

## **MDC -164: HEALTH & HYGIENE, ENVIRONMENTAL EDUCATION AND DISASTER MANAGEMENT**

**(Contact Hour-45, Credit-3)**

**Course Objectives (COs):** The objective of this course is to educate on the importance of maintaining good health and hygiene practices, understanding the principles of environmental education, and preparing for and responding to disasters.

**Learning Outcomes (LOs):** The students will develop an understanding of health and hygiene practices to maintain personal and community well-being. They will be able to apply principles of environmental education to promote sustainability and reduce environmental impact and develop skills in disaster management to prepare and respond effectively to emergencies and natural disasters.

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<b>UNIT I</b>	Structure and Function of Human Body, Hygiene and Sanitation, Preventable Diseases, First Aid, Yoga: Introduction and Exercises, Physical and Mental Health, Fractures: Types and Treatment.
<b>UNIT II</b>	Civil Defense: Meaning, Organization and its Duties, Civil Defense Services, Fire Fighting: Meaning, Mode of Fire, Fire Fighting Parties, Fire Fighting Equipment. Introduction and Classification of Disaster: Natural Disaster & Man-Made Disaster, Disaster Management with special reference to Flood, Cyclone and Earthquake, Assistance in Removal of Debris, Collection and Distribution of Aid Material, Message Services.
<b>UNIT III</b>	Environment: Definition, Global Warming, Acid Rain, Depletion of Ozone Layer, Conservation of Environment. Ecology: Introduction, Component of Ecological System, Forest Ecology, Wildlife, Pollution Control.
<b>Practical</b>	a. First aid and CPR b. Yogic exercises c. Team composition & equip for specific disaster. d. Environmental awareness & conservation e. Practical on Environmental Education f. Fire Fighting Equipment

### **Suggested Readings:**

Business Communication, VK Jain, Omprakash Biyani, S. Chand Publishing (2008), 283pp  
Cadet's Handbook- Common Subject, All Wings, by DG NCC, New Delhi  
Cadet's Handbook -Specialized Subject, Army, by DG NCC, New Delhi  
NCC Common Subjects, SD/SW  
The Cadet, Journal of the NCC.  
The book of Leadership, Anthoni Gell (2014), Published by Piatkus, 368pp  
The Written Word, Vandana R. Singh. (2012), Published by Oxford University Press.