

மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்

MANONMANIAM SUNDARANAR UNIVERSITY

SYLLABUS FOR ADVANCED DIPLOMA IN HEALTH AND SANITARY SCIENCE PROGRAM OFFERED THROUGH DIRECTORATE OF VOCATIONAL EDUCATION (COMMUNITY COLLEGES AND VOCATIONAL SKILL DEVELOPMENT CENTRES) FROM 2019 - 2020



கல்விசார் நிலைக்குழுக் கூட்டம்

MEETING OF THE STANDING COMMITTEE ON ACADEMIC AFFAIRS HELD ON FRIDAY THE 28th JUNE 2019

ADVANCED DIPLOMA IN HEALTH AND SANITARY SCIENCE

மேம்பட்ட சுகாதாரம் மற்றும் துப்புரவு அறிவியல் பட்டயம்

SCHEME OF EXAMINATION

Subject Code	Title Of The Course	Credit	Hours	Passing
Subject Code		Clean	nouis	Minimum
	SEMESTER I			
C19HI11/E19HI01	Anatomy and Physiology	6	90	40/100
C19HI12/E19HI02	Microbiology Medical Entomology and Parasitology	6	90	40/100
C19HI13/E19HI03	Environmental Sanitation	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19HIP1/E19HIP1	Practical I	4	120	40/100
	SEMESTER II			
C19HI21/E19HI04	Hygiene, Nutrition & Nutrition Education	6	90	40/100
C19HI22/E19HI05	Public Health Act	6	90	40/100
C19LS23/E19LS05	Life Skill	6	90	40/100
C19HI24/E19HI06	Public Health Problems in India	6	90	40/100
C19HIP2/E19HIP2	Practical II	4	120	40/100
	SEMESTER III			
C19HI31/E19HI07	Control of Communicable Diseases & Non Communicable Disease	6	90	40/100
C19HI32/E19HI08	Basic Medicine and Treatment of Minor Ailments & First Aid, Emergency Care and Rehabilitation	6	90	40/100
C19HI33/E19HI09	Health & Vital Statistics, Reproductive and Child Health, Family Welfare	6	90	40/100
C19HIP3/E19HIP3	Practical III	4	120	40/100
C19HIIP/E19HIIP	Project/Internship	10	150	40/100
	SEMESTER IV	1	1	
C19HI41/E19HI10	Behavioral Science	6	90	40/100
C19HI42/E19HI11	Communication skill IPC and Counseling	6	90	40/100
C19HI43/E19HI12	IEC, AV AIDS, MEDIA & Health Education	6	90	40/100
C19HIP4/E19HIP4	Practical IV	4	120	40/100
C19HIPW/E19HIPW	Project work	10	150	40/100

Eligibility for admission: Pass in 12thstd Examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent Examination.

Examination: Passing minimum for each Course is 40%.classification will be done on the basis percentage marks of the total marks obtained in all of the Courses and given as below:

40% but less than 50%-Third Class50% but less than 60%-Second Class60% and above- First Class

Theory Paper

Internal Marks-25 External Marks-75

SYLLABUS

SEMESTER I

Course I	:	Anatomy and Physiology
Course II	:	Microbiology Medical Entomology and Parasitology
Course III	:	Environmental Sanitation
Course IV	:	Communicative English
Course V	:	Practical I

SEMESTER II

Course VI	:	Hygiene, Nutrition & Nutrition Education
Course VII	:	Public Health Act
Course VIII	:	Life Skill
Course IX	:	Public Health Problems in India
Course X	:	Practical II

SEMESTER III

Course XI	:	Control of Communicable Diseases & Non Communicable Disease
Course XII	:	Basic Medicine, Treatment of Emergency Care and Rehabilitation
Course XIII	:	Health &b Vital Statistics, Reproductive and Child Health, Family Welfare
Course XIV Course XV	:	Practical III Project/Intership

SEMESTER IV

Course XVI	:	Behavioral Science
Course XVII	:	Communication skill IPC and Counseling
Course XVIII	:	IEC, AV AIDS, MEDIA & Health Education
Course XIX	:	Practical IV
Course XX	:	Project work

*(Semester Pattern for Community College Only)

Program Objectives

- To be able to acquire sufficient knowledge and function of the Human Body.
- Increase understanding of the significance of hygiene and healthful living for promotion and maintenance of health.
- To understand the existing services for maternal and child care.

SEMESTER I

Course I

(C19HI11/E19HI01)Anatomy	v and Physiology
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Objectives

• To be able to acquire sufficient knowledge and function of the Human Body.

Unit I	18 Hrs
The body as an integrates whole organization of living things	
Unit II	18 Hrs
The erect and moving body, skeletal system, Muscular system.	
Unit III	18 Hrs
Integration and control of the body. Nervous system	
Unit IV	18 Hrs
Maintaining the metabolism of the body. Circulatory system, system Digestive system, excretory system.	Respiratory
Unit V	18 Hrs

Unit V

Human Reproduction:

Embryology, Parental development, Fertilization pregnancy, Later lactation.

Reference Books

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR / SANITARY INSPECTOR COURSE YEARS DIPLOMA (2 COURSE)Syllabus and Guidelines (Regulations) BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

Course II

(C19HI12/E19HI02)Microbiology, Medical Entomology and Parasitology

Objectives

- To be able to / acquire knowledge of Microbiology
- Understand the principles of Microbiology
- Handle pathogenic material safety

Units I

Microbiology

Micro organism-Universal presence of micro organisms-Sources and modes of infection-Pathogenic micro organism-Identification and destruction of Microorganisms.

Unit II

Medical Entomology Introduction

Classification of living things Arthropods of public health inpatients. An outline of the morphology of the mosquito and development stage. Important diseases transmitted by mosquitoes-An outline of the morphology of sand fly, house fly and Tsetse fly.

Unit III

Medical Entomology

Morphology - general features of bed bugs, louse and flees. Control: An outline of the control measures-Morphology and lifecycle of Ticks and mites-Public health importance and control.

Unit IV

Parasitology

Introduction

Definition of definitive host and intermediate Host-The important species of human Malaria parasite-Distribution, Habitat, Morphology, life eyes of Entamoebahistolystica, public health importanceand control-A short account of Entamoeba, Entamoehagingivalis, leish maniadonovani, Public Health Importance and Control.

Unit V

Parasitology

Health and morphology of hookworm, AscarisLumbricidaes-Virus:Dengue, Chikunguniya, JapaneseEncephalitis

Reference Books

 MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR / SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE)Syllabus and Guidelines (Regulations) BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

18 Hrs

18 Hrs

18 Hrs

Course III

(C19HI13/E19HI03)**Environmental Sanitation**

Objectives

- To be able to / acquire knowledge of Environmental Sanitation
- Understand the principles of Environmental Sanitation

Unit I

Introduction : Scope of Public Health - Hygiene and sanitation – modern Public Health Practices. Purposes of requirements, sources of supply of water, characteristics of water sources, Purification of water.

Unit II

Air compositions of importance to health pollution of air, source of purities in air-Solid waste management – sources and clarification of solid waste – solid waste management.

Unit III

Bio medical waste management and handling rules. Different categories of bio medical waste. Treatment and disposal option. Color coding – standard for treatment and disposal of Bio medical wastes. Different types of plastic and their uses. Rules related to Plastic wastes management and handling

Unit IV

Excreta disposal, different types of latrines - disposal methods trenching – septic tank campsanitationopen drains, Soak pit, disposal methods of seagis artificial biological method of cleaning.

Unit V

Disposal of dead housing and Industrial trades.

Reference Book

 MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR / SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE) <u>Syllabus and Guidelines (Regulations)</u> BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

18 Hrs

18 Hrs

18 Hrs

Course IV (C19CE10/E19CE10)**Communicative English**

1. Basic Grammar:

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

2. Bubbling Vocabulary:

- a. Synonyms
- b. Antonyms
- c. One work Institution

3. Reading and Understanding English

- a. Comprehension passage
- b. Précis writing
- c. Developing a story from hints.

4. Writing English

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

5. Speaking English

- a. Expressions used under different circumstances
- b. Phonetics

Reference

- 1. V.H.Baskaran "English Made Easy"
- 2. V.H.Baskaran "English Composition Made Easy"

(Shakespeare Institute of English Studies, Chennai)

3. N.Krishnaswamy – "Teaching English Grammar"

(T.R.Publication, Chennai)

4. "Life Skill" – P.Ravi, S.Prabakar and T.Tamzil Chelvam,
M.S.University, Tirunelveli

Course V

(C19HIP1/E19HIP1)Practical I

List of Exercises

- Demonstration of the skeletal system.
- Demonstration of Muscular system.
- Demonstration of reproductive system.
- Demonstration of the Microscope

SEMESTER II Course VI

(C19HI21/E19HI04)**Hygiene, Nutrition & Nutrition Education**

Objectives

- Increase understanding of the significance of hygiene and healthful living for promotion and maintenance of health.
- To understand the role of nutrition in health.
- To develop skills for preparation and demonstration of Nutritious food.
- To identify the malnutrition case prevalent in the community

Unit I

Hygiene

Concepts of health and disease factors increasing health and healthful living. Scientific principles related to maintains of normal circulation, normal respiration, normal digestion and elimination.

Unit II

Hygiene

Personal hygiene, skin care, hair lass, Dental Care and oral care, care of hand menstrual hygiene- Health in the home. The home as a center for health fulliving house hold measure for disposal of refuse, sanitation ventilation safely in the home.

Unit III

Hygiene

Mental health and hygiene:

Role of health worker (male) in this field of mental health. Natural mental health programme. Ensuring mental by healthy growth in infancy need for comport security protein ensuring mentally health growth in nearly childhood, later child hood, adolescence and old age.

Unit IV

Nutrition & Nutrition Education

To the study of nutrition, definition of nutritious to the health nutritive value of food stuffs-Balanced diet definition, factors to be considered in planning meals preparation and presentation of foods-Cultural factors in nutrition, malnutrition.

Unit V

Nutrition & Nutrition Education

Identifying are asemphasis (eg) maternal nutrition diet for lactating mothers, prevention and treatment of anemia, Child nutrition-Nutrition education - method and media, nutrition education and family health, food adulteration practices, methods of cooking, nutrition education for chronic illness, dietary modifications in diabetes, peptic ulcer, heart diseases.

Reference Books

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR /SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA OURSE)Syllabus and Guidelines (Regulations) BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

18 Hrs

18 Hrs

18 Hrs

Course VII

(C19HI22/E19HI05)**Public Health Act**

Objectives

• To able to acquire knowledge and skills related to the performance of health care activities in the community.

Unit I	18 Hrs
Health problems and responsibilities of health workers.	
Unit II	18 Hrs
Public health budget and public health administration.	
Unit III	18 Hrs
Tamil Nadu Public Health Act 1939.	

Drainage, abatement of nuisances, notified infectious diseases, sanitation and building fairs and festivals.

Unit IV

Public health related acts/rules states, cultural and international.

Unit V

Central, Registration of birth and death act 1969. The factories act 1948 and PH related acts

Reference Books:

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR /SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE)<u>Syllabus</u> and <u>Guidelines (Regulations)</u> BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

Course VIII

(C19LS23/E19LS05)Life Skill

I Life Coping or adjustment

- (a) External and internal influence in one's life
- (b) Process of coping or adjustment
- (c) Coping with physical change and sexuality
- (d) Coping with stress, shyness, fear, anger far live and criticism.

II <u>Attitude</u>

- (a) Attitude
- (b) Self acceptance, self esteem and self actualization
- (c) Positive thinking

III Problem Solving

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

IV Computers

- (a) Introduction to Computers
- (b) M.S.Office
- (c) Power Point

V Internet

- (a) Introduction to internet
- (b) E mail
- (c) Browsing

References

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமை பண்பு வளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College, Palayamkottai
- 3) "Life Skill" –P.Ravi, S.Prabahar & T.Tamil Chelvam, M.S. University, Tirunelveli

Course – IX

(C19HI24/E19HI06)**Public Health Problems in India Factors affecting** Health of the Individual and Family and Community

Objectives

- To able to gain knowledge about various public health problems with refer wise to Tamil Nadu.
- To acquire knowledge about different agencies involved in prevention and control of these diseases.
- To be able to gain knowledge of factors affecting the health of the individual family and the community, including factors affecting the health of the mother and child.
- To be able to acquire knowledge about normal growth and development of the child and utilizing this for promotion and maintenance of the child.
- To be able the understand the various National health program and identify that nature and magnitude of the problems regarding the implementation of the health program.

Unit I

International Health Regulations Definition

Purpose and scope - principle and responsible authorities. Health documents -vector control. Vaccination – surveillance activities.

Unit II

National Health Programme

National Health programmes, difference between control and eradication programmes.

Unit III

National Health Programme

National Malaria eradication programme, national Leprosy control programme, National Tuberculosis control Programme, national Filariasis Control programme, Cholera Control programme, STD control programme, Goiter Control programme.

Unit IV

National Health Programme

Special school health programme-Non communicate disease control programme.

Unit V

National Health Programme National AIDS Control Programme. Reference Books

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR /SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE)<u>Syllabus and</u> <u>Guidelines (Regulations)</u> BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

18 Hrs

18 Hrs

18 Hrs

Course X

(C19HIP2/E19HIP2)Practical II

SEMESTER II Course XI

(C19HI31/E19HI07)Control of Communicable Diseases & Non **Communicable Disease**

Objectives

- To be able to acquire an understanding of major communicable diseases and its implications for protection and restoration of health.
- To be able to Gain knowledge of practices and techniques related to prevention and control of communicable diseases.
- To be able to acquire an understanding of major Non communicable Disease and its implication for protection and restoration of health.
- To be able to Gain Knowledge of practices and techniques related to prevention and control of Non -communicable diseases.

Unit I

Communicable Diseases

Introduction to communicable diseases-Immunity and Immunization

Unit II

Communicable Diseases

Care and treatment of patient with infection-Disinfection and sterilization-Specific communicable diseases

Unit III

Non Communicable Diseases

Introduction of Non-Communicable diseases-To know about Signs and symptoms of Non communicable disorder

Unit IV

Non Communicable Diseases

To know about Prevalence of Non communicable disorder-To know about Primordial prevention of Non communicable disorder

Unit V

Non Communicable Diseases

To know about Care and Treatment of Patient

Reference Books

MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR /SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE)Syllabus and Guidelines (Regulations) BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

18 Hrs

18 Hrs

18 Hrs

Course XII (C19HI32/E19HI08)Basic Medicine and Treatment of Minor Ailments & First Aid, Emergency Care and Rehabilitation

Objectives

- To be able to develop the ability to recognize and treat minor ailments
- To be able to acquire sufficient knowledge of signs and symptoms and diseases of a common, recurrent type of diseases.
- To be able to acquire knowledge of drugs commonly used for treatment of minor ailments.
- To be able to acquire knowledge and skills to render first aid in accidents and emergencies.

Units I

Basic Medicine and Treatment of Minor Ailments

Principles of medical care and treatment of minor ailments-Home Nursing and elementary medical care preparing the sack unit/room at home

Unit II Basic Medicine and Treatment of Minor Ailments

Treatment of minor ailments-Conditions affecting the ear, and eye – signs symptoms and treatment.

Unit III Basic Medicine and Treatment of Minor Ailments

Conditions affecting the skeleton signs and treatment. Conditions affecting the respiratory systems, digestion system, urinary system, reproductive system-Basic Medical care, Pharmacology.

Unit IV

First Aid, Emergency Care and Rehabilitation

Scope of first aid principles of emergency care management of emergency situations-Promoting safety consciousness, Safety in the home, Safety measures in the school - Safety on the job.

Unit V

First Aid, Emergency Care and Rehabilitation

Injuries to bones, joints-First aid in wounds and haemorrhage-First aid in poisons, bites and stings, foreign bodies, unconsciousness, Thermal electrical and chemical injuries.

Reference Books:

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR /SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE)<u>Syllabus</u> <u>and Guidelines (Regulations)</u> BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

18 Hrs

18 Hrs

18 Hrs

Course XIII

(C19HI33/E19HI09)**Health and Vital Statistics, Reproductive and Child** Health, Family Welfare

Objectives

- To be able to acquire knowledge and skills in the use of simple statistics as they apply to health.
- To understand the concept and components of MCH Programme.
- To understand the existing services for maternal and child care.
- To identify the role of health workers male in the integration of MCH, Nutrition and family planning programme
- To understand the objectives and operational goals of the national family planning programme and the role of Health Worker (M)
- To identify the services available for family welfare

Unit I

Health and Vital Statistics

Uses of statistics in community health-illustrations regarding use of statistics-Definition and uses of-birth rate, death rate, specific rate, maternal morbidity rate, infant mortality rate etc.

Unit II

Health and Vital Statistics

Existing system of Vital statistics registration procedures, defects in the present system.

Unit III

Reproductive and Child Health

Principles of maternal care-Maternal health factors-Organisation of MCH Services.

Unit IV

Family Welfare

Family Planning Methods-Importance of Family Planning and Welfare Health and socio-economic factors; Mortality rates of vulnerable groups.

Unit V

Family Welfare

National Family Planning Programme Goals, policies, education programme-Organisation of Family Welfare work, Surveying the community for Eligible Couples, Promoting the small family norms.

Reference Books

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR / SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE)<u>Syllabus and Guidelines (Regulations)</u> BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

18 Hrs

18 Hrs

18 Hrs

18 Hrs

Course XIV

(C19HIP3/E19HIP3)Practical III

Course XV

(C19HIIP/E19HIIP)**Project/Internship**

SEMESTER IV

Course XVI

(C19HI41/E19HI10)**Behavioral Science**

Objectives

- To be able to gain knowledge of elementary principles of psychology for an understanding of personal, individual and group behaviour.
- To be able to motivate individuals and groups to improve health care practices and utilize health and welfare services.

Unit I	18 Hrs
Factors influencing human behavior	
Unit II	18 Hrs
Life stages and behavioral Science	
Unit III	18 Hrs
Emotion and behavior, Defence mechanisms, Social behavior	
Unit IV	18 Hrs
Learning, motivation and change in behavior.	
Unit V	18 Hrs
Community, Social Process and Social controls.	10 1115

Reference Books:

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR /SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE) <u>Syllabus</u> <u>and Guidelines (Regulations)</u> BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

Course XVII

(C19HI42/E19HI11)Communication skill IPC and Counseling

Objectives

- To be able to Gain knowledge of elementary principles of communication.
- To be able to develop interpersonal skills required for.
 - (a) carrying out counseling for different groups
 - (b) Functioning effectively as a member of the health team.

Unit I	18 Hrs
Basic counselling skills	
Unit II	18 Hrs
Listening skills	
Unit III	18 Hrs
Asking questions	
Unit IV	18 Hrs
Managing resistance	
Unit V	18 Hrs

Training clients in relaxation

Reference Books:

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR /SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE)<u>Syllabus and</u> <u>Guidelines (Regulations)</u> BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

Course XVIII

(C19HI43/E19HI12)IEC, AV AIDS, MEDIA & Health Education **Objectives**

- To be able to acquire knowledge of basic communication skills and their application to health work.
- To be able to science and use appropriate audio-visual aids to strengthen teaching activities.
- To be able to acquire knowledge of the principles and practices of health guidance and education.
- To be able to function effectively for the promotion of the health and family welfare by participating in health education activities.

Unit I

IEC, AV AIDS, MEDIA

Elements of communication Factors influencing communication-Basic skills for communication. Communication for health work through-talks; roadcast, role play group discussions.

Unit II

IEC, AV AIDS, MEDIA

Audio visual aids in health education programmes classification of audiovisual aids.

Unit III

IEC, AV AIDS, MEDIA

Selecting suitable aids for health work-Basic skills, simple drawing, lettering, coloring.

Unit IV

Health Education Aims, scope and Concept of Health Education.

Unit V

Health Education

Concept of learning, change in behavior, Characteristics of learner-Principles of motivation.

Reference Books:

• MULTIPURPOSE HEALTH WORKER (MALE) / HEALTH INSPECTOR / SANITARY INSPECTOR COURSE (2 YEARS DIPLOMA COURSE) Syllabus and Guidelines (Regulations) BOARD OF EXAMINATION DIRECTOR OF PUBLIC HEALTH AND PREVENTIVE MEDICINE CHENNAI-600 006.

Course XIX

(C19HIP4/E19HIP4)Practical IV

Course XX

(C19HIPW/E19HIPW)Project work

18 Hrs

18 Hrs

18 Hrs

18 Hrs