

Annexure - J

Hygiene, Sanitation and Environment
Value Added Course (VAC); Semester-I/II

Course Code: C25VAC128P
60 Hrs. (2 Hrs./Week or else)
Credit : 2

External Marks :35
Internal Marks :15
Total Marks: 50

Course Objectives:

- To understand the principles and practices of cleanliness, sanitation, hygiene, and environmental well-being.
- To develop awareness of environmental hazards, health risks, and sustainable management practices.
- To encourage behavioral change through field activities, observation, and community engagement.

Course Content:

Student will take field visits to identify local urban/village environmental issues, collect data and prepare a brief report. Activities will be carried out in consultation with the office of Municipal Commissioner/local bodies/district administration/NGOs engaged in the similar field/NSS units/health institutions.

Suggestive activity areas (Choose any two):

1. Cleanliness and Hygiene

- Importance of cleanliness in daily life
- Practical tips for maintaining personal and community hygiene
- First aid basics, accident prevention, and role of behavioral change

2. Environmental Management

- Solid waste disposal systems
- Soil, air, and water management practices
- Sanitation and sewage treatment techniques

3. Waste Management & Sustainability

- Concept of 3R (Reduce, Reuse, Recycle)
- Role of sustainability in waste reduction
- Practical demonstration of waste segregation and composting

4. Environmental Audit & Impact Assessment

- Environmental risk assessment
- Pollution control and management strategies
- Impact of environmental issues on human health

5. Health and Lifestyle Education

- Importance of food, nutrition, and hygiene for a healthy lifestyle
- Role of Yoga in promoting holistic health and well-being

Note:

The internal marks will consist of evaluation through attendance, participation in activities, etc.

The external marks will consist of evaluation through activity report submission, presentation, etc.



Suggested Readings:

- 1 Kaushik, A. and Kaushik, C.P., 2022. Perspectives in Environmental Studies. New Age International Pvt. Ltd., New Delhi
- 2 Chandrappa, R. and Das, D. B., 2012. Solid Waste Management (Principles and Practice). Springer
- 3 Kulkarni, V. and Ramachandra, T.V., 2018. Environmental Management. TERI Press, New Delhi
- 4 Garg, S.K. and Garg, R., 2024. Sewage Disposal and Air Pollution Engineering. Khanna Publishers, New Delhi
- 5 Sengupta S., Clean Up Your Act: The State of Sanitation in India (e-book), Centre for Science and Environment.
- 6 Conant J. and Fadem P., 2016. Sanitation and Cleanliness for a Healthy Environment, Hesperian Health Guides.
- 7 Sanitation: A way of Life, Hesperian Health Guides, UNICEF.

