

Class XII
COMMUNITY HEALTH COUNSELOR (COHC)
Semester III
Detail of Theory Syllabus

SL no	Content	Details	Marks	Periods
1.	Define community and relate its need for sustainable community health development	Introduction to community nutrition: Community –Its concept, classification, characteristics of Community Community Nutrition - Objectives to study, Difference from Public Health Nutrition	6	09
2.	Assess Health Status & keep record of different health parameters of an individual along with standard values.	Assessment of Nutritional Status Nutritional status – Its concept, Aims to study, Objectives, Different methods of Assessment of Nutritional status, (Anthropometric measurement, biochemical assessment, clinical assessment, diet survey).	08	12
3	Identify the clinical symptoms of different nutrients' deficiency disorder (scurvy, anemia, ricket, night blindness)		08	12
4.	Trace out the grass root causes of malnutrition and drawing workschedules to minimize the impact of malnutrition	Nutrition and Malnutrition Nutrition & Health –Concepts, interrelationship between nutrition & health Food & Nutrients - Classification, types, Sources , Nutritional Role Malnutrition-definition, Its concepts, Classification(undernutrition,overnutrition,imbalance), nutrition deficiency disorders, Causes, Clinical Symptoms, Preventive methods	8	12
	TOTAL		30	45

Class XII
Semester IV

SL no	Content	Details	Marks	Periods
1.	State various Prophylaxis Program and role of national and international Agencies to educate the target groups.	National Nutritional Intervention Programmes to combat malnutrition – 1. Awareness of the National Nutritional Intervention/ supplementation Programmes: programs (1) Integrated Child Development Services Scheme (ICDS); 2) Mid-day meal Programs (MDM); 3) Special Nutrition Programs (SNP); 4) Wheat Based Nutrition Programs (WNP); 5) Applied Nutrition Programs(ANP); 6) Balwadi Nutrition Programs (BNP);	12	24

		<p>7) National Nutritional Anaemia Prophylaxis Program (NNAPP);</p> <p>8) National Program for Prevention of Blindness due to Vitamin A Deficiency; and</p> <p>9) National Goiter Control Program (NGCP).</p> <p>10) National disease control program (NDCP),</p> <p>11) National Prophylaxis Programme Against Nutritional Blindness (NAPPNB), their Specific objectives & Beneficiaries,</p> <p>2. Specific Role of the National agencies like ICMR (The Indian Council of Medical Research), NIN (National Institute of Nutrition), NFI (Nutrition Foundation of India), FNB (The Food & Nutrition Board), CFTRI (Central Food Technological Research Institute), CSSM (Child Survival and Safe Motherhood), CSWB (Central Social Welfare Board), NSI (Nutrition Society of India), NNMB (National Nutrition Monitoring Bureau).</p> <p>3. Specific role of International Agencies like- WHO (World Health organization), FAO (Food & Agriculture organization), UNICEF, CARE (Cooperative for Assistance and Relief Everywhere)</p>		
2	Illustrate the needs of Kitchen Gardening, Farming, Hatchery and Fishery for fulfillment of daily needs of food	<p>Nutrition Education:</p> <p>Objectives of imparting nutrition education among community for restoration of health, the needs of Kitchen Gardening, Farming, Hatchery and Fishery dairy farming for community development, introduction to different home gardening equipment.</p>	06	12
3	Explain lifestyle modifications for healthy living	<p>Nutrition Education:</p> <p>Healthy Living - Healthy living and different means of achieving it.</p> <p>Health Sectors - Specific Role of different sectors for imparting education like- ICDS Centres, Panchayat, Women's organization, NGO, Health Service Centres, Educational Institutes. Special Drives for healthy living - Need of immunization, personal & environmental hygiene, proper handling of food, methods for proper utilization of resources</p>	08	18
4	Build healthy community living through lifestyle modifications	<p>Dietary Survey - Method, Importance, Advantages & Disadvantages</p> <p>Modification of lifestyle or behavior pattern</p> <p>Human resource development or Skill development</p>	04	09
TOTAL			30	63

Detail of Practical Syllabus

SL no	Details	Marks	Periods
1.	Preparation of audio-visual aids for community awareness regarding community nutrition	05	20
2.	1. Assessment of Nutritional Status – i. Anthropometric measurement of Infant & Children under age 5 - length, height, weight, head circumference, chest circumference, Mid Upper Arm Circumference ii. Clinical assessment of children – Signs of nutrition deficiency diseases specially PEM, Vitamin A deficiency, anaemia, Iodine deficiency, ricket, Vitamin B-Complex deficiencies. iii. Growth chart – Plotting of Growth chart. iv. Calculation of BMI according to Quetlet Index. v. Calculation of IBW according to Broka's Index vi. Calculation of daily energy need of a person. 2. Identification of different tools required for assessment of nutritional status.	15	40
3.	Visual display of deficiency disorders	02	10
4.	1.Prevention& treatment of Diarrhoea. 2. Different cooking processes for minimizing nutrient losses.	03	10
5.	1. Audio-visual aids for kitchen gardening, Farming, Hatchery, Fishery 2. Identification of home gardening equipment. 3.Implement kitchen gardening according to seasons	05	20
	TOTAL	30	100

Topic for Project (Choose any one topic for project formulation)

SL no	Details	Marks	Periods
1	Project 1. Carry out dietary survey for 5 families in the nearby community. 2. Visit to Cottage Industries like Small food processing industry (pickles,nuggets, papads), Nursery (manure, seeds, saplings).	20	44
2.	Visit to health centers, ICDS centers, Gram Panchayat, Blocks, Primary School,Small Scale Industries, Rehabilitation Centers, Old Age Homes, Center for Care of Challenged Child.		
	TOTAL	20	44