



## SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES, SRI AMRITSAR

### Sub:- Syllabus and Course of Study in Community Medicine

The scheme of examination i.e. syllabi, paper setting, time duration and distribution of marks including theory papers (Part-I & II), practical and internal assessment will be as under:-

S.No.	Theory Paper	Marks
1.	Paper A Paper B	60 60
2.	Viva Voce(Oral) to be included in Theory	10
3.	Practical	30
4.	Internal Assessment a) Theory—20 b) Practical—20	40
<b>Total marks</b>		<b>200</b>



## SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES, SRI AMRITSAR

### Sub:- Syllabus and Course of Study in Ophthalmology

The scheme of examination i.e. syllabi, paper setting, time duration and distribution of marks including theory paper, practical and internal assessment will be as under:-

S. No.	Theory Paper	Marks
1.	Paper	40
2.	Viva Voce(Oral) to be included in Theory	10
3.	Practical	30
4.	Internal Assessment a) Theory—10 b) Practical—10	20
<b>Total marks</b>		<b>100</b>



## SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES, SRI AMRITSAR

### Sub:- Syllabus and Course of Study in Otorhinolaryngology

The scheme of examination i.e. syllabi, paper setting, time duration and distribution of marks including theory paper, practical and internal assessment will be as under:-

S. No.	Theory Paper	Marks
1.	Paper	40
2.	Viva Voce(Oral) to be included in Theory	10
3.	Practical	30
4.	Internal Assessment c) Theory—10 d) Practical—10	20
<b>Total marks</b>		<b>100</b>

**SOCIAL AND PREVENTIVE MEDICINE**  
**SYLLABI AND COURSE**

**COMMUNITY MEDICINE**

The syllabus and course of reading in the subject of Social & Preventive Medicine is designed to equip a student with positive concept of Health and the understanding of Health & Disease in the individual and community in relation to physical, biological and social environment. The course should be designed to enable the student to understand the Health Services/Programme structure of the country of which he has to become an integral part eventually, stressing the need and importance of the application of preventive measures.

**1<sup>ST</sup> AND 2<sup>ND</sup> SEMESTER**

**Didactic :**

1. History
2. Positive Health
3. Social Sciences
4. Growth & Development
5. Statistics
6. Personal Hygiene

**Practical :**

Field work in community  
Demographic study  
Statistics, Lab. Sessions

**COURSE NO - 1**

History of Medicine with special reference to Social & Preventive medicine.

- Introduction
- Evaluation of Medicine
- Causation of Disease-supernatural, Physical, Biological, Social
- History of Preventive and Social Medicine
- Medical Ethics

**COURSE NO - 2**

- Concept and meaning of positive health
- Definition and meaning, evaluation
- Need and Importance
- Factors influencing in the individual and community
- Need of the positive health conscious physician

**COURSE NO - 3**

Social Sciences :

- Definition, Society, Community, Family
- Social Organization
- Social Institutions
- Social Change

- Social Control, Social Law
- Responsibility of Physician to Society
- Socio economic aspects of health & disease
- Doctor Patient relationship
- Hospital and Social Institution
- Social Security
- Social Psychology, Examination, Scope, Methods
- Social Anthropology
- Medico-Social work, methods, importance.

#### **COURSE NO – 4**

##### Growth & Development

- Introduction, meaning of normal & variation from normal
- Milestone and physical growth
- Growth of organs and systems
- Factors governing growth & development
- Emotional development through various phases of life
- Oral, Anal, Phallic, Potency, Puberty, Adult menopause
- Relationship of sexual growth with physical growth
- Personality Formation, Habits, Discipline.

#### **COURSE NO – 5 - Statistics**

##### Correlation & Regression

- Multivariate analysis (The theoretical basis and practical applicability only).
- Introduction to biostatistics difference between statistics, biostatistics and vital statistics.
- Use of statistical method in medical science.
- Collection, tabulation and presentation of statistical data.
- Interpretation of data, variation, frequency, normal curve, skewed curve.
- Average mean, medium, mode, standard deviation, standard error.

#### **COURSE NO - 6**

##### Personal Hygiene

- Introduction
- Individual's adjustment to environment
- Personal hygiene at different periods of the formation of habit.
- Sex education
- Dental & Oral Hygiene
- Value of physical exercise, postures and bearing of health
- Clothing and Health
- Effect of Heat, Cold, Light and attitude on health.
- Heredity and Evgenics

**PRACTICAL**

Field visits to places of Public health importance.  
 Posting in comprehensive immunization clinics/ F.P. Clinic Clinico-social case review  
 (Student to be posted as clinical clerks).

**COURSE NO - 7****Applied Nutrition**

- Nutritive value of some commonly used food stuffs in India (Diets balanced and ill-balanced).
- Diets according to various psychological needs-diets in certain disease.
- Common nutritional deficiency diseases.
- Food adulteration, Fortification legislation.
- Diseases transmitted by food : Food poisoning, Food Hygiene
- Diet Survey, methods and techniques used.
- Nutrition education.
- Applied nutrition programme.
- National Nutrition oil programme.

**COURSE NO - 8**

Environmental Sanitation & Occupational Health. Concept of Ecology. The physical environment in which man lives. Man's dependence on his environment, Physical, Biological dependence. Changes in man and changes in environment.

- Climate and Health
- Air, ventilation and Atmosphere i.e. pollution
- Water Supply (Rural & Urban)
- Excreta disposal (Rural & Urban)
- Refuse disposal (Rural & Urban)
- Housing & Health
- Village & Town Planning
- Rat, Dog, Insect Control.

**Occupational Health :**

- Industrial health, Evaluation, Scope, Organization of medical & Health Services in the Industry, E.S.I.
- Problems of Sanitation in industry hazards and accidents and their prevention
- Rehabilitation and Industry.

**COURSE NO - 9**

- Introduction
- Concepts of Epidemiology
- Tools of Epidemiology
- Natural History of disease, Agent, Host and environment.
- Epidemiological Triangle and Balance.
- Ecology
- Levels of prevention : a) Primary b) Secondary c) Tertiary, Rehabilitation
- Research Methodology
- Prospective, Retrospective and Cohort Studies.

**COURSE NO - 10****Public Health Administration in India**

- Principles, Evaluation
- National Health set up, Role & Responsibilities.
- State Health set up Role & Responsibilities.
- District Health organisation, Role & Responsibilities.
- Local Health Organization, Role & Responsibilities.
- Voluntary Health Agencies; Role & Importance.
- International Health Agencies.
- Primary Health Centre complex, History, Functions, Functionaries.

**COURSE NO - 11****Family Welfare Programme**

- Demography/ Population Dynamics
- Need for Family Planning for Mother, Child, Family, Community, Nation.
- Family Planning, Methods/Methodology.
- Organization of Family Planning Services:
- National set up, Rural set up, urban set up.
- Health Education in relation to Family Planning.
- Social Barriers in Family Planning.

**COURSE NO - 12****Maternal & Child Health Programme**

- Need & Importance
- Organisation & Component of M.C.H. Programme
- M.C.H. & Primary Health Centre
- Common cause & prevention of Maternal, Neonatal, Infant Mortality & Morbidity.
- Role of L.H.V. & MCH Programme.

### **COURSE NO - 13**

#### **School Health Programme**

- Need & Importance
- Importance of regular medical examination/records
- Immunization
- Nutrition/ Mid-day meals
- Environmental Sanitation & School Health
- Health Education
- Involvement of social teacher, community in school health programme.
- Organization of School Health Services in India.

### **COURSE NO - 14**

#### **Immunization**

- Basic principles of Immunization.
- Importance of Immunization, Secondary Prevention.
- Common Immunization, their schedule, methods of vaccination, doses, contra-indications, complication.
- BCG, DTP, DT, TT, Anti Vg TAB, Anti Rabic Vaccination, Measles Vaccine and Newer vaccines.
- International Health Certificates.

### **COURSE NO - 15**

#### **Health Education**

- Meaning, Scope
- Methods, Media
- Health Education, Stages, Process
- Common Visual Aids
- Role of Health Education in Health Programme.

### **COURSE NO - 16**

#### **Principles of Epidemiology & Control of common communicable & Non-communicable diseases.**

- Chain of causation, common diseases, preventable disease.
- Importance of Isolation, Quarantine, Disinfection & Disinfectants.
- Epidemiology & Control of common communicable & non-communicable diseases to stress the role of social environmental factors in their causation and the need of e.g. Diabetes, I.H.D., Hypertension, Peptic Ulcer, R.H.D., Rheumatic fever, Dysentery, Hepatitis, Polio, Small Pox, T.B., Malaria, Rabies, Tetanus, Diptheria, Whooping cough, Chicken Pox, Mumps, Cholera.

Community Medicine.



### COURSE NO - 17

National Control/ Eradication Programme.

- N.M.E.P., N.S.E.P.
- N. Filaria Control Programme.
- N.T.B. Control Programme.
- N.Trachoma Control Programme.
- N.S.T.D. Control Programme etc.

### COURSE NO - 18

Vital Statistics

- Introduction about practice of vital statistics especially B.R., D.R., in India, I.M.R., M.M.R., N.M.R., Perinatal mortality.
- Collection of vital statistics – rural & urban area.
- Importance of cause & control of I.M. and M.M.
- Importance of vital statistics in Health assessment of Community.

### PRACTICALS

Filed visits to C.M.O., Municipal Medical Officer, Red Cross, Immunization Clinic, Anti Rabic Clinics by observation and participation.

### BOOKS RECOMMENDED

Text Books on :-

1. Preventive Medicine by J.E. Park
2. Preventive medicine by Laevelit Clark
3. Medical Statistics by Mahajan
4. Epidemiological Methods by Mac Mohan

Distribution of Marks :

Community Medicine including Humanities :

<b>Theory</b>	: Two papers of 60 marks each	<b>120 Marks</b>
(Includes problem solving, applied aspects of management at primary level including essential drugs, occupational (agro based) diseases, rehabilitation & social aspects of community)		
<b>Oral (VIVA)</b>		<b>10 Marks</b>
<b>Practical/ Project Evaluation</b>		<b>30 Marks</b>
<b>Internal Assessment</b>		<b>40 Marks</b>
(Theory : 20, Practical : 20)		
<b>Total Marks</b>		<b>200 Marks</b>

## SKILLS

### PART-I : GENERAL SKILLS

The student should be able to :

1. Elicit the clinico-social history to describe the agent, host and environmental factors that determine and influence health.
2. Recognise and assist in management of common health problems of the community.
3. Apply elementary principles of epidemiology in carrying out simple epidemiological studies in the community.
4. Work as a team member in rendering health care.
5. Carry out health education effectively for the community.

### PART-II : SKILLS IN RELATION TO SPECIFIC TOPICS

1. Communication :

The student should be able to communicate effectively with family members at home, patients at clinics or at homes, individuals, family or a group for health education, peers at scientific forums.

2. Team Activity :

Work as a member of the health team in planning and carrying out field work like school health.

3. **Environmental Sanitation :**

Collect water samples for microbiological evaluation, chlorination of water, estimate the chlorine demand of water, estimate the residual chlorine of water, insecticides their proper storage and use in control of vectors.

4. **Communicable and Non-communicable diseases (including social problems) :**

- a) Eliciting clinico-social history examining the patient for diagnosis and treatment.
- b) Collection of appropriate material for microbiological, pathological or biochemical tests.
- c) Fixing, staining and examining smear – peripheral blood smear for malaria and filariasis, sputum for AFB, slit skin smears for leprosy; Hb estimation, urine and stool examination.
- d) Assessing the severity and/or classifying dehydration in diarrhoea, upper respiratory tract infection, dog bite, leprosy.
- e) Adequate and appropriate treatment and follow-up of leprosy, malaria, filariasis, rabies, upper respiratory tract infections, diarrhoea and dehydration.
- f) Advise on the prevention and prophylaxis of common disease like vaccine preventable diseases, tetanus, malaria, filariasis, rabies, cholera, typhoid, intestinal parasites.
- g) Use of proper screening methods in early diagnosis of common diseases.
- h) Take necessary steps in disease outbreak/ epidemics/ natural disasters/ investigation of epidemic, food poisoning, notification, organising medical care following disaster.

5. **Maternal and Child Health**

- a) Antenatal – examination of the mother, application of the risk approach in antenatal care.
- b) Intranatal - conducting a normal delivery, early recognition of danger in intranatal period, referral of cases requiring special care.
- c) Postnatal - assessment of the mother and new born, advice on appropriate family planning method, promotion of breast feeding, advice on weaning.
- d) Assessment of growth and development of the child – use of the 'road to health' card; recording important anthropometric assessments of the child; giving immunisation to the child, identifying high risk infants.

6. **Statistics**

- a) Make proper sample.
- b) Apply appropriate tests of significance to make a correct inference.
- c) Simple analysis and presentation of data.

7. Nutrition
  - a) Conducting a diet survey
  - b) Community survey and clinical diagnosis of nutritional deficiencies :  
vitamin A deficiency, Iodine deficiency, malnutrition.
  - c) Making recommendations regarding diet.
8. Occupational Health
  - a) Inspection of work sites.
  - b) Recommendation in improving work sites.
  - c) Medical examination of workers.
9. Health Care of the Community
  - a) Ensuring community participation in health care.
  - b) Arranging intersectoral coordination where necessary
  - c) Working in liason with other agencies involved in health care in various  
National Health Programme.
10. Health Management
  - a) Be an effective team leader
  - b) Guide and train workers
  - c) Supervision of workers and programmes
11. Family Planning  
Advise on appropriate methods.
12. Managerial  
Organize antenatal and under five clinic.

## SYLLABUS AND COURSE OF READING OF OPHTHALMOLOGY

Distribution of Marks :

Theory :	One Paper	40 marks
(should contain one question on pre-clinical and para-clinical aspects, of 10 marks)		
Oral (VIVA)		10 marks
Clinical		30 marks
Internal Assessment		20 marks
(Theory : 10, Practical : 10)		
Total Marks		100 Marks

### THEORY

Anatomy, Physiology and detailed study of the Disease of :

(I) Anterior Segment

- Lids
- Orbit
- Lacrimal Apparatus
- Conjunctiva
- Cornea
- Sclera
- Anterior Chamber
- Iris, Ciliary body and Vitreous
- Lens
- Glaucoma
- Errors of Refraction
- Muscular Anomalies

(II) Posterior Segment

Anatomy, Physiology and detailed study of the diseases of :

- Choroid
- Retina
- Optic Nerve

(III) Miscellaneous

- Medical Ophthalmology
- Injuries of the Eye and Orbit
- Causes of Blindness and its preventions.

### **PRACTICAL**

- The students will be taught in demonstration/ the method of Examination that is oblique illumination, direct Ophthalmoscopy, distant direct Ophthalmoscopy, Indirect Ophthalmoscopy, Retinoscopy, their theoretical aspects and actual practice of these procedures.
- The students will discuss the diseases given in all the sections under "Theory".
- Identification and uses of various instruments.
- Students will also be taught various diagnostic procedures like recording of vision, tension recording, perimetry, Bjerrum Screen etc. In addition the investigations of lacrimal apparatus and in case of heterophoria/heterotropia staining for corneal pathology, perform sub-conjunctival Inj. Corneal and Conjunctival foreign body removal, carbolic cautry.

### **Books Prescribed for Ophthalmology**

- Text Book of Ophthalmology by Parson. OR
- Text Book of Ophthalmology by May and Worth.
- Ophthalmic Surgery by Stallard
- Practice of Refraction by Duke Elder.

## SYLLABUS OF E.N.T.

### Distribution of Marks :

<b>Theory :</b>	<b>One Paper</b>	<b>40 marks</b>
<b>(should contain one question on pre-clinical and para-clinical aspects, of 10 marks)</b>		
<b>Oral (VIVA)</b>		<b>10 marks</b>
<b>Clinical</b>		<b>30 marks</b>
<b>Internal Assessment</b>		<b>20 marks</b>
<b>(Theory : 10, Practical : 10)</b>		
<b>Total Marks</b>		<b>100 Marks</b>

### A. NOSE AND PARA-NASAL SINUS

Anatomy and Physiology, Investigations of nose and PNS. Diseases of external nose and nasal vestibule, foreign body nose and PNS. DNS, Epistaxis, Acute/Chronic Rhinosinusitis. Atrophic Rhinitis, Allergic Rhinitis and Vasomotor instability, Nasal Polyps, Benign and malignant tumours of the nose and PNS. Granuloma of nose and PNS, Nasofacial trauma, facial pain, cosmetic facial surgery, transeptal sphenoidal hypophysectomy, Differential diagnosis of unilateral rhinorrhoea.

### B. EAR

Anatomy and Physiology, Investigations of ear diseases, Audiology and Vestibular function test, diseases of external ear, foreign body ear, diseases of middle ear, infection, non-infection and tumours including complications and sequelae of ear disease. Otosclerosis, Meniere's disease, differential diagnosis of conductive and sensory-neural deafness, differential diagnosis of Tinnitus and vertigo, Facial Nerve Palsy, C.P. Angle tumours, Otological Traumas, rehabilitation of deaf patients, differential diagnosis of Otagia.

### C. THROAT

- (a) **Oral Cavity :** Trauma, Tumours and Infections/ Non-infective disorders.
- (b) **Pharynx :** Anatomy and Physiology of Pharynx. Infective conditions of the Pharynx, Neck-space infections, Tumours of Pharynx (Naso-oro-Pharynx and Hypopharynx), Foreign body Pharynx. Thornwall cyst.

- (c) **Larynx** : Anatomy and Physiology of the Larynx. Investigations in Laryngeal disease, Laryngeal infections, Foreign Bodies respiratory passage, Laryngeal tumour, Benign and Malignant, Vocal Nodule, Vocal Polyp and Papillomas. Vocal cord palsy, differential diagnosis of hoarseness of voice, Tracheostomy and other procedures for air way obstruction, Laryngotracheal traumas, Congenital disorders of Larynx, Malignant tumours of Larynx, Laryngocoele.
- (d) **Paediatric Otorhinolaryngology** : Tonsils and Adenoids, Laryngeal stridor, differential diagnosis of ulceromembranous conditions of the Pharynx, deafness in children, subglottic stenosis, intubation V/S Tracheostomy.
- (e) **Head and Neck Region** : Oesophagus, Anatomy and Physiology of oesophagus, Benign and malignant stricture of oesophagus, Corrosive burns of oesophagus, P/V syndrome, Neoplasm of the Oesophagus,
- (f) Differential diagnosis of dysphagia, Foreign Body oesophagus, Cardiac achlasia, Pharyngeal diverticula, Thyroid Gland and Salivary Glands Swellings, Differential Diagnosis of Neck masses and management, Anatomy of the Orbit and differential diagnosis of proptosis.
- (g) **Recent Advances** : Cryosurgery, Laser Surgery, HIV Infections in ENT, Radiotherapy, Chemotherapy.
- (h) **Operative Surgery** : Operation of the ear, Nose, Throat and Head and neck, (To be discussed in appropriate chapters).