



# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

## Shri Vaishnav Institute of Home Science

### Choice Based Credit System (CBCS) in Light of NEP-2020

#### Generic Elective UG Program

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam(60%)	Two Term Exam(20%)	Teachers Assessment(20%)	End Sem University Exam(60%)	Teachers Assessment (40%)				
GUFN303	GE	Community Nutrition	60	20	20	0	0	4	0	0	4

**Legends:** L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;

\***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks

#### Course Educational Objectives (CEOs): The students will -

**CEO1:** understand community at large, its health indices, prevalent nutritional problems their assessment.

**CEO2:** gain knowledge about community nutrition services policies and programs.

#### Course Outcomes (COs): Student should be able to-

**CO1:** acquire knowledge about community health, nutritional assessment, and surveillance.

**CO2:** understand dietary surveys and food security.

**CO3:** familiarize with clinical symptoms of PEM and other diseases.

**CO4:** develop skills of anthropometric assessment.

**CO5:** gain awareness on national and international nutritional programs.

#### Syllabus

##### UNIT I

- Concept of community, types of Community, factors affecting health of the community.
- Nutritional assessment and surveillance: meaning, need, objectives and importance.

##### UNIT II

- Assessment of nutritional status: methods and application.
- Nutritional anthropometry: need and importance, standard for reference,

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### UNIT III

- Techniques of measuring height, weight, head, chest and arm circumference, interpretation of these measurements.
- Use of growth charts.

### UNIT IV

Common nutritional deficiencies- Etiology, clinical features, prevention and management of nutritional deficiencies

- Micronutrient deficiencies such as Vitamin A deficiency, Thiamine deficiency, Riboflavin Deficiency, Niacin deficiency, Vitamin C deficiency, Vitamin D deficiency, Calcium Deficiency, Iron, Iodine.
- Descriptive list of clinical signs and its interpretation

### UNIT V

- International, National, regional agencies and organizations for community nutrition.
- Nutritional intervention programs to combat malnutrition, nutritional anemia, iodine deficiency disorders, fluorosis, lathyrism.

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### Suggested readings:

- King, M.H. Morley, D. and Burges, A.P., (2015). *Nutrition for Developing Countries*, Oxford: ELBS Oxford University Press.
- Mahajan, B.K., Saha R.N., and Gupta, M.C., (2013). *Textbook of Preventive and Social Medicine*. Jaypee Brothers Medical Publishers. New Delhi.
- [Wadhwa](#), A., (2013). *Nutrition in the Community*. Elite Publishing House. New Delhi.
- Seshubabu, V. (2011). *Review on Community Medicine*. Paras Medical Books Pvt Ltd.
- Gibney M.J., Margetts, B.M., Kearney, J. M. Arab, I., (Eds) (2004). *Public Health Nutrition*, NS Blackwell Publishing.
- Wadhwa A and Sharma S (2003). *Nutrition in the Community- A Textbook*. Elite Publishing Pvt Ltd, New Delhi