Course Contents

I. CONCEPTS OF HEALTH AND DISEASE

Course Contents	Must Know	Desirable to know
1. Definition, concepts & evolution (history) of Public Health.	☑	
2. Definition of health, holistic concepts of health including concept of spiritual health, *appreciation of health as a relative concept*, dimensions & determinants of health.	☑	
3. Characteristics of agent, host and environmental factors in health and disease and the multi factorial etiology of disease.	☑	
4. Understanding the concept of prevention & control of disease.	☑	
5. Understanding the natural history of disease and application of interventions at various levels of prevention.	☑	
6. Introduction to various health indicators.	☑	
7. Health profile of India- already in chapter XIV.		

II. SOCIAL AND BEHAVIOURAL SCIENCES

1. Concept of Sociology & Behavioral Science, Clinico-socio-cultural and demographic evaluation of the individual, family and community.	☑	
2. Assessment of barriers to good health and health seeking behaviour.	☑	
3. Role of family in health and disease	☑	
4. Socio-cultural factors related to health and disease in the context of urban and rural societies.	☑	
5. Assessment of Socioeconomic status, effect of health & illness on socioeconomic status	☑	
6. Doctor-patient relationship.	☑	
7. Social psychology, Community behaviour and community relationship, Hospital Sociology *psychology*		☑
8. Social Security		☑
9. Impact of urbanization on health and disease- will be covered in chapter XIII.		

III. ENVIRONMENT AND HEALTH

1. Water: Concepts of safe and wholesome water, sanitary sources of water, waterborne diseases, water purification process. *water quality standards.*	☑	
2. Physical, chemical & bacteriological standards of drinking water quality and tests for assessing bacteriological quality of water.	☑	shifted
3. Health hazards of air, water, noise, radiation pollution.	☑	
4. Concepts of water conservation, rainwater harvesting & Global warming.		☑
5. Concepts of solid waste, human excreta and sewage disposal.	☑	
6. Awareness of standards of housing and the effect of housing on health.	☑	
8. Role of vectors in the causation of diseases.	☑	
9. Identifying features of vectors and their control measures.	☑	
10. Life cycles of vectors and advantages and limitations of various vector control measures.	☑	shifted
11. Mode of action, application cycle of commonly used insecticides and rodenticides.		☑

IV. HEALTH PROMOTION AND EDUCATION / COMMUNICATION FOR BEHAVIOURAL CHANGE

(INFORMATION, EDUCATION, COMMUNICATION)

a. Understand the concepts of Health promotion and Education, IEC, Behavioural change communication, Counseling.	☑	
b. Principles & methods of health promotion and education.	☑	
c. Barriers to effective communication and methods to overcome them.	☑	
d. Various methods of health education with their advantages and limitations.	☑	
e. Organizing health promotion and education activities at individual, family and community settings.	☑	
f. Evaluation of health promotion and education programme.		☑

V. NUTRITION

1. Common sources of various nutrients and special nutritional requirements according to age, sex, activity, physiological conditions.	☑	
2. Nutritional assessment of individual, families and the community by using appropriate method such as: anthropometrics, clinical examination etc.	☑	
3. Plan and recommend a suitable diet for the individuals and families as per local availability of foods and economic status, etc.	☑	
4. Common nutrition related health disorders (like protein energy malnutrition, obesity, vitamin A deficiency, anemia, iodine deficiency, fluorosis, food toxin diseases) and their control and management.	☑	
5. Food fortification, additives and adulteration, food hygiene	☑	
6. Social and cultural factors in nutrition and health	☑	
7. Important National Nutritional Programmes.	☑	
8. National Nutrition policy		☑
9. Nutritional surveillance, education and rehabilitation.		☑

VI. OCCUPATIONAL HEALTH

1. Relate the history of symptoms with specific occupations including agricultural related occupation.	☑	
2. Employees State Insurance Act. *scheme.*	☑	
3. Specific occupational health hazards, their risk factors and its preventive measures.	☑	
4. Concepts of ergonomics	☑	
5. Diagnostic criteria of various occupational related diseases.	☑	shifted
6. Other legislations related to occupational health.		☑

VII. BIO-STATISTICS

a. Collection, classification, analysis, interpretation and presentation of statistical data.	☑	
b. Application of statistical methods in various study designs.	☑	

c. Common sampling techniques, simple statistical methods, frequency distribution, measures of central tendency and dispersion. d. Applying common tests of significance in various study designs e. Use of life tables.	☑ ☑ shifted	 ☑

VIII. BASIC EPIDEMIOLOGY

1. Epidemiology: definition, concepts, uses and its role in health and disease.	☑	
2. Use of basic epidemiological tools to make a community diagnosis of the health situation, in orders to formulate appropriate intervention measures.	☑	
3. Definition of the terms used in describing disease transmission and control.	☑	
4. Modes of transmission and measures for prevention and control of communicable and non-communicable diseases.	☑	
5. General principles of prevention and control of communicable, non communicable diseases and other health conditions of public health importance.	☑	
6. Principal sources of epidemiological data.	☑	
7. Definition, calculation and interpretation of morbidity and mortality indicators	☑	
8. Screening of health related attributes & diseases. *Need, uses and evaluation of screening tests.*	☑	
9. Investigation of an epidemic of communicable disease and to understand the principals of control measures.	☑	
10. Epidemiological study designs & Research Methodologies.	☑	
11. Concept of association, causation and biases.	☑	
12. Application of computers in epidemiology.	☑	

IX. EPIDEMIOLOGY OF SPECIFIC DISEASES: COMMUNICABLE & NON-COMMUNICABLE

Communicable and non-communicable diseases of public health importance, relevant to the region, for which National Disease Control/ Eradication Programmes have been formulated.