GENERAL ELECTIVE (BIOMED-GE-): DISEASES IN EVERYDAY LIFE

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Diseases in Everyday Life	4	3	-	1	XII Passed	Basic knowledge of Biology

Learning Objectives

The Learning Objectives of this course are as follows:

- Diseases are not new to human beings but if we are familiar with them, it is easy to manage.
- The course has been designed to familiarize students with most common diseases in everyday life. Students will be able to differentiate between infectious and non-infectious diseases.
- Students will learn about the causative organism of these diseases and their symptoms. A brief description related to treatment and management methods will also be included in the syllabus.

Learning outcomes

The Learning Outcomes of this course are as follows:

- Initially students will understand about diseases and various approaches to classify different types of diseases.
- A detailed description of various diseases caused by infectious agents has been included in the syllabus. As all the diseases are not infectious, students will learn differentiate between communicable and non-communicable diseases with examples of most common disorders.
- A brief overview about degenerative disorders such as Parkinson's, Alzheimer's, Osteoarthritis, Osteoporosis have also been included in the syllabus to enrich the learning of students.
- Majority of human population is malnourished and suffer from many deficiency disorders, thus students are familiarized with common deficiency diseases such as Anaemia, Goitre, Kwashiorkor, Beri-Beri, Scurvy and Rickets have also been included.

- Many cell types in blood and immune components sometime leads to anomalies which may be associated with any disorder. Keeping this in mind, some common immune disorders are briefly added to the syllabus.

SYLLABUS

Unit I: Introduction: (12 Hrs)

Disease classification: Overview of disease condition related to human body: Communicable and non-communicable diseases. Five "F' of communicable diseases [Food (contaminated), Fingers (unclean), Faeces, Fomites, and Flies] Genetic Diseases, Toxic effect of drugs and Chemicals (toxic gases and radiation),Auto immune disorders, nutritional deficiency (Effect of nutrition) (deficiency of Vitamin B12, Vitamin C), Route of transmission, Infectious dose, Communication by vector, Allergic diseases

Unit II: Communicable (Infectious) diseases: (09 Hrs)

a. Diseases transmitted directly: air borne (Mycobacterium) and water borne (Cholera) food borne (typhoid).Epidemiology, cause, clinical feature and prevention. STDs (with examples).Diseases caused by Virus, bacteria, fungus and protozoa/ helminths.
b. Vector borne diseases: mosquito, (Malaria, dengue and Chikungunya), cockroaches and flies, how they spread diseases and methods of prevention, diagnosis (basic).

Unit III: Non-communicable diseases: (06 Hrs)

a. Diabetes, hypertension and cancer (Brief discussion and special emphasis on prevention).
b. Down syndrome and colour blindness.

Unit IV: Degenerative Diseases: (07 Hrs)

Parkinson's/Alzheimer's, Osteoarthritis, Osteoporosis.(Special focuses on factors related to Lifestyle).

Unit V: Deficiency Diseases: (05 Hrs)

Anaemia, Goitre, Kwashiorkor, Beri- Beri, Scurvy and Rickets (Main emphasis on nutritional factors)

Unit VI: Blood disorders and Autoimmune Disease: (06 Hrs)

a. Sickle cell anaemia,haemophilia, thalassemia, blood incompatibility disorder, Rh factor.
b. Graves' disease, Rheumatoid Arthritis and Psoriasis.

Practical component **(30 Hrs)**

(Wherever wet lab experiments are not possible, the principles and concepts can be demonstrated through any other material or medium including videos/virtual labs etc.)

1. A case study of any communicable disease outbreak.
2. A case study on the prevalence of degenerative diseases (Parkinson's diseases/ Alzheimer's) in our country
3. Study different parameters responsible for malnutrition in human population and appropriate management strategies
4. Brief case study non communicable disease associated with lifestyle (hypertension and colourblindness)
5. How much we are aware about immune disorders? Give a small intra college survey to support the statement.
6. Preparation of a brief flow chart depicting classification of diseases.
7. Case study about minamata disease / Hiroshima and Nagasaki / Bhopal gas tragedy.
8. Effect of pesticides on human beings (taking example of anyone state in India).
9. Identification of common diseases caused by vectors.

Essential readings:

- Park, K. (2021), 26th Edition, *Park's Textbook of Preventive and Social Medicine*, Banarsidas Bhanot Publisher, ISBN-13 : . 978-9382219163
- Punt, J. Stranford, S. Jones, P. and Owen, J. (2019). 8 th Edition. Kuby Immunology. New York, USA: W.H. Freeman and Company. ISBN- 13: 978-1464189784.
- Cappuccino, J.G. and Sherman, N. (2013). 10th Edition. Microbiology: A laboratory manual. California, USA: Benjamin Cumming. ISBN-13: 978-0321840226.
- Willey, J., Sherwood, L., and Woolverton, C.J. (2016). 10th Edition. Prescott's microbiology. New York, USA: McGraw-Hill Education. ISBN-13: 978-1259281594

Suggestive readings:

- Tille, P. (2013). 13th Edition. Bailey & Scott's diagnostic microbiology. Missouri, USA: Mosby Publishers. ISBN-13: 978-0323083300.

- Madigan, M.T., Martinko, J.M., Stahl, D.A. and Clark, D.P. (2010). 13th Edition. Brock biology of microorganisms. California, USA: Benjamin Cumming. ISBN-13: 978- 0321649638.

- Tortora, G.J., Funke, B.R. and Case C.L. (2006). 9th Edition. Microbiology: An introduction. California, USA: Benjamin Cummings. ISBN-13: 978-0536292117.
- Bonita, Ruth, Beaglehole, Robert, Kjellström, Tord & World Health Organization. (2 (2006nd edition. *Basic Epidemiology*, World Health Organization, ISBN 978 92 4 154707 9.
- Pelczar, M.J (2001). 5th Edition. Microbiology. New York, USA: McGraw Hill International. ISBN-13: 9780074623206.