

HEALTH EDUCATION

Objective : To create an awareness about health care and the various health programmes

Unit - I

Health Education:

Definition – Importance - Principles of Health education – content of health education.

Health education – planning – methods of teaching - recognition of opportunity for teaching – preparation of low cost aids for teaching - audiovisual aids.

Communication – role and importance of communication in health education. Methods of communication – barriers in communication - art of listening and observing - Public speaking - principles of reporting and recording.

Unit – II

Personal health – Factors contributing to relationship between health and disease – healthy habits.

Physical health – Care of skin, ear, eyes, teeth, hands and feet, recreation and posture, menstrual hygiene, care of the sick and disabled, care of old people (geriatrics)

Mental health – Definition – Characteristics of a mentally healthy person – Factors contributing to mental health.

Unit – III

Environmental health – Relation of environment to health - health hazards – purification of water - efficient disposal (different methods like bore - hole latrine) - Solid waste disposal and control - food and milk sanitation – pest and rodent control Industrial health – Definition - ergonomics – occupational environment - occupational hazards – occupational disease – types of industrial accidents - measures for protection of workers (Medical, Engineering and legislative measures like factories Act, ESI scheme .)

Unit – IV

Structure Of Health Service : Evolution of health care system – five year plans - recommendation of committees (Bhore, Mudaliar, Chadah, Mukerjee, Kartar Singh, Tungalwala Committee) – development of rural health service in India – Administration of health care service In India – Administration of health care service at central, state and municipal level –

decentralized block level institutes - Primary health centers – Changing concepts and phases in health care.

Unit – V

National Health Programmes: Organisation and function of various National Health Programmes like.

National Malaria Eradication Programme.
National Leprosy Eradication Programme
National TB control Programme
National filariasis control programme
National Diarrhoea disease control programme
National STD control Programme
Small pox, Chicken pox and Measles control programme
Expanded Immunisation Programme
National Family Welfare programme
National mental health programme.

Reference Books:

	AUTHORS	TITLE	PUBLICATION
1.	J.H. Helberg	Community Health	
2.	David morley and others	Practicing health for all	
3.	Gill Watt	Health Policy	
4.	W.B. Saunders	Epidemiology, Biostatistics and Preventive medicine, 1996	
5.	J.E.Park & K. Park	Preventive And Social Medicine	Brown And Io.1978