


RRDS GOVT. DEGREE COLLEGE, BHIMAVARAM, W.G.Dt, A.P

(Affiliated to Adkavi Nannayya University, Rajamahendravaram)

Estd:1972

 **08816-223458**

 www.rrdsdgc.ac.in



Accredited by NAAC

AISHE:C-24023

 gdcbbhimavaram.jkc@gmail.com

DEPARTMENT OF ENGLISH

Certificate Programme

2022-23

Title of the Programme: 'Health and Hygiene'

Duration : 30 hrs

No of Students Enrolled : 30

Starting Date: 27-01-2023

Ending Date: 08-03-2023

Faculty /Resource Persons: Dr. P.RAJA SEKHAR

Lecturer in English

RRDS Govt. Degree College

Bhimavaram.


PRINCIPAL
R.R.D.S. Govt. Degree College
BHIMAVARAM-534 202.

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DEPARTMENT OF ENGLISH

Unit I:

1. Nutrition – definition, importance, Good nutrition and mal nutrition; Balanced Diet: Basics of Meal Planning 2. Carbohydrates –functions, dietary sources, effects of deficiency. 3. Lipids – functions, dietary sources, effects of deficiency. 4. Proteins –functions, dietary sources, effects of deficiency. 5. Brief account of Vitamins- functions, food sources, effects of deficiency, 6. Macro and micro minerals –functions, effects of deficiency; food sources of Calcium, Potassium and Sodium; food sources of Iron, Iodine and Zinc 7. Importance of water– functions, sources, requirement and effects of deficiency.

Unit II:

8. Health - Determinants of health, Key Health Indicators, Environment health & Public health; Health-Education: Principles and Strategies 9. Health Policy & Health Organizations: Health Indicators and National Health Policy of Govt. of India-2017; Functioning of various nutrition and health organizations in India viz., NIN (FNB Board), ICMR, IDA, WHO-India, UNICEF-India 10. National Health Mission: National Rural Health Mission (NRHM) Framework, National Urban Health Mission (NUHM) Framework 11. Guidelines and Role of Government and Public

Unit III:

13. Hygiene – Definition; Personal, Community, Medical and Culinary hygiene; WASH (Water, Sanitation and Hygiene) programme 14. Rural Community Health: Village health sanitation & Nutritional committee (Roles & Responsibilities); About Accredited Social Health Activist (ASHA); Village Health Nutrition Day, Roji Kalyan Samitis 15. Community & Personal Hygiene: Environmental Sanitation and Sanitation in Public places.

Methodology followed

1. Lecture method

2. Interactive Sessions

3. Participative Learning

SCHEDULE

Duration –One Hour per Day (4 to 5 pm)	SYLLABUS TO BE COVERED
Day 1	Nutrition – definition, importance, Good nutrition and mal nutrition; Balanced Diet: Basics of Meal Planning .
Day 2	Carbohydrates –functions, dietary sources,
Day 3	effects of deficiency.
Day 4	Lipids –functions, dietary sources, effects of deficiency.
Day 5	Proteins –functions, dietary sources, effects of deficiency.
Day 6	Brief account of Vitamins- functions, food sources, effects of deficiency,
Day 7	Macro and micro minerals –functions, effects of deficiency; food sources of Calcium,
Day 8	Potassium and Sodium; food sources of Iron, Iodine and Zinc
Day 9	Importance of water– functions, sources, requirement and effects of deficiency
Day 10	Health - Determinants of health, Key Health Indicators, 12. Disaster Management – Containment, Control and Prevention of Epidemics and Pandemics – Acts, Guidelines and Role of Government and Public
Day 11	Environment health & Public health; Health-Education: Principles and Strategies
Day 12	Health Policy & Health Organizations: Health Indicators and National Health Policy of Govt. of India-2017
Day 13	Functioning of various nutrition and health organizations in India viz.,
Day 14	NIN (National Institution of Nutrition), FNB (Food and Nutrition Board), ICMR (Indian Council of Medical Research),
Day 15	IDA (Indian Dietetics Association), WHO-India, UNICEF-India
Day 16	National Health Mission: National Rural Health Mission (NRHM) Framework,

	National Urban Health Mission (NUHM) Framework
Day 17	Women & Child Health Care Schemes: Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH+)
Day 18	Janani Shishu Suraksha Karyakaram (JSSK); Rashtriya Bal Swasthya Karyakram(RBSK);
Day 19	India Newborn Action Plan (INAP); Adolescent Health- Rashtriya Kishor Swasthya Karyakram (RKSK)
Day 20	Disaster Management – Containment, Control and Prevention of Epidemics and Pandemics – Acts, Guidelines and Role of Government and Public
Day 21	Hygiene – Definition; Personal, Community, Medical and Culinary hygiene; WASH (Water, Sanitation and Hygiene) programme
Day 22	Rural Community Health: Village health sanitation & Nutritional committee (Roles & Responsibilities); About Accredited Social Health Activist (ASHA); Village Health Nutrition Day, Ragi Kalyan Samitis
Day 23	Community & Personal Hygiene: Environmental Sanitation and Sanitation in Public places
Day 24	Public Awareness through Digital Media - An Introduction to Mobile Apps of
Day 25	Government of India: NHP, Swasth Bharat, No More Tension, Pradhan Mantri
Day 26	Government of India: NHP, Swasth Bharat,
Day 27	No More Tension, Pradhan Mantri
Day 28	India fights Dengue, JSK Helpline,
Day 29	Ayushman Bhava, Arogya Setu, Covid 19AP
Day 30	Review of above lesson

Methodology followed

1.Lecture method 2. Interactive Sessions 3. Participative Learning

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Department of English CERTIFICATE PROGRAMME

Name of the Programme : **“Health and Hygiene”**

Assessment Procedure

This certification program consists of a 30-hour curriculum based on a learner-centered methodology.

A formative assessment is given at the end of each class. After completing the course, a 60-minute

test will be conducted according to the following procedure and graded according to the results.

Section	Nature of Questions	Marks Allotted	Total Marks
A	30 Multifull choice Questions	1 mark each Question	30
Total			30
Qualifying Marks			15

Grade A Above 70% of Marks

Grade B+ 70% to 80%

Grade B 60% to 70%

Grade C 50% to 60%

Qualifying Grade - B


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DEPARTMENT OF ENGLISH

26.01.2023

TIME: 9AM to 10AM

Resolution for Conducting Certificate Course

It is resolved by the faculty of Department of English to conduct Certificate Course titled '**Health and Hygiene**' for the academic year 2022-23. In this regard it is also resolved to seek permission and cooperation from the Principal, RRDS Government Degree College to conduct the course for 30 hours of duration.

Faculty Members


Department In Charge





PRINCIPAL
R.R.D.S. Govt. Degree College
BHIMAVARAM-534 202.

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The In charge

Department of English

RRDS Govt.Degree College

Bhimavaram

Sub: Conduct of Certificate Programme for the Academic Year
2022-23

-Permission accorded

As the certificate courses help in value addition and enhance the knowledge and skills of the students, permission is accorded to Department of English to conduct Certificate Course titled '**Health and Hygiene**' as per the convenient schedule.


Principal
R.R.D.S. Govt. Degree College
BHIMAVARAM-534 202.

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DEPARTMENT OF ENGLISH

DATE: 25-01-20

NOTICE

All the students are here by informed that the Department of English is going to conduct the following certificate programme for the academic year 2022-23

1.HEALTH AND HYGIENE

The certificate programs will enhance the knowledge and abilities in addition to your academics. Hence we inform the students to register for the certificate courses on or before 25-01-2023 at English Department .



Dept. In Charge

Circulated to

I BA 

II BA 

III BA 

I BCOM 

II BCOM 

III BCOM 


II B.Sc 


II B.Zc 

I B.Sc 

I B.Zc 

Circulated to Faculty members





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R.R.D.S. Govt. Degree College
BHIMAVARAM-534 202.

RRDS GOVERNMENT DEGREE COLLEGE, BHIMAVARAM

Department of English

2022 - 2023

Certificate Programme in Health and Hygienic

Started from 27-01-2022 to 08-03-2023

TIME : 9:00 AM to 10:00 AM

Students Enrolled

S.NO	Name of the student	University Regi no.	Class & Group	Signature
1	BALAM LAVANYA	213127110012	II BZC	B. lavanya.
2	B. SURYAKUMARI	213127110013	II BZC	B. Surya kumari
3	B. KANCHANA	213127110014	II BZC	B. Kanchana
4	BONDADA SIRISHA	213127110016	II BZC	B. SIRISHA
5	D. NIRMALA	213127110017	II BZC	D. NIRMALA
6	KORAM VIJAY	213127110018	II BZC	K. vijay
7	K. RUPESH	213127110019	II BZC	K. Rupesh
8	M. DEVI SUPRIYA	213127110020	II BZC	M. DEVI SUPRIYA
9	M. HARIKA	213127110021	II BZC	M. Harika.
10	N. DURGA MAHA	213127110022	II BZC	N. Durga maha
11	P. PRASANNA	213127110023	II BZC	P. Prasanna
12	P. RAVITEJA	213127110024	II BZC	P. Raviteja.
13	P KEERTHANA	213127110025	II BZC	P keerthana
14	SHAIK. ROSHAN	213127110026	II BZC	S. Roshan
15	S. DURGA LAHARI	213127110027	II BZC	S. Durga lahari
16	U.SALOMI	213127110028	II BZC	U. Salomi
17	A Venkatalakshmi	213127102002	II B.A	A, venkatalakshmi
18	A. Rushitha	213127102003	II B.A	A, rushitha
19	A.Poornima	213127102004	II B.A	A. Poornima
20	K. Brahmendra Swamy	213127102006	II BSC	K. Brahmendra Swamy
21	K. RAJ KUMAR	213127102007	II BSC	K. Raj Kumar
22	M.HARSHITHA	213127102008	II BSC	N. Ganilakshmi
23	N.GANILAKSHMI	213127102009	II BSC	N. Gani lakshmi
24	POLAMURI SABITHA	213127102010	II BSC	P. SABITHA
25	V. HEMA NAGA	213127102011	II BSC	V. Hema NAGA
26	B.Prasanth	223127102002	I BSC	B. prasanth
27	K. Keerthi Sri	223127102004	I BSC	K. keerthi maha
28	B. Lihkhita Maha	223127102003	I BSC	B, lihkhita maha
29	A. Bindu Madhavi	223127102001	I BSC	A, Bindu madhavi
30	R. Yesubabu	223127102006	I BSC	R. Yesubabu.

(Signature)
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NAME OF THE STUDENT: N. Gauri Lakshmi

28
30

DEPARTMENT OF ENGLISH

HEALTH AND HYGIENIC

QUESTION PAPER

[1] Which is the tank on the back of a toilet?

a. Soap tank b. Septic tank ☒ c. Flush tank d. None

2. Sleep is not only good for body, but it is also good for

a. Enjoyment ☒ b. Relaxation c. Mind d. Environment

3. Our living place should be

a. Open b. Closed ☒ c. Clean d. Unclean / Untidy

[4] Which stream animal is an indicator of poor water quality?

☒ A. a black fly larva B. a caddis fly larva C. a May fly larva D. a riffle beetle

[5] What is the most common kind of litter, by number, found in waterways?

A. plastic bags B. plastic bottles C. aluminium cans D. cigarette butts ☒ E. All of these

6. The first aid is to

☒ a. To save money b. To prevent scars c. To prevent the medical care d. To relieve the pain

[7] What happens during the clarification or separation step at a wastewater treatment plant?

A. large solid things are screened out

☒ B. scum and sludge are separated from the liquid wastewater

C. treatment with chlorine or ultraviolet light to kill pathogens

D. liquid wastewater is mixed with air to help bacteria breakdown small particles of solid material

[8] What is the first thing that happens to wastewater at a wastewater treatment plant?

A. treatment with chlorine or ultraviolet light to kill pathogens.

B. liquid wastewater is mixed with air to help bacteria breakdown small particles of solid material

☒ C. large solid things are screened out

D. scum and sludge are separated from the liquid wastewater

[9] What happens to liquid wastewater in a septic tank?

A. it evaporates through holes in the top of the septic tank

B. it is converted to sludge over time

☒ C. it flows through pipes in the septic tank to the drain field

D. it drains through the bottom of the septic tank

[10] What is a zero liquid discharge system?

A. a system that precipitates metals out of factory wastewater by changing the Ph

B. a system that uses ozone or hydrogen peroxide to oxidize organic chemicals in factory wastewater

C. a system that neutralizes acids or alkalis in factory wastewater

☒ D. a system that evaporates water from factory wastewater so only solids remain

[11] What causes acid rain?

☒ A. sulfur and nitrogen compounds from power plants, factories and motor vehicles

B. sulfur and nitrogen compounds given off by plants as the weather warms in the summer

C. carbon dioxide from power plants, factories and motor vehicles

D. carbon dioxide and methane given off by arctic soils as they warm in the spring

[12] What is sludge?

A. insects that live under rocks in streams

B. the liquid part of wastewater

C. the solids that are heavier than liquid wastewater and sink to the bottom

☒ D. the solids, like fats, grease, and oil, that float on top of liquid wastewater

[13] What happens during the disinfection step at a wastewater treatment plant?

A. scum and sludge are separated from the liquid wastewater

☒ B. treatment with chlorine or ultraviolet light to kill pathogens

C. liquid wastewater is mixed with air to help bacteria breakdown small particles of solid material

D. large solid things are screened out

[14] How does a pit toilet or latrine work?

A. by separating sludge and scum from the liquid wastewater

☒ B. by holding feces and urine in a pit or tank until it can be removed for further treatment

- C. by allowing feces and urine to flow directly to a drain field for bacteria to continue their work
- D. by mixing in air to speed up the breakdown of liquid wastewater

[15] What happens to sludge in a septic tank?

- A. it dries out and form clumps that have to be shoveled out every few years
- B. it floats on top of the liquid wastewater in the tank and needs to be pumped out every few years
- ☒ C. it collects at the bottom of the tank and needs to be pumped out every few years
- D. it flows through pipes in the septic tank to the drain field

[16] What role do non-governmental organizations (NGOs) play in protecting water quality?

- A. they pass water protection laws, assign protection to an agency and provide funding for enforcement
- ☒ B. they encourage passage of water protection laws and support their enforcement
- C. they decide if a water quality protection law or regulation is being broken
- D. they set specific standards for water protection laws, help people, businesses and other agencies follow them and enforce them when they are not followed

[17] What role does Central or a state Government play in protecting water quality?

- A. they set specific standards for water protection laws, help people, businesses and other agencies follow them and enforce them when they are not followed
- B. they decide if a water quality protection law or regulation is being broken
- C. they encourage passage of water protection laws and support their enforcement
- ☒ D. they pass water protection laws, assign protection to an agency and provide funding for enforcement

[18] What would happen if all the fungi and other decomposers disappeared?

- A. nothing
- B. the air would be cleaner
- ☒ C. bodies of dead plants and animals would pile up
- D. soil would have more nutrients

[19] How many people in the world do not have access to toilets?

- A. about 10 million
- B. about 1 million
- C. about 100 million
- ☒ D. about 1 billion

[20] What is wastewater?

- ☒ A. Water after it's been used in the toilet, tub or sink
- B. Poo water
- C. Both of the above
- D. None

[21] Wastewater released by houses is called _____

- ☒ A. Sewage
- B. Sludge
- C. Both of them
- D. None

[22] Dried _____ is used as manure.

A. Sewage ~~B. Sludge~~ C. Both of them D. None

[23] Study the following statements about ozone and find out the correct ones:

(a) It is essential for breathing of living organisms.

~~(b) It is used to disinfect water.~~

(c) It absorbs ultraviolet rays.

(d) Its proportion in air is about 3%.

A. (a), (b) and (c) B. (b) and (c) C. (a) and (d) D. All four

[24] Sewage is mainly generated from which of these?

~~A. Houses~~ B. Factories C. Offices D. Hospitals

[25] Effluent is mainly generated from which of these?

~~A. Houses~~ B. Factories C. Offices D. Hospitals

[26] Which process is used to remove dirt and sand from wastewater?

A. Aeration ~~B. Chlorination~~ C. Sedimentation D. Flocculation

[27] Aeration of water during wastewater treatment removes which of these?

A. Insoluble things ~~B. Human waste~~ C. Bacteria D. Germs

[28] Which process during wastewater treatment helps in killing germs?

A. Aeration ~~B. Chlorination~~ C. Sedimentation D. Flocculation

[29] Which of these diseases can happen from drinking contaminated water?

A. Pneumonia B. Small pox C. Malaria ~~D. Cholera~~

[30] Which organ does Jaundice affect?

A. Lungs B. Heart ~~C. Liver~~ D. Stomach

28
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H.D.S. Govt. Degree College
BHIMAVARAM-534 202

Day-3	Day-4	Day-5

26				Day-1			Day-2			Day-3			Day-4			Day-5			Day-6			Day-7			Day-8		
S.No	University Reg No	Name of the Student	Class	Date	Topic	Allopathy	Date	Topic	Allopathy	Date	Topic	Allopathy	Date	Topic	Allopathy	Date	Topic	Allopathy	Date	Topic	Allopathy	Date	Topic	Allopathy			
1.	213127110012	Balam Lavanya	11BZC			P			P			P			P			P			P			P			
2.	213127110013	Boddu Suryakumar	11BZC			A			P			A			P			P			P			P			
3.	213127110014	Bondada Kanchana	"			P			P			P			P			P			P			P			
4.	213127110016	Bondada Simsha	"			P			P			P			P			P			P			P			
5.	213127110017	Dasari Parmala kumari	"			P			P			P			P			P			P			P			
6.	213127110018	Karim vijay	"			P			P			P			P			P			P			P			
7.	213127110019	Kukkala Rupesh	"			P			A			P			P			P			P			P			
8.	213127110020	Majji deri Supriya	"			A			P			P			P			P			P			P			
9.	213127110021	Marampudi Harika	"			P			P			P			P			P			P			P			
10.	213127110022	N.D.Maha Lakshmi	"			P			P			P			P			P			P			P			
11.	213127110023	P. Prasanna Bhavani	"			P			P			P			P			P			P			P			
12.	213127110024	Pattabojina Parvatha	"			P			P			P			P			P			P			P			
13.	213127110025	P.Keerthana	"			P			P			P			P			P			P			P			
14.	213127110026	Shaik Roshan	"			P			A			P			P			P			P			P			
15.	213127110027	S.T.N.D. Lahari	"			P			P			P			P			P			P			P			
16.	213127110028	Undrapuram saloni	"			P			P			P			P			P			P			P			
17.	213127110029	A.Venkatalakshmi	11BSC			P			P			P			P			P			P			P			
18.	213127110030	A.Rushitha	"			P			A			P			P			P			P			P			
19.	213127110031	A.Poornima	"			P			P			P			P			P			P			P			
20.	213127110032	K.V.B. Suman	"			P			P			P			P			P			P			P			
21.	213127110033	K.Raj Kumar	"			P			P			P			P			P			P			P			
22.	213127110034	M. Harshitha	"			P			P			P			P			P			P			P			
23.	213127110035	N.Ganeshakshmi	"			A			P			P			P			P			P			P			
24.	213127110036	P.Sabitha	"			P			A			P			P			P			P			P			
25.	213127110037	V.Hema Naga Durga	"			P			P			P			P			P			P			P			
26.	223127110038	B. Prasanth	11BSC			A			P			A			P			P			P			P			
27.	223127110039	K. Keerthi Sri	"			A			P			P			P			P			P			P			
28.	223127110040	B. Likhitha Maha lakshmi	"			P			A			P			P			P			P			P			
29.	223127110041	A.Bindhu Madhavi	"			P			A			P			P			P			P			P			
30.	223127110042	R. Yesubabu	"			P			A			P			P			P			P			P			

Health & Hygiene.

[illegible]

RRDS GOVERNMENT DEGREE COLLEGE- BHIMAVARAM
West Godavari District, Andhra Pradesh



CERTIFICATE

This is to certify that **Mr./Ms. N. GANI LAKSHMI**.....of **U BSC**.....bearing University
Regd. No **213127102009** has successfully completed Certificate Programme in **HEALTH AND HYGIENE**
.....conducted by Department of **ENGLISH**..... from **27-01-2023** to **08-03-2023**
for the Academic Year **2022-2023**.

Programme
Coordinator

IQAC
Co coordinator

IQAC
RRDS Govt. Degree College
BHIMAVARAM.

PRINCIPAL
R.D.S. Govt. Degree College
BHIMAVARAM-534 202.

RRDS GOVERNMENT DEGREE COLLEGE- BHIMAVARAM
West Godavari District, Andhra Pradesh



CERTIFICATE

This is to certify that **Mr./Ms. B. KANCHANA**.....of **B2C**.....bearing University
Regd. No **213127110014** has successfully completed Certificate Programme in **HEALTH AND HYGIENE**.....
.....conducted by Department of **ENGLISH** from **27-01-2023** to **08-03-2023**
for the Academic Year **2022-2023**.

Programme
Coordinator

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Co coordinator
IQAC
RRDS Govt. Degree College
BHIMAVARAM.

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R.R.D.S. Govt. Degree College
BHIMAVARAM-534 202.