



Sh. L. N. Hindu College, Rohtak (Haryana)

Course Plan

Department of Home Science

Program: Home Science

Hygiene HS02

SCHEME

Course Name	Home Science	Course Type	Theory
Course Code	HS02	Class	BA IInd Sem
Instruction Delivery	Per week Lectures: 06, Tutorial:1, Practical: 03 Total No. Classes Per Sem: 30(L), 60(T), -(P) Assessment in Weightage: Sessional (15%), End Term Exams (85%)		
Course Coordinator	Dr Mamta	Course Instructors	Theory: Dr Mamta Practical: -

COURSE OVERVIEW

The Home Science is a study of Science involving food and nutrition, health, environment, human development and other departments in the Science field.

PREREQUISITE

Foods, Nutrition, Management, Clothing, Textile

COURSE OBJECTIVE

Providing expertise in various aspects of science like life and its physical aspects, the focus areas for this course are nutrition, social changes, health, environment, development of humans, hygiene, and basically how a person can manage communities and home keeping in track all sorts of changes in the day to day life.

This course can be pursued by the people who are interested in studying and specialising in the above-given focus areas and are interested in making a career in these fields offering great opportunities such as social welfare nutritionist, teaching, dietician, etc..

COURSE OUTCOMES (COs)

After the completion of the course, the student will be able to:

CO No.	Course Outcomes
1	Skill Building and skill enhancement.
2	Entrepreneurial skills development.
3	Develop professional skills in food, nutrition, textiles, housing, product making etc.



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4	Acquire basic management skills for organizing events, resource mobilization, leading community-based projects
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COURSE CONTENT

Content
<p>Meaning and objective of Health Education, Health Hazards of Modern Age – Air, Water, Soil, Noise Pollution</p> <p>Definition of health and hygiene, factors relating to Health-food habits, posture, exercise, rest and sleep and cleanliness of body.</p> <p>Water-importance of water, impurities of water, types of water, sources of contamination and purification of water (natural and domestic methods)</p> <p>Definition of infection infective agents, infectious diseases, communicable diseases, incubation period, modes and channels of transmission of infection, isolation.</p> <p>Disinfectants-Definition, type and method of disinfection.</p> <p>Immunity-Definition and types of immunity, immunization schedule</p> <p>Diseases spread by insects: Malaria</p> <p>Diseases spread by ingestion : Enteric fever, Dysentery, Cholera</p> <p>Diseases Spread by droplet infection : Measles, Mumps, Diphtheria, Tuberculosis</p> <p>Diseases Spread by contact: Leprosy, Tetanus</p> <p>Transmission of heat-Elementary ideas about transmission of heat and their application in daily life clothe, utensils, fire place, thermos flasks.</p> <p>Thormometers and scales of measurement, simple conversions-centigrade Fahrenheit.</p> <p>Evaporation-factors affecting evaporation, refrigeration.</p>

LESSON PLAN (THEORY AND TUTORIAL CLASSES)

L. No	Topic to be Delivered	Tutorial Plan	Unit
1.	Meaning and objective of Health Education	Practice Questions on Health	I
2.	Health Hazards of Modern Age		
3.	Air and Water Pollution		
4	Soil and Noise Pollution		
5.	Health and Hygiene		



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6.	Food Habits		
7.	Posture and Exsise		
8.	Rest and Sleep		
9.	Cleanliness of Body		
10.	Importance and Impurities of Water	Practice Questions on water and Infection	II
11.	Types and Sourses of contamination of Water		
12.	Purification of Water		
13.	Definition of infection infective agents		
14.	Infectious diseases, communicable diseases		
15.	Modes and channels of transmission of infection, isolation.		
16.	Disinfectants-Definition, type and method of disinfection		
17.	Immunity-Definition and types of immunity, immunization schedule		
18.	Diseases spread by insects: Malaria	Practice Questions on Diseases	III
19.	Diseases spread by ingestion: Enteric fever, Dysentery, Cholera		
20.	Diseases Spread by droplet infection : Measles, Mumps		
21.	Diseases Spread by droplet infection : Diptheria, Tubrculosis		
22.	Diseases Spread by contact: Leprosy, Tetanus		
23.	Transmission of heat-Elementary ideas about transmission of heat and their application in daily life	Practice Questions on Heat and evaporation	IV
24.	utensils, fire place, thermos flasks		
25.	Thormometers and scales of measurement		
26.	simple conversions-centigrade Fahrenheit.		



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30.	Evaporation-factors affecting evaporation		
31.	Refrigeration		

Text Book

Saweera Ralhen : Hygiene

Reference Books

Saweera Ralhen : Hygiene
, S. Dinesh, New Delhi.

Web/Links for e-content

- https://www.youtube.com/live/mFQ92yV58wk?si=0aEgvDVou_0jDU3Q.
- <https://youtu.be/JewkLiSzogk?si=w3QbYN2ij-MP0KIB>
- <https://youtu.be/Rsav3Jw8zv8?si=pOLCp9GhgYiR0kd3>

PRACTICE QUESTIONS (QUESTION BANK)

S No	Problem
1	What do you understand by Health Education
2	What is the meaning of Environment Pollution
3	Definition of Noise Pollution and how it overcomes.
4	What is the importance of cleanliness in our daily life
5	What is personal Hygiene write the good habit of eating and sanitation
6	Discuss of Exercise, Rest and Sleep
7	What are the different types of Filters available in Market



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8	Discuss on Contamination of Water
9	What is infection and what are the agents responsible for this
10	What is disinfection and what are the various methods for this
11	Make a table on immunity
12	What is Immunization Schedule
13	Discuss on Disease Malaria, Cholera
14	Discuss on Disease on Dysentery and fever
15	Discuss on Disease Measles and Mumps
16	Discuss on Disease TB and Diphtheria
17	Discuss on Disease Leprosy and AIDS
18	What is Transmission of Heat
19	What is Thermos Flask
20	What is Thermometers
21	What is Scales of Measurement of Temperature
22	Meaning of Evaporation
23	What are the Factors affecting evaporation
24	What is Refrigeration



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25	What are the Principles of Refrigeration
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