

SYLLABUS- HEALTH AND HYGIENE



ANDHRA PRADESH STATE COUNCIL OF HIGHER EDUCATION

(A Statutory body of the Government of Andhra Pradesh)

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SYLLABUS OF

HEALTH AND HYGIENE

AS PART OF LIFE SKILLS COURSES
UNDER CBCS FRAMEWORK WITH EFFECT FROM 2020-21

PROGRAMME: THREE-YEAR UG PROGRAMME


Principal
St. Ann's College for Women
Malkapuram, Visakhapatnam-11

APSCHE/ Life Skill Course / HEALTH & HYGIENE

IV Semester/ Optional

(Total teaching hours – 30 Hrs. @ 02 Hrs. per Week)

The course is designed to provide a complete guidance on health and hygiene systems, guidelines for implementing and role of government and public in maintaining a healthy life. At the end of the course the student shall be able to understand –

- the importance of health and hygiene in life
- the importance of nutrition for a healthy life
- different health care programmes of India
- basic concept of health impact assessment as a means of assessing the policies, plans and projects using quantitative and qualitative techniques
- importance of community and personal health & hygiene measures
- Importance of food, social tenets, mental condition, physical activity on health

Learning Objectives:

- To provide knowledge on different health indicators and types of hygiene methods
- To impart knowledge on different health care programmes taken up by India
- To make student understand the latest concepts of health such as HIA, EIA, SIA and SEA
- To enable student with disaster mitigation strategies
- To create awareness on community health and hygiene
- To enrich knowledge on communicable and non-communicable diseases and their control
- To aware the student on the importance of food, social strategies, mental status and physical activities on health
- To introduce different community-based mobile apps on health to student and thereby to the community

Learning / Course Outcomes: On completion of this course, the students will be able to understand -

- What is a healthy diet
- How can we use available information to optimize our diet?
- Can nutrition be used for a healthy life?
- Is there a one-size-fits-all "good" diet or should we individualize our dietary goals?
- Disaster management and responsiveness of public in pandemic and epidemic diseases
- Assess the impact of policies on health and hygiene Health measures to consider while travelling
- Awareness in public through digital media viz., mobile apps


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Unit I: Basics of Nutrition**10 Hrs.**

1. Nutrition – definition, importance, Good nutrition and mal nutrition; Balanced Diet: Basics of Meal Planning
2. Carbohydrates –functions, dietary sources, effects of deficiency.
3. Lipids –functions, dietary sources, effects of deficiency.
4. Proteins –functions, dietary sources, effects of deficiency.
5. Brief account of Vitamins- functions, food sources, effects of deficiency,
6. Macro and micro minerals –functions, effects of deficiency; food sources of Calcium, Potassium and Sodium; food sources of Iron, Iodine and Zinc
7. Importance of water- functions, sources, requirement and effects of deficiency.

Unit II: Health**10 Hrs.**

8. Health - Determinants of health, Key Health Indicators, Environment health & Public health; Health-Education: Principles and Strategies
9. Health Policy & Health Organizations: Health Indicators and National Health Policy of Govt. of India-2017; Functioning of various nutrition and health organizations in India viz., NIN (National Institution of Nutrition), FNB (Food and Nutrition Board), ICMR (Indian Council of Medical Research), IDA (Indian Dietetics Association), WHO-India, UNICEF-India
10. National Health Mission: National Rural Health Mission (NRHM) Framework, National Urban Health Mission (NUHM) Framework
11. Women & Child Health Care Schemes: Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH+); Janani Shishu Suraksha Karyakaram (JSSK); Rashtriya Bal Swasthya Karyakram (RBSK); India Newborn Action Plan (INAP); Adolescent Health- Rashtriya Kishor Swasthya Karyakram (RKSK)
12. Disaster Management – Containment, Control and Prevention of Epidemics and Pandemics – Acts, Guidelines and Role of Government and Public


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Unit III: Hygiene

10 Hrs.

13. Hygiene – Definition; Personal, Community, Medical and Culinary hygiene; WASH (Water, Sanitation and Hygiene) programme
14. Rural Community Health: Village health sanitation & Nutritional committee (Roles & Responsibilities); About Accredited Social Health Activist (ASHA); Village Health Nutrition Day, Ragi Kalyan Samitis
15. Community & Personal Hygiene: Environmental Sanitation and Sanitation in Public places
16. Public Awareness through Digital Media - An Introduction to Mobile Apps of Government of India: NHP, Swasth Bharat, No More Tension, Pradhan Mantri Surakshit Mantriva Abhiyan (PM Suman Yojana), My Hospital (Mera aspaatal), India fights Dengue, JSK Helpline, Ayushman Bhava, Arogya Setu, Covid 19AP

REFERENCES


- **Bamji, M.S., K. Krishnaswamy & G.N.V. Brahmam (2009)** *Textbook of Human Nutrition(3rd edition)* Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi
- **Swaminathan (1995)** *Food & Nutrition(Vol I, Second Edition)* The Bangalore Printing & Publishing Co Ltd., , Bangalore
- **Vijaya Khader (2000)** *Food, nutrition & health*, Kalyan Publishers, New Delhi
- **Srilakshmi, B., (2010)** *Food Science, (5th Edition)* New Age International Ltd., New Delhi
- **Weblinks:** <https://nhm.gov.in/>
 - National Rural Health Scheme:
<https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=969&lid=49>
 - National Urban Health Scheme:
<https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=970&lid=137>
 - Village health sanitation & Nutritional committee
<https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=149&lid=225>
 - About Accredited Social Health Activist (ASHA)
<https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=150&lid=226>
 - Village Health Nutrition Day
<https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=152&lid=228>


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- Rogi Kalyan Samitis
<https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=153&lid=229>
- Health Impact Assessment - <https://www.who.int/hia/about/faq/en/>
(suggested information only)
http://www.euro.who.int/_data/assets/pdf_file/0011/261929/Health-impact-Assessments-final-version.pdf?ua=1
- WASH <https://www.unicef.org/wash/> and
https://www.unicef.org/wash/files/UNICEF_Strategy_for_WASH_2016_2030.PDF
- Healthy Living <https://www.nhp.gov.in/healthylivingViewall>

Note: The above web links are from MoHFW, GoI. Teachers can prepare their notes from other resources also.

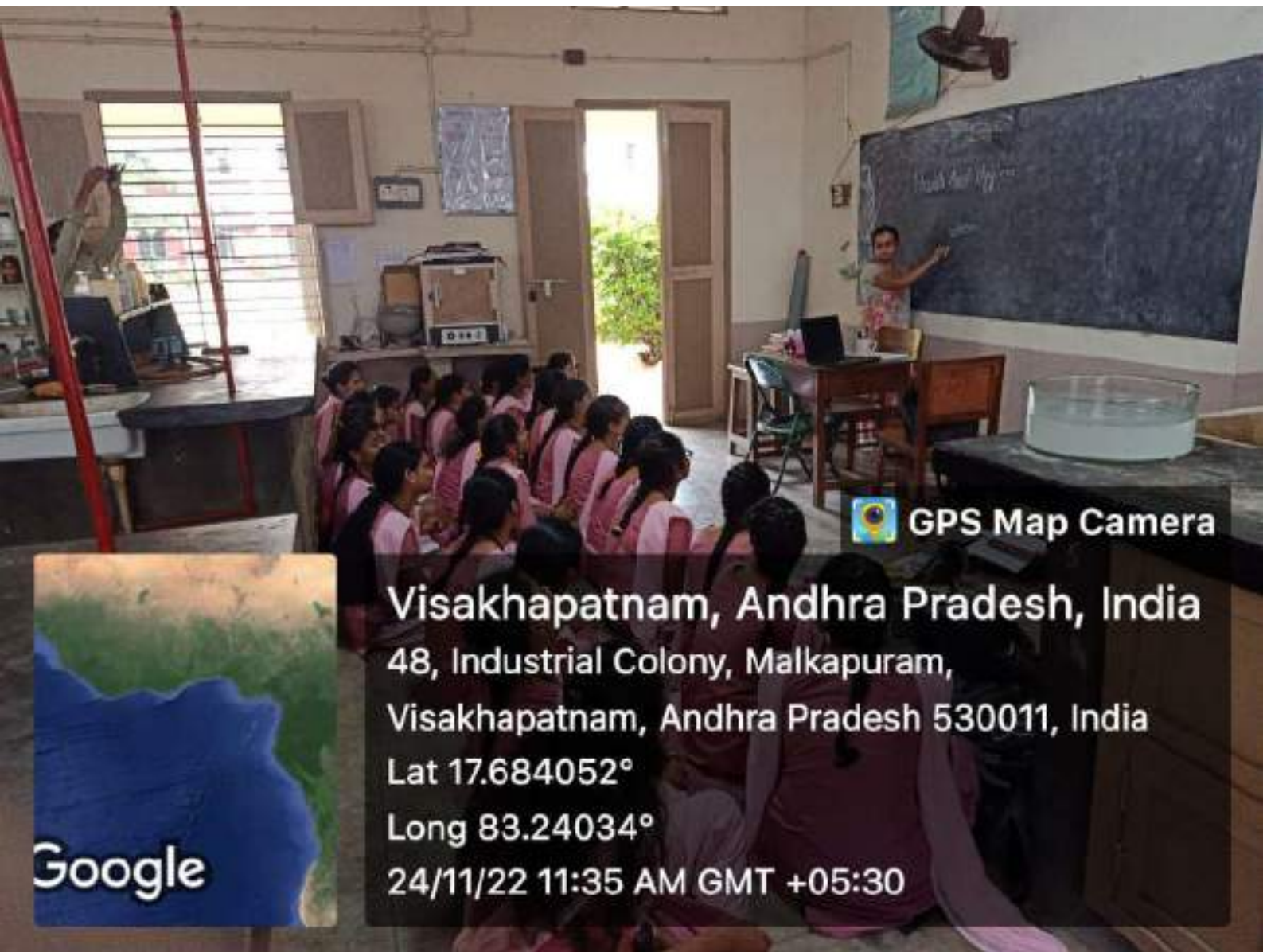

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LIST OF STUDENTS ATTENDED FOR HEALTH AND HYGIENE

	2021-22	I BBA	SIGNATURE
1	121134107001	ADDEPALLI YASHWITHA	A. Yashwitha
2	121134107005	KESABOYINA MAHALAKSHMI	K. Mahalakshmi
3	121134107006	KINTHADA ROSHINI RANI	Roshini Rani
4	121134107007	KORNANA JYOSHNA	K. Jyothsna
5	121134107008	KOTA HARIKA	K. Harika
6	121134107009	LOTHA HEMA LATHA	L. Hemalatha
7	121134107010	MADASU JAYANTHI	M. Jayanthi
8	121134107011	MATAM SAI VARSHITHA	M. Sai Varshitha
9	121134107012	NADITHOKA LIKITHA	N. Likitha
10	121134107013	PAIDI MUTYALA SONIKA VARMA	P. Sonika
11	121134107014	RAJANA POOJITHA NAIDU	R. Poojitha Naidu
12	121134107015	SALMA KHATUN	Salma Khatun
13	121134107016	SANAPATHI BHARATHI	S. Bharathi
14	121134107018	SHANTI KUMARI	Shanti K.
15	121134107019	SIRAPARAPU SATYA LAKSHMI SRIVANI	Satya Lakshmi Srivani
16	121134107020	SK NOORJAHAN	S. Noorjahan
17	121134107021	TELUKUTI JAYASREE	T. Jayasree
18	121134107022	TELUKUTI JHANSI	T. Jhansi
19	121134107023	UPPALAPU TEJASWINI	U. Tejaswini


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PHOTOS- HEALTH AND HYGIENE



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