# VIDYASAGAR UNIVERSITY

## Office of the Secretary, Council for Undergraduate Studies

Midnapore – 721102, Paschim Medinipur, West Bengal.

Ref. No. VU/UG/54 (ii)/2024 Dated: 09.09.2024

To
The Principal/TIC/OIC(s)
All the affiliated Colleges under
Vidyasagar University

**Reg.- Amendment in syllabus of MDC-02 'Community Nutrition and Public Health' under CCFUP (NEP)**

Sir / Madam,

This for information of all concerned that some **amendments in syllabus of Multidisciplinary Course (MDC)-02 *'Community Nutrition and Public Health'* under CCFUP (NEP)** have been incorporated with immediate effect. The amended syllabus of ***Community Nutrition and Public Health*** is enclosed herewith. The amended syllabus shall also be uploaded to the University website.

Thanking you with regards,

Sd/-

**Secretary**
**UG Council**

**Copy forwarded to:**

1. The Chairperson, UG BOS in Nutrition
2. The Controller of Examinations
3. The Inspector of Colleges

**Secretary**
**UG Council**
Secretary
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VIDYASAGAR UNIVERSITY

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# VIDYASAGAR UNIVERSITY

## Office of the Secretary, Council for Undergraduate Studies

Midnapore – 721102, Paschim Medinipur, West Bengal.


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## Amended syllabus of 'Community Nutrition and Public Health' (MDC-02)

| Course Code | Course Title | Credit | L-T-P | CA | ESE | TOTAL |
|---|---|---|---|---|---|---|
| MDC02 | Community Nutrition and Public Health | 3 | 3-0-0 | 10 | 40 | 50 |

**Course Outcomes:**

This course will make student aware regarding various basic concept and knowledge about community nutrition and public health-

1. To provide information regarding epidemiology of diseases and its prevention.
2. To enable students to impart community nutrition education among rural and needy people.
3. To acquaint them knowledge regarding food security and government and international program running in the field of community nutrition.

**Course contents:**

**1. Introduction to Community Nutrition and Epidemiology**

- Define community, concept of Community nutrition.
- Public health nutrition, goals of nutrition programme
- Dietary guidelines and Nutritional surveillance
- Principle of Epidemiology, Measurements of epidemiological indicators, Herd immunity, Epidemiology triad.
- Etiology, epidemiology and prevention of COPD, tuberculosis, malaria, dengue, filaria, hepatitis, AIDS, nutritional anemia, atherosclerotic disorders.
- Causes and management of thalassemia, gout, obesity, endemic goiter.

**2. Community Nutrition Programmes**

- Introduction to national nutrition programmes and policies.
- Integrated Child Development Services(ICDS)
- National Rural Development Programme(NRDP)
- National Rural Employment Programme (NREP)
- miscellaneous monofocal programmes.

**3. International Community Nutrition Programmes**

- Food and Agriculture Organization (FAO)
- World Health Organization (WHO)
- United Nations Children's Fund (UNICEF)
- other voluntary and government agencies

**4. Nutritional Problem in India**

- Protein energy malnutrition
- Anaemia
- Vitamin A deficiency
- Iodine deficiency disorder
- Over nutrition and chronic degenerative diseases
- Strategies for the control of malnutrition


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**5. Food Consumption Pattern and PDS**

- Food consumption pattern in different parts of India
- Public distribution system
- Food Corporation of India. and food availability
- Food production in India, major foods and their state wise production
- Food security and poverty

**6. Nutrition and Health Care**

- Maternal nutrition and care
- Antenatal care and its schedules
- Nutrition and Child care
- Health problems of aged and their care
- Principles of formulation of balanced diets for growing child, adult man and woman, pregnant and lactating woman

**Suggested Readings:**

1. Essential Food and Nutrition. by M. Swaminathan. The Bangalore Printing &Publishing Co. Ltd.
2. Text Book of Preventive and Social Medicine, M.C. Gupta and B. K. Mahajan, Jaypee Brothers
3. Park's Text Book of Preventive and Social Medicine by K. Park, Banarsidas Bhanot Publishers.
4. Basics of Epidemiology- Concepts made simple by Dr. Anil Mishra, Notion Press; 1st edition
5. Epidemiological Studies: A Practical Guide: Alan J. Silman, Gary J. Macfarlane, Tatiana Macfarlane. 3rd Edition. Oxford Academic Publication, Oxford University Press


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