

**PAPER-II : FAMILY HEALTH & COMMUNITY
WELFARE**

M.M.

UNIT-I

1. Health - Concept of health, community health, school health, determinants of health, factors affecting health, common causes of health problems.
2. Environmental sanitation - concept, importance, reasons of environmental pollution, measures to promote environmental sanitation.
 - (a) Water : Sources of water and methods of water purification at domestic level.
 - (b) Ventilation : Impurities in atmosphere & their effect on health, types of ventilation.
 - (c) Disposal of waste - methods (Refuse & household waste).

UNIT-II

3. Disease - Causes, Mode of transmission, incubation period, Sign & symptoms, causes and prevention of Diphtheria, Whooping cough, Poliomyelitis, Tetanus, Cholera, Malaria, Tuberculosis, Acquired Immunity Deficiency Syndrome (AIDS).
4. Immunity - Classification and Immunization Schedule

UNIT-III

5. Health Education - Concept, Objectives and Principles of health education.
6. Health Services/Programmes available for public health and agencies involved :
 - (a) Primary Health Centre (PHC)
 - (b) Hospital

(c) Red Cross Society

(d) (ICDS) Integrated Child Development Service

(e) Agencies :

(a) NIPCCD

(b) CSWB

(c) VHAI

(d) ICCW

(e) WHO

(f) UNICEF

(g) DWCD (Department of Women and Child Development)

UNIT-IV

Reproductive System - Structure & Functions.

(a) Spermatogenesis, oogenesis and fertilization.

(b) Changes during pregnancy.

9. Common ailments during pregnancy and their management : Morning sickness, heart burn, indigestion, constipation, piles, leg cramps, sleeplessness, frequency of micturition, oedema, varicose veins.

10. Toxaemia of Pregnancy - Symptoms, detection and care.

11. Antenatal care - (a) Diet, dress, personal hygiene, exercise, rest, sleep, bowel regulation, breast care.

(b) Antenatal clinics and their importance.

UNIT-V

12. Abortions and Miscarriage - Symptoms, type and care.

13. Family Planning - Importance and methods.

14. Preparation of Confinement.

15. Postnatal - (a) Retention of urine, rest, exercise, sleep, care of breasts, (b) Puerperal Sepsis - Causes, Prevention and Treatment, (c) Breast infection - cracked nipples, abscess, retracted nipples.