

## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Biotechnology - NOC:Maternal Infant Young Child Nutrition

Subject Co-ordinator - Prof. Rupal Dalal

Co-ordinating Institute - IIT Bombay

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - NFHS 5 data
- Lecture 2 - Evidences from the field
- Lecture 3 - MIYCF framework
- Lecture 4 - Capacity building
- Lecture 5 - The story of urban and rural NGO and the story of Kailash
- Lecture 6 - CNNS Nutrition data of children between 5-9 years of age
- Lecture 7 - New Learnings - HST Pedagogy
- Lecture 8 - Nutrients essential in children - Type 1 and Type 2 nutrients
- Lecture 9 - Hidden hunger and types of malnutrition
- Lecture 10 - Importance of Protein
- Lecture 11 - Importance of Fat
- Lecture 12 - Importance of Folate
- Lecture 13 - Importance of Vitamin B12
- Lecture 14 - Importance of Selenium
- Lecture 15 - Importance of Calcium and Calcium rich recipes
- Lecture 16 - Importance of Magnesium and Magnesium rich recipes
- Lecture 17 - Importance of Potassium and Potassium rich recipes
- Lecture 18 - Junk food and reasons for consumption of junk food
- Lecture 19 - Importance of Insulin
- Lecture 20 - Introduction to macronutrients
- Lecture 21 - First 1,000 days LIVE session-Importance of first 1000 days spoken tutorial
- Lecture 22 - Essential nutrition actions for pregnant women
- Lecture 23 - Importance of Iron-Iron rich veg and non-veg recipes
- Lecture 24 - Importance of Vitamin C and vitamin C rich recipes
- Lecture 25 - Sulphur Live session-Importance of sulphur-Sulphur rich recipes
- Lecture 26 - Science of breastfeeding
- Lecture 27 - Golden hour-Importance of golden hour and Colostrum feeding Spoken Tutorial
- Lecture 28 - Importance of breastfeeding-Comparsion of breatsmilk with other substitutes
- Lecture 29 - Breast crawl during normal delivery and ceasarean delivery

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## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

- Lecture 30 - Indian law to protect breastfeeding
- Lecture 31 - Spoken tutorials on new born care and how to bathe a baby
- Lecture 32 - Spoken tutorials on KMC and KMC bag making
- Lecture 33 - Mother's Preparation and Baby's Positioning
- Lecture 34 - Holding the Breast and Latching the Baby to the Breast
- Lecture 35 - Other Counselling Points
- Lecture 36 - Health Spoken Tutorial on Cross Cradle Hold and Latching
- Lecture 37 - Solutions to Problems faced while Feeding the Baby in Cross Cradle Hold
- Lecture 38 - Live Videos of Positioning and Latching
- Lecture 39 - Other breastfeeding holds - Football hold. Cradle hold
- Lecture 40 - Sidelying Hold and Laid back Hold
- Lecture 41 - Poor weight gain due to breastfeeding factors and other factors
- Lecture 42 - Breastfeeding During Covid
- Lecture 43 - Manual Expression and storage of Breastmilk and how to feed expressed breastmilk
- Lecture 44 - Nipple conditions, complications of nipple shields. Breast conditions
- Lecture 45 - Guidelines for complementary feeding. General guidelines
- Lecture 46 - Personal Hygiene needed for handling baby food. Safe preparation and storage of baby food
- Lecture 47 - Vegetarian and non-vegetarian recipes for 6-month-old babies. Powder recipes for babies
- Lecture 48 - Vegetarian and non-vegetarian recipes for 7-month-old and 8 to 11-month-old babies
- Lecture 49 - Issues faced during complementary feeding
- Lecture 50 - Veg recipes for 12-18 month old babies-Non-veg recipes for 12-18 month old babies
- Lecture 51 - Veg recipes for 19-24 month old children-Non-veg recipes for 19-24 month old children
- Lecture 52 - Celebration recipes - Delicious recipes for kids parties
- Lecture 53 - Vegetarian and Non vegetarian recipes for Adolescents. Pre pregnancy nutrition
- Lecture 54 - Nutritious vegetarian and non-vegetarian recipes for pregnant women
- Lecture 55 - Nutritious vegetarian and non-vegetarian recipes for lactating women
- Lecture 56 - The WHO Multicentre Growth Reference Study (1997-2003)
- Lecture 57 - Standard Normal Deviation. WHO Z Score Charts
- Lecture 58 - Spoken tutorials on WHO weight-for-age and length-for-age percentile growth charts
- Lecture 59 - Anthropometric Measurements
- Lecture 60 - Cross Cradle Hold and 45 points - IEC chart - Part 1
- Lecture 61 - Cross Cradle Hold and 45 points - IEC chart - Part 2. Breastfeeding assessment form
- Lecture 62 - Nutrition Chart
- Lecture 63 - Learning Action Protocol - Part 1
- Lecture 64 - Learning Action Protocol - Part 2
- Lecture 65 - Keypoints of Maternal, Infant and Young Child Nutrition