

ORDINANCE

MASTER OF PUBLIC HEALTH (MPH)

DEPARTMENT OF COMMERCE AND MANAGEMENT

TWO YEAR PROGRAMME



HIMALAYAN GARHWAL UNIVERSITY UTTARAKHAND

<http://www.hgu.ac.in>



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.

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: Counselling: Concept, Meaning, & Fields
- Paper-5: Transactional Analysis & Psychotherapy
- Paper-6: Field Work Practicum
- Paper-7: General/ Project viva voce
- Paper-8: Dissertation

Evaluation Pattern:

Each paper shall be of 100 marks divided into Internal Assessment of 30 marks and term end Assessment of 70 marks respectively.

Field Work:

There shall be two types of field work

- Concurrent Field Work
- 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 Himalayan Garwal University.

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 40% 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.

Evaluation of Project Report:

Evaluation of project report will be by the external examiner appointed by the controller of examination from the expert faculty members available at university database. If the student unable to get clear the examination, he/she has to appear for examination of project report modified or changed project report.

Fee: As per university norms



MASTER OF PUBLIC HEALTH (M.P.H.)

SEMESTER - I

Core Course				
Paper code	Title of the paper	Internal Marks	External Marks	Total Marks
MPHT101	Community Medicine and Public Health	30	70	100
MPHT102	Concept of Health and Disease	30	70	100
MPHT103	General Epidemiology & Epidemiological Methods	30	70	100
MPHT104	Environment and Sanitation	30	70	100
MPHT105	Genetics and Health	30	70	100
MPHP106	Field Work Practicum	30	70	100
TOTAL		180	420	600

SEMESTER-II

Core Course				
Paper Code	Title of the paper	Internal Marks	External Marks	Total Marks
MPHT201	Sociology and Community Health	30	70	100
MPHT202	Bio-statistics and Computer Application	30	70	100
MPHT203	Nutrition	30	70	100
MPHT204	Health Education, Communication and Information	30	70	100
MPHT205	Medical and Psychiatric Social Work	30	70	100
MPHP206	Field Work Practicum	30	70	100
TOTAL		180	420	600



SEMESTER –III

Core Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
MPHT301	Epidemiology of Specific Diseases and Medical Entomology	30	70	100
MPHT302	Demography, Family Planning and MCH	30	70	100
MPHT303	Human Behaviour, Naturopathy and Yoga	30	70	100
MPHT304	School, Urban and Occupational Health	30	70	100
MPHT305	Health Planning, Administration and Management	30	70	100
MPHP306	Field Work practicum	30	70	100
TOTAL		180	420	600

SEMESTER-IV

Core Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
MPHT401	Community Geriatrics and Mental Health	30	70	100
MPHT402	Cultural Dimensions of Health and Disease	30	70	100
MPHT403	Personality and Psycho-Somatic Factors of Health	30	70	100
MPHT404	Counselling: Concept, Meaning & Fields	30	70	100
MPHT405	Transactional Analysis and Psychotherapy	30	70	100
MPHP406	Field Work Practicum	30	70	100
MPHP407	General and Project Viva voce	30	70	100
MPHP408	Dissertation	30	70	100
TOTAL		240	560	800

NOTE: 1. MPHT – Master of Public Health (Theory)

2. MPHP – Master of Public Health (Practical)



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SYLLABUS
SEMESTER - I

Paper I: MPHT101- Community Medicine and Public Health

L T P
Periods/ Week:- 5 0 0

Objective:- Community medicine and public health residents must demonstrate a comprehensive knowledge of science and art of public health issues in the socioeconomic, political and environmental contexts in which they occur.

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:

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



9. G.R. Krishnamurthy, A.K. Singh, S. K. Bajpai- Indian Health Scenario (Perspectives and Dimensions) Serial Publication.
10. Oxfords textbook of Public Health Fifth edition Vol 1,2,3
11. F. Douglas Scutchfield, C. William Keck, Principles of Public Health Practice.
12. Imrana Qadeer-Public Health in India (2011) Danish Books.

Paper II: MPHT102- Concept of Health and Disease

L T P
Periods/Week:- 5 0 0

Objective:- To understand the concept of health, illness, disease and socially defined concept of sickness. To be able to explain the concept of health and disease how they affect the health of population.

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 Disease

Unit-IV

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

Books:

1. Victor R. Reddy: Handbook of growth and Monitoring in health and disease
2. Bhushan Patwardhan, Gururaj Mutalik , Girish Tillu: Integrative approaches for Health-Biomedical research, Ayurveda and Yoga
3. Mirai Chatterjee and Gita Sen: The Social Determinant of Health in India – Concepts, Process and Indicators.
4. Rais Akhtar, Andrew Thomas and Amos Learnmoth: Geographical Aspects of Health and Disease in India



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5. Champa Chatterjee, Wolfgang Jungraith Mayr and Debasis Bagchi: Immunity and Inflammation in Health and disease.

Paper III: MPHT 103-General Epidemiology and Epidemiological Methods

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the objective of the epidemical evolution and its epidemiology & epidemiological techniques, its concept of screening definition and principle approach.

Unit-I

- Epidemical – 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:

1. K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
2. Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi
3. James F. Mckenzie, Robert R. Pinger, Jerome E. Kotecki, An Introduction to Community Health (Fifth edition) Jones and Bartlett Publisher, USA 2005
4. Carol Holtz, Global Health care:Issues & Policies Jones and Bartlett Publisher, USA 2008.



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5. Surendra Singh, P.D. Mishra, Health and Disease: Dynamics and Dimensions, New Royal Book Company 2000
6. Mary Jane Schneider, Introduction to Public Health, Jones and Bartlett Publisher, USA 2004
7. Thomas C. Timmreck, An Introduction to Epidemiology (third edition), Jones and Bartlett Publisher, USA 2002.

Paper IV: MPHT 104- Environment and Sanitation

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the concept of environmental management and its Scenario, problems and perspectives. It is also necessary to be able to know the concept and scope of all perspectives of the 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 and 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:

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



Delhi

4. Chiras- Environmental Sciences (Eight edition) Jones and Bartlett Publisher, Carol Holtz, Global Health care:Issues & Policies Jones and Bartlett Publisher, USA 2008.
5. Surendra Singh, P.D. Mishra, Health and Disease: Dynamics and Dimensions, New Royal Book Company 2000
6. Mary Jane Schneider, Introduction to Public Health, Jones and Bartlett Publisher, USA 2004
7. Etienne Dubois, Environment and health Effects, Apple Academic Press 2010
8. Cordelia Strange, Water Pollution & Health , Alpha House Publishing, new York.

Paper V: MPHT 105- Genetics and Health

L T P
Periods/Weeks:- 5 0 0

Objective:- To be able to understand the basic concept of genetic and gene Health. And to get the complete knowledge of the genetic health issues and its remedy.

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 Counselling

Unit-IV

- Genetics and Health
- Genetics and Awareness

Books:

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



SEMESTER – II

Paper I: MPHT 201-Sociology and Community Health

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the main perspective of the social and the communicable disease and their source of prevention. It is to achieve that the each and every person should be aware of the type of disease and health services.

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

- Clinical-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:

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



9. Social Problems (selection from Co Researcher) sage Publication 2008
10. Sandro, Galia and David Vlahov-Handbook of Urban health, Springer
11. Nilambar Mukerjee-A textbook of Social Psychology, wisdom Press 2012

Paper II: MPHT 202-Bio-Statistics & Computer Application

L T P
Periods/Weeks:- 3 0 2

Objective:- To understand the basic concept of the biostatistics, its definition scope and sources. It to suggest that the basic knowledge to be given to the person about the fundamental applications of computer to be operated.

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:

1. K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
2. Coroxtn and Cowden Applied General Statistics
3. Mueller and Schuessler-Statistical Reasoning in Sociology
4. Lohen, Lilian-Statistical methods for Social Sciences



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Paper III: MPHT 203- Nutrition

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the social and economical aspects of the food nutrition and health. To be updated by the concept of the health Information system and its scope.

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:

1. Jane B Mrgan, John W. T. Dickson , Nutrition in early Life, Jon Wiley 2003
2. Camden Flath, Nutrition and Science, Alpha House Publishing, New York 2009
3. Zachary Chastian, Nutrition & Society, Alpha House Publishing, New York
4. Mukesh Mittal-Diet Nutrition and Health, Aadi publication 2011
5. K. Park, Textbook of Preventive & Social Medicine, Banarsidas Bhanot Publishers Jabalpur India
6. Sundar Lal, Adarsh, Pankaj, Textbook of Community Medicine (Preventive & Social Medicine), CBS Publishers, New Delhi
7. Piyush Gupta, O.P. Ghai, Textbook of Preventive & Social Medicine CBS Publishers, New Delhi

Paper IV: MPHT 204-Health Education, Communication and Information

L T P
Periods/Weeks:- 5 0 0

Objective:- To be familiar with the concept of health education, its role and importance in life of a person. To understand the basic principle of the communication and information system need to be



established.

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:

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

Paper V: MPHT 205- Medical and Psychiatric Social Work

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the main motive of the Psychology and Psychiatric social work. It is important to get the proper and the basic knowledge of the medical social work, its concept and scope.

Unit-I

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



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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
- Counselling Centres
- Rehabilitation Centre
- General Hospitals.

Books:

1. Goldstein D., Expanding Horizons in Medical Social Work
2. Goldstein D., Readings in the Theory and Practice in Medical Social Work
3. Mishra P.D., Social Work, Philosophy and Methods
4. Sharon D.P., Social Work and Community Practice, Apple Academic Press 2011

SEMESTER – III

Paper I: MPHT 301- Epidemiology of Specific Diseases and Medical Entomology

L T P
Periods/Weeks:- 5 0 0

Objective:- To establish a source of knowledge to the person about the Epidemiology of specific disease and the medical entomology in such a way that the concept , scenario and perspective of the paper should be clarified.

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, Filaria, 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, Pertussis, 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:

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

Paper II: MPHT 302-Demography, Family Planning & Maternal Child Health

L T P
Periods/Weeks:- 5 0 0

Objective:- The main objective of the paper is to give the person a brief knowledge about the demography, family planning and maternal child health to be aware from the issues that gradually increases in our society

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:

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

Paper III: MPHT 303- Human Behaviour, Naturopathic and Yoga

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the behaviour of the human and its main reasons. It is to get the knowledge of the naturopathic treatment and yoga which are useful in studying the human behaviour.

Unit-I

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

Unit-II

- Concept of Normalcy and Abnormality
- 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
- Counselling and Psychotherapy

Unit-IV

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



Books:

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

Paper IV: MPHT 304-School, Urban and Occupational Health

L T P
Periods/Weeks:- 5 0 0

Objective:- To get the specific knowledge of the school health, its concept , role and importance. To study the concept and importance of the urban health 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:

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



Paper V: MPHT 305- Health Planning, Administration & Management

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the basic concept of the health planning, its management and administration. To get the proper idea of family health planning.

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-centres, PHC & CHC

Unit-IV

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

Books:

1. Marc Berg- Health Information Management, Routledge
2. A. Ashokan, Perspectives of Health Economics, Serial Publications, New Delhi
3. David Haber-Health Promotion and Ageing, Springer Publishing Company 2007
4. Christine Stephens-Health Promotion, A Psychological Approach, Mc Graw Hills 2008



SEMESTER – IV

Paper I: MPHT 401-Community Geriatrics and Mental Health

L T P
Periods/Weeks:- 5 0 0

Objective:- To understand the proper scenario and concept of the community geriatrics and its role & importance. To study the perspectives of the 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 Obstructers
- 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:

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



Paper II: MPHT 402-Cultural Dimensions of Health and Diseases

L T P
Periods/Weeks:- 5 0 0

Objective:- To study the basic concept, role and importance of the cultural dimensions of health and disease. To get the proper knowledge of health and disease.

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:

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



Paper III: MPHT 403 Personality and Psycho-somatic Factors of Health

L T P
Periods/Weeks:- 5 0 0

Objective: To understand the stages, concept and importance of the personality development in the human. To study the basic of the psycho-somatic factors of the 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:

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



Paper-IV: MPHT 404-Counselling: Concept, Meaning and Fields

L T P

Periods/Weeks:- 5 0 0

Objective:- To understand the brief concept, meaning and importance of counselling. To study the clinical psychology, social psychology and the counselling 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
- Counselling as a helping relationship
- Counselling as a solution to human problem
- Case Study – Concept, meaning and Relevance
- Difference between Counselling, psychotherapy & Social Case Work

Unit-III

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

Unit-IV

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

Books:

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



10. Sundberg N.D. Tyler L.E.-Clinical Psychology

Paper-V: MPHT 405-Transactional Analysis and Psychotherapy

L T P

Periods/Weeks:- 5 0 0

Objective:- To understand the brief analysis of Psychotherapy, its meaning, objectives and techniques used. To study the approaches and the evaluation of 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:

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



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