

Learning objectives:

- To understand and apply the emerging concepts and issues to health, hygiene and sanitation
- To critically understand the present scenario of health hygiene in Indian
- To apply and design hygiene promotion and education programmes for development.

Learning Outcome: On completion of the course a student shall

- Possess an understanding of the concept of good health and means to achieve it.
- Display the ability to identify the morphology, growth and reproductive features of various microorganisms
- Acquire the skills in various sterilization techniques
- Be equipped with skills of balancing stress and anxiety

Theory

UNIT – I: Health & wellness –

- Definition & meaning
- Dimension/ Elements of health and wellness – Physical, Social, Emotional, Intellectual, and Spiritual.
- Factors affecting Health and Wellness
- Indicators of health- concept of Mortality, Morbidity, Disability

UNIT – II: Classification & Study of Microorganisms-

- Bacteria- morphology, growth, Nutrition and Reproduction
- Virus- morphology, growth, Nutrition and Reproduction
- Yeasts- morphology, growth, Nutrition and Reproduction
- Algae- morphology, growth, Nutrition and Reproduction
- Mould- morphology, growth, Nutrition and Reproduction
- Beneficial Applications of Microorganisms in Food Industry, Agriculture and other areas.

UNIT – III: Mode of infection

- Infection- sources, mode of transmission.
- Diseases caused by microorganisms-Symptoms, aetiology, mode of transmission of
 - a. **Bacterial diseases**- Typhoid, Tuberculosis, Jaundice, Dysentery;
 - b. **Viral Diseases**: Influenza, Measles, Poliomyelitis, AIDS
 - c. **Parasite transmitted diseases**- Malaria, Dengue, Filariasis.

UNIT – IV: Prevention & Control

- Control of Micro-organisms – Sanitation, Sterilization & Disinfection- Physical and chemical method.
- Immunity- definition & types, Immunization schedule
- Hygiene - Meaning and importance of personal hygiene

- Standard precautions to prevent infections

Unit V: Management of Health & Wellness

- Modern lifestyle and hypo-kinetic diseases; prevention and management through Physical exercise
- Stress, anxiety, and depression- Definition and concept
- Role of Yoga, asanas and meditation in maintaining health and wellness.
- Role of sleep-in maintenance of physical and mental health.

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