

Semester: I
Core Course

1. Course Code & Title: MPC 51 01 & Introduction to Public Health Practice, Training and Research

Credits: 3

Course objectives:

This course aims to help students to get oriented to the postgraduate level program in public health. This course will serve as a warm up to all the core courses of public health. It will orient the students to understand the difference between individual and collective perspectives of health and the interdisciplinary nature of public health learning.

Course outcomes:

On successful completion of the course, students will be able to:

1. Understand the principles and concepts of public health
2. Understand the determinants of health and identify areas of socio-cultural intervention to promote health
3. Understand the indicators of health and measure outcomes of health and disease in a community
4. Identify levels of prevention and intervene each of them appropriately
5. Understand health is the crux of development
6. Understand the public health relevance in disaster management and strategies involved in disaster management.

Teaching methods:

This course will be delivered through classroom and online lectures, self-study, case studies, written assignment, quiz, field visit and group work.

Units and Topics	Teaching Methods								Mandatory Readings
	L	F W	F V	C S	G W	S S	S P	P	
Unit-I: Introduction, Definitions & General Concepts in Public Health & Community Medicine									
Definition of Public Health, core functions and changing concepts of public health	X					X			Introduction to Public Health eBook Mary Louise Fleming, Elizabeth Parker Elsevier Health Sciences, 24-Jul-2015 K. Park. Preventive and Social Medicine
Health: Definition, Concepts and dimensions	X					X			
Concept of well-being- Standard of living. Level of living, Quality of Life, Physical Quality of Life Index, Human Development Index	X		X			X			

Determinants of Health- Biological, Behavioral and Sociocultural conditions, Environment and other factors	X										
Measuring the Level of Health in a Population: Epidemiological Measures (Indicators) of Health and Disease in a Community					X						
Unit-II: History of Public Health											
Ancient Medicine	X										
Revival of medicine, sanitary awakening, rise of public health, modern medicine-curative medicine, preventive medicine, social medicine	X				X						
Unit-III: Theories of Disease Causation, Natural History of Disease & Levels of Prevention											
Concept of Disease and Causation	X			X							
Causation and Sir Austin Bradford Hills Criteria										X	
Natural History of Disease	X										
Levels of Prevention- Primordial, Primary, Secondary and Tertiary Prevention	X										
										Ali, A., & Katz, D. L. (2015). Disease Prevention and Health Promotion: How Integrative Medicine Fits. American journal of preventive medicine, 49(5 Suppl 3), S230–S240. https://doi.org/10.1016/j.amepre.2015.07.019	

Modes of intervention- Health promotion, Specific Protection, Early diagnosis and treatment, Disability limitation and Rehabilitation.	X							X	
Unit-IV: Health care Revolution									
Philosophy Behind “Health for All (HFA)”, “Primary Health Care (PHC)” & “Millennium Development Goals (MDGs), Sustainable development goals	X							X	https://www.un.org/millenniumgoals/ Singh, A. R., & Singh, S. A. (2004). The goal: health for all the commitment: all for health. Menssana monographs, 2(1), 97–110.
Changing pattern of disease globally								X	X
Unit-V: State health in the world: Disparities and divides									
Social determinants of health	X							X	Orach C. G. (2009). Health equity: challenges in low income countries. African health sciences, 9 Suppl 2(Suppl 2), S49–S51. Cowling, K., Dandona, R., & Dandona, L. (2014). Social determinants of health in India: progress and inequities across states. International journal for equity in health, 13, 88. https://doi.org/10.1186/s12939-014-0088-0

Health and Development; Health in All Policies	X						X		Key learning on Health in All Policies implementation from around the world – Information Brochure. Geneva, Switzerland: World Health Organization; 2018
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Communication skills, Professional and Academic Integrity

Day	Topic	Classroom/Take-home assignments/ Hands on Training	Suggested Reading Materials
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1	<p>Introduction to Communication and listening skills</p> <ul style="list-style-type: none"> - Meaning, Nature, Importance and Purpose of Communication to public health professionals, - Types of Communication and Process of Communication - Communication Network in an Organization - Strategy for Effective Communication - Verbal and Non-Verbal Communication - Barriers to Communication, - Essentials of Good Communication - Types of listening, tips for effectively listening - Academic listening - Listening to talks and presentation 	Lecture, group work and self-study	<ol style="list-style-type: none"> 1. Sen, L. (2007). <i>Communication skills</i>. PHI Learning Pvt. Ltd... (Chapter 1 &2) 2. Akilandeswari, V., Kumar, A. D., Pavithra, M., Mariyam, A. T., & Banu, J. N. Elements of effective communication 3. Prasad, P. (2009). <i>Professional Communication</i>. SK Kataria and Sons.
2	<p>Speaking and Presentation Skills in English</p> <ul style="list-style-type: none"> - Interpersonal and Intrapersonal Communication - Making PowerPoint deck and delivering presentation - Skills for handling questions/queries in presentation - Public Speaking - Telephonic and Skype conversation 	<p>Lecture and classroom activities on:-</p> <ul style="list-style-type: none"> - Greeting and self-introduction. - Practicing Short Dialogues. - Group Discussions, Seminars/Paper-Presentations. 	<ol style="list-style-type: none"> 1. Bansal, R.K. and J.B. Harrison. Spoken English, Orient Language.

	-	- Listening news/Conversations/Telephonic Conversation	
3 &4.	<p>Effective Writing Skills in English</p> <ul style="list-style-type: none"> - Preparing agenda and writing minutes for meetings - Making notes on Business conversations - E-mail drafting and etiquette - Writing Blogs, concept note and white papers - Proposal writing - Report writing skills - Writing cover letter, CV and effective profiling 	Lecture, classroom based individual writing exercise and group work.	<ol style="list-style-type: none"> 1. Simpson, A. J. (2013). Email English by Paul Emmerson. 2. Weigle, S. C. (2002). <i>Assessing writing</i>. Ernst Klett Sprachen. 3. Innes, J. (2012). <i>The CV Book 2nd edn: Your definitive guide to writing the perfect CV</i>. Pearson UK.

5	<p>Academic Integrity, Plagiarism and Professional Etiquette</p> <ul style="list-style-type: none"> - - Punctuality and attendance - - Appropriate Referencing - Plagiarism prevention and professionalism - Writing references using EndNote Software 	Lecture and Hands on Training on EndNote Software	<ol style="list-style-type: none"> 1. Agrawal, A. (2007). <i>EndNote 1-2-3 easy!/: reference management for the professional</i>. Springer Science & Business Media. 2. Neville, C. (2010). <i>The complete guide to referencing and avoiding plagiarism</i>. McGraw-Hill Education (UK).
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L- Lecture; FW- Field work; FV - Field Visit; CS - Case study; GW- Group work; SS- Self-study; SP- Seminar presentation; P-Practical

Evaluation:

As per CBCS guidelines, this course will be evaluated for 100 marks with a Continuous Evaluation (CA) component of 40 marks and End-Semester Evaluation (ESA) component of 60 marks.

Additional readings:

1. Doyal, L. & Pennell, I. *The Political Economy of Health*. (Pluto Press, 1979).
2. Porter, D. *Health, Civilization and the State: A History of Public Health from Ancient to Modern Times*. (Routledge, 2005).
3. Rosen, G. *A History of Public Health*. (JHU Press, 2015).
4. Harrison, M. *Public Health in British India: Anglo-Indian Preventive Medicine 1859-1914*. (Cambridge University Press, 1994).
5. Goldsteen, R. L., Goldsteen, K. & Dwelle, T. *Introduction to Public Health, Second Edition: Promises and Practice*. (Springer Publishing Company, 2014).
6. Holland, S. *Public Health Ethics*. (Polity, 2007).
7. George, S. *How the Other Half Dies*. (Rowman & Littlefield Publishers, 1989).
8. Coreil, J. *Social and Behavioral Foundations of Public Health*. (SAGE Publications Inc, 2010).
9. Patnaik, U. *The Republic of Hunger and Other Essays*. (Merlin Press, 2007).