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SYLLABUS

MASTER OF PUBLIC HEALTH

NEP-2020

SESSION -2023-24

DEPARTMENT OF SOCIAL WORK
DR. RAMMANOHAR LOHIA AVADH UNIVERSITY,
AYODHYA

2023-24

S. B. Chaturvedi



DR. RAM MANOHAR LOHIA AVADH UNIVERSITY, AYODHYA

Structure of Syllabus for the

Program: M.A., Subject:- Master of Public Health

Structure of Syllabus Developed by

Name of BoS Convener/ BoS Member	Designation	Department	College/ University
Dr. Dinesh Kumar Singh	Convener	Department of Social Work	Dr. Ram Manohar Lohia Avadh University, Ayodhya
Prof. Anoop Kumar Bhartiya	Member	Department of Social Work	University of Lucknow, Lucknow
Dr. A.B. Singh	Member	Department of Social Work	BHU Varanasi

Course Code		Course Title	Credits	T/P	Evaluation	
A	B	C	D	E	CIE	ETE
SEMESTER I (YEAR I)						
	CORE	INTRODUCTION TO PUBLIC HEALTH AND HEALTH INFORMATION	5	T	25	75
	CORE	COMMUNITY HEALTH	5	T	25	75
	CORE	NUTRITIONAL CONCEPT OF HEALTH	5	T	25	75
	FIRST ELECTIVE (Select any one)	GENETICS AND HEALTH	5	T	25	75
		HUMAN RESOURCE AND MANAGEMENT	5	T	25	75
	SECOND ELECTIVE (Select any one)	FIELD WORK	5	P	50	50
		VIVA VOCE PRACTICUM	5	P	50	50
		SEMESTER TOTAL	25			
SEMESTER II (YEAR I)						
	CORE	HUMAN ANATOMY AND PHYSIOLOGY	5	T	25	75
	CORE	ENVIRONMENTAL HEALTH AND SANITATION	5	T	25	75
	CORE	SOCIAL WORK AND COMMUNITY MEDICINE	5	T	25	75
	THIRD ELECTIVE (Select any one)	MENTAL HEALTH AND PERSONALITY DISORDER	5	T	25	75
		COORPORATE COMMUNICATION	5	T	25	75
	FOURTH ELECTIVE (Select any one)	BLOCK FIELD WORK (45 DAYS INTERNSHIP AT ANY NGO)	5	T/P	50	50
		FIELD WORK VIVA VOCE	5	P	50	50
		SEMESTER TOTAL	25			
SEMESTER III (YEAR II)						
	CORE	DEMOGRAPHY AND HYGEINE	5	T	25	75

Dr. D.K. Singh

S. Chandra

	CORE	COMMUNICABLE AND NON COMMUNICABLE DISEASE	5	T	25	75
	CORE	HUMAN BEHAVIOR AND YOGA	5	T	25	75
	FIFTH ELECTIVE (Select any one)	DIETARY MANAGEMENT AND DISEASE	5	T	25	75
		HOSPITAL MANAGEMENT	5	T	25	75
	SIXTH ELECTIVE (Select any one)	FIELD WORK (ANY 4 HEALTH ORGANIZATION) AND STUDY TOUR	5	T/P	25	75
		VIVA VOCE PRACTICUM	5	P	50	50
		SEMESTER TOTAL	25			
SEMESTER IV (YEAR II)						
	CORE	EPIDEMIOLOGY AND MEDICO SOCIAL ETHICS	5	T	25	75
	CORE	RESEARCH AND COMPUTER	5	T	25	75
	SEVENTH ELECTIVE (Select any one)	PSYCHOPATHY AND COUNSELING	5	T	25	75
		PSYCHO SOMATIC FACTORS OF HEALTH	5	T	25	75
	RESEARCH PROJECT/ DISSERTATION	DISSERTATION	10	P		100
		SEMESTER TOTAL	25			

NOTE:

1. Do not mark any Code/Information in Column-A, it will be indorsed by the University.
2. T/P in Column-E stands for **Theory/Practical**.
3. CIE in Column-F stands for '**Continuous Internal Evaluation**' and depicts the maximum internal marks. Respective examination will be conducted by subject teacher.
4. ETE in Column-G stands for '**External Evaluation**' and depicts the maximum external marks. Respective Examination will be conducted by the University.
5. Column-B defines the nature of course/paper. The word **CORE** herein stands for **Compulsory Subject Paper**.
6. Column-D depicts the credits assigned for the corresponding course/paper.
7. **First Elective:** It will be a Subject Elective. Students may select one of the two subject papers under this category.
8. **Second Elective:** It will designate a Practical Paper or equivalently a Field Visit or Project Presentation. In case of Field Visit, student is required to submit a detailed report of the visit for the purpose of evaluation. The report should include the observational features and benefits of the visit. In case of Project Presentation, the student may be assigned to go for a survey/practical or theoretical project/assignment or seminar with presentation.
9. **Third Elective:** It will be a Subject Elective. Students may select one of the two subject papers under this category.
10. **Fourth Elective:** It will accommodate a practical paper or Industrial Training or Project Presentation. In case of Industrial Training, student may be allowed for the summer training and is required to submit a detailed training report including training certificate for the evaluation.
11. **Fifth Elective:** It will be a Subject Elective. Students may select one of the two subject papers under this category.
12. **Sixth Elective:** It will be a Practical Paper or equivalently a Project Presentation based on Study Tour/Survey/ Seminar/ Assignment. In case of Project Presentation, student has to submit an exhaustive report on respective topic and to face an open presentation for the evaluation.
13. **Seventh Elective:** It will be a Subject Elective. Students may select one of the two subject papers under this category.
14. There will be a Major Research Project or equivalently a research-oriented Dissertation in Semester-IV. The student straight away will be awarded 05 credits if he publishes a research paper on the topic of Research Project or Dissertation.
15. Methodology for the practical examination and examiner appointment will be governed by the Clause-13 of the NEP Guideline of RMLAU dated 27-06-2022 except the marks distribution for continuous internal evaluation and external evaluation.
16. The Hon'ble conveners may take flexibility to rearrange the credits of the papers as 4/5/6 as per need, but within the limit of 25 credits assigned for each semester.

2023

S. B. Chaturvedi

SEMESTER-I

CORE PAPER

Paper-I

INTRODUCTION TO PUBLIC HEALTH AND HEALTH INFORMATION

Unit-I

Public Health in Vedic Periods
Growth and Development of Public Health in India
Indian Health and Medical system in Ancient India
Philosophy of Public health in India
Charak Samhita

Unit- II

Public Health : Concept, Definition & objection
Dimensions and Determinants of Public Health
Recent Development in Public Health and Future direction of Public Health
Current Concerns in Public Health Global and Local
Approaches of Public Health

Unit- III

History of Public Health and evolution of public Health in India
Core Function and Scope of Public Health
New Horizons in Public Health
Rise of Public Health
Principle of Public Health

Unit-IV

Indicators of Public Health
Current status of Public Health in India
Federation of Public Health Associations in India
Changing Concept in Public Health
Role of Print and Electronic Media in Public Health

Dr. S. S. S. S. S. S.

SEMESTER-I
CORE PAPER
Paper-II
COMMUNITY HEALTH

Unit-I

Community Health: Meaning, Definitions, Objectives, Goals
Responsibilities of Community Health
Community Treatment

Unit-II

Evolution of Community Health
Community Diagnosis
Principles of Community Health

Unit- III

Philosophy of Community
Health Behavior
Difference between Community Health and Public Health

Unit- IV

Approaches of Community Health
History of Community Health in India
Changing concept in Community Health

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SEMESTER-I
CORE PAPER
Paper-III
NUTRITIONAL CONCEPT OF HEALTH

Unit -I

Food and Functions-Definitions Physical Function Biological Function
Psychological Function
Social and Spiritual Function

Unit- II

Nutrient and Nutrition Definitions Macro Nutrients Micro Nutrients
Nutritional and Values

Unit -III

Balanced Diet
Malnutrition
Hypo and Hypo Nutrition
Traditional and Modern Dietary System
Nutritional Deficiency Disorders

Unit-IV

Urban Pattern of Diet
Rural and Tribal Patterns of Diet Geographical Pattern of Diet
Junk Food (Modern Age Food)
Organic Food Designer Food



SEMESTER-I
ELECTIVE COURSE
PAPER-IV
Section (A)
GENETICS AND HEALTH

Unit-I

Genetics- Meaning and Definitions

DNA

Genome

Chromosomes

Genes

Unit-II

History of Genetics

Human Genetics sex Linkage, Crossing over

Hereditary Concept

Unit-III

Principles of Heredity

Genetic Diseases

Genetic Testing Concept Ethical Legal and Social Issues

Unit-IV

Genetics and Health

Genetic Counseling

Genetics and Awareness



SEMESTER-I
ELECTIVE PAPER

Paper-IV

Section (B)

HUMAN RESOURCE AND MANAGEMENT

Unit -I

Human Resource Management: Concept, Evolution, Philosophy, Significance, Objectives, Scope, Principles and Functions

Human Resource Manager: Role and Responsibilities

Unit -II

Human Resource Planning: Forecasting and Requirement, Selection, Induction and Training

Promotion and Transfer

Unit -III

Job Analysis

Job Evaluation

Performance Appraisal

Discipline

Wages and Salary Administration

Unit -IV

Participative Management: Concept, Objectives and Scope

Approaches to Participation: Socialistic, Gandhian and Eletic

Workers Participation in Management in India

Emerging Perspective on Human Resource Management



SEMESTER-II

CORE PAPER

Paper- I

HUMAN ANATOMY AND PHYSIOLOGY

Unit-I

Human Anatomy and Physiology -Concept and Definitions Importance of Anatomy and Physiology study

Psyche of Human Being

Unit-II

Morphology of Human Being

Upper and Lower Extremities

Trunk Region

Head

Unit II

Cell

Tissue

Organ

Nervous

Unit- IV

Skeleton System

Digestive system

Reproductive System

Endocrine System

Respiratory System

Circulatory System



SEMESTER-II
CORE PAPER
Paper-II
ENVIRONMENTAL HEALTH AND SANITATION

Unit-I

Introduction to Environmental Health Issues
Environmental Health Issues of India
Sanitation status and options in India
Environmental Impacts on Human Health

Unit-II

Water Pollution -Definitions, Impact
Drinking water Quality situation in India *Pesticides and Fertilizers
Present Drinking water Treatment Practices *Water Supply Agencies, their capacity
and Performa

Unit-III

Air Pollution-Definitions, Impact
Present Status of Air Pollution in India *Health Effects of Air Pollution
Air Pollution Control Devices

Unit-IV

Health and Environment
Climate Change and its Effect on Health
Natural Disaster Management
Environmental Policy and law
Waste Management



SEMESTER-II
CORE PAPER
Paper-III
SOCIAL WORK AND COMMUNITY MEDICINE

Unit-I

Social Work Meaning Objectives and Scope
Role and Function of Social Work
Value of Social Work
Methods of Social Work

Unit-II

Concept of Social Work Relating to Health
Social Work and Public Health
Social Medicine
Health and Social Services

Unit-III

Community Medicine: Meaning, Definition and Objectives
History of Community Medicine
Goal of Community Medicine
Family and Community Medicine

Unit- IV

Health and Community Medicine
Social Control of Medicine
Industrialization and Health
Identification of Social Factors in Relating to Health

ASNB

SEMESTER-II
Elective course
Paper-IV
Section (A)
MENTAL HEALTH AND PERSONALITY DISORDERS

Unit -I

Major Mental Disorders: Psychosis-Schizophrenia, Paranoia, Manic Depression, Involution Melancholia, Bi polar Disorder and Phobic Disorder

Treatment of Psychotic Disorders and Role of Psychiatric Social Workers

National Mental Health Program.

National Mental Health Act.

Unit -II

Minor Mental Disorders: Psychoneurosis- Anxiety Reaction, Hysteria, Neurasthenia, Obsession and Compulsion, Phobia.

Approaches of Mental Health.

Models of Mental health.

Disaster and Mental Health.

Unit -III

Personality Disorders: Meaning Nature, Causes & Symptoms.

Models and principles of personality disorder.

Clinic picture of personality Disorders.

Unit -IV

Types of Personality Disorders: Schizoid, Schizotypal, Narcissistic, Anti-Social, Borderline, Avoidance, Dependent and Obsessive Compulsive

Treatment of Personality Disorder and Role of Psychiatric Social Work in personality Disorder.

Psychopathology.



SEMESTER-II
Elective Course
Paper-IV
Section (B)
CORPORATE COMMUNICATION

Unit -I

Corporate Communication: Concept, Objectives and Significance.

Designing communication plans and Understanding Publics.

Tools and strategies of image projection.

Business aspect of a News paper.

Unit -II

Ethics and laws in corporate communication.

Role and Scope of corporate communication.

Difference and Similarities between Public relation and corporate communication.

Areas of strategic thinking in corporate communication.

Unit -III

Editorial Management: organizational set-up

Editorial department

Function of Editor : Management Editor, News Editor and other Senior members.

Unit -IV

Commencing Newspaper Publication.

Pre-publication Exercises.

Organization set up of a newspaper/magazine and electronic channel ownership patterns.

Management in Media : Definition and Concept Principal of management.

Needs and Importance of Management



SEMESTER-III

CORE PAPER

Paper- I

DEMOGRAPHY AND HYGIENE

Unit-I

Demography-Definitions and cycle
Demographic Trends in India
Characteristics of Indian Population
Population Composition

Unit-II

Fertility and Mortality
National sample survey
Migration Meaning, Types and factors
Population Composition: Age, Sex, Religion, Caste Education, Language, Income

Unit-III

Population Growth in India
History of Population growth in India.
National Population Policy,
Population Control Measures
Optimum and Malthus Theory of Population

Unit-IV

Hygiene-Concept, Definition, objectives.
Personal and Social Cleaning Practices
Oral hygiene, Medical hygiene, sleep hygiene occupational hygiene, excessive hygiene.
Safe and Responsible Sex



SEMESTER-III

CORE PAPER

Paper –II

COMMUNICABLE AND NON COMMUNICABLE DISEASE

Unit-I

Introduction about Communicable Disease
Chicken Pox
Typhoid
Malaria
Diarrhoeal Disease
Filaria
Hepatitis

Unit-II

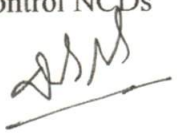
Plague
Tetanus
Polio Myelites
Measles
Diphtheria
Tuberculosis
Rabies

Unit-III

Introduction to NCDs
Causes and Symptoms
Hypertension
Diabetes
Cardiovascular diseases

Unit-IV

Cancer
Blindness
Accidents
Tobacco related illnesses
Tobacco Control
Prevention and Control NCDs



SEMESTER-III

CORE PAPER

Paper-III

HUMAN BEHAVIOR AND YOGA

Unit-I

Human Behavior Concept and Characteristics
Behavior Problems in Different Stages of Personality Development
Concept of Normal and Abnormal Behavior
Causes of Abnormal Behavior

Unit-II

Symptoms of Abnormal Behavior
Psychosis
Psychoneurosis
Treatment of Psychoneurosis

Unit-III

Theories and Models of Abnormal Behavior
Defense Mechanism
Stress and stress related Diseases
Management of Mental Disorders

Unit-IV

Yoga- Concept, Types, Scopes and Importance, Historical Development of Yoga in India.
Yoga Relation with Public Health
Approaches of Yoga
Methods and benefits of Asans, Prannayama and Concentration.

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SEMESTER-III
ELECTIVE PAPER
Paper-IV
DIETARY MANAGEMENT OF DISEASES

Unit-I

Preventive and Curative Diet Planning
Concept and Philosophy
Principles and Theory
Diet Planning in Disease
According to Income Group
According to Age Group
According to Gender
According to Available food Source

Unit-II


Dietary Management in Nutritional and Preventive Health Care
Concept and Application
Diet in Fever and Diarrhea
Dietary Management in Coronary Heart Disease and Diabetes
Dietary Management of Pregnant, Lactating Mothers
Dietary Management of children under 5 yrs. Age group

Unit-III

Community Nutritional Care
Concept and Philosophy
Principles of Nutritional Care
Role of Health Worker in Nutritional Care
Qualification and Disqualification of Health Worker

Unit-IV

Dietary Management in gastrointestinal Tract
Dietary Management in Liver, Gal Bladder Pancreatic Disorder
Dietary Management in Genitourinary System
Dietary Management in Musculoskeletal System



SEMESTER-III
Elective Course
Paper-IV
HOSPITAL MANAGEMENT

Unit-I

Management-Definition, Scope and Importance
Principles of Management
Functions of Management
Planning and Organization of Hospital

Unit-II

Health Care Management
Evolution of Health Care System in India
Present Health Care Services in India
Patient Care Introduction

Unit-III

Hospital Administration
Role of Medical Superintendent
Role of Hospital Administrator.
Resident Medical Officer
Night Duty Executive

Unit-IV

Clinical Departments
Out Patient Departments (OPD)
Types of Patient of OPD
ECG, CT, MRI, USG, PET scan



SEMESTER-IV

CORE PAPER

Paper-I

EPIDEMIOLOGY AND MEDICO SOCIAL ETHICS

Unit-I

Epidemiology-Concept and Definition

Epidemiological Approach

Mode of Disease Transmission

Unit-II

Descriptive Epidemiology

Majors of Disease Frequency

Comparison in time person and place

Ecological studies

Unit-III

Analytical Epidemiology

Cross Sectional and Prevalence studies

Experimental Studies and clinical Trails

Principles of Screening

Unit-IV

Drug Policy in India

Types of Drugs

Spurious Drug

Life Saving Drugs as per WHO

Medical Termination of Pregnancy Act

Drug and Cosmetic Act

COPPA-2003

Bio Medical Waste Disposal Act

Pre-conception and Pre-Natal Diagnostic Techniques Act, 1994



SEMESTER-IV
CORE PAPER
Paper-II
RESEARCH AND COMPUTER APPLICATION

Unit-I

Social Research-Concept, Nature, Scope and Steps
Hypothesis-Concept and Significance
Research Design-Concept and Types
Sampling-Concept and Types

Unit-II

Sources of Data Collection
Tools of Data Collection
Methods of Data Collection
Processing of Data, Report Writing
Measurement of Centre Tendency: Mean, Median and Mode, Correlation, Chi Test,
T- Test

Unit-III

Fundamentals of Computer
Hardware and Software
History of Computer
Types of Computer

Unit-IV

MS Office: MS Word, MS Excel, MS Access, MS Powerpoint
E-resource, E-Service, SPSS, Spreadsheet
Data Base Management System



SEMESTER-IV
CORE PAPER
Paper-III
PSYCHOPATHY AND COUNSELING

Unit-I

Psychotherapy: Meaning, Objectives, Level, Techniques, Models
SWOT Analysis
Self-Development

Unit-II

Clinical Psychology
Difference between Psychotherapy and social case work
Social Psychology

Unit-III

Counseling: Concept, Definition, Goals, Assumptions, Relevance
Principles and skills of counseling
Historical Growth of Counseling Movement in India and Abroad
Recent Trends of Counseling

Unit-IV

Special area in Counseling: Family, Children, Parents, Adolescents, Delinquent,
Counseling for HIV/AIDS
Marriage, Premarital, Drug, Addicts, Education, Career etc., Problems of Counselor



SEMESTER-IV

Paper-IV

PSYCHO SOMATIC FACTORS OF HEALTH

Unit- I

Psycho-Somatic Factors of Illness: Psycho-Somatic Diagnosis- Meaning And Importance; Steps in Psycho-Somatic Diagnostic; Diagnosis Aids; Psycho-Somatic Medicine; Types, Importance, Methods of Application; Common Physical Diseases And Role of Medical Social Worker

Unit-II

Health Care System in India: Structure, Changing Concepts of Health Care; Health Care Services: Public Sector, Private Sector, community Health Centers.

NRHM and NHM

Historical Development of Healthcare in India.

Unit- III

Health And Committees: Bhole Committee, Mudaliar Committee, Chadha Committee, Mukherjee Committee, Kartar Singh Committee, Sriyastava Committee; National Health Programmes: Malaria Eradication Programme, Tuberculosis Control Programme, STD Control Programme and Immunization Programme

Unit-IV

Yoga And Health: Application of Yoga In The Treatment of Physical Disease Like- High Blood Pressure, Diabetes, Jaundice, T.B., Communicable and Non communicable Diseases : Meaning Concept, Causes, types, symptoms, treatment.



MPH Books Recommended

- Surendra Singh, P D Mishra- Health and Disease: Dynamics and Dimensions, New Royal Book Company
- Mary Jane Schhneider Introduction to Public Health Janes and Bartlett Publisher, USA
- Sundal Lal, Adarsh- Testbook of Community Medicine, CBS Publishers, New Delhi
- Ravi Shakar - Human Genetics Modern approach, cyber Tech Publication
- Mukesh Mittal - Diet Nutrition and Health, Aadi Publication
- Zachary Chastion-Nutrition and Society, Alpha House Publishing New York
- P D Mishra-Social Work, Philosophy and Methods
- D P Sharon- Social Work and Community Parctice, AppleAcademic Press
- P K Majumdar- india's Demography, Rowat Publication
- Ray M Merrill-Introduction to Epidemiology, Jones and BartlettPublication
- Upendra Bhakta- Abrirmal Psychology, Random Publication, NewDelhi
- S S Khanka- Human Resource Management, S Chand CompanyPvt Ltd , New Delhi
- R H Cassen India, Population, Economy and SocietyW J Goode- Methods in Social Research
- H Y Siddiqui- Working with Communities: An Introduction tocommunity Work
- K J Rothman- Modern epidemiology, Little Brown and Company, Boston
- Budha deb Chaudhari- Culture and Environmental Dimentions on Health, Inter India Publication, New Delhi
- Denton- Medical sociology, Moffillin Company, Houston
- Peter Cox- Demography, Cambridge University Press, UK