



Ref.No.LSRC/CC/Exam/ 25-26/3020(b)

Date: March 20, 2026

NOTICE

ASSIGNMENT SUBMISSION CUM WRITTEN EXAMINATION SCHEDULE

Dear Students of Second Year (Degree & SFC),

This is a follow-up notice to the earlier communication dated February 26, 2026. All Second Year (Degree & SFC) students enrolled in Semester IV are hereby formally informed that the Co-Curricular (CC) Courses for Semester IV are now scheduled to commence as per the details outlined below. Attendance in these sessions is mandatory and directly linked to your certification and academic records.

The course-wise commencement details are as follows:

Sr. No.	Course Name	Commencement Date	Timings	Mode
1.	Health and Wellness – II (Dietetics and Nutrition)	13th March, 2026	10:00 AM to 1:00 PM	OFFLINE

Assignment Submission:

As part of the Health & Wellness Course – II (Dietetics and Nutrition), all students are required to complete and submit a **Handwritten Assignment** before appearing for the Written Examination. The assignment questions are provided at the end of this notice for reference. Students must answer **any FOUR (4) questions from each topic**, based strictly on the course notes provided during sessions. Each answer should be 8 to 15 lines in length.

Assignment Submission cum Written Examination Schedule:

The Assignment cum Written Examination is scheduled on **Thursday, 2nd April, 2026**, batchwise as follows:

Batch	Timings	Room Numbers	Date
Batch 1	10:00 AM – 10:50 AM	F4, F3, F2 & F1	2nd April, 2026 (Thursday)
Batch 2	11:00 AM – 11:50 AM	F4, F3, F2 & F1	2nd April, 2026 (Thursday)
Batch 3	12:00 Noon – 12:50 PM	F4, F3, F2 & F1	2nd April, 2026 (Thursday)

Please Note:

- Students must join their respective sessions on time. Late entry may be marked as absent.
- The assignment must be **handwritten and submitted before the Written Examination**. Typed or printed submissions will NOT be accepted.
- Non-compliance with attendance requirements may affect your academic standing and certification eligibility.
- Late submissions may result in reduced marks or disqualification from the assignment component.

Dr. R. B. Yadav
Coordinator, CC Courses

Dr. Vaishali Pandya
Vice Principal

Dr. Samya Shinde
I/c Principal

ASSIGNMENT

HEALTH & WELLNESS COURSE – II

Dietetics & Nutrition

Understanding Health for a Healthy, Successful, and Wisdom-Oriented Life

Conducted by: Arogya Yoga and Naturopathy Institute

Venue: Raheja College of Arts, Commerce and Science, Mumbai

Student Details

Student Name: _____

Roll Number: _____

Class / Section: _____

Date of Submission: _____

General Guidelines:

- All answers must be based strictly on the course material provided during sessions. External references are not required.
- The assignment must be handwritten. Typed or printed submissions will not be accepted.
- Each answer should be a minimum of 8 lines and a maximum of 15 lines.
- Students are required to answer any FOUR (4) questions from each topic.
- Maintain neat handwriting, proper structure, and organized answers.
- The completed assignment must be submitted **before the Written Examination on Thursday, 2nd April, 2026.**
- Late submissions may result in reduced marks or failure in the assignment component.

TOPIC 1: Health Metrics That Matter

(Write answers for any 4 questions)

Q1. What are health metrics?

Explain why indicators such as body weight, BMI, waist circumference, blood pressure, blood sugar, and lipid profile are important for assessing overall health.

Q2. Importance of BMI and Waist-to-Height Ratio

Discuss the importance of Body Mass Index (BMI) and waist-to-height ratio in identifying early metabolic risks.

Q3. Blood Pressure and Blood Sugar Monitoring

Explain the significance of monitoring blood pressure and blood sugar levels. How can abnormal values affect long-term health?

Q4. The Lipid Profile

What information does a lipid profile provide? Describe the role of LDL, HDL, and triglycerides in maintaining cardiovascular health.

Q5. Hemoglobin and Vitamin Levels

Why are hemoglobin and vitamin levels important indicators of nutritional status?

Q6. Reflection Question:

How can awareness of personal health metrics help individuals make better lifestyle decisions and move toward a healthier and more productive life?



TOPIC 2: The Four Foundational Laws of Health (Dharma of the Body)

(Write answers for any 4 questions)

Q1. The Concept of 'Dharma of the Body'

Explain the concept of the "Dharma of the Body". How does following the body's natural laws contribute to long-term health?

Q2. The Four Foundational Laws of Health

Describe the Four Foundational Laws: Dharma of Water (proper hydration), Dharma of Food (balanced nutrition and mindful eating), Dharma of Rest (adequate sleep and recovery), and Dharma of Excretion (natural elimination and detoxification).

Q3. Disruption by Modern Lifestyle Habits

Discuss how modern lifestyle habits can disrupt these natural laws.

Q4. Adharma of the Body

What is meant by "Adharma of the Body"? Provide examples of lifestyle behaviors that negatively affect health.

Q5. Reflection Question:

How can aligning daily habits with the natural laws of the body promote balance, clarity of mind, and wisdom in life?

TOPIC 3: Early Metabolic Changes in Young Adults

(Write answers for any 4 questions)

Q1. What are Metabolic Changes?

What are metabolic changes, and why are they increasingly observed in young adults today?

Q2. Early Metabolic Conditions

Discuss the following early metabolic conditions: gradual weight gain, insulin resistance, hormonal imbalance, early fatty liver, and vitamin and mineral deficiencies.

Q3. Modern Lifestyle Factors

Explain how modern lifestyle factors such as sedentary behavior, unhealthy diet, stress, and poor sleep contribute to metabolic disorders.

Q4. Early Warning Signs

Describe the early warning signs of metabolic imbalance that students often overlook.

Q5. Application Question:

Suggest practical lifestyle changes that young adults can adopt to prevent metabolic disorders and maintain optimal health.

Q6. Critical Reflection:

Why is prevention during youth easier and more effective than treating chronic diseases later in life?

Focus on consistency, balance, and self-improvement rather than perfection.

True success is defined not only by academic achievements, but by the ability to live a healthy, balanced, and wisdom-oriented life.