

Syllabus of Health Aptitude for JENPAS UG Exam

1. Hygiene and Sanitation

- **Personal Hygiene:** Best practices for individual cleanliness and grooming.
- **Public Sanitation:** Community-level cleanliness and waste management.
- **Disease Prevention:** Role of hygiene in preventing the spread of germs.

2. Common Diseases

- **Communicable Diseases:** Causes, symptoms, and transmission of infectious diseases (e.g., viral, bacterial).
- **Non-Communicable Diseases:** Management and prevention of lifestyle-related conditions (e.g., diabetes, hypertension).
- **Treatment Protocols:** Basic understanding of treatment and patient care.

3. Healthcare Systems and Services

- **Infrastructure:** Overview of hospitals, clinics, and primary health centers.
- **First Aid:** Emergency response, basic life support, and home nursing techniques.
- **Vaccination:** Importance of immunization and national vaccination schedules.
- **Health Awareness:** Strategies for educating the public on health issues.

4. National Health Policies and Programs

- **Government Initiatives:** Major health schemes and national health programs (e.g., Ayushman Bharat).
- **Policies:** Understanding legal and administrative frameworks for public health in India.

5. Human Anatomy & Physiology

- Basic structure and function of human body systems.

Organ Systems: Basic structure and functions of the skeletal, muscular, respiratory, circulatory, digestive, and nervous systems.
- **Physiological Changes:** Impact of exercise and aging on various body systems.

6. Nutrition and Dietetics

- **Essential Nutrients:** Detailed study of macro (carbohydrates, proteins, fats) and micro (vitamins, minerals) nutrients.
- **Dietary Management:** Principles of a balanced diet, malnutrition, and deficiency diseases (e.g., Vitamin A deficiency, Anemia).
- **Clinical Nutrition:** Nutrition requirements for different age groups and weight control strategies

7. Mental Health

Mental Health: Principles of psychological well-being and stress management

8. Professional Ethics and Aptitude

Qualities of a healthcare professional (empathy, responsibility, efficiency) and basic patient rights

9. Others/Miscellaneous

- Telemedicine/Telehealth
- Types of Disaster & its management.