



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A. (Hons) and B.A (Prog.)- SEC
Paper Title:	Public health, hygiene and nutrition
Unique Paper Code:	2206000018
Semester:	3
Faculty:	Dr. Chetna Gupta
Year:	2026-2027

Work Plan				
Unit No.	Learning Objective	Lecture No.	Practical No.	Topics to be Covered
UNIT- I Introduction to public health and hygiene	Students will get a a basic understanding of the scope of public health issues, particularly related to collection of primary data in the area of public health nutrition, infectious biology and sanitation, social and preventive medicine, and the environmental issues that affect public health.		1	Significance of public health, and hygiene to prevent spread of diseases (e.g. TB, leprosy, cholera, food poisoning etc.).
			2	Significance of public health, and hygiene to prevent spread of diseases (e.g. TB, leprosy, cholera, food poisoning etc.).
			3	Significance of public health, and hygiene to prevent spread of diseases (e.g. TB, leprosy, cholera, food poisoning etc.).
			4	Significance of public health, and hygiene to prevent spread of diseases (e.g. TB, leprosy, cholera, food poisoning etc.).
			5	Significance of public health, and hygiene to prevent spread of diseases (e.g. TB, leprosy, cholera, food poisoning etc.).
			6	Introduction to health care and WASH (Water, Sanitation and Hygiene)
			7	Introduction to health care and WASH (Water,

				Sanitation and Hygiene)
			8	Introduction to health care and WASH (Water, Sanitation and Hygiene)
			9	Introduction to health care and WASH (Water, Sanitation and Hygiene)
			10	Introduction to health care and WASH (Water, Sanitation and Hygiene)
			11	Introduction to health care and WASH (Water, Sanitation and Hygiene)
			12	Introduction to health care and WASH (Water, Sanitation and Hygiene) Group Discussion for CA
UNIT-II Public health Biology	This course will generate a discussion platform that would encourage a healthy inter and multidisciplinary interaction amongst the students to get a holistic view of public health issues in India.		13	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
			14	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
			15	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
			16	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
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			22	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
			23	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
			24	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
			25	What is public health nutrition? Application of nutrition concepts to design programs of public health concern
			26	What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
			27	What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
			28	What are communicable diseases? Understanding the biology, socioeconomic factors and other

				environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
			29	What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
			30	What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
			31	What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
			32	What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
			33	Literature Review/ Summary/Case Study for CA
			34	What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions

				that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
		35		What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
		36		What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
		37		What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
		38		Presentation/ Group Discussion for CA
		39		What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
		40		What are communicable diseases? Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection

				by pathogenic (disease causing) bacteria, viruses, parasites, and fungi.
Unit III: Environmental determinants of Public Health	After completion the course, students will be able to have career opportunities that include Medical and Health Services Manager, Biostatistician, Health care consultant, Epidemiologist, Occupational Health and Safety Specialist, Social and Community Service Manager, Health Education Special		41	Determinants of Environmental Health: factors that affect environmental health
			42	Determinants of Environmental Health: factors that affect environmental health
			43	Determinants of Environmental Health: factors that affect environmental health
			44	Determinants of Environmental Health: factors that affect environmental health
			45	Determinants of Environmental Health: factors that affect environmental health
			46	Determinants of Environmental Health: factors that affect environmental health
			47	Determinants of Environmental Health: factors that affect environmental health
			48	Occupational environment and health concerns
			49	Occupational environment and health concerns
			50	Occupational environment and health concerns
			51	Occupational environment and health concerns
			52	Occupational environment and health concerns
			53	Occupational environment and health concerns
			54	Occupational environment and health concerns
			55	Understanding effect of air, water and soil Pollution on health.

			56	Understanding effect of air, water and soil Pollution on health.
			57	Understanding effect of air, water and soil Pollution on health.
			58	Understanding effect of air, water and soil Pollution on health.
			59	Understanding effect of air, water and soil Pollution on health.
			60	Understanding effect of air, water and soil Pollution on health.

Contents/Syllabus		
Unit	Contents	Contact Hours
I	Introduction to public health and hygiene: Significance of public health, and hygiene to prevent spread of diseases (e.g. TB, leprosy, cholera, food poisoning etc.). Introduction to health care and WASH (Water, Sanitation and Hygiene)	12 hrs divided into practicals
II	Public health Biology: What is public health nutrition? Application of nutrition concepts to design programs of public health concern, What are communicable diseases? 64 Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (diseasecausing) bacteria, viruses, parasites, and fungi.	28 hrs divided into practicals
III	Environmental determinants of Public Health: Determinants of Environmental Health: factors that affect environmental health; Occupational environment and health concerns; Understanding effect of air, water and soil Pollution on health.	20 hrs divided into practicals

S. No.	Name of Authors/Books/Publishers	Year of Publication/ Reprint
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1.	Aschengrau A, Seage G.R., (2013). Essentials Of Epidemiology In Public Health. Jones and Bartlett Publishers, Inc; 3rd edition	2013
2.	Bamji MS, Rao NP, Reddy V.(2017).Textbook of human nutrition. Delhi: Oxford and IBH Publishing co. (P) Ltd; 4 th edition	2017
3.	Environmental Microbiology edited by I.L. Pepper, C.P. Gerba, T.J. Gentry, (2014). USA: Academic Press; 3rd edition	2014
4	Gibney et al.(2004). Public health nutrition. Hoboken, NJ: Blackwell Publishing	2004
5	N. Okafor. (2011) Environmental Microbiology of Aquatic and Waste Systems by Springer, USA.	2011
6.	Shanmugavel, G. and George, B. Textbook of public health and hygiene. Darshan Publishers, 25-Jan-2021	2021
7	Park, K. (2017), Preventive and Social Medicine, B.B. Publishers.	2017

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	NA	NA	2 Practicals of 2 hours each
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Quiz/Project/Presentation - Class Test - Attendance		NA
		NA	
		NA	
		NA	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		NA
		NA	
		NA	
		NA	
3.	Practical		

	- Continuous Assessment 2 Literature Review/ Summary- August and September 2 Presentation/ Group Discussion- October and November - End Term Written/Practical Exam - Viva	20x2=40	80
		20x2=40	
		NA	
4.	End Semester Examination	NA	Nil