

HOME SCIENCE

Paper – II

Community Health and Family Welfare

Unit I

1. Health – Concept of Health, Community Health, School Health, Determinates of health, factors affecting health, common causes of health problems.
2. Hygiene: (a) Personal Hygiene
(b) Food Hygiene – Public Health Hazards due to contaminated food.
(c) Disposal of waste – Methods (household waste)
3. Health Education – Concept, Objectives and Principles of Health Education.

Unit II

4. Community - Definition, qualities and skills of community worker. Role of community worker in welfare of a society.
5. Programmes for Development of women and children. DWCRA, TRYSEM, ICDS, Mid Day Meal Programme, W.D.P.
6. National and International Agencies involved in family welfare.
(a) WHO
(b) UNICEF

Unit III

7. Disease – Causes, Mode of transmission, incubations, period, sign and symptoms, causes and prevention, Diphtheria, Whooping cough, poliomyelitis, Tetanus, cholera, Malaria, Tuberculosis, Acquired Immune Deficiency Syndrome (AIDS).
8. Immunity – Classification and Immunization schedule.
9. Health services available for Public Health.
(a) Primary Health Centre (PHC)
(b) Hospital
(c) Red Cross Society

Unit IV

10. Reproductive System: a) Structure and Functions
b) Menstrual cycle
c) Fertilization
11. Changes during pregnancy.
12. Common ailments during pregnancy and their management – Morning sickness, heat burn, indigestion, constipation, piles, leg cramps, sleeplessness, frequency of micturition, oedema and varicose veins.
13. Toxaemia of Pregnancy – Symptoms, detection and care.
14. Antenatal Care: a) Diet, dress, personal hygiene, exercise, rest, sleep, bowel regulation and breast care
b) Antenatal clinics and their importance

Unit V

15. Preparation of Confinement.
16. Postnatal: a) Retention of Urine, rest, exercise, sleep, care of breast
b) Puerperal seps – Causes, Prevention and treatment
c) Breast Infection – Cracked nipples, abscess retracted nipples
17. Abortions and miscarriage – symptoms, types and care.
18. Family planning – Importance and methods.

References:

1. J.E. Park and K. Park: Text Book of Social Medicine Bhanot Publishers.
2. Y.P. Bedi: Social and Preventive Medicine Nama Ram and Sons.
3. B.N. Ghose: A treatise on hygiene and Public Health.
4. Dr. (Mrs.) Bela Bhargava: Family Health and Social Welfare.
5. डॉ. (श्रीमती) बेला भार्गव: पारिवारिक स्वास्थ्य एवं सामाजिक कल्याण ।
- 6^प डॉ. केथरीन एस. सिंह: मातृकला, शिशु पालन एवं बाल विकास ।
- 7^प डॉ. वृन्दासिंह: जन स्वास्थ्य एवं परिवार कल्याण ।
- 8^प डॉ. बी.डी. हरपलानी: प्रसार शिक्षा ।