

Course name: B. Pharmacy

Semester: 3rd

Subject: Public Health and Sustenance

Subject code: VAC04

	Public Health and Sustenance VAC04	L	T	P	S	C	CH
Version 2024		2	0	0	0	2	30
Pre-requisites/Exposure	NA						
Co-requisites	NA						
Semester	3						

COURSE OBJECTIVES

This course will provide knowledge to Recognize “Health for all” as a national goal & right of all citizens and by undergoing training, student will be able to fulfil his/ her social obligations towards realization of this goal and to learn various aspects of National policies on health. One will learn to Develop scientific approach, acquire educational experience for proficiency in profession and promote healthy living.

	COURSE OUTCOMES
1.	To Understand and apply basic health principles that are crucial for developing an effective fitness training program
2.	To frame diet and exercise regime by considering specificity and individuality principles.
3.	To identify community nutrition problems & learn to work to resolve these by designing & instituting corrective steps and evaluating outcome of such measures. Programmes including practical aspects of family welfare, maternal & child health, health & nutrition education. Able to describe the work-related cause of nutrition related disorders and design a protocol for nutrition management.
4.	To Learn various aspects of National policies on health & devote him/ her to its practical implementation. Develop scientific approach, acquire educational experience for proficiency in profession and promote healthy living. Student will be able to learn different aspects of Nutrition applicable to daily living & how we can provide quality of life by preventing & curing diseases Able to understand the importance and role of balanced diet in for healthy life.

COURSE CONTENT

Unit 1: Evolution and Basic Concepts of Public Health/Social Medicine and Community Health **10 contact hours**

- I. History of Social Medicine and Community Health
- II. History of Public Health and Its Milestones
- III. Comprehensive Health Care
- IV. Social Development and Health
- V. Dimensions and Determinants of Health
- VI. Concepts and Indicators of Health and Wellbeing
- VII. Natural History of Disease

- VIII. Levels of Prevention
- IX. Globalisation and Its Impact on Health
- X. Roles and Responsibility of State, Community and Private Sector in Health

Unit 2: Epidemiology of Common Health Problems in India and National Health Programmes

10 Contact Hours

- I. Communicable Diseases—Common, Emerging and Re-emerging diseases, Hospital acquired infections, antimicrobial resistance
- II. Non-Communicable Diseases—Cardio-vascular diseases, Diabetes, Cancers, Rheumatic heart disease, Blindness, Mental Health, Occupational Diseases, Genetic Diseases Accidents,
- III. Injuries and Disasters
- VI. Sensory evaluation of foods

Unit 3: Health Systems Research, Planning and Management and Recent Advances in Public Health

10 Contact Hours

- I. Health planning and management
- II. Health systems research- Operations Research, System analysis, Health Technology assessment, Monitoring and Evaluation
- III. Health Management Information System
- IV. Medical and Social Audits
- V. Health teams and their management
- VII. Human Resources in Health
- VIII. Role of Ayush in local Health traditions
- IX. Health policy studies
- X. Quality assessment of Health Services- parameters and standard

TEXTBOOKS

T-1: Public Health Nutrition by Dr. Swati Vyas.

T-2: Text book of Human nutrition by Anjana Agarwal, Shobha A Udupi.

T-3: Nutrition and healthy education by Shri Chakradhar publication.

REFERENCE BOOK

R-1: Nutrition and Dietetics for health care by Helen M. Barker

R-2: Advanced Nutrition and Human Metabolism by Jack Smith, Sareen Gropper

