

S.M.PATEL COLLEGE OF HOME SCIENCE
(AN AUTONOMOUS INSTITUTE AFFILIATED WITH SARDAR PATEL UNIVERSITY)

(NEP-2020) Semester: IV

Syllabus with effect from: 2024-2025

M.Sc (Home Science) 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	PHA04CPHN01	Ethics in Public Health	T	4	4	2 ½	50/18	50/18	100/36
2	C	PHA04CPHN02	Cultural aspects of Public Health Nutrition	T	2	2	1 ½	25/9	25/9	50/18
3	C	PHA04CPHN03	Dissertation	P	14	28		100/36	200/72	300/108
			Total		20	34		175	275	450

200 - 150 : Dissertation evaluation

50 : Viva - voce



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Course Code	PHA04CPHN01	Title of the Course	Theory- Ethics in Public Health Nutrition
Total Credits of the Course	04	Hours per Week	04

Course Objectives	1. The students will be able to learn about Public health and healthcare services and ethics related to it.
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Unit	Course content	Weightage *(%)
1.	Introduction to public health ethics i. Overview of social justice and ethics ii. Distinguishing public health ethics from medical ethics iii. Define ethics, values and principles iv. Principles of ethics v. Human rights in public health vi. Role of governments and other stakeholders in managing health of people	25
2.	Public health laws, regulations and ethics i. The relation between laws, regulations and ethics ii. Public health regulations in global and Indian context iii. Public health information and privacy iv. Regulations during emergencies and outbreaks v. Addressing newer challenges : Bioterrorism , conflicts and emerging infectious diseases vi. Decision making in public health ethics	25
3.	Ethics in public health research i. Ethics in research ii. Functions of Institutional Ethics Committee/Intuitional iii. Review Board iv. Consent from participants	25
4.	Public Health Code of Ethics i. Twelve principles for the ethical practice of public health ii. Explanations and a practical application of each principle iii. Examples of how to use the public health code of ethics. iv. Barriers to the ethical practice of public health	25

Teaching-Learning Methodology	The course will be delivered through a combination of active learning strategies. These will include: Lecture, Group Discussion, Quizzes, Expert talk, Audio video aids and active classroom-based discussion
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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%

References	
Sr. No	References
1.	Park's Textbook of Preventive and Social Medicine. K Park. 2021. Banarsidas Bhanot
2.	Review of Preventive and Social Medicine 14th Edition. 2022. Vivek Jain. Jaypee Brothers.
3.	Mishra, A., & Subbiah, K. (Eds.). (2018). Ethics in public health practice in India. Springer

Online resources	
Sr No	References
1	Stanford Encyclopedia of Philosophy: https://plato.stanford.edu/entries/publichealth-ethics/
2	Michael Marmot speech: https://www.youtube.com/watch?v=LyV_RSq6UzM
3	Public health ethics, CDC, USA: https://www.cdc.gov/os/integrity/phethics/index.htm
4	Planetree Group: Patient-Centered Care http://www.innovativecaremodels.com/care_models/4/implementation_replication
5	The Bodies Grace, Matthew Sanford's Story: http://www.onbeing.org/program/bodys-grace-matthew-sanfords-story/185
6	Ethics and Ebola: https://bioethicsarchive.georgetown.edu/pcsbi/node/5891.html

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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Course Code	PHA04CPHN02	Title of the Course	Theory- Cultural aspects of Public Health Nutrition
Total Credits of the Course	02	Hours per Week	02

Course Objectives	<ol style="list-style-type: none">1. The students will familiarise with the cultural aspects in public health.2. To apply the knowledge of traditional and therapeutic food in maintenance of good health for the individual and the community.3. To understand social support and social networks during illness.
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Unit	Description	Weightage *(%)
1.	Food and Culture Importance in Public Health Nutrition: Introduction, Context of Culture, Culture and Food ways	25
2.	Traditional and Therapeutic Uses of Foods in Rural, Urban, and Global Communities	25
3.	Ecology, Human Behavior and Disease occurrence; Human evolution and disease patterns; Diseases and human adaptations; health transition and diseases of civilization	25
4.	Cultural Context of Health and Illness behavior: Health behavior and illness behavior; Definitions/perceptions of health; Response to pain and illness; Concept of sick role; Therapy management and Therapy management group; significance of social support and social networks during illness.	25

Teaching-Learning Methodology	The course will be delivered through a combination of active learning strategies. These will include: Lecture, Group Discussion, Quizzes, Expert talk, Audio video aids and active classroom-based discussion
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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	
Sr. No.	
1.	Develop skill of using traditional food for therapeutic purpose.
2.	Use cultural food as a Public Health Nutrition.

References	
Sr. No	References
1.	Barth, M. M., Bell, R. A., & Grimmer, K. (Eds.). (2020). <i>Public Health Nutrition: Rural, Urban, and Global Community-based Practice</i> . Springer Publishing Company.
2.	Chaudhari Budhadeb (Ed) (1990): Culture and Environmental Dimensions on Health, New Delhi, Inter India Publications
3.	Dubos Rene(1977): Determinants of Health and Disease In Culture, Disease and Healing (Ed), David Landy, New York, Mac Millan Pub..
4.	David Mechanic (1978): Medical Sociology, New York, Free Press PP 249 – 286 Rodney M Coe (1978): Sociology of Medicine, New York, Mac Graw Hill Book Comp, PP 95 – 114 Denton (1978): Medical Sociology, Houston,
5.	Moffillin Company PP 73 -85 Igun U A(1979): Stages in Health Seeking: A Descriptive Model, Social Sciences and Medicine Vol 13

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Course Code	PHA04CPHN03	Title of the Course	Practical-Dissertation
Total Credits of the Course	14	Hours per Week	28

Course Objectives	<ol style="list-style-type: none">1. To plan and design a research proposal specifying objectives, rat To facilitate the execution of independent research projects based on finalized topics.2. To enhance data collection, analysis, interpretation, and academic writing skills.3. To foster critical thinking and develop innovative solutions to domain-specific problems.4. To prepare students for professional and academic presentations through effective communication of research findings.5. To instill ethical practices in research and uphold academic integrity.
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	Description
1.	Execution of Research (Advanced Methods and Tools): (a) Conducting comprehensive data collection based on the finalized research plan. (b) Using advanced software for data analysis (SPSS, R, NVivo, etc.). (c) Systematic interpretation of results aligned with research objectives.
2.	Writing and Structuring the Dissertation: (a) Developing chapters: Abstract, Introduction, Literature Review, Methodology, Results, Discussion, and Conclusion. (b) Integrating citations and references using tools like EndNote or Zotero.
3.	Ethics in Research and Plagiarism Check: (a) Adhering to ethical practices in research, including participant consent and confidentiality. (b) Plagiarism checks and ensuring originality of work. (c) Ethical reporting of data and findings.
4.	Presentation and Defense of Research: (a) Preparing a concise, impactful research presentation. (b) Answering questions effectively during viva-voce. (c) Incorporating panel feedback into the final document.

Teaching-Learning Methodology	Guidelines for Students: <ol style="list-style-type: none"> 1. Focus on Research Execution: Students should build upon the research design finalized in the third semester. 2. Regular Supervisor Meetings: Regular progress discussions with the supervisor are mandatory. 3. Documentation: Maintain a detailed logbook to track progress, challenges, and decisions. 4. Plagiarism-Free Submission: Ensure that the final dissertation meets institutional originality standards.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Viva -Voce	100%

Course Outcomes: Having completed this course, the learner will be able to	
Sr. No.	
1.	Execute a structured and methodical research project, applying domain-specific knowledge.
2.	Utilize advanced tools for data analysis and presentation of findings.
3.	Write a well-structured dissertation adhering to academic and institutional standards.
4.	Present and defend their research findings confidently to an expert panel.

References	
Sr. No	References
1.	Kothari, C. R., & Garg, G. (2019). Research Methodology: Methods and Techniques (4th Edition). New Age International Publishers.
2.	American Psychological Association (APA). (2020). Publication Manual of the American Psychological Association (7th Edition). APA.
3.	Murray, R. (2019). How to Write a Thesis (4th Edition). Open University Press.

4.	Relevant journal articles online from: Journal of Resource Management and Design Application. International Journal of Research in Social Sciences. Journal of Environmental Design and Management
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On-line resources to be used if available as reference material
On-line Resources
Relevant entries on Wikipedia and Encyclopaedia Britannica <ol style="list-style-type: none"> 1. Purdue University Online Writing Lab (OWL) for citation and academic writing guidelines: https://owl.purdue.edu. 2. IBM SPSS Statistics Documentation: https://www.ibm.com/spss-statistics