

Sophia Centre for Women's Studies and Development

Annual Report 2022-2023

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INTRODUCTION

The Sophia Centre for Women's Studies and Development (SCWSD), which was launched in 2001 has been diversifying in scope over time. The year 2022-2023, has been a challenging and fulfilling year for the SCWSD. We have diversified in scope and range of our activities and programmes. It has been a year of hybrid learning with programs and events being held both online and offline. Post pandemic as we conducted a few of our programmes online we discovered that it broadened our reach pan-India in terms of participants as well as resource persons. This academic year we were fortunate to start another postgraduate programme in addition to the two which we already conduct, a one-year diploma programme in Nutrition, Diet and Fitness. The SIHCWSD also conducted Six Add on Two credit Certificate courses as earlier. The Centre also was renamed this academic year to Sophia Irene Heredia Centre for Women's Studies and Development (SIHCWSD) after Ms Irene Heredia whose family graciously donated towards the cause of women's development to the Centre in her memory.

We are extremely grateful to the eminent scholars who have come aboard on the peer review committee for "Urdhva Mula" our multidisciplinary women's studies journal. This has elevated the academic status of our journal. We are also thankful to all our sponsors, well-wishers and the organisations who we have partnered with. It is because of their ongoing contribution and cooperation that all our projects and the functioning of SIHCWSD itself, has gone by efficiently for the current year. We hope to gain the much needed funding and support for the next year as well.

STAFF OF THE CENTRE

Honorary Director	:	Dr. (Sr.) Ananda Amritamahar (English Literature)
Coordinator	:	Dr. Lata Pujari (History)
Academic Advisor	:	Dr. Vibhuti Patel (Economics)
Programme Officer	:	Ms. Deepti Anil (Foods, Nutrition, Dietetics)
Library Assistant	:	Ms. Sharayu Sawant
Attendant	:	Mr. Hayward Lopez

The Consultative Committee of SIHCWSD

Dr. Laxmi Lingam (Women's Studies)
Dr. Maithreyi Krishnaraj (Economics)
Dr. Nandita Gandhi (Women's Studies)
Dr. Nasreen Fazalbhoy (Sociology)
Dr. Roshni Gawankar (Political Science)
Dr. Suma Chitnis (Education)
Dr. Usha Thakkar (Political Science)

LIBRARY AND DOCUMENTATION

The SIHCWSD library has an extensive collection of books with a focus on women's issues. The SIHCWSD library's collection of fiction and non-fiction books has been greatly enhanced through the generous donation of institutions and individuals. The library has a stock of posters on gender issues collected from national and international NGOs. The library also has a collection of relevant journals and we hope to subscribe to more journals for our members. While it is not a lending library but it is a very useful reference centre and the library has been growing – both in its resources, as well as its availability and usefulness to its members since 2001. The centre is equipped with an extensive documentation centre which focusses solely on women's issues over a range of 50 topics like sexual harassment, domestic violence, gender inequality among others from (2001-2023) which is of great value to researchers and students. We are in the process of making online our documented articles from newspapers. Library membership is open to all students as well as outsiders. We also offer internet and printout facilities. While we at SIHCWSD have always tried to upgrade the library by purchasing latest books on women's issues for use by the members, over the last few years due to a paucity of funds we have not been able to add significantly to our collection

Library membership is open to all students.

The library subscribes to two journals, Perspectives in Social Work and Indian Journal of Gender Studies and to six magazines.

The library has started an online subscription to four journals by Sage Publications: Feminist Theory; An International Interdisciplinary Journal, Gender and Society, Indian Journal of Gender Studies, Psychology and Development Societies and Sage Open.

The library has purchased latest books on women's issues for use by the members of the library.

The library software: SLIM (++) is utilised in the library to maintain a softcopy record of all literature available in the SCWSD library.

The SCWSD collection of fiction and non-fiction books has been greatly enhanced through the generous donation of institutions and individuals. The library has a stock of posters on gender issues collected from national and international NGOs.

Inter-Library Loan system is available for use on demand.

NUMBER OF BOOKS/JOURNALS SUBSCRIBED TO IN THE CURRENT ACADEMIC YEAR

Books	13
Journals & Periodicals	5

RESEARCH AND PUBLICATIONS

SIHCWSD has always been actively involved in research projects focussing mainly on women and issues related to them, since its inception in 2001. In keeping with this ideology, SCWSD in the year 2017-18 secured a research grant from ICSSR (Indian Council of Social Science Research) to study three unique forms of traditional folk art in Maharashtra. The pandemic stalled our research efforts and we are currently in the process of identifying areas of interest and feasibility of some research projects.

Our In-house multidisciplinary peer reviewed journal Urdhva Mula published since 2002 is now available online to all those who subscribe to it. The Fifteenth issue of “Urdhva Mula”, our multidisciplinary journal, ISSN 2277-7954, was published in October 2022. Urdhva Mula is a much-valued interdisciplinary journal on Women’s Studies with a wide variety of articles from scholars and researchers from all over India and the world.

Urdhva Mula PEER REVIEW COMMITTEE MEMBERS

Sr. No.	NAME
1	Sr. Anila Verghese (Sophia Polytechnique, Mumbai)
2	Prof. Kunal Chattopadhyay (Jadavpur University, Kolkata)
3	Dr. Swarna Rajagopalan (The Prajnya Trust, Chennai)
4	Prof. Samapti Guha (Tata Institute of Social Science, Mumbai)
5	Prof. Bulbul Dhar (Jamia Millia Islamia University, New Delhi)
6	Dr. Veena Devasthali (SNDT University, Mumbai)
7	Jaya Singh (NCERT, New Delhi)
8	Prof. Geraldine Forbes (State University of New York Oswego, USA)
9	Dr. Sucharita Pujari (Centre for Gender Studies and Development, NIRD, Hyderabad)
10	Dr. Michelle Stack (University of British Columbia)
11	Dr. Linda Lane (University of Gothenburg, Scotland)
12	Dr. Alice Clark (University of California, Berkeley)
13	Dr. Geeta Balakrishnan (Nirmala Niketan College of Social Work, Mumbai)
14	Dr. Kumkum Roy

	(Jawaharlal Nehru University, Delhi)
15	Dr. Shagufta Kapadia (M.S. University, Baroda)

COURSES AND INSTRUCTION

The Centre conducts varied courses for both in house Sophia College students as well as outsiders. These courses are intensive and applicable learning programmes which have great appeal. SIHCWSD conducts multiple courses throughout the academic year, all of which are designed to address the needs of a diverse set of students. Hence, while the emphasis of some was on the acquirement of skills, others focused on the acquirement of knowledge. Over the years it has been observed that both men and women who have had a break in their education and want to return to formal learning have opted to do a lot of our courses. We have factored in the need for restructuring our courses to function smoothly online and suit the need of the target groups as well. This has helped us to conduct our courses on an online platform not just for our students but also for interested persons from all over India, thus making it open on a national level. The blended (online and offline) courses offered by the SCWSD in the academic year 2022-2023 included

POST GRADUATE PROGRAMMES

1. Post Graduate Diploma in Counseling and Safeguarding of Children and Senior Citizens in collaboration with the Centre for Safeguarding rights for Children and Senior Citizens (De Nobili College, Pune) and The Psychology Department, Sophia College

This blended learning course began with an orientation for students and well-wishers on 20th June, 2022. The students were from various part of the country. There were seven students this academic year. The classes began on 22nd June 2022. The faculty were Konrad Noronha (PhD, MS, MTh, BHMS), Dinesh Braganza (PhD), Jennie Mendes (PhD), Lavanya Mohan (MSc), Ravi Sagar (LLB, DLL & LW, PGDHR), and Hvovi Bhagwagar (PhD research scholar).

The program is divided into the follow modules, (1) Society and Adverse Circumstances

2) Legal Aspects and Provisions (3) Research Methodology (4) Treatment Planning (5) Case Conceptualization and Onsite Case Conference and (6) Guided Paper. The course ended on March 31, 2023 with the onsite component which was held in Pune.

5 students completed, that included one from the 2021-22 batch. Two students from last year's batch discontinued. Three students from this year's batch asked for an extension till next year. They have been allowed to appear for what they have missed, and will get their diplomas only on completion of all courses.

The students of the present batch received their diplomas in May 2023.

2. Post Graduate Degree programme (MA) in Gender Studies under the aegis of Mumbai University in collaboration with The Sociology Department (Sophia College)

This two-year learning programme started its second batch on, 11th August, 2022 with 7 students. They went through a screening and interview prior to selection and in their MA part 1 which concluded they had gone through eight papers in two semesters. These included Introduction to Women's and Gender Studies, Theories of Women and Gender Studies, Women's Literature, Women and Economy, Women, Decision making and Governance, Women and Health, Constructing Gender through Arts and Media as well as Women and Law. The MA part 2 students had one learning semester and the final semester consisted entirely of research work and dissertation writing . they had an intensive presentation and viva before the project was approved by the examiners.

3. Post Graduate Diploma In Nutrition, Diet and Fitness.

This 10 month diploma course (Semester 1 and Semester 2) commenced with an online orientation session on 9th of January 2023 with 6 students. This was followed by 30 hours of an online bridge course from 10th of January till 20th of January. Semester 1 classes were held from 23rd of January 2023 and concluded on 28th of April 2023 inclusive of exams and assignments.

Subjects covered included –

Paper 1- Basics Foods and Nutrition

Paper2- Nutrition through the ages and its impact on health

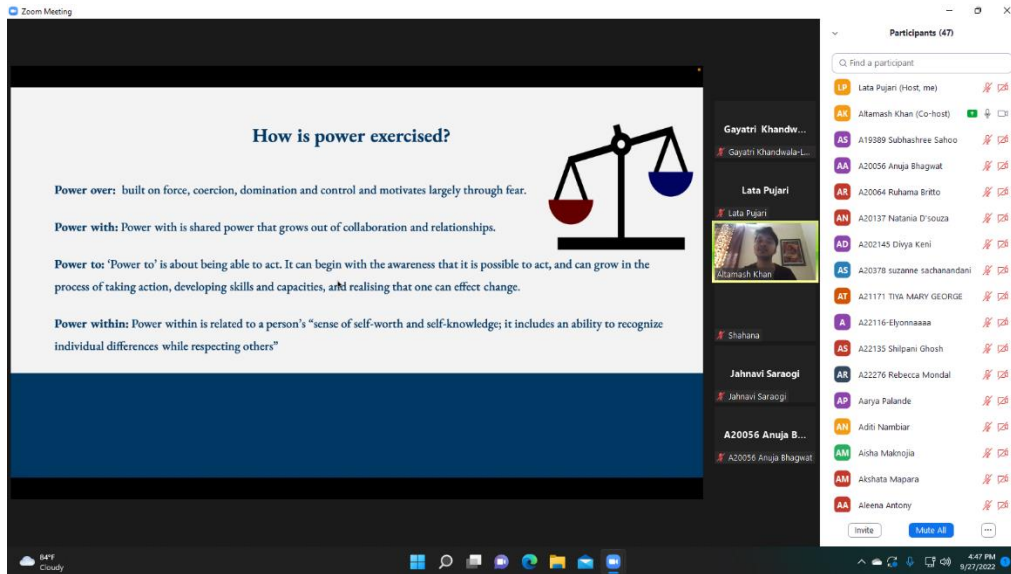
Paper 3- Applied Physiology and Nutrition for Special Health Condition.

Paper 4 – Fundamentals of Diet Planning.

ADD ON TWO CREDIT CERTIFICATE COURSES

1. Certificate Course in Women's Empowerment

This course aims to create enhanced awareness amongst young adults on a wide array of issues that pertain to women. The course is designed to give students a holistic view of women's issues through the multiple windows of Economics, Psychology, Media Studies, Sociology, Culture, Politics, Biology, etc. The resource persons for this course are experts in their various fields. The Certificate Course in Women's Empowerment aimed to raise awareness on issues that impede the growth of women in the country, focusing on the role of culture in perpetuating gender stereotypes. The girls were provided with opportunities to interact with NGOs and engage in workshops teaching street play techniques and improving communication skills.



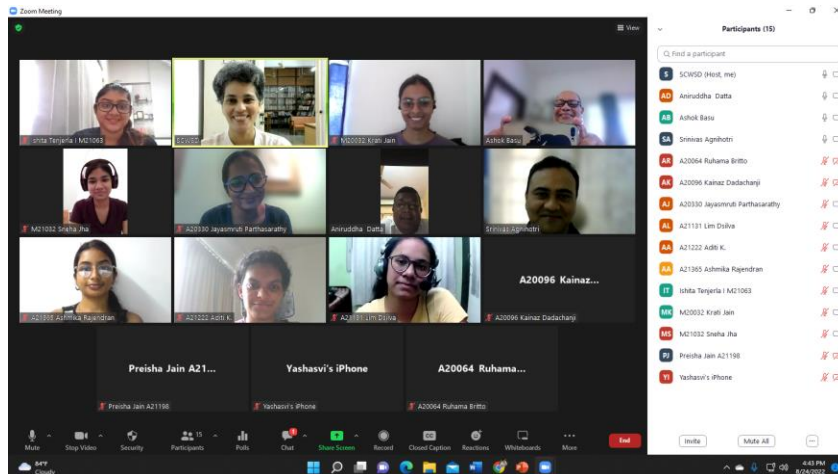
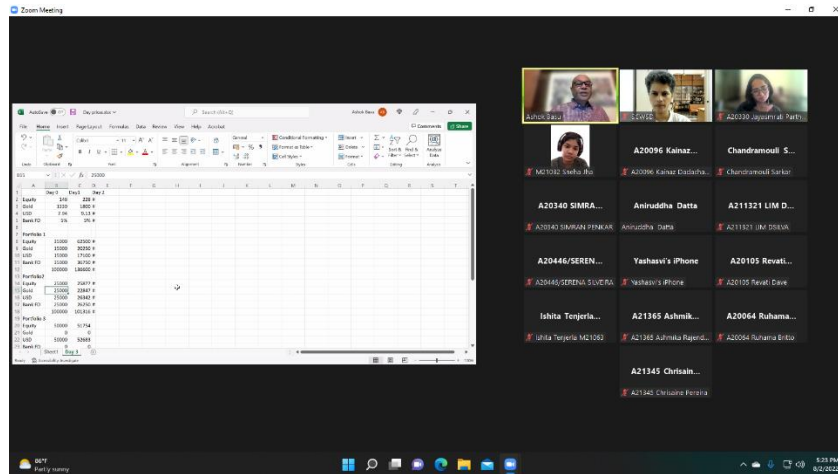
2. Certificate Course in Social Work Focusing on Women and Girls

SCWSD has designed this course to give students a foreknowledge of what social work is. It makes explicit the opportunities and the challenges that come with working in such a field. Apart from providing a strong foundation in social work, the course also specialises in the important focus area of women's issues within the social sector. The various resource persons for this course are experts in their respective fields, who are backed by years of experience in the social sector. Basic principles of social work in India, research methods in social work, women and legal rights, counselling skills and women and mental health are few of the sessions that the course offers to the students. The Certificate Course in Social Work aimed to introduce its participants to the basic principles of social work, making them aware of the current social issues that need attention, roots of gender discrimination and legal rights of women.



3. Certificate Course in Personal Finance Management

SCWSD has designed this new course from the last academic year to give students an introduction and knowledge to equip themselves with financial prowess which is extremely necessary in today's world for women's empowerment. The different topics covered in the course included what is personal finance, components of a financial plan, basics of budgeting, Introduction to savings, equity, mutual funds as well as financial fraud and security.



4. Certificate Course in Entrepreneurship Training

The course components included introduction to Entrepreneurship Ideation - various ways of thinking of ideas, starting the process, how to filter from the numerous ideas one may have to pick a few or one best suited for you, Self Awareness (related to Entrepreneurship) – to know ourselves a little more, discover our strengths/weaknesses , attributes, things that we can do well, are we really cut out to be an entrepreneur?, Idea to Reality – what are the parameters required to actually convert this idea into a business, how do you think about it, how do you action it, tools / skills/ thoughts required, Attributes of an Entrepreneur/Soft Skills – what do we need to be entrepreneurs , how do I improve and finally Business Modelling Presentation – finally how do we actually put our idea into a business model

– see is it feasible financially and market wise or not. The course ended with an impressive business plan presentation by participants.

5. Certificate Course in Basic Baking

The Certificate Course in Baking taught its students a number of sweet and savoury preparations such as tarts, pies, quiches, etc. The course indeed geared the students' interest in exploring advanced levels of baking. The success of the course called for two batches of the course.

6. Women's Leadership Training Programme (WLTP)

The Women's Commission which started in 2005 witnessed a successful 17th valedictory ceremony of the Women's Leadership Training Programme in the Archdioceses of Bombay, at the St. John the Evangelist Church (Marol). The training programme spanned over 7 Sundays, from 17th July to 28th August 2022. Indeed it was an honour to have the presence of His Lordship, Bishop Barthol Baretto, Bishop in-charge of the Archdiocesan Women's Commission, Ecclesial Advisor of the Archdiocesan Women's Commission, Fr. Anthony J Fernandes, Dr. Sr. Ananda Amritmahal, Sr. Philomena Dsouza, Co-founders of the WLTP, Commission Head, Bernadine Fernandes and Ex Commission Head, Sunita Machado. The Women's Leadership Training Programme (WLTP) is held annually with a vision and mission to train women towards being role models not just in our homes, but in church and society too. The core belief of the training is that both men and women are equally created in the image of God. The Women's Commission strongly believes that working for gender-justice is carrying out this evangelizing mandate of Jesus. The training sessions were imparted by an extremely skilled faculty. The sessions were interactive, wherein every individual got an opportunity to learn, share, reflect and participate, without any restrictions on age, every participant was given a listening ear and ultimately molded to be empowered.

The Valedictory Program commenced with the samay being lit by His Lordship, Bishop Barthol Baretto, Sr. Ananda Amritmahal, Sr. Philomena Dsouza, Sunita Machado and Bernadine Fernandes. The success of the training programme was well depicted through various enactments, such as, Prayer dance, talk show, group song etc. In order to invoke the Holy Spirit into the 33 participants, as they prepare themselves to go forth, the four elements of mother nature: Fire, Wind, Earth & Water were used, which are also important in our Christian faith. Two newly elected leaders shared their testimonies on how the training programme has enhanced their lives, the 33 leaders pledged to stand with dignity and support the women in society. Sr. Philomena shared her thoughts and the challenges she faced when starting the Women's Commission. She mentioned people were apprehensive to join the Women's commission as it was seen as troublesome. With eagerness she approached Sr. Ananda at Sophia College and proposed the idea. It sure was a Eureka Moment!! Sr. Philomena and Sr. Ananda were of the same opinion that an idea was waiting to happen. Sr. Philomena spoke about the success of the WLTP online sessions held during the 2 years of the pandemic. She mentioned that the 33 new leaders have seen a transformation in themselves and assures that each of them will be ignited, with the true spirit of leadership. She has encouraged the 33 new leaders to take this leadership forward in order to pass on the life in abundance with passion. Dr. Sr.

Ananda Amritmahal, with the same vision and mission felt that if women need to be empowered, their basic skills and knowledge had to be met. ‘It needs to be something that is feasible and obtainable hence to dream of it now and pray for a possible land not to sleep walkers and not of angry puppets, instead where the heart and brain can understand the movement, where life is a choice of instruments’. His Lordship Bishop Barthol Baretto appreciated the Women’s Commission for the training imparted to the 33 participants. He appreciated the two participants for coming forward and fearlessly expressed their testimonies. Sony and her team were appreciated for the song that was superbly composed. His gratitude to the Women’s Commissions team was commendable. Fr. Anthony J Fernandes too mentioned that the church supports the Rights of every woman. He has encouraged the newly elected leaders to go forth and create Women cells in their respective parishes. The Women’s Commission received an encouraging message by His Eminence Oswald Cardinal Gracias, through His Lordship Bishop Barthol Baretto. His Eminence Oswald Cardinal Gracias, mentioned that he is proud to have a very active and functioning Women’s Commission in the Archdioceses of Bombay. Moreover, he looks forward to collaboration together with the church in Bombay to stand for the Rights of a Woman. The new leaders were then anointed by Dr. Sr. Ananda Amritmahal as they received their certificates along with God’s choicest blessing from His Lordship Bishop Barthol Baret

TABLE 2: SUMMARY OF COURSES AND EVENTS CONDUCTED AT SIHCWSD IN 2022-23

Sr. No.	Date	Event	Mode of execution	Participants	Successful candidates
1	17.07.2022 to 04.09.2022	WLTP	Offline	35	
2	11.07.2022	Population Day (Sophia X SXIE)	Online event	167	-
3	25.08.2022	Genderlogue	Panel discussion and Documentary screening	210	-
4	17.08.2022	Genderlogue	Students events		
5	11.10.2022	International Girl Child Day	Online event		
6	10.03.2023	International Women’s Day	Offline	110	
7	27.03.2023	Sophia College Gender Audit Report	Offline	-	
8	2021-2023	M.A. in Gender Studies Part I and Part II	Blended	4 (Part I) 5 (Part II)	
9	22.07.2022 - 01.04.2023	Diploma in Counseling and Safeguarding Children and Senior Citizens	Online and Onsite	7	5
10	09.01.2023 – ongoing	Diploma in Nutrition, Diet, and Fitness	Offline	6	

		RUSA Courses	Funded			
1	01.08.2022 to 25.08.2022	Personal Management	Finance	Online	18	18
2	Batch 1 25.07.2022 to 20.10.2022 Batch 2 15.09.2022 to 20.10.2022	Baking		Offline	Batch 1. Fourteen Batch 2. Nine	14 and 9
3	12.09.2022 to 30.09.2022	Women's Empowerment		Online	32	32
4	12.09.2022 to 30.09.2022	Social Work		Online	21	21
5	27.02.2023 to 10.03.2023	Entrepreneurship Training		Offline	22	22

EVENTS AT SIHCWSD:

"Gender in the Metropolis: Power and Prejudices" A Genderlogue event organized by FES and Sophia College on the 25th of August 2022.

In today's age we believe it is very important that all genders especially the marginalized genders feel capable enough to gain important positions in the society. An inclusive public space should allow people to feel both physically welcomed and psychologically included; hence being in a public space is both a physical and emotional experience. Gender-inclusive planning recognizes that gender plays a significant role in the urban public realm without privileging any one gender identity over another. As social scientists, policymakers, and designers increasingly talk about pushing for inclusion in the field and designing for gender equality, we need to make sure actions address root causes, rather than just solve for superficial manifestations of a larger problem. Gender inclusion in public spaces won't succeed with just one strategy or new theory, so we at Sophia College had decided to explore via this Genderlogue different ways to challenge unequal power dynamics: occupying space, enabling authentic representation, and reducing perceived fear. These were explored in the three public domains of Governance, Work and Politics. Friedrich Ebert Stiftung (FES) and Sophia College Mumbai organised a Genderlogue on 25th August 2022 with the theme of "Gender in the Metropolis: Power and Prejudices". This was executed under the leadership of Dr. Anagha Tendulkar, Principal, and the SIHCWSD team of Dr. Lata Pujari & Ms. Deepti Anil as well as student volunteers. The SIHCWSD team managed successfully to ensure the participation of 195 students from 12 colleges of South and North Mumbai ranging from Churchgate to Malad. The panelists spoke with courage of conviction and knowledge derived from ground level experience. The panel discussion was judiciously moderated by a creative artist and activist Ms. Nirmala

Nathan. The panel comprised of Mr. Anil Hankare (A male lavani dancer), Ms Supriya Bambawale (A corporate professional), Ms Nirmala Sawant Prabhawalkar (Ex Mayor of Mumbai) and Ms Varsha Vilas Patil (Social Activist), unfortunately the last panelist was unable to attend due to ill health.

Mr. Anil Hankare a male lavani (folk dance form of Maharashtra) artist shared his testimony as a cross dresser and his roller- coaster life candidly. He discussed the travails he and his family were put through merely due to his choice of profession. He had to go by another name, a hidden identity; “Here I was Anil, there ‘Anjali’. The audience came to the shows to laugh because of the concept- Boys wearing girl’s clothes and dancing was a subject of vulgar jokes and comments. He shared how merely by dancing as a man his wages were poor but when he danced as a woman his wages tripled. This made him boldly go forth with the idea of dancing dressed as a woman with dignity and respect. He started in 1988, and while initially it was a form of dance that invited great ridicule, eventually the mindset changed and later on whole families would attend often even extend help to him in the form of medicines, costumes etc. “My kids faced the negativity too but were very supportive still I told my manager, (my stage persona might be Anjali) I will never change to Anjali, I will always be Anil”. Mr Hankare was extremely forthright in sharing the prejudices he faced while he performed as a woman and brought to light that even a man can be discriminated against in his profession when it is perceived to be against societal norms.

Ms. Supriya Bambawale explained the opportunities and hurdles faced by women and the transgender community at the stages of entry and upward mobility in the corporate world due to gender stereotypes. She spoke about the male dominated marketing setting. She further said that while corporate reservation of appointments for eligible women candidates is a welcome change, she also felt that it makes it difficult then to guess if as a woman one is chosen to fill up a quota or on account of merit. Ms Bambawale propounded for the latter and said that merit should override everything especially gender in the workplace.

Ms. Supriya Bambawale quoted that in her line of brand building for individuals as well as organisations she often felt very ‘invisible’ while doing my role- because it’s like building an image for someone else while completely being in the background, It’s important then to retain your identity- not what you do but who you are as an individual and a committed working professional. We must she said always acknowledge the fact that we’ll need help from all genders to coexist and make the workplace an inclusive area driven solely by merit and hardwork of an individual. Opportunities, luck and the right timing are all important in the success of an individual. On the topic of transgenders in the corporate world she said that while provisions have been made, for their inclusion but do we take the provisions seriously is something that one needs to delve into. We all come from relatively privileged backgrounds so it’s also important to recognize the fact and thereby help others who are less privileged. Advocate Nirmala Samant Prabhawalkar provided interesting glimpses about her challenges in the mainstream political scenario and governance as a first elected Mayor of Mumbai, Chairperson of Maharashtra State Commission for Women and National Commission for Women. Adv. Nirmala shared that the questions asked in the present political scenario are very different like ‘Which caste do you belong to?’ was a question that was never really asked until now The political climate has changed Advocate Nirmala shared her initial political journey and also said that she was someone who never feared big establishes political names despite being a woman. She

said “I’m not a puppet. My profession that of a lawyer, helped me with politics.” She said that those people who identify as transgender face big challenges; they should be brought in front of the mainstream media to increase their acceptance into the political scene. They are more sensitive, hardworking and intelligent. They are also able to connect with the layman well. Everyone has to face patriarchy of the society in various forms, sometimes even women indulge in discrimination against other women. It is not gender based she argued, but attitude based, so Adv. Prabhawalkar urged the new generation to change their attitudes to different genders and thereby provide for more inclusion in the society.

Prof. Vibhuti Patel kindly filled in for Ms. Varsha Vidya Vilas on the panel who was unwell. She profiled the role of digital media for social solidarity and developmental work by providing first-hand experience of mental health counseling, relief workers intervention during the pandemic and multi-purpose helplines to address distress calls from young adults, children, housewives, stranded migrants, lonely elderly during the pandemic. Social media as Dr Patel explained was the only tool during Covid-19 and the lockdown which was a source of relief and strength for many women. There was major infantilization of grown women by their families. A lot of moral policing by their families as they spent more time at home. Transgender people and sex workers also faced isolation due to the lockdown restrictions. At this time social media based helplines and groups provided support and solidarity to those in dire need. Social media helped draw attention to important issues Among husbands there was a rise in alcoholism and demands for sex increased, women were able to share their problems on social media and connect. Social media was also used to create connections across the city to share food, water, milk, or to travel during emergencies which was used mostly by senior citizens or those who couldn’t leave the house due to medical conditions.

The panel discussion was summarized by the moderator Ms Nirmala Nathan and there was a short question and answer session with the student audience following which there was a documentary screening of three theme based documentaries - Chhabi (on the lives of men Lavani dancers), Identity (Life and Worlds of Trans Sexual Individuals who undergo Sex Change with medical interventions) and Streeyan Sathi (Need for public toilets capturing Right to Pee campaign in Mumbai). The short films were made by the students of the Sophia Social and Communications Media (SCM) department, Sophia Polytechnic. The documentary screenings were overseen by Ms Nirmita Gupta, HOD of the SCM Department. The content and message behind each documentary were very well received and appreciated by the participants of the Genderlogue. This was followed by a vibrant question and answer session. The Genderlogue ended with singing of the Sophia College Anthem.



“Kaun Bola Humse Na Ho Paayega?Apna Time Aayega”

A Genderlogue event organized by FES and Sophia College on the 17th of November 2022.

A foothold is a strong or favorable position from which one further advances or progress. In today’s age it is very important that all genders especially the marginalized genders feel capable enough to gain such positions in the society. An inclusive public space should allow people to feel both physically welcomed and psychologically included; hence being in a public space is both a physical and emotional experience. Gender-inclusive planning recognizes that gender plays a significant role in the urban public realm without privileging any one gender identity over another. As social scientists, policymakers, and designers increasingly talk about pushing for inclusion in the field and designing for gender equality, we need to make sure actions address root causes, rather than just solve for superficial manifestations of a larger problem. Gender inclusion in public spaces won’t succeed with just one strategy or new theory, so we explored via this Genderlogue different ways to challenge unequal power dynamics: occupying space, enabling authentic representation, and reducing perceived fear. These were explored in the domain of mainstream performing arts in the second event of the two part Genderlogue at Sophia College, where the female as well as non-binary gender actor is often given a very superficial role and non-binary genders are marginalized. A film or play based around a female or non-male protagonist is often hard to come by. We are hoping in the talk with our special guest this morning we can explore why and also note if things are changing. We also hope that this Genderlogue will be able to engage young minds like ours towards the concepts and learnings of the idea so that the notion of creating a space in the public domain for all genders everywhere will be in practice and not a mere precept.

To begin the proceedings we had with us, Ms Mona Ambegaonkar who has been in the TV, Cinema, Theatre and now, digital entertainment space since she was 17 years old. She began as a technician, being Assistant Director and Editor to Mr. Jalaal Agha and then Chief AD to Mr. Shekhar Kapur. Thereafter, she was a full-time model for about 9yrs and has 41 Advertising Campaigns to her credit. After 30 feature films, 37 TV serials, 8 web series, 6 short films, 20 Theatre Productions (Plays) of which one, a solo performance, titled Ek Madhavbaug, has crossed 170 shows, she is currently shooting for one feature film and preparing for another. Ms Ambegaonkar has written one feature film and adapted Ek Madhavbaug from Marathi into Hindi and English. And still believes that she is just half way in her journey. She is also a consultant with the Humsafar Trust, using Performing Arts as a tool to do outreach and sensitization work on behalf of the LGBTQIA+ Community. She really was a beacon of energy and inspiration for the students present with her electrifying address on “Gender Dynamics in the Performing Arts”. Ms Ambegaonkar in her talk asserted that gender dynamics exist in the very fabric of society and depending on the level of scientific logic based education, Patriarchal control of public and private spaces, active intervention of religious and political dogma in the community-its shape and form differs or changes with time. Her talk was inundated with examples of women from cinema who were forgotten over time and faced exploitation and obscurity. Her session was well received by the students and ended with a very active interaction between her and the student participants.

The Genderlogue at Sophia since 2019 has been for the students, of the students and by the students. To increase student participation which was at a high post –pandemic, this year, we had four student events based on a popular theme “Kaun Bola Humse Na Ho Paayega?Apna Time Aayega” which loosely translated reads as Who says we can’t do it? Our time will come.

The events were well attended and we had a registered headcount of over 200 participants. Student representatives from Smt Sunanda Pravin Gambhirchand College of Nursing, Sheth Gopal Ji hemraj high school and junior college, St Xavier’s College, Mumbai, Wilson College, Elphinston college, Maniben Nanavati Women's College, Harkissan Mehta Institute of Media and Research Analysis, KJ Somaiya College of Arts and Commerce were all active participants in the programme.

The first student event was a poetry contest which featured a wide range of poetry in Hindi, English and Marathi on the varied subjects of a space for gender expression, homophobia, girl power and the power of real women amongst others. There was also a very catchy rap entry for the same event from Wilson College, which drew a lot of claps. The second student event was Research paper presentation and the students presented papers on very relevant themes including Women’s Participation in Politics, Online Violence on Women Journalists and The Lack of Leadership opportunities for Women. This was followed by the students presenting Street Plays on Gender Inclusion, Problems faced by women and Gender equity which all questioned and challenged the dominant patriarchal systems which reject all non-binary genders that exist.

The final event was a crowd puller evident by the sheer number of on the spot registrations it received. We called it the “Gender Hot Seat” and it got a whopping 50 registrations. The Gender Hot Seat was structured in the format of a game show and after the initial elimination; we had strength of 10 participants who made it to the final round of the contest. It was a keenly contested event and the students found it to be stimulating and also very informative with the questions all based on gender relevant issues and themes.

The Genderlogue ended on a very vibrant and positive note with the prize distribution for the student events and the national anthem being played to conclude the 4-hour long extravaganza.

FRIEDRICH
EBERT STIFTUNG,
NEW DELHI, INDIA OFFICE

X

SOPHIA CENTRE FOR
WOMEN'S STUDIES AND
DEVELOPMENT,
SOPHIA COLLEGE, MUMBAI

हमसे ना हो पायेगा ?

अपना टाइम आयेगा...

INVITING ENTRIES FOR COMPETITIONS ON

Research Paper, Streetplay and
Poetry Writing-Recitation/ Rap Song



RESEARCH PAPER PRESENTATION
(Theme: Gender and Public Space in
the Metropolis)
Last date for accepting entries and
abstract:
15 October 2022



STREET-PLAY
(Theme: Gender and
Public Space)
Last date for
accepting entries:
30 October 2022



POETRY WRITING AND
RECITATION/ RAP SONG
(Theme: Gender in the
Metropolis)
Last date for accepting
entries:
30 October 2022

17th November 2022

Venue: Sophia College (AUTONOMOUS),
Sophia College Campus, Mumbai

Time: 10:30 AM - 2:00 PM

Check the next page for rules

Intra collegiate Events: In order to raise awareness amongst college students on relevant issues related to both young girls and women the SIHCWSD also organised events which included panel discussions and inputs by experts, poems, mono acts, songs and poster making events by students from colleges all over Mumbai on some marked important days of the year. These were carried out in collaboration with SXIE (St Xaviers Institute of Education) and were carried out on the following days (see appendix for event posters)

1. World Population Day (10.07.2022) (number of participants – 96)
2. International Girlchild Day (11.10.2022) (number of participants – 158)
3. International Day against Domestic Violence (26.11.2022)
4. International Women’s Day (08.03.2022) (number of participants – 170)

International Women’s Day Celebrations on March 10th, 2022 by Sophia Centre for Women’s studies and Development (SCWSD) in collaboration with Women Development Cell of St. Xaviers Institute of Education (SXIE)

International Women's Day, also known as IWD for short, grew out of the labour movement to become an annual event recognised by the United Nations. The seeds were planted in 1908 when 15,000 women marched through New York demanding shorter working hours, better pay, and the right to vote. A year later, the Socialist Party of America declared the first National Woman's Day. International Women's Day was first celebrated in 1911, in Austria, Denmark, Germany, and Switzerland. The centenary was celebrated in 2011, so this year we technically celebrated the 111th IWD. The Sophia Irene Heredia Centre for Women’s studies and Development (SIHCWSD) in collaboration with Women Development Cell of St. Xaviers Institute of Education (SXIE) conducted programme on the 10th of March, 2023. This day also marked the Valedictory and Certificate Distribution Day for our academic programmes.



**SOPHIA CENTRE FOR WOMEN'S STUDIES AND
DEVELOPMENT & Junior College Sophia, Mumbai**

in collaboration with

St. Xavier's Institute of Education, Women Development Cell

POTENTIA



Jointly Celebrate

International Day of the Girl Child

we present

a panel discussion on

**"Pretty dresses Little Curls,
Create Heaven for Our Little Girls!"**

with



Sumedh Pawaskar,
School - Coordinator,
Tha Akanksha Foundation



Mahesh Jadhav,
Social Worker, Nashik

STUDENTS EVENT

in this session, students can show their talent on the theme of the event

Performance categories:

one-act play, poetry recitation, poster presentation

Link to attend the event: Join Zoom Meeting

<https://zoom.us/j/91260009771?>

[pwd=aVg4SEF4M1MxQnRtRG92TlplMF1xUT09](https://zoom.us/j/91260009771?pwd=aVg4SEF4M1MxQnRtRG92TlplMF1xUT09)

Meeting ID: 912 6000 9771

Passcode: 0752

**Date: 11th October 2022
Time: 4.00 - 5.30 PM
Live on: Zoom and Facebook**



On the Occasion of International Day for
The Elimination of Violence Against Women



**St. Xavier's Institute of Education (Autonomous) and
Sophia Centre for Women's Studies and Development**

invites you to ...

VIOLENCE MUTED!

An Initiative of POTENTIA - Gender Development Cell of
St. Xavier's Institute of Education (Autonomous) & Sophia
Centre for Women's Studies and Development



**Resource person: Flavia Agnes,
Indian Women's Rights Lawyer**

Raise your questions to Lawyer Flavia Agnes

On 25th November 2022

Time: 3:30 pm to 4:30pm

**Venue: Zoom: [https://us06web.zoom.us/j/84749813591?
pwd=QINmSWc1eXIRYmlzUnZ4VkJhRjVjUT09](https://us06web.zoom.us/j/84749813591?pwd=QINmSWc1eXIRYmlzUnZ4VkJhRjVjUT09)**



Meeting ID: 847 4981 3591

Passcode: 357838

CONSULTANCY AND COLLABORATIONS

The activities over the years have been extremely encouraging for the advancement of the centre including organizing online talks and conferences in collaboration with national organisations like the IAWS (Indian Association of Women's Studies) and international bodies like Friedrich Ehrlich Stiftung (FES), Germany, GAROP (London, UK).

Over the years we have collaborated for academic, training and outreach programmes with several organisations including UNICEF, MAVIM, YWCA, Akshara, Akanksha, Stree Mukti Sanghatana, Navjeevan Trust, CEHAT, CCDT, AAMRAE, VACHA, Silver Innings, MAVA, Young Star Trust, among others. The centre functions as a referral centre and the staff of the centre has provided consultancy services to several organisations.

We are thankful to all our sponsors, well-wishers and the organisations we have partnered with over the years. It is because of their ongoing contribution and cooperation that all our projects and the functioning of SIhCWSD itself, have gone by efficiently for the current year. We hope to gain the much-needed funding and support for the next year as well.

GENDER AUDIT (2020-2023)

A core principle of the college and its management is the persistent search for wisdom, through a comprehensive education system that is relevant for the present as well as the future. Sophia College with its sprawling, and beautiful campus with rich diversity, sufficiently motivates one to engage with, appreciate and benefit from its galaxy of empowering attributes. An effort to get involved with the overall growth and well-being of our students is the purpose that we strive towards; this being one means by which our educational vision is taken forward. It is our hope that through the varied assets of experiences here in Sophia College, everyone will find meaning, and that their lives may be positively enriched and transformed.

Being essentially a college for women students, Sophia College focuses on the overall development and transformation of women for them to discover their full potential through the holistic education that they engage in here. We believe that an effective means for the empowerment of women is to educate young minds so as to enable them to transcend and outgrow the patriarchal and restrictive frames of society. With this view, Sophia College, through its various academic and co-curricular activities like webinars, conferences, discussion forums, artistic and cultural events, provides numerous opportunities for students to explore their varied potential and abilities beyond typical gender restrictions. It makes for the holistic development of our learners. “Sophia” stands for ‘wisdom’, and it is our fervent hope that this will lead those entrusted in our care to develop the ability to discern through life’s myriad challenges.

Objectives of Gender Audit

The term ‘gender’ as used in this Gender Audit includes the widest possible way to include all genders and gender identities within the gender spectrum. It is not restricted to ‘women’ as a category. College as an agency continues the lifelong process of gender socialisation and this has a significant bearing on how an individual’s attitudes and behaviours are shaped for life. The role of educational institutions is especially significant since students who have access to formal education spend large amounts of time in such settings. Creating an ethos that promotes a positive self-identity and scope to be authentic persons goes a long way if the environment that one is immersed in, upholds gender equality and gender sensitization. This is an important aspect to achieve long-term and sustainable social change. In order to promote equality, as guaranteed by Article 15 of the Indian Constitution, especially in an institute of Higher Education where the maturity level of the students is higher, a greater outreach can be expected by promoting, implementing and monitoring specific policies and procedures that question inequalities and foster equal opportunity to people of all genders.

The University Grant Commission has also focussed on gender inclusion and accordingly, many gender-positive initiatives are now required to be implemented, for example, to periodically assess gender balance and make appropriate interventions at the institute level

for course correction and improvisation. Accordingly, all Higher Education Institutions (HEIs) are expected to conduct a Gender Audit to monitor and promote gender inclusion and gender equity in every dimension and at all levels within the organization structure.

HEIs in India today are at a critical juncture in relation to the basic ideals of equality enshrined in the Constitution. The recent expansion in higher education has made colleges and universities more demographically diverse and heterogeneous social groups. According to the All-India Survey on Higher Education (AISHE) 2019-20, the gross enrolment ratio of female students stood at 27.3%, more than that of male students, which was 26.9%. At the same time this closing gender gap hides the on-going inequalities and disparities among women, men and transgender persons, which can only be approached with an intersectional analysis that combines gender with region, ethnicity, class, caste, religion, ability, sexuality, etc. Sophia College opposes all forms of discrimination and harassment that is detrimental to any section of society. The college upholds the value of respect for all people, irrespective of their identities and it seeks to promote social justice.

The National Policy of Education (2020) also supports the importance and value of inclusivity in education and gender education. The policy makes reference to the need to promote and support the education of Transgender persons. Transgender persons include girls and women who identify differently. This gender audit factors in the 'gender spectrum' and the range of gender expression and gender fluidity.

Audit Team

Following members of the Audit team collated the data and interpreted/analysed the same with respect to the survey results for presenting the report. The team held several meetings in the planning as well as analysis stages of the report on the following dates of 21st January, 3rd February, 8th March, 9th March and 17th March.

Dr Anagha Tendulkar Patil (Principal)

Dr Ananda Amritmahal (Dean of Students)

Dr Ivan John (Senior Teacher, Department of Sociology) Dr

Lata Pujari (Coordinator, SIHCSWD)

Ms Deepti Anil (Senior Programme Officer, SIHCWSD)

Benefits of the Gender Audit:

The Gender Audit helped to:

1. Understanding the organisation's current practices from a gender perspective
2. Identifying gender gaps
3. Discovering strengths
4. Creating a road map for gender action.

5. Effectively implementing the recommendations of the external audit committee

The benefits of the Gender Audit will help to:

1. Enhance the collective capacity of the organisation to examine its activities from a gender perspective.
2. Identify strengths and weaknesses with a view to support and promote gender equality and gender inclusivity.
3. Assess existing processes and programmes.
4. Identify gender biases, phobias and myths and gender-based discrimination (if any).
5. Pay attention to different issues such as the status of gender equality and representation in the organisational structure, programmes, processes, activities, and ethos of Sophia College
6. Gather student and staff perceptions, understanding and behaviours towards gender and related concerns.
7. Formulate a Gender-inclusive Policy for Sophia College.

The Gender Audit was conducted mainly to find out the extent of gender inclusion and gender balance within the college in the following dimensions:

- i. Academic programmes
- ii. Co-curricular programmes
- iii. Instructional processes
- iv. Staffing patterns
- v. Student enrolment
- vi. Infrastructure
- vii. Health & Safety Norms

The Gender Audit was reviewed by an External Committee comprising experts in the areas of Gender and/or Administration. This committee suggested measures and strategies to help bridge the gender gaps, if any, in the above-mentioned areas.

APPENDIX

DETAILS ABOUT THE VARIOUS CERTIFICATE COURSES

Certificate Course in Women's Empowerment

Duration of Theory and Field Work :	30 hours
Number of students per batch :	30
Eligibility :	H.S.C. (or equivalent)

Objectives:

- To gain an understanding of issues related to women, their rights, perceptions, aspirations, dreams and development.
- To understand the ways in which society has been constructed, the universal nature of patriarchal structures and the gender stereotypes that have been imposed.
- To examine women's realities within the framework of academic disciplines, e.g. Sociology, Psychology, Economics, etc.
- To gain an insight into the history of women's development and the various interventions that have been made; the strategies employed to empower women (individual, collective and governmental).
- To understand the principles, ideal, beliefs and practices that are involved in development work especially in relation to women.
- To learn the skills, values and ethics of development work.
- To appreciate the importance of development work and women's empowerment in the present context.

Course Content:

1. The meaning and origin of patriarchy
Concept of "sex and gender",
Process of conditioning, the agents of socialisation,
Role of culture in creating and perpetuating gender stereotypes
2. Women and development
Women in the labour force,
Impact of industrialisation,
SAPs and globalisation
3. Women's rights in the Indian constitution
Women and property
Legal provisions made for the protection of women
4. The invisibility and silence of women in history

- History of women's development and empowerment
- Significant impact on the condition of women
- 5. Psychological theories of gender development
 - Gender and mental health
 - Sex-role stereotyping in Psychology and its critique
 - Feminist Psychotherapy
- 6. Women and the media
 - the role of literature and the media in reinforcing
- 7. Meaning, nature and scope of development work
 - Different approaches and their ideological underpinnings
 - Theories and practices in development work
- 8. Methods of development work
 - Community organisation and social movements
 - Indian social situation and the problems that need attention;
 - Knowledge of different welfare agencies, institutions, NGOs
- 9. Innovative approaches and strategies in the empowerment of women

Field Work: Observational visits to welfare agencies, government and non-governmental institutions dealing with the empowerment of women, to observe the objectives of the institute, the types of beneficiaries, the administrative set-up and mode of functioning, the funding, the problems faced by the agency.

1. Field Placement: students will be given the opportunity to work in pairs with various agencies and organisations. Their work will be assessed by the agency and they will get graded out of a total of 25 marks. Another 25 marks will be allotted for their critical evaluation of the organisation, which will be presented in a report.

Select Bibliography

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- Davar, Bhargavi. *Mental Health of Indian Women*.
- De Beauvoir, Simone. *The Second Sex*.
- Friedlander, W.A. *Introduction to Social Welfare*.
- Ganguli, Geetanjali. *The Law on Trial*.
- Joseph, Ammu. *Women in Journalism*.
- Kashyap, Subhash. *Our Constitution*.
- Madan, G.R. *Indian Social Problems. Vols. I and II*.
- Millet, Kate. *Sexual Politics*.

Moser, Carolyn. *Gender Planning*.
 Patel, Vibhuti. *Women's Challenges of the New Millennium*.
 Patwa, Subhadra. *The Law and Gender Justice*.
 Ponachha, Veena. *Gender within the Human Rights Discourse*.
 Prior, Pauline. *Gender and Mental Health*
 Singh K. *Social Work Theory and Practice*.
 Singh, Uma. *New Woman and Mass Media*
 Tharu, Susie and K.Lalitha. *Women Writing in India, Vols. I and II*.
 Planning Commission, *The Human Development Report- 2001*.
 Warhol, Robyn and Diane P. Herndl. *Feminisms*
 Wollstonecraft, Mary. *A Vindication of the Rights of Women*.
Women's Encyclopaedia. Routledge.

Certificate Course in Social Work focusing on Issues Related to Women and Girls

Duration of Theory and Field Work :	30 hours
Number of students per batch :	30
Eligibility :	H.S.C. (or equivalent)

Course Overview: This course is designed to provide an overview of the issues related to women and girls in the social work context. The course will cover the historical and social context of women and girls, the challenges they face, and the various strategies and approaches used to address these challenges. The course will also focus on the role of social workers in addressing issues related to women and girls.

Course Content:

- 1: Introduction to Social Work and Women's Issues
 - Concept and definition of social work
 - Historical and social context of women's issues in social work
- 2: Women's Rights
 - International frameworks and conventions on women's rights
 - National laws and policies on women's rights
- 3: Gender-Based Violence
 - Types and prevalence of gender-based violence
 - Intervention strategies for gender-based violence
- 4: Sexual and Reproductive Health
 - Sexual and reproductive health rights
 - Barriers to accessing sexual and reproductive health services
- 5: Women's Health and Well-being
 - Gender and health
 - Women's reproductive health
 - Violence against women
- 6: Education and Women's Empowerment

- Education and gender
- Women's literacy
- Education and economic empowerment
- 7: Women and Work
 - Women in the workforce
 - Gender wage gap
 - Challenges faced by women in the workplace
- 8: Women and Politics
 - Women's political participation
 - Women's representation in governance
- 9: Women and Media
 - Representation of women in media
 - Role of media in promoting women's empowerment
- 10: Women and Migration
 - Gender and migration
 - Challenges faced by women migrants
 - Intervention strategies for supporting women migrants
- 11: Women and Disability
 - Gender and disability
 - Challenges faced by women with disabilities
 - Intervention strategies for supporting women with disabilities
- 12: Social Work Practice with Women and Girls
 - The role of social workers in addressing issues related to women and girls
 - Best practices for working with women and girls
 - Advocacy and policy for women and girls

Certificate Course in Personal Finance Management

Course Overview: This course is designed to provide a comprehensive understanding of personal finance management. The course will cover topics such as budgeting, saving, investing, debt management, and retirement planning. The course will also provide practical guidance on how to manage personal finances effectively.

Course Duration: 30 hours

Course Content:

Introduction to Personal Finance Management

Concept and definition of personal finance management

Importance of personal finance management

1. Budgeting

Setting financial goals

Creating a budget plan

- Tracking expenses
- 2. Saving and Investing**
 - Types of savings accounts
 - Investment options
 - Diversification and risk management
- 3. Debt Management**
 - Types of debt
 - Strategies for managing debt
 - Credit scores and reports
- 2. Insurance**
 - Types of insurance
 - Importance of insurance
 - Choosing the right insurance plan
- 3. Retirement Planning**
 - Retirement savings plans
 - Strategies for retirement planning
- 4. Financial Planning**
 - Creating a financial plan
 - Reviewing and updating the plan
 - Financial planning resources
- 5. Investing in Stocks, Bonds and Mutual Funds**
 - Types of investments
 - Risk vs. Return
- 6. Online Fraud prevention and identity theft.**

Certificate Course in Entrepreneurship Training

Aims and Objectives: - Addressing young generation with possible opportunities for them to expand their career goals. Confidence building to face the challenges. Creating a mind-set to become entrepreneur. Therefore, Demystify Entrepreneurship.

Duration of Theory and Field Work :	30 hours
Number of students per batch :	30
Eligibility :	H.S.C. (or equivalent)

Methodology: -

Irrespective whether Online or Offline (Classroom) – highly interactive – no lectures but involving the participants in Discussion.

We make sure each and every participant participates actively and contributes in each of the session.

Outcome: -

- Entrepreneur’s Mindset - Change in Thinking
- Develop the Can-Do Attitude
- Communication Skill Improvement
- Understanding Working in Teams
- They will always be in Scanning Mode to identify Opportunities.
- They will be confident that – now they can chart out their career goals clearly.

Curriculum: -

1. Networking
2. Qualities of Entrepreneurs
3. Business Mantra – Step Involved in Creating Enterprise.
4. Ideation Session - I
5. Ideation Session – 2
6. Ideation Session – 3 – includes SWOT Analysis
7. Market Study – Market Research – 1
8. Market Study – Market Research – 2
9. Business Plan – why and how?
10. How To Identify Business Opportunity – based on Market Study.
11. Financials – Part 1 – Importance of Cash
12. Financial – Part 2 – Importance of Costs in Business
13. Financials – Part 3 – Importance of Financial Analysis - 1
14. Financials – Part 4 – Importance of Financial Analysis – 2
15. Financials – Part 5 – Importance of Financial Analysis – 3
16. Value Chain – Forward/Backward integration
17. Pillars of Successful running of Business.
18. Women in Business
19. Business Plan Presentations.

Certificate Course in Basic Baking

Duration of Theory and Practical Work	:	30 hours
Number of Students per batch	:	16
Eligibility	:	H.S.C. (or equivalent)

Scheme of Evaluation:

1. Theory Examination (2 hours) : 40 marks
2. Practicals (2 each) : 60 marks
3. Project : 50 marks

4. Orals : 50 marks

Practicals

Practical instruction will be given in each of the following areas given below:

1. Breads, rolls, etc.
2. Cakes, pastries (30 hours)

Select Bibliography

Chatterjee, Gitanjali. *Health, Nutrition and Disease*

Dalal, Tarla. All publications

Philips, Thangam. All publications.

Sophia Centre for Women's Studies & Development Diploma in Nutrition, Diet & Fitness Syllabus

Vision: To enable the students to explore cost effective, nutrition, diet and fitness knowledge attitudes and practices to make sustainable food choices and live a holistic lifestyle

Aim: Is to encourage these students to become change agents for their families, friends, peers and social models as they can become key influencers in public and private life by positively improving their own nutrition attitudes and practices.

Objective :

1. It is a Capacity Building Initiative, to enable potential motivators with a keen interest in nutrition, to learn about its sources, functions, diet diversity, deficiencies excesses, impact on community health and well being and much more.
2. To learn about different nutrition intervention strategies that are needed to develop micro as well as mass approaches to combat and overcome various nutrition challenges and barriers.
3. To learn about nutrition-based fitness, to understand its impact on health.

Bridge Course 30 Hrs ONLINE

INTRODUCTION TO FOODS, NUTRITIONAL BICHEMISTRY AND PHYSIOLOGY

1. Introduction to nutritional science
2. Definitions and concept of nutrition, health, nutrients, food groups, food pyramids(different types), nutritional status, balanced diet, Optimum nutrition
3. supplementary foods nutritional labelling,

4. Functions of food, factors affecting food consumption, food choice, meal planning and food costs
5. Atomic structure, Periodic table of elements and fundamentals of functional groups
6. Recommended Dietary Allowances-ICMR standards
7. An overview of human body composition
8. Factors influencing body composition-Age, Sex, etc.
9. General Terms related to Basic Anatomy & Physiology
10. Introduction to cells, tissues organs, and system organization
11. Cell structure, transport, through the cell membrane
12. Basic human tissues – Epithelial, Muscle, Connective, Nervous
13. Skeletal and Muscular System – Classification and Basic Structure

SEMESTER 1

PAPER	Title	Theory/ Practical	Internal Marks	Semester End Exam	Total Mark s	Hrs / week	Credits	TOTAL HRS
1	BASIC FOODS & NUTRITION	Theory	40	60	100	3	4	60
2	NUTRITION THROUGH THE AGES	Theory	40	60	100	3	4	60
3	APPLIED PHYSIOLOGY & NUTRITION FOR SPECIAL HEALTH CONDITIONS	Theory	40	60	100	3	4	60
4	FUNDAMENTALS OF DIET PLANNING	Practical		100	100	3	4	60
	Total				400		16	240

PAPER 1 BASIC FOODS & NUTRITION (Theory) (100 Marks)

Objectives :

- To create a better understanding of the basic aspects of human nutrition by providing information on the current concepts of nutritional principles
- To give a simple account of the metabolism and functions of the major dietary constituents and their nutritional and clinical importance.
- To study the interrelationships between nutrients along with their recommended allowances and food sources so as to enable students to become aware of the importance of a balanced diet based on sound nutritional principles.
- To enable understanding of the chemistry of food components, the chemical and biochemical reactions in foods.

1. Energy

- Calorie/Joule.
- Energy requirements by the body.[BMR,REE, Thermic effect of food, Physical activity Nonexercise Activity Thermogenesis]
- Factors influencing energy requirements
- Measurement of energy, Electron Transport chain, ATP,
- Over view of the energy
- Energy content of food stuff.-Introduction to caloric value of different food
- Dietary Energy Intake Estimations

2. Carbohydrate

- Chemistry, classification, functions, deficiencies, excess, food sources and RDA
- Properties of sugars - Hydrolysis, Caramelization, Maillard reaction.
- Dietary fibre and Resistant Starch
- Gelatinization, pasting, syneresis, retrogradation, dextrinization. Factors affecting gelatinization and gelation.,
- Gums – Functions, sources, applications.
- Pectic substances, pectin gels
- Glycemic index of food [low-moderate-high gi food].
- Artificial sweeteners.
- Gi load.

3. Fat

- Chemistry, classification, functions, deficiencies, excess, food sources and RDA
- Saturated, unsaturated and essential fatty acids
- Hydrogenation and Trans fatty acids

- Properties of Fats: crystallinity of solid fats, Polymorphism, Melting points, Plasticity of Fats, chemical degradation, oxidative and hydrolytic rancidity, effect of heat, chemical modifications- Hydrogenation, Interesterification, Winterization
- Plasma lipids, lipoproteins and phospho lipoproteins.

4. Protein

- Chemistry, classification, functions, deficiencies, excess, food sources and RDA
 1. Essential and non essential amino acids.
 2. Overview of protein supplements.
 3. Protein quality of foods
 4. Properties of proteins – Amphoterism, Isoelectric point, Water-binding capacity, hydrolysis, denaturation, Coagulation, Salting in, salting out, Gluten complex development, Gelation, texturization (spun and extruded textures) ,

5. Metabolism of macronutrients

- Carbohydrates: - EMP, TCA, Gluconeogenesis, HMP, Glycogen metabolism.
- Protein:-Urea cycle.
- Lipid: - Oxidation and biosynthesis of even C fatty acid and Cholesterol biosynthesis.
- Formation and impact of ketone bodies.

6. Micronutrients Chemistry, classification, functions, deficiencies, excess, food sources and RDA

7. Importance of Hydration

8. Nutrient – Nutrient Interactions in the body

9. Effect of cooking and processing on Nutrients

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- 1) Anderson L., Dibble M., Turkki P., Mitchell H. and Rynbergen H. 1982, Nutrition in Health and Disease. 17th Edition J.B. Lippincott Company. Philadelphia, Toronto.
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Rajalakshmi, (1987), *Applied Nutrition*, Oxford/IBH
- 8) Vacklavick, V. and Christian, E. (2003). *Essentials of Food Science*. New York: Kluwer Academic/ Plenu Publisher.
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- 11) McWilliams, M (2007). *Foods: Experimental Perspectives* 5th Ed, New Jersey: Macmillan Publishing Co. Potter, N. N. and Hutchkiss, J. H. (1997). *Food Science*, 5th Ed, New Delhi: CBS Publishers and Distributors. Scottsmith and Hui Y.H (Editors) (2004) *Food Processing – Principles and Applications* London Blackwel

PAPER 2 NUTRITION THROUGH THE AGES (100 Marks)

Objectives:

- To understand the changes in human body composition during different stages of life.
- To study the influence of nutrition on man during the different stages of life cycle.

1. Nutrition during Pregnancy

- Physiology of pregnancy
- Effect of Nutritional Status on pregnancy outcome and Nutrition related complications
- Nutritional requirements and dietary guidelines
- Nutrition concerns during pregnancy- morning sickness, constipation, preeclampsia, eclampsia, physiologic anemia, toxemia, cigarette smoking and alcohol abuse, malnutrition, calcium deficiency
- Effect of Nutrition on the Fetus during Pregnancy
- Nutrients required for brain development of foetus

2. Nutrition during Lactation

- Physiology of Lactation, human milk composition, benefits of breast feeding
- Nutrient needs
- Galactagogue
- Formula feeding or breast milk substitutes
- 1st 1000 Day-Science
 - Physical Growth and Brain Development
 - Essential Nutrition Action
 - Low Birth Weight babies and catch up growth
 - WHO Growth Charts, Percentile Growth Charts, Z Score Growth Charts, Plotting
 - Types of Malnutrition- Wasting –Stunting –Underweight
- Science of Breastfeeding
 - Breast Crawl
 - Breast-feeding Holds: Cross-cradle, Cradle, Football, Laid back & Side Lying.
 - Correct/Incorrect Latching
 - 45 points of counseling point of breastfeeding
 - Feeding Low Birth Weight Babies
 - Supplementary Suckling Techniques
 - Relactation Protocol
 - Anatomical problems like Cleft lip/palate/hypotonia/ankyloglossia
- Breast Conditions
 - Engorgement
 - Mastitis
 - Sore/Fissured Nipples

- Common Breastfeeding Difficulties:-Not enough milk., Baby cry, Rejection of breastfeeding
 - Breast Milk
 - Composition
 - Causes of Lactation Failure
 - Hand Expression
 - Pump
 - Physical methods to increase the amount
 - Storage
 - Feeding expressed breast milk to the newborn
 - Behavior Change Communication
 - New Born Care
 - Kangaroo Mother Care
3. Nutrition in Infancy
- Physiologic development, Motor, Cognitive development.
 - Nutrient needs.
 - Common nutrition problems
 - Feeding Preterm and low birth weight infants
 - Complementary Feeding
 - Frequency
 - Quantity
 - Consistency
 - Diversity
 - Home made protein powders
 - Type 1 Nutrients rich recipes
 - Type 2 Nutrients rich recipes
 - Responsive Feeding and Behavior Problems in Children
4. Nutrition in toddlerhood and preschool childhood preadolescent.
- Growth and development
 - Nutrient needs
 - Nutrition for children with special health care needs
 - Feeding problems
5. Nutrition in adolescence
- Growth and development
 - Nutrient needs
 - nutritional concerns in adolescents: obesity, acne, underweight, anemia, eating disorders: anorexia nervosa and bulimia
6. Nutritional requirements and dietary recommendation in the adult years.
7. Nutritional requirements and concerns such as osteoporosis, denture problems, underweight, heart problems, anaemia, arthritis, cataract, in aging/elderly.

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PAPER 3 APPLIED PHYSIOLOGY & NUTRITION FOR SPECIAL HEALTH CONDITIONS **(Theory) (100 Marks)**

Objectives :

- To enable the students to understand the Physiology and Functions of the important systems in the body
- To Study of the etiology, clinical symptoms and nutrition management for various special health conditions
- Modify the normal diet for disease conditions based on the pathophysiology.

1. Anatomy & physiology of the following Systems :-

- Gastrointestinal System
- Cardiovascular System
- Respiratory System
- Excretory System
- Endocrine System

2. Study of the etiology, clinical symptoms and treatment with emphasis to dietary management and modify the normal diet for disease conditions based on the pathophysiology

- Obesity and Underweight
- Fevers and Infections
- Diabetes
- Metabolic syndrome
- Bone Health
- GI disorders
- Endocrine Disorders
- Nutritional Anaemia

3. Modification of Normal Diets:

- Clear Liquid Diet
- Full fluid Diet
- Soft Diet
- Mechanical/dental Soft Diet
- Cold Semi Liquid diet
- Blenderized diets

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PAPER 5 FUNDAMENTALS OF DIET PLANNING (Practical 100 Marks)

Objectives :

- To enable the students to understand the fundamentals of Diet planning and use various tools and protocols to record , plan and recommend suitable diets .
 - Anthropometric Assessment- BMI, BMR using formula, BIA, WHR, WHtR
 - Dietary Recall
 - Food Frequency
 - Food Preferences
 - RDA tables.
 - Calculation. of nutrient requirements (BMR and PAL)
 - Food Pyramids
 - Standardization of household Measures and recipes
 - Exchange List.
 - Menu & Recipe Planning. and Nutritive calculations

SEMESTER 2

PAPER	Title	Theory/ Practical	Internal Marks	Semester End Exam	Total Mark S	Hrs / week	Credits	TOTAL HRS
5	NUTRITION FOR FITNESS	Theory	40	60	100	3	4	60
6	DIET PLANNING FOR NORMAL & SPECIAL HEALTH CONDITIONS	Practical	40	60	100	3	4	60
7	DIET PLANNING FOR DIFFERENT SPORTS	Practical	40	60	100		4	60
8	EXERCISE PHYSIOLOGY & FITNESS	Practical	40	60	100		4	60

	ASSESSMENT							
	TOTAL				400		16	240

PAPER 5 NUTRITION FOR FITNESS (Theory) (100 Marks)

Objectives:

- To enable the students to understand the characteristics, physiology and body composition needs of different power/strength sports
- To impart knowledge on sports specific nutrition and hydration guidelines- in endurance /power/strength,/weight/ racket/ aquatic sports
- To help students understand the role of ergogenic aids- their dose, safety and efficacy to enhance sports performance.

1. Nutrition for endurance sports; Energy & Macro & micro nutrient needs

- Types of endurance sports; body compositional standards
- Energy metabolism during endurance exercise & energy needs of endurance athletes
- Sport specific nutritional guidelines
- Carbohydrates-Type & Timing of carbohydrate ingestion, Glycogen loading techniques
- Lipids- Use of ketogenic diets, Fat loading, strategies to enhance fat utilization/ Fat burners
- Proteins-Requirements, Role of protein in endurance exercise
- Vitamins & Minerals: Micronutrients that regulate energy metabolism, blood formation, bone health
- Antioxidant micronutrients
- Sports anemia and other sports specific micronutrient deficiencies
- Water & Electrolytes: Fluid & electrolyte requirements, Dehydration
- Fluid & electrolyte replacement strategies
- Sports drinks and sports gel

2. Nutrition for strength sport

- Types and characteristics of strength or high intensity sports (sprinting, throwing, body building etc)
- Physiology of energy systems
- Nutritional requirements- macronutrients- carbohydrates, fats proteins
- Muscle building- post exercise anabolic window
- Impact of resistance training on body composition of athletes in strength sports
- Micronutrient requirements
- Nutrient periodization in training and competition

3. Nutrition for weight class sports- combat sports, individual events

- Types and characteristics- physiological needs, body composition and energy systems used.
- Macro and micronutrient requirements in training and competition.

- Hydration guidelines in weight class sports
 - Making weight- weight loss and gain in training and competition-
 - Strategies to promote healthy weight loss in athletes
4. Nutrition for racket, track and field sports and aquatic sports
- Characteristics- physiology, energy system, and body composition, duration of match, training.
 - Macro and micronutrient requirements in training and competition
 - Dietary and hydration strategies for sports person in different periods of training and competition
5. Use of Nutritional supplements in strength/power sports- use, effects, efficacy and safety
- Creatine monohydrate, Sodium bicarbonates, Nitrates
 - B-Alanine, Caffeine
 - Protein supplements
 - Fat burners

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PAPER 6 DIET PLANNING FOR NORMAL AND SPECIAL HEALTH CONDITIONS (Practical) (100 Marks)

1. Dietary Requirements, Menu Planning & Cooking for:

- Pregnancy and Lactation
- Weaning foods
- Toddlerhood and preschool childhood preadolescent and adolescence
- Adult years and elderly population

2. Planning and cooking for the following special conditions

- Obesity and Underweight
 - Fevers and Infections
 - Diabetes
 - Metabolic syndrome
 - Bone Health
 - GI disorders
 - Endocrine Disorders
- A. Planning, preparation and evaluation of macro and micro nutrient modified recipes
 - High Protein, High/ Low calorie, fat, fibre recipes, mineral .antioxidant rich, Vitamin A, Vitamin C,
 - B. Planning and preparation of sports drinks, thalis, tiffin boxes etc.
 - C. Planning and preparation of Indian and global cuisine
 - D. Planning and preparation of functional food recipes and best out of waste
 - E. Product development - each student will develop at least one nutrient rich commercial based products
 - F. CASE STUDY - Each student will be guided to record a comprehensive assessment a therapeutic conditions which will include a 1 month follow up.

The following criteria will be recorded

- Patient profile
- Anthropometric assessment
- Medical history

- Biochemical assessment
- Food allergies
- Medications taken
- 24 hour diet recall
- Physical activity and lifestyle

Paper 7 DIET PLANNING FOR DIFFERENT SPORTS (Practical) (100 Marks)

Objectives :

To enable students, learn planning and cooking of diet for different sports categories as well as sports persons of various age groups and gender.

1.Planning and cooking of recipes for the following scenarios

- Pre game/workout
- Post game/workout
- During workout
- On season and Off-season
- Product development - Each student will develop at least one sports based drink, bar, smoothee etc

2. Planning of diets for sports persons

- Endurance ,Weight, Power and Strength
- Track and field ,Racket, Aquatic

3. Survey of ergogenic aids and Product development - Each student will develop at least one sports based drink, bar, smoothee etc.

PAPER 8 EXERCISE PHYSIOLOGY & FITNESS ASSESSMENT (Practical) (100 Marks)

Objectives:

- To enable to gain practical knowledge and understanding of the skeletal and muscular systems. Its functions, basic biomechanical principles which govern human movement and fitness.

1a. Overview of

- An overview of human body composition
- Factors influencing body composition-Age, Gender with special emphasis on Exercise.

1b. Methods of Assessing body Composition

1c. Physiology of Exercise

- Musculo skeletal System
- Muscle : Structure, Composition , Types and Functioning of muscles
- Musculo skeletal anatomy – muscle fiber types, muscle contraction, strength power and endurance, neuroendocrine, respiratory and cardiovascular systems in exercise
- Types of muscle exercises-endurance, resistance and flexibility and their effect on on the composition and strength of muscle

2. Exercise related Muscle injuries

- Adaptation to exercise-causes & concerns

3. Markers of muscle fitness

- Bone
- Bone Physiology-Structure of bone, Bone formation & remodeling
- Types of joints
- Bone injuries during exercise training
- Exercise & bone health
- Cardiovascular System
- Physiology of Cardiovascular System-Effect of exercise
- Markers of cardiovascular fitness
- Effect of Exercise training on Cardiovascular fitness
- Role of exercise in the diseases of CV system
- Pulmonary System
- Physiology of respiration
- Effect of Exercise training on pulmonary function
- Markers of pulmonary fitness
- Endocrinal and neuronal factors influencing exercise performance
- Physiology of endocrine and neural system
- Effect of Exercise training on endocrine and neural system
- Markers of endocrine and neural fitness
- Fluid and electrolyte balance .acid base effect on exercise
- Prevention & Management of Exercise injuries

4.Assessment of physical and functional capacity

- Assessment of Cardio respiratory Exercises using Vo2 Max
- Assessment of Muscular fitness
- Bench Jump
- Push ups
- Sit and Reach Test
- Ruler Drop test
- Curl up, Squat test
- Assessment of skeletal fitness-BMD
- Suitable Exercise program for weight management
- Assessment of Psychological Fitness
- TEOSQ - Task and Ego Orientation in Sport Questionnaire

- Illinois Self Evaluation Questionnaire & Other Relevant Tests
- Assessment of Nutritional status - Biochemical parameters & Clinical Sign
- Nutritional Counseling & Stress management

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