

Semester III

Paper-6 : HEALTH EDUCATION, FIRST AID & REHABILITATION

Max. Marks =150

(42 Hours)

Unit-I

- (i) Health-meaning, dimensions of health and their interrelationships, spectrum of health factors influencing health. **(Book -1, Chapter -2)**
- (ii) Communication for Health Education – Process, type, definition of Health Education, Aim and objectives, content, Principal and Practice of Health Education. **(Book-1, Chapter -19)**

8 Hours**Unit-II**

- (i) Foods and Nutrition- Essential body nutrients (Protein, fat, carbohydrate, Vitamins, Minerals and water) sources and functions, balanced diet.(Book -1, Chapter – 10)
- (ii) Communicable diseases- meaning, mode of spread and prevention.
Non-communicable diseases- causes and prevention. **(Book -1, Chapter -3 & 6)**

8 Hours**Unit-III**

- (i) Substance abuse management.
- (ii) Population education- Demographic cycle, family planning, scope of family planning, health aspect of family planning, importance of small family, and methods of controlling conception.**(Book-1, Chapter-8)**

8 Hours**Unit-IV**

- (i) Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain (Price), drowning snake bite, poisoning, heat stroke and heat exhaustion .**(Book -2, Ch- 1,2 & 3)**
- (ii) Internationals health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health. **(Book -1, Chapter -22)**

9 Hours**Unit-V**

- (i) Rehabilitation – definition, physical, mental and psychological rehabilitation.
- (ii) Rehabilitation Modalities – cold, heat, water, radiation, Hydrotherapy, cryotherapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator.**(Book-3, Ch-9,10,11,12,17 & 18)**

9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

Practical (28 Hours)

1. Prescription of diet
2. Determination of calorie value of food
3. Identification of various methods of contraceptives
4. Collection of material for substance abuse control
5. Immunization schedule

ESSENTIAL READING:

Book- 1:- Park K (2005) – Park’s Text Book of Preventive and Social Medicine. M/s Banarsidas Bhanot, Prem Nagar, Jabalpur- 482001 (India)

Book- 2:- British Red Cross (2002) – First aid Manual

Book- 3:- Kitchen, S (1996) – Clayton’s Electrotherapy.

SUGGESTED READINGS

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today’s Health. Mosby Publishers. Chicago. USA.
- Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.
- Uppal AK & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.

Theory 100 Marks (75 + 25 Internal Assessment). Practicals = 50 Marks