

**Ph. D. (FOOD AND NUTRITION)  
(PHDFN)**

**Term-End Examination**

**December, 2025**

**RFNE-002 : PUBLIC NUTRITION**

*Time : 3 Hours*

*Maximum Marks : 100*

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**Note :** (i) Attempt any **five** questions.

(ii) All questions carry equal marks.

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1. (a) Why is MUAC considered as a useful indicator for the nutritional status of children ? How is it measured and analysed ? 7
  
- (b) What are the different methods you can use to collect data on dietary intake of individuals ? Explain the use of any *one* in detail. 10

- (c) Name any one biochemical parameter you will use to assess the following nutrient deficiency disorders : 3
- (i) PEM
  - (ii) Vitamin D
  - (iii) Vitamin A
2. Discuss the concept of public nutrition as a multidisciplinary approach. Explain how it integrates health, economics and social determinants. 20
3. (a) What are food based strategies ? Briefly discuss any *one* strategy you will use to improve nutritional status of the community. 3+7
- (b) What is the aim of the National Nutrition Policy ? Highlight short and long-term strategies advocated for achieving the nutritional goals. 10

4. (a) What is the relevance of evaluating nutrition education programmes ? What are the different types of evaluation you may adopt ? Explain any *one* in detail. 10
- (b) Describe the main beneficiaries and the programme components of the supplementary nutrition and growth monitoring components of ICDS. 10
5. (a) What guidelines would you follow to design persuasive and coherent messages specific to nutrition and health education ? Briefly discuss the various channels one can use to communicate nutrition information to the target group. 10
- (b) What is community participation ? Elaborate on the importance of community participation and list the different types of groups which can help in community participation. 10

6. (a) Present the objectives, beneficiaries and delivery mechanism of the following programmes : 2×5=10
- (i) NIPI
  - (ii) National Prophylaxis programme for prevention of blindness due to Vitamin A deficiency.
- (b) What is need assessment in context to identifying nutrition and health problems in the community ? Enumerate the methods for need assessment you would adopt for need assessment of the community. 10

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