



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

Sector-01, Kamothe, Navi Mumbai - 410 209

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Value Added Course

Life Style Diseases


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Information Brochure
For
Value added course –
Title
LIFESTYLE DISEASES

By
DEPT. OF COMMUNITY MEDICINE
MGM MCH, ABAD

GENERAL GOAL OF THE TRAINING PROGRAMME

WAS TO SENSITIZE AND ENHANCE THE CAPACITY OF COLLEGE GOING STUDENT
IN MANAGEMENT OF LIFESTYLE DISORDERS

OBJECTIVE

1. UNDERSTAND THE RISK FACTORS ASSOCIATED WITH NON COMMUNICABLE DISEASES AND LIFESTYLE DISORDERS
2. PLAN , IMPLEMENT ,MONITOR AND EVALUATE A HEALTH PROMOTION PROGRAMME

1) Eligibility : COLLEGE GOING STUDENTS

2) Duration: 6 Weeks

Theory lecture- 4 hrs (2weeks)

Practical-12 hrs (4 Weeks)

3) Course Contents:

Theory 6 hrs (2weeks)

CAUSES ,RISK FACTORS,SIGNS, SYMPTOMS, PREVENTION AND CONTROL

1. OBESITY (1ST WEEK 3 HOURS)

2.HYPERTENSION

3. CORONARY HEART DISEASE

4. DIABETES MELLITUS

5.DRUG ADDICTION

Practical (Field Visits) 12 hrs (4 Weeks)

VISIT TO

1.YOGA SESSION

2. CANCER HOSPITAL

3.REHABILITATION CENTRE

4. WELLNESS CENTRE

5. DEADDICTION CENTRE

4) Certificate

At the end of course completion student will be awarded with certificate of participation for value added course on lifestyle diseases

**Dr. Salve S.B.
Prof & Head**

Dept..Community Medicine

