

UNIVERSITY OF KERALA
Open Course in ZOOLOGY
for the 5th semester students of CBCSS First Degree Programmes in subjects
other than Bsc Zoology

SYLLABUS

Semester: 5
Course Code: ZO1551.1
Instruction Hours/Week: 3

Type of course: **Open Course**
Course Name: **PUBLIC HEALTH AND HYGIENE**
Number of credits: 2

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, probiotics and nutraceuticals. 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, spectrum, factors influencing health, health as a medium of socio-economic development. Diseases – concept, terminologies, disease cycle, mode of transmission. Preventive methods including vaccination and its schedule. Common food borne and water borne diseases (gastroenteritis, jaundice, cholera, salmonellosis, travellers' diarrhoea and Escherichia coli infection, typhoid) – causative agents, symptoms, prevention and control. Emerging diseases, 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

8hrs

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.

Suggested topics for assignments/seminars

1. Medical camps maybe conducted in colleges and students can have routine blood tests and grouping done.
2. Extension activities – Community programmes may be arranged for alcoholics and students may form self-help groups for extending social support.
3. Awareness programmes – Drinking water sources may be tested for possible contamination and classes on sanitation may be arranged for the local people.
4. Case studies based on public hygiene.
5. Survey of mental illness and symptoms among children of mentally retarded schools.
6. Effect of alcoholism on the social life in a community
7. Impact of tobacco addiction on the life of farmers

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.

PS: This is only a copy of the syllabus of the course, published by the University and is primarily intended to provide an easy reference to the students of the course. As the University is the final authority, as far as the syllabus of a course is concerned, the students are advised to verify that the University has not made subsequent changes in the syllabus of the course.