

As per the NEP 2020
Home Science
(Minor Syllabus)
(Effective from Academic Year 2024-2025 onwards)



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Dr. Registrar
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Semester	Course Code	Course Title	Contact Hrs per Week			Credits	Weightage (%)		
			L	T	P		CWS	MTE	ETE
I	24BHM5101M	Human Nutrition	2	0	0	2	10	20	70
II	24BHM5201M	Nutrition: A Lifespan Approach	2	0	0	2	10	20	70
III	24BHM6301M	Public Health Nutrition – General Concept	4	0	0	4	10	20	70
IV	24BHM6401M	Gender And Social Justice	4	0	0	4	10	20	70

Semester – I

Course Title:	Human Nutrition	Course Code: 24BHM5101M
Total Lecture hour 30		
Unit I	Basic Concepts in Nutrition Basic terms used in nutrition Understanding relationship between food, nutrition and health Functions of food-Physiological, psychological and social Basic food groups and concept of balanced diet	8
Unit II	Nutrients Energy- Functions, sources and concept of energy balance. Recommended Dietary Allowances, dietary sources, effects of deficiency and/ or excess consumption on health of the following nutrients: • Carbohydrates and dietary fiber. • Lipids • Proteins	8
Unit III	Nutrition during Lifecycle Physiological considerations and nutritional concerns for the following life stages: • Adult man / woman • Preschool children • Adolescent children • Pregnant woman • Nursing woman and infant	7
Unit IV	Source, deficiency related problems Fat soluble vitamins-A, D,E and K Water soluble vitamins – Thiamin, Riboflavin, Niacin, Pyridoxine, Folate, Vitamin B12 and Vitamin C	7
Reference Books:		
1	Wardlaw and Insel MG, Insel PM (2004). Perspectives in Nutrition. Sixth Edition, McGraw Hill.	
2	Srilakshmi B (2012). <i>Nutrition Science</i> . 4 th Revised Edition, New Age International Publishers.	
3	Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.	
4	Wardlaw and Insel MG, Insel PM (2004). Perspectives in Nutrition. Sixth Edition, McGraw Hill.	

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Semester – II

Course Title:	Nutrition: A Lifespan Approach	Course Code: 24BHM5201M
Total Lecture hour 30		Hours
Unit I	Principles of meal planning Balanced diet Food groups Food exchange list Factors effecting meal planning and food related behaviour. Dietary guidelines for Indians and food pyramid Overview of methods for assessment of nutrient needs	10
Unit II	Nutrition for adulthood and old age Adult: Nutrient requirements for adult man and woman, RDA, nutritional guidelines, nutritional concerns, diet and lifestyle related diseases and their prevention Elderly – Physiological changes in elderly, RDA, nutritional guidelines, nutritional and health concerns in old age and their management, factors contributing to longevity	
Unit III	Nutrition during pregnancy and lactation Pregnancy – Physiological changes in pregnancy, RDA, nutritional guidelines, nutritional needs, effect of nutritional status on pregnancy outcome, optimal weight gain and its components, nutrition related problems in pregnancy and ways to control them. Lactation – Physiology of lactation, RDA and nutritional needs of a nursing mother, nutritional guidelines	7
Unit IV	Nutrition during childhood Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns and healthy food choices - Infants - Preschool children - School children - Adolescents	7

Reference Books:

1	Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). <i>Textbook of Nutrition and Dietetics</i> . Phoenix Publishing House Pvt. Ltd.
2	Wardlaw GM, Hampi JS, Di Silvestro RA (2004). <i>Perspectives in Nutrition</i> , 6 th edition. McGraw Hill.
3	ICMR (2011) <i>Dietary Guidelines for Indians</i> . Published by National Institute of Nutrition, Hyderabad.
4	ICMR(2010) <i>Recommended Dietary Allowances for Indians</i> . Published by National Institute of Nutrition, Hyderabad.

Semester – III

Course Title:	Public Health Nutrition – General Concept	Course Code: 24BHM6301M
Total Lecture hour 60		Hours
Unit I	Nutritional problems affecting the community Etiology, prevalence, clinical features and preventive strategies of- Undernutrition - Protein energy malnutrition: Severe Acute Malnutrition and Moderate Acute Malnutrition, Nutritional	15

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	Anaemias, Vitamin A Deficiency, Iodine Deficiency Disorders Overnutrition – obesity, coronary heart disease, diabetes Fluorosis	
Unit II	Nutrition and health status of the community Appropriate interventions involving different sectors such as Food, Health and Education	15
Unit III	Nutrition Policy and Programmes National Nutrition Policy, Integrated Child Development Services (ICDS) Scheme, Mid-day Meal Programme (MDMP), National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders	15
Unit IV	Food and Nutrition Security Concept, components, determinants and approaches Overview of Public Sector programmes for improving food and nutrition security	15
Reference Books:		
1	Wadhwa A and Sharma S (2003). Nutrition in the Community-A Textbook. Elite Publishing House Pvt. Ltd. New Delhi.	
2	Park K (2011). Park's Textbook of Preventive and Social Medicine, 21 st Edition. M/s Banarasidas Bhanot Publishers, Jabalpur, India.	
3	Bamji MS, Krishnaswamy Kand Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3 rd edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.	
4	Gibney MJ (2005). Public Health Nutrition.	

Semester – IV

Course Title:	Gender And Social Justice	Course Code: 24BHM6401M
Total Lecture hour 60		Hours
Unit I	Understanding Gender Sex and gender Masculinity and femininity Biological & cultural determinants of being male & female	15
Unit II	Social Construction of Gender Socialization for gender Gender roles, stereotypes and identity Influences on gender: mythology, literature, work, media, popular culture, caste	15
Unit III	The Girl Child and Women in India Demographic profile Status of health, nutrition & education Female feticide, infanticide and violence against women	15
Unit IV	Gender Justice Women's movement in India Laws, policies & programs for female children and women	15
Reference Books:		
1	Menon, N. (2008). Sexualities: Issues in contemporary Indian feminism. New Delhi: Sage.	
2	Mohanty, M. (2008). Class, caste and gender. New Delhi: Sage.	
3	Saikia, N. (2008). Indian women: A socio-legal perspective. New Delhi: Serials publications.	


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