

K. T. S. P. Mandal's
Hutatma Rajguru Mahavidyalaya, Rajgurunagar.
Department of Zoology
Teaching Plan (A.Y.2025–2026)

S. Y. B. Sc. Zoology
Course Title: Public Health and Hygiene
Course code: ZOO - 201 - MJ

Sr. No	Month	Topics	Teacher
1	July	Introduction to public health : 1.1 Definition and scope. 1.2 Principles and key concepts of public health. 1.3 Determinants of health (biological, environmental, socio-economic). 1.4 Right to be healthy.	DNB
2	July & Aug	Communicable and non-communicable diseases : 2.1 Communicable diseases: Causes, symptoms and preventive measures of Malaria, sexually transmitted diseases, Rabies. 2.2 Non-communicable diseases: Heart Attack and Strokes, Asthma, Diabetes, Hypotension, Hypertension. 2.3 Introduction to Cancer, Depression, Anxiety, Arthritis.	DNB
3	Aug	Health Education : 3.1 Definition, principle and methods of health education. 3.2 Managing population growth and promoting family health, mental health challenges in children. 3.3 Harmful effects of junk food and street food, tobacco, alcohol and drugs on health. 3.4 Unhealthy lifestyle habits: Overusing digital devices (computer & mobile phones) and their impacts on health. 3.5 Role of health education in environment improvement and prevention of diseases, national health programs and policies.	DNB
4	Aug & Sept	Hygiene : 4.1 Definition, principle and importance of hygiene. 4.2 Kinds of hygiene: Personal hygiene - regular hand washing, dental care, body odour, proper grooming, good sleep habits, menstrual health. 4.3 Community hygiene: Keeping surroundings, public spaces and shared facilities clean to stop the spread of diseases and standard	DNB

		hygiene practices. 4.4 Food hygiene: Safe handling, preparation, and storage of food to prevent food borne illness.	
5	Sept	Public health & hygiene : 5.1 Common hygiene-related diseases: Food poisoning, giardiasis, diarrhea. 5.2 Importance of community hygiene and public sanitation. 5.3 Hygiene practices in schools and hostels. 5.4 Role of government and NGOs in promoting hygiene (Clean India Campaign, swachh bharat abhiyan, clean village campaigns).	DNB
6	Oct	Health administration : 6.1 Structure and management of health services from national to local levels. 6.2 National health policies and government health initiatives in India, health communication methods for spreading awareness. 6.3 WHO Programme - Government and voluntary organizations and their health services. 6.4 Case study: Covid -19 pandemic, significant changes and adaptation: testing and diagnosis (swab and RT - PCR), vaccine development and preventive measures.	DNB

Prof. D. N. Bihade

