

**Shri Govind Guru University**  
**BSC Semester - 1 Value Added Course (NEP-2020)**  
**BSC23VA103 Public Health**

**Unit 1 : Understanding public health issues:**

Conceptual understanding of public health, terminology, public health- multidimensional problem with Delhi as an example (air pollution, stress, sanitation, urbanization and socioeconomic inequalities) Policies on public health- factors affecting making and implementation of these policies.

**Unit 2 : Public Health Nutrition**

Understanding public health nutrition, Basic nutrition concepts, problems of malnutrition and toxicities, Application of nutrition concepts to design programs of public health concern, focussed on improving or maintaining the optimal health of general populations and targeted groups. Programs that will help prevent ill-health due to over or under nutrition. Mid-day meals in schools

**Unit 3 : Infectious biology and sanitation:**

Defining communicable diseases. Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (diseasecausing) bacteria, viruses, parasites, and fungi. Precautions, prevention strategies and programs for control; sanitation, Swachh Bharat.

**References:**

1. Sullivan. L.M. (2017) Essentials of Biostatistics in Public Health. Jones and Bartlett Publishers, Inc; (3rd ed.) ISBN-10: 1284108198; ISBN-13: 978-1284108194.
2. Gibney M.J., Margetts B.M., Kearney, J.M., Arab L. (2004). Public health nutrition. WileyBlackwell. ISBN-10: 0632056274; ISBN-13 : 978-0632056279
3. N. Okafor. (2011) Environmental Microbiology of Aquatic and Waste Systems. Springer. ISBN13: 978-9400714595.

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**BSC Semester - 1 Value Added Course (NEP-2020)**  
**BSC23VA104 National Service Scheme**

**Unit 1 : Introduction and Basic Concepts of NSS**

• Introduction of National Service Scheme • History & Philosophy of NSS • Basic Concepts: Objectives, Symbol, Motto, NSS Badge, NSS Songs, NSS Day • NSS Advisory Committees at various levels

**Unit 2 : NSS Programme's and Activities**

• Basic Concepts and Components • Various NSS Programme's and Activities • Aims of NSS Programme/Activities • Regular Activities & Special camping Programme • Orientation of NSS volunteers

**Unit 3 : Health, Hygiene & Sanitization Programme's And Documentation**

• Definition, Need and Scope of Health Education • National Health Programme's • Food & Nutrition • Safe Drinking Water, • First Aid, Healthy Lifestyle • Swachh Bharat Abhiyan  
• Preparation of documentation reports of NSS Activities. • Preparation of one day and annual camp report • Volunteer Diary • Socio Economy Survey Form for Adopted Village, Adopted Slum Area • Socio Economy Survey Data Collection, Analysis and Reporting.

**Suggested References:**

NATIONAL SERVICE SCHEME MANUAL

On-line Resources: <https://nss.gov.in/>