. Principle of diet survey.
16. Composition and nutritional value of common food stuffs.
17. Physiology of starvation and obesity.
18. Sources and physiological significances of vitamins and minerals.
19. Space nutrition.

#### **Practicals**

#### **Nutrition and Dietetics-Diet Survey (Field Study Record)**

1. Diet survey report (hand-written) of a family (as per ICMR specification): Each student has to submit a report on his/her own family.
2. A report (hand-written) on the basis of field survey from ONE of the followings:
  - a) Physiological parameters of human (at least three parameters).
  - b) Anthropometric measurements on human (at least three parameters).

**Epidemiological studies on human.**

### **Brief report on Field work**

A field survey on the topic of "study on physical fitness of college students (boys Vs girls)" was organised by the department of Physiology, Katwa college on dated 16/04/2022 under the supervision of Ms.Subhasree Sana, assistant professor, department of Physiology, Katwa College with the participation of twenty three students of semester VI in the academic year of 2022-2023. The survey was done on our college students. They assessed their physical fitness by the determination of age, sex, height, weight, PFI, before and after exercise blood pressure, oxygen saturation rate. From this survey it was found that the mean physical fitness value is higher in boys than in girls.

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