

**6<sup>th</sup> SEMESTER**  
**DISCIPLINE SPECIFIC ELECTIVE (DSE)**

**OPTION I**

**HSC619D1: HOME SCIENCE (ELECTIVE): PUBLIC NUTRITION AND DIETETICS**  
**(CREDITS: THEORY-4, PRACTICAL-2)**

**THEORY**

**Unit I Concept and scope of public nutrition**

- Assessment of nutritional status: methods and application Direct methods – anthropometry, biochemical and clinical examination
- Indirect methods – dietary surveys, vital statistics

**Unit II Common nutritional deficiencies**

- Etiology, prevalence, clinical features, prevention and management of nutritional deficiencies PEM
- Micronutrient deficiencies such as Vitamin A deficiency, Nutritional Anemias, Iodine Deficiency Disorders

**Unit III Introduction to Diet Therapy**

- Basic concepts of diet therapy
- Therapeutic modifications of the normal diet
- Use of exchange list in dietary planning

**Unit IV Common diseases/ disorders**

- Etiology, clinical features and nutritional management of: Febrile disorders and HIV-AIDS
- Diarrhoea, constipation
- Underweight, overweight and obesity
- Diabetes and Cardiovascular diseases

**PRACTICAL (2 CREDITS)**

1. **Assessment of nutritional status:** 24 hour dietary recall, anthropometry, clinical assessment
2. Development of low cost nutritious recipes for population groups vulnerable to nutritional deficiencies
3. Planning and preparation of diets/dishes for individuals suffering from: Febrile disorders
  - Diarrhoea, constipation
  - Underweight, overweight/ obesity
  - Diabetes and Cardiovascular diseases

**RECOMMENDED READINGS**

1. Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd. Stacy Nix (2009).
2. William's Basic Nutrition and Diet Therapy, 13th Edition. Elsevier Mosby.
3. Wadhwa A and Sharma S (2003). Nutrition in the Community- A Textbook. Elite Publishing Pvt Ltd, New Delhi.
4. ICMR (1989) Nutritive value of Indian Foods. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
5. ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition
6. Indian Council of Medical Research, Hyderabad.
7. Seth V and Singh K (2007). Diet Planning through the Life Cycle Part II: Diet Therapy. A Practical Manual, 4th edition. Elite Publishing House Pvt. Ltd.

**6<sup>th</sup> SEMESTER**  
**DISCIPLINE SPECIFIC ELECTIVE (DSE)**

**OPTION II**

**HSC619D2: HOME SCIENCE (ELECTIVE): GENDER AND SOCIETY**  
**(CREDITS: THEORY-4, PRACTICAL-2)**

**Unit I: Gender: Social construction**

Concept of gender

- Patriarchal social order and status of women
- Socio-cultural practices influencing women's status
- Shifts in Status of women- historical and contemporary perspectives
- Feminist theories and perspectives

**Unit II: Understanding Gender differentials**

Life cycle approach to women's studies

- Status issues and challenges in context to
  - violence against women
  - women and health
  - women and education
  - women's work and economic participation
  - women and leadership

**Unit III: Gender and Development**

Concept of Gender Development

- Indicators of human and Gender development
  - Approaches to Women's Development
  - Empowerment of women- concept and types
  - National and International policies and agencies for women's empowerment

**Unit IV: Gender and Advocacy 15 lectures Human Rights and Right to Development**

- Women and Human Rights
- Laws for protection of women's rights
- Media and gender mainstreaming

**PRACTICAL (2 CREDITS)**

**Analysis of gender differentials using a development indicator**

- Gender based analysis of media with special reference to portrayal of women.
- Case studies for programmes and campaign for women's development

**RECOMMENDED READINGS**

1. Bhasin, Kamla (2000). Understanding Gender. New Delhi. Kaali for Women.
2. Goel, A, Kaur, A and Sultana, A (2006). Violence against women: Issues and Perspectives. New Delhi, Deep & Deep Publishers.
3. Sohoni, K Neeraja, (1994), Status of Girls in Development Strategies, New Delhi, Har Anand Publications