

Unit – 1

Environment and public health: Definitions of health and disease. Perspectives on individual health: Nutritional, socio-cultural and developmental aspects, Dietary diversity for good health; Human developmental indices for public health.

Unit - 2

Diseases in contemporary society: Need for good health - factors affecting health. Types of diseases - deficiency, infection, pollution diseases - allergies, respiratory, cardiovascular and cancer. Personal hygiene- food- balanced diet.

Unit - 3

Malnutrition: Vitamin deficiency diseases and Mineral deficiency diseases; Folic acid requirement during pregnancy; Food Safety- Adulterants and preservatives; Pesticide Toxicity: Endosulfan and DDT.

Unit - 4

Non-communicable diseases and Lifestyle diseases - Diabetes and Hypertension. Communicable diseases: Definition, mode of transmission – pandemic, epidemic and endemic diseases.

Unit - 5

Vector borne diseases: Plague and Malaria; emerging diseases: Dengue, Chikungunya, Zika, Ebola, Swine Flu, Bird Flu, Severe Acute Respiratory Syndrome (SARS), Middle East Respiratory Syndrome (MERS); Zoonosis- Leptospirosis; Kyasanur Forest Disease (KFD) Toxoplasmosis and Nipah.