

ORDINANCE No. 32

DIPLOMA IN NUTRITION AND HEALTH EDUCATION

1. OBJECTIVES

The Diploma programme is a holistic package giving you the opportunity to gain knowledge about nutrition and public health. It will also help in developing skills in communicating nutrition and health related information to communities. The aims of the programme are to :

- Develop a knowledge base in key areas of nutrition and public health such as diet-health relationships, planning suitable diets for various age groups, using diet therapy in disease, communicable diseases symptoms, prevention and treatment, primary health care.
- Develop skills in playing the role of nutrition and health educators in the community with particular emphasis on methods, approach and strategies.
- Promote awareness about concepts and principles in nutrition and their application in the community.

1.1 Answers to Some Anticipated Questions

- What are the unique features of this Diploma? ?

This Programme gives you in-depth theoretical, as well as, practical knowledge related to the vital task of nutrition and health education. Academic inputs would be provided by teachers from universities together with nutrition and health and health educators working in non-governmental organizations all over the country. The project work and practicals that form a major component of the programme would help you to conduct field work and function effectively as nutrition and health educators.

- Is there any equivalent Diploma?

This Diploma is unique, as we mentioned earlier, it is a professional training programme and would equip you to plan and conduct nutrition and health education campaigns and programmes in community settings. There is no equivalent programme available in this form.

- Will it help in community development?

People working with both Governmental and non-governmental sectors role of community workers would benefit from this programme. The Diploma would provide an additional qualification helping them to improve their professional competence and promotion chances.

- What are the employment opportunities?

Nutrition and health education to be a key focus area. hence, you could expect to be employed in either Government programmes or in the vast NGO (Non-governmental) sector. There is also great potential for self-employment.

- Is this diploma a recognised one?

This diploma is recognised by the Distance Education Council of India (DEC)

1.2 Eligibility

Students who have passed **10 + 2** from any recognized Board/University are eligible for this programme.

1.3 Programme Components

The following table gives an overview of programme components and their credit weightage.

	Course Title	Course Code	Credits	Nature of Course
I)	Nutrition for the Community	DNHE - 1	8	Theory : 6 credits Practical : 2 credits
II)	Public Health and Hygiene	DNHE - 2	8	Theory : 6 credits Practical : 2 credits
III)	Nutrition and Health Education	DNHE - 3	8	Theory : 6 credits Practical : 2 credits
IV)	Project Work : Nutrition and Health Education	DNHE - 4	8	Project Work recorded in the form of a Project Report

In MPBOU terminology one credit is equivalent to 30 hours of a learner's study time, So an 8 credit course should take you 240 study hours to complete and the entire programme is worth $240 \times 4 = 960$ hours of your study time.

Courses are supported by audio and video cassettes, which you could watch/listen to when you come for your counselling session at your allotted study centre.

The audio and video programmes may not give you entirely new information, but they will be of great benefit for you as supplements to the print material. You would find that some of the concepts, principles and applications become clearer with the help of audio –visual media. The experience of learning through different media could be interesting and useful as well. If you make use of all these media. you would find it easier to write response to the assignments and prepare for the final examination. However, audio-video components are optional. You could complete the programme successfully by just studying the printed materials.

2. EVALUATION

The evaluation of student's performance consists of two aspects

- (i) Continuous evaluation through assignments.
- (ii) Term end examination.

30% weightage shall be given to assignments and 70% to the term end examination. The candidate shall have to obtain at least **33% marks separately** in both assignments and the term end examinations.

2.1 Evaluation of Assignment

You will be given assignments having long , short and problems based questions. The counsellors at your programme study centre will evaluate them and return to you for feed back.

The practical work shall be divided into three categories.

(i)	Self Activity (at native place)	25 Marks
(ii)	Practical work in an institution/ hospital	25 Marks
(iii)	Project Work.	50 Marks

A viva shall be conducted at the time of term end examination, which will carry 50 marks. If a candidate due to any reason fails in the practical or the project work, he/she shall be able to reappear in the next session.

3. ARRANGEMENT OF CONTACT SESSION

Face to face contact between teacher and the students is provided to clarify doubts arising out of the study material. The candidates shall have to attend contact programme classes at their study centres in **two phases of seven days in each phase (Total 14 days)**. Course I and II along with the practical aspects shall be dealt in the first phase. The candidates shall also be guided regarding their Project work & assignments. The second phase of contact programme would deal with Course III. A viva shall also be conducted by the University at this time. The students are advised to do extensive study of the course materials before they come for their contact programmes. 75% attendance in theory sessions and 90% attendance in practical sessions is compulsory. You will be allowed to appear in the examination only after completion of training of all the skills that are planned in two contact sessions.

All the students together will attend these sessions. These sessions aim at clearing your doubts in the respective subject that you come across while reading the blocks.

4. LIBRARY

There will be availability of relevant course materials, reference books as suggested for further reading, audio video materials related to the programme run by the programme study centre. You can avail the Library facilities provided by the university.

5. PROGRAMME FEE

The candidate has to submit a total fee of **Rs. 3,000** at the time of admission, in a single installment. Fee has to be paid by crossed bank draft of any scheduled bank drawn in favour of The **Registrar, Madhya Pradesh Bhoj (Open) University Bhopal**. At the back of the demand draft the candidates must write their names with father's / Husband's names.

6 GENERAL INSTRUCTIONS

6.1 Reservation seats

The university provides reservation of seats for scheduled casts. Scheduled tribes and physically handicapped students as per the Government of Madhya Pradesh rules.

6.2 Change or Correction of Address

In case there is any correction or change in your address, you are directed to make write to this office. Normally, it takes four to six weeks to effects the change. Therefore, you are advised to make your own arrangement to redirect the mail to the changed address during this period.

6.3 Change of Study Centre

For the purpose of change of study Centre, you have to send a request to the Director of your Reional Centre. A copy of the same may be sent to Director, MPBOU, Bhopal.

6.4 Simultaneous Registration

A student is permitted to register for only one programme in one academic session. You are, therefore, advised not to seek admission for more than one programme in the given academic session. Violation of this rule attracts cancellation of admission to all programme and forfeiture to the programme fees.

6.5 Miscellaneous

- The University reserves the right to change the rules detailed in this programme Guide. However you will be informed about those changes through supplementary circulars well in advance.
- Please file all letters that the University sends you, and keep the Programme Guide and the Supplements to Programme Guide (if any) handy. A record of your progress is maintained at our Computer Division; you must maintain your own records for comparisons, if needed.

- All types of communication (letters, application, etc.) are attended to as soon as we can. It is, therefore, desirable that you make your letters brief and precise. If your letters present irrelevant details or / and are written in ambiguous and objectionable language, our responses to your queries will invariably get delayed.
- Before you write to us to answer your queries, do look into this Programme Guide. We may already have answered your query/queries.
- Do follow our instruction carefully.
- Do write us if you have any difficulties or problems in working through this Programme.

For your information, addresses of important officers dealing with different educational aspects are given on page no.....of this guide Whenever you have a problem, you can directly contact the concerned officer or to this office.

6.6 Legal Jurisdiction

All matters of any dispute shall be limited to Bhopal Court only. The place of jurisdiction for filing of a suit, if necessary, will be only Bhopal.

7. SYLLABI OF COURSES:

Block-wise Details of Each Course:

COURSE I : NUTRITION FOR THE COMMUNITY (8 Credits)

Block I : Basic Concepts in Nutrition-I

Unit 1 Food, Nutrition and Health.

Unit 2 Macronutrients-I : Carbohydrates and Water .

Unit 3 Macronutrients-II : proteins and Lipids.

Block II : Basic Concepts in Nutrition-II

Unit 4 Macronutrients I : Vitamins.

Unit 5 Macronutrients II: Minerals.

Unit 6 Planning Balanced Diets.

Block III : Meal Planning

Unit 7 Principles of Meal Planning and Meal Planning for the Adult.

Unit 8 Meal Planning for Pregnant and Lactating Women.

Unit 9 Meal planning for infants and Preschoolers.

Unit 10 Meal Planning for the School Child and Adolescent.

Block IV : Effective Utilization of Food Resources

Unit 11 Food Budgeting.

Unit 12 Food Selection-I

- Unit 13 Food Selection-II
- Unit 14 Food Storage.
- Unit 15 Food Preservation and Other Methods of Maximization of Nutrition Benefit.
- Unit 16 Food safety.

Block V : Nutrition Related Disorders

- Unit 17 Major Deficiency Diseases-I :PEM and Xerophthalmia.
- Unit 18 Major Deficiency Diseases-II : Anaemia and Iodine Deficiency Disorders.
- Unit 19 Other Nutritional Problems.
- Unit 20 Nutrition and Infection.
- Unit 21 Dietary Management of Obesity, Coronary Heart Disease and diabetes mellitus.
- Unit 22 Maternal Malnutrition.

Block VI : Nutrition programmes

- Unit 23 Nutrient Deficiency Control Programmes.
- Unit 24 Supplementary Feeding Programmes.
- Unit 25 Assessment of Nutrition Status.

PRACTICAL MANUAL- PART I (2 credits)

(This manual consists of 6 sections)

- Section 1 Weights and Measures.
- Section 2 Finding Nutritive Value of Foodstuffs.
- Section 3 Methods of Cooking.
- Section 4 Regional Meal patterns.
- Section 5 Planning Diets-I
- Section 6 Planning Diets-II

COURSE II : PUBLIC HEALTH AND HYGIENCE (8 credits)

Block I : Health Indicators

- Unit 1 Population Dynamics and Epidemiology.
- Unit 2 Family Planning programme.
- Unit 3 Asian Perspectives on Health Quality of Life.

Block II : Environmental Sanitation and safety

- Unit 4 Agents of Contamination.
- Unit 5 Water Supply and Waste Disposal.
- Unit 6 Personal Hygiene.

Unit 7 Public and Home Safety.

Block III : Dietary Management of Disease

Unit 8 Diet in Disease : Basic principles.

Unit 9 Dietary Management of Nutrition – related Disorders and associated Problems.

Unit 10 Dietary Management of Disorders of Non-Nutritional Origin.

Block IV : Food-borne Disease, Food Infections and Intoxications

Unit 11 Common Food –borne Diseases-I

Unit 12 Common Food-borne Diseases-II

Unit 13 Parasitic Infestation.

Unit 14 Food Infections and Intoxications.

Block V : Common Infections and Infectious Diseases

Unit 15 Measles, Tuberculosis and Whooping Cough.

Unit 16 Diphtheria, Tetanus and Poliomyelitis.

Unit 17 Malaria.

Unit 18 Skin, Eye and Ear Infections.

Block VI : Public Health

Unit 19 Primary Health Care-I : Concept and Organization

Unit 20 Primary Health Care-II : Current Status in India.

Unit 21 Primary Health Care –III : Delivery of Services.

Unit 22 Health Programmes.

Unit 23 Income Generation programmes.

Unit 24 Environmental Protection.

PRACTICAL MANUAL –PART II (2 credits)

(This manual consists of 8 activities)

COURSE III : NUTRITION AND HEALTH EDUCATION (8 Credits)

Block I : Nutrition and Health Status of the Community

Unit 1 Learning and Working with Community.

Unit 2 Community Nutrition and Health.

Unit 3 Factors Influencing Community Health and Nutrition.

Block II : Themes and Messages in Nutrition and Health Education

Unit 4 Themes in Nutrition Education.

Unit 5 Themes in Health Education.

Unit 6 Messages in Nutrition and Health Education.

Block III : Methods of Communication in Nutrition and Health Education

Unit 7 Group Communication Methods.

Unit 8 Mass Communication Media.

Unit 9 Presentation of Selected Communication media.

Unit 10 Non-machine Media-Planning and Preparation.

Unit 11 Machine Operated Devices-Planning and Preparation.

Block IV : Approaches in Nutrition and Health Education

Unit 12 Traditional Approaches.

Unit 13 Presentation of Traditional Approaches.

Unit 14 Modern Approaches.

Unit 15 Presentation of Modern Approaches.

Block V : Community Strategies in Nutrition and Health Education

Unit 16 Individual Strategies.

Unit 17 Community Strategies.

Unit 18 Presentation of the Operation of Selected Strategies.

Block VI : Nutrition Programmes

Unit 19 Past and present Nutrition programmes.

Unit 20 Nutrition Education Programmes-Planning, Implementation and Evaluation

PRACTICAL MANUAL –PART III (2 credits)

(This manual consists of 8 activities)

COURSE IV : PROJECT WORK-NUTRITION AND HEALTH EDUCATION (8credits)

A project guide gives detailed instruction on conducting project work and writing the project report.

AUDIO/VIDEO PROGRAMMES

- Audio Tapes :**
- Nutrition for the Community.
 - Samudai Aur Poshan-Ek Paricharcha.
 - Foods, Facts and Misconceptions.
 - Bhojan Se Sambandhit Galat Dharnayen.
 - Reaching out to the Community
 - Conducting Project Work.

- Video Tapes :**
- Planning Balanced Diets.
 - Santulit Ahar Niyojan.

- Gardhavastha Mein Ahar Niyojan.
- DNHE-An Overview.
- Effective Management of Family Resources.
- Incidence and Management of Nurtition Deficiency Disorders.
- Voluntary Health Association of India-An Introduction.
- Nutrition and Health Education –An introduction.