Revised

Ordinance and Syllabus

Of

**Master of Public Health**

**(Community Medicine)**



**Department of Social Work**

**Lucknow University**

**2018**

**Master of Public Health (Community Medicine)**

1. **Background of the Course**

This post graduate program has been specially designed to meet the ever increasing demand for well trained public health personnel with advanced & appropriate skills and knowledge to plan and implement innovative public health schemes and programs at local, national and international level.

1. **Objectives of the course**

The main objective of the Master of Public Health (Community Medicine) Program is to strengthen the persons in the community and health, professionals to apply the knowledge of Public Health to the community, health care delivery, research and population based community health initiatives. Our ultimate purpose is to train our graduates to think always in terms of Health promotion, Prevention and Holistic development.

1. **Duration of the course:**

The total duration of the course will be Two Academic Years (Four semesters).

1. **Nature:** Self Financing
2. **Number of Seats**: 40
3. **Eligibility for admission to the Course**: Any graduate in any stream of any recognized university in India and Abroad.
4. **Admission Policy**: As per University norms
5. **Course Content:** The curriculum will be divided in to two parts:

(a) Theory Papers (Internal Assessment and End semester Exams)

(b) Field Work Practicum.

**Theory Papers** (Internal Assessment and End semester Exams)

There will be five theory papers of 100 marks each including 30 marks of internal assessment and 70 marks of End semester Exam. In assessing students for Internal Assessment in each paper, the following method will be followed:

 (i) Attendance 05 marks

 (ii) Written Unit test Examination 15 marks

 (iii) Presentation of Assignments 10 marks

  **Total 30 marks**

**Field Work Practicum**

The field work practicum includes Concurrent Field Work, Rural & Urban camp/ Field Exposure Visits and Block Placement Training.

1. **Concurrent Field Work**

Concurrent Field Work will be done simultaneously with class-room teaching of theory papers form the very beginning of the session up to the preparation leave before the commencement of the examination. Each student will be required to go for concurrent field work for two days in a week. Concurrent field work will be of 100 Marks in each semester. Field work practicum of 100 marks will consist four categories -

(1) Seminar/Presentations

(2) Project work (Model)

(3) Field visits & Report writing

(4) Field Work Viva Voce

**b. Rural & Urban camp/ Field Exposure Visit**

A Rural & Urban camp/ Field Exposure Visit will be organized in collaboration with NGOs/VOs for the students of semester-3 & 4 of second year to provide exposure to the students about the socio-economic, political and cultural situations and problems of rural/urban life. The rural camp will be organized under the guidance of the faculty members. Attendance of rural camp is compulsory.

1. **Block Placement Training**

Block placement training in any reputed Hospitals, Medical College (Government and Private), Clinics, District Hospitals, CHC, PHC,NGOs, Voluntary agencies, Public Health Laboratories, Nursing Homes/ community and different health settings for the period of six weeks after the end of semester (II and IV) examination. The student will submit weekly report of the work done to the supervisor on his/her recommendation mark sheet will be released.

**Dissertation**

Each student has to prepare a field based dissertation ((to be decided in consultation with the faculty) which will commenced in the beginning of the third semester and finally prepared and to be presented towards in fourth semester. The Field Based Dissertation shall be of 100 marks.

**General Viva voce:**

There shall be a general viva voce examination at the end of fourth semester based on theory knowledge, research aptitude, field work practicum and experiences.

Every student will be required to pass separately in theory papers, Field Work practicum, Dissertation and General Viva-Voce Examination.

***Detail of Papers***

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| **SEMESTER-I** |
| Paper-1 | Paper-1: Public Health and Community Medicine |
| Paper -2 | Paper-2: Concept of Health and Disease |
| Paper-3 | Paper-3: General Epidemiology and Epidemiological Methods |
| Paper -4 | Paper-4: Environment, Sanitation and Health |
| Paper-5 | Paper-5: Genetics and Health |
| Paper -6 | Paper-6: Field Work Practicum |
| **SEMESTER-II** |
| Paper-1 |  Sociology and Community Health  |
| Paper -2 |  Research Methodology, Bio-Statistics & Computer Application |
| Paper-3 |  Nutrition and Health |
| Paper -4 | Health Education, Communication and Information |
| Paper-5 | Medical and Psychiatric Social Work |
| Paper -6 |  Field Work Practicum |
| **SEMESTER-III** |
| Paper-1 | Epidemiology of Specific Diseases and Medical Entomology  |
| Paper -2 | Demography, Family Welfare & Maternal Child Health  |
| Paper-3 | Human Behaviour, Naturopathy and Yoga |
| Paper -4 |  School, Urban and Occupational Health |
| Paper-5 |  Health Planning, Administration and Management |
| Paper -6 |  Field Work Practicum |
| **SEMESTER-IV** |
| Paper-1 | Community Geriatrics, Adolescent Health and Mental Health |
| Paper -2 | Cultural Dimensions of Health & Disease |
| Paper-3 | Personality and Psycho-somatic Factors of Health |
| Paper -4 | Counseling, Psychotherapy and Transactional Analysis |
| Paper-5 | Ethical Aspects of Health Care and Health Care Financing |
| Paper -6 |  Field Work Practicum |
| Paper-7  | General Viva Voce |
| Paper-8 | Disseratation /Project Report |

**Semester – I**

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| **Title of Paper**  | **:** | **Paper 1: Public Health and Community Medicine** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **First semester** |
| **Learner’s Objective** | **:** | * To familiarize about community medicine, community health & public health
* To understand the significance of public health
* Developing an understanding the factor responsible for the emergence of public health
 |
| **Unit-1** | **:** | **Introduction to Medicine in Ancient Times** |
| **1.1** | **:** | Medicine in Ancient Times |
| **1.2** | **:** | Community Medicine: Meaning, Definition, History, Goals and Objectives, Distinction between Clinical Medicine and Community Medicine |
| **1.3** | **:** | Community Health: Concept, definition, Brief history  |
| **1.4** | **:** | Father of medicine and Dark Age of Medicine |
| **Unit -2** | **:** | **Introduction to Public Health** |
| **2.1** | **:** | Public Health: Meaning, Concept, Definition, Objectives |
| **2.2** | **:** | Changing concepts in public health |
| **2.3** | **:** | Current Status of Public Health in India |
| **2.4** | **:** | Challenges to public health |
| **Unit-3** |  | **Process of development of Public health** |
| **3.1** | **:** | Dawn of scientific medicine: revival of medicine, Rise of Public Health, sanitary awakening, Germ theory of disease, Preventive medicine |
| **3.2** |  | Modern medicine: Curative medicine, preventive medicine, social medicineDifference between preventive medicine and curative medicine |
| **3.3** |  | Failure of medicine, Social control of medicine, Deprofessionalization of Medicine |
| **3.4** |  | Population Medicine, Community Diagnosis |
| **Unit -4** | **:** | **Health care of the community** |
| **4.1** | **:** | Health care : Concepts, Levels, and Salient Features of Health Committees  |
| **4.2** |  | Essentials of health care services  |
| **4.3** |  | Health for All, Millennium Development Goals |
| **4.4** | **:** | New Horizons in Public Health: sustainable development goals, National Health Mission, AYUSH, telemedicine etc.  |
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| **Suggestive Readings*** Carol Holtz, Global Health Care:Issues & Policies Jones and Bartlett Publisher, USA 2008.
* F. Douglas Scutchfield, C. William Keck, Principles of Publics Health Practice.
* G.R. Krishnamurthy, A.K. Singh, S. K. Bajpai- Indian Health Scenario (Perspectives and Dimensions) Serial Publication.
* Imrana Qadeer-Public Health in India (2011) Danish Books.
* J. S. Mathur- A Comprehensive Textbook of Community Medicine, CBS Publisher and Distributors 2008
* James F. Mckenzie, Robert R. Pinger, Jerome E. Kotecki, An Introduction to Community Health (Fifth edition) Jones and Bartlett Publisher, USA 2005.
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Mary Jane Schneider, Introduction to Public Health, Jones and Bartlett Publisher, USA 2004
* Oxfords textbook of Public Health Fifth edition Vol 1,2,3
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
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| **Title of Paper**  | **:** | **Paper 2: Concept of Health and Disease** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **First semester** |
| **Learner’s Objective** | **:** | * To understand the history of medicine and holistic concept health and diseases.
* To understand the various levels of prevention and intervention.

Students will comprehend concepts related to health promotions and disease prevention to enhance health.* Students will know and understand the most common health risks facing and it is important that you always protect yourself and surrounding from diseases.
 |
| **Unit-1** | **:** | **Introduction to Health** |
| **1.1** | **:** | Health- Basic Concepts, Definition, Positive health, spectrum of health |
| **1.2** |  | Changing concepts of health |
| **1.3** | **:** | Dimensions of health, interdependence of dimensions of health |
| **1.4** | **:** | Concept of wellbeing, Health responsibility, Health and development |
| **Unit -2** | **:** | **Determinants and Indicators Health** |
| **2.1** | **:** | Determinants of Health |
| **2.2** | **:** | Indicators of Health: Concept characteristics and typesMortality Indicators, Morbidity indicators |
| **2.3** | **:** | Nutritional status indicators, health care delivery indicators |
| **2.4** | **:** | Socio-economic indicators etc. |
| **Unit-3** |  | **Introduction to the concept of Disease** |
| **3.1** | **:** | Disease – Concept, classification, Spectrum of Disease |
| **3.2** |  | Factors responsible for Disease |
| **3.3** | **:** | Web of causation and natural History of disease |
| **3.4** | **:** | Control and Prevention of Diseases |
| **Unit -4** | **:** | **Health measurement and prevention** |
| **4.1** | **:** | Health indicators and its characteristics  |
| **4.2** | **:** | Indices used in measurement of health |
| **4.3** | **:** | Difficulties in Measurement of Health |
| **4.4** | **:** | Levels of Prevention and Modes of intervention |

**Suggestive Readings**

* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* James F. Mckenzie, Robert R. Pinger, Jerome E. Kotecki, An Introduction to Community Health (Fifth edition) Jones and Bartlett Publisher, USA 2005.
* Carol Holtz, Global Health care:Issues & Policies Jones and Bartlett Publisher, USA 2008.
* Surendra Singh, P.D. Mishra, Health and Disease:Dynamics and Dimensions, New Royal Book Company 2000
* Mary Jane Schneider, Introduction to Public Health, Jones and Bartlett Publisher, USA 2004

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| **Title of Paper**  | **:** | **Paper 3: General Epidemiology and Epidemiological Methods** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **First Semester** |
| **Learner’s Objective** | **:** | * To understand about the concept, methods and measurement tools of epidemiology and its various methods.
* To develop and implement a research or public health practice project by applying principles of program evaluation.
* Students will gain knowledge about measuring and interpreting patterns of disease.
 |
| **Unit-1** | **:** | **Introduction to Epidemiology** |
| **1.1** | **:** | Epidemiological –Concept, Definition, Aims, Components |
| **1.2** |  | Difference between Epidemiology and clinical medicine |
| **1.3** | **:** | Principles and Approaches of epidemiology |
| **1.4** | **:** | Tools of measurement in epidemiology |
| **Unit -2** | **:** | **Introduction to methods of epidemiology** |
| **2.1** | **:** | Introduction to Methods of Epidemiology-Descriptive method |
| **2.2** | **:** | Analytical method of Epidemiology |
| **2.3** | **:** | Experimental method of Epidemiology |
| **2.4** | **:** | Sources of Epidemiological Data  |
| **Unit-3** |  | **Methods of Measurements in epidemiology** |
| **3.1** | **:** | Association and Causation |
| **3.2** | **:** | Measurements of Morbidity |
| **3.3** | **:** | Measurements of Mortality |
| **3.4** | **:** | Uses of Epidemiology |
| **Unit -4** | **:** | **Screening, Control and prevention of Diseases** |
| **4.1** | **:** | Screening: Concept, Uses and Criteria for Screening |
| **4.2** | **:** | Modes of Disease Transmission and disease control |
| **4.3** | **:** | Infectious disease epidemiology |
| **4.4** | **:** | Prevention by immunization |

**Suggestive Readings**

* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* James F. Mckenzie, Robert R. Pinger, Jerome E. Kotecki, An Introduction to Community Health (Fifth edition) Jones and Bartlett Publisher, USA 2005.
* Carol Holtz, Global Health care:Issues & Policies Jones and Bartlett Publisher, USA 2008.
* Surendra Singh, P.D. Mishra, Health and Disease: Dynamics and Dimensions, New Royal Book Company 2000
* Mary Jane Schneider, Introduction to Public Health, Jones and Bartlett Publisher, USA 2004
* Thomas C. Timmreck, An Introduction to Epidemiology (third edition), Jones and Bartlett Publisher, USA 2002.

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| **Title of Paper**  | **:** | **Paper 4: Environment, Sanitation and Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **First semester** |
| **Learner’s Objective** | **:** | * Understanding the concept of environment and importance of sanitation.
* Developing knowledge about the basic laws relating to environment.

Familiarizing the students about importance of hygiene.* To study the acts related to forest, environment water and air.

To study about sanitation and solid waste management. |
| **Unit-1** | **:** | **Introduction to Environment** |
| **1.1** | **:** | Environment: Concept and Meaning, Types and Importance |
| **1.2** | **:** | Environmental Management – Scenario, Problems and Perspectives |
| **1.3** | **:** | Emerging Concerns and Challenges: Global warming, water scarcity, acid rain etc. |
| **1.4** | **:** | Environmental Movements in India |
| **Unit -2** | **:** | **Programs and laws related to Environmental protection** |
| **2.1** | **:** | Laws relating to ProtectionForest Conservation ActProgramme related to Forest conservation |
| **2.2** | **:** | Programme related to protection of environment, Environmental Protection Act  |
| **2.3** | **:** | Water Prevention and Control of Pollution Act, Programme related to water conservation |
| **2.4** | **:** | Air (Prevention – Control of Pollution) Act, Programme related to prevention of Air Pollution |
| **Unit-3** |  | **Sanitation and Health** |
| **3.1** | **:** | Sanitation: Concept and Meaning and ScopeWater Management-Water, safe – wholesome -Water, Water literacy Water Conservation, Methods of Purification of Water |
| **3.2** | **:** | Water Borne Diseases: Cause, type and prevention |
| **3.3** | **:** | Solid Waste Management-Disposal of Wastes in Urban and Rural Areas, Disposal of Excreta |
| **3.4** | **:** | Relevant National Programmes related to environment protection and sanitation |
| **Unit -4** | **:** | **Pollution and Health** |
| **4.1** | **:** | Pollution Indicators and Prevention-Air, Water, Noise |
| **4.2** | **:** | Radiations – Hazards and Prevention |
| **4.3** | **:** | Meteorology – Effect on Health |
| **4.4** | **:** | Housing Standards |

**Suggestive Readings**

* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* Chiras- Environmental Sciences (Eight edition) Jones and Bartlett Publisher, Carol Holtz, Global Health care:Issues & Policies Jones and Bartlett Publisher, USA 2008.
* Surendra Singh, P.D. Mishra, Health and Disease: Dynamics and Dimensions, New Royal Book Company 2000
* Mary Jane Schneider, Introduction to Public Health, Jones and Bartlett Publisher, USA 2004
* Etiene Dubois, Environment and health Effects, Apple Academic Press 2010
* Cordelia Strange, Water Pollution & Health , Alpha House Publishing, new York.

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| **Title of Paper**  | **:** | **Paper 5: Genetics and Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **First semester** |
| **Learner’s Objective** | **:** | * To study the basic concept of genetics.
* To study the genetic diseases and genetic testing.
* To understand ethical, legal and social concept of genetics.
 |
| **Unit-1** | **:** | **Introduction to Genetics** |
| **1.1** | **:** | History of Genetics |
| **1.2** | **:** | Basic Concepts of Genetics (Definition): DNA, Chromosomes, Genome, Genes |
| **1.3** | **:** | Functions of genetic material |
| **1.4** | **:** | Hereditary Concepts |
| **Unit -2** | **:** | **Concept and process of Heredity** |
| **2.1** | **:** | Principles of Heredity |
| **2.2** | **:** | Cell Division :Basic Concepts |
| **2.3** | **:** | Sex Linkage, Crossing over |
| **2.4** | **:** | Sex determination  |
| **Unit-3** |  | **Genetic Diseases & Disorders** |
| **3.1** | **:** | Genetic Diseases & Disorders |
| **3.2** | **:** | Multifactorial disorders |
| **3.3** | **:** | Genetic Testing- Basic concept |
| **3.4** | **:** | Gene therapy, Eugenics, Euthenics |
| **Unit -4** | **:** | **Genetics And Human Development** |
| **4.1** | **:** | Genetic Counselling  |
| **4.2** | **:** | Ethical legal & social issues related to genetics |
| **4.3** | **:** | Genetics and food production  |
| **4.4** | **:** | Genetics and Health: concept, importance |

**Suggestive Readings**

Pragya Khanna, Essentials of Genetics

Verma & agarwal, Genetics

* Monroe W. Strickberger, Geneetics (third edicition)Pearson Education, 2008
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* Kenen, Stephaine- Medicine, Degeration and Eugenics (2002)
* Sengoopta, Chandak-Darwin, Darwinism and the Modern World (2004)
* Ravi Shankar- human Genetics Modern approach , cyber Tech publication 2012.

**Paper-6: Field Work Practicum**

* Observational visits of agencies working in health and development sector
* Preparation and presentation of field visit reports
* Field work viva voce based on theory papers and Field Work practicum of Semester II

**Semester – II**

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| **Title of Paper**  | **:** | **Paper 1: Sociology and Community Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **Second Semester** |
| **Learner’s Objective** | **:** | * Understanding the concept of sociology and its impact on health.
* Understanding Socio-cultural factors in relation to diseases.
* Developing insight in students how community health is incomplete without knowledge of society.
 |
| **Unit-1** | **:** | **Social Sciences and Health** |
| **1.1** | **:** | Sociology: Concepts, Meaning, Scope and relating concepts |
| **1.2** | **:** | Concept in Sociology relating to Health |
| **1.3** | **:** | Medical Anthropology |
| **1.4** | **:** | Health Psychology: Concept, Definition, Theories of health behavior |
| **Unit -2** | **:** | **Community Health and Social Institutions**  |
| **2.1** | **:** | Community: Meaning, Concept, characteristics and ImportanceCommunity Health – Concept, Meaning and Scope |
| **2.2** | **:** | Social Institutions – Family, Religion & Caste, Groups |
| **2.3** | **:** | Health Geography-Geographical concepts related to health, approaches to health geography |
| **2.4** | **:** |  |
| **Unit-3** |  | **Social and Cultural Aspects of Health and Disease** |
| **3.1** | **:** | Socio-Economic and Cultural Aspects of Community Health, Disease and Health services |
| **3.2** | **:** | Identification of Social Factors in relation to Health and Diseases Community Treatment |
| **3.3** | **:** | KAP (Knowledge, Attitude and Practice) studies |
| **3.4** | **:** | Social problems related to health |
| **Unit -4** | **:** | **Urbanization & Industrialization** |
| **4.1** | **:** | Urbanization: concept, historical process, causes, urbanization and poverty, problems due to urbanization |
| **4.2** | **:** | Industrialization: concept, causes, historical process, merits and demerits of industrializationProblems due to Industrialization |
| **4.3** | **:** | Relevant programmes related to prevention of Urbanization and Industrialization |
| **4.4** | **:** | Ethical legal issues related to Urbanization & Industrialization |

**Suggestive Readings**

* Monroe W. Strickberger, Geneetics (third edicition)Pearson Education, 2008
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* Kenen, Stephaine- Medicine, Degeration and Eugenics (2002)
* Sengoopta, Chandak-Darwin, Darwinism and the Modern World (2004)
* Ravi Shankar- human Genetics Modern approach , cyber Tech publication 2012

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| **Title of Paper**  | **:** | **Paper 2: Research Methodology, Bio-Statistics & Computer Application** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **Second Semester** |
| **Learner’s Objective** | **:** | * To understand basic concepts and methods of research.
* To learn about bio statistics and use of statistical method in public health research.
* To study the application of computer knowledge and internet in research.
 |
| **Unit-1** | **:** | **Introduction to Research Methodology**  |
| **1.1** | **:** | Basics of Research: Concepts, Objectives, Steps, need and significance in Public Health, Limitations |
| **1.2** | **:** | Methods of Research: Qualitative and Quantitative |
| **1.3** | **:** | Research Design: concept, Types |
| **1.4** | **:** | Ethical Issues in Health Research |
| **Unit -2** | **:** | **Hypothesis, Sampling and data collection** |
| **2.1** | **:** | Hypothesis: concept, types and significance |
| **2.2** | **:** | Sampling: concept, types and significance |
| **2.3** | **:** | Tools and methods of data collection |
| **2.4** | **:** | Research Proposal Formulation, writing and critical review |
| **Unit-3** |  | **Biostatistics and measurement of data** |
| **3.1** | **:** | Biostatistics: Definition, scope and usesSources and Uses of Statistics |
| **3.2** | **:** | Sample size determination Statistical method in Public Health Research |
| **3.3** | **:** | Measurement of Central Tendancy, Measures of Desperation: Range, Mean Deviation and Standard Deviation |
| **3.4** | **:** | Correlation, Chi- Square Test and t-Test, Use and limitations of Statistics  |
| **Unit -4** | **:** | **Computer Application and Research** |
| **4.1** | **:** | Fundamentals of Computer-Hardware and SoftwareApplication of Computers |
| **4.2** | **:** | MS-Office’s-Word, MS- Excel & Power Point |
| **4.3** | **:** | Introduction to Data Base Management System  |
| **4.4** | **:** | Spreadsheet: Introduction to Spreadsheet -Application –Data Entrye-Resources, e- Services, SPSS and Epi info basics |

**Suggestive Readings**

* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Coroxtn and Cowden Applied General Statistics
* Mueller and Schuessler-Statistical Reasoning in Sociology
* Lohen, Lilian-Statistical methods for Social Sciences
* C.R. Kothari, Research Methodology: Methods & Techniques, New Age

International Publishers

* Tim May, Social research-Issues Methods and Process, Routledge 2009
* Earl Babbie- The Practice of Social Research, Routledge (13th edition) 2014

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| **Title of Paper**  | **:** | **Paper 3: Nutrition and Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **Second Semester** |
| **Learner’s Objective** | **:** | * Understanding basic concepts of nutrition and its relation to health in community.
* To study the assessment of nutritional status and various programmes related to enhancement of nutritional status.
* To get introductory knowledge about processing of food, food contamination and food adulteration and its prevention.
 |
| **Unit-1** | **:** | **Introduction to the relationship between Nutrition and Health** |
| **1.1** | **:** | Basic Concepts of Nutrition, Digestion, Absorption and utilization of Nutrients |
| **1.2** | **:** | Nutrients- Classification, Sources, Functions |
| **1.3** | **:** | Balance Diet : Meaning, components and importance |
| **1.4** | **:** | Food Pyramid and Food Borne Diseases |
| **Unit -2** |  | **Assessment of Nutritional Status** |
| **2.1** | **:** | Assessment of nutritional status |
| **2.2** | **:** | Nutritional Deficiency Diseases and disorders |
| **2.3** | **:** | Maternal Malnutrition |
| **2.4** | **:** | Nutritional Deficiency Control Programs |
| **Unit-3** |  | **Application of Nutrition** |
| **3.1** |  | Meal planning |
| **3.2** |  | Diet therapy |
| **3.3** |  | Supplementary Feeding Programmes |
| **3.4** |  | Community Nutrition, and Nutrition Rehabilitation Centres (NRCs) |
| **Unit -4** | **:** | **Food Processing, Food Fortification and Food Adulteration** |
| **4.1** | **:** | Food Budgeting-Food Selection & Food Storage |
| **4.2** | **:** | Food preparation and its effects on nutrientsFood Preservation  |
| **4.3** | **:** | Food Fortification, Food Adulteartion and Prevention of Food Adulteration Act |
| **4.4** | **:** | Contamination of food |

**Suggestive Readings**

* B. Srilaxmi, Nutrition Science
* Mudambi & Raja Gopal, Fundamentals of food, nutrition and diet therapy
* Jane B Mrgan, John W. T. Dickson , Nutrition in early Life, Jon Wiley 2003
* Camden Flath, Nutrition and Science, Alpha House Publishing, New York 2009
* Zachary Chastian, Nutrition & Society, Alpha House Publishing, New York
* Mukesh Mittal-Diet Nutrition and Health, Aadi publication 2011
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi

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| **Title of Paper** | **:** | **Paper 4: Health Education, Communication and Information** |
| **Paper Code** | **:** | **MPH(CM)** |
| **Year** | **:** | **First** |
| **Level** | **:** | **Second Semester** |
| **Learner’s Objective** | **:** | * To understand concept and importance of health education, communication and Health information system.
* Students will analyze the influence of various socio-cultural and technological factors on health behaviours.
* Aims to make students more aware about the importance of communication in teaching and constantly imparting their knowledge or transmitting information in health promotion.
 |
| **Unit-1** | **:** | **Introduction to Health Education** |
| **1.1** | **:** | Health Education: Concept, Definition and objectives |
| **1.2** | **:** | Approaches to Health Education |
| **1.3** | **:** | Code of ethics for health education profession, barriers in health education |
| **1.4** | **:** | Basic vocabulary in health education: Awareness, information, knowledge, skills, health literacy, beliefs, attitudes, community mobilization, community empowerment & development etc. |
| **Unit -2** | **:** | **Model and Principles of Public Health** |
| **2.1** | **:** | Models of Health Education |
| **2.2** | **:** | Content of Health Education |
| **2.3** | **:** | Principles of Health Education |
| **2.4** | **:** | Practice to Health Education |
| **Unit-3** |  | **Health Communication and BCC** |
| **3.1** | **:** | Communication – Meaning, Concept, process, channels and types |
| **3.2** | **:** | Health Communication: Functions and BarriersHealth Education and Role of IEC |
| **3.3** | **:** | Development of I E C Material |
| **3.4** | **:** | Behaviour change communication (BCC) |
| **Unit -4** | **:** | **Health Information System** |
| **4.1** | **:** | Health Information System-Concept |
| **4.2** | **:** | Component – Uses of Health Information system |
| **4.3** | **:** | Sources of Health Information System, Indian Health information System |
| **4.4** | **:** | Relevant programmes |

**Suggestive Readings**

* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Marc Berg, Health Information Management, Routledge
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* Oxford’s Textbook of Public health , Fifth edition, Vol. 1,2,3
* David Seedhouse: Health Promotion- Philosophy, Prejudice and Practice, John wiley & Sons Ltd. 2006

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| **Title of Paper**  | **:** | **Paper 5: Medical Social Work & Psychiatric Social Work** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **Second Semester** |
| **Learner’s Objective** | **:** | * To understand concept of social work and developing the understanding about Medical Social work and Psychiatric Social work in health sector
* To understand the application of MSW and PSW in different settings.
 |
| **Unit-1** | **:** | **Introduction to Social work**  |
| **1.1** | **:** | Social Work-Basic concepts, definition  |
| **1.2** |  | Methods and values of Social Work |
| **1.3** | **:** | Generic principles and fields of social work |
| **1.4** | **:** | Challenges and Limitations of medical social worker |
| **Unit -2** | **:** | **Medical Social Work & Psychiatric Social Work** |
| **2.1** | **:** | Medical Social Work – Concept, Need and Scope  |
| **2.2** | **:** | Principles and Skills of medical social worker |
| **2.3** | **:** | Medical Social Work: Retrospect and Prospects |
| **2.4** | **:** | Role of Medical Social Work in various Medical Setting |
| **Unit-3** |  | **Psychiatric Social Work** |
| **3.1** | **:** | Psychiatric Social Work: Concept, Roles, Functions and Scope |
| **3.2** | **:** | Psychiatric Social Work: Retrospect and Prospect |
| **3.3** | **:** |  |
| **3.4** | **:** |  |
| **Unit -4** | **:** | **Application of Medical & Psychiatric Social Work** |
| **4.1** | **:** | Application of Medical & Psychiatric Social Work in Different Setting |
| **4.2** | **:** | Mental Hospital, Child Guidance Clinics, Counseling Centers  |
| **4.3** | **:** | Rehabilitation Centre, General Hospitals. |
| **4.4** | **:** | Working with schools for mentally and physically challenged, Blood banks, eye banks, health camps |

**Suggestive Readings**

* Goldstein D., Expanding Horizons in Medical Social Work
* Goldstein D., Readings in the Theory and Practice in Medical Social Work
* Mishra P.D. , Social Work, Philosophy and Methods
* Sharon D.P., Social Work and Community Practice, Apple Acdemic Press 2011

**Paper-6: Field Work Practicum**

* Preparation of Community profile through participatory activities
* Assessment of community needs
* Nutritional Assessment of Twenty families (per student) living in Slum Areas/ Rural Areas
* Field Work Viva Voce based on theory papers and Field Work practicum of second semester.

After second semester students will undergo for Block Placement Training for six weeks in the organizations/agencies working in health sector. After completing the block field work/ summer training, students will prepare and present a brief report of the work done and leanings during the Block Placement Training.

**Semester – III**

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| **Title of Paper**  | **:** | **Paper 1: Epidemiology of Specific Diseases and Medical Entomology** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second** |
| **Level** | **:** | **Third Semester** |
| **Learner’s Objective** | **:** | * To study about disease from public health perspective rather than medical science perspective.
* To strengthening capacity of medical entomology and vector control is of global public health importance.
* Knowledge about relevant National Programs running in the sector.
* To study about epidemiology of various diseases.
 |
| **Unit-1** | **:** | **Epidemiological concept and Epidemiology of Communicable diseases** |
| **1.1** | **:** | Basic Concepts of EpidemiologyEpidemiology of Communicable Diseases : Measles, Chicken pox, Diphtheria, Tetanus, Pertusis, Plague |
| **1.2** | **:** | Acute respiratory infections, Tuberculosis, Rabies |
| **1.3** | **:** | Diarrhoeal Diseases, Polio Myelitis, Hepatitis, Typhoid, Cholera, |
| **1.4** | **:** | HIV/ AIDS, RTI/STI, Malaria ,Filaria, |
| **Unit -2** | **:** | **Epidemiology of Non Communicable Diseases** |
| **2.1** | **:** | Epidemiology of Non Communicable Diseases –cause, current status, prevention of NCDs |
| **2.2** | **:** | Hypertension, Coronary and Heart Disease |
| **2.3** | **:** | Cancer, Blindness |
| **2.4** | **:** | Road Traffic Accidents, Diabetes  |
| **Unit-3** |  | **Medical Entomology & Insecticides** |
| **3.1** | **:** | Medical Entomology: concept, Arthropod borne diseases, arthropod control |
| **3.2** | **:** | Vector Borne Diseases – Classification, Mode of transmission and methods of Vector Control  |
| **3.3** | **:** | Insecticides- Classification, Modes of action, Application and Toxicity  |
| **3.4** | **:** |  |
| **Unit -4** | **:** | **Relevant National Health Programs related to disease control** |
| **4.1** | **:** | Polio Eradication program, RNTCP (Tuberculosis), Universal Immunization Programme: Objectives, Initiatives and Achievements |
| **4.2** | **:** | Vector Borne Disease Control Program, Diarrhoea Management programme- Objectives, Initiatives and Achievements |
| **4.3** | **:** | Sexually transmitted disease & HIV/AIDS Control Program |
| **4.4** | **:** | Programmes related to control and prevention of Non-communicable diseases. |

**Suggestive Readings**

* Ray M. Merrill, Introductioon to Epidemiology, Jones & Bartlett 2010 (V edition)
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi

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| **Title of Paper**  | **:** | **Paper 2: Demography, Family Welfare & Maternal Child Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Third semester** |
| **Learner’s Objective** | **:** | * to get Knowledge about the global and national demographic trends
* To understand the need of Family welfare programmes
* Develop an Understanding about Maternal & Reproductive Child Health
 |
| **Unit-1** | **:** | **Demography & Demographic Trends** |
| **1.1** | **:** | Demography – Definition, Cycle, Indices, and Composition |
| **1.2** | **:** | Theories related to demography |
| **1.3** | **:** | Population Trends in World and India |
| **1.4** | **:** | Sources of demographic data |
| **Unit -2** | **:** | **Introduction to Population Policies** |
| **2.1** | **:** | Population indicators and its composition |
| **2.2** | **:** | Population Policies in India– Concept, Evaluation |
| **2.3** | **:** | Policies related to MTP and Sex -Determination/Act |
| **2.4** | **:** | Current National Population Policy  |
| **Unit-3** |  | **Family Welfare Program and Public Health** |
| **3.1** | **:** | Family Planning Methods: concept, Need, Importance and Classification  |
| **3.2** | **:** | National Family Welfare Program in India |
| **3.3** | **:** | Law and Family Planning in India |
| **3.4** | **:** | Challenges toFamily Welfare Program in India |
| **Unit -4** | **:** | **Understanding Maternal & Reproductive Child Health**  |
| **4.1** | **:** | Maternal Child Health Program –Introduction, Maternal Child Health Wing, Janani Suraksha Yojna |
| **4.2** | **:** | Mother and Child Tracking System, Comprehensive Abortion Care Service |
| **4.3** | **:** | Reproductive Child Health: introduction, components, services |
| **4.4** | **:** | Relevant National Programme/Schemes related to family welfare |

**Suggestive Readings**

* P. K. Majumdar : India’s demography, Rawat Publication 2013
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi

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| **Title of Paper**  | **:** | **Paper 3: Human Behavior, Naturopathic and Yoga** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Third Semester** |
| **Learner’s Objective** | **:** | * To study the concept and relation between human behavior and health
* Develop an Introductory knowledge about alternative medicine and therapies like Naturopathy Yoga and in health promotion.
 |
| **Unit-1** | **:** | **Understanding Human behavior** |
| **1.1** | **:** | Human Behavior: Concept, Definition and Reflectors  |
| **1.2** |  | Physiological basis of Human Behaviour |
| **1.3** | **:** | Models of Human behavior |
| **1.4** | **:** | Behavioural Problems in different stages of Personality Development |
| **Unit -2** | **:** | **Understanding Abnormal behaviour**  |
| **2.1** | **:** | Concept of Abnormalcy, Etiology of Abnormal Behaviour |
| **2.2** | **:** | Types and Symptoms of Abnormal Behaviour |
| **2.3** | **:** | Treatment of Abnormal behaviour  |
| **2.4** | **:** | Prevention of mental illness |
| **Unit-3** |  | **Management of Mental Disorder** |
| **3.1** | **:** | Management of Mental Disorder |
| **3.2** | **:** | Defense Mechanism |
| **3.3** | **:** | Stress and Stress related Diseases |
| **3.4** | **:** | Counseling and Psychotherapy |
| **Unit -4** | **:** | **Health promotion through Naturopathy, Yoga & Meditation** |
| **4.1** | **:** | Naturopathy: Definition, Principles, Philosophy  |
| **4.2** | **:** | Methods of Treatment in Naturopathy  |
| **4.3** | **:** | Yoga: Concept, Historical Development and Philosophy |
| **4.4** | **:** | Meditation : Meaning, History, Types and Importance  |

**Suggestive Readings**

* Robert C. Carson, James N Butcther, Susan Mineka, Jill M. Hooley, Abnormal Psychology, Pearson Education.
* Robert A. Baron, Nyla R. Branscombe, Donn Byrne, Gopa Bhardwaj, social psychology, Pearson Education
* Upendra Bhakta, Abnormal Psychology, Random Publication, New Delhi.

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| **Title of Paper**  | **:** | **Paper 4: School, Urban and Occupational Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Third semester** |
| **Learner’s Objective** | **:** | * Understanding the concept of school, urban, rural and occupational Health.
* Developing knowledge about laws relating to occupation/ factory and how these laws ensure safety for workers.
* Developing Knowledge about International Health Agencies.
 |
| **Unit-1** | **:** | **Importance of School health** |
| **1.1** | **:** | School Health: Meaning, Objectives and Importance |
| **1.2** | **:** | Components of School Health |
| **1.3** | **:** | Problems of school children, Critical Analysis of School Health Programmes |
| **1.4** | **:** |  programmes related to of school health |
| **Unit -2** | **:** | **Importance of Urban & Rural health**  |
| **2.1** | **:** | Urban Health: Importance, Problem of Urbanization, Factors influencing urban health |
| **2.2** | **:** | Rural Health : Importance, Problems, Factors influencing rural health |
| **2.3** | **:** | Organization of Health Services in Urban and rural areas |
| **2.4** | **:** | Challenges in delivering health care services in Urban and rural areas |
| **Unit-3** |  | **Importance of Occupational Health** |
| **3.1** | **:** | Occupational Health: Definition, and Importance |
| **3.2** | **:** | Classification of Occupational Hazards and Diseases |
| **3.3** | **:** | Preventive measures for occupational diseases |
| **3.4** | **:** | Employee State Insurance Scheme, Factory Act (1948) |
| **Unit -4** | **:** | **International Health Organizations** |
| **4.1** | **:** | Structure, Objective, and Services of **International Health Organizations** -World Bank, WHO, UNICEF, UNFPA, UNDP,  |
| **4.2** |  | FAO,ILO, USAID,RED CROSS, Care- Structure, Objective and function |
| **4.3** | **:** | Voluntary Health Organizations in India |
| **4.4** | **:** | International Health Regulations |

**Suggestive Readings**

* Carol Gestwicki, Home School and Community, Thomson Delmar Learning (6th edition)
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi

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| **Title of Paper**  | **:** | **Paper 5: Health Planning, Administration & Management** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Third semester** |
| **Learner’s Objective** | **:** | * To get understanding of planning and management in relation to public health sector.
* Get familiar about the structure of health care services in India
* Develop understanding about health economic important in application of health care services
 |
| **Unit-1** | **:** | **Introduction to Planning and Management** |
| **1.1** | **:** | Planning – concept, Definition, steps in planning, Health Planning, Planning Cycle |
| **1.2** | **:** | Management – Definition, Principles, skills and Methods |
| **1.3** | **:** | Constitutional Programme for Health in India  |
| **1.4** | **:** | Health’s Committees for health planning in india |
| **Unit -2** | **:** | **Introduction to Public Health care system** |
| **2.1** | **:** | Primary Health Care: Concept, components, elements and Levels |
| **2.2** | **:** | Health care system in India (centre, state and district level) |
| **2.3** | **:** | National health Policies: key indicators and achievements |
| **2.4** | **:** | Evaluation of health care services |
| **Unit-3** |  | **Public Health Administration** |
| **3.1** | **:** | Public Health Administration: Meaning, Structure |
| **3.2** | **:** | Delivery of Health Care services  |
| **3.3** | **:** | Organization’s Functions, Staff pattern (Health Sub-centers, PHC & CHC) and Job Descriptions of Various Health personnel |
| **3.4** | **:** | Challenges in Delivery of Health Care services |
| **Unit -4** | **:** | **Health Economics and Health Care Services** |
| **4.1** | **:** | Health Economics: concept, scope, application of health economics |
| **4.2** | **:** | Methods in Health economics  |
| **4.3** | **:** | Concept of demand and supply of health care services |
| **4.4** | **:** | Vicious cycle of poverty and health |

**Suggestive Readings**

* Marc Berg- Health Information Management, Routledge
* A. Ashokan, Perspectives of Health Economics, Serial Publications , New Delhi
* David Haber-Health Promotion and Ageing, Springer Publishing Company 2007
* Christine Stephens-Health Promotion, A Psychological Approach, Mc Graw Hills 2008
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi

**Paper-6 : Field Work Practicum**

* Intervention Activities based on problems prevailing in the Community/Rural Areas/Slums (Health Camps, Community Awareness Programmes, Focus groups etc.)
* Rural /Urban Camps/Field Exposure Visits, Health awareness activities in schools, slums and villages
* Preparing reports of above activities performed.
* Preparation and Presentation of Synopsis
* Field Work Viva Voce based on theory papers and Field Work Practicum third Semester.

**Semester – IV**

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| **Title of Paper**  | **:** | **Paper 1: Community Geriatrics, Adolescent Health and Mental Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Fourth semester** |
| **Learner’s Objective** | **:** | * Developing an understanding about Community geriatric care, adolescent health and mental health.
* To familiarize with the importance of mental health and prevention of mental health problems.
* To get introductory knowledge about cause, treatment and prevention of alcoholism and drug dependence
 |
| **Unit-1** | **:** | **Understanding the concept and need of Geriatric care** |
| **1.1** | **:** | Community Geriatrics: Basic concepts, Definition, objectives, demographic scenario |
| **1.2** | **:** | Geriatric care services, principles underlying preventive geriatrics |
| **1.3** | **:** | Health problems of Elderly Economic and Psycho-Social Needs of the Aged |
| **1.4** | **:** | Maintenance of Welfare of Parents and Senior Citizens Act 2007 |
| **Unit -2** | **:** | **Importance of Adolescent Health** |
| **2.1** | **:** | Adolescent Health: Concept, Importance and demographic status of adolescents’ in India |
| **2.2** | **:** | Problems of Adolescents |
| **2.3** | **:** | Health services for adolescents |
| **2.4** | **:** | Adolescent health programmes |
| **Unit-3** |  | **Importance of Mental Health** |
| **3.1** | **:** | Mental Health: Concept, Importance, Promoters and Obstructers |
| **3.2** | **:** | Mental Health Problems in India  |
| **3.3** | **:** | Mental Health care Act 2017 |
| **3.4** | **:** | Community mental health programmes |
| **Unit -4** | **:** | **Mental illness, Alcoholism & Drug Dependence** |
| **4.1** | **:** | Mental Illness: Causes, Types, Bio-psychosocial model of mental illness |
| **4.2** | **:** | Mental Health Care Services |
| **4.3** | **:** | Prevention of Mental Health problems |
| **4.4** | **:** | Alcoholism & Drug Dependence: Epidemiological Factors And Prevention |

**Suggestive Readings**

* Thomas H. Peake- healthy Aging Healthy treatment (The Impact of Telling Stories) Praeger
* K Mukhopadhyay- Preventive and Social Medicine, CBS Publisher 2005
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* Jessica Rosenberg and Samuel Rosenberg, Community Mental Health- Challenges for the 21st Century, Routledge 2006

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| **Title of Paper**  | **:** | **Paper 2: Cultural Dimensions of Health and Diseases** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Fourth semester** |
| **Learner’s Objective** | **:** | * Study regarding sociology amalgamating with health.
* To get introductory knowledge about various social concepts in relation to health
* Develop understanding about health behaviors to enhance health status.
 |
| **Unit-1** | **:** | **Socio-Cultural Perspectives of Health** |
| **1.1** | **:** | Social and Cultural Life of Human Beings |
| **1.2** | **:** | Social Perspective of Health and Health Care |
| **1.3** | **:** | Socio-cultural approach to Health and Disease |
| **1.4** | **:** | Social Health: Definition, Sign and Symptoms of Social health |
| **Unit -2** | **:** | **Health in Relation to Poverty, Population, Nutrition and Environment** |
| **2.1** | **:** | Poverty and Health  |
| **2.2** | **:** | Population and Health |
| **2.3** | **:** | Nutrition and Health |
| **2.4** | **:** | Environment and health  |
| **Unit-3** |  | **Related Social Concepts of health** |
| **3.1** | **:** | Social Anatomy |
| **3.2** | **:** | Social Physiology |
| **3.3** | **:** | Social Pathology |
| **3.4** | **:** | Social Psychology: Concept, definition  |
| **Unit -4** | **:** | **Understanding Health Behaviourand and Behavior Change** |
| **4.1** | **:** | Identification of Social Factors in relation to Health and Illness |
| **4.2** |  | Health Seeking Behavior: Concepts and Models |
| **4.3** | **:** | Health behaviour and change: KAP studies |
| **4.4** | **:** | Behaviour change communication (BCC) |

**Suggestive Readings**

* David Wainwright, A Sociology of Health, Sage Publication 2008
* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
* James F. Mckenzie, Robert R. Pinger, Jerome E. Kotecki, An Introduction to Community Health (Fifth edition) Jones and Bartlett Publisher, USA 2005.
* Carol Holtz, Global Health care:Issues & Policies Jones and Bartlett Publisher, USA 2008.
* Surendra Singh, P.D. Mishra, Health and Disease: Dynamics and Dimensions, New Royal Book Company 2000
* Mary Jane Schneider, Introduction to Public Health, Jones and Bartlett Publisher, USA 2004
* Social Problems (selection from Co Researcher) sage Publication 2008
* Sandro, Galia and David Vlahov-Handbook of Urban health, Springer
* Nilambar Mukerjee-A textbook of Social Psychology, wisdom Press 2012

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| **Title of Paper**  | **:** | **Paper 3: Personality and Psycho-somatic Factors of Health** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **First**  |
| **Level** | **:** | **First semester** |
| **Learner’s Objective** | **:** | * Learning about development of personality and Psycho-somatic Factors of Health
* Develop understanding about psycho-somatic illness and application of psycho-somatic medicine .
 |
| **Unit-1** | **:** | **Understanding the Concept of Personality** |
| **1.1** | **:** | Personality- Concept, Meaning and Stages |
| **1.2** | **:** | Determinants of Personality |
| **1.3** | **:** | Role of heredity and environment in personality development |
| **1.4** | **:** | Personality, Wellbeing and Health  |
| **Unit -2** | **:** | **Theories of Personality and Personality disorders**  |
| **2.1** | **:** | Theories of Personality by Sigmund Freud, Carl Jung |
| **2.2** | **:** | Theory of Personality given by Alfred Alder, karen Horney, Sullivan |
| **2.3** | **:** | Personality Disorders: Cause, Types, Symptoms  |
| **2.4** | **:** | Methods of Treatment of Personality Disorders |
| **Unit-3** |  | **Psycho-somatic illness** |
| **3.1** | **:** | Psycho-somatic factors of Illness |
| **3.2** | **:** | Psycho-somatic diagnosis – Meaning and Importance |
| **3.3** | **:** | Steps in Psycho-somatic Diagnosis |
| **3.4** | **:** | Diagnostic Aids |
| **Unit -4** | **:** | **Psycho-Somatic Medicine** |
| **4.1** | **:** | Psycho-Somatic Medicine:Types and Importance |
| **4.2** | **:** | Methods of Application |
| **4.3** | **:** | Common Physical Diseases  |
| **4.4** | **:** | Role of Medical Social Worker in psycho-somatic medicine |

**Suggestive Readings**

* K.K. Sharma, Principles of Guidance & Counselling, Kanishka Publications Distributors, New Delhi
* Clifford T. Morgan, Richard A. King, John R. Weisz, John Schopler, Introduction to Psychology, Tata Mcgraw Hill Edition
* Mishra P.D.-Vyakti aur Samaj

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| **Title of Paper**  | **:** | **Paper -4: Counseling, Psychotherapy and Transactional analysis** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Fourth semester** |
| **Learner’s Objective** | **:** | * Understanding the concept and application of counseling in present scenario
* To get introductory knowledge about psychotherapy and transactional analysis, SWOT Analysis and self development.
* Developing knowledge about psychological tools to improve relations and solve behavioral problems.
* Familiarizing the students about importance of positive thinking and how it can guide one to solve personality problems and experience self development.
 |
| **Unit-1** | **:** | **Introduction to counseling** |
| **1.1** | **:** | Counseling: Concept, Definitions, Goals, Assumptions, Relevance |
| **1.2** | **:** | Principles and skills of counseling  |
| **1.3** | **:** | Historical Growth of Counseling movement in India & Abroad |
| **1.4** | **:** | Recent trends in Counseling |
| **Unit -2** | **:** | **Approaches to Counseling** |
| **2.1** | **:** | Approaches to Counseling: Psychoanalytic, Humanistic, Behaviouristic, Cognitive, Gestalt. |
| **2.2** | **:** | Problems of counselors |
| **2.3** | **:** | Motivation & Emotions: Concept and Theories |
| **2.4** | **:** | Social Psychology |
| **Unit-3** |  | **Transactional Analysis & Psychotherapy** |
| **3.1** | **:** | Transactional Analysis – Meaning, Objectives, Stages, Merits and Demerits |
| **3.2** | **:** | Psychotherapy – Meaning, Objectives, Level ,Techniques, models  |
| **3.3** | **:** | SWOT Analysis |
| **3.4** | **:** | Self Development |
| **Unit -4** | **:** | **Clinical Psychology and Special area in Counseling** |
| **4.1** | **:** | Clinical Psychology |
| **4.2** | **:** | Difference between Counseling, psychotherapy & Social Case Work |
| **4.3** | **:** | Special area in Counseling: Family, Children, Parents, Adolescents, Delinquent, Reluctant Clients, Counseling for HIV/AIDS,  |
| **4.4** | **:** | Marriage, Premarital, Drug Addicts, Education, Career etc. Problems of counsellors |

**Suggestive Readings**

* K.K. Sharma, Principles of Guidance & Counselling, Kanishka Publications Distributors, New Delhi
* Clifford T. Morgan, Richard A. King, John R. Weisz, John Schopler, Introduction to Psychology, Tata Mcgraw Hill Edition
* Mishra P.D.-Vyakti aur Samaj

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| **Title of Paper**  | **:** | **Paper-5: Ethical Aspects of Health Care and Health Care Financing** |
| **Paper Code** | **:** | **MPH(CM)**  |
| **Year**  | **:** | **Second**  |
| **Level** | **:** | **Fourth semester** |
| **Learner’s Objective** | **:** | * Introductory knowledge to legal ethical aspects of health care useful in practical application in the field.
* Understanding the importance of health financing, health insurance, medical tourism and Telemedicine.
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| **Unit-1** | **:** | **Understanding Ethics In Health Care** |
| **1.1** | **:** | Ethics in Health Care: Concept, Need and Importance |
| **1.2** | **:** | Medical Ethics, Medical Negligence, Medical EvidenceLaws of Tort |
| **1.3** | **:** | Legal Liabilities and Remedies |
| **1.4** | **:** | Laws applicable to medical practices and hospitals in India |
| **Unit -2** | **:** | **Laws related to health care** |
| **2.1** | **:** | Birth and Death Registration act |
| **2.2** | **:** | Medical Termination of Pregnancy Act 1971 |
| **2.3** | **:** | PCPNDT Act 1994 |
| **2.4** | **:** | Transplantation of Human Organ Act 1994 |
| **Unit-3** |  | **Laws related to health care and Health Financing** |
| **3.1** | **:** | Drug and Cosmetic Act 1940 |
| **3.2** | **:** | Consumer protection Act, |
| **3.3** | **:** | Health Financing: Need, Definitions, objectives, functionsHealth Insurance: concept, need, advantages  |
| **3.4** | **:** | TPA, Vicious cycle of TPA |
| **Unit -4** | **:** | **Concepts related to Right to Health, Consent and Telemedicine** |
| **4.1** | **:** | Right to Health |
| **4.2** | **:** | Consent: Concept and types |
| **4.3** | **:** | Medical Tourism: Meaning , Factors responsible for its emergence, importance  |
| **4.4** | **:** | Telemedicine  |

**Suggestive Readings-**

* Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
* K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
* Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi

 **Paper-6: Field Work Practicum**

* Rural & UrbanHealth Camps/Field Exposure Visits, Health awareness activities in schools, slums and villages.
* Preparation of reports of Field Activities/ Health camps

**Paper-7: General/ Project Viva Voce**

* General viva voce examination will be held at the end of fourth semester based on theory knowledge, research aptitude, field work practicum and experiences.

 **Paper-8: Dissertation**

* Each student has to write field based dissertation, which will commenced in the begining of the third semester and finally prepared and to be presented towards in fourth semester.