ST. JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

# I SEMESTER PATHWAY - PAPER – II Time:5hrs/week

HSC 1602(4) **HEALTH, HYGIENE & WELLNESS** Marks:100

w.e.f AK 2023-2024 (Admitted batch) **SYLLABUS**

**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-** in terms of morphology, growth,

Nutrition and Reproduction

* Bacteria, Virus, Yeasts, Algae and Mould
* 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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**PRACTICAL SYLLABUS**

**PRACTICAL**

1. The use and care of Microscope
2. The Microscopic observation of different Microorganism
3. Visit to Diagnostic Laboratory
4. Slide Preparation & staining of molds.
5. Study of permanent slides of parasites.
6. Visit to Water treatment plant/Milk factories to assess sanitation
7. Hanging drop preparation to observe true motility of bacteria
8. First aid during cut, fractures, burns, accidents, shocks, unconscious, convulsions, Poisoning, foreign bodies in the eyes

**References:**

1. Frazier, W. Candwestnoff, D.C (1997) Food Microbiology, Tata McGraw Hill
2. A.S. Rao 2001 Introduction to microbiology, Prentice Hall of India
3. Anna k. Joshua, Microbiology, popular book depot, Madras
4. R. Ananthanarayanan, C.K.J. Paniker, 2001, Orient Longman Private Limited.
5. General Microbiology , 1982, power &Daginawala, Himalaya Publishing House
6. Stanier R. Y., Adelberg, E.A. and Ingraham, J.L. (1989) General Microbiology.
7. Atlas R. M. (1988) Microbiology, fundamentals and application. Micmillon N. Y.

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