

First Degree Programme
Semester V
Zoology Open Course I
Public Health and Hygiene
Course Code – ZO1551.1

No. of credits – 2

Total hours 54

Aim of the course

To make the student aware of the essentials of public health and sanitation thereby warding off diseases and uplifting the living standards of the community

Objectives of the course

- To learn the principles of nutrition and dietetics
- To understand the ill effects of modern lifestyle
- To study the advantages of being hygienic

Module I

6hrs

Introduction: Scope and importance of the study; balanced diet, diet control for diabetics, cholesterol etc., concept of energy, calories, daily food intake as per occupation, pregnancy and lactation. Dietary requirements of infants, pre-school children, school children, adults and geriatric care. Malnutrition and over nutrition – obesity and weight control; defects of modern food habits – fast food, soft drinks, ice-creams and broiler chicken.

Module II

4hrs

Adulteration of food: food hygiene – hygiene of milk, meat, fish, eggs, fruits and vegetables, common food adulterants – harmful effects and their detection, food additives, fortification of food; Food Adulteration Act and its stringent implementation

Module III

18hrs

Health Hazards: Health dynamicity – definition, factors influencing health, health as a medium of socio-economic development. Diseases – Common food borne and water borne diseases (gastroenteritis, jaundice, cholera, salmonellosis, travellers' diarrhoea and *Escherichia coli* infection, typhoid) – mode of transmission, causative agents, symptoms, prevention and control. Sexually transmitted infections– AIDS, genital herpes, hepatitis B, syphilis, gonorrhoea – causative agents, symptoms, modes of transmission and prevention.

Dengue, chikunguniya, rat fever (general methods of mosquito control and the need to prevent mosquito breeding in and around our homes).

Lifestyle habits – excessive usage of T.V., computer, mobile phones, two wheelers, and their impacts on health. Lack of physical exercise and its deleterious effects on the body and mind

Module IV

6hrs

Health Education: Definition, objectives, principles and methods of health education, ill effects of smoking, alcoholism and drug abuse (emphasis should be given to pan masala, amphetamines, hashish, opium, brown sugar, pethedine). Population control and family welfare, use of contraceptives. Blood donation –basics of ABO, blood grouping including Rh factor. Genetic incompatibility and consanguineous marriages.

Module V

12hrs

Mental Health: Definition by WHO and necessity of mental well being, major depressive disorders, substance abuse, schizophrenia, obsessive compulsive disorders, domestic violence, causes for lost years of healthy life, strategies for prevention and possible interventions, childhood mental disorders and illnesses, gulf widow syndrome, stress reduction and management (importance of yoga)

Module VI

Hygiene: Definition, personal hygiene- body odour, oral hygiene, grooming, feminine hygiene, sleep hygiene, hand washing, toiletry. Social hygiene – clean living movements, occupational hygiene, food and cooking hygiene, medical hygiene, excessive hygiene.

NB:Assignments/ Seminar – Topics related to syllabus can be given to students as assignment/ seminar.

References

- Jatin V. Modi and Renjith S. Chawan. Essentials of Public Health and Sanitation – Part I- IV
- Murray, C. J. L. and A.D. Lopez. (1996). The Global Burden Of Disease. World Health Organization.
- Park, J.E. and Park, K. Textbook of Community Health for Nurses.
- Swaminathan S. Principles of Nutrition and Dietetics.