

COURSE SCHEDULE
SOCIETY AND HEALTH EDUCATION

Total Hours : 30 hours

| Sl. No | TOPIC | HOURS |
|--------|--|-------|
| 1 | CPR, First – Aid and Emergency | 6 |
| 2 | Mental and Emotional Health | 5 |
| 3 | Balanced Diet / Malnutrition | 4 |
| 4 | Healthy living – Awareness and Prevention of Obesity | 4 |
| 5 | Sexual Health Education | 5 |
| 6 | Menstrual Hygiene | 5 |
| 7 | Organ Transplantation and scope of Health Education | 1 |


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① An allergic reaction is a reaction to a substance that is typically harmless to most other people. Allergies happen when a person's immune system overreacts to a substance that the person breathed in, touched, or eaten. It is caused by foods, medications, plants, molds etc.

② Antibiotics are medicines that help the human body fight bacteria, either by killing the offending germs directly or by weakening them so that the body's own immune system can fight and kill them more easily.

③ Exercise is good for your health. Regular physical activity helps a person have stronger bones and muscles, helps control body fat, helps prevent certain illness, and contributes



to a good outlook on life. Regular exercise helps promote digestion and a good night's sleep.

④ Scientists do not know exactly why people need sleep, but studies show that sleep is necessary for survival. Sleep appears to be necessary for the nervous system to work properly.

⑤ Secondhand smoke is bad. Also known as environmental tobacco smoke, secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette, and the smoke exhaled by people who are smoking.

⑥ The Immune System protects the human body against germs, which are micro-organisms that cause sickness and disease.

These are four types of germs - harmful bacteria, viruses, fungi, protozoa. This defense system begins with the skin, which stops germs from getting into your blood or tissues.

⑦ Bacteria are single-celled organisms that have the ability to feed themselves and to reproduce. They are found everywhere, including the air, water and soil. They divide and multiply very quickly, which means that one cell can become million cells in just a few hours.



8 Our intestines contain germs. Germs aren't all bad. In fact, some are helpful. For example, the common bacterium *E. coli* can be found in our intestines, and it helps us digest green vegetables.

9 Substance abuse means taking drugs in amounts that are dangerous or that prevent a person from doing everyday things including going to school or work.

10 Alcohol is a type of drug known as a depressant that slows down the body's central nervous system. After a person has had a few drinks, it immediately affects the way they think or act.



11) In Addition to the Stimulant nicotine, Cigarettes contain many harmful chemicals including tar and the poisonous gas carbon monoxide. These chemicals present health risks that range from bronchitis to cancer. Doctors believe that cigarette smoking is the cause of 90% of all lung cancer.

12) When you get sick, part or all of your body is not working as it should. The cause of sickness can come from inside your body or from the outside world. Diseases that start on the inside are usually inherited in the genes. That you receive from your parents, which make up the master plan that determines how your body will grow and run.