

Shri Govind Guru University
BSC Semester - 1 Value Added Course (NEP-2020)
BSC23VA103 Public Health

Unit 1 : Understanding public health issues:

Conceptual understanding of public health, terminology, public health- multidimensional problem with Delhi as an example (air pollution, stress, sanitation, urbanization and socioeconomic inequalities) Policies on public health- factors affecting making and implementation of these policies.

Unit 2 : Public Health Nutrition

Understanding public health nutrition, Basic nutrition concepts, problems of malnutrition and toxicities, Application of nutrition concepts to design programs of public health concern, focussed on improving or maintaining the optimal health of general populations and targeted groups. Programs that will help prevent ill-health due to over or under nutrition. Mid-day meals in schools

Unit 3 : Infectious biology and sanitation:

Defining communicable diseases. Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (diseasecausing) bacteria, viruses, parasites, and fungi. Precautions, prevention strategies and programs for control; sanitation, Swachh Bharat.

References:

1. Sullivan. L.M. (2017) Essentials of Biostatistics in Public Health. Jones and Bartlett Publishers, Inc; (3rd ed.) ISBN-10: 1284108198; ISBN-13: 978-1284108194.
2. Gibney M.J., Margetts B.M., Kearney, J.M., Arab L. (2004). Public health nutrition. WileyBlackwell. ISBN-10: 0632056274; ISBN-13 : 978-0632056279
3. N. Okafor. (2011) Environmental Microbiology of Aquatic and Waste Systems. Springer. ISBN13: 978-9400714595.