



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

ACADEMIC  
YEAR  
2020-21

**M.Phil Home Science**

<b>Year</b>	<b>I</b>	Course Type: Core Compulsory Course No: MHC-202 Course Title: Community Health And Care	<b>Credits</b>	<b>4(4+0)</b>
<b>Semester</b>	<b>II</b>		<b>Hours/wk</b>	<b>4</b>
<b>Objectives</b>		<ul style="list-style-type: none"><li>• This course will enable student to develop a holistic knowledge base and understanding of the nature of important nutrition problems and their prevention and control for the disadvantaged and upper socio economic strain society.</li><li>• To understand the course /determinants and consequences of nutrition and health</li><li>• Be familiar with various approaches to nutrition and health intervention program and polices.</li></ul>		
<b>COURSE CONTENT / SYLLABUS- THEORY</b>				
<b>Unit I</b>		<b>Community Health</b> <ul style="list-style-type: none"><li>• Concept of community health.</li><li>• Relationship between health and nutrition.</li><li>• Role of public nutritionals in the health care delivery.</li><li>• Primary health care of the community.</li><li>• Indicator of health.</li></ul>		
<b>Unit II</b>		<b>Common health problems</b> <ul style="list-style-type: none"><li>• Infective diseases</li><li>• Communicable diseases</li><li>• Nutritional problems</li><li>• Problems due to environment pollution</li><li>• Health problems due to food adulteration.</li></ul>		
<b>Unit III</b>		<b>Diseases</b> <ul style="list-style-type: none"><li>• Life style diseases.</li><li>• Sexually transmitted diseases.</li><li>• Functional indicators, such as Heart fitness, respiratory fitness</li><li>• Factor affecting on nutritional and health status.</li></ul>		

<b>Unit IV</b>	<b>Health education</b> <ul style="list-style-type: none"><li>• Objectives.</li><li>• Importance.</li><li>• Method.</li><li>• Health and Nutritional services.</li><li>• Voluntary agencies.</li><li>• Government program/Agencies.</li></ul>
	<b>REFERENCES :</b> <ol style="list-style-type: none"><li>1. Gopalan C, And Kaur, S (Eds ) (1993). Towards Better Nutrition,Problems &amp; Policies, Nutrition foundation of India</li><li>2. National Family Health Survey I&amp; II (1993, 2000) International Institute for population studies, Mumbai.</li><li>3. World Health Organization (1998) word Health Report: Life in the 21<sup>st</sup> century.Report of the director general. WHO ENEVA, Switzerland.</li><li>4. Jellief D.b.and Jellief E.F.P. (1989).Community Nutritional Assessment, Oxford University press.</li><li>5.શરીર વિજ્ઞાન આરોગ્યશાસ્ત્ર અને રમત વિજ્ઞાન. લેખક : ડૉ.ગિરીશ આર.ભટ્ટ ,ડૉ.પ્રધુમ્ન આર.ભટ્ટ</li></ol>