

CERTIFICATE COURSE
ON
HEALTH, HYGIENE & NUTRITION



GOVERNMENT DEGREE COLLEGE
NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

2019-2020

From

CH.V.S.N.Murthy
Department of Zoology,
GDC, Narasannapeta.

To

The Principal,
Government Degree College,
Narasannapeta.

Sub: certificate course on Health, Hygiene & Nutrition

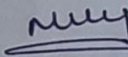
Respected sir,

I am **CH.V Satyanarayana Murthy** as **Zoology** faculty in our College. This is regarding with conduct subject related certificate course introducing for student benefit of our department on "**Health,Hygiene & Nutrition**". The course duration should be 30 days. We are going to start in the academic year 2019-20 i.e. from 15-03-2019 to 15-04-2019. So, this is my humble request you to permit us for the establishment of above certificate course.

Thanking you sir,

Yours sincerely

CH.V.S.N Murthy


Lecturer in Zoology
Govt. Degree College
NARASANNAPETA
Srikakulam (Dist)

The faculty member of the Department of Zoology met in the principal's chamber to discuss and review the conduct of the Certificate Course title on **Health, Hygiene & Nutrition** under the Chairmanship of the principal and the faculty of the department on 15-03-2019.

AGENDA : Starting of certificate course for B.Sc (CBZ) students.

RESOLUTIONS :

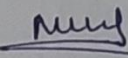
- 1) It is resolved to start the certificate course titled for **Health, Hygiene & Nutrition** from 15-03-2019 to 15-04-2019 (30 days) for the academic year 2019-20.
- 2) It is also resolved to frame the syllabus, regulations for the successful completion of the certificate course titled **Health, Hygiene & Nutrition**
- 3) Enrolled 10 students to this course.
- 4) Resolved to conduct classes at 4 to 5pm.
- 5) Resolved to conduct exam after completion of the course and issue certificates to qualified candidates.
- 6) Qualifying Marks is 40%.


Signature of the Lecturer
Lecturer in Zoology
Govt. Degree College
NARASANNAPETA
Srikakulam (Dist)

CIRCULAR

Date: 14-03-2019

This is to inform that the Department of Zoology is going to be conducted a subject related certificate course from 15-03-2019 to 15-04-2019 for the Students of B.Sc (CBZ) on "Health, Hygiene & Nutrition", The students who are interested can enroll their names to concerned Department on or before 14-03-2019. The duration of the course is 30 days. The candidates who secure 40% of the marks in the examination will get their certificate.


Head of the Department
Lecturer in Zoology
Govt. Degree College
NARASANNAPETA
Srikakulam (Dist)

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

**CERTIFICATE COURSE ON HEALTH, HYGIENE
& NUTRITION, 2019-20**

ENROLLED STUDENTS LIST

Sl.No.	Year	Group	Hall ticket No	Name of the student
1	I year	B.Sc (CBZ)	1900435003	B.Nagendra
2	I year	B.Sc (CBZ)	1900435004	CH.Tirupati Rao
3	I year	B.Sc (CBZ)	1900435005	D.Ganesh
4	I year	B.Sc (CBZ)	1900435006	G.Kumari
5	II year	B.Sc (CBZ)	1900435009	M.Ramu
6	II year	B.Sc (CBZ)	1800435006	K.Sujatha
7	II year	B.Sc (CBZ)	1800435009	Y.Naveen kumar
8	III year	B.Sc (CBZ)	1700435001	B.Rama bujji
9	III year	B.Sc (CBZ)	1700435008	N.Simhachalam
10	III year	B.Sc (CBZ)	1700435009	P.Divakar

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

**CERTIFICATE COURSE ON HEALTH HYGIENE
& NUTRITION, 2019-20**

STUDENT ATTENDANCE

SLN o.	Year	Group	Hall ticket No	Name of the student	15-03- 2019	16-03- 2019	17-03- 2019	18-03- 2019	19-03- 2019	20-03- 2019	21-03- 2019
1	I year	B.Sc (CBZ)	1900435003	B.Nagendra	P	P	AD	P	P	P	P
2	I year	B.Sc (CBZ)	1900435004	CH.Tirupati Rao	P	P	P	P	P	P	P
3	I year	B.Sc (CBZ)	1900435005	D.Ganesh	P	P	P	P	P	P	P
4	I year	B.Sc (CBZ)	1900435006	G.Kumari	P	P	P	P	P	P	P
5	II year	B.Sc (CBZ)	1900435009	M.Ramu	P	P	P	P	P	P	P
6	II year	B.Sc (CBZ)	1800435006	K.Sujatha	P	P	P	P	P	P	P
7	II year	B.Sc (CBZ)	1800435009	Y.Naveen kumar	P	P	P	P	P	P	P
8	III year	B.Sc (CBZ)	1700435001	B.Rama buji	P	P	P	P	P	P	P
9	III year	B.Sc (CBZ)	1700435008	N.Simhachalam	P	P	P	P	P	P	P
10	III year	B.Sc (CBZ)	1700435009	P.Divakar	P	P	P	P	P	P	P

STUDENT ATTENDANCE

SLN o.	Year	Group	Hall ticket No	Name of the student	22-03- 2019	23-03- 2019	24-03- 2019	25-03- 2019	26-03- 2019	27-03- 2019	28-03- 2019
1	I year	B.Sc (CBZ)	1900435003	B.Nagendra	P	P	P	P	P	P	P
2	I year	B.Sc (CBZ)	1900435004	CH.Tirupathi Rao	P	P	P	P	P	P	P
3	I year	B.Sc (CBZ)	1900435005	D.Ganesh	P	P	P	P	P	AD	P
4	I year	B.Sc (CBZ)	1900435006	G.Kumari	P	P	P	P	P	P	P
5	II year	B.Sc (CBZ)	1900435009	M.Ramu	P	P	P	P	P	P	P
6	II year	B.Sc (CBZ)	1800435006	K.Sujatha	P	AD	P	P	P	P	P
7	II year	B.Sc (CBZ)	1800435009	Y.Naveen kumar	P	P	P	P	P	P	P
8	III year	B.Sc (CBZ)	1700435001	B.Rama buji	P	P	P	P	P	AD	P
9	III year	B.Sc (CBZ)	1700435008	N.Simhachalam	AD	P	P	P	P	P	P
10	III year	B.Sc (CBZ)	1700435009	P.Divakar	P	P	P	P	P	P	P

SLN o.	Year	Group	Hall ticket No	Name of the student	29-03- 2019	30-03- 2019	31-03- 2019	01-04- 2019	02-04- 2019	03-04- 2019	04-04- 2019
1	I year	B.Sc (CBZ)	1900435003	B.Nagendra	P	P	P	P	P	P	P
2	I year	B.Sc (CBZ)	1900435004	CH.Tirupathi Rao	P	P	P	AD	P	P	P
3	I year	B.Sc (CBZ)	1900435005	D.Ganesh	P	P	P	P	P	P	P
4	I year	B.Sc (CBZ)	1900435006	G.Kumari	P	P	P	P	P	P	P
5	II year	B.Sc (CBZ)	1900435009	M.Ramu	P	P	P	P	P	P	P
6	II year	B.Sc (CBZ)	1800435006	K.Sujatha	P	P	P	AD	P	P	P
7	II year	B.Sc (CBZ)	1800435009	Y.Naveen kumar	P	P	P	P	P	P	P
8	III year	B.Sc (CBZ)	1700435001	B.Rama buji	P	P	P	P	P	P	P
9	III year	B.Sc (CBZ)	1700435008	N.Simhachalam	P	P	P	P	P	P	P
10	III year	B.Sc (CBZ)	1700435009	P.Divakar	P	P	P	P	P	P	P

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

CERTIFICATE COURSE ON HEALTH, HYGIENE & NUTRITION, 2019-20

STUDENT ATTENDANCE

Sl.N o.	Year	Group	Hall ticket No	Name of the student	05-04- 2019	06-04- 2019	07-04- 2019	08-04- 2019	09-04- 2019	10-04- 2019	11-04- 2019
1	I year	B.Sc (CBZ)	1900435003	B.Nagendra	P	P	P	P	P	P	P
2	I year	B.Sc (CBZ)	1900435004	CH.Tirupathi Rao	P	P	P	P	P	P	P
3	I year	B.Sc (CBZ)	1900435005	D.Ganesh	P	P	P	P	P	P	P
4	I year	B.Sc (CBZ)	1900435006	G.Kumari	P	P	P	P	P	P	P
5	II year	B.Sc (CBZ)	1900435009	M.Ramu	P	P	P	P	P	P	P
6	II year	B.Sc (CBZ)	1800435006	K.Sujatha	P	P	P	P	P	P	P
7	II year	B.Sc (CBZ)	1800435009	Y.Naveen kumar	P	P	P	P	P	P	P
8	III year	B.Sc (CBZ)	1700435001	B.Rama bujji	P	P	P	P	P	P	P
9	III year	B.Sc (CBZ)	1700435008	N.Simhachalam	P	P	P	P	P	P	P
10	III year	B.Sc (CBZ)	1700435009	P.Divakar	P	P	P	P	P	P	P

Sl.N o.	Year	Group	Hall ticket No	Name of the student	12-04- 2019	13-04- 2019	14-04- 2019	15-04- 2019
1	I year	B.Sc (CBZ)	1900435003	B.Nagendra	P	P		
2	I year	B.Sc (CBZ)	1900435004	CH.Tirupathi Rao	P	P		
3	I year	B.Sc (CBZ)	1900435005	D.Ganesh	P	P		
4	I year	B.Sc (CBZ)	1900435006	G.Kumari	P	P		
5	II year	B.Sc (CBZ)	1900435009	M.Ramu	P	P		
6	II year	B.Sc (CBZ)	1800435006	K.Sujatha	P	P		
7	II year	B.Sc (CBZ)	1800435009	Y.Naveen kumar	P	P		
8	III year	B.Sc (CBZ)	1700435001	B.Rama bujji	P	P		
9	III year	B.Sc (CBZ)	1700435008	N.Simhachalam	P	P		
10	III year	B.Sc (CBZ)	1700435009	P.Divakar	P	P		

OBJECTIVE OF THE COURSE :

- Define the terms – health, hygiene & nutrition and the role of health, hygiene and nutrition in maintaining health
- understand the term, balanced diet and apply the concept in planning and consuming diets
- Understand the basis for defining the Recommended Dietary Allowances (RDAs) and the difference between Dietary Requirement and RDA
- Under stand the basis for classification of foods into appropriate groups & hygiene & nutrition
- Analyse the factors which influence adolescent food habits
- Identify the causes symptoms and nutritional interventions related in eating disorders.
- Identify the importance of hygiene

Course duration : 30 days

Level : UG

Course type : scheduled

Certification : certification will be given on the continuous comprehensive evaluation of students performance in the learning activities.

HEALTH & HYGIENE, NUTRITION

Syllabus of the Course

MODULE-I (10 DAYS)

- HEALTH IS DEFINED AS A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL-BEING AND NOT MERELY AN ABSENCE OF DISEASE OR INFIRMITY. PHYSICAL HEALTH AND MENTAL HEALTH ARE INTER-RELATED. A SOUND MIND IN A SOUND BODY IS AN OLD AND APPROPRIATE SAYING FOR GOOD HEALTH.
- HYGIENE IS A SET OF PRACTICES PERFORMED TO PRESERVE HEALTH. ACCORDING TO THE WORLD HEALTH ORGANIZATION (WHO), "HYGIENE REFERS TO CONDITIONS AND PRACTICES THAT HELP TO MAINTAIN HEALTH AND PREVENT THE SPREAD OF DISEASES." PERSONAL HYGIENE REFERS TO MAINTAINING THE BODY'S CLEANLINESS.
- NUTRITION IS THE SCIENCE THAT INTERPRETS THE INTERACTION OF NUTRIENTS, OTHER SUBSTANCES IN FOOD IN RELATION TO MAINTENANCE OF GROWTH, REPRODUCTION, HEALTH AND TO PROTECT THE DISEASE

CHARACTERISTICS OF GOOD HEALTH

MODULE-II (10 DAYS)

- THE PERSON HAS CAPABILITY TO DO WORK.
- THE PERSON FEELS HIMSELF EFFICIENT TO TAKE DECISIONS AND WORK ACCORDINGLY.
- THE PERSON REMAINS IN SOUND MENTAL CONDITION.
- THE PERSON REMAIN FREE FROM ANY DISEASE.
- THE PERSON DOES NOT SUFFER FROM MENTAL TENSION.

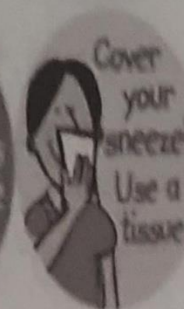
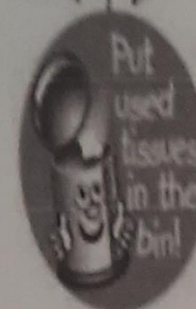
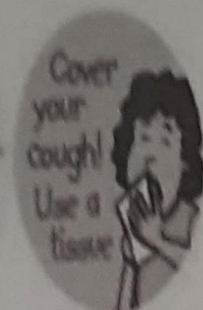
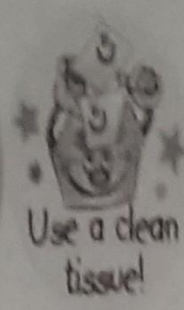
FOR MAINTAINING A GOOD HEALTH FOLLOWING CONDITIONS ARE ESSENTIAL

1.NUTRITION

2.EXERCISE AND REST

3.GOOD HABITS & HYGIENE

HYGIENE PROTOCOL



Hygiene Rules!

Wash your hands before you start cooking.

Wash your hands after you have touched raw food.

Wash your hands after you have blown your nose.

Wash your hands after you have touched the bin.

Wash your hands after you have been to the toilet.

Use a plastic spoon to taste your food.

Make sure the working surface is kept clean & tidy.

Throw away any food that has fallen on the floor.

Wash any equipment that has fallen on the floor.

Make sure anything spilled on the floor is wiped up immediately



HAND WASHING

Wash Your Hands



1

Use soap



2

Rub palm to palm with fingers



3

Rub tips of fingers



4

Rub each wrist



5

Rinse your hands

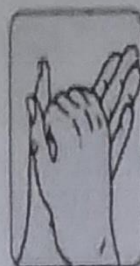


6

Dry your hands

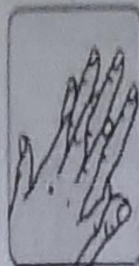
Diseases control

Hepatitis A, Shigellosis E.coli,
Salmonellosis Common cold,
Influenza Giardiasis,
Conjunctivitis (Pink Eye)
Staphylococcal / Campylobacter/
Clostridium



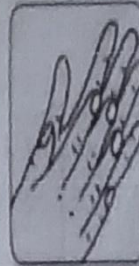
1

Palm to palm.



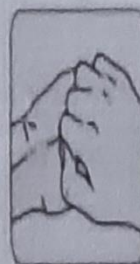
2

Right palm over left dorsum and left palm over right dorsum.



3

Palm to palm, fingers interlaced.



4

Backs of fingers to opposing palms with fingers interlocked.



5

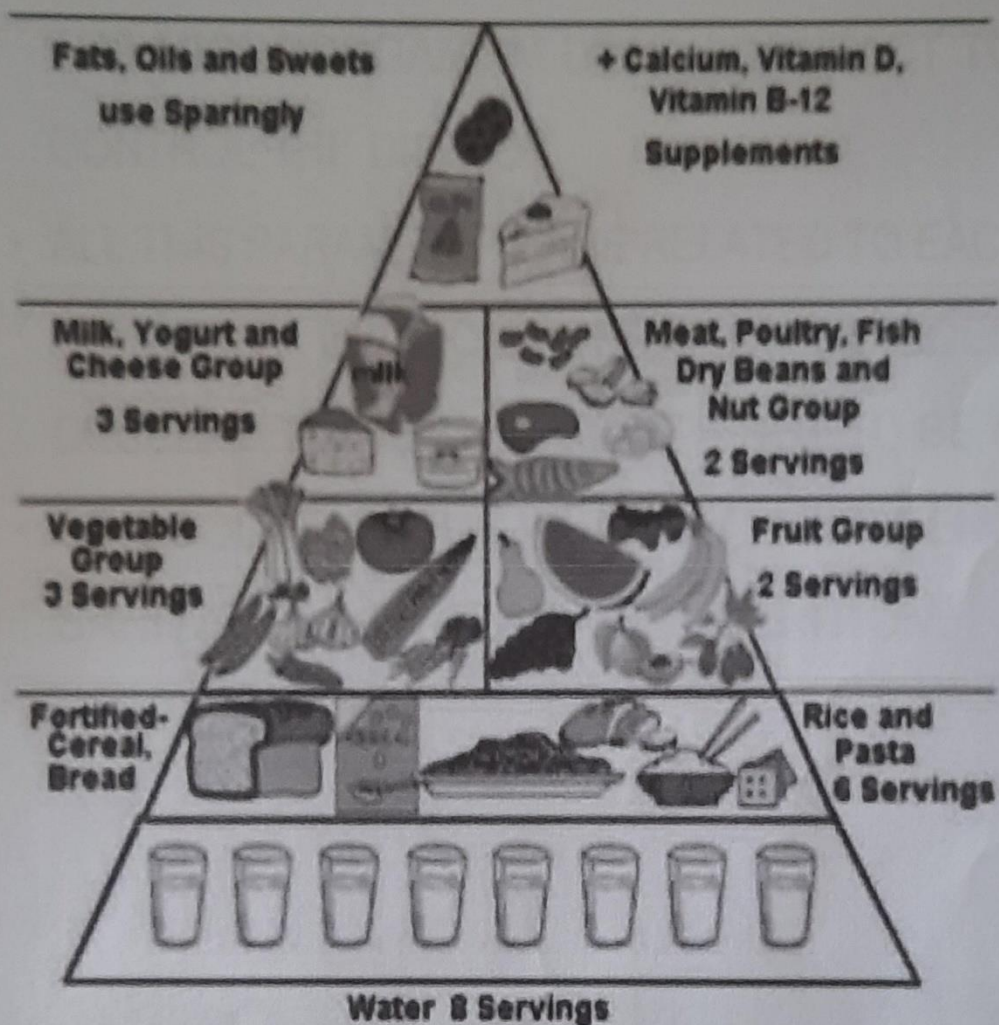
Rotational rubbing of right thumb clasped in left palm, then vice versa.



6

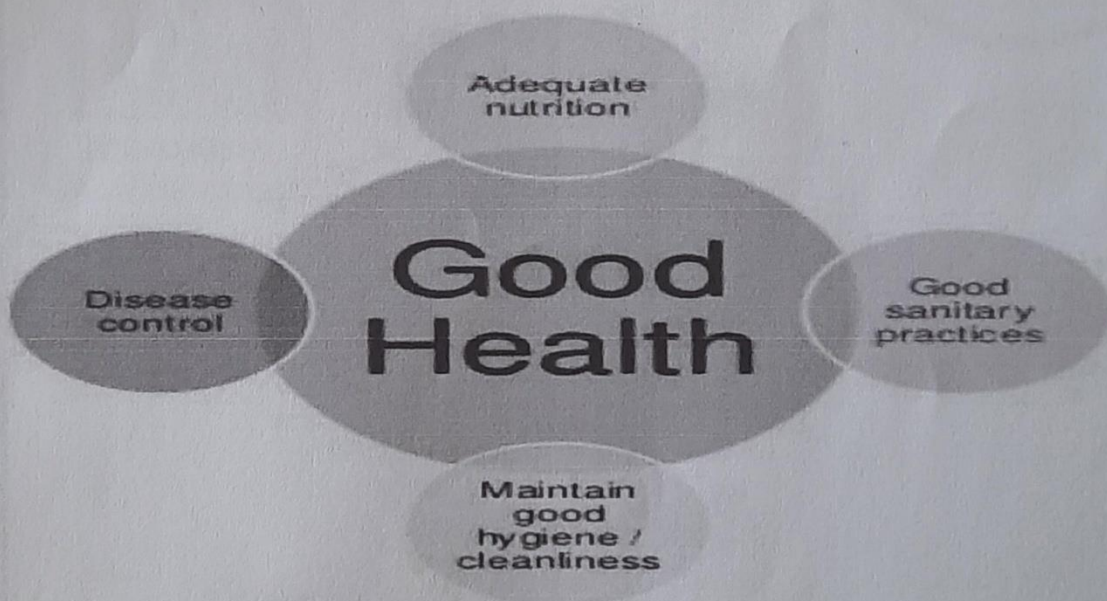
Rotational rubbing backwards and forwards with clasped fingers of hand in left palm then vice versa.

NUTRITION IS THE SCIENCE THAT INTERPRETS THE INTERACTION OF NUTRITION AND OTHER SUBSTANCES IN FOOD IN RELATION TO MAINTENANCE, GROWTH, REPRODUCTION, HEALTH AND DISEASE OF AN ORGANISM



MODULE - III (10 DAYS)

- ADEQUATE NUTRITION PROVIDE US THE IMMUNITY TO PROTECT AGAINST DISEASES.
- WELL AND PROPER PRACTICES OF SANITATION AND HYGIENE PROVIDE US TO DECREASE THE MICROORGANISM LOAD / CONTACT TO CONTROL THE DISEASE.
- ALL THIS PARAMETERS ARE RELATED TO EACH OTHER IN A CYCLIC ORDER. IF ONE IS GOES DECORATED THEN THE HEALTH NOT TO BE GOOD.
- SO GOOD HEALTH IS VERY MUCH INFLUENCING WITH SANITATION HYGIENE AND NUTRITION.



SOCIAL MESSAGE-1



Hand Washing

Good hand washing protects against the spread of many illnesses - from the common cold (which is responsible for 22 million lost school-days each year) to more serious illnesses such as meningitis, flu, hepatitis A, and most types of infectious diarrhea.

A Balanced Diet



EATING A BALANCED DIET



Germs Alert

Germs are tiny living things in the world around us. We can't see them but some of them can make us ill.



Germs can live under our fingernails. Keep them short and

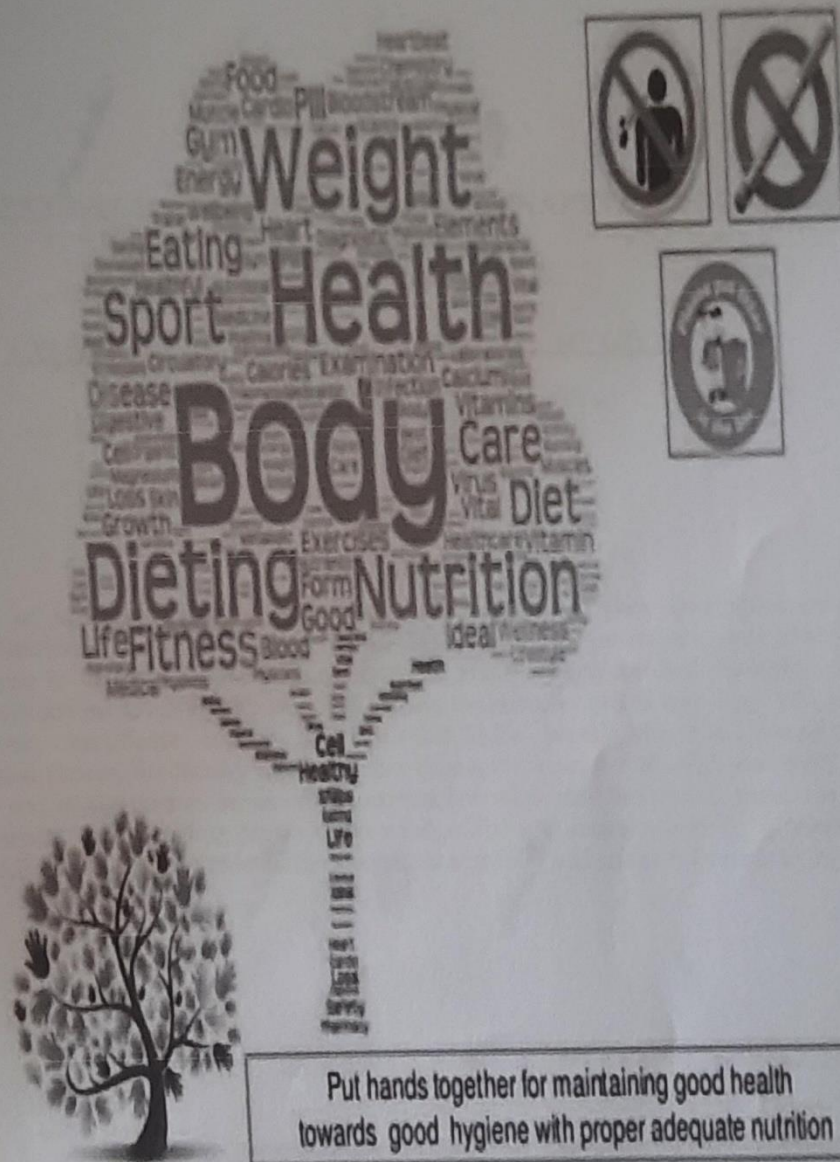
Washing helps to keep our body clean and to get rid of dirt and germs.

Germs can get onto our bodies from the air, from our clothes and from the things we touch.

Therapeutic Diets



SOCIAL MESSAGE- 2



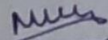
GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF ZOOLOGY

**CERTIFICATE COURSE ON HEALTH, HYGIENE
& NUTRITION, 2019-20**

REPORT:

As a part of academic activity, the department of zoology has conducted certificate course in "Health, Hygiene & Nutrition" from 15-03-2019 to 15-04-2019 for the academic year 2019-20. The important objective of the course is to improve basic knowledge in Health, Hygiene and Nutrition among the degree students. As per the instructions given by the principal during the minutes of the meeting, 10 members of students are enrolled into the certificate course for BSC(C.B.Z). To enrich the fundamentals of Health and Hygiene & Nutrition and fitness, the faculty member have engaged classes for 30 days and dealt the basic concepts of the subject. At the end of the course, an external examination with multiple choice questions has conducted for the assessment of learners understanding levels of knowledge. The minimum qualifying of marks of the award of certification is 40%. All the students completed the course successfully and got certificates during the academic year 2019-20.


Lecturer in Zoology
Govt. Degree College
NARASANNAPETA
Srikakulam (Dist)

GOVERNMENT DEGREE COLLEGE, NARASANNAPETA, SRIKAKULAM
DEPARTMENT OF ZOOLOGY

CERTIFICATE COURSE ON HEALTH, HYGIENE, NUTRITION.
2019-20

Time: 1 Hour

QUESTION PAPER

Max. Marks: 50

1. Small harmful living things called ()
1. Both 2. None of these 3. Bacteria 4. Germs
2. A substance needed by the body for growth, energy, repair is called a ----- ()
1. Nutrient 2. Carbohydrate 3. Calorie 4. Fatty acid
3. The food group is best source of energy ()
1. Meat group 2. Fats, oils, sweets 3. Bread & cereals 4. Milk & cheese
4. World Health Day is celebrated on ()
1. 1st March 2. 7th April 3. 6th October 4. 7th June
5. Which of the following factors is necessary for a healthy person ()
1. Vaccination 2. Balanced diet 3. Personal hygiene 4. All of the above
6. Which of the following health benefits would result from regular walking ()
1. Increased blood pressure 2. Decreased risk of CHD 3. Increased resting heart rate
4. Decreased life of expectancy
7. How many days do you workout per week? ()
1. 2-3 2. 0-1 3. 3-5 4. 4-7
8. Which of the following test (s) assess body composition? ()
1. Body Mass Index 2. Under water weight 3. Skin fold measurements
4. PACER Test
9. The percentage of water in the human body is? ()
1. 65 2. 70 3. 40 4. 80
10. The disease caused by the deficiency of iron is? ()
1. Anaemia 2. Dysentery 3. Chicken pox 4. Malaria
11. The mineral which controls the functioning of thyroid is? ()
1. Phosphorus 2. Calcium 3. Magnesium 4. Iodine
12. Which of the following food components give energy to our body? ()
1. Proteins 2. Vitamins 3. Minerals 4. Carbohydrates

13. The ability of the heart, blood, blood vessels and the respiratory system to supply oxygen and necessary fuel to the muscles during exercise is called _____. ()

1. Health-related fitness 2. Skill related fitness 3. Physical fitness 4. Cardio vascular fitness

14. Fitness is a personal matter and you should compete with yourself to become healthier. ()

1. True 2. False

15. Which of the following is NOT a/an positive life style aspect according to UNESCO? ()

1. Increases self confidence 2. Helps in coping with stress 3. Elevates depression
4. Increases the level of energy

16. What is the another name of synchronization? ()

1. Speed 2. Coordination 3. Strength 4. Endurance

17. Which of the following is NOT a component of skill related physical fitness ()

1. Agility 2. Muscular strength 3. Coordination 4. Reaction time

18. The percentage of fat, bone, water, muscle in human body is called ? ()

1. Muscular endurance 2. Muscular strength 3. Body composition 4. Flexibility

19. The aim of health related fitness is to prevent ? ()

1. Power 2. Way 3. Capacity 4. Disease

20. Which one of the following activities is part of loco motor skills? ()

1. Running 2. Breathing exercise 3. Solving sudoku 4. Meditation

21. The component of food which help our body to fight against infections is ? ()

1. Proteins 2. Fats 3. Carbohydrate 4. Starch

22. Our body needs _____ litres of water everyday ? ()

1. 2 to 3 2. 7 to 8 3. 10 - 15 4. 1 to 2

23. Excessive body weight due overnutrition leads to ()

1. Rickets 2. Marasmus 3. Obesity 4. Kwashiorkor

24. Vitamins and minerals are ()

1. Body building food 2. Energy giving food 3. None of these 4. Protective food

25. Foods like pizza, burger and noodles are rich in

1. Carbohydrates 2. Proteins 3. Minerals 4. Vitamins

GOVERNMENT DEGREE COLLEGE

NARASANNAPETA- SRIKAKULAM DIST

DEPARTMENT OF ZOOLOGY



CERTIFICATE

This is to certify that

Mr./Ms _____

of _____ successfully completed Certificate course on

"HEALTH , HYGIENE AND NUTRITION " and scored _____

grade during the academic year 2019-2020.

Course coordinator

IQAC Coordinator

Principal