

*Master of Public Health*  
*(Community Medicine)*  
*(Two Year Post Graduate Programme)*

**(Self-financing Mode)**

**(Ordinance & Syllabus)**



**Course Coordinator**  
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**University of Lucknow**



**Department of Social Work**  
**University of Lucknow**  
**Lucknow**



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

## **Title**

The title of the course shall be Master of Public Health (Community Medicine).

## **Objective**

The main aim of the Master of Public Health (Community Medicine) programme is to train the persons in the community and health, professionals to apply the knowledge of Community Medicine and 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 Community Health, Health Promotion and Community Disease Prevention.

## **Duration**

The total duration of the course shall be of two years, spread over in four semesters.

**Nature:** Self Financing

**Number of Seats:** 40

**Eligibility:** Any graduate in any stream of any recognized university in India and Abroad.

**Admission Policy:** As per University norms

## **Eligibility**

Any graduate with three year degree in any stream shall be eligible for admission to the course.

## **Admission Policy**

As per University norms.

## **Course Content**

The curriculum will be divided in to two parts:

- (1) Theory Papers
- (2) Field Work Practicum

## **Theory Papers**

There shall be four theory papers in each of the four semesters as per the details given below:

### **Semester-1**

- Paper-1: Community Medicine and Public Health
- Paper-2: Concept of Health and Disease
- Paper-3: General Epidemiology and Epidemiological Methods
- Paper-4: Environment and Sanitation
- Paper-5: Genetics and Health
- Paper-6: Field Work Practicum

## **Semester – 2**

- Paper-1: Sociology and Community Health
- Paper-2: Bio-Statistics & Computer Application
- Paper-3: Nutrition
- Paper-4: Health Education, Communication and Information
- Paper-5: Medical and Psychiatric Social Work
- Paper-6: Field Work Practicum

## **Semester-3**

- Paper-1: Epidemiology of Specific Diseases and Medical Entomology
- Paper-2: Demography, Family Planning and MCH
- 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-4**

- Paper-1: Community Geriatrics and Mental Health
- Paper-2: Cultural Dimensions of Health & Disease
- Paper-3: Personality and Psycho-somatic Factors of Health
- Paper-4: Counseling: Concept, Meaning, & Fields
- Paper-5: Transactional Analysis & Psychotherapy
- Paper-6: Field Work Practicum
- Paper-7: General/ Project viva voce
- Paper-8: Dissertation

## **Evaluation Pattern**

In each paper shall be of 100 marks. (Internal Assessment-30+ Assessment -70)

## **Field Work**

There shall be two types of field work

- (i) Concurrent Field Work
- (ii) Block Field Work

Concurrent Field Work will be done simultaneously with class-room teaching of theory papers from 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 (excluding holidays and Dashahara and winter vacations). Concurrent field work will be of 100 Marks in each semester.

Block Field Work through placement in any reputed Hospitals, Medical College (Government and Private), Clinics, District Hospitals, CHC, PHC and different Nursing

Homes or community for six weeks after the end of IVth semester will be organized just after the end of theory papers. The student will submit weekly report of the work done to the supervisor on his/her recommendation mark sheet/degree will be released by the Examination Section of University of Luck now.

In Semester IV Field Based Research Report shall be of 100 marks.

In semester IV, in addition to theory examination and evaluation of Concurrent Field Work (inclusive of Field Based Research Report), there will be a General Viva-Voce Examination of 100 marks to ascertain the comprehension of the subject and ability to communicate in face to face situations.

Every student will be required to pass separately in theory papers, Field Work and General Viva-Voce Examination. In order to successfully pass, every student will be required to obtain at least 36% marks in the aggregate of Theory Papers, Field Work and General Viva-Voce Examination.

### **Project Report**

Each student shall be required to prepare and submit a Project Report on the theme (to be decided in consultation with the Faculty) before the commencement of the Examination for the IV Semester.

**Fee:** As per university norms

## *Syllabus*

### **Semester - I**

#### **Paper I: Community Medicine and Public Health**

##### **Unit-I**

Community Medicine: Meaning, Definition, History, Goals and Objectives.

##### **Unit-II**

- Family and Community Medicine
- Social Control of Medicine
- De-professionalization of Medicine
- Failure of Medicine

##### **Unit-III**

- Public Health: Concept
- Rise of Public Health
- Current Status in India
- Changing Concept in Public Health
- Delivery of Services
- New Horizons in Public Health

##### **Unit-IV**

- Federation of Public Health Association in India.
- Manpower Problem and Training of Health Personnel
- Population and Public Health

##### **Books :**

- 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

- J. S. Mathur- A Comprehensive Textbook of Community Medicine, CBS Publisher and Distributors 2008
- G.R. Krishnamurthy, A.K. Singh, S. K. Bajpai- Indian Health Scenario (Perspectives and Dimensions) Serial Publication.
- Oxfords textbook of Public Health Fifth edition Vol 1,2,3
- F. Douglas Scutchfield, C. William Keck, Principles of Public Health Practice.
- Imrana Qadeer-Public Health in India (2011) Danish Books.

**Books:**

- 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
- 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.

## **Paper II: Concept of Health and Disease**

### **Unit-I**

- Evolution of Medicine (History of Medicine)
- The Dawn of Scientific Medicine
- Modern Medicine

### **Unit-II**

- Evolution of Public and Community Health
- Definition of Health
- Relative Concepts
- Determinants and Indicators of Health

### **Unit-III**

- Disease – Concept and Meaning
- Spectrum of Disease
- Factors responsible for Disease
- Stages and Interventions in Preventions of Diseases

### **Unit-IV**

- Environmental Factors in Health and Disease
- Indices used in Measurement of Health
- Difficulties in Measurement of Health
- Level of Prevention

### **Books:**

- 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



## **Paper III: General Epidemiology and Epidemiological Methods**

### **Unit-I**

-Epidemiology – Evolution, concept and Definition, Principles Approach

### **Unit-II**

-Methods of Epidemiology

- 1) Descriptive
- 2) Analytical
- 3) Experimental

### **Unit-III**

-Association and Causation

-Measurements of Morbidity

-Measurements of Mortality

-Sources of Epidemiological Data and uses of Epidemiology

### **Unit-IV**

-Concept for Screening

-Uses of Screening

-Criteria for Screening

-Community Diagnosis

-Modes of Disease Transmission

-Measures of Prevention and

-Control of Diseases

### **Books:**

- 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.

## **Paper IV: Environment and Sanitation**

### **Unit-I**

- Environment: Concept and Meaning, Types and Importance
- Environmental Management – Scenario, Problems and Perspectives
- Emerging Concerns and Challenges
- Environmental Movement in India.

### **Unit-II**

- Laws relating to Protection
- Forest Conservation Act
- Environmental Protection Act
- Water Prevention and Control of Pollution Act
- Air (Prevention – Control of Pollution) Act

### **Unit-III**

- Sanitation: Concept and Meaning and Scope
- Water Management-Water, safe – wholesome -Water, Water Borne Disease, Water Literacy
- Methods of Purification of Water
- Standards Analysis of Water Quality
- Solid Waste Management-
- Disposal of Wastes in Urban and Rural Areas
- Disposal of Excreta

### **Unit-IV**

- Pollution Indicators and Prevention-Air, Water, Noise
- Radiations – Hazards and Prevention
- Meteorology – Effect on Health
- Housing Standards

### **Books:**

- 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
- Etienne Dubois, Environment and health Effects, Apple Academic Press 2010
- Cordelia Strange, Water Pollution & Health , Alpha House Publishing, new York.

## **Paper V: Genetics and Health**

### **Unit-I**

- Basic Concepts of Genetics (Definition): DNA, Chromosomes, Genome, Genes
- Hereditary Concept

### **Unit-II**

- History of Genetics
- Principles of Heredity
- Human Genetics -Sex Linkage, Crossing Over

### **Unit-III**

- Genetic Diseases
- Genetic Testing- Concept
- Ethical Legal and Social Issues
- Genetic Counseling

### **Unit-IV**

- Genetics and Health
- Genetics and Awareness

### **Books:**

- Monroe W. Strickberger, Genetics (third edition) 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.

**Semester – II**  
**Paper I : Sociology and Community Health**

**Unit-I**

- Sociology: Concept, Meaning, Nature & Scope
- Concept in Sociology relating to Health

**Unit-II**

- Social Institutions – Family
- Community
- Group

**Unit-III**

- Community Health – Concept, Meaning and Scope
- Social Medicine
- Community Diagnosis
- Community Treatment

**Unit-IV**

- Clinico-Social Evaluation of the Individual in relation to Socio-Economic and Cultural Aspects
- Attitude to Health, Disease and Health services
- Identification of Social Factors in relation to Health and Diseases-
- Urbanization, Industrialization

**Books:**

- 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

## **Paper II: Bio-Statistics & Computer Application**

### **Unit-I**

- Biostatistics: Definition, scope and uses
- Collection, Classification and Presentation of -Statistical Data
- Analysis and Interpretations of Data

### **Unit-II**

- Sources and Uses of Statistics
- Test of Significance
- Sample Size Determination
- Multivariate Analysis
- Life Table

### **Unit-III**

- Fundamentals of Computer-Hardware and Software
- Application of Computers
- Operating System
- Internet

### **Unit-IV**

- MS-DOS, MS WINDOWS
- MS-Office's-Word, MS- Excel & Power Point
- Introduction to Data Base Management System
- Spreadsheet: Introduction to Spreadsheet -Application –Data Entry – Statistical, Logical and Financial Functions
- Graphical Application and Data Analysis

### **Books:**

- 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

## **Paper III: Nutrition**

### **Unit-I**

- Basic Concept in Nutrition-
- Food Nutrition & Health
- Classification of Nutrients
- Source of Nutrients
- Balance Diet

### **Unit-II**

- Nutritional Deficiency Diseases
- Other Nutritional Problems
- Maternal Malnutrition
- Nutrient Deficiency Control Program

### **Unit-III**

- Assessment of Nutrient Status
- Supplementary Feeding Program
- Dietary Management

### **Unit-IV**

- Food Budgeting
- Food Selection
- Food Storage
- Food Preservation Food Safety

### **Books:**

- 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

## **Paper IV: Health Education, Communication and Information**

### **Unit-I**

- Health Education: Concept, Definition – Role and Importance
- Approaches to Health Education
- Methods of Health Education
- Schemes in Health Education

### **Unit-II**

- Models of Health Education
- Content of Health Education
- Principles of Health Education
- Practice to Health Educations

### **Unit-III**

- Communication – Meaning, Definition, Concept, Principles, Models and Forms
- Health Education and Role of IEC
- Development of I E C Material

### **Unit-IV**

- Health Information System-Concept
- Component – Uses of Health Information system
- Sources of Health Information System
- Indian Health information System

### **Books:**

- 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

## **Paper V: Medical and Psychiatric Social Work**

### **Unit-I**

- Medical Social Work – Concept, Principles and Skills, Development and Scope

### **Unit-II**

- Medical Social Work: Retrospect and Prospect
- Role of Medical Social Work in various Medical Setting

### **Unit-III**

- Psychiatric Social Work: Concept, Roles, Functions and Scope
- Psychiatric Social Work: Retrospect and Prospect

### **Unit-IV**

-Application of Psychiatric Social Work in Different Setting – Mental Hospital, Child Guidance Clinics, Counseling Centers , Rehabilitation Centre, General Hospitals.

### **Books:**

- 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 Academic Press 2011

## **Semester – III**

### **Paper I: Epidemiology of Specific Diseases and Medical Entomology**

#### **Unit-I**

- Epidemiology-Concept
- Natural History of Diseases
- Indian Scenario
  - Clinical Features
  - Diagnosis
  - Management
  - Prevention

#### **Unit-II**

- Relevant National Program
- Polio, Tuberculosis, Malaria, HIV/AIDS, Filariasis, Blindness

#### **Unit-III**

- Medical Entomology: Definition
- Arthropods- Vectors



- Vector Borne Diseases – Classification and
- Mode of transmission
- Methods of Vector Control
- Insecticides- Classification, Modes of action, Application and Toxicity

#### **Unit-IV**

- Communicable diseases : Measles, Mumps, Rubella, Chicken pox, Acute respiratory infections, Diphtheria, Tetanus, Pertusis, Polio Myelitis, Diarrhoeal Diseases, Typhoid, Cholera, Hepatitis, STD, AIDS, Malaria ,Filaria, Plague, Tuberculosis, Rabies etc,
- Non Communicable Diseases – Hypertension, Coronary and Heart Disease, Blindness, Accidents, Diabetes etc

#### **Books:**

- Ray M. Merrill, Introduction 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

### **Paper II: Demography, Family Planning & Maternal Child Health**

#### **Unit-I**

- Demography – Definition, Cycle, Indices and Composition
- World Population Trends
- Demographic Trends in India

#### **Unit-II**

- Population Policies – Concept, Evaluation
- Policies related to MTP and Sex -Determination/Act
- National Population Policy

#### **Unit-III**

- Family Planning Methods: Need, Importance and their Classification
- Advantages and Disadvantages of Family Planning
- Population Control Measures
- Failure of Family Planning in India

- National Family Welfare Program in India
- Law and Family Planning in India

#### **Unit-IV**

- MCH Program
- RCH Program

#### **Books:**

- 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

### **Paper III: Human Behavior, Naturopathic and Yoga**

#### **Unit-I**

- Human Behavior: Concept, Definition and Reflectors
- Behavior Problems in different stages of Personality Development

#### **Unit-II**

- Concept of Normalcy and Abnormalcy
- Etiology of Abnormal Behaviour
- Symptoms of Abnormal Behaviour
- Types of Abnormal Behaviour

#### **Unit-III**

- Management of Mental Disorder
- Defense Mechanism
- Stress and Stress related Diseases
- Counseling and Psychotherapy

#### **Unit-IV**

- Naturopathic: Definition, Principles, Philosophy and Treatment
- Yoga: Concept, Approaches, Aims, Objectives, Historical Development and Philosophy

#### **Books:**

- Robert C. Carson, James N Butcher, 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.

## **Paper IV: School, Urban and Occupational Health**

### **Unit-I**

- School Health: Meaning, Objectives and Importance
- Components of School Health
- Critical Analysis of School Health Programmes

### **Unit-II**

- Urban Health: Importance
- Problem of Urbanization
- Organization of Health Services in Urban areas

### **Unit-III**

- Occupational Health: Definition, and Importance
- Classification of Occupational Hazards and Diseases
- Preventive measures for occupational diseases
- Employee state insurance scheme
- Factories

### **Unit-IV**

- International Health Organizations  
WHO, UNICEF, RED CROSS
- Voluntary Health Organizations
- International Health Regulations

### **Books:**

- Carol Gestwicki, Home School and Community, Thomson Delmar Learning (6<sup>th</sup> 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

## **Paper V: Health Planning, Administration & Management**

### **Unit-I**

- Planning – Definition, Health Planning, Planning Cycle
- Management – Definition, Principles and Methods
- Constitutional Programme for Health in India – -Health Care delivery system

### **Unit-II**

- Primary Health Care
- Health for all strategy
- National health Policy
- Health's Committees
- Health Man power Development

### **Unit-III**

- Public Health Administration
- Delivery of Health Care
- Organization Functions – Staff pattern of Health Sub-centers, PHC & CHC

### **Unit-IV**

- Job Description of Various Health personnel
- Prevention of Food Adulteration Act
- Registration of Births & Death Act

### **Books:**

- 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

## **Semester – IV**

### **Paper I: Community Geriatrics and Mental Health**

#### **Unit-I**

- Definition and Evaluation Geriatrics Services
- Common Disease of Elderly
- Economics and Psycho Social Needs of the Aged

#### **Unit-II**

- Care of Elderly in Organized and Unorganized
- Geriatric services

#### **Unit-III**

- Mental Health: Concept, Importance, Promoters and Obstructors
- Mental Health Problem in India
- Mental Health Care
- Importance of Mental Health

#### **Unit-IV**

- Types of Mental Illness and Causes: (1) Preventive aspects (2) Mental Health Services (3) Alcoholism, drug dependence
- Epidemiological factors and prevention

#### **Books:**

- 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 21<sup>st</sup> Century, Routledge 2006

### **Paper II: Cultural Dimensions of Health and Diseases**

#### **Unit-I**

- Social and Cultural Life of Human Beings
- Social Perspective of Health and Health Care

-Socio-cultural approach to Health and Disease

### **Unit-II**

-Poverty and Health

-Population and Health

-Nutrition and Health

### **Unit-III**

-Social Anatomy

-Social Physiology

-Social Pathology

### **Unit-IV**

-Social Consequences of Disease and Illness

-Social Health: Definition, Sign and Symptoms of Social health, Foundation of Social health

### **Books:**

- 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 21<sup>st</sup> Century, Routledge 2006

## **Paper III: Personality and Psycho-somatic Factors of Health**

### **Unit-I**

-Personality- Concept, Meaning and Stages

-Determinants and Reflector of Personality

-Heredity and Environment

### **Unit-II**

-Theories of Personality – Sigmund Freud, Carl Jung, Alfred Alder, karen Harney, Sullivan & Otto Rank

### **Unit-III**

- Psycho-somatic factors of Illness
- Psycho-somatic diagnosis – Meaning and Importance
- Steps in Psycho-somatic Diagnosis
- Diagnostic Aids

#### **Unit-IV**

- Psycho-Somatic Medicine
- Types and Importance
- Methods of Application
- Common Physical Diseases
- Role of Medical Social Worker

#### **Books:**

- 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

### **Paper-IV: Counseling: Concept, Meaning and Fields**

#### **Unit-I**

- Counselling: Concept, Meaning, Definitions, Goals, Relevance
- Assumption and Principles
- Factors contributing to the emergence of Counselling
- Historical Growth of Counselling movement in India & Abroad
- Recent trends in Counselling.

#### **Unit-II**

- Clinical Psychology
- Counseling as a helping relationship
- Counseling as a solution to human problem
- Case Study – Concept, meaning and Relevance
- Difference between Counseling, psychotherapy & Social Case Work

#### **Unit-III**

- Approaches to Counseling: Psychoanalytic, Humanistic, Behaviouristic, Existential, Interpersonal, Social Work, Cognitive, Gestalt.
- Motivation & Emotions
- Social Psychology

## **Unit-IV**

-Special area in Counseling: Family, Children, Parents, Delinquent, Reluctant Clients, Marriage, Premarital, Women, Drug Addicts, Education, Career and Weaker Sections of Society

### **Books:**

- K.K. Sharma, Principles of Guidance & Counselling, Kanishka Publications Distributors, New Delhi
- Strawbridge, Handbook of Counseling Psychology, Sage Publication, New Delhi.
- John Mcleod- An Introduction to Counseling, Rawat Publication
- Janet Tolan, Skills in Person Centered Counseling & Psychotherapy, Sage Publication, New Delhi
- Chustine Lister Ford, Skills in Transactional analysis Counseling & Psychotherapy, Sage Publication, New Delhi
- Phil Joyce & Charlotte Sills, Skills in Gestalt Counseling & psychotherapy, sage Publication, New Delhi
- Robert Holman coombs, addiction Counselling review, Lawrence Erlbaum Associates, Inc. Publishers
- Mishra P.D.-Vyakti aur Samaj
- Singh, H.G., Psychotherapy in India
- Sundberg N.D. Tyler L.E.-Clinical Psychology

## **Paper-V: Transactional Analysis and Psychotherapy**

### **Unit-I**

-Transactional Analysis – Meaning, Objectives, Stages, Merits and Demerits

### **Unit-II**

-Psychotherapy – Meaning, Objectives, Level and Techniques

-Approaches of Psychotherapy

-Psychotherapy in Indian Context

-Models of Psychotherapy

### **Unit-III**

-Psycho Therapist – Eligibility, Role and Characteristics

-Psychotherapy in various setting

-Evaluation of Reporting in Psychotherapy

### **Unit-IV**

-Developing Positive Attitude



-SWOT Analysis

-Self Development

**Books:**

- K.K. Sharma, Principles of Guidance & Counselling, Kanishka Publications Distributors, New Delhi
- Strawbridge, Handbook of Counseling Psychology, Sage Publication, New Delhi.
- John Mcleod- An Introduction to Counseling, Rawat Publication
- Janet Tolan, Skills in Person Centered Counseling & Psychotherapy, Sage Publication, New Delhi
- Chustine Lister Ford, Skills in Transactional analysis Counseling & Psychotherapy, Sage Publication, New Delhi
- Phil Joyce & Charlotte Sills, Skills in Gestalt Counseling & psychotherapy, sage Publication, New Delhi
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