### Syllabus for B.Sc. Honours in Nutrition

**Choice Based Credit System (CBCS)**

**w.e.f.- 2017-18**

**Course components and allotment of credits**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Core Course (CC)</th>
<th>Ability Enhancement Compulsory Course (AECC)</th>
<th>Skill Enhancement Course (SEC)</th>
<th>Discipline Specific Elective (DSE)</th>
<th>Generic Elective (GE)</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>CC-1, CC-2</td>
<td>AECC-1</td>
<td>-</td>
<td>-</td>
<td>GE-1</td>
<td>22</td>
</tr>
<tr>
<td>II</td>
<td>CC-3, CC-4</td>
<td>AECC-2</td>
<td>-</td>
<td>-</td>
<td>GE-2</td>
<td>20</td>
</tr>
<tr>
<td>III</td>
<td>CC-5, CC-6, CC-7</td>
<td>-</td>
<td>SEC-1 (Any one from two)</td>
<td>-</td>
<td>GE-3</td>
<td>26</td>
</tr>
<tr>
<td>IV</td>
<td>CC-8, CC-9, CC-10</td>
<td>-</td>
<td>SEC-2 (Any one from two)</td>
<td>-</td>
<td>GE-4</td>
<td>26</td>
</tr>
<tr>
<td>V</td>
<td>CC-11, CC-12</td>
<td>-</td>
<td>-</td>
<td>DSE-1 (Any one from two)</td>
<td>-</td>
<td>24</td>
</tr>
<tr>
<td>VI</td>
<td>CC-13, CC-14</td>
<td>-</td>
<td>-</td>
<td>DSE-3 (Any one from two)</td>
<td>-</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total Course Number (I-VI)</strong></td>
<td><strong>14 (CC) (14×6)=84 credits</strong></td>
<td><strong>2 (AECC) AECC 1 =4 credits AECC 2 =2 credits Total-6 credits</strong></td>
<td><strong>2 (SEC) (2×2)=4 credits</strong></td>
<td><strong>4 (DSE) (4×6)=24 credits</strong></td>
<td><strong>4 (GE) (4×6)=24 credits</strong></td>
<td><strong>142</strong></td>
</tr>
</tbody>
</table>

B.Sc. Nutrition (Honours)
Note:
* 14 Core Course (CC) are fixed for nutrition honours student.
* 4 DSE & 2 SEC to be picked up by the nutrition honours student (choice based).
* 4 GE under nutrition honours syllabus is to be studied by other discipline student (Other than nutrition honours student).
*Nutrition honours student is to be studied 4 GE course from other discipline syllabus.

**Semester wise Breakup (1st Year)**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course opted</th>
<th>Title of the course</th>
<th>Credits</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>AECC-I</td>
<td>ENVIRONMENTAL STUDIES</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-I Theory</td>
<td>NUTRITIONAL PHYSIOLOGY-I</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-I Practical</td>
<td>&quot;</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-2 Theory</td>
<td>NUTRITIONAL ASPECT OF FOOD ITEMS</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-2 Practical</td>
<td>&quot;</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>GE-I</td>
<td>ANY DISCIPLINE OTHER THAN NUTRITION</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>AECC-II</td>
<td>ENGLISH COMMUNICATIONS / MIL</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-3 Theory</td>
<td>NUTRITIONAL PHYSIOLOGY-II</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-3 Practical</td>
<td>&quot;</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-4 Theory</td>
<td>PHYSIOLOGICAL ASPECT OF NUTRITION</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-4 Practical</td>
<td>&quot;</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>GE-2</td>
<td>ANY DISCIPLINE OTHER THAN NUTRITION</td>
<td>6</td>
<td></td>
</tr>
</tbody>
</table>
### Semester wise Breakup (2nd Year)

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course opted</th>
<th>Title of the course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>III</td>
<td>CC-5</td>
<td>Theory NUTRITIONAL BIOCHEMISTRY</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical &quot;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-6</td>
<td>Theory NUTRITION: LIFE CYCLE APPROACH</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical &quot;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-7</td>
<td>Theory DIET THERAPY-I</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical &quot;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SEC-1</td>
<td>Theory TECHNOLOGY OF FRUITS AND VEGETABLES OR ENVIRONMENT MANAGEMENT AND PUBLIC HEALTH</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>GE-3</td>
<td>- ANY DISCIPLINE OTHER THAN NUTRITION</td>
<td>6</td>
</tr>
<tr>
<td>IV</td>
<td>CC-8</td>
<td>Theory NUTRITIONAL ASSESSMENT AND NUTRITION PROGRAMME</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical &quot;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-9</td>
<td>Theory COMMUNITY NUTRITION AND EPIDEMIOLOGY</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical &quot;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CC-10</td>
<td>Theory DIET THERAPY-II</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical &quot;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SEC-2</td>
<td>Theory RURAL TECHNOLOGY AND PUBLIC WELFARE OR IMMUNOLOGY, TOXICOLOGY AND PUBLIC HEALTH</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>GE-4</td>
<td>- ANY DISCIPLINE OTHER THAN NUTRITION</td>
<td>6</td>
</tr>
</tbody>
</table>
## Semester wise Breakup (3rd Year)

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course opted</th>
<th>Title of the course</th>
<th>Credits</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>V</td>
<td>CC-11 Theory</td>
<td>FOOD MICROBIOLOGY AND FOOD BORNE DISEASE</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>&quot;</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>CC-12 Theory</td>
<td>MEDICAL MICROBIOLOGY AND PATHOLOGY</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>&quot;</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>DSE-1 Theory</td>
<td>HUMAN PATHOLOGY OR THERAPEUTIC NUTRITION AND CRITICAL CARE</td>
<td>4</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>THEORY CONCERN</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>DSE-2 Theory</td>
<td>MOLECULAR BIOLOGY OR BIOPHYSICS AND BIOINSTRUMENTATION</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>THEORY CONCERN</td>
<td>2</td>
</tr>
<tr>
<td>VI</td>
<td>CC-13 Theory</td>
<td>NUTRACEUTICAL AND FUNCTIONAL FOOD</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>&quot;</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>CC-14 Theory</td>
<td>FOOD SAFETY AND FOOD STANDARD</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>&quot;</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>DSE-3 Theory</td>
<td>BIOSTATISTICS AND BIOINFORMATICS OR CONCEPT OF RESEARCH AND HEATH MANAGEMENT</td>
<td>4</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>THEORY CONCERN</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>DSE-4 Theory</td>
<td>FOOD SPOILAGE AND FOOD PRESERVATION OR ENTREPRENEURSHIP AND SMALL CATERING UNITS</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Practical</td>
<td>THEORY CONCERN</td>
<td>2</td>
</tr>
</tbody>
</table>
LIST OF CORE COURSE (CC)

CC 1 : NUTRITIONAL PHYSIOLOGY-I
CC 2 : NUTRITIONAL ASPECT OF FOOD ITEMS
CC 3 : NUTRITIONAL PHYSIOLOGY-II
CC 4 : PHYSIOLOGICAL ASPECT OF NUTRITION
CC 5 : NUTRITIONAL BIOCHEMISTRY
CC 6 : NUTRITION: LIFE CYCLE APPROACH
CC 7 : DIET THERAPY-I
CC 8 : NUTRITIONAL ASSESSMENT AND NUTRITION PROGRAMME
CC 9 : COMMUNITY NUTRITION AND EPIDEMIOLOGY
CC 10 : DIET THERAPY-II
CC 11 : FOOD MICROBIOLOGY AND FOOD BORNE DISEASE
CC 12 : MEDICAL MICROBIOLOGY AND PATHOLOGY
CC 13 : NUTRACEUTICAL AND FUNCTIONAL FOOD
CC 14 : FOOD SAFETY AND FOOD STANDARD

LIST OF SKILL ENHANCEMENT COURSE (SEC)

SEC 1 : TECHNOLOGY OF FRUITS AND VEGETABLES OR ENVIRONMENT MANAGEMENT AND PUBLIC HEALTH
SEC 2 : RURAL TECHNOLOGY AND PUBLIC WELFARE OR IMMUNOLOGY, TOXICOLOGY AND PUBLIC HEALTH

LIST OF DISCIPLINE SPECIFIC ELECTIVE (DSE) COURSE

DSE 1 : HUMAN PATHOLOGY OR THERAPEUTIC NUTRITION AND CRITICAL CARE
DSE 2 : MOLECULAR BIOLOGY OR BIOPHYSICS AND BIOINSTRUMENTATION
DSE 3 : BIOSTATISTICS AND BIOINFORMATICS OR CONCEPT OF RESEARCH AND HEALTH MANAGEMENT
DSE 4 : FOOD SPOILAGE AND FOOD PRESERVATION OR ENTREPRENEURSHIP AND SMALL CATERING UNITS

LIST OF GENERIC ELECTIVE (GE) COURSE

GE 1 : NUTRITIONAL ASPECT OF FOOD ITEMS
GE 2 : PHYSIOLOGICAL ASPECT OF NUTRITION
GE 3 : NUTRITION: LIFE CYCLE APPROACH
GE 4 : NUTRITIONAL ASSESSMENT AND NUTRITION PROGRAMME
CORE COURSE (CC)
CC 1: NUTRITIONAL PHYSIOLOGY-I
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

1. Body composition:
   - Generalized structural makeup of human body.
   - Structure and functions of animal cell with special reference to Plasma membrane (Fluid Mosaic Model), Mitochondria, Ribosome, Endoplasmic reticulum.
   - Nucleus (nuclear membrane, nuclear chromatin and nucleolus).

2. Circulatory and Cardiovascular system:
   - Blood and its composition, Blood groups, Mechanism of blood coagulation.
   - Structure and functions of heart.
   - Cardiac cycle, cardiac output, blood pressure and its regulation.

3. Digestive system:
   - Structure and functions of G.I. tract.
   - Process of digestion and absorption of food.
   - Structure and functions of liver, gallbladder and pancreas.

4. Respiratory system:
   - Structure of Lungs and gaseous exchange (oxygen and carbon dioxide transport), Brief idea on Acclimatization.

5. Musculoskeletal System:
   - Formation and functions of muscles, bones and teeth (Brief idea).

Practical:

1. Determination of pulse rate.
2. Determination of blood pressure by Sphygmomanometer (Auscultatory method).
3. Determination of Bleeding Time (BT) and Clotting Time (CT).
4. Detection of Blood group (Slide method).
5. Measurement of Haemoglobin level (Sahli’s method).

Suggested readings:
CC 2: NUTRITIONAL ASPECT OF FOOD ITEMS
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

1. **Concept and definition of terms:**
   - Food, Food Groups, Food Pyramid, Functions of food.
   - Nutrient and Nutritive value, Concept of Balanced Diet.

2. **Cereals, Pulses and legumes:**
   - Nutritional aspects of wheat, rice and oat.
   - Types of pulses and legumes, uses, and nutritional aspects.

3. **Milk and milk Products:**
   - Nutritive value and composition of milk, Concept of milk processing and Pasteurization
   - Types of processed milk, milk products (butter, curd, paneer and cheese).

4. **Egg, Fish and meat:**
   - Nutritional aspects and uses.
   - Nutritional aspects of edible fish and meat, concept of red and white meat.

5. **Vegetables and fruits:**
   - Uses and nutritional aspect of commonly available vegetables.
   - Fresh fruits and dry fruits—raw and processed product.

6. **Salts, Fats and oils:**
   - Uses and nutritional aspects of various salts.
   - Types, sources, use and nutritional aspects of fats and oils.

7. **Beverages:**
   - Common types (tea, coffee and wines) and their uses, nutritional aspect.

8. **Methods of cooking:**
   - Dry, moist, frying and microwave cooking.
   - Effect of various methods of cooking on foods, nutrient losses in cooking.

Practical:

Food preparation and nutritive value as per portion size wherever applicable -

1. **Beverages:** Milk shake and Lassi.
2. **Cereals:** Fried Rice and Chapatti.
3. **Milk and milk products:** Custard and Payasam.
4. **Eggs:** Egg pudding and Pouch (Water pouch and Butter pouch).
5. **Snacks:** Poha and Sandwiches.

Suggested readings:

CC 3: NUTRITIONAL PHYSIOLOGY-II
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

Total Lecture-60

1. **Excretory system:**
   - Structure and function of skin.
   - Regulation of temperature of the body.
   - Structure and functions of kidney in special reference to nephron.
   - Physiology of urine formation.

2. **Reproductive system:**
   - Structure and functions of gonads, concept on menstrual cycle.
   - Brief idea of pregnancy, parturition, lactation and menopause.
   - Brief concept on spermatogenesis and Oogenesis process.

3. **Nervous System:**
   - Concept on sympathetic and parasympathetic nervous system.
   - Brief anatomy and functions of cerebrum, cerebellum, hypothalamus and neuron.
   - Concept on synapse and synaptic transmission.

4. **Endocrine system:**
   - Structure and functions of pituitary, thyroid and adrenal gland.
   - Structure and functions of pancreas.

Practical:

1. Total count (TC) of RBC, WBC and Platelets.
2. Differential count (DC) of WBC.
3. Erythrocyte Sedimentation Rate (ESR) (Westergren method)
4. Identification with reasons of histological slides (Lung, Liver, Kidney, Small intestine, Stomach, Thyroid, Adrenal, Pancreas, Testis, Ovary and Muscle of mammals).

Suggested readings:

Theory: Total Lecture-60

1. Concept and definition of terms:
   - Growth, Development, Nutrition, Malnutrition and Health, Scope of Nutrition.
2. Role of Vitamins:
   - Fat soluble vitamin-Physiological role, dietary sources and deficiency disorders.
   - Water soluble vitamin- Physiological role, dietary sources and deficiency disorders.
3. Role of Minerals (Ca, Fe, Na, K, I, Zn, Mn, Mg, Co):
   - Physiological role, dietary sources and deficiency disorders.
4. Principles of meal planning:
   - Food exchange list, Factors affecting meal planning and food related behavior.
   - Dietary guidelines for Indians.
5. Minimum nutritional requirement and RDA:
   - Formulation of RDA, dietary guidelines with reference to man and woman.
6. Energy in human nutrition:

Practical:

1. Growth chart: Plotting and Interpretation using primary or secondary data in accordance with both ICMR and WHO Chart.
3. Diet survey in accordance with ICMR method (at least 3 days).

Suggested readings:

- Gopalan C (198). Nutritive value of Indian Foods. Indian Council of Medical Research.
CC 5: NUTRITIONAL BIOCHEMISTRY
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory: Total Lecture-60

1. Carbohydrate:
   - Classes of carbohydrates (monosaccharides, oligosaccharides and polysaccharides).
   - Properties and dietary importance of starch, sucrose, lactose, glucose and fructose.
   - Metabolism: Glycolysis, Tricarboxylic acid (TCA) cycle, Gluconeogenesis, Glycogenesis, Glycogenolysis and regulation of blood sugar level.

2. Protein:
   - Classes, properties, functions and secondary structure of protein (alpha helix, beta pleated sheet).
   - Concept and definition: Complete and incomplete proteins, Biological value, Protein Efficiency Ratio (PER), Net Protein Utilisation (NPU), Essential and non-essential amino acids.
   - Protein metabolism: Deamination, Transamination and Urea cycle.

3. Lipid:
   - Classes of lipids, Properties and functions of fats, oils and fatty acid (PUFA, MUFA, SFA. TFA).
   - Lipid metabolism (Beta - oxidation of fatty acids).

4. Enzyme:
   - Classification, properties and factors affecting enzyme activity.
   - Brief idea on mechanism of enzyme action (Fischer Lock and key model) and preliminary concept of enzyme inhibition.

Practical:
1. Qualitative detection of sugar (Molisch’s test, Benedict’s test, Iodine test), Non-reducing sugar (Hydrolysis test or Inversion test).
2. Qualitative detection of protein (Biuret and Ninhydrin).
4. Colorimetric estimation of Protein (Folin-Phenol reagent).

Suggested readings:
CC 6: NUTRITION: LIFE CYCLE APPROACH
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

1. Nutrition during infancy:
   • Breast feeding, Formula feeding, Weaning, Supplementary foods, Nutritional management of Preterm baby.

2. Nutrition for children:
   • Diet in early childhood, elementary school age, high school age.

3. Nutrition during pregnancy and lactation:
   • Nutritional demands of Pregnancy, Food selection during Pregnancy, Complications of pregnancy and dietary management, Diet during Lactation.

4. Nutrition to athletes:
   • Nutritional requirements and dietary management in sports man and athletes, Meal planning for athletes.

5. Geriatric nutrition:
   • Planning of meals for older people, Nutrition of aged persons, Physiological complications in geriatric group and dietary modifications required, Oxidative stress and aging and role of antioxidative nutrients for preventing aging.

Practical:

1. Preparation of normal diets for infant (Dahl soup).
2. Preparation of normal diets for preschool children (Dalia).
3. Preparation of normal diets for college student (Suji Upma).
4. Preparation of normal diets for pregnant lady and lactating mother (Khicheri with mixed vegetables).

Note: In laboratory note book, calculation of nutritive value should be recorded according to portion size of specific diet for particular individual.

Suggested readings:

CC 7: DIET THERAPY-I
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

1. **General ideas of diet therapy:**

2. **Dietitians and hospital basic diets:**
   - Types of dietitians and role of dietitian.
   - Nutritional adequacy of hospital diets, Basic concept and methods of (i) Oral feeding (ii) Tube feeding (iii) Parenteral feeding.

3. **Etiology, symptoms, diagnostic tests and dietary management:**
   - Gastro-intestinal tract and liver diseases - Diarrhoea, Constipation, Irritable Bowel Syndrome, Flatulence, Peptic ulcer, Ulcerative Colitis, Viral hepatitis and Cirrhosis of liver.

4. **Etiology, symptoms, diagnostic tests and management:** Malabsorption syndrome.

5. **Dietary management of inborn error in metabolism:**
   - Lactose intolerance, Phenylketonuria (PKU) and Alcaptonuria.

6. **Allergies:**
   - Definitions, symptoms, diagnosis and dietary management in special reference to food allergy.

Practical:

1. Therapeutic diet chart preparation for Diarrhoea (Case specific).
2. Therapeutic diet chart preparation for Constipation (Case specific).
3. Therapeutic diet chart preparation for Ulcer (Case specific).
4. Therapeutic diet chart preparation for Liver cirrhosis (Case specific).
5. Therapeutic diet chart preparation for Anaemia (Case specific).

Suggested readings:

B.Sc. Nutrition (Honours)

CC 8: NUTRITIONAL ASSESSMENT AND NUTRITION PROGRAMME  
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:  Total Lecture-60

1. **Assessment of Nutritional Status and Surveillance:**
   - Direct Nutritional status assessment of human groups - Biochemical, Biophysical and anthropometric methods.
   - Indirect assessment: Secondary sources of community health data.

2. **Concept of Surveillance systems:**
   - Role of international and national organizations and agencies (WHO, FAO, UNICEF, CARE, NIN, CFTRI, ICMR).

3. **Communication in Nutrition and Health Education:**
   - Type, process and media of communication.
   - Interpersonal, Group and Mass communication.
   - Importance and relevance of Information, Education and communication (IEC) in Nutrition and Public Health.

4. **National Nutritional Intervention Programmes:**
   - Objective, Target group, Scheme details - Integrated Child Development Services (ICDS), Mid Day Meal Programme (MDMP), Vit A prophylaxis Prophylaxis programme, Anemia prophylaxis programme, Iodine deficiency disorders control programme.
   - Concept on public distribution system.

5. **Immunization Programme:**
   - Preliminary concept of immunity-innate, acquired, active and passive immunity.

Practical:

1. Anthropometric measurement of Weight for age, height for age, weight for height and its comparison with reference value.
2. Determination of BMI and comments on results.

**Suggested readings:**

CC 9: COMMUNITY NUTRITION AND EPIDEMIOLOGY  
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:  Total Lecture-60

1. Concept of population and Community:
   - Definition and characteristic features of population
   - Concept of community and community health, types of community.
   - Factors affecting health of community – environmental, social, political, cultural and economical.

2. Community water and waste management:
   - Source of water, safe drinking water, etiology and effects of toxic agents.
   - Microbial examination of water, Water-Potability test (MPN Test).
   - Sewage disposal and treatment.

3. Nutritional problems in community:
   - Etiology, Clinical signs and management-Kwashiorkor, Marasmus, Goiter and Nutritional anemia.

4. Concept of Disease:
   - Endemic, Epidemic, Pandemic, Acute and Chronic, Incubation period and Quarantine period.
   - Communicable and Non-communicable diseases, Zoonosis, Epizootic and Enzootic.

5. Principles of Epidemiology:
   - Epidemiological study-Descriptive and Analytical.
   - Factors that Influence the Epidemiology of Disease.
   - Rate of Disease in a Population-Attack rate, Mortality and Morbidity rate, Prevalence and Incidence of a disease.

Practical:

1. Microbiological examination of water (drinking water, supply water & pond water):
   i) Presumptive test ii) Confirmatory test iii) Completed test for coliform
   iv) Determination of MPN index.

2. Visit to old age home / ICDS Centre / Nutrition Rehabilitation Centre (NRC) / Slum area / Any public place and Report Preparation on nutritional status and health concern (In any area at least 8-10 case studies to be done). OR Visit to a Rural Technology Centre/Community Welfare Centre and field report preparation.

Suggested readings:

CC 10: DIET THERAPY-II
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory: Total Lecture-60

1. Etiology, clinical features and dietary management:
   • Weight Imbalances: Underweight, Overweight and Obesity.

2. Eating disorder:
   • Concept of Anorexia nervosa and bulimia.

3. Etiology, Risk factor, Sign and Symptom, Diagnosis and dietary management:
   • Diabetes mellitus, Diabetes insipidus and Cancer

4. Etiology, Risk factor, Sign and Symptom, Diagnosis and dietary management:
   • Hypertension.
   • Renal diseases (Nephritis, Glomeurelonehiritis, Uremia, Kidney failure, Nephrosis).

5. Diseases of the cardio vascular system:
   • Brief review of lipoproteins (TC, TG, LDL, HDL, VLDL)
   • Atherosclerosis–etiology and risk factor.
   • Dietary care: Ischemic heart disease, arteriosclerosis and hyperlipidemia.

Practical:

1. Therapeutic diet chart preparation for Diabetes mellitus (Case specific).
2. Therapeutic diet chart preparation for Hypertension (Case specific).
3. Therapeutic diet chart preparation for Atherosclerosis (Case specific).
4. Therapeutic diet chart preparation for Obesity (Case specific).
5. Therapeutic diet chart preparation for Renal diseases (Case specific).

Suggested readings:

B.Sc. Nutrition (Honours)

CC 11: FOOD MICROBIOLOGY AND FOOD BORNE DISEASE
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory: Total Lecture-60

1. **History of Microbiology:**
   - Microorganisms involved in food fermentation and their role.

2. **Food contamination:**
   Primary sources of food contamination

3. **Control of microorganisms:**
   - Physical and chemical methods used in sterilization and disinfection.
   - Uses of high and low temperature, dehydration, freezing, freeze drying, irradiation and use of preservatives.

4. **Nutrition and culture of microorganisms:**
   - Microbial nutrition-Types of culture media, Methods of pure culture and sub culture.
   - Bacterial growth-Extrinsic and intrinsic factors affecting growth.

5. **Food infections:**
   - Bacterial food infections-Salmonellosis, Shigellosis and Listeriosis.
   - Food poisoning (Staphylococcal and Botulism) - Symptoms, mode of transmission and methods of prevention, Concept of aflatoxin intoxication.

Practical

1. Preparation of liquid (broth) and solid media Slant and Stab.
2. Microbiological techniques: Pure culture technique-Spread plate, Pour plate and Streak plate; Staining-Simple stain, Differential stain (Gram stain).
3. Biochemical tests for characterization: (catalase, nitrate-reduction, indole production, methyl red and voges-Proskauer test), Sugar fermentation test, IMViC reaction.
4. Microbiological examination of milk (Methylene blue reduction test).

Suggested readings:
CC 12: MEDICAL MICROBIOLOGY AND PATHOLOGY
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

1. Normal microflora of the human body and host pathogen interaction:
   - Predominant normal microbial flora of human body: Skin, Respiratory Tract, gastrointestinal Tract, Urinogenital Tract.
   - Host pathogen interaction: Definitions - Infection, Invasion, Pathogen, Pathogenicity, Virulence, Toxigenicity, Carriers and their types, Opportunistic infections, Nosocomial infections. Transmission of infection.

2. Bacteria and Bacterial diseases:
   - Bacterial Diseases: Name of pathogen, symptoms, pathogenesis, mode of action & preventive measures of following diseases: Typhoid, Cholera and Tuberculosis, Tetanus, and Ulcer by Helicobacter pylori.

3. Viruses, viroids, prions:
   - General characteristics of viruses, structure, isolation, cultivation and identification of viruses, viral multiplication, lytic and lysogenic phages (lambda phage),
   - Concept of viroids and prions.
   - Viral Diseases: Name of pathogen, symptoms, pathogenesis, mode of action & preventive measures of following diseases: Polio, Herpes, Hepatitis, Rabies and AIDS.

4. Antibiotic and chemotherapeutic agents: Sulfur drugs, Antibiotics and their classification, Mode of action, antibiotic assay and sensitivity test

Practical:
1. Preparation of medically important culture media: EMB Agar, McConkey agar, Mannitol salt agar, Triple Sugar Iron agar.
2. Study of bacterial flora of skin by swab method.
3. Isolation and enumeration of bacteria from rotten food- bread and carrot.
5. Detection and enumeration of indicator and index microorganisms for water borne pathogens (total enterobacteria, total coliform).

Suggested readings
CC 13: NUTRACEUTICAL AND FUNCTIONAL FOOD
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory: Total Lecture-60

1. Nutraceutical and Health:
   - Concept, classification, sources and importance of nutraceutical.
   - Role of nutraceutical on diabetes, obesity and cardiovascular diseases.

2. Oxidative stress and Nutraceutical:
   - Concept of oxidant, antioxidant, oxidative stress and nutraceutical on oxidative stress.

3. Dietary fibre, Prebiotics and Probiotics:
   - Classification and nutritional significance of dietary fibre.
   - Prebiotics-Concept, important features, role on health.
   - Probiotics in fermented milk product and non milk products.

4. Enhancing the nutritional quality of foods:
   - Fundamentals of Germination and Fermentation.

5. Genetically modified food and Food fortification:
   - Concept, available genetically modified (GM) foods in India, techniques for GM food preparation, steps adopted for acceptability of GM food.
   - Concept, importance and application of food fortification.

Practical:

Submission of Short Review / Term paper on topic under broad area of Nutraceutical / Prebiotics / Probiotics / Genetically modified food / Food fortification / Any topic on Nutrition and Public Health (Points to be focused-Introduction, Objective, Review of Literature, Summary and conclusion, References).

Suggested readings:

- Trease and Evans, Pharmacognosy.
CC 14: FOOD SAFETY AND FOOD STANDARD
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

1. Food additive and food safety:
   - Concept of food safety, factors affecting food safety.
   - Food safety measures: basic concept of HACCP, Safe food handling practices and storing food safely.
   - Food additives - various types and their effects on health.

2. Food security:
   - Concept of food security, factors affecting food security.

3. Food adjuncts and preserved products:
   - Spices (Chilies, Turmeric, Garlic and Ginger), use and nutritional aspect.
   - Jams, Jellies, Pickles, Syrup, Squashes – uses and nutritional aspects.

4. Food adulterants:
   - PFA definition of food adulteration, adulterants in commonly consumed food items.
   - Common adulterants in food and their effects on health.
   - Common household methods to detect adulterants in food,

5. Food laws and regulatory authority:
   - Prevention of Food Adulteration (PFA) Act.
   - Regulating authority-Codex Alimentarius, ISI, Agmark, Fruit Products Order (FPO), Meat Products Order (MPO), Bureau of Indian Standards (BIS), MMPO, FSSAI.

Practical:

1. Detection of vanaspati in Ghee.
2. Detection of vanaspati in Butter.
3. Detection of Khesari flour in Besan.
4. Detection of Argemone oil in Edible oil.
5. Detection of Metanil yellow in Turmeric.

Suggested readings:

- Dept. of WCD, Govt. of India. (1993): National Nutrition Policy.
DISCIPLINE SPECIFIC ELECTIVE (DSE) COURSE
DSE 1: HUMAN PATHOLOGY
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory: Total Lecture-60

1. Cellular Adaptations, Cell Injury and Cell Death:
   - Causes and mechanisms of cell injury.
   - Brief concept of cellular responses: Hyperplasia, Hypertrophy, Atrophy, Metaplasia, Necrosis, Apoptosis.

2. Hemodynamic Pathology:
   - Brief concept on Edema, Hyperaemia, Haemorrhage, Haemostasis and Thrombosis.

3. Cell proliferation and Cancer:
   - Characteristics of benign and malignant neoplasms, grading and staging of cancer, biology of tumor growth (In brief).
   - Concept of oncogenes, tumor suppressor genes and cancer stem cells.

4. Enzymes: Diagnostic significance:
   - Distribution, Function and Clinical significance: Creatine kinase, Lactate dehydrogenase, SGPT, SGOT, Amylase, Lipase.

5. Pathology of Urine:
   - Physical characteristics-Color, transparency, pH and specific gravity.
   - Chemical characteristics-Protein, Sugar, Ketone bodies, Bile.
   - Microscopical features- RBC, Epithelial cell, Pus cells, Casts and Crystals.

Practical:
1. Colorimetric estimation of hemoglobin level (Drabkin’s method).
2. Qualitative detection of sugar and protein in urine sample.
5. Routine microscopic examination of urine.

OR
Internship under Pathology department (at least 1 week) of Govt. Hospital / Pvt. Hospital/ Nursing home and documentation of the work followed by report preparation.

OR
Training/Workshop/Short-Term Course from Nutrition and Dietetics/Nutrition and Public Health department of any University/Research Institute/Community Science Centre/Rural Technology Department and documentation of the work followed by report preparation.

Suggested readings:
OR
DSE 1: THERAPEUTIC NUTRITION AND CRITICAL CARE
(CREDITS: THEORY-4, PRACTICAL-2)

Theory: Total Lecture-60

1. Diets for febrile conditions, infections and surgical conditions.
2. **Etiology, Pathophysiology, Critical care and Dietary management:**
   - Sepsis
   - Trauma
   - Burns.
3. **Etiology, Pathophysiology, Sign and Symptom and Dietary management:**
   - Osteoarthritis
   - Lupas arthritomatosis.
4. **Etiology, Pathophysiology, Sign and Symptom and Dietary management:**
   - Cold fever
   - Typhoid fever
5. **Etiology, Pathophysiology, Sign and Symptom and Dietary management:**
   - Diarrhoea
   - Cholera

Practical:

1. Therapeutic diet chart preparation for Osteoarthritis (Case specific).
2. Therapeutic diet chart preparation for Typhoid fever (Case specific).
3. Therapeutic diet chart preparation for Burns (Case specific).
4. Therapeutic diet chart preparation for Cholera (Case specific).

OR

Internship under dietetics department (at least 1 week) of Govt. Hospital / Pvt. Hospital / Nursing home and documentation of the work followed by report preparation.

OR

Training/Workshop/Short-Term Course from Nutrition and Dietetics/Nutrition and Public Health department of any University/Research Institute/Community Science Centre/Rural Technology Department and documentation of the work followed by report preparation.

Suggested readings

DSE 2: MOLECULAR BIOLOGY
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

Total Lecture-60

1. Nucleic acid: Bases, nucleosides and nucleotides.
2. DNA structure: DNA double helix (Watson and Crick Model).
3. Types of DNA and RNA, DNA and RNA as genetic material.
4. DNA replication: Semi-conservative replication, Basic mechanism of replication (Prokaryotes).
5. Transcriptional unit and basic concept of transcription (Prokaryotes).
7. Introduction to recombinant DNA techniques and their application.
8. Basic concept of genomics, proteomics and metabolomics.

Practical:

1. Demonstration of plasmid DNA isolation.
2. Demonstration of Agarose Gel electrophoresis.
3. Demonstration of PCR.
4. Demonstration of SDS-PAGE.
5. Exposure visit in any laboratory of Biological Sciences / Biodiversity Research Centre / Biotechnology Laboratory / Rural Technology Laboratory and documentation.

Note: Wherever lab experiments are not possible, the principles and concepts can be demonstrated through any other material or medium including videos/virtual labs etc.

Suggested readings

- Yoshinori Mine (Editor), Kazuo Miyashita (Editor), Fereidoon Shahidi (Editor): Nutrigenomics and Proteomics in Health and Disease: Food Factors and Gene Interactions.
B.Sc. Nutrition (Honours)

OR

DSE 2: BIOPHYSICS AND BIOINSTRUMENTATION
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:

Total Lecture-60

1. **Basic principles of electromagnetic radiation:**
   - Concept of energy, wavelength, wave numbers and frequency

2. **UV-visible spectrophotometry:**
   - Beer-Lambert law, light absorption and its transmittance.
   - Fluorescence spectroscopy - Theory of fluorescence, static and dynamic quenching, fluorescent probes in the study of protein and nucleic acids.

3. **Sedimentation:**
   - Physical basis of centrifugation, Svedberg equation, differential and density gradient centrifugation, ultracentrifugation techniques.

4. **Separation and identification of materials:**
   - Concept of chromatography - Mobile phase, Stationary phase, Partition chromatography, Absorption chromatography.
   - Principal, Methods and Application - Paper chromatography, Thin layer chromatography (TLC), Gas liquid chromatography (GLC), High performance liquid chromatography (HPLC).

5. **Flow cytometry:**
   - Basic principle of flow cytometry and cell sorting, detection strategies in flow cytometry.

Practical:

1. Demonstration on Instrument details, operation and maintenance –
   a. Colorimeter/UV visible spectrophotometer.
   b. Centrifuge machine (high speed and low speed).
   c. High Performance Liquid Chromatography (HPLC).
   d. Flow cytometry.

2. Exposure visit in any laboratory of Biological Sciences / University Science Instrumentation department/centre (any university) and documentation.

**Note:** Wherever the instruments are not available the instrument details can be demonstrated through any other material or medium including videos/virtual labs etc.

**Suggested readings**

DSE 3: BIOSTATISTICS AND BIOINFORMATICS
[TOTAL CREDITS: 6 (THEORY- 4, PRACTICAL-2)]

Theory: Total Lecture-60

1. Data and Data Types: Primary data and Secondary Data, Methods of data collection, presentation of data-diagrammatic and graphical.
4. Hypothesis Testing: Chi-square Test, Student’t’ test, Analysis of Variance (ANOVA).
5. Bioinformatics and Health Informatics: Concept and applications.
6. Nutrigenomics and Pharmacogenomics: Concept and applications.
7. Nucleic acid and Protein Data Bases, Nutrient data bases.
8. Sequence similarity searching by BLAST, Principle, features and types of BLAST, Significance of Multiple Sequence Alignments, Phylogenetic Tree.

Practical:

1. Computerized (MS Excel) presentation of bar diagram, histogram, line diagram, pie chart using various data.
2. Retrieval of nucleic acid/protein sequence from data bases, Storing of sequence and conversion of one sequence format to another, Sequence alignment (pair-wise alignment and multiple sequence alignment).
3. Retrieval of protein structure from Protein Data Bank, Protein structure visualization.

Suggested readings

- Debjyoti Das (2012). Biostatistics.
B.Sc. Nutrition (Honours)

OR

DSE 3: CONCEPT OF RESEARCH AND HEALTH MANAGEMENT
(CREDITS: THEORY- 4, PRACTICAL-2)

Theory:        Total Lecture-60

1. Fundamental of research:
   • Objectives, Types of research-Action research, Applied research, Experimental research, Steps of research.
   • Types of sampling, Design of Sampling, Characteristics of good sampling.

2. Research and academic activities:
   • Concept and purpose - Seminar, Workshop, Conference, Symposium.

3. Health planning and management:
   • Brief idea on health planning, different health planning committee and their recommendation.
   • Concept on National health policy, Population policy and Nutritional policy.
   • Concept of Rural Development and Integrated Rural Development Programme (IRDP).
   • Techniques and methods of management (organizational design, communication and information systems, cost-benefit analysis, cost effective analysis, cost accounting, network analysis- Programme Evaluation and Review Technique (PERT), Critical Path Method (CPM).

4. Health care system:
   ➢ Indian health care system- Primary, Secondary and Tertiary (Elements, principles and service delivery).

Practical:
Submission of Project report (Outline to be followed: Introduction, Objective, Review of Literature, Methodology, Results, Discussion, Summary and Conclusion, References).

Suggested readings
DSE 4: FOOD SPOILAGE AND FOOD PRESERVATION
[TOTAL CREDITS: 6 (THEORY- 4, PRACTICAL-2)]

Theory:

1. **Fundamentals of food spoilage:**
   - Classification of food based on pH.
   - Definition – shelf life, perishable and semi perishable foods, shelf stable foods.
   - Role of microorganisms in the spoilage of different kinds of food – cereal and cereal products, vegetables and fruits, fish and other sea foods, meat and meat products.

2. **Preservation by low and high temperature:**
   - Principle of freezing, changes occurring during freezing.
   - Types of freezing - slow freezing, quick freezing.
   - Heat preservation methods: Sterilization, Pasteurization and blanching.

3. **Preservation by Moisture control:**
   - Concept of drying and dehydration, differences between sun drying and dehydration (i.e. mechanical drying).
   - Factors affecting rate of drying, types of driers used in the food industry.

4. **Preservation by Irradiation:**
   - Units of radiation, kinds of ionizing radiations used in food irradiation.
   - Mechanism of action, concept of cold sterilization.

Practical:

Visit to Food Industry / Dairy Industry and Report Preparation (Special attention: Processing, Packaging, Preservation techniques, food plant sanitation and hygiene).

OR

Training/Workshop/Short-Term Course on Food Processing Technology/Food Microbiology/Food Preservation from Nutrition and Dietetics/Nutrition and Public Health/Food and Nutrition department of any University/Research Institute/Community Science Centre/Rural Technology Centre and documentation of the work followed by report preparation.

Suggested readings

B.Sc. Nutrition (Honours)

OR

DSE 4: ENTREPRENEURSHIP AND SMALL CATERING UNITS
[TOTAL CREDITS: 6 (THEORY- 4, PRACTICAL-2)]

Theory: Total Lecture-60

1. **Introduction to Food Service and Menu Planning:**
   - Concept of Food service, Food hygiene and sanitation.
   - Origin of Food Service units, kinds of food service units.
   - Types of menu, Importance of menu, factors affecting menu planning.

2. **Food Production Process:**
   - Quantity food production: Standardization of recipes, Recipe adjustments and portion control, Food purchase and receiving, Storage.

3. **Organization and Management:**
   - Principles of management, functions of management/ manager.
   - Space-Types of kitchen areas, Flow of work and work area relationship.
   - Equipment-factors affecting selection of equipment, equipment needs for different situations.
   - Financial Management-Importance of Financial Management, Concept of cost, Budgets and budgeting process.

4. **Planning of A Small Food Service Unit:**
   - Survey of types of units, identifying clientele, menu, operations and delivery.
   - Identifying resources, Developing Project plan, Determining investments, Development of a business plan.

Practicals:

1. Market survey for food items both raw and processed.
2. Survey of food service units.
3. Planning menus for the following:
   - Packed meals for office employees.
   - Nutritious tiffins for school children.
   - School/college canteens
4. Demonstration of a specialized cuisine
5. Develop a checklist for good hygiene practices

Suggested readings:

SKILL ENHANCEMENT COURSE (SEC)
SEC 1: TECHNOLOGY OF FRUITS AND VEGETABLES
[TOTAL CREDITS: 2 (THEORY-2)]

Theory: Total Lecture-60

1. Fundamentals of Fruits And Vegetables:
   - Importance of fruits and vegetable, history and need of preservation, reasons of spoilage, method of preservation (short & long term).
   - Classification of fruits and vegetables, general composition, enzymatic browning, names and sources of pigments.
   - Pathological and chemical changes during the storage of fruits and vegetables.

2. Canning and Bottling of Fruits and Vegetables:
   - Selection of fruits and vegetables, process of canning, factors affecting the process- time and temperature, containers of packing, lacquering, syrups and brines for canning, spoilage in canned foods.

3. Fruits Beverages:
   - Introduction, Processing of fruit juices (selection, juice extraction, deaeration, straining, filtration and clarification), preservation of fruit juices (pasteurization, chemically preserved with sugars, freezing, drying, tetra-packing, carbonation).

4. Jams, Jellies and Marmalades:
   - Jam - Constituents, selection of fruits, processing and technology.
   - Jelly-Essential constituents (Role of pectin), Theory of jelly formation, processing and technology, defects in jelly.
   - Marmalade-Types, processing and technology, defects.

5. Pickles, Chutneys, Sauces and Tomato Products:
   - Processing, Types, Causes of spoilage in pickling.
   - Selection of tomatoes, pulping and processing of tomato juice, tomato puree, paste, ketchup, sauce and soup.

6. Dehydration of Fruits and Vegetables:
   - Drying and mechanical dehydration, process variation for fruits and vegetables, packing and storage.

Suggested readings:
OR

SEC 1: ENVIRONMENT MANAGEMENT AND PUBLIC HEALTH
[TOTAL CREDITS: 2 (THEORY-2)]

Theory:  

Total Lecture-60

1. **Environmental Hazard:**
   - Sources of Environmental hazards, Hazard identification and accounting, Fate of toxic and persistent substances in the environment.

2. **Global Warming:**
   - Greenhouse gases and global warming, Acid rain, Ozone layer destruction, Effect of climate change on public health.

3. **Pollution and Environmental Waste:**
   - Sources and effects on health: Air, water and noise pollution, Pollution control.
   - Sources of waste, types and characteristics.
   - Sewage disposal and its treatment / management, Solid waste disposal.
   - Biomedical waste handling and disposal, nuclear waste handling and disposal, Waste from thermal power plants.

4. **Causes, Symptoms and Effects on health:**
   - Pneumoconiosis-Silicosis, Asbestosis, Bagassosis, Byssinosis.
   - Minamata disease, Arsenosis, Fluorosis.

5. **Vector Biology and Public Health:**
   - Biology, Importance and control- *Anopheles, Culex, Aedes* and Sandfly
   - Causative agents, Pathogenicity and Control of Dengue and Encephalitis.
   - Integrated Management of Mosquito control.
   - Mode of action and Role of Bio-insecticides: *Bacillus thuringiensis* and *Bacillus sphaericus*.

**Suggested readings**

SEC 2: RURAL TECHNOLOGY AND PUBLIC WELFARE
[TOTAL CREDITS: 2 (THEORY-2)]

Theory: Total Lecture-60

1. **Concept on Rural Sociology and Welfare:**
   Characteristics of rural society, Characteristics of urban life, Contrast between rural and urban life.

2. **Environment and Biodiversity Conservation:**
   Definition of Biodiversity, levels of biodiversity, uses of biodiversity, India’s biodiversity and its conservation, Concept of People’s Biodiversity Register (PBR).

3. **Mushroom Cultivation Technique:**
   Types of edible Mushroom species, Nutritional value of Mushrooms, Medicinal value of mushrooms.
   Mushroom Production Technique of Button Mushroom (*Agaricus*), Oyster Mushroom (*Pleurotus*), Paddy Straw Mushroom (*Volvariella*).
   Spawn Production Techniques: Preparation of culture, Mother Spawn Production, Multiplication of spawn.

4. **Apiculture:**
   Definition of apiculture, Origin, Classification and its silent feature, Species of honeybee and their castes.
   Equipments and Appliances: Bee Hive, Comb, other appliances for bee keeping.
   Properties of Honey: Physical and chemical properties of honey, Honey bee products and their values

5. **Nutraceutical Enrich Medicinal Plants:**
   Importance of Medicinal Plants: Amla, Brahmi, Arjuna, Garlic, Ginger, Tulsi, Turmeric, Ashwagandha, Aloe-Vera, Sarpgandha, Isubgol.

6. **Extension Strategies for Rural Development:**
   Krishi Vigyan Kendra, Lab to Land Programme, Operational Research Project, Role of ICAR and ICMR in transfer of technology.

**Suggested readings:**
- Van Den Ban AW & Hawkins HS. 1998. Agricultural Extension. 2nd Ed. CBS.
- Rural Sociology: Dr. Kumar, Lakshmi Narain Agrwal, Educational Publisher, Anupam Plaza-I, Block No. 50, Sanjay Place, Agra-2.
- Mushroom and their Cultivation Technique, R. C. Ram, Aavishkar Publishers, Distributors, Jaipur, India.
- Handbook of Beekeeping: Dharm Singh/ Devendra Pratap Singh, Agrobios, India.
SEC 2: IMMUNOLOGY, TOXICOLOGY AND PUBLIC HEALTH
[TOTAL CREDITS: 2 (THEORY-2)]

Theory: Total Lecture-60

1. Immunology:
   • Basic concept of immunity, Types of immunity-Naturally acquired active and passive immunity, artificially acquired active and passive immunity.

2. Humoral immune system:
   • Mechanisms, the antigens and antibodies-their structure, immunoglobulin isotypes-IgG, IgM, IgA, IgD, and IgE.

3. Cell mediated immune system:
   • Types of effector T cells, mechanisms of cell mediated immunity.

4. Toxicology:
   • Brief history, Different areas of modern toxicology, classification of toxic substances, various definitions of toxicological significance.

5. Toxic agents:
   • Human exposure, mechanism of action and resultant toxicities of the following xenobiotics: Metals: lead, arsenic, Pesticides: organophosphates, carbamates, organochlorine and anticoagulant pesticides.

6. Eco-toxicology:
   • Brief introduction to avian and aquatic toxicology, movement and effect of toxic compounds in food chain (DDT, mercury), bioaccumulation, biomagnification, concept of BOD and COD.

7. Clinical toxicology:
   • Management of poisoned patients, clinical methods to decrease absorption and enhance excretion of toxicants from the body use of antidotes.

Suggested reading:

Theory: Total Lecture-60

1. Concept and definition of terms:
   - Food, Food Groups, Food Pyramid, Functions of food.
   - Nutrient and Nutritive value, Concept of Balanced Diet.

2. Cereals, Pulses and legumes:
   - Nutritional aspects of wheat, rice and oat.
   - Types of pulses and legumes, uses, and nutritional aspects.

3. Milk and milk Products:
   - Nutritive value of milk, composition of milk.
   - Types of processed milk, milk products (butter, curd, paneer and cheese), Pasteurization.

4. Egg, Fish and meat:
   - Nutritional aspects and uses.
   - Nutritional aspects of edible fish and meat, concept of red and white meat.

5. Vegetables and fruits:
   - Uses and nutritional aspect of commonly available vegetables.
   - Fresh fruits and dry fruits—raw and processed product.

6. Salts, Fats and oils:
   - Uses and nutritional aspects of various salts.
   - Types, sources, use and nutritional aspects of fats and oils.

7. Methods of cooking:
   - Dry, moist, frying and microwave cooking.
   - Effect of various methods of cooking on foods, nutrient losses in cooking.

Practical:
Food preparation and nutritive value as per portion size wherever applicable -
   1. Beverages: Lassi
   2. Cereals: Fried Rice
   3. Milk and milk products: Payasam
   4. Eggs: Egg pudding
   5. Snacks: Sandwiches

Suggested readings:
B.Sc. Nutrition (Honours)

GE 2: PHYSIOLOGICAL ASPECT OF NUTRITION
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory: Total Lecture-60

1. Concept and definition of terms:
   - Growth, Development, Nutrition, Malnutrition and Health, Scope of Nutrition.

2. Role of Vitamins and Minerals:
   - Fat soluble vitamin-Physiological role, dietary sources and deficiency disorders.
   - Water soluble vitamin- Physiological role, dietary sources and deficiency disorders.
   - Minerals-Physiological role, dietary sources and deficiency disorders in special references to calcium, iron, sodium and potassium.

3. Principles of meal planning:
   - Food exchange list, Factors affecting meal planning and food related behavior.
   - Dietary guidelines for Indians.

4. Minimum nutritional requirement and RDA:
   - Formulation of RDA, dietary guidelines with reference to man and woman.

5. Energy in human nutrition:

Practical:

1. Growth chart: Plotting and Interpretation using primary or secondary data in accordance with both ICMR and WHO Chart.
2. Clinical assessment and sign of nutrient deficiency disorders: Protein energy malnutrition (PEM), Anaemia, Rickets, Goiter (Slide/Photography).

Suggested readings:

- Gopalan C (198). Nutritive value of Indian Foods. Indian Council of Medical Research.
GE 3: NUTRITION: LIFE CYCLE APPROACH  
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory:  
Total Lecture-60

1. Nutrition during infancy:  
   - Breast feeding, Formula feeding, Weaning, Supplementary foods, Nutritional management of Preterm baby.

2. Nutrition for children:  
   - Diet in early childhood, elementary school age, high school age.

3. Nutrition during pregnancy and lactation:  

4. Nutrition to athletes:  
   - Nutritional requirements and dietary management in sportsman and athletes, Meal planning for athletes.

5. Geriatric nutrition:  
   - Planning of meals for older people, Nutrition of aged persons, Physiological complications in geriatric group and dietary modifications required.

Practical:  
1. Preparation of normal diets for infant (Dahl soup).
2. Preparation of normal diets for preschool children (Dalia).
3. Preparation of normal diets for pregnant lady and lactating mother (Khicheri with mixed vegetables).

Note: In laboratory note book, calculation of nutritive value should be recorded according to portion size of specific diet for particular individual.

Suggested readings:

B.Sc. Nutrition (Honours)

GE 4: NUTRITIONAL ASSESSMENT AND NUTRITION PROGRAMME
[TOTAL CREDITS: 6 (THEORY-4, PRACTICAL-2)]

Theory: Total Lecture-60

1. Assessment of Nutritional Status and Surveillance:
   - Direct Nutritional status assessment of human groups - Biochemical, Biophysical and anthropometric methods.
   - Indirect assessment: Secondary sources of community health data.

2. Concept of surveillance systems:
   - Role of international and national organizations and agencies (WHO, FAO, UNICEF, CARE, NIN, CFTRI, ICMR).

3. Communication in Nutrition and Health Education:
   - Type, process and media of communication.
   - Importance and relevance of Information, Education and communication (IEC) in Nutrition and Public Health.

4. National Nutritional Intervention Programmes:
   - Objective, Target group, Scheme details - Integrated Child Development Services (ICDS), Mid Day Meal Programme (MDMP), Vit A prophylaxis prophylaxis programme, Anemia prophylaxis programme.

5. Immunization Programme:

Practical:
   1. Anthropometric measurement of Weight for age, height for age, weight for height and its comparison with reference value.
   2. Determination of BMI and comments on results.

Suggested readings:


***********************