



Govt. College for Women, Parade Ground, Jammu (An Autonomous College)

NAAC Accredited "A" Grade

Semester:- VI	Course type:- <u>SKILL COURSE</u>	Course title:- Public Health: Issues and Awareness	Course code:-
Total marks:- 100	Total credits:- 2+2=4	Teaching hours:-	

Objectives of the Course:-

- To impart awareness about social well-being and health
- To sensitize students about the roles of people and agencies who undertake work in the promotion of public health and hygiene.
- To familiarize students with the common problems associated with females.
- To sensitize students about the gender bias vis-à-vis social, physical and emotional aspects.

Learning outcomes of the course:-

Following are the expected learning outcomes of this skill course:

1. Female learners should be able to demonstrate knowledge and skills related to personal hygiene.
2. Female learners should be able to identify common reproductive health issues and seek appropriate medical help. They should also be able to perform regular self-examinations.
3. Learners should be able to identify a balanced diet and make healthy food choices.
4. Female learners should be able to identify common diseases and understand the importance of prevention.
5. Learners should be able to identify and practice stress management techniques for psychological well-being.

Unit-I. Physical Well-being

- Importance of physical exercises for human well-being.
- Longevity and gender: basis, evidences and factors influencing longevity in females.
- Factors affecting female fitness
- Concept and importance of micro nutrients: folic acid, zinc, and iron.
- Endocrine disorders: Hypo & Hyperthyroidism, Premenstrual Syndrome
- PCOD and PCOS: Causes, Symptoms, Differences and Treatment
- Infertility: Types and Causes.

Unit-II. Social Well-being

- Social health awareness: Role and responsibility as a student.
- Psychological and emotional health in females.
- Gender discrimination
 - Social
 - Cognitive



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- o Emotional
- Voluntary organizations: characteristics, objectives and role.
- Self-help groups: functions, benefits and limitations.

Practicum:

- Report of interactive visit to a voluntary organization working for the feminine issues.
- Report of interactive visit to a self-help group working for the feminine issues.
- Questionnaire based project work on PCOS / Infertility / Premenstrual Syndrome.
- Study of important deficiency disorders from charts / slides.
- Study of deficiency symptoms of the following:
 - o folic acid
 - o iron

Evaluation strategy:

Skill theory course

A) Internal assessment

1. Internal assessment (10 Marks) as per the adopted procedure for other courses.
2. No marks have been earmarked for attendance, however the eligibility criterion for appearing in the end semester examination shall remain the same as is followed in other courses.

B) External end semester Examination

1. Maximum Marks = 40.
2. Question paper shall have three (A, B and C) sections :-
 - i) **Section A** shall comprise of 4 questions of 2 marks each.
 - ii) 2 questions shall be set from each unit of the prescribed course content.
 - iii) All questions shall be compulsory.
 - i) **Section B** shall comprise of 4 questions of 5 marks each
 - ii) 2 questions shall be set from each unit of the prescribed course content.
 - iii) All questions shall be compulsory.
 - i) **Section C** shall comprise of 3 questions of 12 marks each.
 - ii) 1.5 questions shall be set from each unit of the prescribed course content.
 - iii) Students shall be asked to attempt only one question of 12 marks from this section.

Skill Practical course

A) Internal assessment

1. Internal assessment (25 Marks) as per the adopted procedure for other courses.



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2. 5 marks have been earmarked for attendance, and the eligibility criterion for appearing in the end semester examination shall remain the same as is followed in other courses.

B) External end semester Examination

Maximum Marks =25.

Procedure of the external examination shall be same as is followed in other practical courses.

Books recommended:

- "Principles of Public Health" by Richard Riegelman.
- "Community Health Nursing: Advocacy for Population Health" by Mary Jo Clark.
- "The New Public Health" by Theodore H. Tulchinsky and Elena A. Varavikova.
- Oxford textbook of Public Health Ed. Roger Detels, James McEwen, Robert Beaglehole and Heizo Tanaka Oxford University Press(OUP) 4th Edition:2022.28
- Epidemiology and Management for Health care: Sathe, P.V. Sathe, A.P., Popular Prakashan, Mumbai, 1991
- Preventive and Social Medicine. K Park, Bansaridas Bhanot Publishing House.
- Education of Communicable and Non-Communicable diseases S.L. Goel published by Deep&Deep Publications Pvt. Ltd., 2009
- Burden of Non-Communicable diseases (Paperback) By MDRicha, Gyanprakash Singh, B (Author) CPMishra Published by Lap Lambert Academic Publishing 2012
- Park's textbook of Preventive And Social Medicine 21 Edition by K. Park Published February 2011 By Banarsidas Bhanot Publishers
- Advanced textbook on food and Nutrition: Dr. M. Swaminathan, Bangalore Publishing Co. Ltd. Bangalore, 1974
- Nutritive value of Indian foods by C. Gopalan, B.V. Ramasastri & S.C. Bala.