

Course-XI (L4.11) Optional	Health and Physical Education	Theory	Engagement With the Field	Credit	2+1
		50	25	Class Hours	32+32
Objectives					
<p>The student teachers will be able to :-</p> <ul style="list-style-type: none"> ● Build a scenario of Health Education in India. ● Develop a Knowledge Base of the Most Common and Uncommon Diseases in India; their Diagnosis & Remediation. ● Learn the Tech Related Health Risks & Learn How to Fix These. ● Study the Health Education Vision & Mission of India. 					
COURSE CONTENT/SYLLABUS					
Unit-I	<p>Health Education Scenario in India :</p> <ul style="list-style-type: none"> ● Introduction to the concept of health, significance and importance ● Identity of Educational Institutional Plants: Structure, Infra-Structure and Environment, ● Emerging Health & Total Quality of the Educational Institutions, ● Status of Health Education in India from Pre-Natal Education through Higher Education, ● Health & Hygiene, Mess & Toilets, Disease & Dispensary, Work & Leisure, ● Total Health Quality of Educational Governors, Administrators, Teachers, Students, Supporters, Libraries, Laboratories, Classrooms, Halls, Play Fields, Water Tanks, Swimming Pools, Community Pools, Roads 				6 hrs.
Unit-II	<p>Most Common & Uncommon diseases in India:</p> <ul style="list-style-type: none"> ● The most common diseases during the previous decade, ● Heart Diseases, Cancer, HIV/AIDS, Swine Flue, Reproductive Helpless Health, Osteoporosis, Depression, ● Intentional & Unintentional Injuries, Diabetes and Obesity, Uncommon Diseases – Autistic, Cerebral Palsied, Blood Borne Diseases ● Beta Thal Major, Sickle Cell Anemia, Hemophilia, Diagnosis, Prevention & Prognosis. 				6 hrs.
Unit-III	<p>Tech-Related Health Risks & How to Fix Them:</p> <ul style="list-style-type: none"> ● Identification of the technological health hazards- Smartphone Stress, Acne caused by the Cell Phones, Blackberry Stress Injuries to the Thumb, Radiation from the cell phones, Cell Phone Sickness, Cell Phone & Car Accidents, Allergies & Phones, Crazy Phones, 				7 hrs.

	<ul style="list-style-type: none"> ● Computers Causing Wrist Pain, Back & Neck Pain, Decreased Sperm Count from the WiFi, Laptop Burns, Laptop Headaches, Sleeping Problems from the Laptops, Decreased attention span from using Face-book, ● The Internet Causing Anxiety, Headphone Use leading to Accidents, Hearing Loss from Headphones, Visual Impairment, ● Death from Social Networking, Environmental Degradation, Aggression, Social Crimes—Evolving Controlling & Regulatory Mechanisms. 	
Unit-IV	<p>Health Issues & Health Education: Vision & Mission:</p> <ul style="list-style-type: none"> ● Balanced Diet—nature and importance, Fast Food Problems, Drinking Water Problems ● Falling Heart & Brain Entrainment Ratio, Inflated Height Weight Index, ● High & Low Blood Pressure, Depression & Aggression. ● Adhyatmik Troubles, Adhi- bhoutik Troubles, Adhida . . . Troubles, along with these all sorts of Medical Practices ● Vision & Mission of Medical Council of India—health Education Priorities, and immediate need of Health Education Policy of India. ● Games, Sports & Athletics, Yoga Education 	7 hrs.
Unit-V	<p>First Aid- Principles and Uses:</p> <ul style="list-style-type: none"> ● Structure and function of human body, and the principles of first aid ● First aid equipment ● Fractures-causes and symptoms and the first aid related to them ● Muscular sprains causes, symptoms and remedies ● First aid related to haemorrhage, respiratory discomfort ● First aid related to Natural and artificial carriage of sick and wounded person ● Treatment of unconsciousness ● Treatment of heat stroke ● General disease affecting in the local area and measures to prevent them 	6 hrs.
Engagement with the Field/ Practicum	<p>Any two of the following :</p> <ul style="list-style-type: none"> ● Surfing to know the diseases in India and write a report on any five diseases in West Bengal ● Reflective Dialogues on Digital Media on Health of the people 	32 hrs.