

Course related to Environment

Programme Code:	AP	Programme Title: B.Sc	Biochemistry	
Course Code:	17UAPNT305	Title: NON MAJOR ELECTIVE I - PUBLIC HEALTH AND HYGEINE	Batch:	2019 -2020 Onwards
Hours/Week:	2		Semester:	III
			Credits:	2

Objectives

- To learn basic aspects of personal hygiene and its importance.
- To acquire knowledge of Communicable diseases, mode of transmission and treatment.
- To understand the impact of life styles in association with health.

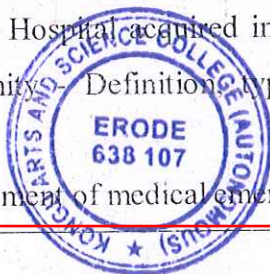
Course Outcomes

On the successful completion of the course, students will be able to

K1	CO1	Develop basic knowledge on health and personal hygiene.
K2	CO2	Understand the role of nutrients for good health.
K3	CO3	Explain the mode of transmission and dietary planning for communicable diseases.
K4	CO4	Understand the food behavioral changes due to modernization and areas of fitness.
K5	CO5	Exhibit knowledge on circadian rhythm and occupational stress.

Syllabus

Unit	Content	Hours
I	<p>Health and Hygiene - Definition of Health and factors affecting it- Food Habits, Cleanliness, Exercise and Sleep.</p> <p>Personal Health – Basic aspects of Personal hygiene (Cleanliness of body, Care of Skin, Nail, Eye, Hair, Oral Health, Clothing.</p> <p>Water – Importance of water, Impurities present in water, Sources of contamination of water and water purification (Household and natural methods)</p>	5
II	<p>Introduction to Nutrition – Definition, General Introduction, Classification of Nutrients, Functions of Food, Social Function of Food, Psychological functions of Food. Fruits and Vegetables for Good health.</p> <p>Energy – Definition of Kilocalories, Joule, Energy value of foods, SDA of Foods. Basal Metabolic Rate (BMR), Role of dietary fibre and health.</p>	4
III	<p>Public Health: Communicable diseases, Mode of disease transmission (Epidemic and endemic diseases), Vaccination, Management of Hygiene in Public places (Bio toilets - Railway stations, Bus stands and other public places) Hospitals – Hospital acquired infections and hygiene in Educational institutions. Immunity- Definition, types of immunity and immunization schedule.</p> <p>First Aid - Management of medical emergencies.</p>	5



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IV	<p>Life Style changes – Urbanization, Westernization, Food behavior changes, Alcohol Consumption, Smoking, Drug addiction. Importance of avoiding smoking, alcoholism, drugs .etc.</p> <p>Role of advertisements in food patterns.</p> <p>Physical Fitness - Importance of Physical Fitness, Role of Gymnastic Exercises and Yoga in improving health.</p>	4
V	<p>Occupational Health and Safety: Occupational health and hazards – Physical, Chemical and Biological hazards. Occupational diseases – Prevention and control. Health Protection measures for workers –Health Education; Circadian Rhythm – The Human biological Clock – Disorders of Circadian Timing.</p> <p>Health Insurance Schemes - Government & Non Government Insurance Schemes.</p>	4
TOTAL		22


Teaching Methodology:
Chalk and Talk, PPT& Oral Discussion

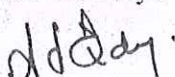
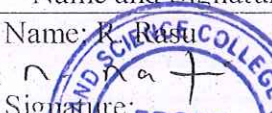
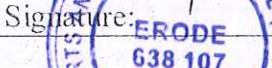
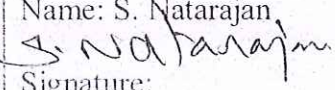
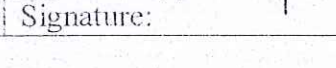
Books for Study:

1. Park K, Textbook of Preventive & Social Medicine, 22nd Edition, Banarsidas Bhanot publishers, 2013.
2. Roger Detels, Robert Beaglehole, Mary Ann Lansang, Martin Gulliford., Oxford Textbook of Public Health, 5th Edition, Oxford press,2011.

Books for Reference:

1. Yash pal Bedi, Hygiene & Public Health, Anand Publishing Co., gali No. 1,Nawan Kot Amritsar, 1976.
2. V. N. Hhave, You & Your Health.. National Book Trust, 1975.
3. Bihar iLal Bhatia, Elementary Hygiene, Orient Longmans, Ltd.Calcutta, 1961.
4. J.E. Park, Prenentive & Social Medicine, Jabalpur Messrs Banarcidas Bhanot, 1983
5. Birendra Nath Ghosh, Hygiene & Public Health Calcutta Scientific Publishing Co, 1969.


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