



Children's University
School of Nutrition and Health
Department of Home Science
Gandhinagar

**ACADEMIC
YEAR
2020-21**

M.Sc. FN

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| Year | II | Course Type: Foundation Course Course No: EGFN 305 Course Title: :Prenatal Care and Development | Credits | 4 |
| Semester | III | | Hours/wk | 4 |
| Objectives | <ol style="list-style-type: none">1. To enable the students to understand the concept of pregnancy in Indian perspective.2. To enable the students to understand the importance of counseling.3. To enable the students to understand the social, cultural and spiritual context of progeny.4. To familiarize the students the concept of care and dietary management during prenatal. | | | |
| COURSE CONTENT / SYLLABUS- THEORY | | | | |
| UnitI | Family and Marriage <ul style="list-style-type: none">• Family• Concept of family• Type of Family• Role and function of family• Family life cycle• Marriage• Definition of Marriage.• Types of Marriage• Marriage and Marital Adjustment | | | |
| Unit II | Prenatal care <ul style="list-style-type: none">• Prenatal care• Concept• Need and Importance in Current Scenario Before Pregnancy• Work Issue,• Age as an issue• Family History• Genetic testing and Counseling• Emotions | | | |

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| <p>Unit III</p> | <p>Psychological and social aspect</p> <ul style="list-style-type: none"> • Psychological and social aspect • psychological stress, • psychological counseling • Social accept • Society and you • Cultural aspect • family history, family expectation |
| <p>Unit IV</p> | <p>Preparing for Pregnancy</p> <ul style="list-style-type: none"> • Lifestyle changes • Nutrition • Exercise • Meditations • Age as an issue • prenatal hazards and remedies • Labor and Birth • Birth Process • Stages of birth • Types of birth |
| <p style="text-align: center;">Reference</p> <ol style="list-style-type: none"> 1. Adarsh Mata- UtamSantan. 2. Balshikshan 3. Park's Textbook of Preventive and social Medicine 23rdedi. 4. ParivarniPathshala, Children's University, Gandhinager. 5. AdhinanShastra. 6. Sagarbhavasthaanetmarubalak , Dr.BabalalN.Parikh Ushaben Ba. Parikh, Navneet Education Limited,Dantali, Gujarat | |