

**GOVERNMENT DEGREE COLLEGE, MANCHERIAL
DISTRICT: MANCHERIAL – 504 208. (T.S.)**

Capacity Building Courses

Health and Hygiene

Government Degree College
Mancherial-504208



A certificate course
On
HEALTH AND HYGIENE

2020-21

Department of BOTANY

Date: 03-08-2020

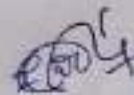
To,
The Principal,
Government Degree College, Mancherial,
Dist. Mancherial.

Respected sir,

Sub: Request for permission to start a certificate course on "Soil Testing and its Analysis" by Department of Botany- Regarding.

With reference to the subject cited above, Department of Botany, GDC, Mancherial is planning to offer "A certificate course on Health and Hygiene" from 17-08-2020. Duration of this course will be 30 Hrs. Hence, I request your good self to kindly grant us the permission to start the certificate course.

Thanking you sir.



Department of Botany

GDC, Mancherial

Permitted
Prin
7/8/2020

PRINCIPAL
Govt. Degree & P.G. College
MANCHERIAL, 574 212.


Government Degree College, Mancherial

Department of Botany

Notice

Date: 08-08-2020

It is here by informed to all that, department of Botany is starting a certificate course titled "A certificate course on Health and Hygiene" from 17-08-2020 onwards. Duration of the course will be 30Hrs. The course will be very useful to all the students of agriculture background. All the staff members are requested to inform the same to the students. All the staff members are requested to cooperate for the smooth conduct of the course.


Dept of Botany

A CERTIFICATE COURSE ON HEALTH & HYGIENE

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

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

Syllabus

Unit I: Basics of Nutrition

10 Hrs.

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

10 Hrs.

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

Unit III: Hygiene

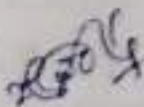
10 Hrs.

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 Mantritra Abhiyan (PM Suman Yojana), My Hospital (Mera aspataal), India fights Dengue, JSK Helpline, Ayushman Bhava, Arogya Setu, Covid 19AP

Course : A certificate course on Health and Hygiene

List of registered students

S. No	Name of the student	Hall Ticket Number	Group/Year
1	05219 3001	Babavath Akhila	BSc B7C - III year
2	05219 3202	D Prabhakar	"
3	052-19-3206	J Baby shyamala	"
4	05219 3208	M Sharada	"
5	05219 3210	N Shireen	"
6	05219 3212	R Anusha	"
7	052193213	R. Prabhakar	"
8	05219 3214	V. Roja	"
9	05219 3001	B. Soujanya	"
10	052193002	B. Rama Rao	"
11	05219 3006	B. Ramesh	"
12	05219 3007	CH. menaka	"
13	05219 3012	K. Bhavani	"
14	05219 3013	K. Gouthami	"
15	05219 3014	S. Bhemakka	"


Convenor


Principal
PRINCIPAL
Govt Degree & P.G. College
MACHERIAL-504 202

Question paper with Key

Government Degree College, Mancherial

Course : A certificate course on Health and Hygiene

Duration: 60 Mins.

Maximum marks: 30

Name of the student:

Group/Year:

I- Fill in the Blanks

Marks:1 ×5 =5

- (a) A balanced diet includes carbohydrates, proteins, fats, vitamins and minerals in proper amount.
- (b) Many diseases occur due to lack of physical activity.
- (c) Microorganisms that cause diseases are commonly called germs.
- (d) Communicable diseases are caused by germs and parasites.
- (e) Diabetes is a condition in which the person has high blood sugar.

II- Choose the correct one

Marks:1 ×5 =5

(a) Which one of the following is a non-contagious disease?

- i. Tuberculosis
- ii. Diabetes**
- iii. Influenza
- iv. Typhoid

(b) Which one of the following is caused due to mosquito-bite?

- i. Typhoid
- ii. Cholera
- iii. Malaria**
- iv. Tuberculosis

(c) Which one of the following is good for your eyes?

- i. Reading in dim light
- ii. Washing eyes regularly**
- iii. Rubbing the eyes with hands
- iv. Watching TV continuously for too long

III- Define the following terms.

3×5=15

(a) Disease

Answer: A disease is a condition that does not allow our body to function properly.

(b) Health as defined by WHO

Answer: Health as defined by the WHO, is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

(c) Vaccines

Answer: A vaccine is a biological preparation that is injected into the body to reduce the risk of contracting certain diseases. It can be administered orally (through the mouth) or through an injection in the muscle.

(d) Parasite

Answer: An organism that lives in or on an organism of another species (its host) and benefits by deriving nutrients at the other's expense.

(e) Microorganisms

Tiny organisms that can be seen only with special devices like microscopes. Most diseases are caused by microorganisms (commonly known as germs). For example – bacteria, virus, fungi, etc.

IV- Match the following

2×5=10

1.	Rabies		(a)	Salmonella
2.	Cholera		(b)	Yellow urine
3.	Tuberculosis		(c)	Cramps in legs
4.	Hepatitis		(d)	Hydrophobia
5.	Typhoid		(e)	Mycobacterium

Course : A certificate course on Health and Hygiene

Results

S. No	Name of the student	Hall Ticket Number	Grade Course	Grade
1	052193201	B. Akhila	B.Sc - B2C - 1 st Year	A
2	3202	D. Prabhakari	1	A
3	3206	J. Baby shyamala	1	A
4	3208	M. Shavada	4	A
5	3210	N. Shireen	1	A
6	3212	R. Anusha	1	B
7	3213	R. Prabhakari	1	A
8	3214	V. Roja	4	A
9	3001	B. Soujanya	1	A
10	3002	B. Ramnarao	1	B
11	3006	B. Ramesh	1	B
12	3007	CH Menaka	1	A
13	3012	K. Ghavani	4	A
14	3013	K. Garthami	4	A
15	3019	S. Bhermakka	1	A


Convenor


Principal
PRINCIPAL
Govt. Degree & PG. College
MANCHERIAL-504 208.

Government Degree College, Mancherial
Course : A certificate course on Health and Hygiene
Feedback form

1. Are you satisfied with the programme?

Yes No

2. What did you learnt from the course?

.....
.....

3. Is it useful to improve your skills?

Yes No

4. Can you apply this in generating self employment?

Yes No

5. Any suggestions by you regarding the programme?

.....
.....
.....

Government Degree College

Mancherial, Telangana-504208



Certificate

This is certify to
M. Chandra Shekar , B.Sc (B.Z.C) III Year
has completed

“ A certificate course on Health and Hygiene ”
on 17.08.2020 to 31.10.2020.

Which is organised by
Government Degree College, Mancherial, Telangana

HEAD OF THE DEPARTMENT,
Department of Botany
Government Degree College
Mancherial-504208

Principal
Government Degree College
Mancherial-504208