

**SRI MAHAYOGI LAKSHMAMMA GOVT.DEGREE  
COLLEGE, YEMMIGANUR**

**CERTIFICATE COURSE**

**ON**

**“HEALTH AND HYGIENE”**

**ORGANISED BY**

**DEPARTMENT OF ZOOLOGY**

**2022-2023**

**AV MOHAN NAIDU**

**I/c DEPT.OF ZOOLOGY**

**P RAMA NJANEYULU**

**LEC.IN ZOOLOGY**

**Dr K MAHABOOB BASHA**

**PRINCIPAL**

Meeting - 5

Amr Mohan

10/10/2022

Staff meeting was held in dept. of Zoology at 3pm to discuss the preparation of NAAC work. The following items

1. preparation of toppers list last five years
2. to discuss the certificate course.

X. Reddappa Basu  
PRINCIPAL

S.M.L. Govt. Degree College  
YEMMIGANUR Kurnool (Dist.)

Amr Mohan

Amr Mohan

Date:14/11/2022

TO

The Principal,

SML Govt Degree College,

Yemmiganur.

Sir,

Sub: Department of Zoology-to start a certificate course in "Health and Hygiene"

Permission-request-regarding.

.....#.....

I am pleased to inform you that a certificate course on "Health and Hygiene" IB.Sc BZC students of our college is planned in this semester of 2022-2023 academic year by the department of Zoology .It will be conducted by the zoology department.

In this connection, I request you to kindly accord us permission to start the certificate course for the benefit of the students as well as the society.

Yours faith fully

*Ar Mohan Naidu*  
A V MOHAN NAIDU

I/C of the dept of zoology

SML GDC Yemmiganur

2. P RAMANJANEYULU

Dept of zoology

*Shree*  
14.11.2022

# SML GOVT DEGREE COLLEGE, YEMMIGANUR

## DEPT OF ZOOLOGY( 2022-2023)

WILLINGNESS OF THE STUDENTS FOR THE CERTIFICATE COURSE

### HEALTH AND HYGINE

SNO	REGD NUMBER	NAME OF THE STUDENT	GROUP&CLASS	MOBILE NUMBER	SIGNATURE
1	22358049001	D MALLAMMA	BSC (BZC)	6281220016	D. Mallamma
2	22358049004	B SIVA KUMAR	BSC (BZC)	7569558917	S. Siva B. K
3	22358049005	B TONY	BSC (BZC)	9392696199	R. Tony
4	22358049006	B KUMAR	BSC (BZC)	9392696199	B. Kumar
5	22358049007	D KAVITHA	BSC (BZC)	6305567353	D. Kavitha
6	22358049008	K SIVA RAM PRASAD	BSC (BZC)	8008326822	K. Sivaram
7	22358049009	K REETA	BSC (BZC)	9866024211	K. Reeta
8	22358049010	K HARIKRISHNA	BSC (BZC)	9052817614	K. Hari Krishna
9	22358049011	K RAMUDU	BSC (BZC)	9703704994	Ramudu
10	22358049013	M ANITHA	BSC (BZC)	9542317060	M. Anitha
11	22358049014	M HANUMESH	BSC (BZC)	9014678956	Hanumesh
12	22358049015	M PURUSOTHAM	BSC (BZC)	8106061959	Purusotham
13	22358049016	M NADAVALAI AH	BSC (BZC)	7993939560	Nadavalaiah
14	22358049017	P THABITHA	BSC (BZC)	8497925564	P. Thabitha
16	22358049019	S TEJA	BSC (BZC)	8374921356	S. Teja
17	22358049020	U SWATHI	BSC (BZC)	7815855720	U. Swathi
18	22358049021	U VENKATESH	BSC (BZC)	9347637595	U. Venkatesh

1. Ar mohan Naidu  
Dept of Zoology

JC. Mahadevi Reddy  
PRINCIPAL  
S.M.L. Govt. Degree College  
YEMMIGANUR Kurnool (Dist.)

# HEALTH AND HYGINE

## Unit I: Basics of Nutrition 10 Hrs.

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: Health 10 Hrs.

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 (National Institution of Nutrition), FNB (Food and Nutrition Board), ICMR (Indian Council of Medical Research), IDA (Indian Dietetics Association), WHO-India, UNICEF-India
10. National Health Mission: National Rural Health Mission (NRHM) Framework, National Urban Health Mission (NUHM) Framework
11. Women & Child Health Care Schemes: Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH+); Janani Shishu Suraksha Karyakaram (JSSK); Rashtriya Bal Swasthya Karyakram (RBSK);

India Newborn Action Plan (INAP); Adolescent Health- Rashtriya Kishor Swasthya Karyakram (RKSK)

12. Disaster Management – Containment, Control and Prevention of Epidemics and Pandemics – Acts, Guidelines and Role of Government and Public

**Unit III: Hygiene 10 Hrs.**

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, Rogi Kalyan Samitis

15. Community & Personal Hygiene: Environmental Sanitation and Sanitation in Public places

16. Public Awareness through Digital Media - An Introduction to Mobile Apps of Government of India: NHP, Swasth Bharat, No More Tension, Pradhan Mantri Surakshit Mantritva Abhiyan (PM Suman Yojana), My Hospital (Mera aspataal), India fights Dengue, JSK Helpline, Ayushman Bhava, Arogya Setu, Covid 19AP

Bamji, M.S., K. Krishnaswamy & G.N.V. Brahmam (2009)  
Textbook of Human

**REFERENCES:**

Nutrition(3rd edition) Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi Swaminathan (1995) Food & Nutrition(Vol I, Second Edition) The Bangalore Printing & Publishing Co Ltd., , Bangalore

Vijaya Khader (2000) Food, nutrition & health, Kalyan Publishers, New Delhi

Srilakshmi, B., (2010) Food Science, (5th Edition) New Age International Ltd., New Delhi

Av mohan Naidu  
Dept of Zoology

Dr. Mahadevi Basha  
PRINCIPAL  
S.M.L.Govt. Degree College  
YEMMIGANUR Kurnool (Dist.)

SML GOVT DEGREE COLLEGE YEMMIGANUR

DEPT. OF ZOOLOGY

Certificate course "Health and Hygiene"

ATTENDANCE REGISTER

SN O	NAME OF THE STUDENT	GROUP &Class	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1	D MALLAMMA	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	B SIVA KUMAR	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3	B TONY	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	B KUMAR	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	D KAVITHA	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	K SIVA RAM PRASAD	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	K REETA	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8	K HARIKRISHNA	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9	K RAMUDU	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10	M ANITHA	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	M HANUMESH	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12	M PURUSOTHAM	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13	M NADAVALIAH	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14	P THABITHA	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15	S TEJA	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16	U SWATHI	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17	U VENKATESH	BZC	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

*K. Subash Babu*  
PRINCIPAL

S.M.L. Govt. Degree College  
YEMMIGANUR Kurnool (Dist.)

*Arumohan Reddy*  
Dept. of Zoology

Department of zoology

First year Degree –II semester

Certificate course exam –Health and Hygiene

Time: 3hours

max.marks ;50M

**PART A**

ANSWER ANY FOUR QUESTIONS

4\*5=20M

1. DEFINE HEALTH? NAME DEFICIENCY DISEASE DUE TO PROTIENE DEFICIENCY?
2. NAME ANY TWO METHODS SMALL SCALE WATER PURIFICATION?
3. ENLIST NATURAL METHODS OF PURIFICATION OF AIR?
4. ENLIST THE DISEASES SPREAD BY THE SOIL?
5. EXPLAIN THE DIABETES?
6. ENLIST THE SOURCES OF RADIATION?

**PART –B**

ANSWER ALL QUESTIONS

3\*10=30

7. DESCRIBE THE RAIN AS SOURCE OF WATER?
8. GIVE AN ACCOUNT OF ALCOHOLIC BEVARAGES
9. EXPLAIN ARTIFICIAL METHODS OF VENTILATION?

Ar mohan Naidu  
Dept. of Zoology

SML GOVT DEGREE COLLEGE YEMMIGANUR

DEPT OF ZOOLOGY

CERTIFICATE COURSE "Health Hygiene"

MARKS AWARD LIST:

S.NO	HT NO	NAME	THEORY MARKS 50	GRADE	PRACTICALS MARKS 50	GRADE	TOTAL
1	22358049001	D MALLAMMA	45	A	50	O	95
2	22358049004	B SIVA KUMAR	45	A	50	O	95
3	22358049005	B TONY	45	A	50	O	95
4	22358049006	B KUMAR	43	A	45	A <sup>+</sup>	88
5	22358049007	D KAVITHA	47	A <sup>+</sup>	50	O	97
6	22358049008	K SIVA RAM PRASAD	45	A	50	O	95
7	22358049009	K REETA	47	A <sup>+</sup>	50	O	97
8	22358049010	K HARIKRISHNA	43	A	45	A	90
9	22358049011	K RAMUDU	45	A	40	A	85
10	22358049013	M ANITHA	45	A	40	A	85
11	22358049014	M HANUMESH	47	A <sup>+</sup>	45	A	92
12	22358049015	M PURUSOTHAM	47	A <sup>+</sup>	47	A <sup>+</sup>	92
13	22358049016	M NADAVALLAIAH	43	A	45	A	88
14	22358049017	P THABITHA	47	A <sup>+</sup>	50	O	97
16	22358049019	S TEJA	43	A	50	O	93
17	22358049020	U SWATHI	47	A <sup>+</sup>	50	O	97
18	22358049021	U VENKATESH	45	A	50	O	95

Arumohan Naidu  
Dept. of Zoology

Date:- 06-12-2022

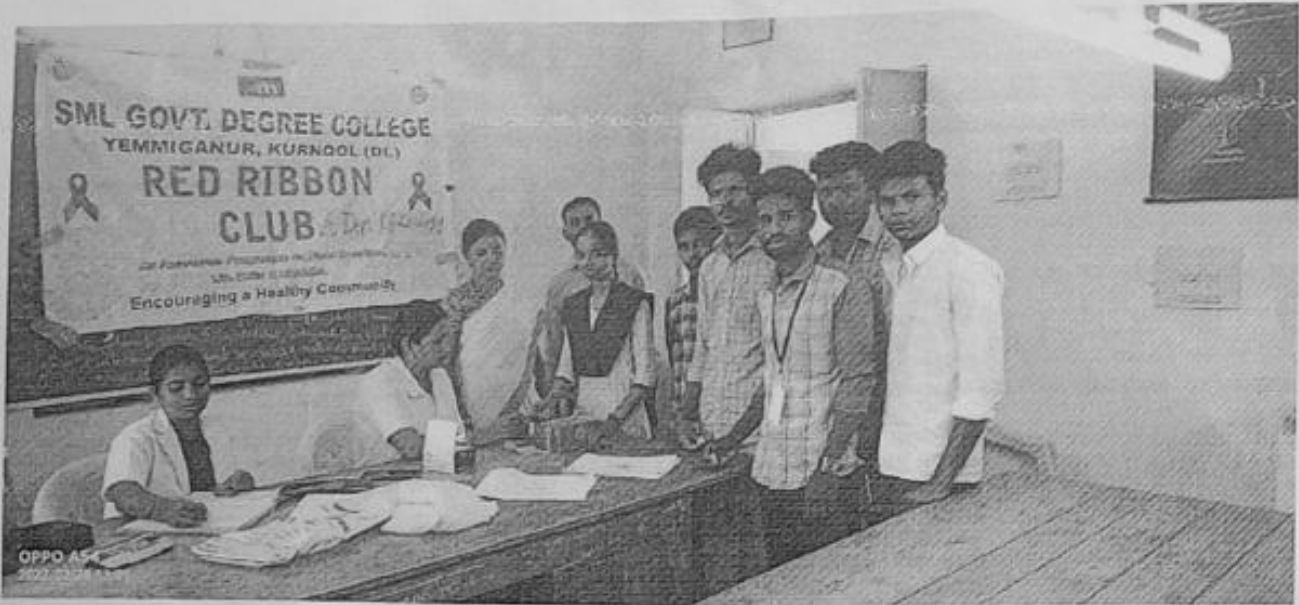


Distribution of Deworming Tablets for the students

*S. Babalodu Reddy*  
**PRINCIPAL**  
S.M.L. Govt. Degree College  
YEMMIGANUR Kurnool (Dist.)

*Armoohan Naidu*  
Dept. of Zoology

Date:- 23.11.2022



Haemoglobin test for UG (women) Students.

*S.C. Devalode Baidi*  
PRINCIPAL  
S.M.L. Govt. Degree College  
YEMMIGANUR Kurnool (Dist.)

Ar mohan Naidu  
Dept. of Zoology

SRI MAHAYOGI LAKSHMAMMA GOVERNMENT DEGREE COLLEGE  
YEMMIGANUR-518360, KURNOOL DISTRICT, AP.  
AFFILIATED TO RAYALASEEMA UNIVERSITY, KURNOOL.



DEPARTMENT OF ZOOLOGY

CERTIFICATE OF PARTICIPATION



THIS IS TO CERTIFY THAT **MR./MISS. Uppara Swathi** STUDYING **B.Sc** SUCCESSFULLY  
COMPLETED CERTIFICATE COURSE IN HEALTH AND HYGIENE ORGANISED BY DEPARTMENT OF ZOOLOGY, SRI MAHAYOGI LAKSHMAMMA  
GOVERNMENT DEGREE COLLEGE, YEMMIGANUR, KURNOOL DISTRICT, HELD FROM **15/11/2022** TO **17/12/2022**

*Av mohan Naidu*  
I/C DEPT. OF ZOOLOGY

*S. pavelode Babu*  
**PRINCIPAL**  
S.M.L. Govt. Degree College  
YEMMIGANUR (Dist.)

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A V MOHAN NAIDU

Dept of Zoology

## **Certificate course –Health and Hygiene**

### **Brief report:**

The department of zoology Sri Mahayogi Lakshamma Govt Degree College organized a certificate course in **Health and Hygiene** for B.Sc students during the academic year 2022-2023 for a period of 30 days i.e. 14-11-2022 to 17-12-2022

In this connection **Dr K. Mahaboob Basha**, principal of the college presided over the inaugural and expressed that it was a very useful course for everyone in daily life. He also appreciated the faculty of the zoology department for organizing the valuable certificate course. He advised the students to utilize it in a proper manner.

During the above period a few faculty members of the college took part in the course actively and expressed their views and suggestions for the betterment of the programme. The faculty members involved in the programme are

**1. A V Mohan naidu Lec.in Zoology**

**2. P Ramanjaneyulu Lec.in Zoology**

After completion of the course an assessment test was conducted for participation both in theory and practicals

Performance of the participants was well and good.

## FEEDBACK FROM THE STUDENTS

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR D MALLAMMA		
Regd.Number	22358049001		
Opinion	Excellent	Good ✓	Satisfactory

D MALLAMMA

Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR B. Siva kumar		
Regd.Number	22358049004		
Opinion	Excellent ✓	Good	Satisfactory

B. Shiva kumar

Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR B. Tony		
Regd.Number	22358049005		
Opinion	Excellent	Good	Satisfactory ✓

B. Tony

Signature of the Student

## FEEDBACK FROM THE STUDENTS

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR M. Anitha		
Regd. Number	2235804013		
Opinion	Excellent	Good	Satisfactory ✓

M. Anitha  
Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR M. Hanumesh		
Regd. Number	2235804014		
Opinion	Excellent	Good ✓	Satisfactory

M. Hanumesh  
Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR M. Purasothan		
Regd. Number	2235804015		
Opinion	Excellent	Good	Satisfactory

M. Purasothan  
Signature of the Student

## FEEDBACK FROM THE STUDENTS

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR k. Reeta		
Regd.Number	22358049009		
Opinion	Excellent	Good ✓	Satisfactory

k. Reeta  
Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR k. Harikrishna		
Regd.Number	22358049010		
Opinion	Excellent	Good ✓	Satisfactory ✓

k. Harikrishna  
Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR k. Ramudu		
Regd.Number	22358049011		
Opinion	Excellent ✓	Good	Satisfactory

k. Ramudu  
Signature of the Student

## FEEDBACK FROM THE STUDENTS

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR M. NADAVALAIAH		
Regd. Number	22358049016		
Opinion	Excellent ✓	Good	Satisfactory

M. Nadavalaiah  
Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR P. Thabitha		
Regd. Number	22358049017		
Opinion	Excellent ✓	Good	Satisfactory

P. Thabitha  
Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR S. Teja		
Regd. Number	22358049019		
Opinion	Excellent ✓	Good	Satisfactory

S. Teja.  
Signature of the Student

## FEEDBACK FROM THE STUDENTS

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR u. Swathi		
Regd.Number	22358049020		
Opinion	Excellent	Good	Satisfactory ✓

u. Swathi

Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - 1 YEAR u. Venkatesh		
Regd.Number	22358049021		
Opinion	Excellent	Good ✓	Satisfactory

u. Venkatesh

Signature Of the Student

Name Of The Student:

Course&Group	B.SC BZC - YEAR		
Regd.Number			
Opinion	Excellent	Good	Satisfactory

Signature of the Student