

KU4VACZOO103: HEALTH, WELLBEING AND SOCIAL HYGIENE

Semester	Course Type	Course Level	Course Code		Credits	Total Hours
IV	VAC	100	KU4VACZOO103		3	45
Learning Approach (Hours/ Week)			Marks Distribution			Duration of
Lecture/Tutorial	Practical		CE	ESE	Total	ESE (Hours)
3	-		25	50	75	1.5

Course Description

The course will provide the fundamentals of health, and hygiene and provide updates on different testing and imaging methods. It will explore the impacts of globalization on health. Specifically, the course is made up of units on: communicable and non-communicable diseases, importance of vaccination, diet and deficiency diseases, modern technologies etc, community health and wellbeing and diagnostic methods. As an applied Zoology course, it these topics will include describing common personal and social health issues and their prevention and methods for improving community health and wellbeing.

Course Pre-requisite:**Course Outcomes:**

	Expected Outcome	Learning Domains
CO1	Acquire knowledge about different types of diseases and drug addiction	U
CO2	Understand importance of care of elderly people	U
CO3	Apply knowledge to explore the possible methods of diagnosis and prevention of diseases	An
CO4	Analyze measures for waste management and community health.	An
CO5	Evaluate the pros and cons of globalization and modern technologies on health.	An

***Remember (R), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C)**



Mapping of Course Outcomes to PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	0	0	1	2
CO2	1	0	0	0	2
CO3	0	0	1	1	3
CO4	0	0	1	1	3
CO5	0	0	0	0	3

COURSE CONTENTS

Module I: Introduction (9 hours) Unit I: 1.1 History of Public Health 1.2 Prevention of diseases 1.3 Globalisation and its Impact on Health. Unit II: 1.4 Personal hygiene 1.5 Mental health. Unit III: 1.6 Community Hygiene and Health 1.7 Alcoholism, smoking and drug abuse.
Module II: Major Diseases (9 hours) Unit I: 2.1 Communicable Diseases – Polio, Rabies, Hepatitis, H1N1, Dengue, SARS outbreak, Nipah outbreak, COVID–19, HIV-AIDS, TB, Typhoid, Amoebiasis, Malaria, Taeniasis, Filariasis – their transmission, causative agent, symptoms, treatment and prevention. Unit II: 2.2 Non communicable diseases- Cancer, Diabetes, Stroke and Paralysis, Parkinson’s disease- Causes, symptoms, treatment and prevention, Unit III: 2.3 Deficiency diseases- Kwashiorkor, Marasmus, Scurvy, Rickets, Goitre symptoms, prevention and treatment



Module III: (9 hours)	
Unit I:	
3.1 Pollution and Waste management- biowastes, e- wastes.	
Unit II:	
3.2 National health programmes- for children- ICDS, women, elderly, NRHM, PMSSY.	
Unit III:	
3.3 Gerontology- Biological and psychological aspects of aging	
3.4 Old age ailments- Arthritis, Alzheimer's disease, depression, dementia, suicide- types and stages. Prevention of late life suicide.	
Module IV: (9 hours)	
Unit I:	
4.1 Vaccination- Polio, DPT, BCG, HPV, Rabies	
4.2 Antiserum for snakebites	
Unit II:	
4.3 Diagnostic Instruments - ECG, EEG, Stethoscope, Sphygmomanometer, Clinical Thermometer, Glucometer, Hemocytometer, Mammogram, Endoscopy, Ultrasound scanning, X-ray, CT, MRI	
Unit III:	
4.4 Diagnostic tests- Lipid profile; ELISA; RTPCR; examination of blood, feces, urine	
4.5 Impact of modern technologies like mobile phones and computers on health.	
Teacher Specific Module	9 hours
<i>Directions: 20 percent of the content can be modified by the course teacher</i>	
<i>Suggestions:</i>	
1. Nutritional requirements- Carbohydrates, lipids, proteins, vitamins, minerals, water- their role in maintaining health.	
2. Balanced diet, Malnutrition, Obesity, BMI	
3. Yoga and exercises/ first aid.	

References:

1. Angus, J., and Reeve, P. (2006). Ageism: A threat to "aging well" in the 21st century. The Journal of Applied Gerontology, 25(2), 137-152.
2. Gibney, M.J. et al. (2004). Public Health Nutrition; Blackwell Publishing.



3. Lakra, P. and Singh M.D. (2008). Textbook of Nutrition and Health; First Ed; Academic Excellence.
4. Mudambi, S.R. and Rajagopal, M.V. (2007). Fundamentals of Foods, Nutrition and Diet Therapy; Fifth Ed; New Age International Publishers.
5. Oxford textbook of Public Health Ed. Roger Detels, James Mcewen, Robert Beaglehole, and Heizo Tanaka Oxford University Press (OUP) 4th Edition: 2002.
6. Preventive and Social Medicine, K Park, Bansaridas Bhanot Publishing House.
7. Epidemiology and Management for Health Care: Sathe, *et al.* Popular Prakashan, Mumbai.
8. Mann, J. and Truswell, S. eds., 2017. Essentials of human nutrition. Oxford University Press.
9. *Prescott's Microbiology* by Joanne Willey, Linda Sherwood, and Christopher J. Woolverton; *Brock Biology of Microorganisms* by Michael T. Madigan, John M Published by McGraw-Hill Education, 2 Penn Plaza, New York, NY 10121. Copyright © 2020 by McGraw-Hill
10. Pelczar, M., Reid, R. and Chan, E. (1957) Microbiology. T.M.H. Edition, Tata McGraw-Hill Publishing Company Ltd., Noida.
11. Vir S.C., (2015), Public health nutrition in developing countries (Part I and II), Woodhead Publishing India Pvt, Ltd.

Assessment Rubrics:

Evaluation Type		Marks
• End Semester Evaluation		50
• Continuous Evaluation		25
Continuous Evaluation		
Theory	Method of Assessment	Marks
a)	Test paper I	5
b)	Test paper II	5
c)	Viva-Voce	5
d)	Assignment	5
e)	Seminar	5
		Total – 25 marks

Employability: Public health workers, waste management, field of epidemic surveillance and control.

