# Semester III

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**Note:** Course Code HSC15301CR is common for both specializations of Food Science & Nutrition/Dietetics & Clinical Nutrition
ASSESSMENT OF NUTRITIONAL STATUS

Code: HSC15301CR
Credits: L4
Periods/Week: 4 Hrs
M. Marks: 100 (Ext. Exam: 80/Int. Asst: 20)

Objectives:
1. Orient the students with all the important state-of-the-art methodologies applied in nutritional assessment and surveillance of human groups.
2. Develop specific skills to apply the most widely used methods.

Contents:

Unit I:
Indicators of MCH Care

➢ Maternal mortality rate
  ▪ Late Maternal death
  ▪ Pregnancy-related death.
  ▪ World Scenario
  ▪ Causes
  ▪ Preventive and social measures

Mortality in Infancy and childhood

➢ Perinatal, Neonatal, Post neonatal and infant mortality rate.
➢ Factors affecting infant mortality.
➢ Preventive and social measures.
➢ 1 - 4 year, under 5 mortality rate.
➢ Child survival rate.
Unit II:
Assessment of nutritional status by Anthropometry & Clinical Examination

➤ Nutritional Assessment Schedule
➤ Anthropometry - Infants, Children and Adults.
  • Weight (Techniques used)
  • Height, (Techniques used)
  • Mid arm circumference
  • Head circumference
  • Chest circumference
  • Skin fold thickness (Use of Calipers)
  • Anthropometric Indices
  • Growth Charts, Standards, and Percentiles.
➤ Clinical Evaluation
  o PEM, (Protein Energy Malnutrition)
  o Vitamin A Deficiency
  o Iron Deficiency
  o Calcium Deficiency
  o Dental Caries and Fluorosis

Unit III:
Assessment of nutritional status by Biochemical and Dietary Assessment

➤ Laboratory and Bio-chemical Evaluation

• Laboratory Test
  ➢ Hemoglobin estimation
  ➢ Test for Stools
  ➢ Urine examination

• Bio-Chemical Evaluation
  ➢ Proteins
  ➢ Vitamins – Riboflavin, Thiamin and Beta-carotene.
  ➢ Minerals – Iron, Calcium
- Assessment of Dietary Intake (Food Frequency Method & 24 hr recall method)
- Vital Statistics
- Assessment of Ecological factors.

Unit IV: Nutritional Surveillance and Social Aspects of Nutrition.

- Nutritional Surveillance
  - Nutrition surveillance and growth monitoring
  - Nutritional status indicators
  - Problem and Ecology of Malnutrition
  - Preventive and social measures.
  - Food surveillance
- Food hygiene
  - Milk, Egg, Fish, Meat, Fruits and Vegetables.

References
9. FAO Nutritional Studies No. 4 (1953): Dietary Surveys: Their Technique and interpretation, FAO.


11. Fidanza.


ADVANCED FOOD SCIENCE

Code :HSC15302CR
Credits: L4
Periods/Week :4 Hrs
M. Marks: 100 ( Ext. Exam: 80/ Int. Asst: 20)

Objectives:-
1. To understand the factors effecting the sensory qualities various foods .
2. To understand the principles of chemistry of foods.
3. To apply the principles while preparing and cooking foods.
4. To learn the methodology of standardization of recipie evaluation.

Contents

Unit-I

➢ Evaluation of food by sensory and objective methods:- Factors effecting acceptability of food . Sampling of food , selection of taste panel. Difference, preference and descriptive tests. Objective methods - microscopic examination, Chemical methods (pH, Flavour, sugar concentration and saltiness) and Physical methods (texture, volume, tenderness, viscosity and surface tension, moisture, colour).

➢ Colloidal Chemistry:- General structure of food stuffs and relationship of cooking to colloidal chemistry. Denaturation,

➢ Browning reactions - Enzymatic and non enzymatic.

➢ Sugar Cookery:- Sources & uses of sugar in cookery, caramelization by heat and pH changes. Crystallization of sugar solution, factors that effect the size of crystals. Stages of sugar cookery. Crystalline and non crystalline candies,
Unit-II

- **Starch Cookery**: Types of starch, gelatinization, retrogradation, Flour composition and baking qualities, dough, batter and bread making. Leavening agents. Gelatin composition and properties, preparation and its uses in food.


- **Egg Cookery**: Uses, properties and coagulation of egg proteins. Egg as binding, foaming, emulsifying and thickening agent. Mayonnaise preparation.

Unit-III

- **Vegetables and Fruits**: Structure of vegetable tissues. Starch, pectic substances & pigments (chlorophylls, anthocyanins). Enzymes. Browning, use of plant-enzymes for textural changes in food,


- **Pulse Cookery**: Factors affecting cooking quality of legumes. Germination of pulses - and its effects.

- **Fortification, Enrichment of Foods**: Objectives. Commonly fortified foods and methods of fortification.

Unit IV


- **Food Standards and Laws**: Indian and International food standards and laws. Prevention of Food Adulteration Act (PFA). Effect of processing and Irradiation on Nutritive value of foods.

- **Food Adulteration**: Definition of adulteration, Common adulterants in foods,
References

Assessment of Nutritional Status & Analytical Techniques in Food Science
( Lab Course)

Code : HSC15303CR
Credits: P4
Periods/ Week : 8 Hrs
M. Marks: 100 ( Ext. Exam: 80/ Int. Asst: 20)

LAB - A

1. Diet survey methods
   - Diet history – Individual, Family.
   - 24 hour recall method.
   - Weightment method.
   - Qualitative and quantitative methods

2. Anthropometric practices of studying various groups (Infants, children & adults).
   - Height
   - Weight
   - Mid-arm circumference
   - Head circumference
   - Chest circumference
   - Waist hip ratio
   - BMI
   - Comparison of standards. (Given by ICMR).

3. Biochemical tests
   - Blood components tests for iron deficiency
   - Protein estimation (Lowry's method)

4. Assessment of nutritional status of:
   - Pregnant women, Lactating women and Pre school children.

5. Evaluation study of a nutrition project.
1. **Standardization of recipes**

2. **Sugar Cookery:**
   - Experiments on crystallization of sugar,
   - Stages of sugar cookery,
   - Preparation of crystalline and non-crystalline candies.

3. **Cereal & Starch Cookery:**
   - Microscopic examination of different starches.
   - Gelatinization of starch
   - Factors affecting gel formation, Gluten formation,
   - Preparation of Cakes & Biscuits.

4. **Pulse/legume cookery:**
   - Cooking of legumes by different methods, effect of addition of salt, acid, alkali, oil & spices on quality and time, effect of soaking, germination and pressure cooking on time and quality

5. **Egg Cookery:**
   - Stages of fresh egg white foam,
   - Effect of addition of various ingredients on foam formation,
   - Coagulation of whole egg, egg yolk and egg white.
   - Preparation of custard
   - Preparation of Emulsions (Mayonnaise)

6. **Milk Cookery:**
   - Preparation of cottage cheese, with different curdling agents,
   - Cream of tomato soup,
   - Ice cream preparation.
7. Vegetable and fruit cookery:
   - Factors affecting colour, texture, flavour of vegetables by acid and alkali.
   - Observation of browning reaction in raw fruits & vegetables

8. Fats & oils:
   - Observing Smoking point of different oils.
   - Factors affecting absorption of deep fat and shallow fried foods.
INSTITUTIONAL MANAGEMENT

Code :HSC15304CR

Credits: L4

Periods/Week :4 Hrs

M. Marks: 100 ( Ext. Exam: 80/ Int. Asst: 20)

Objectives:

1. To know about different aspects of food service management.
2. To understand about sanitation safety and physical layout of food service organization.
3. To know about cost control, book keeping and accountancy.

Contents:

Unit I: Food – Service, Management, Selection, Storage and Production.

➤ Introduction to food service establishment
➤ Types of food services in India – hospitals, hotel, canteen, schools and cafeterias, Formal and informal food services.
➤ Meal Planning – Menu, types of menu, need for menu planning, principles involved in planning menus, mechanics of planning menu, Menu writing.
➤ Food selection and storage - The food buyer, the market, purchasing procedure. Selection of food and storage – types of storage, planning storage spaces, sanitation, safety and security of stores.
➤ Quantity food production- Food Production process, large quantity cooking techniques.
Unit II: Sanitation & Safety

- Sanitation and safety
  - Environmental Hygiene and Sanitation
  - Hygiene in Food Handling
  - Personnel Hygiene (with reference to sources of food infection and health rules.
  - Methods of sanitary dish washing and Cleaning supplies
  - Safety in food catering and use of equipment.

Unit III: Physical layout and equipment-

- Physical layout and equipment-
  - Developing Kitchen plans
  - Layout of Kitchens
  - Work Simplification
  - Equipments for Kitchen and Service rooms.
  - Décor of Service and Dining areas.

Unit IV: Functional Management

- Management: Concept, Processes and Principles.
- Organizing: Organization structure and design, types, formal and informal organization, delegation of authority.
- Human Resource Management - concept and significance, Job analysis, Recruitment and selection, training and development.
- Cost control-Factors affecting cost control, techniques of cost control with special reference to foods
References:

3. Finely, R. e., The personnel and his part, , D,B., Toreprovela, 1971
8. Lawrence, a. A. Management in Action, Times of India Press.
Assessment of Nutritional Status / Institutional Management

( Lab Course )

Code : HSC15305CR

Credits: P4

Periods/Week : 8 Hrs

M. Marks: 100 ( Ext. Exam: 80/ Int. Asst: 20)

LAB - A

1. Diet survey methods
   - Diet history - Individual, Family.
   - 24 hour recall method.
   - Weightment method.
   - Qualitative and quantitative methods

2. Anthropometric practices of studying various groups (Infants, children & adults).
   - Height
   - Weight
   - Mid-arm circumference
   - Head circumference
   - Chest circumference
   - Waist hip ratio
   - BMI
   - Comparison of standards. (Given by ICMR).

3. Biochemical tests
   - Blood components tests for iron deficiency
   - Protein estimation (Lowrys method)

4. Assessment of nutritional status of:
   - Pregnant women, Lactating women and Pre school children.
LAB - B

1. Market survey and cost analysis of processed and finished food products (Traditional meat products, Fluid milk and milk products, Processed apple products and pickles)
2. Evaluation of food service units and equipments.
3. Layout analysis of kitchen – Hospital & Hostel based
4. Planning menus for quantity.
   ➢ Banquet
   ➢ Outdoor catering
   ➢ Packed meals
   ➢ Restaurant
5. Standardizing recipes for quantity.
6. Cost analysis of menus in
   ➢ College canteen
   ➢ Hostel mess
   ➢ Hospital (private and government)
7. Analysis of food safety & hygiene.
MANAGEMENT OF HUMAN SERVICE ORGANIZATIONS

Code: HSC15306CR
Credits: L 4
Periods/Week: 4 Hours
M.M: 100(Ext.Exam: 80/Int .Assessment: 20)

Objectives:

1. To understand the concept and Management of Human Service Organization
2. To Know about the Organizations working for the service of women and children
3. To know about the Organizations Working for the Service of Youth and Groups with Special Needs

Contents:

Unit I: Concept and Management of Human Service Organizations.

Concept of Human Service Organizations.

➢ Need & Nature of human service organizations in India.
➢ Philosophy and significance in a developing nation.

Management of Human Service Organizations.

➢ Concept, importance, functions and approaches to management.
➢ Planning, implementation, personnel management, financial management, administration and monitoring of organizational activities. Managerial skills.
Unit II: Organizations working for the service of women and children.


  - Help Foundation
  - SOS VILLAGES
  - Helpline
  - Chottay Tarney

Government & Non Government Organization Working for the Service of Children


Unit III: Organizations Working for the Service of Youth and Groups with Special Needs.

- Nehru Yuvak Kendra, YMCA, YWCA, YUVA.


- Physically and mentally handicapped, aged, destitute, orphans, street children, National Association for Blind, Spastic Society of India, Help Age – India.

Unit IV: Assessment of Human Services Organizations & Concept of Volunteerism.

Assessment of Human Service Organizations:

- Concept of Volunterism
- Profile of Volunteers
- Motivation of Volunteers
- Role of Volunterism and Society
- Assessment of Personal Accountability
References

EXTENSION MANAGEMENT

Code: HSC15307CR
Credits: 4
Periods/Week: 4 Hours
M.M: 100(Ext.Exam: 80/Int .Assessment: 20)

Objectives:

1. To understand the concept and process of Extension Management.
2. To enable students to realize the importance of management for achieving organizational goals.
3. To apply the principles of management for effective management of extension organization / services.

Contents:

Unit I: Extension & Personal Management.

  Extension:

➢ Definition and meaning, objectives, need, process and principles of extension
➢ Teaching learning process, steps of extension teaching
➢ Motivation , extension approaches
➢ Requirements of extension workers.

Personal Management :

➢ Meaning, nature , functions and role of personal management
➢ Job analysis, job description  and job specification
Unit II: Organizing and planning in Extension Management.

➢ **Organization**: Its meaning, culture, approaches, goals.
➢ **Planning**: Definition, requirements, elements, contingency.

➢ **Organizing**: Definition, requirements, line and staff functions, span of management, scalar principle, delegation of authority, use of committees, coordination, involvement of organizations at local level, inputs management, common mistakes in organizing.

Unit III: Staffing and Leading in Extension Management.

➢ **Staffing**: Definition, Requirements of effective staffing, Human resources development in organization, orienting the new entrant, training for development, training methods --- lecture, group discussion, Seminars, panel discussion, symposium, workshop, case study, role playing, brain storming, Buzz session, video conference, in-service training, performance appraisal., stress in managing, organizational conflicts, Grievance handling.
➢ **Leading**: Definition, Requirements of effective leading, the nature of people, theory X, Y, Z. Motivating people to work, Information needs of extension agents.

Unit IV: **Controlling and Efficiency of Personal in Extension Management.**

➢ **Controlling**: Definition, Requirements of effective controlling, Monitoring and evaluation, Supervision, Budgeting and Auditing, Reporting, Self- Discipline, Change agent problems, **Efficiency of Personal**: Orientation to new workers, Training of the workers, Stimulus and incentives, Code of ethics,
➢ Qualities of a good extension manager.
References:

MANAGEMENT OF HUMAN SERVICE ORGANIZATION/EXTENSION

MANAGEMENT (Lab Course)

Code: HSC15308CR

Credits: P4

Periods/Week: 8 Hours

M.M: 100(Ext.Exam: 80/Int. Assessment: 20)

1. Visit to Government agencies working for the services of women- health, nutrition, educational, economical and social.
2. Visit to Non- governmental agencies working for the services of women health, nutrition, educational and social.
3. Visit to Government agencies working for the services of children.
4. Visit to Non- governmental agencies working for the services of children.
5. Organizing group discussion for planning extension activities for various target groups viz: farmers, farm women and youth.
6. Interaction and its reporting with following officials:
   ➢ Financial Institutions
   ➢ Cooperatives
7. Meeting various extension functionaries from departments of agriculture, horticulture, and animal husbandry
8. Organizing role plays and brain storming session for identified groups.
ADVANCED STUDY IN HUMAN DEVELOPMENT-II

Code: HSC15309CR

Credits: L 4

Periods/week: 4 Hours

M.M: 100(Ext.Exam: 80/Int .Assessment: 20)

Objectives:

1. To understand the advanced stages of Human Development with specific focus on youth, adulthood and old age.
2. To understand the principles and factors influencing Human Development in these stages.

Contents:

Unit I: Youth/Young Adulthood.
  ➢ Perspectives on youth and adulthood – Biological, cultural and developmental.
  ➢ Developmental needs
  ➢ Vocational choice, career development.
  ➢ Physical changes
  ➢ Changes in the structure of thought/culmination of identity formation.
  ➢ Life cycle approach- sexuality, Criteria for mate selection, marital adjustment, parenthood, friendships.

Unit II: Middle Adulthood.

  ➢ Physical continuity and changes
  ➢ Adult Intelligence
  ➢ Personality changes
  ➢ Relationships at midlife
Development of self
Menopause in women, health and disease, adult sexuality.

Unit III: Late Adulthood

- Physical changes-Health, fitness and disability
- Continuity and changes in the personality
- Changes in cognitive abilities
- Grand parenthood-Inter generational relations
- Retirement from formal work-effect on Identity.

Unit IV: Old Age

- Mental Health and Intervention: Depression, Anxiety disorders
  Dementia: Alzhiemers disease.
- Family life cycle.
- Death, dying and bereavement.

References:

STUDY OF PERSONS WITH DISABILITIES

Code: HSC15310CR  
Credits: L 4  
Periods/Week: 4 Hours  
M.M: 100(Ext.Exam: 80/Int. Assessment: 20)

Objectives:

1. To become aware of various impairments and the manner in which these effect the lives of individuals.
2. To identify the physical and social barriers which create difficulty for people with disabilities.
3. Understand the variation between people with disabilities.
4. Realize that the experiences of individuals with disabilities are related to their age, gender and also shaped by the context.
5. To apply the understanding gained from the experiences of people with disabilities in planning services for them.

Contents:

Unit I: Understanding Disability.

- Normality, disability, impairment, handicap.
- Various approaches to defining and understanding disability- medical approach, administrative approach, legal approach, social approach.
- Attitudes of people towards disability.
- Techniques of identification and assessment.
Unit II: Skeletal disorders and Sensory Impairments.

- Skeletal and Muscular disorders-causes and effects on individuals-Arthritis, Amputations.
- Sensory disorders-causes and effects on individuals:
  - Visual: Definition, causes, prevalence, educational considerations.
  - Hearing: Definition, classification, causes, characteristics, prevalence, educational considerations.
  - Speech: Definition classification, causes, prevalence.

Unit III: Intellectual and Emotional Impairments

- Intellectual-causes and effects on individuals-Mental retardation, learning disabilities.
- Emotional-causes and effects on individuals-Autism, Neurosis, Psychosis, Phobias, Obsessions and compulsion, schizophrenia, ADHD, Conduct disorders, Elimination disorders, Habit disorders.

Unit IV: Physical disorders and Overview of Persons with Disabilities.

- Physical disorders- causes and effects on individuals, CNS disorders (Cerebral palsy, Epilepsy, Spinabifida, Spinal cord injuries).
- Physical and social barriers in the development of persons with disabilities, modification of physical and social environment.
- The philosophy of inclusion
- Programs and policies for persons with disabilities.
- Issues in planning inclusive programs for persons with disabilities.
References:

Journals

1. Disability and society
2. Action and disability News
3. Impairment and disability
4. Asia Pacific disability rehabilitation journals.
Advanced Study in Human Development-I & Study of Persons with Disabilities (Lab Course)

Code: HSC15311CR
Credits: P 4
Periods/week: 8 Hours
M.M: 100(Ext.Exam: 80/Int. Assessment: 20)

1. Plan and organize life skill education for adolescents and youth about responsible parenthood.
2. Study the change in life style after retirement (economic & health problems) and their coping strategies.
3. Study the attitude of people towards death in age group-65 years and above and prepare a report.
4. Individual case study of a child with disability
5. Review and critique of a person with disabilities as portrayed by media (Print and electronic).
6. Case study of two institutions (CRC & Shafaqat).
7. Planning and execution of activities for special children (visual and hearing impaired, mentally retarded in any particular setting).
COMMUNITY NUTRITION

Code: HSC15312DCE

Credits: L 3
Period/week: 3 hours
M.M: 75(Ext.Exam: 60/Int .Assessment: 15)

Objectives:-

1. Identify Nutritional problems in the community.
2. Evolve/ develop solutions to overcome these problems in the community.
3. Realize the role of state, national and international agencies to combat malnutrition.
4. To know how to plan different programmes of nutrition education for the community.
5. Understand the different methods of assessment of nutritional status of the community.

Contents:

Unit I: Community

➢ Definition and concept of community and health , Nutrition and society.
➢ Role of the community/public health nutritionist in health care delivery system.
➢ Impact of the following on nutritional status of the community:
  • Environmental and agricultural factors.
  • Storage and distribution
  • Socio-cultural and economic factors.
  • Population size.
  • Science and technology.
Unit II: Nutrition and Behaviour

- Factors affecting food habits and behaviour, Means of modifying them to promote health.
- Methods of Assessing Nutritional Status of the Community
- Definition, Objectives and scope of Nutrition Education.
- Prevalence of malnutrition in India.
- Role of National Nutrition Policy in protecting health of the Nation.

Unit III: Common Nutritional Problems in India.

- Common nutrition problems in India and measures to combat them.
- Nutritional surveillance
- ICDS, ANP, SNP, Mid day meal programme and School lunch programme.

Role of National & International Agencies in Improving the Nutritional Status of the Community.


References:

7. Mclaren S. Donald. Nutrition in the community John, Wiley & Sons Chichester 1983,
WOMEN, NUTRITION & HEALTH

Code: HSC15313DCE

Credits: L 3

Periods/Week: 3 hrs

M.M: 75(Ext.Exam: 60/Int. Assessment: 15)

Objectives:

1. To acquaint students with status of women in family and society.
2. Understand how various factors influence the health and nutritional status of women.
3. Plan and undertake various activities to improve the status of women.
4. Understand how health of women influence family, community and national development.

Contents:

Unit I: Women in - Family, Community & Society

- Women’s role, their resources and contribution to family.
- Demographic changes, menarche, marriage, fertility, life expectancy, aging and widowhood, female- headed families.

Women & Society

- Women’s role their resources and contribution to society.
- Effect of Urbanization on women
- Impact of economic policies, industrialization and globalization on women.
Unit II: Women and Nutrition.

Women’s Nutritional requirements and food needs.

- Pubescence and Adolescence, Food related habits of Adolescents, General nutritional problems during adolescence.
- Pregnancy and Lactation, General dietary problems of expectant mothers.
- Menopause and dietary consideration.
- Nutrition related problems of old age.
- Situation of women in global, national and local context.
- Improving the nutrition and health status – interventions throughout the life cycle

Unit III: Women and Health

- Gender and Health, Health seeking behaviour.
- Women and aging --- special concerns in developed and developing societies - menopause, osteoporosis, chronic degenerative disease, neurological problems
- Women – AIDS and Breast Cancer.
- Empowerment of Women
- CEDAW (Convention on Elimination of all forms of Discrimination against Women) and WRLH (Women’s Right to life and Health).
- Role of Education and various national schemes.
References:
1. ACC/SCN Policy Discussion Papers.
5. NGO, Committee on UNICEF (1997): Women and Children in Urban Poverty --- What Way Out?
6. Census Reports, Government of India.
7. NFHS Reports.
MENTAL HEALTH IN DEVELOPMENTAL PERSPECTIVE

Code: HSC15314DCE
Credits: L 3
Periods/week: 3 Hours
M.M: 75(Ext.Exam: 60/Int .Assessment: 15)

Objectives

1. To understand the importance of mental health at different stages of life.
2. Develop skills for promoting mental health across the life span.
3. Identify mental health issues in the community & sensitizing its members.
4. Develop skills of organizing school mental health programs.

Contents:

Unit I: Mental Health

- Definition, Concept, Characteristics & importance of holistic health.
- Biological, Ecological, Psychological concepts of Mental health
- Concept of normality & abnormality.
- Mental health - needs & programmes.

Unit II: Infancy & Early Childhood years

- Implication of attachment & bonding for mental health, deprivation syndrome.
- Mental health needs (safety, security, autonomy, self concept, importance of nutrition in health)
- Behavior difficulties manifested at this stage - feeding problems, aggression & withdrawal problems related to early schooling & formal learning.
Unit III: Middle Childhood, Adolescence and Adulthood- Mental Health Needs

- Mental health needs - Recognition, appreciation, friendship & industry.
- School related problems - discipline, truancy, phobias, learning difficulties & disabilities.
- Maladjustment at home & school.
- Problems related to physical appearance (developments & relationships)
- Problems related to sexuality.
- Authority adolescent conflict- (parents, grandparents & school authority)

References:

1. Shaul, S.I - A Text Book of Mental Health-
COMMUNITY ORGANIZATIONAL AND DEVELOPMENT THEORIES

Code: HSC15315DCE

Credits: 3

Periods/Week: 3 Hours

M.M: 75(Ext.Exam: 60/Int .Assessment: 15)

Objectives:

1. To understand the concept, structure and organization of different types of communities.
2. To understand the factors contributing to changes in community, community organization and their mobilization for development goals.

Contents:

Unit I: The Community, Social Groups and Organization

➤ Concept and characteristics of a community.
➤ Structures and organization of different types of communities - tribal, rural and urban. Different communities - norms, mores and prevalent customs.
➤ Social Groups -Concepts, types, characteristics and dynamics of different social group, interests, attitudes and motivations for affiliation.

Unit II: Dynamics of Change in Community

➤ Social organizations - Family, school, co-operatives and other organization and their role in community.
➤ Factors contributing to change and transition in the structure and organization of societal institutions
➤ Religion, socio - Political Ideologies, Imperialism, Mass media and Communication,
Globalization and their impact on community.

- **Planned changes** - Concept, solution and changes of planned social changes.

### Unit III: Organization in Development

- Theories of development, people centered development, factors contributing to paradigm shift.
- Organizations involved in development of government, corporate and voluntary sector organizations.
- Analysis of their present role, future potential in facilitating development; inter sectoral synergy, importance and operation allegation. Role of leadership in community development.

### References:

5. Harka Lombokos ---- Sociology: Themes and Perspectives.
CULTURE AND PSYCHOLOGY

Code: HSC15316GE

Credits: L 3

Periods/week: 3 Hours

M.M: 75(Ext.Exam: 60/Int .Assessment: 15)

Objectives:

1. To understand basic concepts related to culture & psychology with specific reference to cross cultural psychology.
2. To understand concerns & issues related to the study of culture & psychology.
3. To perceive the need for indigenization & development of humanistic approach in the study of culture & psychology.

Contents:

Unit I: Understanding the concept & process related to culture & psychology.

➢ Basic concept of culture & psychology.
➢ Culture:-Characteristics, dimensions (materials, cognitive, normative)
➢ Culture & civilization, institutions, customs, folkways, mores and laws.
➢ Developmental psychology and culture (functions of psychology, development of culture)

Unit II: Culture & Personality development

➢ Importance of language.
➢ Characteristics of personality (elements, determinants & traits of personality)
➢ Social theories of human development (Mead, Cooley, Benedict, Freud, Erickson)
Unit III: Methodological issues & theoretical concerns in the study of culture & psychology.

➤ Exchange theory.
➤ Cultural approaches.
➤ Theoretical approaches.
➤ Methodological issues.

References:

BEHAVIOUR CHANGE AND ADVOCACY IN HEALTH

Code: HSC15317GE  
Credits: L 3  
Periods/Week: 3 Hours  
M.M: 75(Ext.Exam: 60/Int .Assessment: 15)

Objectives:

1. To understand the multi-faceted nature of community health.
2. To develop a holistic understanding of sociology of health and people’s perception towards health
3. To be able to critique policies, intervention programmes, and strategies adopted for addressing community health issues.

Contents:

Unit I: Health –Development Perspectives

➢ Health situation, concept of community health, epidemiology, demography, preventive and promotive health
➢ Socio cultural perceptions and motivations towards health.
➢ Health care systems-types-contemporary and traditional systems, socio-cultural context of health care and delivery systems.

Unit II: Community Health Issues

➢ Reproductive and child Health (RCH) – maternal and child mortality status. Traditional and contemporary RCH practices and issues.

➢ Social Health issues- Drugs Tobacco, alcohol – prevalence, prevention and rehabilitation.
➤ Environment and health- Pollution, toxicity, quality, contaminations, residues and adulteration issues- prevalence, health implications.

➤ Health issues during disaster and emergencies and special circumstances-assessment and surveillance of affected groups, relief and rehabilitation strategies.

**Unit III: Health Communication and Advocacy**

➤ Health communication and advocacy- Meaning, concept, various strategies, types.

➤ Strategizing health advocacy and BCC campaigns- elements, tools and techniques.

➤ Role of media in promoting health

➤ Synergizing inter-sectoral partnerships for health advocacy and action.

**References:**


Health consequences of Nutritional Deficiencies

Code: HSC15318OE
Credits: L3
Periods/week: 3Hours
Marks: 75 (Ext. Exam: 60 / Int. Assessment: 15)

Contents:

Unit I: Common Nutritional Problems In India.

➤ Low Birth Weight (LBW)
  • Definition and Developmental problems of LBW
  • Nutritional Requirements.
  • Methods of feeding

➤ Protein Energy Malnutrition (PEM).
  • Types and etiology of PEM
  • Nutritional Requirement.

Unit II: Nutrition Deficiency Diseases

➤ Vitamin A deficiency Diseases
  • Etiology
  • Clinical forms and management.

➤ Nutritional Anemia
  • Types and clinical features
  • Dietary management

UNIT III: Nutrition Intervention Programmes For improving Nutrition And Health

• Vitamin A prophylaxis programme.
• Prophylaxis against Nutritional Anemia.
• Mid day Meal programme.
• ICDS programme.
References:


