

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)
DEPARTMENT OF ZOOLOGY
COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor (Certificate / Diploma / Degree)		Semester – I/III/V	Session: 2024-2025
1	Course Code	ZOVAC-01	
2	Course Title	Public Health and Hygiene	
3	Course Type	Value Added Course	
4	Pre-requisite(if, any)	<i>As per Program</i>	
5	Course Learning Outcomes(CLO)	<ul style="list-style-type: none"> ➤ Understand the importance of hygiene. ➤ Identify current national and global public health problems. ➤ Aware about the issues of food safety, water safety, vaccination, and obesity. ➤ Create general medical awareness in daily life. ➤ Analyze the measures to live a healthy life. 	
6	Credit Value	2 Credits	<i>Credit = 15 Hours -learning & Observation</i>
7	Total Marks	Max.Marks:50	Min Passing Marks:20
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)			
Unit	Topics (Course Contents)		No. of Period
I	Maintenance of personal hygiene: Introduction to public health and hygiene: determinants and factors. Pollution and health hazards: Water and air borne diseases. Radiation hazards: Network Towers and electronic gadgets (recommended levels, effects and precaution). Personal hygiene: Oral hygiene, Menstrual Hygiene, Ideal hand washing methods, Ideal food keeping methods.		07
II	Nutrition and Health: Classification of food into micro and macro nutrients. Balanced diet. Importance of dietary fibres. Significance of breast feeding. Malnutrition anomalies: Anaemia (Iron and B12 deficiency), Kwashiorkar, Marasmus, Rickets, Goiter (cause, symptoms, precaution and cure).		07
III	Communicable/Contagious and Non-Communicable Diseases: Communicable viral diseases: measles, chicken pox, swine flu (their causal agents, symptoms and prevention). Communicable bacterial diseases: tuberculosis, typhoid, cholera (their causal agents, symptoms and prevention). Sexually transmitted diseases: AIDS, Syphilis (their causal agents, symptoms and prevention). Non-communicable diseases: hypertension, arthritis, Diabetes, peptic ulcer, obesity, depression and anxiety (their causal agents, symptoms and prevention).		09
IV	Public Health Management & General Medical Awareness: Vaccination, Benefits of institutional deliveries, Deworming drive: Use of Albendazole. First Aid: Electrocution, Road Accident, Burn, Lightning Strike, Envenomation. Importance of Cardiopulmonary resuscitation (CPR). Blood Donation: Eligibility, Health Screening. Road Safety: Good Samaritan, General safety precautions on Road and Motion Sickness. Fire Safety: Fire Control and Fire Extinguisher Categories.		07
Keywords	Health, Hygiene, Nutrition, Disorders, Vaccination, Safety, Fire, Blood, Medication.		
Signature of Convener & Members (CBoS):			

PART-C: Learning Resources

Text Books, Reference Books and Others

Text Books Recommended –

- Mary Jane Schneider (2011) Introduction to Public Health.
- Muthu, V.K. (2014) A Short Book of Public Health.

Reference Books Recommended

- Detels, R. (2017) Oxford Textbook of Public Health (6th edition).
- Gibney, M.J. (2013) Public Health Nutrition.
- Wong, K.V. (2017) Nutrition, Health and Disease.

Online Resources–

- <https://www.fda.gov/drugs/investigational-new-drug-ind-application/general-drug-categories>
- <https://www.nfpa.org/news-blogs-and-articles/blogs/2023/08/01/fire-extinguisher-types>
- <https://www.redcross.org/take-a-class/cpr/performing-cpr/what-is-cpr#:~:text=What%20Is%20the%20Purpose%20of,healthcare%20workers%20and%20emergency%20responders.>
- <https://unesdoc.unesco.org/ark:/48223/pf0000226792>

Online Resources–

- https://epgp.inflibnet.ac.in/epgpdata/uploads/epgp_content/S001827/P001833/M029447/ET/15245666876.21Q1.pdf
- https://www.nhm.gov.in/images/pdf/programmes/mhs/Training_Materials/PDF_English/reading_material.pdf

PART-D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 50 Marks

Continuous Internal Assessment (CIA): 15 Marks

End Semester Exam (ESE): 35 Marks

Continuous Internal Assessment (CIA): (By Course Teacher)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar + Attendance- 05 Total Marks -15	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against 15 Marks
End Semester Exam (ESE):	Two section – A & B Section A: Q1. Objective – 05 x 1 = 05 Mark; Q2. Short answer type- 5 x 2 = 10 Marks Section B: Descriptive answer type qts., 1 out of 2 from each unit- 4 x 5 = 20 Marks	

Name and Signature of Convener & Members of CBoS:

