

B.A (Prog.) with Nutrition and Health Education (NHE)
Category-V

DISCIPLINE SPECIFIC ELECTIVE COURSE
DSE-NHE-5: Health and Nutrition for Women and Children

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

| Course Title and Code | Credits | Credit distribution of the course | | | Eligibility Criteria | Prerequisite of the course |
|--|---------|-----------------------------------|----------|---------------------|----------------------|----------------------------|
| | | Lecture | Tutorial | Practical/ Practice | | |
| Health and Nutrition for Women and Children | 4 | 3 | 0 | 1 | XII Pass | NIL |

Learning Objectives

- To sensitize students towards the current scenario with respect to health and nutrition indicators for women and children
- To impart holistic knowledge about health and nutrition issues concerning women
- To educate students about various aspects of child health and nutrition including IYCF, immunization as well as problems of malnutrition
- To create awareness regarding Government of India's ongoing programmes for nutrition and health of women and children

Learning Outcomes

After completion of the course, the students will be able to:

- Understand the various dimensions of women's health and nutrition
- Explain every aspect of children's health and nutrition including breast feeding, complementary feeding, immunization and nutrition related problems
- Gain sufficient knowledge to be able to contribute to the efforts made by the government towards promoting health and nutrition of women and children

SYLLABUS OF DSE-NHE-5

THEORY
(Credits 3; Hours 45)

UNIT I: Health and Nutrition for Non-pregnant, Non-lactating Women **12 Hours**

This unit will familiarize the student with the current scenario and knowledge regarding nutrition and care for non-pregnant, non-lactating women.

- Nutrition situation of women in India
- Vital statistics related to health
- Importance of optimal nutrition for healthy life
- Nutritional concerns

UNIT II: Pregnancy and Lactation

12 Hours

This unit will address issues related to various aspects of health and nutrition of pregnant and lactating mothers.

- Health and nutritional considerations
- Factors affecting pregnancy outcomes and lactation performance
- Immunization/ vaccination during pregnancy
- Nutritional problems and their management

UNIT III: Infancy and Childhood

12 Hours

This unit will introduce all aspects of nutrition as well as other dimensions of child health.

- IYCF guidelines, first 1000 days
- Importance of appropriate nutrition during childhood
- Immunization: Universal Immunization programme, Intensified Mission Indradhanush 4.0
- Growth monitoring
- Malnutrition – Wasting, stunting and micronutrient deficiencies among children
– Childhood obesity
- Diarrhoea

UNIT IV: Women and Child Nutrition Programmes:

9 Hours

This unit will give a complete overview of the government's flagship programme 'Poshan Abhiyan' and other programmes to improve nutritional outcomes for women and children

- Poshan Abhiyan
- Aanganwadi services
- Pradhanmantri Surakshit Matritva Abhiyan
- Anemia mukt bharat
- Janani-Shishu Suraksha Karyakram
- Rashtriya Bal Swasthya Karyakram

PRACTICAL (Credit 1; 30 Hours)

1. Development of questionnaire/ presentation on health and nutritional problems in NPWL women

2. Planning and preparing an educational aid on the following suggested topics:
 - adequate care and nutrition during pregnancy/ lactation
 - dietary management of anemia during pregnancy
 - breastfeeding
 - complementary feeding
 - importance and schedule of immunization
3. Plotting and interpreting growth charts
4. Demonstrate age-specific complimentary food preparation
5. Preparation of information card about Poshan Abhiyan activities

ESSENTIAL/ RECOMMENDED READINGS

- Bamji, M. S., Rao, N. P., Reddy, V. (2017). *Textbook of Human Nutrition*. (4th edn.). Oxford and IBH Publishing Co. Pvt Ltd.
- Ministry of health and family welfare, Government of India. (2018). *Journey of the first 1000 days*.
https://nhm.gov.in/images/pdf/programmes/RBSK/Resource_Documents/Journey_of_The_First_1000_Days.pdf (Accessed on 10 March 2023).
- Ministry of health and family welfare, Government of India. *Infant and Young Child Feeding* (2016)
https://www.nhm.gov.in/MAA/One_Day_Sensitization_Module/One_Day_Sensitization_Module_English_lowres.pdf (Accessed on 10 March 2023).
- Ministry of health and family welfare, Government of India. *National Family Health Survey 5 (NFHS-5)* (2021) https://main.mohfw.gov.in/sites/default/files/NFHS-5_Phase-II_0.pdf (Accessed 10 March 2023).
- Ministry of health and family welfare, Government of India. *Intensified Mission Indradhanush* (2018)
https://nhm.gov.in/New_Updates_2018/NHM_Components/Immunization/Guidelines_for_immunization/Mission_Indradhanush_Guidelines.pdf (Accessed 10 March 2023).
- *Poshan Abhiyan: Prime Minister's Over-reaching Scheme for Holistic Nourishment*
<https://www.india.gov.in/spotlight/poshan-abhiyaan-pms-overarching-scheme-holistic-nourishment.22.October.2018> (Accessed on 10 March 2023).

SUGGESTED READINGS

- Chadha, R., Mathur, P. (2015). *Nutrition: A life cycle approach*. Orient Blackswan.
- Agarwal, A., & Udipi, S. A. (2022). *Textbook of Human Nutrition* (2nd edn.). Jaypee Brothers (P) Ltd.
- *Poshan Abhiyan: Prime Minister's Over-reaching Scheme for Holistic Nourishment*. PIB press release [doc202112111.pdf \(pib.gov.in\)](https://pib.gov.in/doc202112111.pdf) (Accessed on 10 March 2023).

- UNICEF. *Women's Nutrition*. <https://www.unicef.org/india/what-we-do/womens-nutrition> (Accessed on 10 March 2023).

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.