

## SKILL ENHANCEMENT COURSES

**B. Com (Hons)**

**Semester-1**

**HEALTH AND HYGIENE SKILLS**

**Course Code: SEC-HNS-116**

**Credit Mark Distribution -02**

**Lecture 02 Hours**

**Tutorial – 00**

**Practicum – 00**

Unit	Topics	Weightage
1	<p><b>Health</b> - Determinants of health, Key Health Indicators, Environment health &amp; Public health; Health-Education: Principles and Strategies, Health Policy &amp; Health Organizations: Health Indicators and National Health Policy of Govt. of India-2017; Functioning of various nutrition and health organizations in India viz., NIN (National Institution of Nutrition), FNB (Food and Nutrition Board), ICMR (Indian Council of Medical Research), IDA (Indian Dietetics Association), WHO-India, UNICEF-India</p> <p>National Health Mission: National Rural Health Mission (NRHM) Framework, National Urban Health Mission (NUHM) Framework, Women &amp; Child Health Care Schemes:). Disaster Management – Containment, Control and Prevention of Epidemics and Pandemics – Acts, Guidelines and Role of Government and Public</p>	50%
2	<p><b>Hygiene</b> – Definition; Personal, Community, Medical and Culinary hygiene; WASH (Water, Sanitation and Hygiene) programme</p> <p>Rural Community Health: Community &amp; Personal Hygiene: Environmental Sanitation and Sanitation in Public Places. Public</p>	50%

	<p>Awareness through Digital Media - An Introduction to Mobile Apps of Government of India: NHP, Swasth Bharat, No More Tension, Pradhan Mantri Surakshit Mantritva Abhiyan (PM Suman Yojana), My Hospital (Mera aspataal), India fights Dengue, JSK Helpline, Ayushman Bhava, Arogya Setu, Covid 19APP</p>	
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**Pre-requisite** – 12<sup>th</sup> Pass

**Co-requisite- Emergency Services and Disaster Management**

**Pedagogical Tools:**

- Classroom Lecture
- Problem Solving
- Tutorial
- Group Discussion
- Seminar
- Case Studies
- Role Play
- Field Work
- Visit to Local, State or Central Government Centre for the Health and Hygiene education
- Guest Sessions
- Visit to 108 Services

**Mode of Evaluation: Evaluation will be divided in two parts.**

**External:** Annual Examination will be conducted by the Gujarat University of 50%

**Internal:** Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 50%

- Assignment
- MCQ Test
- Presentation
- Attendance
- Seminar
- Symposium
- Poster Presentation

- Essay type Questions
- Classroom quizzes and exams
- Projects
- Poster presentations of library or laboratory research
- Cooperative experiences
- Portfolios (collections of work)
- Standardized tests both within and across disciplines
- Student journals
- Questionnaires
- Interviews
- Focus groups

### **Program Outcomes**

This program could provide Industries, Banking Sectors, Insurance Companies, Financing companies, Transport Agencies, Warehousing etc., well trained professionals to meet the requirements.

**PO1:** After completing graduation, students can get skills regarding various aspects like Marketing Manager, Selling Manager, over all Administration abilities of the Company.

**PO2:** Capability of the students to make decisions at personal & professional level will increase after completion of this course.

**PO3:** Students can independently start up their own Business.

**PO4:** Students can get thorough knowledge of finance and commerce.

**PO5:** The knowledge of different specializations in Accounting, costing, banking and finance with the practical exposure helps the students to stand in organization.

### **Course Objectives:**

- To provide knowledge on different health indicators and types of hygiene methods
- To impart knowledge on different health care programmes taken up by India
- To create awareness on community health and hygiene
- To enrich knowledge on communicable and non-communicable diseases and their control

- To aware the student on the importance of food, social strategies, mental status and physical activities on health

**Course Outcome**

**CO1:** What is a healthy diet

**CO2:**How can we use available information to optimize our diet?

**CO3:** Can nutrition be used for a healthy life?

**CO4:**Disaster management and responsiveness of public in pandemic and epidemic diseases

**CO5:**Assess the impact of policies on health and hygiene Health measures to consider while travelling • Awareness in public through digital media viz., mobile apps

**FBLD (Flip Blended Learning Design Template)**

- Any One Unit from the above syllabus can be discussed by the faculty through online mode.
- Online mode can be SWAYAM MOOC Course or any other suggested by the UGC or Gujarat University.

**Taxonomy**

College can appoint any one of the Taxonomies to measure the learning outcome.

1. Blooms Taxonomy – Revised
2. SOLO Taxonomy
3. Finks Taxonomy
4. 6Facets Taxonomy

**Mapping of Program Outcome and Course Outcome**

- S- Strong**
- M- Medium**
- L- Low**

MAPPING	PO1	PO2	PO3	PO4	PO5
CO1	S	S	S	S	S

CO2	S	S	S	S	S
CO3	S	S	S	S	S
CO4	S	S	S	S	S
CO5	S	S	S	S	S

## References

- Bamji, M.S., K. Krishnaswamy & G.N.V. Brahman (2009) Textbook of Human Nutrition (3rd edition) Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi
- Swaminathan (1995) Food & Nutrition (Vol I, Second Edition) The Bangalore Printing & Publishing Co Ltd., , Bangalore
- Vijaya Khader (2000) Food, nutrition & health, Kalyan Publishers, New Delhi
- Srilakshmi, B., (2010) Food Science, (5th Edition) New Age International Ltd., New Delhi