

Academic Calendar Report

Mr. Mushtaque Ali Talpur (Lecturer)

Course:	Applied Nutrition	Program:	BSN (Generic)
Batch:	2024-25	Semester/Year:	1st Year - 2nd Semester

S.No.	Date	Week	Teacher	Description
1	30/05/2026	Week 1	Mr. Mushtaque Ali Talpur	Define Nutrition and Role of Nurse in Nutrition
2	05/08/2026	Week 2	Mr. Mushtaque Ali Talpur	Balanced diet
3	12/08/2026	Week 3	Mr. Mushtaque Ali Talpur	Maternal Nutrition 1. Nutritional need in pregnancy and Lactation. 2. Pre-pregnancy diet. 3. Pregnancy and adolescents
4	19/08/2026	Week 4	Mr. Mushtaque Ali Talpur	Nutritional risk factor of pregnancy Concerns during pregnancy / weight gain/feeding twins/DM in pregnancy. Prevalence of Iron deficiency anemia in Pakistani women.
5	26/08/2026	Week 5	Mr. Mushtaque Ali Talpur	Nutritional Consideration in infancy and preschool years. 1. Identify the best feeding options for infants in different circumstances in Pakistan. 2. Identify the major nutritional risk factors and strategies to prevent or manage them in the first years of life and during the pre-school years.
6	02/09/2026	Week 6	Mr. Mushtaque Ali Talpur	1. Weaning, Pre lacteal feeds, food introduce with quantity and type. 2. Counsel mothers regarding nutritional care of the children.
7	09/09/2026	Week 7	Mr. Mushtaque Ali Talpur	Weight management. 1. Explain the concept of appropriate body weight. 2. Discuss the relationship of excess body weight to the development of chronic disease. 3. Explain the concept of energy balance. 4. Explain body mass index calculations .
8	16/09/2026	Week 8	Mr. Mushtaque Ali Talpur	1 Explain the role of diet in weight management. 2. Identify factors in the Pakistani diet that are particularly conducive to weightgain 3. Explain the role of exercise in weight management 4. Explain the role of behavior modification techniques in weight management. 5. Council patient regarding weight management.
9	23/09/2026	Week 9	Mr. Mushtaque Ali Talpur	Enteral and Prenatal Nutrition. 1. Identify the characteristics, nutritional composition and concentration of formula feedings. 2. Complications associated with Enteral feeding.
10	30/09/2026	Week 10	Mr. Mushtaque Ali Talpur	Nutritional consideration in the prevention and management of cardio vascular diseases. 1. Identify the risk factors for the development of hypertension. 2. Identify the risk factors for the development of coronary artery disease. 3. Discuss the role of a nurse in dietary management of hypertension and patient with hyperlipidemia.

S.No.	Date	Week	Teacher	Description
11	07/10/2026	Week 11	Mr. Mushtaque Ali Talpur	1. Counsel patients on the dietary prevention of coronary artery disease 2. State dietary modification for LOW CHOL DIET – LOW SATURATED FAT LOW SODIUM DIET
12	14/10/2026	Week 12	Mr. Mushtaque Ali Talpur	Nutritional consideration in the prevention and management of Liver disease 1. Describe the role of diet in the management of gall stone 2. Describe the role of diet management of liver disease, especially hepatitis, cirrhosis, encephalopathy. 3. Discuss current beliefs and practices related to diet in liver disease in the community. 4. Identify the role of the nurse in dietary management of liver disease.
13	21/10/2026	Week 13	Mr. Mushtaque Ali Talpur	Nutritional consideration in the prevention and management of renal disease 1. Identify nutritional risk factors for nephrolithiasis and renal failure. 2. Discuss the role of a diet in etiology, prevention and management of nephrolithiasis and renal failure and during dialysis. 3. Describe the nutritional management in nephritic syndrome.
14	28/10/2026	Week 14	Mr. Mushtaque Ali Talpur	Nutritional consideration in the prevention and management of type II Diabetes Mellitus. 1. Describe the prevalence of type II DM in Pakistan. 2. Describe dietary factors associated with the diseases.
15	04/11/2026	Week 15	Mr. Mushtaque Ali Talpur	1.Explain the role of weight gain in the Etiology of type II DM. 2. Identity the role of the nurse in prevention and management of type II DM.
16	11/11/2026	Week 16	Mr. Mushtaque Ali Talpur	Review Class and Test