



# **Sree Narayana Mangalam College Maliankara**

*(Affiliated to Mahatma Gandhi University, Kottayam)*

## **CERTIFICATE COURSE SYLLABUS**

### **HEALTH & HYGIENE**

Sree Narayana Mangalam  
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## **Certificate Course on Health & Hygiene**

### **Objectives of the Course:**

- ✓ 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 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

### **Course Overview:**

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

## **Duration of the course: 30Hours (30HoursTheory)**

### Module I (10 hour)

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.

### Module II (10 hour)

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

### Module III (10 hour)

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 (Mera aspaatal), India fights Dengue, JSK Helpline, Ayushman Bhava, Arogya Setu, Covid 19AP

## Suggested Readings

- 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