

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.

1. Bernard J Turnock : Public Health : what it is and how it works ? (4th ed) Jones and Barlett Publishers, 2009
2. Mary jane Schneider :PH
3. Douglas Scutchfield F and William Keck C : Principles of Public Health practice (2nd ed), Thomson learning

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

Ref :

1. B Shrilakhshmi : Dietetics (5th ed) (2006)
2. R. Rajalakhshmi : Applied Nutrition.
3. MS Banaji, Rao and Reddy : Human Nutrition (2nd ed) (2004)
4. ME Shils, JA Olson and M Shike : Modern Nutrition in health and disease (10th ed) (2006)
5. B Shrilakhmi : Food science (3rd ed) (2004)
6. Kathleen Mahan, Stump SE : Krause's Food, nutrition and diet therapy (11th ed), (2004).
7. B Shrilakhmi : Nutrition Science (2006)
8. C Gopalan, r Sastri and SC Balasubramanian : Nutritive value of Indian Foods (2007)