



Harishchandrapur College Pipla, Malda



Value added course on “Health and Hygiene”

Organized by
Department of Physical Education, Harishchandrapur College

04.08.2022 – 20.08.2022

30 hrs duration

Course Description

This course aims to provide a comprehensive understanding of health and hygiene principles, practices, and their impact on individual and community well-being. It covers topics ranging health, environmental hygiene, and public health policies.

Course Objectives

- To understand the fundamentals of personal and community health.
- To learn best practices for maintaining hygiene.
- To recognize the importance of nutrition and balanced diet.
- To understand disease prevention and control measures.
- To explore mental health and well-being.
- To study environmental health and its impact on communities.

Course Outcomes

- Acquire essential knowledge about personal and community health.
- Learn and implement effective hygiene practices.
- Understand the importance of sanitation.
- Contribute to the prevention of health issues.
- Enhance overall well-being.
- Prepare to advocate for healthier lifestyles in communities.
- Add value to academic and professional profiles of familiarize with public health policies and their implications.

Harishchandrapur College was established in 2008 to fulfil the dreams and aspirations of the people of Harishchandrapur and the surrounding areas and to meet their long voiced demand for higher studies. There is a beautiful lush green area around the college. The College currently offers BA courses in Bengali, English, History, Geography, Political Science, Philosophy, Sanskrit, Arabic, Education and Physical Education. A spacious playground in the college serves the purposes of organising different tournaments, games and sports. The college provides very good Girls and Boys hostels facility for the students. The playground is also utilised by the different schools in nearby areas. A dedicated team of teachers and support staffs are always ready to help the students with any possible problems. The college always thinks about the overall development of the students as a whole which helps to build a good nation.



Course Details

Course Coordinator:

Md. Jiaur Rahaman, Department of Physical Education

Last Date of Enrolment: 29.06.2022

Course Fee: Free of cost

Certification:

Students will receive a certificate from the college upon completion.

Admission Basis:

First Come, First Serve (limited seats available)

Course duration: 30 hrs

Course Module:

Module 1: Introduction to Health and Hygiene

Module 2: Personal Hygiene

Module 3: Nutrition and Balanced Diet

Module 4: Disease Prevention and Control

Module 5: Mental Health and Well-being

Module 6: Environmental Hygiene

Module 7: Community Health and Public Health Policies

Module 8: Health Education and Promotion

Module 9: Hygiene in Special Situations

Module 10: Practical Applications and Case Studies

Contact person:

Md. Jiaur Rahaman: 9749276270



Resource persons



Dr. Arnab Chatterjee, Harishchandrapur College



Iqbal Ahmed, South Malda College



Md. Jiaur Rahaman, Harishchandrapur College



Md. Rafikul Islam, Harishchandrapur College



Mr. Chandrajit Adhikary, Shree Agrasen Mahavidyalaya



Mr. Bhupen Ghimirey, Harishchandrapur College



**Dr. Rubu Das (Chakraborty)
Harishchandrapur College**