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VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT
F. Y.B.Sc. SEMESTER- I
ZOOLOGY: ZO - SEC – 101 (Skill Enhancement Course)
(Effective from JUNE-2023)
(Human Health and Management) (02 credits = 02 Hours/Week)
(Total Hours = 30)

1. Common Human Diseases:

- Basic concept of congenital and acquired disease with their examples and types
- Abiotic and biotic diseases causing factors/components
- Pathogens and parasites
- Vectors
- Addictions

2. (A). Causes and Prevention of some common diseases:

- Influenza
- Malaria
- Typhoid
- Diabetes
- Cardiovascular Diseases
- Stroke
- Cancer
- AIDS
- Role of immune system.

(B). Prevention and Management:

- Hygiene and sanitation
- Stress management (through exercise, yoga, meditation etc)
- Vaccines; Medicinal drugs in daily use and basic awareness of few diagnostic techniques

Reference:

1. Diseases of the Human Body: 3rd Edition Carol D. Tamparo and Marcia A. Lewis F.A. Davis Company (2000)
 2. Human Body - Immune System And Common Diseases (2020) Wonder House Books. 2020
 3. Anatomy Physiology and health education. Rohini Agrawal CBS Publication (2021)
 4. Public Health, Food Hygiene And Sanitation. SIA Publishers & Distributors Pvt Ltd (2023)
 5. Stress Management. Dreamland Publications (2022)
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