

S.M.PATEL COLLEGE OF HOME SCIENCE
(AN AUTONOMOUS INSTITUTE AFFILIATED WITH SARDAR PATEL UNIVERSITY)
 Post Graduate Programme (Self-Finance)
 Course Structure with effect from: 2024-2025 (NEP-2020)
M.Sc. (Home Science) Semester: II

M.Sc In Public Health and Nutrition

Sr. No.	Core/ Elective	Course No	Title	T/ P	Credits Per Week	Contact hrs/ week	Exam Duration in hrs	Marks		
								Internal	External	Total
Core Course										
1	C	PHA02CPHN01	Public Health In Emergency Disaster and Conflicts	T	2	2	01:30	25	25	50
2	C	PHA02CPHN02	Maternal and Child Nutrition	T	4	4	3	50	50	100
3	C	PHA02CPHN03	Maternal and Child Nutrition	P	2	4	2	25	25	50
4	C	PHA02CPHN04	Community Engagement	P	2	4	2	25	25	50
5	C	PHA02CPHN05	Effective Communication In Health Care	T	2	2	01:30	25	25	50
6	C	PHA02CPHN06	Effective Communication In Health Care	P	2	4	2	25	25	50
7	C	PHA02CRMS01	Research Methods and Statistics	T	2	2	01:30	25	25	50
8	C	PHA02CRMS02	Research Methods and Statistics	P	2	4	2	25	25	50
Elective Course										
9	E	PHA02EPHN01	Community Health Management	T	2	2	01:30	25	25	50
10	E	PHA02ERMD01	Human Resource Management	T	2	2	01:30	25	25	50
			Total		20	28	11	150	350	500

Note : 1) : C- Core course, E- Elective course



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M.Sc. (Home Science) Semester: II



Post-Graduation in Public Health and Nutrition (M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CPHN01	Title of the Course	Theory - Public Health in Emergency, Disaster and Conflicts
Total Credits of the Course	2	Hours per Week	2

Course Objectives	1. To introduce learners to the key concepts and practices of natural disaster management Emergency and Conflicts and develop understanding of the management of major emergencies with a nutritional component
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Unit	Course Content	Weightage* (%)
1.	(a) Disasters and emergency situations- Famine, drought, flood, earthquake, cyclone, war, civil and political emergencies. Factors giving rise to emergency situation in these disasters.	10
2.	(a) Communicable diseases: surveillance, treatment and control of communicable diseases in emergencies. (b) Role of immunization and sanitation. (c) Effective health programme.	20
3.	(a) Meeting nutritional requirements in emergency situations – principles, Meeting energy and protein requirements. (b) Meeting micronutrient and other specific nutrient requirements (c) Nutrition Relief and Rehabilitation -Assessment of food needs in emergency situation. Food distribution strategy – identifying.	20
4.	(a) General feeding programme-Introduction, General principles, organizing general dry ration distribution, large scale cooked ration distribution Selective feeding Programme: supplementary feeding, Therapeutic feeding for children, treatment of severe wasting and famine (b) Preparedness and response strategies (c) Public nutrition approach to tackle nutritional problems in emergencies. (d) International agencies providing health humanitarian assistance in emergency situation	30
5.	(a) Disasters and emergency situations- Famine, drought, flood, earthquake, cyclone, war, civil and political emergencies. Factors giving rise to emergency situation in these disasters.	20

Teaching-Learning Methodology	Lecture, Questions-Answer, Discussion, Brainstorming, Observational method, Use of ICT
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes:	
Having completed this course, the learner will be able to	
1.	To explain the nutritional management concepts during emergencies.
2.	To apply the knowledge of nutrition during emergency and disaster.
3.	To assess food needs for nutrition relief and rehabilitation during emergency
4.	To assess nutritional status for emergency preparedness and response programmes
5.	To improve understanding to promote coordinated and effective action during emergencies

References	
Sr. No	References
1.	Goyet, Fish V, Seaman, J. and Geiger (1978). The management of nutritional emergencies in large populations, WHO, Geneva.
2.	Refuge Nutrition Information system (RNIS). Newsletters UNACC / SCN Sub-Committee on Nutrition.
3.	Bradley, A. Woodruff and Arabella Duffield (July, 2000), Assessment of Nutritional status in emergency affected populations – Adolescents, special supplement, UNACC/SCN sub-committee on nutrition.
4.	Young, H, Mears, C (1998): Acceptability and use of cereal – based foods in refugee Camps. Oxfam working paper, Oxfam publishing Oxford, U.K.
5.	UNHCR (1999) UNHCR Hand Books of emergencies 2nd edition Geneva, UNHCR.
6.	Public Health Emergency Preparedness: A Practical Approach for the Real World" by Girish Bobby Kapur and Jeffrey P. Smith was published in 2018. It was published by Jones & Bartlett Learning.
7.	WHO modules on disaster management.

On-line resources to be used if available as reference material
On-line Resources
Relevant entries on Wikipedia and Encyclopaedia Britannica



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M.Sc. (Home Science) Semester: II



Post-Graduation in Public Health and Nutrition (M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CPHN02	Title of the Course	Maternal and Child Nutrition (Theory)
Total Credits of the Course	4	Hours per Week	4

Course Objectives	<ol style="list-style-type: none"> 1. Describe the role of maternal and child nutrition in the lifelong health of the population. 2. To understand the physiological and metabolic adaptations of pregnancy and lactation. 3. This course provides a comprehensive introduction to the nutritional requirements and assessment of the nutritional needs during pregnancy, lactation, infancy, and childhood at the individual and community level. 4. Evaluate the effectiveness of nutrition and other programs and interventions aimed at improving maternal and child nutrition in low-income countries.
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Unit	Course Content	Weightage* (%)
1.	Nutritional needs of Pregnancy <ol style="list-style-type: none"> (a) Importance of maternal nutrition (b) Current scenario of maternal and child nutrition in India, Vital Statistics (c) Physiological changes during pregnancy (d) Nutrition during pregnancy – Nutrient, requirement, diet & dietary pattern (e) Factors affecting the outcome of pregnancy (f) Pregnancy in special conditions Adolescent pregnancy Pregnancy and AIDS Intrauterine Growth Retardation (IUGR) Congenital malformations Foetal Alcoholic Syndrome Gestational Diabetes Mellitus Pregnancy Induced Hypertension (g) Complications of Pregnancy and its management 	25
2.	Nutritional needs of Lactation <ol style="list-style-type: none"> (a) Lactation Physiology – Mammary gland development, role of hormones (b) human milk composition, Benefits of breast feeding (c) Nutrient needs of lactating mother and role of galactogogues (d) Effect of nutritional status of lactating mother on quantity and quality of breast milk 	20

	<p>(e) Infant milk substitute act, BPNI (Breast feeding promotion Network in India)</p> <p>(f) Government initiatives (IYCF- Infant and young Child feeding practices, IGMSY- Indira Gandhi Matratv Suraksha Yojana, Janani Suraksha Yojana) World Breast Feeding Week</p>	
3.	<p>Nutritional needs of Infancy</p> <p>(a) Growth and development during infancy</p> <p>(b) Immunization Schedule</p> <p>(c) Nutrition requirements during infancy</p> <p>(d) Food requirements and modification of foods for infants</p> <p>(e) Pre-term, LBW infants: implications for feeding and management</p> <p>(f) Weaning and Recent guidelines in infant feeding and complimentary feeding</p>	20
4.	<p>Nutritional needs during Childhood</p> <p>(a) Growth and development of children</p> <p>(b) Growth monitoring using growth charts</p> <p>(c) Nutritional requirements of pre-school and school going children</p> <p>(d) Nutritional challenges and nutrition for child with special need</p>	15
5.	<p>Maternal and child nutrition policies and programmes in India</p> <p>Problems in improving micronutrient deficiencies in children, Pregnant / Lactating women and adolescent girls: issues, weaknesses and newer initiatives of government (Kishorishakti, SABLA), way forward</p> <p>(a) School health programs in India: Current status, bottlenecks</p> <p>(b) School lunch programmes</p> <p>(c) Efficient methods of teaching principles of nutrition to children & mothers</p>	20

Teaching-Learning Methodology	Lecture, Questions-Answer, Discussion, Brainstorming, Observational method, Use of ICT
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Understand the importance of pre-conception health care.
2.	Describe how fertility can be affected by nutrition.
3.	Know the nutrients and health practices that ensure a healthy pregnancy.
4.	Understand the physiology of breastfeeding.
5.	Identify which nutrients and health practices are important for infants and children.
6.	Analyze and develop public health programs for women and children.

References	
Sr. No	References
1	Brown, J. E. (1998). <i>Nutrition Now</i> , West/Wadsworth: International Thomson Pub. Co.
2	Brown, J. E., Sugarman, I. J. (2002). <i>Nutrition through the Life Cycle</i> , Wadsworth Thomson Learning
3	Goodhart, R. S. S. and Shils, M. E. (1998). <i>Modern Nutrition in Health and Disease</i> . Philadelphia: Lea and Febiger.
4	Groff, J. L and Gropper, S. S. (1999). <i>Advanced Nutrition and Human Metabolism</i> , Belmont CA: Wads
5	Mahan L. K. & Stump S.E. (11th ed.) (2004) <i>Krause's Food Nutrition and diet Therapy</i> – Saunders USA: Elsevier.
6	Global Strategy for Infant & Young child feeding by WHO & UNICEF,2003.
7	National IYCF Recommendations, 2006, Ministry of Women & Child Development, GOI, New Delhi.
8	B. Srilakshmi, 2014, <i>Dietetics (7th Edition)</i> . <i>New Age International Publishers</i> , New Delhi
9	Joshi Shubhangini, A., 2017, <i>Nutrition and Dietetics</i> . McGraw Hill Education Publication.

On-line resources to be used if available as reference material
On-line Resources
Relevant entries on Wikipedia and Encyclopaedia Britannica



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M.Sc. (Home Science) Semester: II

Post-Graduation in Public Health and Nutrition
(M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CPHN03	Title of the Course	Maternal and Child Nutrition (Practical)
Total Credits of the Course	2	Hours per Week	4

Course Objectives	<ol style="list-style-type: none"> To understand nutritional demands during nutrition issues affecting pregnant and lactating women, females of reproductive age, infants and children. To provide an update in maternal and child nutrition issues.
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Unit	Course Content	Weightage* (%)
1	Planning and evaluation of balanced diet for pregnant and lactating mothers	10
2	Preparation of a database on prevailing supplementary and weaning practices: planning, collecting data, analyzing data, writing report	10
3	Preparation of low cost complementary foods, Plan low cost recipe for Balwadi and Anganwadi and school lunch programmes	10
4	Analysis of weaning/complementary foods for its nutrient content	10
5	Collection and analysis of immunization practices followed by mothers	10
6	Assessment of nutritional status of pre-school children using growth charts	10
7	Planning and Preparation of nutri-rich, low cost packed lunch for school children	10
8	Development of educational materials for pregnant and lactating mothers	10
9	Evaluation of ongoing maternal and child nutrition programmes of India	10
10	Visit to local hospitals/milk bank and Anganwadi centers	10

Teaching-Learning Methodology	Lecture, Questions-Answer, Discussion, Brainstorming, Observational method, Use of ICT
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%

2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes: Having completed this course, the learner will be able to	
1.	To know the importance of maternal nutrition, factors affecting the pregnancy outcome as well as the complications during pregnancy.
2.	To have knowledge of physiological and metabolic adaptations during pregnancy and lactation.
3.	Will know the growth and development and feeding practices of infant and childhood.
4.	To be scientifically knowledgeable about the nutritional requirements during pregnancy, lactation, infancy and childhood.

References	
Sr. No	References
1	B. Srilakshmi, 2014, Dietetics (7th Edition). <i>New Age International Publishers</i> , New Delhi
2	Joshi Shubhangini, A., 2017, <i>Nutrition and Dietetics</i> . McGraw Hill Education Publication.
3	Judith E. Brown, 2016, <i>Nutrition Through the lifecycle</i> (6th Edition). Wadsworth Publishing house.
4	Judith Sharlin and Sari Edelstein, 2010. <i>Essentials of Life Cycle Nutrition</i> . Jones and Bartlett Learning.
5	Jyotsana Gupta, 2008, <i>Child Nutrition</i> . Rajat Publications, New Delhi.

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M.Sc. (Home Science) Semester: II

Post-Graduation in Public Health and Nutrition
(M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CPHN04	Title of the Course	Practical – Community Engagement
Total Credits of the Course	2	Hours per Week	4

Course Objectives	1. To gain knowledge on the preparation of various teaching aid tools on various nutritional deficiencies, therapeutic diet, nutrition during child nutrition pregnancy, lactation as well as old age.
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Unit	Course Content	Weightage* (%)
1.	Planning and Preparation of various activities such as demonstration of recipes, power point presentation, lecture role play on nutritional deficiency diseases, preventive health, therapeutic diets, Nutrition during different physiological condition and geriatric nutrition.	30
2.	Execution of all above activities in the community. The target group of Anganwadi workers, ladies of Mahila Mandal adolescent and college going girls and other age group.	30
3.	Visit to health facilities Anganwadies and community centre.	20
4.	Visit to School study health and mid-day meal programme.	20

Teaching-Learning Methodology	Field Work using ICT
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes:

Having completed this course, the learner will be able to

1.	Acquire knowledge, skill and attitude to work with the communities
2.	Get sensitized on the issues of society
3.	Impart skill training programmes
4.	Enhance people's capacity for social functioning towards better quality of life
5.	Competency in rural development practices



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M.Sc. (Home Science) Semester: II

Post-Graduation in Public Health and Nutrition
(M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CPHN05	Title of the Course	Effective Communication in Health Care (Theory)
Total Credits of the Course	2	Hours per Week	2

Course Objectives	<ol style="list-style-type: none"> 1. To make the students understand the importance of communication in their in health care. 2. To acquaint the students with the types of communication and process of communication. 3. To introduce different models of communication for use in health promotion activities and community based activities.
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Unit	Course Content	Weightage* (%)
1.	Basics of Communication Communication Process: Introduction to Communication: Definition, Importance, and Components. (a) Different Models of Communication i. Health Belief Model (HBM): ii. Social Cognitive Theory (SCT): iii. Trans theoretical Model (TTM) or Stages of Change Model: iv. Diffusion of Innovation Theory: v. Ecological Model: vi. Community-Based Participatory Research (CBPR): vii. Social Marketing Approach:	20
2.	Barriers to Communication (a) Semantic Barriers: (b) Physical Barriers: (c) Psychological Barriers: (d) Cultural Barriers: (e) Organizational Barriers:	20
3.	Mass Communication (a) Definition and Scope: (b) Functions of Mass Communication: (c) Types of Mass Communication: i. Print Media: Newspapers, magazines, books. ii. Broadcast Media: Television, radio. iii. Digital Media: Websites, blogs, social media. iv. Outdoor Media: Billboards, posters, banners. v. Traditional Media: Songs, Stories, Street – theatre, Games, Arts , Riddles –	20

4.	Communication Skills (a) Verbal Communication Skills (b) Non-verbal Communication Skills (c) Written Communication Skills	20
5.	Types of Community Participation: (a) Consultation (b) Collaboration (c) Empowerment (d) Advocacy	20

Teaching-Learning Methodology	Lecture, Questions-Answer, Discussion, Brainstorming, Observational method, Use of ICT
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes:	
Having completed this course, the learner will be able to	
1.	Improved personal relations with immediate and extended communication.
2.	Students will function more effectively & assertively in public and work environment.
3.	Students will be able to identify their strengths & weaknesses

References	
Sr. No	References
1	Media and Methods of Education by Dr. Sita Ram Sharma
2	Mass Communication in India by Keval J. Kumar
3	Media and Communication Management by C. S. Rayudu
4	Designing Messages for Development Communication: An Audience
5	Participation Based Approach by Bella Mody
6	Mass Media and Communication by Narendra Ojha
7	Education and Communication for Development 2nd edition: by O.P. Bhatnagar.
8	Ahmed Manzoor. Community Participation: The Heart of Primary Health Care, International Council for education, Essex.

9	Bhat Anil. Community-involvement in Primary Health Care, Public systems group, IIM.
10	Behaviour Change through Mass communication, AIDS control and prevention Project, Family

On-line resources to be used if available as reference material
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Post-Graduation in Public Health and Nutrition
(M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CPHN06	Title of the Course	Effective Communication in Health Care (Practical)
Total Credits of the Course	2	Hours per Week	4

Course Objectives	<ol style="list-style-type: none"> 1. Students would experience the Urban and rural community. 2. Students would learn to prepare different types of teaching aids 3. Students would learn to organise Nutrition and Health activities
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Unit	Course Content	Weightage* (%)
1	Survey of urban and rural community	10
2	Organization of exhibition in an identified urban community	10
3	Preparing charts and posters for the identified urban community	10
4	Organization of Health camp and mela	10
5	Preparing teaching aids for the proposed activity in rural community	10
6	Visit to school- study school health & mid day meal program	10
7	Preparing slides for power point Presentation	10
8	Demonstration in Anganwadi	10
9	Preparing Role play or street play-extension activity	10
10	Visit to an NGO and report writing	10

Teaching-Learning Methodology	Lecture, Questions-Answer, Discussion, Brainstorming, Observational method, Use of ICT
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%

3.	Semester End Examination (As per R.AUG.HSC. -7)	50%
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Course Outcomes:	
Having completed this course, the learner will be able to	
1.	Have a real time experience in field
2.	Students will function more effectively & assertively in public and work environment.
3.	Students will be able to identify their strengths & weaknesses

References	
Sr. No	References
1	Media and Methods of Education by Dr. Sita Ram Sharma
2	Mass Communication in India by Keval J. Kumar
3	Media and Communication Management by C. S. Rayudu
4	Designing Messages for Development Communication: An Audience
5	Participation Based Approach by Bella Mody
6	Mass Media and Communication by Narendra Ojha
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M.Sc. (Home Science) Semester: II

Post-Graduation in Public Health and Nutrition
(M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CRMS01	Title of the Course	Theory- Research Methods and Statistics
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	<ol style="list-style-type: none"> 1. To build in students' appreciation for high-quality research in each of their specializations. 2. To introduce students to the skills needed in conducting research in their specialization. 3. To introduce students to the principles of good scientific writing. 4. To enable students the skills in selecting, computing, interpreting and reporting statistics.
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Course Content		
Unit	Description	Weightage*(%)
1.	Introduction and Overview (a) About Research (b) Steps in the research process (c) Importance of research in general, and in each discipline (d) Formulating research problems and hypotheses (e) Literature review: Purpose, process, and sources	25
2.	Research Design and Data Collection (a) Research design: Exploratory, descriptive, experimental, and quasi-experimental designs (b) Sampling methods: Probability and non-probability sampling techniques (c) Data collection methods: Primary and secondary data sources Tools for data collection: Questionnaires, interviews, observations, and surveys (d) Ethical considerations in research	25
3.	Data Analysis and Interpretation (a) Introduction to data analysis: Descriptive and inferential statistics (b) Measures of central tendency: Mean, median, mode (c) Measures of dispersion: Range, variance, standard deviation (d) Correlation and regression analysis (e) Hypothesis testing: Concepts of null and alternative hypotheses, types of errors, p-values, and significance levels	25

4.	Statistical Techniques and Reporting	25
	(a) Chi-square test, t-tests (independent and paired), ANOVA (b) Non-parametric tests: Mann-Whitney U test, Kruskal-Wallis test (c) Use of statistical software (e.g., SPSS, R) for data analysis (d) Interpreting statistical results (e) Writing and presenting research reports: Structure, style, and referencing	

Teaching-Assignments, Learning	Lecture, PowerPoint Presentations, ICT enabled Teaching, Individual/group projects, Group discussions, Guest speakers, Quizzes Methodology, blackboard and chalk.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes:	
Having completed this course, the learner will be able to	
1.	Demonstrate knowledge of the scientific method, purpose and approaches to research
2.	Compare and contrast quantitative and qualitative research
3.	Explain research design and the research cycle
4.	Prepare key elements of a research proposal
5.	Explain ethical principles, issues and procedures

Suggested References:	
Sr. No.	References
1.	Bhattacharyya, G.K. and Johnson, R. A. (1977). <i>Statistical concepts and methods</i> . NY: John Wiley.

2.	Dwiwedi, R. S. (1997). <i>Research methods in behavioral sciences</i> . Delhi, Macmillan India.
3.	Gravetter, F. J. and Waillnau, L. B. (2000). <i>Statistics for the behavioral sciences</i> . Belmont, CA: Wadsworth/Thomson Learning.
4.	Kerlinger, F. N. and Lee, H. B. (2000). <i>Foundations of behavioral research</i> . Orlando, Florida: Harcourt
5.	Leong, F.T.L. and Austin, J. T. (Eds.) (1996). <i>The psychology research handbook</i> . New Delhi: Sage.



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M.Sc. (Home Science) Semester: II



Post-Graduation in Public Health and Nutrition (M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02CRMS02	Title of the Course	Practical- Research Methods and Statistics
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	<ol style="list-style-type: none"> To build in students' appreciation for high-quality research in each of their specializations. To introduce students to the skills needed in conducting research in their specialization. To introduce students to the principles of good scientific writing. To enable students the skills in selecting, computing, interpreting and reporting statistics.
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Unit	Course Content	Weightage*(%)
1.	Literature Review and Referencing <ol style="list-style-type: none"> Searching academic databases for literature Summarizing and synthesizing literature Using reference management tools (e.g., EndNote, Zotero) 	10
2/3.	Formulating Research Problems and Hypotheses <ol style="list-style-type: none"> Identifying research gaps Formulating research questions and hypotheses Peer review and feedback on research proposals 	20
4.	Designing a Research Study <ol style="list-style-type: none"> Developing research designs (exploratory, descriptive, experimental) Creating a research proposal Ethical considerations and approval processes 	10
5.	Sampling Techniques and Sample Size Calculation <ol style="list-style-type: none"> Demonstrating different sampling methods Calculating sample sizes using statistical formulas Practical exercises with real-world examples 	10

6/7.	Data Collection Methods (a) Designing questionnaires and interview guides (b) Conducting pilot studies (c) Using online survey tools (e.g., Google Forms, SurveyMonkey)	20
8.	Introduction to Research Tools and Software (a) Introduction to research tools (b) Familiarization with statistical software (SPSS/R) (c) Basic operations and data entry in SPSS/R	10
9.	Hypothesis Testing (a) Conducting t-tests (independent and paired) in SPSS/R (b) Performing ANOVA (c) Interpreting results and checking assumption	10
10.	Data Interpretation and Reporting (a) Analyzing and interpreting statistical output (b) Drawing conclusions from data (c) Writing results sections for research papers	10
11/12	Research Report Writing and Presentation (a) Structuring a research report (b) Writing abstracts and summaries (c) Creating effective presentations of research findings (d) Peer review and critique of presentations	20

Teaching-Assignments, Learning	Powerpoint Presentations, ICT enabled Teaching, Individual/group projects, Group discussions, softwares ,Guest speakers, Quizzes Methodology, blackboard and chalk.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes:

Having completed this course, the learner will be able to

1.	Demonstrate knowledge of the scientific method, purpose and approaches to research
2.	Compare and contrast quantitative and qualitative research
3.	Explain research design and the research cycle
4.	Prepare key elements of a research proposal
5.	Explain ethical principles, issues and procedures

Suggested References:

Sr. No.	References
1.	Bhattacharyya, G.K. and Johnson, R. A. (1977). <i>Statistical concepts and methods</i> . NY: John Wiley.
2.	Dwiwedi, R. S. (1997). <i>Research methods in behavioral sciences</i> . Delhi, Macmillan India.
3.	Gravetter, F. J. and Waillnau, L. B. (2000). <i>Statistics for the behavioral sciences</i> . Belmont, CA: Wadsworth/Thomson Learning.
4.	Kerlinger, F. N. and Lee, H. B. (2000). <i>Foundations of behavioral research</i> . Orlando, Florida: Harcourt
5.	Leong, F.T.L. and Austin, J. T. (Eds.) (1996). <i>The psychology research handbook</i> . New Delhi: Sage.



S. M. PATEL COLLEGE OF HOME SCIENCE

(AN AUTONOMOUS INSTITUTE AFFILIATED WITH SARDAR PATEL UNIVERSITY)

Post Graduate Programme (Self-Finance)

Course Structure with effect from: 2024-2025 (NEP-2020)

M.Sc. (Home Science) Semester: II



Post-Graduation in Public Health and Nutrition (M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02EPHN01	Title of the Course	Theory - Community Health Management
Total Credits of the Course	2	Hours per Week	2

Course Objectives	<ol style="list-style-type: none"> The students will be able to get an general view of healthcare system and their characteristics. They will be able to identify health needs and problems of individuals, family and community.
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Unit	Course Content	Weightage* (%)
1	<ol style="list-style-type: none"> Concepts of health, positive health, definitions of health, factors affecting health Concept of community health and global health Primary health care role of public nutritionist in health care delivery 	20
2	<ol style="list-style-type: none"> Sectors and public policies relevant to nutrition 	20
3	<ol style="list-style-type: none"> Population dynamics-demographic transition, population structure, fertility behaviour, population policy, nutrition and quality life inter relationship 	20
4	<ol style="list-style-type: none"> National food and nutrition policy plan of action and programmes Approaches and strategies for improving nutritional status and health Health based interventions, food-based intervention inclusion and genetic improvement, supplementary feeding, nutrition. 	20
5	<ol style="list-style-type: none"> Programme design planning, implementation, operations monitoring surveillance and evaluation 	20

Teaching-Learning Methodology	Lecture, Questions-Answer, Discussion, Brainstorming, Observational method, Use of ICT
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%

3.	Semester End Examination (As per R.AUG.HSC. -7)	50%
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Course Outcomes: Having completed this course, the learner will be able to	
1.	Understand nutrition problems existing in the community. Gain insight into the principles and contemporary challenges of Public Health Nutrition.
2.	Acquire a thorough understanding of the National Health Care Delivery System.
3.	Explore the interplay between population dynamics, economic factors, and malnutrition, and their implications for national development.
4.	Examine the root causes and effects of nutritional issues within communities
5.	Develop familiarity with the concept and importance of food and nutrition security.

References	
Sr. No	References
1	Health Care Management by Anam Faruqui Published by Orange books 2021, ISBN-1397893.
2	Public Health Management, Principles and Practice,3rd Edition,2022 by Lal. S, CBS publishers: ISBN no9789354663604,
3	Text book of Community health for health Inspector, B Sridhar Rao,AIBS Publishers,India,ISBN-13,974734896

On-line resources to be used if available as reference material
On-line Resources
Relevant entries on Wikipedia and Encyclopaedia Britannica



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AUTONOMOUS INSTITUTE AFFILIATED WITH SARDAR PATEL UNIVERSITY)



Post Graduate Programme (Self-Finance)
 Course Structure with effect from: 2024-2025 (NEP-2020)

M.Sc. (Home Science) Semester: II

Post-Graduation in Public Health and Nutrition
 (M.Sc.-H.Sc.) Semester (II)

Course Code	PHA02ERMD01	Title of the Course	Theory-Human Resource Management
Total Credits of the Course	02	Hours per Week	02

Course Objectives:	<ol style="list-style-type: none"> 1) To understand and appreciate the importance of the human resources vis-a-vis other resources of the organisation. 2) To familiarize the students with methods and techniques of HRM. 3) To equip them with the application of the HRM tools in real world business situations.
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Course Content		
Unit	Description	Weightage*(%)
1.	Human Resources Management - Context and Concept of People Management in a Systems Perspective - Organisation and Functions of the HR and Personnel Department - HR Structure and Strategy.	25
2.	Recruitment and Selection - Human Resource Information System Manpower Planning - Selection – Induction & Orientation Performance and Potential Appraisal - Coaching and Mentoring HRM issues and practices in the context of Outsourcing as a strategy Human Resources Development –Training and Development Methods - Design & Evaluation of T&D Programmes - Career Development - Promotions and Transfers	25
3.	Financial Compensation- -Productivity and Morale - Principal Compensation Issues & Management - Job Evaluation - Productivity, Employee Morale and Motivation - Stress Management - Quality of Work Life	25
4.	Building Relationships – Facilitating Legislative Framework - Trade Unions - Managing Conflicts - Disciplinary Process - Collective Bargaining - Workers Participation in Management	25

Teaching-Assignments, Learning	Lecture, PowerPoint Presentations, ICT enabled Teaching, Individual/group projects, Group discussions, Guest speakers, Quizzes Methodology, blackboard and chalk.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per R.AUG.HSC. -4)	25%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance	25%
3.	Semester End Examination (As per R.AUG.HSC. -7)	50%

Course Outcomes:	
Having completed this course, the learner will be able to	
1.	Integrated perspective on role of HRM in modern business. Ability to plan human resources and implement techniques of job design
2.	Competency to recruit, train, and appraise the performance of employees
3.	Rational design of compensation and salary administration
4.	Ability to handle employee issues and evaluate the new trends in HRM

Suggested References:	
Sr. No.	References
1.	Venkata Ratnam C. S. & Srivatsava B. K., PERSONNEL MANAGEMENT AND HUMAN RESOURCES, Tata Mc-Graw Hill, NewDelhi,
2.	Aswathappa, HUMAN RESOURCE MANGEMENT, Tata McGraw Hill, NewDelhi, 2010
3.	Garry Dessler & Varkkey, HUMAN RESOURCE MANAGEMENT, Pearson, New Delhi, 2009
4.	Alan Price, HUMAN RESOURCE MANAGEMENT, Cengage Learning, NewDelhi, 2007
5.	Pravin Durai, HUMAN RESOURCE MANGEMENT, Pearson, New Delhi, 2010
6.	Snell, Bohlander & Vohra, HUMAN RESOURCES MANAGEMENT, Cengage, NewDelhi, 2010

Online Resources

https://en.wikipedia.org/wiki/Human_resource_management

https://www.coursera.org/in/articles/human-resource-management

https://corporatefinanceinstitute.com/resources/management/human-resource-management/

https://www.aihr.com/blog/human-resource-basics/
