ST.JOSEPH’S COLLEGE FOR WOMEN (A), VISAKHAPATNAM

III Semester **LIFE SKILL COURSE** Time : 2Hrs./week

HH 3001 (2) **HEALTH & HYGIENE** Max. Marks:50

w.e.f. 20AH Batch(2020-21admitted Batch)

**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

**UNIT I:** **BASICS OF NUTRITION** :

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:**

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

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(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+); JananiShishuSurakshaKaryakaram (JSSK); Rashtriya Bal Swasthya Karyakram (RBSK); India Newborn Action Plan (INAP); Adolecent Heatlh- Rashtriya Kishor Swasthya Karyakram (RKSK)

12. Disaster Management – Containment, Control and Prevention of Epidemics and Pandemics – Acts, Guidelines and Role of Government and Public.

**Unit III:** **HYGIENE**:

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, Rogi 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 Mantritva Abhiyan (PM Suman Yojana), My Hospital (Meraaspataal), 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/

♣NationalRuralHealthScheme: <https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=969&lid=49>

♣NationalUrbanHealthScheme: <https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=970&lid=137>

♣Villagehealthsanitation&Nutritionalcommittee <https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=149&lid=225>

♣AboutAccreditedSocialHealthActivist(ASHA) <https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=150&lid=226>

♣VillageHealthNutritionDay <https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=152&lid=22>

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