

Lecture Plan

Name of the College: Government College of Arts, Science and Commerce. Sanquelim - Goa

Name of Faculty: Miss. Ayesha E. Shetkar

Subject: Zoology

Paper code: ZOO 133 – Public Health & Hygiene

Program: F.Y.B.A.

Division:

Academic year: 2024-25

Semester: II

Total Lectures: 30

Course Objectives:

1. Explain the importance of hygiene in maintaining public health.
2. Contrast between communicable and non-communicable diseases.
3. Analyze the factors influencing population health, including social determinants and environmental factors.
4. Identify the role of public health measures in disease prevention, health promotion, and community well-being.

Expected Course Outcome:

1. Discuss aspects of public health and hygiene.
2. Summarise information about various communicable and non-communicable diseases.
3. Describe personal and community prophylactic measures to combat various diseases.
4. Explain various aspects of community health.

Student Learning Outcome: The students will gain knowledge of the various aspects of management of health & hygiene, difference between communicable & non-communicable diseases, preventive measures for diseases & community well-being.

Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
December 2024	9th	14th	2	<p>Topic 1: Introduction to communicable and non-communicable diseases</p> <p>Topic 2: Definition; Causes, Symptoms and Control measures of common Food and Water Borne Diseases</p>		Power point presentation	<p>1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018.</p> <p>2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021.</p> <p>3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020.</p> <p>4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23</p> <p>5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.</p>
	16th	21st	2	<p>Topic 3: Jaundice</p> <p>Topic 4: Cholera</p>		Power point presentation	<p>1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018.</p> <p>2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021.</p> <p>3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020.</p> <p>4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23</p> <p>5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.</p>
January 2025	2nd	11th	2	<p>Topic 5: Traveller's diarrhoea</p> <p>Topic 6: Typhoid</p>		Power point presentation	<p>1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018.</p> <p>2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021.</p> <p>3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020.</p> <p>4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23</p> <p>5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.</p>

	13th	18th	2	<p>Topic 7: Sexually transmitted diseases and infections - HIV-AIDS</p> <p>Topic 8: Genital herpes</p>	Power point presentation	<ol style="list-style-type: none"> 1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23 5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
	20th	25th	2	<p>Topic 9: Hepatitis-B</p> <p>Topic 10: Syphilis</p>	Power point presentation	<ol style="list-style-type: none"> 1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23 5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
	27th	1st Feb	2	<p>Topic 11: Gonorrhoea</p> <p>Topic 12: Zoonotic and Vector borne diseases - COVID-19</p>	Power point presentation	<ol style="list-style-type: none"> 1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23 5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
February 2025	3rd	8th	2	<p>Topic 13: Rabies</p> <p>Topic 14: Malaria</p>	Power point presentation	<ol style="list-style-type: none"> 1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23

						5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
	10th	15th	2	Topic 15: Dengue Topic 16: Lifestyle habits and their effects on health	Power point presentation	1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23 5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
	17th	22th	2	Topic 17: Introduction to Community Health Topic 18: Prophylaxis through health education	Power point presentation	1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23 5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
	24th	1st March	2	Topic 19: Population control and Family welfare Topic 20: Contraceptive methods	Power point presentation	1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23 5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
March 2025	3rd	8th	2	Topic 21: Consanguineous marriages - implications	Power point presentation	1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021.

				Topic 22: Mental health and common mental disorders		<p>3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020.</p> <p>4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23</p> <p>5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.</p>
	10th	15th	2	Topic 23: Prevention and possible interventions Topic 24: Stress management	Power point presentation	<p>1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018.</p> <p>2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021.</p> <p>3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020.</p> <p>4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23</p> <p>5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.</p>
	17th	22nd	2	Topic 25: Vaccination programs Topic 26: Health indicators	Power point presentation	<p>1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018.</p> <p>2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021.</p> <p>3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020.</p> <p>4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23</p> <p>5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.</p>
	24th	29th	2	Topic 27: Health indicators Topic 28: National Health Care and hygiene Programmes	Videos	<p>1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018.</p> <p>2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021.</p> <p>3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020.</p> <p>4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23</p> <p>5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.</p>

	31st	5th	1	Topic 29: National Health Care and hygiene Programmes		<ol style="list-style-type: none"> 1. G. R. Seage, Essentials of Epidemiology in Public Health. Jones and Barlett publisher, 2018. 2. K. Dass, Public Health and Hygiene. Notion Publishers, 2021. 3. M. J. Schneider, Introduction to Public Health. Jones and Barlett Publisher, 2020. 4. R. L. Goldsteen, K. Goldsteen, and T. Dwelle, Introduction to Public Health: Promises and Practice. Springer Publishing Co inc., 2014. 23 5. W.C. C. Pares, The Science of Hygiene: A Textbook of Laboratory practise for Public Health Students, Forgotten Publisher, 2019.
April 2025	7th	11th	2	Revision	Videos	

*** Assessment Rubrics**

Component	Max Marks
ISA 1	7.5
ISA 2	7.5
Practical	--
Project	--
Semester End Exam	60