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INC SYLLABUS

Theory - 120 hours

Demonstration - 50 hours

Total - 170 hours

Learning objectives:

On completion of the course the student will be able to:

1. Describe the concept of community health, primary health care.
2. Understand health policies, plans and programmes of the country.
3. Understand the concept of community.
4. Appreciate the role of the health team.
5. Demonstrate home visit techniques and practices in the community.
6. Describe structure, function, characteristics and administrative set up of a community.
7. Identify leaders, resources persons, community-based organizations, NGOs and local resources.
8. Identify community health needs and problems.
9. Describe concepts and methods of communication for health information.
10. Describe the purposes, principles and methods of health counseling.

Unit	Time (Hrs.)		Expected outcomes	Contents	Teaching-learning activities
	Th.	Demo			
1.	10		• Define health and explain its dimensions. • List determinants of health. • Define primary health care. • List components of primary health care and their application within a community.	**Concept of Health** • Health and its changing concepts. • Dimensions of health. • Determinants of health. • Primary health care, definition, components, significance community, application.	• Lecture discussion. • Posters.
2.	10		• Describe health concepts and practices of community. • Enumerate health related cultural beliefs and practices.	**Community Health Practices** • Health concepts of people and health care providers. • Health behaviours, beliefs and cultural practices of community. • Ethics and behaviour related to community practices. • Method of home visiting.	• Lecture discussion. • Practice session. • Demonstration.
3.	15	5	• Describe National health problems. • Explain specific health programmes at National, state and community levels.	**Health problems and policies** • Overview of health problems of communities in India. • Trends and development in national health programmes and policies. • National health programmes and its implementation at community level. • Role and functions of Accredited Social health Activists (ASHA), Anganwadi worker, Dai etc.	• Lecture discussion. • Participate in national health and family welfare programs. • Field Visits: Village, Sub center, Primary health center, Community health center.

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4.	10	5	• Explain the organization of health services at different levels • Describe the referral system. • Explain the role of national and international health agencies and non-governmental organisations.	**Health Organization** • Organization of SC, PHC, CHC and district hospital. • Organization of health care delivery system at different levels. • Referral system. • Health agencies: International: WHO, UNICEF, UNFPA, UNDPA, World Bank, FAO, DANIDA, European Commission, Red Cross, US aid, UNESCO, Colombo Plan, ILO, CARE etc. • National: Indian red cross, Indian council for child welfare, Family planning association of India etc. • Non-governmental organizations.	• Lecture discussion. • Field visits to various available organizations.
5.	5	2	• Describe health team with special focus on the ANM/FHW.	**Role of Health Team** • Team concept and functions of the health team. • Role and responsibilities of ANM/FHW • Code of ethics for ANM.	• Lecture discussion. • Observation of activities rendered by the health team members.
6.	10	5	• Describe physical structure of village and urban area. • Identify social groups, organizations and leaders. • Explain administrative set up at the village.	**Structure of Community** • Rural community-characteristics, changes in the village community development, major rural problems. • Urban community-characteristics, changes and adjustments to urban environment, major urban problems. • Village: Physical structure. Administrative set up: • Function of panchayat. • 73rd and 74th amendments to constitution and role of panchayat in health. • Structure of an urban community slum. • Social groups organizations, leaders. • Community resources.	• Lecture discussion. • Field visits: Village mapping, slum mapping, resource mapping. • Drawing of panchayat structure and urban wards. • Listing of formal and informal leaders, groups in the community. • Visit to a village and meet panchayat members, visit block office. List their role in health care.
7.	10	5	• Describe the interaction between different groups and communities within the village. • Describe social traditions and customs in the village.	**Dynamics of Community** • Social processes-individual and process of socialisation. • Interaction between different social groups in the village. • Traditions and customs and their influence on health. • Social stratification: Influence of class, casts and race on health and health practices. • Family and marriage: Types. • Changes and legislations on family and marriage in India marriage acts.	• Lecture discussion. • Interaction with different groups in the village. • Prepare a list of different customs and traditions.

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8.	20	6	• Demonstrate methods of community need assessment.	**Community need Assessment** • Scope and methods of community need assessment. • Survey: Planning preparation of tools: Questionnaires, interview schedules, check list etc. • Community survey: Principles and methods: data collection, conducting interviews, focus group discussions (FGD) and case studies. • Participatory learning for action (PLA). • Analysis of data, preparation of report.	• Lecture discussion. • Preparation of questionnarie. • Field visits/community. • Conduct survey.
9.	20	15	• Explain the concept, principles and methods of communication. • Prepare simple and low cost aids of communication. • Conduct health education.	**Communication methods & media** • Principles, methods and process of communication. • Inter personal relationship (IPR): Communication with different groups and health team members. • Types and use of AV aids. • Use of local folk methods and media for disseminating health messages. • BCC (Behavioural change communication), IEC (Information, Education and Communication): Aims, Scope, concept and approaches. • Teaching learning process, concept, characteristics, steps of learning, characteristics of learner. • Principles, methods of teaching. • Planning of health education activities: • Role and responsibilities of ANM's/Health workers in BCC.	• Lecture discussion. • Demonstration of different methods of communication. • Role/Play. • Prepare health messages using different media and methods. • Preparation of IEC material. • Practice using one folk method. • Preparation of health education plan. • Conduct BCC session. • Evaluate and follow up of health education.
10.	5	5	• Explain concept and principles of counseling. • Describe the technique of counseling. • Describe role of counsellor.	**Counseling** • Concept, Principles and techniques of counseling. • Identifying needs and areas for counseling in the community. • Role of counselor. • Role of ANM/Female Health worker as counselor.	• Lecture discussion. • Conduct counseling session and follow up.
11.	5	2	• State health conditions where rehabilitation is required. • List the various resources available in a community.	**Community based rehabilitation** • Health conditions needing rehabilitation. • Community resources available. • Educate individuals, family and community.	• Lecture discussion. • Case discussion.

Suggested Activities for Evaluation

- Health organizational chart.
- Return demonstration of home visit.
- Field visits.
- Preparation of IEC material.
- Demonstration of counseling technique.
- Village mapping.
- Community survey.