Elective paper – Public Health

Unit 1 : Public Health
Introduction to Public Health, function Laws, government and public Health

Unit 2 : Environmental issues of Public Health
Air, Water, Solid waste hazard, safe food and drugs, population

Unit 3 : Analytic Methods
Analytical methods of Public Health
Remedial basis of Public Health

Unit 4 : Public Health and Medical care
Public health programmes and medical care in Infectious disease (eg TB), Communicable diseases, vaccination, sterilization programmes, family planning, AIDS awareness, child obesity, malnutrition, Smoking and other tobacco related issues

Ref.
2. Mary jane Schneider : PH
Elective Paper : Nutrition and Dietetics

Unit 1 : General Nutrition

1. Introduction and definition of food and nutrition, basic food groups.
2. Energy yielding, body building and protective foods.
3. Classification of food
4. Description of proximate principles.

Unit 2:
1. Role of various vitamins and minerals
2. Balanced diet for various groups.
3. Assessment of nutritional status
4. Diet surveys for individuals and family

Unit 3 : Menu planning and dietetics

1. Diet during physiological stress
2. Diet in obesity and under weight
3. Diet in fever
4. Diet in malnutrition

Unit 4:
1. Diet in liver diseases
2. Diet in diabetes
3. Diet and anaemia
4. Diet in cancer

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