

Lecture Plan		
Name of the College: Government College of Arts, Science and Commerce. Sanquelim- Goa		
Name of Faculty: Mouvin Francisco Fernandes	Subject: Zoology	
Paper code: ZOO 133 Public health and hygiene	Program: B.Sc.	Division: A
Academic year: 2025- 2026	Semester: II	Total Lectures:
Course Objectives: <ol style="list-style-type: none"> 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: At the end of this course, students will be able to: <ol style="list-style-type: none"> 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. 		

Month	Lecture From	Lecture To	No. of Lectures Allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
December	1st	6th	3	History and Scope of public health system, Definition of health and components of public health		PPT	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007. 2. B. Srilakshmi, Nutrition Science. New Age International (P)Ltd., 2002. 3. B. Srilakshmi, Food Science, 4th ed. New Age International (P)Ltd., 2007. 4. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 5. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018.
December	8th	13th	3	malnutrition and measures of malnutrition, over nutrition		PPT	
December	15th	23rd	3	Substance abuse and its control measures		PPT	
January	2nd	10th	3	Adulteration of food and its harmful effects		PPT	
January	12th	17th	3	Hygiene- Definition, types (Personal and Social hygiene) and importance.		PPT	
January	19th	24th	3	Control measures of common Food and Water Borne Diseases (Jaundice, Cholera)		PPT	
January	26th	31st	3	Definition; Causes, Symptoms and Control measures of common Food and Water Borne Diseases		PPT	
February	2nd	7th	3	Sexually transmitted diseases and infections (HIV-AIDS, Genital herpes, Hepatitis-B, Syphilis,		PPT	
February	9th	14th	3	Zoonotic and Vector borne diseases (COVID-19, Rabies; Malaria, Dengue)		PPT	
February	16th	21st	3	Lifestyle habits and their effects on health.		PPT	
February	23rd	28th	3	Prophylaxis through health education		PPT	

March	2nd	7th	3	Population control and Family welfare, Contraceptive methods.		PPT	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007. 2. B. Srilakshmi, Nutrition Science. New Age International (P)Ltd., 2002.
March	9th	14th	3	Consanguineous marriages - implications, mental health and common mental disorders, prevention and possible interventions		PPT	
March	16th	21st	3	stress management, vaccination programs,		PPT	
March	23rd	31st	3	Health indicators and National Health Care and hygiene Programmes.		PPT	