

Public Health and Hygiene

1 Introduction and scope of public health

2 Health:

- 2.1 Definition, factors affecting health (inborn, environmental)
- 2.2 Personal and community health.
- 2.3 Effects of alcohol, tobacco and drugs
- 2.4 WHO and its programmes

3 Food:

- 3.1 Sources: Plants and Animals
- 3.2 Necessity: deficiency diseases
- 3.3 Beverages and condiments
- 3.4 Food preservation methods

4 Air and ventilation:

- 4.1 Composition of air
- 4.2 Purification of air
- 4.3 Ventilation system: natural and artificial

5 Water and water supplies:

- 5.1 Sources and properties of water, quality of water for human consumption
- 5.2 Process of purification of water- small scale and large scale

6 Soil:

Composition, properties and diseases spread by soil

7 Sanitation:

- 7.1 Definition and concept
- 7.2 Disposal of human and animal waste, refuse, sewage

8 Diseases:

- 8.1 Communicable diseases: causative organisms, signs and symptoms, modes of transmission, prevention and control measures of: influenza, chicken pox, measles, tuberculosis, leprosy, swine flu and encephalitis
- 8.2 Non Communicable diseases: rheumatic heart disease, coronary heart disease and diabetes

* Reference Books

1. A text book of preventive and social medicine 2011, 21st Edn., Park. K., Banarsidas Bhanot Publishers, Jabalpur, India
2. Preventive and social medicine in India, 2013, 4th Edn., B. K. Mahajan, M. C. Gupta, Jaypee Brothers Medical Publishers, New Delhi, India
3. Medical Zoology and Medical Technology. R.C. Sobti, Shobanlal and Co., Jalandhar
4. Review in community medicine, 2006, 2nd Edn., V. V. R. Seshu Babu, Paras Medical Books Pvt. Ltd., Hyderabad.

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