



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

ELECTIVES

PRESIDENT
Mahatma Gandhi University of
Medical Sciences & Technology
Sitapura, JAIPUR-302 022

Syllabus

Elective Paper- Non – University Examination

DISASTER MANAGEMENT

Theory Hours: 45

Practical Hours: 15

Total Hours: 60

Introduction to Disasters

- a. Concepts, and definitions (Disaster, Hazard, Vulnerability, Resilience, Risks)
- b. Disasters
- c. Classification Causes, Impacts (including social, economic, political, environmental, health, psychosocial, etc.)
- d. Differential impacts- in terms of caste, class, gender, age, location, disability Global trends in disasters. urban disasters, pandemics, complex emergencies, Climate Change

Approaches to Disaster Risk reduction

- a. Disaster cycle - its analysis, Phases, Culture of safety, prevention, mitigation and preparedness community based DRR, Structural- non structural ensures, roles and responsibilities of- community, Panchayati Raj Institutions/Urban Local Bodies (PRIs/ULBs), states, Centre, and other stake- holders.

Inter-relationship between Disasters and Development

- a. Factors affecting Vulnerabilities, differential impacts, impact of Development projects such as dams, embankments, changes in Land-use etc. Climate Change Adaptation. Relevance of indigenous knowledge, appropriate technology and local resources

Disaster Risk Management in India

- a. Hazard and Vulnerability profile of India Components of Disaster Relief: Water, Food, Sanitation, Shelter, Health, Waste Management institutional Arrangements (Mitigation, Response and Preparedness, DM Act and Policy, Other related policies, plans, programmes and legislation).

Project Work: (Field Work, Case Studies)

- a. The project /fieldwork is meant for students to understand vulnerabilities and to work on reducing disaster risks and to build a culture of safety. Projects must be conceived creatively based on the geographic location and hazard profile of the region where the college is located

Suggested Reading list:

- Alexander David, Introduction in 'Confronting Catastrophe', Oxford University Press, 2000
- Andharia J. Vulnerability in Disaster Discourse, JTCDM, Tata Institute of Social Sciences Working Paper no. 8, 2008
- Blaikie, P, Cannon T, Davis I, Wisner B 1997. At Risk Natural Hazards, Peoples' Vulnerability and Disasters, Routledge.
- Coppola P Damon, 2007. Introduction to International Disaster Management,
- Cuny, F. 1983. Development and Disasters, Oxford University Press.

CLINICAL NUTRITION

Theory Hours: 45
Practical Hours: 15
Total Hours: 60

COURSE OBJECTIVE:

The objective of this course is that after 30 hours of L, D, P the student shall be able to understand the basic knowledge about Diet, balanced diet, metabolism, malnutrition, under nutrition, over nutrition, deficiency disease.

COURSE OUTCOME:

1. Become familiar about the nutritive values of food.
2. Explain about the food sources from which we obtain vitamins.
3. Become familiar with various compositions of food.
4. Well versed with digestion at each stages of digestive system.
5. Become familiar with different cooking methodologies.
6. Know and explain about food preparations by food manufacturer.
7. Explain thoroughly about the advantages and disadvantages of various convenience foods.

UNIT ISOURCES OF FOOD

1. Nutritive value of foods,
2. Food Sources from which key vitamins are derived

UNIT II DIGESTIVE SYSTEM

1. Digestion and absorption –Digestion at each stage of the digestive system
2. Dietary guidelines- Factors affecting food requirements. Planning and serving of family meals. Meals for all ages and occupations.

UNIT III COMPOSITION OF FOOD

Composition and value of the main foods in the diet - Milk, meat, fish, cheese, eggs, margarine and butter cereals (wheat, rice, maize, millets, oats) fruits and vegetables

UNIT IV PROCESSING OF FOOD

1. Cooking of food -Transfer of heat by conduction, convection and radiation.
2. Principles involved in the different methods of cooking – boiling, stewing, grilling, baking, roasting, frying, steaming, pressure cooking, cooking in a microwave oven.

FOOD PREPARATION

1. Convenience foods- Foods partly or totally prepared by a food manufacturer – dehydrated, tinned, frozen, ready to eat. Intelligent use of these foods.
2. Advantages and disadvantages

Text Book:

1. Agarwal, Textbook of human nutrition, JP, 1 Ed, 2014

Reference:

1. Kenneth F. Kiple, Kriemhild Coneè Ornelas, The Cambridge world history of food, Cambridge University Press, 1st ed, 2000

YOGA

Theory Hours: 45
Practical Hours: 15
Total Hours: 60

COURSE OBJECTIVE:

The objective of this course is that after 30 hours of lectures & demonstrations, the student will be able to understand the basic concepts about Asanas and its effects, therapeutics effects of Yoga

COURSE OUTCOME:

1. Demonstrate the introduction and principles of yoga.
2. Knowledge of history of yoga and yoga in modern India.
3. Outline of yoga background and importance of yoga in modern world.
4. Learning the types and forms of Asanas and description of physiological effect of yoga.
5. Understanding the role of yoga in Occupational Therapy

UNIT-I Introduction to Yoga

1. Introduction to Yoga
2. Principles of Yoga

UNIT- II Patanjali

1. History of Yoga
2. Yoga in Ancient and Modern India

UNIT- III Folds of Yoga

1. Types & Forms of Yoga
2. Asanas & its physiological effects

UNIT- IV Yogic Science

1. Scientific background of Yoga
2. Yoga in modern world

UNIT -V Advantages of Yoga

1. Physiological Effects of Yoga
2. Therapeutic Uses of Yoga

Textbook:

1. BKS Iyengar, Light of Yoga, JP, 1st Ed, 2012.

Reference:

1. Payal Gidwani Tiwari, Body Gaurders, CBS, 2nd Ed, 2009


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HEALTH CARE

Theory Hours: 50

Total Hours: 50

Introduction to Health

1. Definition of Health, Determinants of Health, Health Indicators of India, Health Team Concept.
2. National Health Policy
3. National Health Programmes (Briefly Objectives and scope) Population of India and Family welfare programme in India

Introduction to Nursing

1. What is Nursing? Nursing principles. Inter-Personnel relationships. Bandaging: Basic turns; Bandaging extremities; Triangular Bandages and their application.
2. Nursing Position, Bed making, prone, lateral, dorsal, dorsal re-cumbent, Fowler's positions, comfort measures, Aids and rest and sleep.
3. Lifting and Transporting Patients: Lifting patients up in the bed. Transferring from bed to wheel chair. Transferring from bed to stretcher.
4. Bed Side Management: Giving and taking Bed pan, Urinal: Observation of stools, urine. Observation of sputum, understand use and care of catheters, enema giving.
5. Methods of Giving Nourishment: Feeding, Tube feeding, drips, transfusion Care of Rubber Goods
6. Recording of body temperature, respiration and pulse, Simple aseptic technique, sterilization and disinfection. Surgical Dressing: Observation of dressing procedures

First Aid:

1. Syllabus as for Certificate Course of Red Cross Society of St. John's Ambulance Brigade.

Reference Books:

1. Preventive and Social Medicine by J.Park
2. Text Book of P & SM by Park and Park
3. Counseling & Communicate skills for medical and health, Bayne- Orient Longman Pvt. Ltd.


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