Report of the Add-on Course on the Topic "Health Education" conducted by the Department of Education.

The Department of Education in its Departmental Meeting unanimously resolved to conduct an Add-on Course on the Topic "Health Education" from 07/11/2022 to 06/12/2022. Accordingly, a notice was published on 01/11/2022 wherein all Honours students of the Department of Education were asked to enroll themselves to the above-mentioned course. All the faculty members were entrusted to take their classes on the offline mode after the College hours. A routine was published &the classes were taken as per the prescribed routine. The total number of students enrolled was 104 whereas 94 students were able to complete the course. The course ended with a MCQ Assessment. The above mentioned Add-on course went off well with the distribution of certificates by the Head of the Institution.

Add-on Course Co-Ordinator Co-havidyalaya

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.0. Amtala, Murshidabad

To, The Teacher in Charge, Jatindra Rajendra Mahavidyalaya, Amtala, Murshidabad.

Sub: Prayer for granting permission for introducing an Add-on Course (Health Education) in the current Academic Session 2022-2023.

Madam.

This is for your kind information that the Department Education in its Departmental meeting has taken a resolution to introduce an Add-on Course in the current Academic Session 2022-23. In order to go ahead we need to seek your permission which we are sure will be granted by you for the larger interest of the students of our college.

Therefore, we earnestly request you to grant me the permission to introduce the above course, so that we can publish the notification as soon as possible.

Thanking you in anticipation.

Yours sincerely,

Sufal Sarkar

HOD, Department of Education Jatindra Rajendra Mahavidyalaya, Amtala, Murshidabad.

HoD, Department of Education Jatindra-Rajendra Mahavidyalaya Amtala, Murshidabad

Approved
Cara-10-2022
Teacher-in-Charge
Teacher-in-Charge
Mahavidyalaya

Jatindra-Rajendra Mahavidyalaya P.O. Amtala, Dist. Murshidabad



Jatindra - Rajendra Mahavidyalaya

P.O-Amtala • Dist-Murshidabad • Pin Code-742121

Estd: 1986

Website: www. jrm.org.in Email ID: principal@jrm.org.in Fax-03482-247244
Phone. No (S.T.D.-03482) 247107 (Principal), 247244 (Office)

Date: 01/11/2022

Notice

All the 1st, 3rd & 5th semesters education (Honours) students of Jatindra Rajendra Mahavidyalaya are here by informed that the department of Education is going to organize an add-on (Certificate) course on Health Education. The course will commence from 1st week of November 2022. Students are requested to register their name for the course within 4th November 2022.

Teacher-in-Charge
Jatindra Rajendra Mahavidyalaya

Jatindra-Rajendra Mahavidyalaya P.O. Amtala, Dist. Murshidabad

***For further details contact to this number: Sufal Sarkar (9126832259) Mithun Kumar Ghosh (9883239547) Head

Department of Education

HoD, Department of Education Jatindra-Rajendra Mahavidyalaya Amtala, Murshidabad

JATINDRA RAJENDRA MAHAVIDYALAYA



P.O - AMTALA * DIST. - MURSHIDABAD * PIN CODE - 742121

E-mail - principal@jrm.org.in, Web Site - www.jrm.org.in, Phone No - 03482-247244, 247107

ENROLLMENT SHEET

Add On / Value Added Course

	Dept. Name		Course Name	auc Auuce		
	Education		Health Education		Session: 2022-2023	
SI	Reg no	Student Id	Name	Gender	Caste	Signature of Students
<u> </u>	051292	B.A/22/0024	RIMPA KHATUN	F	OBC-A	RimPa-Khotun
2	051331	B.A/22/0037	RAFIUL ALAM MONDAL	M	General	Rafiul Alam Monda
3	051307	B.A/22/0068	SARMIN KHATUN	F	OBC-A	Barmin Khaten
4	051256	B.A/22/0102	HABIBA KHATUN	F	OBC-A	Habiba Khatun
5	051317	B.A/22/0107	AJIJ SHAIKH	M	General General	AJIS Shaikh
5	051249	B.A/22/0111	BARNITA BISWAS	F	General	BARNIABISWA
7	051305	B.A/22/0139	SÀNIYA KHATUN	F	OBC-A	Sani pa khotun
3	051250	B.A/22/0143	BINITA KARMAKAR	F	OBC-B	Bihita Karmaki
9	051312	B.A/22/0153	TANIYA KHATUN	F	OBC-A	Toniga khatin
10	051301	B.A/22/0159	SAJEDA KHATUN	F	OBC-A	salebakhatun.
11	051332	B.A/22/0172	RAJIBUL MANDAL	M	OBC-A	Ratibul Mandal
12	051332	B.A/22/0208	MEHEBUB MURSHID SK	M	General General	Mehebub Murshid
13	051298	B.A/22/0250	RUBINA KHATUN	F	General	Rubing Rhatun
14	051271	B.A/22/0256	MITA GHOSH	F	General	mata-Ghosh
15	051265	B.A/22/0263	KRISHNA MONDAL	F	General	Knishna Mondal
16	051275	B.A/22/0266	NAJIMA KHATUN	F	General	Nousima thaten
17	051308	B.A/22/0312	SARMIN SULTANA	F	General	Saimin sultana
18	051258	B.A/22/0571	HASINA BANU KHATUN	F	General	Sagmin Sultano
19	051320	B.A/22/0978	HABIBUR MONDAL	M	General	Habibur Monday
20	051253	B.A/22/1007	FATEMA KHATUN	F	General	Fatemo Rhedun
21	051289	B.A/22/1021	REXONA KHATUN	F	General	tatem guerun
22	051261	B.A/22/1063	KAIFA AJME KHATUN	F	OBC-A	Kalfa Ažme Khatu
23	051201	B.A/22/1126	NAJMUNNAHAR KHATUN	F	OBC-A	KalfurAtme Khate
24	051278	B.A/22/1321	ANKITA ROY	F	General	
25	051330	B.A/22/1321 B.A/22/1420	PROBAL ACHARIYA	M	SC	Ankita Roy
26	051291	B.A/22/1424	RIMIKA KHATUN	F	General	Probal Achariya
27	051291	B.A/22/1424 B.A/22/1428	TUHIN MONDAL	M	General	Rimika Khatun
28	065374	B.A/21/0037	RACHANA KHATUN	F	General	Tunin Monbal
29	065351	B.A/21/0037	Ananya Ghosh	F	OBC-B	Agrania Gil a
30	065394	B.A/21/0039	SAYEBA KHATUN	F	OBC-A	Ananya Ghash
31	065445	B.A/21/0044	SUNOY PAL	M	OBC-B	Sayeba Khadun
32			-	M		Sunoy Pal
33	065433	B.A/21/0064 B.A/21/0129	SAHABUL SHEIKH		OBC-A	School Sheams
34	065437		SAKIL RAJA	M	OBC-A	Saku Roya Masum Roja Monda
	065425	B.A/21/0131	MASUM REJA MONDAL	M	OBC-A	
35	065357	B.A/21/0138	JAYA HALDAR	F	SC	Jard Haldar
36	065370	B.A/21/0139	NIPA HALDAR		SC OPC A	
37	065410	B.A/21/0142	ABDUL GAFFAR SARDAR	M	OBC-A	About treffin Im
38	065442	B.A/21/0190	SOUMIK PAL	M	OBC-B	Soumskilal
39	065399	B.A/21/0191	SOUMI GHOSH	F	OBC-B	Soumi Cohosh
40	065372	B.A/21/0193	PRIYANKA GHOSH	F	OBC-B	Propanka Ghosh

General

OBC-A

2022 Add-on Course

JEETISHA ROY

SABANA YEASMIN

Co - Ordinator J.R. Mahavidyalaya P.O.- Amtala, Dist.- Wisd.

B.A/21/0197

B.A/21/0199

065358

065387

62dg 2022

P.O. Amtala, Murshidabad

Sabana Yeasmin

Signature of Principal / Teacher-in-charge Teacher-in-Charge Jatindra-Rajendra Mahavidyalaya

JATINDRA RAJENDRA MAHAVIDYALAYA



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E-mail - principal@jrm.org.in, Web Site - www.jrm.org.in, Phone No - 03482-247244, 247107

ENROLLMENT SHEET

Add On / Value Added Course

Session:

Course Name

Dept. Name

			Course Hame		Session.	
	Education		Health Education		2022-2023	
SI	Reg no	Student Id	Name	Gender	Caste	Signature of Students
43	065369	B.A/21/0200	NASRIN BANU	F	OBC-A	Naszen Baner
44	065416	B.A/21/0202	ATISH KUMAR GHOSH	M	OBC-B	Atish Kumar GA
45	065389	B.A/21/0203	SABINA YASMIN	F	General	Balina Samo
46	065408	B.A/21/0204	UMMA SALMA	F	OBC-A	Um ma Balme
47	065435	B.A/21/0207	SAHID ANOAR MANDAL	M	General	Salid Anoan Manch
48	065436	B.A/21/0209	SAJAHAN SK	M	General	Shehan Sh
49	065429	B.A/21/0213	RANADEEP DUTTA	M	General	Ranadeer Putta
50	065359	B.A/21/0230	JULIAS PARVIN	F	OBC-A	Julias Parvin.
51	065367	B.A/21/0265	NASIBA KHATUN	F	General	Nasiba Khatum
52	065441	B.A/21/0267	SOHEL RANA MANDAL	M	General	sohel Rana man
53	065388	B.A/21/0273	SABINA KHATUN	F	OBC-A	Saher Rona man
54	065417	B.A/21/0277	BIJAN MANDAL	M	General	Bison Nonda
55	065430	B.A/21/0279	RIK MONDAL	M	General	Rimmondal
56	065392	B.A/21/0409	SAMRIN KHATUN	F	OBC-A	Rik mondal.
57	065438	B.A/21/0455	SANOAR MONDAL	M	General	Sanoan Mondal
58	065431	B.A/21/0460	ROHIM SHEIKH	M	General	Sangar mondel
59	065432	B.A/21/0511	SAHABUDDIN SARDAR	M	General	Je Co V OVINCE
60	065362	B.A/21/0624	MOUMITA MANDAL	. F	General	Moaniely Mandel.
61	065415	B.A/21/1050	Aktarujjman seikh	M	OBC-A	mounila nandal
62	065383	B.A/21/1053	SABANA KAIFI AZMI	F	General	sahoar mondal
63	065398	B.A/21/1057	SOHELI KHATUN	F	OBC-A	Allti roundal
64	065348	B.A/21/1173	ADITI MONDAL	F	General	Aleti Mondal
65	065366	B.A/21/1396	NAJMA KHATUN	F	General	
66	065385	B.A/21/1528	SABANA KHATUN	F	General	Sabama Khatun
67	065386	B.A/21/1530	SABANA YEASMIN	F	General	Sabana yeasmin
68	065444	B.A/21/1609	SUMIT GHOSH	М	OBC-B	Surrie Grash
69	065424	B.A/21/1681	MAINUL HASAN	M	General	Sumit Ghosh
70	065350	B.A/21/1912	ALBIRA KHATUN	F	General	Sunit Ghosh
71	065401	B.A/21/1926	SUDIPTA PAL	F	OBC-B	SUSI Pta Pal
72	065356	B.A/21/1940	JASMIN KHATUN	F	General	5,
73	057602	B.A/20/0056	SURAYA PARVIN	F	OBC-A	SUMAYA POMYIT
74	057582	B.A/20/0075	NIRUPAMA MANDAL	F	SC	Sustata Partien
75	057611	B.A/20/0076	PAPPU PRAMANIK	М	OBC-B	Papup Pramanik
76	057625	B.A/20/0079	TARIKUL MONDAL	M	General	Tarikul Monda
77	057586	B.A/20/0087	RIMPA HALDER	F	SC	The second secon
78	057620	B.A/20/0091	SOMNATH MONDAL	M	General	Sommerth Monda
79	057592	B.A/20/0125	SAINA AKTAR	F	OBC-A	Saina Aktan
80	057600	B.A/20/0129	SHYAMOLI KHATUN	F	OBC-A	Smamoliplata
81	057598	B.A/20/0137	SHIKHA GHOSH	F	ОВС-В	She who Such.
82	057588	B.A/20/0173	RIMPA KHATUN	F	General	Rison Khelis
83	057568	B.A/20/0179	CHANDNI RAHAMAN	F	OBC-A	Gradri Hode
84	057601	B.A/20/0184	SUHANA SULTANA	F	General	Suhana Seitaman

Add-on Course

Co - Ordinator

J.R. Mahavidyalaya

P.O.- Amtala, Dist.- Msc.

Signature of Principal / Teacher-in-charge Teacher-in-Charge Jatindra-Rajendra Mahavidyalaya P.O. Amtala, Murshidabad

07-11-2022





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ENROLLMENT SHEET

Add On / Value Added Course

Session:

OBC-A

OBC-A

General

General

OBC-B

General

General

SC

Course Name

RUBEL HOSSAINE

SUPROVAT HAZRA

RAJIBUL MALITYA

TAJMIN KHATUN

SARMILA KHATUN

NEHA KHATUN

UMME SALMA

RANA BISWAS

Dept. Name

057615

057581

057623

057608

081718

057613

057605

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B.A/20/0706

B.A/20/0767

B.A/20/0770

B.A/20/0949

B.A/20/0993

B.A/20/1087

B.A/20/1451

B.A/20/1504

	Education		Health Education		2022-2023	
SI	Reg no	Student Id	Name	Gender	Caste	Signature of Students
85	057593	B.A/20/0199	SANGITA MANDAL	F	General	Sangita mandal
86	057569	B.A/20/0208	CHANDRAKANA KHATUN	F	General	CHANDRAKANA KHATUT
87	057609	B.A/20/0254	DIBYENDU PAL	М	OBC-B	Ford
88	057579	B.A/20/0389	MOUMITA MALITYA	F	General	Lawrence yesmin moumoter Mille
89	057606	B.A/20/0392	TAMANNA SULTANA	F	General	TAMANNA SULTANA
90	057614	B.A/20/0518	RAMJAN SHAIKH	М	General	RAMJANSAAIKH
91	057619	B.A/20/0530	SOHEL SAIKH	М	General	Sonel salkh
92	057621	B.A/20/0534	Soyeb akhter sk	М	General	SOMED ARTHOR SK
93	057591	B.A/20/0539	SAHELI AKTAR TITHI	F	OBC-A	SAHELT ANTARTITAL
94	057612	B.A/20/0542	RAHIM SHAIKH	М	General	Rahim Shalkh
95	057589	B.A/20/0579	ROJA SHAH	F	General	Raja Shah
96	057572	B.A/20/0600	FARHANA KHATUN	F	General	Farhana hhaven

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Add-on Course Co - Ordinator J.R. Mahavidyalaya P.O.- Amtala, Dist.- Wisd.

Rubel Hossaine

SUPPOVAT HAZRA

SAJIMILA Khatun

Signature of Principal / Teacher-in-charge

Teacher-in-Charge Jatindra-Rajendra Mahavidyalaya P.O. Amtala, Murshidabad

JATINDRA RAJENDRA MAKAVIDYALAYA



Estd: 6th Dec 1986. Affiliated to University of Kalyani

A Report On

Health Education

(Add On Course)

Department Of Education

Course Duration - 07/11/2022 to 06/12/2022

Academic Year - 2022 - 2023

A Report On Health Education (Add On Course)

Duration: 30 Hours

Time: 09:30am to 10:30pm

02:30pm to 02:30pm

04:30Pm to 05:30Pm

VENUE: Room No 13 and 17

COURSE CO-ORDINATOR: MITHUN KUMAR GHOSH

State Aided college teacher

Jatindra Rajendra Mahavidyalaya

Total Number of Student Enrolment - 104

Total No of Course Completed Students - 94

SPEAKERS

- 1. Mithun Kumar Ghosh Faculty of Education, Jatindra Rajendra Mahavidyalaya
- 2. Sufal Sarkar Faculty of Education, Jatindra Rajendra Mahavidyalaya
- 3. Julekha Khatun Ex-Student, Jatindra Rajendra Mahavidyalaya

- 4. Dipannatia Mandal Ex-Student, Jatindra Rajendra Mahavidyalaya
- 5. Nandini Biswas Invite Teacher

♦INTRODUCTION:

The Department of Education offers an Add on Course entitled "Health Education" to the students of Education Honours of Jatindra Rajendra Mahavidyalaya, Amtala from 1st February to 5th March 2022 by the course co-coordinator Prof. Mithun Kumar Ghosh, under the guidance of IQAC. The notification for the enrolment of this course was published on 01st of November 2022 by the department and students were asked to contact teachers within 04th of November 2022. Surprisingly 104 students were prompt to register their names within two weeks with the course fee as nil. Faculty member and ex-student take classes in offline mode and registered the attendance of students separately as provided to them before hand. The final assessment was taken on 06th December 2022 following the guideline of the parent university related to the distribution of full mark i.e. 25 out of which 5 marks was allotted for attendance. Therefore MCQs were decided to assess the students learning outcomes through offline mode with the help of providing a set of 10 questions to all students who could assign their responses and submit them within the 20 minuets time. Only 94 students completed this course successfully. All the successful students were issued a certificate of value added course and received them except 68 students who are yet to take their certificates.

♦ AIM OF THE ADD ON COURSE:

Health Education

The aim of this add-on course in Health Education is to equip participants with a comprehensive understanding of the principles, policies, and practices of health education within the Indian context. This course is designed to enhance the quality of health awareness and education among individuals and communities, fostering a holistic approach to health and well-being. Key objectives include:

1. Understanding the Importance of Health:

- Recognize the significance and impact of health on individual and community well-being.
- Appreciate the role of educational institutions in promoting total health quality.

2. Knowledge of Health Policies and Goals:

- Gain insights into the National Health Policy − 2002 and its implications.
- Understand the dimensions and determinants of health.

3. Encouraging Community Participation:

- Learn strategies for community involvement in health initiatives.
- Udentify the roles and responsibilities of volunteers in health education.

4. Effective Communication and Training in Health:

- Develop skills in health education and promotion.
- Understand the principles of health communication and behavior change.
- Learn methodologies for planning and implementing health education programs.

5. Improving School Health Services:

- Assess the health status of school children.
- Study the current school health services and programs in India.

6. Addressing Health Issues:

- Explore contemporary health issues such as fast food consumption, drinking water safety, and mental health concerns.
- Understand the impact of lifestyle factors on physical health.

7. Managing Communicable and Non-Communicable Diseases:

Study the epidemiology of communicable diseases and national health programs, with a focus on HIV/AIDS, leprosy, and avian influenza.

Sexumine the prevalence and management of non-communicable diseases, particularly cardiovascular diseases and mental health disorders.

By the end of this course, participants will be well-versed in the essential aspects of health education, equipped to contribute to the health sector effectively, and capable of promoting health and wellness within their communities.

♦ OBJECTIVES OF THE COURSE:

Health Education

The objectives of the Health Education course are as follows:

1. Enhance Understanding of Health Significance:

- To emphasize the importance of health in daily life and its impact on overall well-being.
- To highlight the role of educational institutions in promoting health quality.

2. Educate on Health Policies and Goals:

- ♥ To provide knowledge about the National Health Policy 2002.
- To explore the dimensions and determinants of health and understand health goals at a national level.

3. Promote Community Participation:

- To develop strategies for effective community participation in health initiatives.
- To outline the responsibilities that volunteers can undertake in promoting health education.

4. Develop Skills in Health Communication and Training:

- To educate on the principles and practices of health education and promotion.
- ♥ To understand the process of behavior change and effective health communication.
- To learn methodologies for planning and implementing health education and training programs.

5. Improve School Health Services:

- To assess and understand the health status of school children.
- To study the structure and effectiveness of school health services and programs in India.

6. Address Contemporary Health Issues:

- \$\to\$ To examine issues such as fast food consumption, drinking water safety, and mental health.
- To understand the health impacts of lifestyle factors such as height-weight index, blood pressure, and mental health (depression and aggression).

7. Understand Communicable Diseases:

- To study the epidemiology of communicable diseases and related national health programs.
- To focus on specific diseases such as HIV/AIDS, leprosy, and avian influenza.

8. Understand Non-Communicable Diseases:

- To explore the epidemiology of non-communicable diseases and related national health programs.
- To emphasize the understanding and management of cardiovascular diseases and mental health disorders.

By achieving these objectives, the course aims to create a well-rounded understanding of health education, enabling participants to actively contribute to the promotion of health and well-being in their communities and professional settings.

♦ COURSE OUTCOMES:

After completion of the course the learners will be able to:

- b lead a health life through preservation of good health.
- by discriminate between good and bad practices.
- 🔖 develop appropriate attitude and awareness towards health-related issues.

- \$ promote health and efficiency through organized community effort.
- sexplain the ideas about communicable and non-communicable disease.

♦SYLLABUS:

30 Days Value-added Course on the Topic

Health Education

Module 1: Scenario of Health Education in India:

- Significance and importance of health,
- Emerging and total quality of the educational institution,
- 🔖 Status of health education in India
- ♥ Total health quality

Module 2: Concepts of Health:

- Health Policy and Goals:
- Dimension and determination of health,
- ♦ National Health Policy 2002.

Module 3: Community Participation:

- Strategies and approaches for community participation and involvement,
- Responsibilities which volunteers can undertake.

Module 4:Information, Education, Communication and Training in Health:

- Health education and promotion,
- Process of change in behaviour,
- Principles of health education,
- Communication in health education and training,
- Education and training methodology,
- Planning of health education,
- Levels of health education, Child to child programme,
- Bducation and training system in health and FW institution,
- ♥ IEC training scheme.

Module 5: School Health Services:

- Health Status of school children,
- School health service in India,
- School health programme.

Module 6: Health Issues and Education:

- Vision and Mission: Fast food problems, Drinking water problems, Falling heart and brain entertainment ratio,
- ☼ Inflated height weight index, High and low blood pressure,
- Depression and aggression.

Module 7: Communicable Diseases:

Epidemiology of Communicable Diseases and National Health Programme with Special reference to HIV/ AIDS, Leprosy and Avian Influenza and human health (New threat).

Module 8: Non-Communicable Diseases:

Epidemiology of Non-Communicable Diseases and National Health Programmes with Special emphasis on Cardio-vascular diseases (unhealthy life style diseases), Mental disorder and Mental retardation.

♦ LESSON PLAN&TENTATIVE CLASS ROUTINE:

LESSON PLAN

CLASS	DATE	TOPIC	TIME	SPEAKERS NAME
LECTURE 1	07/11/20	Scenario of Health Education in India, Significance and importance of health	04:30PM TO 05:30PM	SUFAL SARKAR
LECTURE 2	09/11/20	Emerging and total quality of the educational institution	09:30AM TO 10:30 AM	JULEKHA KHATUN
LECTURE 3	22	Status of health education in India	04:30PM TO 05:30PM	SUFAL SARKAR
LECTURE 4	10/11/202	Total health quality	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE 5	11/11/202	Concept of Status of health education in India	04:30PM TO 05:30PM	DIPANNITA MANDAL
LECTURE 6	12/11/202	Concept of Health Policy and Goals	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE 7	14/11/202	Concept of National Health Policy – 2002	04:30PM TO 05:30PM	SUFAL SARKAR
LECTURE 8	15/11/202	Community Participation Strategies and approaches for community participation	04:30PM TO 05:30PM	JULEKHA KHATUN
LECTURE 9	16/11/202	Concept of Strategies and approaches for community involvement	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE	17/11/202	Concept of Responsibilities which volunteers can undertake	09:30AM TO 10:30 AM	NANDINI BISWAS
10 LECTURE 11	2	Brief Letcher Community Participation Strategies and approaches	02:00PM TO 03:30PM	SUFAL SARKAR
LECTURE 12	18/11/202	Brief Letcher Responsibilities which volunteers can undertake	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE 13	19/11/202	Concept of Information, Education, Communication and Training in Health	04:30PM TO 05:30PM	SUFAL SARKAR
LECTURE 14	21/11/202	Health education and promotion, Process of change in behaviour, Principles of health education,	04:30PM	MITHUN KUMAR GHOSH

	2		TO 05:30PM	
LECTURE 15	22/11/20	Communication in health education and training, Education and training methodology, Planning of health education,	09:30AM TO 10:30 AM	DIPANNITA MANDAL
LECTURE 16	22	Levels of health education, Child to child programme, Education and training system in health and FW institution, IEC training scheme.	02:00PM TO 03:30PM	SUFAL SARKAR
LECTURE 17	23/11/20	Concept of School Health Services	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE 18	24/11/20	Health Status of school children,	04:30PM TO 05:30PM	SUFAL SARKAR
LECTURE 19	25/11/20 22	School health service in India,	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE 20	26/11/20	School health programme.	04:30PM TO 05:30PM	SUFAL SARKAR
LECTURE 21	28/11/20	Concept of Health Issues and Education	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE 22	29/11/20	Vision and Mission : Fast food problems, Drinking water problems, Falling heart and brain entertainment ratio,	09:30AM TO 10:30 AM	MITHUN KUMAR GHOSH
LECTURE 23	22	Inflated height - weight index, High and low blood pressure,	02:00PM TO 03:30PM	SUFAL SARKAR
LECTURE 24	30/11/20 22	Depression and aggression.	04:30PM TO 05:30PM	MITHUN KUMAR GHOSH
LECTURE 25	01/12/20	Concept of Communicable Diseases	09:30AM TO 10:30 AM	DIPANNITA MANDAL
LECTURE 26	22	Epidemiology of Communicable Diseases and National Health Programme	04:30PM TO 05:30PM	SUFAL SARKAR
LECTURE 27	02/12/20	Special reference to HIV/ AIDS, Leprosy and Avian Influenza and human health (New threat).	04:30PM TO 05:30PM	NANDINI BISWAS
LECTURE 28	03/12/20	Non-Communicable Diseases: Epidemiology of Non-Communicable Diseases and National Health Programmes	04:30PM TO 05:30PM	JULEKHA KHATUN
LECTURE 29	05/12/20	with Special emphasis on Cardio-vascular diseases (unhealthy life style diseases), Mental disorder and Mental retardation.	09:30AM TO 10:30 AM	SUFAL SARKAR
LECTURE 30	06/12/20	ASSESSMENT	02:00PM TO 03:30PM	MITHUN KUMAR GHOSH

♦ LEARNING RESOURCES:

Chafetz Marion C.(1981). Health Education, Springer Science & Business Media
 Davis, J.K. and Macdonald, G.(1998). Quality, Evidence and Effectiveness in Health
 Promotion: Striving for Certainties, Routledge

- Gupta, M.C. and Mahajan, B.K. (2005). Text Book of Preventive and social Medicine, New Delhi, Jaypee Brothers, Medical publishers Pvt.Ltd.
- 🔖 Guthrie S., Birkhead Cynthia B., Morrow Sylvia Pirani, Jones (2020). Essentials Of Public Health.Bartlett Publishers Inc.
- Kenny, D.T., Carlson, J.G., McGuigan, F.J and Sheppard, J.L. (2000). Stress and Health Research and Clinical Applications, The Netherlands, Harwood, Academic Publishers.
- Mahoney, S. and Olsen, L.K. (Eds.) (1993), Health Education Teacher Resource Handbook, California, USA, Corwin
- Nanda, V.K. (1997). Health Education, New Delhi, Anmol Publication Pvt. Ltd.
- Ramachandran, L. and Dharmaliugam, T. (2001). Health Education A New Approach, New Delhi, Vikas Publishing House Pvt. Ltd.
- Sen, A. (2007). Health Education and Nutrition, Gyanbooks
- Singh, S.P. (2001). Sex Education AIDS and Sexuality, Delhi, Authors Press

♦ EVALUATION PROCESS:

tendance Component Marks would be calculated
e classes of the Course.
Marks:20
Marks:5
Total Marks: 25
After Completion of the Course

VXXXXXXX =07.11.22 Add-on Course Co - Ordinator J.R. Mahavidyalaya

P.O.- Amtala, Dist.- Msd

Teacher-in-Charge Jatindra-Rajendra Mahavidyalaya P.O. Amtala, Murshidabad

Session -2022 - 2023



Course Name - Health Education Full Marks: 20 B.A/21/0039 Roll No Semester A) নিচের প্রশ্ন গুলির সঠিক উত্তরটি বেছে নিয়ে (🗸) চিহ্ন দাও। 1×20=20 1. What is the significance of health education in India? (ভারতে স্বাস্থ্য শিক্ষার গুরুত্ব কী?) A) Improving literacy rates (সাক্ষরতার হার বাড়ানো) By Enhancing overall health and well-being (সর্বমোট স্বাস্থ্য ও সুস্থতা বৃদ্ধি) C) Reducing pollution (দূষণ কমানো) D) Promoting tourism (পর্যটন প্রচার করা) 2. What does 'total health quality' refer to? (মোট স্বাস্থ্য মান বলতে কী বোঝায়?) A) Quality of life (জীবনের মান) B) Total number of hospitals (হাসপাতালের মোট সংখ্যা ্র্রে Overall health standards (সর্বমোট স্বাস্থ্য মান) D) Number of health professionals (স্বাস্থ্য পেশাদারদের সংখ্যা) 3. What is the primary focus of the National Health Policy - 2002? (২০০২ সালের জাতীয় স্বাস্থ্য নীতির প্রধান লক্ষ্য কী?) A) Increasing birth rates (জন্মহার বৃদ্ধি) &) Improving public health infrastructure (প্রকাশ্য স্বাস্থ্য পরিকাঠামো উন্নতি করা C) Promoting traditional medicine (প্রচলিত চিকিৎসা প্রচার করা) D) Reducing healthcare costs (স্বাস্থ্যসেবা খরচ কমানো) 4. Which dimension is not included in the determination of health? (স্বাস্থ্যের নির্ধারণে কোন মাত্রা অন্তর্ভুক্ত নয়?) A) Physical (শারীরিক) 🗸 BY Émotional (আবেগিক) 💛 Financial (আর্থিক) 🔻 D) Social (সামাজিক) 5. Which strategy is important for community participation in health? (স্বাস্থ্যে সম্প্রদায়ের অংশগ্রহণের জন্য কোন কৌশলটি A) Top-down approach (শীর্ষ-নিচের পদ্ধতি) B) Grassroots involvement (মূলস্তরের অংশগ্রহণ) C) Government control (সরকারি নিয়ন্ত্রণ) D) Media campaigns (মিডিয়া প্রচারাভিযান) 6. What is a key responsibility volunteers can undertake? (স্বেচ্ছাসেবকরা কোন প্রধান দায়িত্ব নিতে পারেন? A) Building hospitals (হাসপাতাল তৈরি করা) B) Educating the community (সম্প্রদায়কে শিক্ষিত করা) C) Providing free medication (বিনামূল্যে ওষুধ সরবরাহ করা) D) Conducting research প্রেবেষণা পরিচালনা করা) 7. What is a primary goal of health promotion? (স্বাস্থ্য প্রচারের প্রধান লক্ষ্য কী?) B) Enhancing health literacy (স্বাস্থ্য সাক্ষরতা বৃদ্ধি) A) Increasing population (জনসংখ্যা বৃদ্ধি) C) Building new clinics (নতুন ক্লিনিক নির্মাণ) D) Lowering medical costs (চিকিৎসার খরচ কমানো) 8. Which principle is crucial in health education? (স্বাস্থ্য শিক্ষায় কোন নীতিটি গুরুত্বপূর্ণ?) A) Flexibility (লটীলতা) B) Cost-effectiveness (খরচ-কুশলতা) (C) Community-centric approach সেম্প্রদায়-কেন্দ্রিক পদ্ধতি) D) Government funding (সরকারি তহবিল) 9. What is a common health issue among school children in India? (ভারতে স্কুল শিশুদের মধ্যে সাধারণ স্বাস্থ্য সমস্যা কী?) AY High cholesterol (উচ্চ কোলেস্টেরল) B) Malnutrition (কুষ্ঠরোগ) C) Diabetes (ডায়াবেটিস) D) Asthma (খাঁপানি) 10. Which service is part of the school health program? (স্কুল স্বাস্থ্য প্রোগ্রামের অংশ কোন সেবা?) A) Dental check-ups (দাঁতের পরীক্ষা) B) Sports training (খেলাধুলা প্রশিক্ষণ) C) Music classes (সঙ্গীত ক্লাস) D) Art therapy (শিল্প থেরাপি) 11. What problem is associated with fast food? (ফাস্ট ফুডের সাথে কোন সমস্যা যুক্ত?) B) Enhanced brain function (মস্তিষ্কের কার্যকারিতা বদ্ধি) A) Nutritional deficiency (পুষ্টির অভাব) C) Improved physical fitness (শারীরিক ফিটনেস উন্নতি) D) Increased attention span (মনোযোগের সময় বৃদ্ধি) 12. Which health issue is linked to high blood pressure? (উচ্চ রক্তচাপের সাথে কোন স্বাস্থ্যুসমস্যা যুক্ত?) A) Obesity (স্থূলতা) B) Stroke (স্ট্রোক) C) Tuberculosis (যক্ষমা) D/ Allergies (স্পালাজি) 13. Which is a key feature of the epidemiology of communicable diseases? (সংক্রামক রোগের মহামারী বিদ্যার প্রধান বৈশিষ্ট্য কী?) A) Slow spread (ধীর বিস্তার) ্র B) Rapid transmission (দ্রুত সংক্রমণ) C) Long incubation period (দীর্ঘ ইনকিউবেশন পিরিয়ড্র) D) No symptoms (কোনও লক্ষণ নেই) 14. Which disease is a new threat mentioned in the syllabus? (সিলেবাসে উল্লিখিত নতুন হুমকি কোন রোগ?) A) Malaria (ম্যালেরিয়া), B) Avian Influenza বোর্ড ফুলু) C) Smallpox (গুটিবসন্ত) D) Dengue (ডেঙ্গু) 15. Which lifestyle change can reduce the risk of cardiovascular diseases? (কার্ডিওভাসকুলার রোগের ঝুঁকি কমাতে কোন জীবনযাত্রার পরিবর্তন করা যায়?) A) Increasing sugar intake (চিনি গ্রহণ বৃদ্ধি), ম্র্র্স Regular physical exercise (নিয়মিত শারীরিক ব্যায়াম) C) Smoking (ধ্রমপান D) Skipping meals (খাবার এড়ানো 16. Which non-communicable disease is related to unhealthy lifestyle? (অস্বাস্থ্যকর জীবনযাত্রার সাথে কোন অসংক্রামক রোগ সম্পর্কিত?) A) Influenza (ইনফ্লুমেঞ্জা) B) Diabetes (ডায়াবেটিস), প্লে Tuberculosis (যক্ষ্মা) D) Malaria (ম্যালেরিয়া) 17. What is the main aim of child-to-child programs? (শিশু থেকে শিশু প্রোগ্রামের প্রধান লক্ষ্য কী?) A) Reducing school fees (স্কুলের ফি কমানো) প্র) Enhancing peer health education (সহপাঠীদের স্বাস্থ্য শিক্ষা বৃদ্ধি) C) Providing school uniforms (স্কুলের পোশাক সরবরাহ করা) D) Increasing recreational activities (বিনোদনমূলক কার্যক্রম বৃদ্ধি 18. What factor is crucial for effective communication in health education? (স্বাস্থ্য শিক্ষায় কার্যকর যোগাযোগের জন্য কোন

কারণটি গুরুত্বপূর্ণ?)

A Clarity of message (বার্তার স্পষ্টিতা) B) Complexity of language (ভাষার জটিলতা)

C) Length of communication (যোগাযোগের দৈর্ঘ্য) D) Use of technical terms (প্রযুক্তিগত সূর্তাবলী ব্যবহার)

19. Which of the following is a determinant of health? (নিম্নলিখিত কোনটি স্বাস্থ্যের নিধ্যরক?)

A) Genetic factors (জিনগত কারণ) B) Age (বয়স) C) Education (শিক্ষা) D) All of the above (উপরেষ সর্বগুলি)
20. What is an example of an educational training methodology in health education? (স্বাস্থ্য শিক্ষায় শ

A) Lecture method (বক্তৃতা পদ্ধতি)

C) Autonomous learning (স্বয়ংক্রিয় শিক্ষা)

B) Solo practice (একক অনুশীলন)

্রা) Interactive workshops (ইন্টারেক্টিভ কর্মশালা)

Add-on Course

Co - Ordinator

Co - Mahavidyalaya

J.R. Mahavidyalaya

P.O.- Amtala, Dist.- Msc

♦ RESULTS: HEALTH EDUCATION

	RESULTS FOR VALUE ADDED COURSE - Health Education							
SL	REG NO	STUDENT ID	NAME	MARKS	ATTENDANCE	RESULT		
1	051292	B.A/22/0024	RIMPA KHATUN	17	5	COMPLETE		
2	051331	B.A/22/0037	RAFIUL ALAM MONDAL	13	4	COMPLETE		
3	051307	B.A/22/0068	SARMIN KHATUN	15	5	COMPLETE		
4	051256	B.A/22/0102	HABIBA KHATUN	12	4	COMPLETE		
5	051317	B.A/22/0107	AJIJ SHAIKH	18	5	COMPLETE		
6	051249	B.A/22/0111	BARNITA BISWAS	17	5	COMPLETE		
7	051305	B.A/22/0139	SANIYA KHATUN	16	5	COMPLETE		
8	051250	B.A/22/0143	BINITA KARMAKAR	10	4	COMPLETE		
9	051312	B.A/22/0153	TANIYA KHATUN	10	3	COMPLETE		
10	051301	B.A/22/0159	SAJEDA KHATUN	12	5	COMPLETE		
11	051332	B.A/22/0172	RAJIBUL MANDAL	15	4	COMPLETE		
12	051326	B.A/22/0208	MEHEBUB MURSHID SK	12	2	COMPLETE		
13	051298	B.A/22/0250	RUBINA KHATUN	12	4	COMPLETE		
14	051271	B.A/22/0256	MITA GHOSH	17	4	COMPLETE		
15	051265	B.A/22/0263	KRISHNA MONDAL	16	5	COMPLETE		
16	051275	B.A/22/0266	NAJIMA KHATUN	13	3			
17	051278	B.A/22/0312	SARMIN SULTANA	15	4	COMPLETE		
18	051258	B.A/22/0571	HASINA BANU KHATUN			COMPLETE		
19	051320	B.A/22/0978	HABIBUR MONDAL	16	3	COMPLETE		
20	051253	B.A/22/1007	FATEMA KHATUN	14	4	COMPLETE		
21	051289	B.A/22/1007	REXONA KHATUN	12	5	COMPLETE		
22	051261	B.A/22/1021 B.A/22/1063	KAIFA AJME KHATUN	0	A	INCOMPLETE		
			NAJMUNNAHAR KHATUN	18	5	COMPLETE		
23	051278	B.A/22/1126		17	5	COMPLETE		
24	051247	B.A/22/1321	ANKITA ROY	18	5	COMPLETE		
25	051330	B.A/22/1420	PROBAL ACHARIYA	12	4	COMPLETE		
26	051291	B.A/22/1424	RIMIKA KHATUN	15	4	COMPLETE		
27	051340	B.A/22/1428	TUHIN MONDAL	16	4	COMPLETE		
28	065374	B.A/21/0037	RACHANA KHATUN	0	A	INCOMPLETE		
29	065351	B.A/21/0039	Ananya Ghosh	15	3	COMPLETE		
30	065394	B.A/21/0040	SAYEBA KHATUN	13	4	COMPLETE		
31	065445	B.A/21/0044	SUNOY PAL	18	5	COMPLETE		
32	065433	B.A/21/0064	SAHABUL SHEIKH	9	3	COMPLETE		
33	065437	B.A/21/0129	SAKIL RAJA	13	5	COMPLETE		
34	065425	B.A/21/0131	MASUM REJA MONDAL	15	5	COMPLETE		
35	065357	B.A/21/0138	JAYA HALDAR	12	4	COMPLETE		
36	065370	B.A/21/0139	NIPA HALDAR	14	4	COMPLETE		
37	065410	B.A/21/0142	ABDUL GAFFAR SARDAR	8	3	COMPLETE		
38	065442	B.A/21/0190	SOUMIK PAL	7	2	COMPLETE		
39	065399	B.A/21/0191	SOUMI GHOSH	12	4	COMPLETE		
40	065372	B.A/21/0193	PRIYANKA GHOSH	13	4	COMPLETE		
41	065358	B.A/21/0197	JEETISHA ROY	0	A	INCOMPLETE		
42	065387	B.A/21/0199	SABANA YEASMIN	15	4	COMPLETE		
43	065369	B.A/21/0200	NASRIN BANU	19	5	COMPLETE		
44	065416	B.A/21/0202	ATISH KUMAR GHOSH	18	4	COMPLETE		
45	065389	B.A/21/0203	SABINA YASMIN	17	4	COMPLETE		
46	065408	B.A/21/0204	UMMA SALMA	16	4	COMPLETE		
47	065435	B.A/21/0207	SAHID ANOAR MANDAL	15	5	COMPLETE		
48	065436	B.A/21/0209	SAJAHAN SK	13	4	COMPLETE		
49	065429	B.A/21/0213	RANADEEP DUTTA	15	5	COMPLETE		
50	065359	B.A/21/0230	JULIAS PARVIN	13	4	COMPLETE		

67-11.22 504-11.22

Add-on Courses
Co - Ordinator
J.R. Mahavio

51	065367	B.A/21/0265	NASIBA KHATUN	15	4	COMPLETE
52	065441	B.A/21/0267	SOHEL RANA MANDAL	15	4	COMPLETE
53	065388	B.A/21/0273	SABINA KHATUN	15	5	COMPLETE
54	065417	B.A/21/0277	BIJAN MANDAL	16	4	COMPLETE
55	065430	B.A/21/0279	RIK MONDAL	15	5	COMPLETE
56	065392	B.A/21/0409	SAMRIN KHATUN	15	3	COMPLETE
57	065438	B.A/21/0455	SANOAR MONDAL	15	5	COMPLETE
58	065431	B.A/21/0460	ROHIM SHEIKH	16	4	COMPLETE
59	065432	B.A/21/0511	SAHABUDDIN SARDAR	0	A	INCOMPLETE
60	065362	B.A/21/0624	MOUMITA MANDAL	18	4	COMPLETE
61	065415	B.A/21/1050	Aktarujjman seikh	15	4	COMPLETE
62	065383	B.A/21/1053	SABANA KAIFI AZMI	12	4	COMPLETE
63	065398	B.A/21/1057	SOHELI KHATUN	13	5	COMPLETE
64	065348	B.A/21/1173	ADITI MONDAL	14	5	COMPLETE
65	065366	B.A/21/1396	NAJMA KHATUN	16	A	INCOMPLETE
66	065385	B.A/21/1528	SABANA KHATUN	13	4	COMPLETE
67	065386	B.A/21/1530	SABANA YEASMIN	14	4	
68	065444	B.A/21/1609	SUMIT GHOSH	12		COMPLETE
69	065424	B.A/21/1681	MAINUL HASAN	14	5	COMPLETE
70	065350	B.A/21/1912	ALBIRA KHATUN	14	4	COMPLETE
71	065401	B.A/21/1926	SUDIPTA PAL	14	5	COMPLETE
72	065356	B.A/21/1940	JASMIN KHATUN			COMPLETE
73	057602	B.A/20/0056	SURAYA PARVIN	14	A	INCOMPLETE
74	057582	B.A/20/0075	NIRUPAMA MANDAL		4	COMPLETE
75	057611	B.A/20/0076	PAPPU PRAMANIK	15	4	COMPLETE
76	057625	B.A/20/0079	TARIKUL MONDAL	16	5	COMPLETE
77	057586	B.A/20/0079	RIMPA HALDER	10	4	COMPLETE
78	057620	B.A/20/0087	SOMNATH MONDAL	0	A	INCOMPLETE
79	057592	B.A/20/0125	SAINA AKTAR	9	4	COMPLETE
80	057600	B.A/20/0129	SHYAMOLI KHATUN	8	5	COMPLETE
81	057598	B.A/20/0129 B.A/20/0137	SHIKHA GHOSH	17	5	COMPLETE
82	057588	B.A/20/0137 B.A/20/0173	RIMPA KHATUN	16	4	COMPLETE
201107			CHANDNI RAHAMAN	18	5	COMPLETE
83	057568	B.A/20/0179	SUHANA SULTANA	19	4	COMPLETE
84	057601	B.A/20/0184		15	5	COMPLETE
85	057593	B.A/20/0199	SANGITA MANDAL	12	4	COMPLETE
86	057569	B.A/20/0208	CHANDRAKANA KHATUN DIBYENDU PAL	13	4	COMPLETE
87	057609	B.A/20/0254	A STANCE OF THE CONTRACTOR OF	0	A	INCOMPLETE
88	057579	B.A/20/0389	MOUMITA MALITYA	10	5	COMPLETE
89	057606	B.A/20/0392	TAMANNA SULTANA	13	5	COMPLETE
90	057614	B.A/20/0518	RAMJAN SHAIKH	14	4	COMPLETE
91	057619	B.A/20/0530	SOHEL SAIKH	15	4	COMPLETE
92	057621	B.A/20/0534	Soyeb akhter sk	13	4	COMPLETE
93	057591	B.A/20/0539	SAHELI AKTAR TITHI	12	5	COMPLETE
94	057612	B.A/20/0542	RAHIM SHAIKH	14	4	COMPLETE
95	057589	B.A/20/0579	ROJA SHAH	18	5	COMPLETE
96	057572	B.A/20/0600	FARHANA KHATUN	17	4	COMPLETE
97	057615	B.A/20/0706	RUBEL HOSSAINE	15	5	COMPLETE
98	057581	B.A/20/0767	NEHA KHATUN	0	A	INCOMPLETE
99	057623	B.A/20/0770	SUPROVAT HAZRA	16	5	COMPLETE
100	057608	B.A/20/0949	UMME SALMA	14	5	COMPLETE
101	081718	B.A/20/0993	RANA BISWAS	16	4	COMPLETE
102	057613	B.A/20/1087	RAJIBUL MALITYA	13	4	COMPLETE
103	057605	B.A/20/1451	TAJMIN KHATUN	0	A	INCOMPLETE
104	057596	B.A/20/1504	SARMILA KHATUN	18	5	COMPLETE
	***************************************		COMPLETE	94		
			INCOMPLETE	10		

INCOMPLETE

MM 11.22

Add-on Co Co - Ordin J.R. Mahavid P.O.- Amtala, Dist.- Msd.



JATINDRA RAJENDRA MAHAVIDYALAYA

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Affiliated to University of Kalyani

247107(Principal), 247244 Phone. No (S.T.D.-03482)

CERTIFICATE OF ADD-ON COURSE

Add-on Course

COURSE COORDINATOR. Mahavidyalaya IQAC COORDINATOR Latindra-Rajendra MahavidyatiyiDRA RAJENDRA MAHAVIDYALAYAJur JATINDRA RAJENDRA MAHAVIDYALAYAJur Nurshidabad Co - Ordinator

AMTALA, MURSHIDABAD

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I.Q.A.C

PRINCIPAL / TIOndra-Rajendra W

AMTALA, MURSHIDABAD

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