

MANAV BHARTI UNIVERSTY

SYLLABUS

DIPLOMA IN CHILD CARE, OLD AGE CARE & DISABLED CARE 1 YEAR

Syllabus and subjects are same as that of Diploma in surgical assistant: First semester & second semester. But the candidate has been study an additional subject i.e. care of child, old age care and disabled care in each semester whose syllabus given below : -

First aid of child in common diseases

Childhood routine emergencies

Diseases of oldage and their management

Vaccination of Childhood

Various kind of paralysis and their management

Various kind of disabilities acquired or congenital

CONTINUING MEDICAL EDUCATION PROGRAMMS (CMS)

Eligibility: MBBS, BAMS, BUMS, BHMS, DHMS

CERTIFICATE IN GYANE AND OBSTRATICS

Placement: 1 st Year Hours of Instruction

Theory : 150 Hours.

Practical : 650Hours

Total : 800 Hours

Course Description

This course is design to assist students in developing expertise and in depth understanding in the field of Obstetric and Gynecological Nursing. It will help students to appreciate the client as a holistic individual and develop skill to function as an independent midwifery practitioner. It will further enable the student to function as educator, manager and researcher in the field of Obstetric and Gynecological nursing

Objectives

At the end of the course the students will be able to:

1. Appreciate the trends in the field of midwifery, obstetrics and gynaecology as a specialty
2. Describe the population dynamics and indicators of maternal and child health
3. Describe the concepts of biophysical, psychological and spiritual aspects of normal pregnancy, labor and puerperium.
4. Provide comprehensive nursing care to women during reproductive period.
5. Integrate the concepts of family centered nursing care and nursing process approach in obstetric and gynecological nursing.
6. Identify and analyze the deviations from normal birth process and refer appropriately.
7. Describe the pharmacological agents, their effects during pregnancy, child birth, puerperium, lactation and the role of nurse
8. Counsel adolescents, women and families on issues pertaining to pregnancy, child birth and lactation
9. Describe the role of various types of complementary and alternative therapies in obstetric and gynecological nursing
10. Incorporate evidence based nursing practice and identify the areas of research in the field of obstetric and gynecological nursing
11. Describe the recent advancement in contraceptive technology and birth control measures.
12. Appreciate the legal and ethical issues pertaining to obstetric and gynaecological nursing

Course Content

SN UNIT TOPIC THEORY PRACTICALS

1 I Introduction

- Historical and contemporary perspectives
- Epidemiological aspects of maternal and child health
- Magnitude of maternal and child problems
- Issues of maternal and child health: Age, Gender, Sexuality, psycho socio cultural factors
- Preventive obstetrics
- National Health and family welfare programmes related to maternal and child health: health care delivery system National Rural health mission, Role of NGO's
- Theories, models and Approaches applied to midwifery practice.
- Role and scope of midwifery practice: Independent Nurse midwifery practitioner
- Legal and Ethical issues : Code of Ethics and standards of midwifery practice, standing orders
- Evidence based midwifery practice

Research priorities in obstetric and gynecological nursing 15

2 II Human reproduction

- Review of anatomy and physiology of human reproduction system: male and female
- Hormonal cycles
- Embryology
- Genetics, teratology and counseling
- Clinical implications

20

3 III Pregnancy

1. Maternal adaptation : Physiocological , Psychosocial ·Assessment - Maternal and foetal measures Maternal Measures: History taking, examination – General, physical and obstetrical measure , identification of high risk Foetal measure – clinical parameters, biochemical – human estriol, Maternal Serum Alfa Feto protein, Acetyl choline esterase (AchE), Triple Test Amniocentesis, Cordocentesis, chorionic villus sampling (CVS) ·Biophysical – (US IMAGING , Foetal movement count, Ultra Sonography, Cardiotocography, cardiotomography, Non Strss Test (NST), contraction Stress Test (CST) , amnioscopy, foetoscopy
- Radiological examination
 - Interpretation of diagnostic tests and nursing implications
 - Nursing management of the pregnant women, minor disorders of pregnancy and management , preparation for child birth and parenthood, importance of institutional delivery, choice of birth setting , importance and mobilizing of transportation, prenatal counseling . role of nurse and crisis intervention , identification of high risk pregnancy and refer

- Alternative / complementary therapies

SN UNIT TOPIC THEORY PRACTICALS

4 IV Normal Labor and Nursing management :

- Essential factors of labour
- Stages and onset

First stage : Physiology of normal labour

- Use of partograph : principles, use and critical analysis, evidence based studies
- Analgesia and anesthesia in labour
- Nursing management

Second Stage

- Physiology, intrapartum monitoring
- Nursing management
- Resuscitation, immediate newborn care and initiate breast feeding (guidelines of National neonatology forum of India)

Third stage

- Physiology and nursing management

Fourth stage – Observation, critical analysis and Nursing management.

- Various child birth practice: water birth, position change etc
- Evidence based practice in relation to labour intervention

Role of nurse midwifery practitioner

Alternative / complementary therapies

23 +2 2

5 V Normal puerperium and nursing management

- Physiology of puerperium
- Physiology of lactation, lactation management , exclusive breast feeding , Baby friendly hospital

intitative (BFHI)

- Assessment of postnatal women
- Minor discomforts and complication of puerperium
- Management of mothers during puerperium: Postnatal exercises Rooming in, bonding, Warm chain
- Evidence based studies

Role of nurse midwifery practitioner

Alternative / complementary therapies

18 + 1 2

6 VI Normal Newborn

- Physiology and characteristics of normal newborn
- Physical and Behavioral assessment of newborn
- Needs of Newborn
- Essential newborn care: Exclusive breast feeding , Immunization, Hygiene measures, newborn nutrition
- Organization of neonatal care, services(Levels),
Transport, neonatal intensive care unit , organization and management of nursing services in NICU
- Observation and care of newborn Parenting process

18 2

SN UNIT TOPIC THEORY PRACTICALS

7 VII Pharmoco dynamics in obstetrics

- Drugs used in pregnancy, labour, post partum and newborn
 - Calculation of drugs dose and administration
 - Effects of drugs used
 - Anesthesia and analgesia in obstetrics
 - Roles and responsibilities of midwifery nurse practitioner
- Standing orders and protocols and use of selected life saving drugs and interventions of obstetric emergencies approved by the MOHFW

10

8 VIII Family welfare services

- Population dynamics
- Demography trends: vital statistics, calculation of indicators especially maternal and neonatal mortality rates and problems and other health problems
- Recent advancement in contraceptive technology Role of nurses in family welfare programmes in all setting
- Role of independent nurse midwifery practitioner
- Family life education
- Evidence based studies
- Information , Education and Communication (IEC)
- Management information and evaluation system (MIES)

o Teaching and supervision of health team members

8 2

(VISIT

TO IEC)

9 IX Infertility

- Primary and secondary causes
- Diagnostic procedures
- Counseling: ethical and legal aspects of assisted reproductive technology (ART)
- Recent advancement in infertility management
- Adoption procedures

Role of nurses in infertility management

5

10 X Menopause

- Physiological, psychological and social aspects
- Hormone Replacement Therapy
- Surgical menopause
- Counseling and guidance

Role of midwifery nurse practitioner

5

11 XI ABORTION

- Types, Causes
- Legislations, Clinical Rights and Professional responsibility Abortion Procedures

- Complications
- Nursing Management
- Role of Midwifery Nurse Practitioner

5

PRACTICAL

Total = 650 Hours

1 week = 30 Hours

SN Deppt. / Unit No. of Week Total Hours

01 Antenatal Wards & OPDs 04 120

02 Labour Room 05 140

03 Postnatal Ward 03 90

04 Family Planning Clinics 02 60

05 PHC/Rural maternity settings 04 120

06 Gynae 02 60

07 Maternity OT 02 60

Total 22 weeks 650 Hours

Procedures observed

- Diagnostic investigation : amniocentesis, chorionic, villisampling
- Infertility management: artificial reproduction: artificial insemination, invitro fertilization, and related procedures.

Procedures assisted

- Medical termination of pregnancy

Procedures performed

- Antenatal assessment –20
- Postnatal assessment-20
- Assessment during labour: use of partograph –20
- Per Vaginal examination-20
- Conduct of normal delivery-20
- Episiotomy and suturing-10
- Setting up of delivery areas
- Insertion of intra – uterine devices(copper T)

Others

- Identification of high risk women and referral
- Health education to women and their families
- Motivation of couples for planned parenthood

Procedures performed

- o Health education, counseling and mother craft classes
 - o Antenatal immunization
 - o Assessment of intra uterine fetal well-being
 - o Universal precautions –effective infection control methods
 - o Vaginal examination and interpretation (early pregnancy, labour, post partum)
 - o Utilization of partograph, Cervicograph
 - o Conduction of safe delivery
 - o Episiotomies suturing
 - o Manual removal of placenta, placental examination
 - o Postnatal assessment – 20
 - o Management of breast engorgement, while leg
 - o Postnatal counseling
 - o Breast care, breast exam, and drainage breast abscess
 - o Postnatal exercise
 - o Newborn assessment –Ruling out congenital anomalies
 - o Neonatal resuscitation
 - o Apgar score
 - o Monitoring neonates
- Clinically
- With monitor
- Capillary refill time
- Assessment of jaundice
- o Gastric lavage
 - o Gastric gavage

- o Care of child in multi channel monitor and ventilator
- o Care of child in radiant, warmer and incubator
- o Kangaroo care
- o Anthropometrics measurement
- o Neonatal reflexes
- o Breast feeding
- o Parental nutrition & fluid balance /infusion pump
- o Feeding technique
- o Medication
- Oral
- I.D
- I.M
- I.V
- o Capillary blood sample collection
- o Oxygen therapy
- o Phototherapy
- o Chest physiotherapy

CERTIFICATE IN SKIN DISEASES

THEORY SYLLABUS

Fundamentals of Cutaneous Diagnosis-Basic skin lesions, history taking, examination of the patient including relevant diagnostic, clinical tests and aids Topics Related to Allied Basic Sciences

- ! The structure, function and development of human skin. Skin as a barrier
- ! Ultra structural aspects of epidermis, epidermal appendages, dermoepidermal junction, dermis, and sub-cutis
- ! Molecular biology and genetics in relation to the skin.
- ! Epidermal cell kinetics and Keratinization
- ! Lipids of epidermis and sebaceous glands
- ! Percutaneous absorption
- ! Biology of eccrine and apocrine sweat glands
- ! Biology of hair follicles, sebaceous glands and nails
- ! Biology of melanocytes and melanin formation
- ! Disorders of keratinisation
- ! Epidermal proteins
- ! Dermal connective tissue : collagen, elastin, reticulin, basement membrane and ground substance
- ! Metabolism of carbohydrates, proteins, fats and steroids by the skin
- ! Cutaneous vasculature and vascular responses
- ! Mechanism of cutaneous wound healing
- ! Cellular and molecular biology of cutaneous inflammation
- ! Immunologic aspects of skin
- ! HLA system, Immunoglobulins, cyto kines

- ! Complement system
- ! Hyper-sensitivity and allergy
- ! Cutaneous carcinogenesis
- ! Basic of cutaneous bacteriology, mycology, virology, parasitology and defence mechanism.
- ! Common laboratory procedures, stains culture media and related serological tests
- ! Basic pathologic reaction pattern in skin
- ! Common and special histopathological stains and procedures used in the diagnosis of skin diseases and Special techniques such as immunofluorescence, immunoperoxidase and other related techniques.

Clinical Dermatology

- ! Epidemiology of cutaneous diseases
- ! Psychologic aspects of skin disease and psycho-cutaneous disorders
- ! Pathophysiology and clinical aspects of pruritus. Papulo-squamous Diseases
- ! Psoriasis, Pityriasis rubra pilaris, pityriasis rosea Lichen Planus, lichenoid eruptions
- ! Parapsoriasis,
- ! Darier's disease. Prorokeratosis
- ! Ichthyoses and ichthyosiform dermatoses, Keratodermas

Vesiculo-bullous Disorders

- ! Erythema multiformae, Stevens-Johnson syndrome, toxic epidermal necrolysis and Variants of pemphigus group of disorders
- ! Bullous pemphigoid
- ! Chronic bullous disease of childhood
- ! Herpes gestationis
- ! Mechanobullous (hereditary and acquired)
- ! Epidermolysis bullosa acquisita
- ! dermatitis herpetiformis
- ! subcorneal pustular dermatoses

Disorders of Epidermal Appendages

- ! Disorders of hair and nails
- ! Disorders of sebaceous glands : Acne
- ! rosacea, perioral dermatitis,
- ! Disorders of eccrine and apocrine sweat glands

Tumours

! Naevi and hamartomas

! Precancerous Skin lesions, Squamous cell carcinoma and Basal cell carcinoma, malignant melanoma

! Benign epithelial tumours, appendageal tumours

Disorders of pigmentation

! Vitiligo Albinism, Benign neoplasia and hyperplasias of melanocytes, Dysplastic melanocytic nevi, hyperpigmentation

Inflammatory Disorders of the Dermis

! Acute Febrile Neutrophilic dermatosis

! Erythema elevatum diutinum

! Cutaneous eosinophilic diseases

! Granuloma faciale

! Pyoderma gangrenosum

! Erythema annulare centrifugum and other Figurate Erythemas

! Granuloma annulare

! Malignant atrophic papulosis

! Neoplasms, Pseudo neoplasms and Hyperplasias of the Dermis

! Vascular Anomalies, Kaposi's Sarcoma

! Anetoderma and other Atrophic Disorders of the skin

! Neoplasias and hyperplasias of Neural and Muscular origin

! Elastosis Perforans Serpiginosa, Reactive Perforating Collagenosis, Kyrle's disease

Lymphomas, Pseudolymphomas and Related Conditions

Disorders of Subcutaneous Tissue

! Panniculitis

! Lipodystrophy

! Neoplasms of the subcutaneous Fat

Disorders of the Mucocutaneous Integument, dermatitis & eczemas

! Biology and disorders of oral mucosa

! Disorders of anogenitalia of males and females

! Cutaneous changes in disorders of altered reactivity

! Genetic Immunodeficiency Disease

! Urticaria and Angioedema

! Disorders associated with complement abnormalities

! Graft-versus-Host Disease

! Muco-cutaneous manifestations in immunosuppressed host other than

HIV-infection

! Contact Dermatitis

! Auto sensitization dermatitis

! Atopic dermatitis (Atopic Eczema)

! Nummular eczematous dermatitis

! Seborrhoeic dermatitis

! Vesicular plantar eczema

! Erythrodermas

Skin Changes Due to Mechanical and Physical Factors

! Occupational skin disease

! Radiation to the skin

! Skin diseases due to cold, heat

Photobiology of skin

! Normal reaction to ultra violet rays and sun exposure

Disorders Due to Drugs and Chemical Agents

! Cutaneous reactions and mucocutaneous reactions to chemicals and drugs

! Pathological response to UVR and sun exposure

! Cutaneous manifestations of drug Abuse

Abnormal vascular response

! Erythemas including annular erythemas

! Urticaria

! Vasculitis

Dermatology and age of man

! Ageing of skin

! Neonatal dermatological problems

! Pediatric and adolescent problems

! Geriatric dermatological problems

Skin Lesions in nutritional and metabolic disorders

! Porphyrias

! Xanthomas

! Disorders of lipid metabolism and storage

! Mucinosis

! Amyloidosis

! Angiokeratoma corporis diffusum

! Lipid proteinosis

! Malabsorption

! Vitamin and mineral deficiency and excess

Skin Manifestations of systemic disorders

! Skin and disorders of the alimentary tract

! Hepatobiliary system and the skin

! Cutaneous changes in renal disorders, cardiovascular, pulmonary disorders and endocrinal disorders

! Skin changes in pregnancy

! Cutaneous changes in haematological disease

! Cutaneous changes in endocrine disorder

Genodermatosis

! Phacomatosis

! Tubero sclerosis

! Incontinentia pigmentation

! Ectodermal dysplasia

! Xeroderma pigmentosum

Connective tissue disorder

- Lupus erythematosus

- Dermatomyositis

- Scleroderma

- MCTD (Mixed connective Tissue Disorders)

- Relapsing polychondritis

- Rheumatoid arthritis, rheumatic fever and gout

- Sjogren's syndrome

- Raynaud's phenomenon

- Multicentric reticulohistiocytosis

Cutaneous Manifestations of Disease in Other Organ Systems

! Sarcoidosis of the skin

! Cutaneous Manifestations of Internal Malignancy

! Acanthosis Nigricans

! Papular Mucinosis

! Neurocutaneous Disease

! Tuberous Sclerosis Complex

! Neurofibromatosis

! Ataxia Telangiectasia

! Behcet's Disease

Bacterial infections

! Pyodermas : Staphylococcus aureus, Streptococcus, and others

! Staphylococcal scalded-skin syndrome

! Soft tissue infections : Erysipelas, Cellulitis

! Systemic bacterial infections with cutaneous manifestations

! Cutaneous tuberculosis and atypical mycobacterial infections

! Actinomycetoma

Fungal infections

! Superficial fungal infection : (dermatophytosis, yeast, others)

! Deep fungal infections

Viral and rickettsial infections

! Herpes simplex virus infections

! Varicella ? zoster infection

! Human papilloma virus

! Molluscum contagiosum

! Hepatitis B, C

! Rubella

! Measles

THERAPEUTICS

Topical Therapy

! Pharmacokinetics and topical applications of drugs

! Principles of topical therapy, topical formulations

Topical Agents

! Glucocorticoids, analgesics, anesthetics, anti-inflammatory, anti-microbial, anti-parasitic, antiperspirants, antipruritic, antiviral, astringents, bleaching agents, keratolytics and keratoplastic agents.

! Therapies, antiviral, topical antibiotics, topical antifungal agents, sunscreens, cytotoxic agents, cosmetics and skin care in practice, emollients and moisturizer.

Systemic Therapy

! Systemic glucocorticoids, antihistamines, antibiotics, sulfones, aminoquinolines, cytotoxic and antimetabolic agents, oral retinoids, antihistamines, antiviral drugs, oral antifungal agents, immunosuppressive and immunomodulatory drugs, thalidomide.

Dermatological surgery

! Photochemotherapy and phototherapy, electric cautery, cryotherapy, electrolysis, tattooing, intra-lesional injections, etc.

Dermatosurgery : Introduction and approach

! Skin resurfacing : chemical peels

! Skin resurfacing : dermabrasion

! Skin resurfacing : Laser

! Skin punch grafting

! Wound dressings

! Sclerotherapy for varicose and telangiectatic veins

! Tumescent liposuction

! Substances for soft tissue augmentation

! Hair transplantation and alopecia reduction

! Cryosurgery

! Moh? S micrographic surgery

CERTIFICATE IN VENEREAL DISEASES

CERTIFICATE IN GERIATRIC MEDICINE

COURSE DETAILS

- Duration (Min) - 1 years
- Duration (Max) - 3 years

- Medium of Instruction - English

SYLLABUS

1. MME-004 Basic Geriatrics (Credits 6)
2. MME-005 Clinical Geriatrics (Credits 8)
3. MMEL-004 Basic Geriatrics Practical (Credits 6)
4. MMEL-005 Clinical Geriatrics Practical (Credits 12)

CERTIFICATE COURSE IN ULTRASONOGRAPHY

SYLLABUS FOR ULTRA SOUND TECHNICIAN COURSE

1. Anatomy & Physiology of Human body.
2. Principal of Ultra Sound.
3. Doppler effect & its principal in vascular study.
4. Different types of Ultra Sound probes & Doppler Probes.
5. Normal and abnormal Ultra Sound and color Doppler.
6. Dark room & processing of the films.

Certificate course in substance abuse counselling

Techniques of Substance Abuse Counseling

COURSE DESCRIPTION

This course is intended for students who have minimal or no experience in working with individuals or families involved in substance abuse.

The emphasis of this course is to introduce students to counseling techniques for substance abuse and addiction. They will also learn the impact of addiction on the brain and how this affects the recovery process. Addiction and how it impacts the family are also addressed. Community resources for treatment and ethical/legal considerations are presented.

COURSE STATEMENT OF OBJECTIVES

At the end of this course the student will be able to:

1. Differentiate between drug/alcohol abuse and dependency
2. Develop treatment plans for clients with addictive and abuse disorders.
3. Learn and practice Motivational Interviewing and Stages of Change Theory.
4. Learn and practice Cognitive Behavioral Therapy techniques used with chemical dependency clients.
5. Understand life problems associated with chemical dependency.
6. Become aware of community resources available for substance abuse and addiction clients.

LEARNING ACTIVITIES and GRADING: Each of the following learning activities is worth 20% of your final grade. Guidelines for learning activities will be given during the first class.

1. Quizzes will be given over the reading assignments and the main ideas presented during class.
2. The student will practice in small groups counseling techniques used with substance abuse clients.
3. The student will attend an AA or NA meeting, write a summary and discuss the experience with the class.
4. The student will interview a substance abuse counselor employed by a substance abuse program and make an in-class presentation.
5. Final Project: The student will be given a case study, make a diagnosis, formulate a treatment plan and identify motivational stage of client.

Class attendance is a requirement. Please notify the instructor if you are going to miss a class. If one class is missed, the student is responsible to obtain the information presented in the missed class. If two classes are missed, the student advisor will be notified and the student may receive an incomplete for the course. Only one quiz can be made up due to an absence. Points earned for practicing counseling skills cannot be made up.

Policy on late assignments: Twenty percent of your assignment grade will be automatically deducted from any late assignments.

Diploma in panchkarma: Eligibility : BAMS, MBBS, BPT, BUMS, DHMS, BHMS : 1 year diploma

Course: 1-Year Full Time P.G. Diploma in Panch Karma Therapy

Duration: 1 Year

No. of seats: Minimum - 2 Maximum - 5

Examination Pattern

2 Theory paper of 100 marks each	200 Marks
Practical	200 Marks
Internal assessment/sessions	100 Marks
	Total 500 Marks

Examination Schedule

1. The two theory papers examination and practical examination will be conducted at the end of 2nd year of course by university.
2. The Internal assessment/sessional examination will be conducted at the end of 1st year of course and the marks will be sent to controller along with the practical examination marks at the end of 2nd year.

Duration of Teaching

50 lectures per course for theory paper.

Number of seats : Minimum - 2 Maximum - 5

Syllabus- The course will be consist of theory and practical training in Panch Karma therapy along with sessional work consisting of keeping full record including case history details of Panch karma given and follow up out come of the at least 150 case. The candidate completed above work with having 75% attendance will be allowed to appear in final examination at the end of 2nd year which will consist of 2 written papers of 100 marks each and a practical examination of 200 marks as per syllabus describe below.

Paper I

100 Marks

Part-A

Pancha Karma:

50 Marks

Pancha Karma, its place in the therapy, Samsodhana and samsamana, scope and importance of Pancha Karma, Sadupakramas and Panch Karma Therapy: Sat Karmas of Yoga Tradition and Pancha Karma as purificatory measures and principles of nature cure practices. Pancha Karma Kala vichar, Ashtanga Ayurveda evum Pancha Karma, Yogya and ayogya of Pancha Karma, special qualities of vaidya dealing the Pancha Karma, common pathya and apathya of Pancha Karma.

Snehana Karma

Sneha and the properties and sources of Snehana Dravyas, Snehopaga durgs; The indications, contraindications, Procedures, types and schedule of Snehana; Features of adequate, inadequate and excessive oleation, Snehana as independent therapeutic measures

Bahya Snehana

1. **Abhyanga (Massage):** Its types, methods, indications, contraindication and duration. Physiological and anatomical implications of massage therapy including lymphatic drainage, direction of blood circulation, origin and insertion of muscles and location of joints. Medium of Abhyanga-Snigdha ruksha. Massage oils. Direction and degree of pressure of massage.
2. **Parisheka:** Affusions, Udavartana, Udgharshana, mardana and Samvahana-their definition, specific uses and indications.
3. **Avagaha, Kavalagraha and Gandusa:** Their definition, types, medicaments, properties and uses.
4. **Lepa** (medicinal plaster), its types-Pralepa, Pradeha and Aalepana; Upanaha (Poultice) methods, drugs used and indications.
5. **Pichu-** Definitions, uses and types yonipichu, nasapichu, gudapichu; Dhupana and gandhana-the material used and their significance; Aksi Tarpana and Vranapurana method, indications duration signs and symptoms of proper and improper Tarpana.

Internal Snehana

Accha Snenapana and Vicharana types, the preparations used and dosage schedule.

Swedan Karma: Swedana, The properties and sources of Swedana Dravyas, Swedopaga drugs; The indications contraindications procedures, types and schedule of swedana; Features of adequate inadequate and excessive sudation swedana as independent therapeutic measure.

Sagni Sweda: Sankara, Prastra, Nadi, Pariseka, Kuti etc. Tapa Sweda Vs. Usma sweda consideration, Kati vasti, Janu vasti, Manya vasti and Urah vasti.

Niragni Sweda: *With special reference to Vyayama (exercises) and Atapa Sevena (Exposure to sun rays), their types, indications and contraindications, with the knowledge about the physiological changes related with exercise and sunlight exposure e.g. the changes related with exercises and sunlight exposure e.g. the changes in muscular metabolic systems, respiration and cardiovascular changes, state of body heat, salt and electrolyte changes.*

Part B

50 Marks

Upakalpaniya: Detailed knowledge about the materials, drugs, equipments and instruments used Panch Karma therapy and physical medicine, preparation of Peyadi samsarjan karma.

Pancha Karma Sharira

1. Concept of Twaca, Kala, Asaya, Kostha, Sakha, Srotas, Dasa Sarira Pranayatana, Shatachakra, Nadi, Peshi, Snayu, Sandhi and their implication in the practice of bio-purificatory and rehabilitative procedures of Panch Karma.
2. Membrane physiology, transport across cell membrane, diffusion, factors affecting channels of cell membrane, osmosis across selectively permeable, membrane active transport and its mechanism, membrane potentials, Role of ions in Action potential as relevant to Sansodhana Karma.
3. Digestion, absorption and assimilation of lipids, Lipid metabolism plasma lipids, Triglycerides, phospholipids and cholesterol, their anatomical and physiological significance in the body as relevant to Snehana Karma.
4. Body temperature and its regulation, Heat production and heat loss, heat transfer with in the body. Flow of blood and heat transfer, sweating and its regulation by autonomic nervous system other aspects of bio-purification and related mechanisms.
5. Concept of 'Gut Brain' its relevance to Vata System and Vasti Therapy.

Paper II

100 Marks

Part A

50 Marks

Five major procedures of Pancha Karma Vamana Virecana, Anuvasana, Asthapana and Sirovirecana, Raktamokshana as a Pancha Karma measure.

Vamana Karma: Its Significance; Vamaka dravyas (emetics) and their pharmacodynamics; Vamanopaga drugs, indications. Contraindications, procedures, of Vamana Karma, preparation of the patient, Dhumapana after Vamana, features of adequate, inadequate and excessive vamana, complications and their management, regimen following Vamana, Samasarjana Karma.

Virecana Karma: Virecana drugs and yogas, their types, pharmacodynamic properties and dose determination; Indications & Contraindications of Virechana, examination and selection of Patients for Virechana. Factors to adequate and excessive Virechana; complication and their management.

Vasti Karma: Its significance as a unique therapeutic procedure; its anatomical, pharmaceutical, pharmacological classifications; types based on numbers, schedule, action and quantity, the Asthapana and Anuvasana drugs; Indications contraindications, procedure of Asthapana and Anuvasana Vasti, factors to be examined in relation to Vasti Karma. Vasti pratyagamana kala, features of adequate, inadequate and excessive Vasti Karma, Post-Vasti regimen, complication of Vasti therapy and their management.

Sirovirechana or Nasya Karma : Its significance In prevention and treatment of Urdhwa Jatrugata Vikaras; classification of Nasya; Navana, Avapidaka, Dhumpna (Pradhmana) and Dhupana, Marsha and Pratimarsha Nasya, Sirovirecana and Nasya drugs, their pharmacodynamics; Indications contraindications, Procedure and precautions of Nasya Karma; Nasa Sarira; Post Nasya regimen Features of adequate and excessive Nasya; complication and their management.

Rakta Mokshana: Its classification, indications. Contraindications and procedure; indications according to Dosa involvement state of Dosas, Rakta and patients, Jalaukavacarana Prachhana. Srunga, Alabu, Ghatyantra, Siravyadha- its indications contra- indications, features of adequate and excessive Sira Vedha: Measures to Stop blood flow.

Agni Karma – Their types, method, indication and contra indications

Kshar Karma – Paniya and Pratisarniya types, method of uses, indication and contra indications.

Kriya Kalpa - Tarpana, Putapaka, Seka, Ashchytana and Anjana, their method of application, indication and contra indications.

Part B

50 Marks

Six Purificatory Measures of Yoga Tradition; Dhauti, Vasti, Neti, Nauli, Kapalbhata and Trataka, their specific indications, contra indications, types, techniques. Purificatory measures adopted in cure practices.

1. Physiology of emesis, antiperistalsis of vomiting, CTZ of medulla as initiator of drug induced vomiting, cortical excitation of vomiting.
2. Knowledge about the mechanism of diarrhoea and related fluid electrolyte changes; absorption and secretion in the colon, colonic movements, Bacterial flora of Colon and its physiological significance; Enteric nervous system.
3. Keraliya Panch Karma- its comparison with classical Panch Karma; its components- Dharakarma, Kayaseka (Pizchil) Pinda Sweda (Navarakizhi), Anna lepa and Sirolepa, their specific indications types and detailed procedures.
4. Sirahseka (Sirodhara) method, indications, materials used, Dharakalpa Takradhara, Kashaya Dhara, Jala Dhara, Taila and Ghrita Dhara.
5. Pinda Sweda; Details of materials used, their preparation, procedure. Variants of Pinda Sweda.
6. Sirovasti: The equipment. Procedure, duration and indications.

Contemporary Techniques of Pancha Karma : Bio-energy modulation and its relationship with Panchakarma therapy Principles of physical medicine and rehabilitation; scientific basic, modern principles, types, procedures, indications and contraindications of the following massage therapy,

exercise therapy, U.V. radiation therapy, Infra red radiation therapy, occupational therapy, music therapy, vibration therapy etc.

Knowledge about the principles, techniques, applications and uses of Electrotherapy, U.S. Therapy, short and macro wave diathermy, Transcutaneous Electric Nerve Stimulation (Tens): Pulse Magnetic Field (PMF) and LASER therapy.

Knowledge about the important researches in the field of clinical study of Panch karma therapy and the standardization of its procedures.

PRACTICAL

100 MARKS

Experience of handling patients undergoing poorva Karma, Pradhana Karma and paschat Karma Procedures. Practical Knowledge and experiences of all karmas both classical and traditional besides techniques of physiotherapy and physical medicine.

Reference Books :

9. Relevant portions of Charak Samhita.
10. Pancha Karma Therapy by Prof. R.H. Singh
11. Panch Karma Chikitsa by Dr. H.S. Kasture
12. Kayachikitsa Vol. I by Prof. R.H. Singh
13. Yoga and Yougiki Chikitsa by Prof. R.H. Singh
14. Physical Medicine and Rehabilitation.

SYLLABUS

1. MME-101 Preventive MCH Theory (Credits 6)
2. MME-102 Reproductive Health Theory (Credits 6)
3. MME-103 Child Health Theory (Credits 6)
4. MMEL-101 Preventive MCH Practical (Credits 6)
5. MMEL-102 Reproductive Health Practical (Credits 6)
6. MMEL-103 Child Health Practical (Credits 6)

Diploma in Maternal and Child Health

SYLLABUS

MME-101 Preventive MCH Theory (Credits 6)

MME-102 Reproductive Health Theory (Credits 6)

MME-103 Child Health Theory (Credits 6)

MMEL-101 Preventive MCH Practical (Credits 6)

MMEL-102 Reproductive Health Practical (Credits 6)

MMEL-103 Child Health Practical (Credits 6)

Diploma in sex education

Course description: A combination of discussions, debates, and research regarding sexuality from a physiological, psychological, and sociological perspective. Topics include social and biological foundations of human sexuality, human reproduction and contraception, cross-cultural perspectives on sexual behavior and contemporary society, gender roles and stereotyping, current and controversial issues in sex education, and the effects of economics, class, public policy, and the political climate on expression of human sexuality. Students develop expertise and teaching competency in human sexuality.

Course objectives:

1. Develop a better understanding of human sexuality from a physiological, psychological, and sociological perspective.
2. Discuss major historical research studies regarding human sexuality.
3. Explain male and female sexual anatomy and physiology.
4. Describe with example, the stages of psychosexual development.
5. Describe, with example, major theories on gender role identity.
6. Compare and contrast the influences of culture on sexual expression, gender identity, and same-gender sexual behavior
7. Compare and contrast the influences of socioeconomic class on sexuality education, gender identity, sexual expression, and accessibility to/affordability of contraception
8. Explain social norms regarding effective communication in relationships.
9. Describe recent developments in reproductive technology.
10. Compare and contrast various contraceptive methods and their effectiveness.
11. Debate various aspects in decision making about pregnancy and parenthood.
12. Describe with example, the major research studies regarding sexual orientation.
13. Define the various types of gender dysphoria.
14. Discuss cultural and religious practices that impact attitudes and behaviors regarding sexuality.
15. Explain school policies regarding sex education.
16. Discuss strategies for teaching controversial issues.
17. Apply new understandings of human sexuality to help dispel current myths and misunderstandings.
18. Develop dialogue regarding current issues in human sexuality.
19. Develop an understanding of the effects of public policy and the political climate on expression of human sexuality.
20. Examine the current Massachusetts Health Curriculum Frameworks
21. Develop a health lesson plan utilizing the Massachusetts Health Curriculum Frameworks: Standard 4: Reproduction/Sexuality

Teaching methodology:

This course will consist of lecture, discussion, written assignments, formal debates and oral presentations.

Texts:

Kelly, Gary F. (2004). Sexuality today: The human perspective, (Updated 7th ed.) New York, NY McGraw-Hill

Taverner, W.J. (2004). Taking sides: Clashing views on controversial issues in human sexuality, (8th edition) New York, NY McGraw-Hill

Course requirements:

1. Regular attendance. Since this course is primarily based on in-class discussion and debates, regular attendance is required. Greater than four unexcused absences will result in a 5-point deduction from your total number of points earned, for each class missed. (See section on grading). Notification from Deb Dalton, whose office is in Peirce Hall (CASA), is required for an excused absence. If a class is missed, please see me about handouts you that may have been given out on the dates you were out.
2. Active participation in class discussion and respect for each other's opinions.
3. Completion of three non-cumulative exams.
4. Enrollment in student edition of on-line learning center. Go to: <http://www.mhhe.com/kelly7u> and follow directions for enrolling.
5. Completion of all assignments, which include:
 - a. **Controversial issue in sexuality education, written & oral presentation** Specific details will be provided on a separate handout.
 - b. **Participation in two debates**. You will be divided into groups of approximately 5 students. Each group will choose two debate topics from the Taking Sides text, and will prepare and conduct a formal debate in class. Specific details will be given on a separate handout.
 - c. **Completion of one health lesson plan** utilizing the Massachusetts Health Curriculum Frameworks: Standard 4: Reproduction/Sexuality
 - d. **Selected assignments** from on-line learning center (non-credit)
6. Daily log-in to Blackboard.com website: <http://framingham.blackboard.com/>. Link to 34270 Human Sexuality Educations.

Week of: Topic and Reading Assignment:

- 8/30 History: from Victorian era to contemporary sexuality
Cross-cultural perspectives on human sexuality
Research methods in human sexuality
Reading: Kelly, Ch.1
Issue 4: Should all female circumcision be banned? Taverner pp. 48-67
Massachusetts Health Curriculum Frameworks
<http://www.doe.mass.edu/frameworks/health/1999/>
- 9/6 **(Monday 9/6: Labor Day, no classes)**
Reproductive anatomy and physiology, human sexual response
Cross-cultural perspectives: celebrating menarche across cultures
Male circumcision decision
Reading: Kelly, Ch.2-3
- 9/13 Human sexual response

Models (Masters and Johnson, Kaplan)
Hormonal regulation
Cross-cultural perspectives: Sexuality and spirituality: The relevance of Eastern traditions
Reading: Kelly, Ch 4
Issue 3: Does the G-spot really exist? Taverner pp. 28-37
- 9/20 Developmental/social perspectives on gender
Gender roles/identification, stereotyping
Cross-cultural perspectives: Gender role

Reading: Kelly Ch. 5
Video: Is it a boy or is it a girl? (Intersex Society of North America)
Issue 6: Do schools perpetuate a gender bias? Taverner, pp 82-93
- 9/27 **Debate 1:** Choose from Taverner Issues 1-10
Video: *Tough Guise* (Media Education Foundation, 2001)
Sexuality throughout the life cycle
Cross-cultural perspective: Adolescent sexual attitudes and behaviors across cultures

Reading: Kelly, Ch. 6
- 10/4 **Exam I (Thursday 10/7)**
Sexuality, communication and relationships
Cross-cultural perspective: "Sexual revolution" in China

Reading: Kelly Ch. 8

Issue: 13: Is cohabitation before marriage a bad idea? Taverner, pp. 178-201
- 10/11 **(Monday, 10/11 Columbus Day, no classes)**

Reproduction, birthing, contraception, reproductive technology, decision making about pregnancy/parenting
Contraception: Affordability/ accessibility. Neighborhood health centers, access to free reproductive

health care
Reading: Kelly Ch. 9-10

- 10/18 Solitary sex and shared sex
same gender orientation and behavior
Kelly, Ch. 11-12
Reading: Issue 15: Should same sex marriage be legal? Taverner. Pp. 222-231
- 10/25 **Debate 2:** Choose from Taverner, issues 11-19
the spectrum of human sexual behavior
Reading: Kelly, Ch 13
Cross-cultural perspectives: Same gender sexual orientation
- 11/1 Sex, art, the media, and the law
Influence of socioeconomic class and expression of sexuality
Reading: Kelly Ch. 14
Video "Dream Worlds" (Media Education Foundation)
- 11/8 **Exam 2 (Wednesday 11/10)**
Sexual coercion, rape, and abuse
Reading: Kelly Ch 15
Issue 8: Is pornography harmful to women? Taverner, pp. 108-121
Issue 10: Does recent pedophilia research threaten accepted moral standards? Taverner, pp. 138-151
Cross-cultural perspectives: The sex trade in Thailand
- 11/15 Sexually transmitted diseases
H.I.V./A.I.D.S., compassion for the infected, social implications
U.S. Centers for Disease Control (CDC) statistics and surveillance reports:
Incidence of HIV exposure category, geographic location, race, gender, and age group
Free and confidential HIV testing
Reading: Kelly Ch. 16-17
- 11/22 Issues in sexuality education: Selected readings from SIECUS reports (TBA)
Issue 1: Should sexuality education be comprehensive? Taverner, pp. 2-11
Issue 2: Should schools make condoms available to students? Taverner, pp. 12-27
Issue 19: Should schools pay damages for student-on-student sexual harassment? Taverner, pp. 264-275
Teaching skills, sex education in the schools
Influence of property taxes, school budget and economic status on health and human sexuality education
(Supplemental handouts)
Begin oral presentations
- 11/29 **Continue oral presentations**
- 12/6 Sexual dysfunctions and their treatment
Reading: Kelly Ch. 18
- 12/13 **Last class, review for final exam**
Final exam is Monday 12/20 at 1:00

Exam dates:

Exam 1: Thursday October 7th
Exam 2: Wednesday November 10th
Final Exam: Monday December 20th, 1:00 p.m.

Assignment due dates:

Controversial issue, paper & presentation: Various dates by arrangement - 50 points
Debate 1: Thursday, 10/21/04 - 25 points
Debate 2: Thursday 11/18/04 - 25points
Lesson Plan Mass. Curriculum Frameworks Standard 4 (50 points): Monday 11/22/04

Grading, based on total points:

Controversial issue, paper & presentation: 50 points
Debates (2): 25 points each, 50 points total
Lesson Plan Mass. Curriculum Frameworks Standard 4 (50 points)

Exams (3) 100 points each, 300 points total

Total points: 450

Grading scale:

A	420-450
A-	405-419
B+	390-404
B	375-389
B-	360-374
C+	345-359
C	330-344
C-	315-329
D+	300-314
D	285-299
D-	270-284
E	<270

Other pertinent information:

1. **Disabilities:** Students requiring special accommodations due to a disability should contact Dr. Massad during the first week of classes.
1. **Plagiarism and cheating:** Students who plagiarize (copy) or who cheat in class risk formal action that may result in a zero grade for the exam or assignment in question.
2. **Cell phones and beepers must be turned off prior to class**

DIPLOMA IN PSYCO COUNSELLING

SYLLABUS – Spring 2008

Course Objectives: This course is designed to provide you with knowledge and experiences in counseling and helping skills with an emphasis on traditional counseling and psychotherapy theory and skills. The major modalities covered will include examples of Psychoanalytic, Neo-analytic, Person-centered, Humanistic and Affective, Behavioral, Cognitive, and Family Systems therapies. This course will present an eclectic approach to intervention strategies for dealing with psychological, emotional, relationship, and adjustment problems.

This course will provide you with an active and participatory learning experience. It will be the responsibility of the class members and the instructor to develop a safe and supportive environment to facilitate learning based on reflection, self-exploration and discussion.

At the completion of this course, you should be able to:

- Understand, compare and contrast the major theoretical modalities presented in the text and class, including relevant research that supports each;
- Describe a variety of terms covered in the text and during lecture and be able to relate them to the appropriate theory;
- Complete an APA style topic research paper synthesizing your own theoretical approach with at least one established therapeutic model.

This is a *Writing* ('W') course) within the *Writing Across the Curriculum* component of the M.U. General Education program. You will receive feedback on your formal and technical writing skills and have opportunities to correct and improve your writing throughout the semester. I expect you to strive to produce high quality writing this semester. Your major paper in this course should be of suitable quality to include in your professional portfolio (such as the portfolio required for all Psychology majors).

Text & Student Manual:

Corey, G. (2005). *Theory and practice of counseling and psychotherapy* (7th ed.). Belmont, CA: Thomson Learning (Brooks/Cole).

Corey, G. (2005). *Student manual for theory and practice of counseling and psychotherapy* (7th ed.). Belmont, CA: Thomson Learning (Brooks/Cole).

Course Requirements and Expectations

Exams: There will be 2 in-class exams covering the text chapters and information covered in class for the time period prior to the exam. The exams will include objective & short essay items, and will be worth 60 points. An exam missed due to an approved and unavoidable absence can be made up per my convenience if arranged with me no later than one week after the missed exam. There will be a final exam that will cover chapters 12, 13, 14 AND will be comprehensive on all the material covered during the semester. It will be worth 120 points.

Text, Workbook and Quizzes: It is important that you come to each class after reading the text and completing sections of the workbook necessary to understand the material assigned on the schedule below. As an incentive to be prepared to discuss the assigned material, a brief quiz (10 points) will be given at the beginning of the first class for each theory chapter (including the chapter on ethics) and a combined quiz for Chapters 1 & 2 (13 quizzes). The grade for the lowest quiz will be dropped (120 points total for 12 quizzes). I will also review your workbooks periodically to see if you are keeping up with the assignments. You will be evaluated on the quality of your participation and active involvement in classroom discussions and completion of assignments to prepare yourself for classroom discussions – including bringing to class questions you have from reading the text book (20 points). These assignments will include completion of specific aspects of the workbook and preparation of responses to questions about the text material.

Course papers: There will be two papers due in this course, typed according to APA style guidelines and due on the schedule shown below. For **Paper I** (35 points), you will write a 4-6 page paper describing personal experiences that have affected your interest in and orientation toward counseling. For **Paper II** (135 points), you will research and write a 16-20 page, four-part, paper that allows you to develop your own approach to the

counseling process and integrates this approach with one of the established theoretical models of counseling. Reference material will include at least one primary original source book, 3 professional journal articles, and the text. Reference materials will be reviewed and approved in advance. This paper should be considered an opportunity for you to enhance your student portfolio and it will be evaluated in light of its suitability for portfolio inclusion. Revisions of Paper I or early sections of Paper II can be submitted for an improved grade but must be submitted within 2 weeks of the day that section is returned to you in class. Opportunities for revisions of later sections of Paper II are limited by the time remaining at the end of the semester. I expect you to learn from the feedback given on earlier sections and apply that to the later sections. More information regarding these papers will be provided in class. Please take the assigned due dates seriously. Missed deadlines, for any section of the assigned papers, result in a loss of 20% of the points available for that section, and an additional 20% each week the section is further late.

If you want me to sign-off on your Paper II for a Portfolio: Once you've made all suggested revisions to your paper, I will, at your request, sign-off on the paper for inclusion in a portfolio. The latest time to request that sign-off (by submitting to me the portfolio-ready paper with a copy of the earlier version with my feedback comments) will be at 4:15 p.m. on the "Add Day" of the next semester.

Participation and attendance: Attendance and participation is vital to the learning process in this class. Regular and consistent attendance is necessary to do well and to create a shared learning environment. You have a responsibility to your classmates to come to class and actively participate. In addition to completing readings and other assignments, you will be expected to participate in class activities and discussions. You will receive a 5 point deduction from your overall course points for each missed class meeting. You can earn up to 20 points for active classroom participation throughout the semester.

If you must miss a class due to documented illness or other excusable reason, you must inform me that a written excuse is coming from a physician, coach or other authority prior to the absence if possible, but no later than the first class period after the excused absence; provide me with a copy of the signed excuse (the original must be available for my review); make up missed graded assignments or exams as soon as possible as outlined by me.

If you have an excused or unavoidable absence, you may with my approval make up the missed participation points by completing extra credit assignments. Classes that included a chapter quiz may be made-up by submitting a typed chapter review that shows evidence that you understood and thought about the material in the chapter. These will be graded for up to 15 points (5 for the missed class and 10 for the missed quiz). Other missed classes due to an excused or unavoidable absence can also be made up, with approval, by doing an extra-credit assignment (suggestions will be available in class) and may receive up to the 5 points lost due to the absence. All make-ups must be received by me within 10 calendar days of the missed class/quiz. As instructor, I decide the means by which you can receive extra credit. I expect you to discuss all absences with me and have them approved in advance (except, of course, in emergency situations). Even University sanctioned excused absences, such as for varsity athletics, require timely make-up activity in order for credit to be received for the missed class. A student having 6 or more absences (for any reason) will receive an "F" grade regardless of performance on exams or other assignments if, in my opinion, he or she did not participate sufficiently in the course.

Avoiding Classroom Disruptions: It is counter to the goal of a positive classroom experience to have students come late or leave the classroom within the scheduled class time. You are expected to be in the classroom at the appointed time for the beginning of the class and to not leave the classroom unless prompted by a true emergency. Students who are late for class will have a 2 point deduction for each late class. Only on the rarest occasions would I expect a student to leave the classroom during class. Please take care of your personal needs (including electronic and physical needs) before or after class. Cell phones and other electronic devices should be turned off at the beginning of class. After an initial warning, a student with a ringing cell phone or using any electronic communication device will be asked to leave the class for the day and counted as absent for that class.

Respect and Integrity: As co-participants in this learning community, I expect that we both (students and faculty) will adhere to the principles and commitments of the *Mansfield Creed* and the *Honor Code* adopted by the Psychology Department. We should expect to treat each other with the utmost respect and to adhere to the highest standards of academic integrity, honesty and fairness. As a student, this expectation includes:

- Being present and actively participating in class
- Respecting others, the diversity of their experiences and perspectives, and their opinions (even if they differ from your own) [
- Being direct and truthful in communication and taking credit only for work that you have done
- Being accountable to your peers for your class participation and making a good faith effort to ensure that the class goes well.

Any forms of cheating, plagiarism, or representing another's work as your own are unacceptable and will result in serious sanctions, including the possibility of failing this seminar. If you have any doubt about an issue of academic integrity, I encourage you to consult with me. We will discuss these issues in class and clarify any questions about our mutual expectations and the implications for this course.