

## PUBLIC HEALTH AND HYGIENE

Semester	Subject Code	Category	Lecture		Theory		Practical	Credits
			Hrs/ week	Total Hours/ Semester	Hrs/ week	Total Hours/ Semester		
III	21SZO3A	SB	2	30	2	30	Nil	2

### COURSE OBJECTIVES:

To impart awareness on public health and hygiene

To create knowledge on Health education

### COURSE OUTCOMES (CO)

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

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Students gain knowledge on balanced and healthy diets and their deficiency diseases.	K2 , K3
CO2	Students get awareness on environmental pollutions and its associated diseases.	K2
CO3	Students able to Distinguish between communicable and non-communicable diseases	K2, K3
CO4	Students can develop preventive measures for various diseases.	K3
CO5	To enable the Students to familiarize the public with various WHO programmes, health policies, precautionary measures and first aid	K3, K4

**Knowledge Level:** K1- Remember; K2 – Understand; K3 – Apply; K4 – Analyze.

### MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5
CO1	S	S	M	S	S
CO2	S	S	S	S	M
CO3	M	M	S	S	S
CO4	S	S	M	S	S
CO5	S	S	S	S	S

S- Strong; M – Medium; L- Low

Distribution of Marks: Theory 100% and Problems Nil %

## **UNIT-I**

### **INTRODUCTION AND SCOPE**

**(6 Hours)**

Public health- hygiene- Food hygiene-personal hygiene-Nutrition and Health- Classification of Foods-macro nutrients (Carbohydrate, Protein and Lipid)- micro nutrients (Vitamins and Minerals)- Nutritional Deficiencies- Vitamin Deficiencies.

## **UNIT-II**

### **ENVIRONMENT AND HEALTH HAZARDS**

**(6 Hours)**

Environmental Degradation- Pollution - Air Pollution, Water Pollution, Soil pollution and Noise pollution and Associated Health Hazards.

## **UNIT-III**

### **COMMUNICABLE DISEASES AND CONTROL MEASURES**

**(6 Hours)**

Endemic-Epidemic-Pandemic. Air borne diseases – Measles- Covid-19, Water borne diseases - Cholera, Typhoid, Vector borne diseases -Chikungunya, malaria, Zoonotic diseases - Rabies, Plague, Direct contact- Leprosy and AIDS.

## **UNIT-IV**

### **NON-COMMUNICABLE DISEASES AND PREVENTIVE MEASURES**

**(6 Hours)**

Hypertension, Coronary Heart Diseases, Diabetes- (Type I and Type II), Renal failure, Obesity and Mental Ill-Health.

## **UNIT-V**

### **PRACTICAL-HANDS ON TRAINING/SERVICE WITH VOLUNTARY ORGANIZATION**

**(6 Hours)**

Discussion on Health Education in India- WHO Programmes- Government and Voluntary Organizations and their Health Services. Designing of First Aid Kit, Most Portable Number (MPN) method for analyzing water quality.

## **TEXT AND REFERENCE BOOKS**

<b>S. No</b>	<b>Author</b>	<b>Title</b>	<b>Publishers</b>	<b>Year of Publications</b>
<b>1.</b>	Park and Park	Text Book of Preventive and Social Medicine	Banarsidas Bhanot Publ. Jodhpur- India	1995
<b>2.</b>	Verma, S.	Medical Zoology	Rastogi Publ. Meerut- India	1998
<b>3.</b>	Singh, H.S. and Rastogi, P.	Parasitology	Rastogi Publ. India	2009
<b>4.</b>	Dubey, R.C	Text Book of	S. Chand and Co.	2007

	and Maheswari, D.K	Microbiology	Publ. New Delhi- India	
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### **WEB SOURCES:**

[www.sciencedirect.co](http://www.sciencedirect.co).

[www.pebmed.com](http://www.pebmed.com)

[www.khansacademy.com](http://www.khansacademy.com)

[www.epatsala.com](http://www.epatsala.com)

[www.swayam.com](http://www.swayam.com)

### **TEACHING METHODOLOGY**

- Class room teaching
- Charts/ Models
- Power point Presentations
- Discussions
- Assignments
- Home test

### **SYLLABUS DESIGNERS**

- Dr. D. Sasikala, Assistant Professor and HOD
- Dr. V. Kiruthiga, Assistant Professor
- Dr. V. Rekha, Assistant Professor
- Dr. A. Vinodhini, Assistant Professor
- Dr. G. Vidhya, Assistant Professor