

**HEALTH AND HYGIENE**

- I. Concept of health, its relationship to welfare; Factors influencing the health status of individuals; multiple causation of diseases; disease transmission; specific and comprehensive health indicators; Vital Health statistics.
- II. Hygiene : Personal, food and environmental hygiene; Relationship between health and hygiene; Environmental pollution; Living conditions: housing, sanitation, waste disposal and their influence on health.
- III. Nutrition and health : Nutrient Groups : Functions, sources and requirement; Caloric requirements for different age groups; Balanced diet, Malnutrition, Deficiency diseases.
- IV. Major communicable diseases : Symptoms, Etiology, Transmission, Prevention and treatment of : Leprosy, Tuberculosis, STD, HIV, Polio, Malaria, Cholera and Typhoid.  
Immunization schedule for children. Major Non-communicable diseases : Cancer, Diabetes, Hypertension, Asthma, Cardiac disorders.  
Occupational Health : Occupational Health hazards, common occupational diseases.
- V. Health Education : Meaning and importance, Principles of health education, techniques and strategies for various community groups, Use of Audio-Visual Aids and Mass Media; First Aid : Concept and methods of dealing with victims of accident.  
Family Planning : Importance and Techniques.

**REFERENCES**

- Park J.R & Park K. : Text book of preventive and social medicine, Jabalpur, M/s Banashidass, 1983.
- Leavell Hugh Rodman & Clark, Gurney E. : Preventive medicine for the doctor in his community, McGraw Hill, 1958.
- Gosh G.D. : Treatise on hygiene and public health.
- Yesh Paul Bedi : Hygiene and public health.
- Deredidh Daves J.B. : Public health and preventive medicine.
- Jones Shainberg Byer : Communicable and non communicable diseases.
- Pritam Lily, Ram Telu : Environmental health and Hygiene, Vikhas Pub., New Delhi, 1993.
- Barasi, Mary E. : Human nutrition, Edward Arnold, London, 1987.
- Kumar R. : Social and preventive health administration, Ashig Pub., New Delhi, 1992.
- Pati R.L. : Health Environment and development, Ashish Pub., New Delhi, 1992.