

Sr .no	Paper no.	Subjects	Min Pass marks	Max marks
1	1	Anatomy, Physiology, Microbiology, Health and Hygiene, General care of sick, Behavioural Science.	50	100
2	2	Introduction to public health and nutrition, health problems in India ,Nutritional health, factor affecting health of individual family & community, environmental sanitation.	50	100
3	3	Primary health care & national health programme and planning , family health and community health , communicable diseases and non communicable diseases.	50	100
4	4	MCH & immunization, family planning & family welfare including population education.	50	100
5	5	Communication skills, Audio- visual Aids. Health education, health statistics. Records and reports (M.I.S.)	50	100
6	6	Basics medicines and treatment of minor ailments recommended by W.H.O., first aid and emergency care , mental health, indian system of medicines (ayurvedic and homeopathic)and unani and sidha .	50	100
7	7	Practical and internal assesment	150	300
8	8	6 months training in reputed hospitals.	150	300

PAPER-I

Anatomy & physiology:- Elementary cells and tissues of the body, epithelial tissue, muscular tissue, nervous tissue, Skeletal system, Cardiovascular system, Respiratory system, Digestive system, Urinary system, Central nervous system, Lymphatic system, Endocrine system, Special sense:- Taste, smell, hearing, sight and touch, Nutrition & metabolism and Reproductive system.

Practicals:- Suitable to the above topics with the help of chart and models.

MICROBIOLOGY:- Introduction, microorganisms, collection of samples for bacteriological examination, pathogenic microorganism, path of infections, health hazards in the rural community, role of health workers in control and prevention of health problems.

Hygiene:- Care of the skin, nails and hair, clothing and , care of the mouth and use of comfort devices.

General care of the sick : Needs of patients and principles of care, safe and healthful environment, economy and care of equipments, preparation of the sick unit, personal care of the patient. Admission and discharge of the patient. Pressure areas, nutrition needs and feeding the patients. Dietary needs of the patients,

Medical and Surgical asepsis : Masks, gloves and gowns for surgical use, sterilisation, aseptic technique, preparing the patient for surgery, post –operative care of patients

Behavioural Science:- Self understanding and growth, increasing knowledge and skill, motions and defence mechanism, mental hygiene and health in various stages of life, helping in times of stress, groups team and leadership.

PAPER-II

Introduction to public health:- Concepts of health, nursing , community, community health and development. Responsibilities of health workers. Ethics and behaviour of health worker. Health team. Organisation of health and nursing services , principles of organizing care , in the home , health agencies , clinics , schools and hospitals. , principles of organising care according to the needs and priorities, health and medical problems

Public health and problems in India:- Factors related to family health ,Integrating family services (MCH services),Family life education for parents, nutrition of the family ,introduction of nutrition relation of nutrition to health, foods nutrients and functions of food ,vitamins minerals , vitamins minerals deficiencies ,applied nutrition programme, nutrition education, , **nutrition needs and feeding the patients.**, **Dietary needs of the patient** , healthful environment in the home care of sick, aged person handicapped, home visiting and domiciliary health services , in home Understanding and learning about community, Family structure and activities, urban and rural administrative pattern, social processes, social control(traditions, customs and habits).

Factors affecting health of the individual family and community:- Rural community's characteristics, major rural problems, development of rural communities, urban community and characteristics, social and economical changes in community, How changes affects the community development and health, gathering information about our communities, approach to the community by a student group and making use of information statistics and local resources.

Community environmental sanitation:- Safe water supply, the problems of impure water, protection of water supply and purification methods, use of water in prevention and treatment of illness, disposal of refuse and excreta, methods of disposal of dry refuse, purification of sewage, community education and joint planning for refuse and sewage disposal, food and milk sanitation, diseases caused by contaminated food and milk and specific preventive measures, housing regulation in the community and control of the insects rats and stray dogs.

PAPER-III

Primary health care:- Introduction, management and care of the sick in the community, conditions affecting the ear, eye, respiratory tract, cardio vascular system, digestive system, urinary, endocrine system, neuromuscular system and reproductive system.

Health planning and programmes : Planning for effective health care services, organisation and structure of the health services and related welfare services , supplemental health services and voluntary agencies international health agencies, community development and health programme, health planning and national health programme ,health workers responsibilities in the national programme.

Communicable diseases: introduction to communicable diseases , control and prevention of communicable diseases , care and treatment of patient with infections and communicable diseases , specific communicable diseases and infections (diseases spread from faeces to mouth, diseases spread faeces to skin, droplet or air borne infections, contact infections , insects and animals bites infections, mixed infections and STD.

PAPER-IV

MCH & Immunisation: Child health, growth and development of a child, stages of child life and basic needs, teaching mother about child health needs and priorities, assessment of growth and development, new born, observation and assessment, care of the normal new born at home, management of minor disorders, care of premature baby at home, feeding of infants and children prevention and treatment of common childhood diseases and ailments, agencies for child care and welfare.

Health of the mother: principles of care during the maternity cycle, ante-natal care, action in case of abnormalities of pregnancy, intra-natal care , post –natal care ,health education: diet, exercise, hygiene and family planning, organisation of maternal health care services , training of dais.

Immunisation: Immunity immunisation, care and storage of vaccines ,immunisation schedule, methods of immunisation, immunisation reaction, treatment, and prevention, responsibilities of health workers in immunisation campaigns.

Family planning & family welfare including population education : introduction importance of family planning to the family and community ,aspects of family health and welfare services, contraception and family planning methods, methods requiring medical attention and supervision, national family welfare programme, organising family welfare work, records and reports, supervision of dais and community level workers.

PAPER- V

Communication skills, Audio-Visual Aids, Health Education, Health Statistics:-

Communicating with the community(Introduction to communication, what are the barriers to communication, traditional and modern channels of communication), types of communication, motivation in communication, basic skills for communication, evaluating the effects of communication, health education-communication in health work, principles of teaching, teaching methods, audio-visual and other teaching aids, preparation of low cost A.V.Aids and their use, planning health education activities, identifying community resources for health education, the process of planning and implementing health education, community resources and organisation for health education. Assessing needs and priorities, referral maintenance of supplies, equipments and other facilities, records and reports, patient retained records, admission and discharge of a patient , vital statistics and events, gathering information about our communities, registration of vital statistics and making use of information statistics and local resources.

PAPER-VI

Basic medicines and treatment of minor ailments:- Introduction to pharmacology, administration of drugs, injections and infusions, inhalation and oxygen therapy, local applications and treatments, Eye and ENT treatments, Naso-gastric treatments, Rectal treatments, vaginal Douche and Catheterisation.

First aid and emergency care:- Life saving measures, management of emergency situation, general rules for first aid, observations, examinations, tests, temperature, pulse, respiration, blood pressure, weight and height, history taking physical examination, urine analysis, collection of specimens, X-ray and special tests, dressing and bandages. First aid in the injuries of the skin(wounds, burns and scalds, bites and stings), first aid in injuries to bones, joints and muscles(fractures), transport of casualties, first aid in loss of consciousness, first aid in convulsions and hysteria, first aid in shock, first aid for foreign bodies in the ear, eye, nose and throat, artificial respiration, first aid in asphyxia, first aid in poison.

Mental Health:- Introduction to psychology, mental hygiene and health, self understanding and growth, mental hygiene and health in various stages of life. Mental illness: normal and abnormal behaviour, education for mental hygiene and health, observations of persons with deviate behaviour pattern, early detection of mental disorder. Treatment of the mentally ill and psychiatric emergencies.

Indian system of medicines(Ayurvedic, homeopathy, Unani and sidha).

Practical:

Six month training :