

**PANJAB UNIVERSITY, CHANDIGARH**  
(Estd. under the Panjab University Act VII of 1947-enacted by the Govt. of India)

**FACULTY OF ARTS**

**SYLLABI**

**FOR**

**POSTGRADUATE DIPLOMA  
IN  
HEALTH, FAMILY WELFARE  
AND POPULATION EDUCATION  
(SEMESTER SYSTEM)  
SESSION, 2018-19**

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# **Postgraduate Diploma in Health, Family Welfare and Population Education (Semester System) Session 2018-19**

## **SEMESTER - SYLLABUS**

### **SEMESTER - I**

Paper-I	Fundamentals of Population Education
Paper-II	Health Education and Health Care
Paper-III	Reproductive Health
Paper-IV	Population Dynamics

### **SEMESTER - II**

Paper-I	Environmental Health
Paper-II	Family Welfare
Paper-III	Issues and Problems of Population
Paper-IV	Population Policies



## References for P-I (Fundamentals of Population Education)

### ESSENTIAL READINGS

1. Chawla, S.P. (1978), *Coordination between Education and Population Policies-a Case Study of India*, NCERT, New Delhi.
2. Grover, R.P. and Bhardwaj R.K. (2002), *Population Education in India*, The Associated Publishers, Ambala Cantt
3. Mehta T.S. & Chandra Ramesh (1972), *Population Education, Selected Readings*, NCERT, New Delhi.
4. Mehta T.S. & Prakash B.S. (1974), *Population Education for Teachers*, NCERT, New Delhi
5. Rao, R. (2008), *Population Education*, Neha Publishers, Bangalore
6. Rather, Z.R. (2013), *Population Education*, Pentium Publications, Kashmir
7. Reddy, M.V.L (2004), *Population Education: Misconceptions and Clarifications*, Asish Publishing House, New Delhi
8. Sharma, J.K. (2005), *Population Education: Concepts, Principles and Approaches*, Kanishka, New Delhi
9. Sharma, R.P. (2013), *Population Education in India: Problems and Prospects*, Neha Publishers, Bangalore
10. University Grants Commission (1982), *Lecture Series on Population Education*, New Delhi
11. Dr. Rajesh Kamble (2014), *Population Education*, Khel Sahitya Kender, New Delhi.
12. U.K. Singh & Sudershan, K.N. (2010), *Polulation Education*, Discovery Publishing House, New Delhi.

### FURTHER READINGS

1. Aggarwal, J.C. (2009), *Population Education*, Shipra Publications, New Delhi
2. Bose Ashish & Desai P.B. (1989), *Population Planning in India-Policy Issues and Research Priorities*, D.K. Publishers, New Delhi
3. Pandey, V.C. (2005), *Population Education*, Isha Books, New Delhi
4. Prakash B.S. et. al. (1980), *National Base Line Survey of Population Education in India*, NCERT, New Delhi
5. Rao, D.G. (1973), *Population Education*, Sterling Publishing Pvt. Ltd., New Delhi
6. Rao, V.K. (2001), *Population Education*, A.P.H. Publications, New Delhi
7. Salkar K.R. (1981), *Population Education for Developing Countries*, Sterling Publishers Pvt. Ltd., New Delhi
8. Veer, Udai (2004), *Modern Teaching of Population Education*, Anmol Publications, New Delhi

## Paper-II

### **SEMESTER – I      HEALTH EDUCATION AND HEALTH CARE**

**Marks : 80**  
**Internal Assessment : 20**  
**Total : 100**  
**Time : 3 hours**

#### **Objectives**

The objective of this paper is to familiarize the student with the various aspects of health care and health education, changes in personal and group attitudes and behavior that promote healthier living. A comparative study of health problems and health policies of developed and less developed countries and the role of government and non-government agencies will also be discussed.

#### **NOTE:**

1. There shall be nine questions in all.
2. A compulsory question containing 15 short answer type questions shall be set covering the whole syllabus. The candidates are required to attempt any 10 short answer type questions in about 25 to 30 words each. Each question shall carry 2 marks (Total 20 Marks).
3. The entire syllabus shall be divided into four units. A total of eight questions will be set out of the whole syllabus, at least two from each unit. The candidates will attempt four questions selecting one from each unit. These will be in addition to the compulsory question at serial number 1 and each question will carry 15 marks. The students shall attempt a total of five questions in all.

#### **UNIT – I**

- i) Health Education : Concept, Principles and Significance
- ii) Health Care : Concept, Nature, Scope and Levels of Health Care.
- iii) Principles of Primary Health Care (health for all, health status and health problems)

#### **UNIT – II**

- iv) Health Problems of Developed and Developing Countries
- v) National Health Policy

#### **UNIT – III**

- vi) Approaches to Public Health, Communication and Practice of Health Education.
- vii) Control of
  - (a) Communicable Diseases: STD and HIV- AIDS
  - (b) Substance abuse: Alcoholism and Drug Abuse.
  - (c) Non-Communicable Diseases: Diabetes, Hypertension, Coronary Heart Disease and Cancer.

#### **UNIT – I**

- viii) Agencies of Health Education Public, Private and NGOs
- ix) Introduction to the Activities of WHO, UNICEF, UNDP, UNFPA, FAO
- x) National Rural Health Mission (NRHM): Scope and Application.

**Note: Please refer to relevant website of Govt. of India and latest edition of the books given below**

### **ESSENTIAL READINGS**

1. Goel, S.L. (2001) : Health Care Administration, Sterling Publishers Pvt. Ltd., New Delhi.
2. Goel, S.L (2008) : Health Education Theory and Practice, Deep and Deep Publication, New Delhi
3. Mahajan B.K, Gupta M.C. (2003) : Textbook of Preventive and Social Medicine Jaypee Brothers, Medical Publishers (P) Ltd., New Delhi.
4. Park K, (2011) : Park's Textbook of Preventive and Social Medicine Banarasidas Bhanot Publishers, Jabalpur.
5. Sharma, Manoj (2016) : Theoretical Foundations of Health Education & Health Promotion, Jones & Bartlett Learning Burlington, MA

### **FURTHER READINGS**

1. Banerjee, D. (1980) : Proceeding of the Primary Health Care Programmes, ICMR, New Delhi
2. Goel, S.L. (2008) : Education for Health, Urban Cp-104.167(C)-20.5002(a.16655(e)6.1665

**Paper – III**

**SEMESTER – I**

**REPRODUCTIVE HEALTH**

**Marks : 80**

**Internal Assessment: 20**

**Total : 100**

**Time: 3 hours**

**Semester – I**

**Note: Please refer to relevant website of Govt. of India and latest edition of the books given below**

### **Essential Readings**

#### **Please refer to relevant website of Govt. of India**

1. Dawn, C. S. (1986) : Textbook of obstetrics and Neonatology. Dawn Book House, Calcutta
2. Goel, S.L. (1980) : Family Planning Programme and Beyond Deep & Deep, New Delhi
3. Park J, E. & Park K. (1980) : A Textbook of Preventive and social Medicine, Banarasidas Bhanot Publisher, Jabalpur
4. Raina B. L. (1986) : Family Planning in Medical Education, Central Family Planning Institute, New Delhi
5. Lancet Child Survival Services and New Born Survival Series

### **Further Readings**







## **PAPER I**

### **SEMESTER – II ENVIRONMENTAL HEALTH**

**Marks : 80**

**Internal Assessment: 20**

**Total : 100**

**Time: 3 hours**

#### **OBJECTIVES:**

Environmental health is a branch of public health that is concerned with all aspects of the natural and built environment that may affect human health. It also refers to the theory and practices of assessing and controlling factors in the environment. The objective of the paper is to appraise the students about various aspects of environmental health and its impact on human health. The objective is also to familiarise the students with related health problems and protection through legislation

#### **NOTE:**

1. There shall be nine questions in all.
2. A compulsory question containing 15 short answer type questions shall be set covering the whole syllabus. The candidates are required to att

## UNIT – I

- x. Health Protection Through Legislation
- xi. Vector - Borne Diseases and their Control Measures
  - a) Mosquitoes
  - b) Flies
  - c) Cockroaches
  - d) Human Lice
  - e) Rodents
- xii. Introduction to Integrated Disease Surveillance Project (IDSP)

**Note:** Please refer to relevant website of Govt. of India and latest edition of the books given below

### Essential Readings

1. Annalee Yassi, (2001) : **Basic Environmental Health** (1st Edition), by *Oxford University Press, USA*
2. Dade W. Moeller (2004) : **Environmental Health, by Moeller, 3rd Edition** (Third Edition), by *Harvard University Press*
3. Howard Frumkin (2016) : **Environmental Health: From Global to Local (Public Health/Environmental Health)** (3rd Edition), by *Jossey-Bass*
4. Kathryn Hilgenkamp (2005) : **Environmental Health: Ecological Perspectives** (1st Edition), by *Jones & Bartlett Publishers,*
5. Monroe T. Morgan (2002)

6. David J. Briggs (editor) (1998) : *by Harvard University Press,*  
**Environmental Health for All**, *Published by Kluwer Academic Publishers*
7. David J. Briggs (editor) (2002) : **Environmental Health for All** (1st), *Published by Springe*
8. Ebere Cyril Anyanwu (2011) : **Advances in Environmental Health Effects of Toxigenic Mold and Mycotoxins: v. 1**, *Published by Nova Science Publishers*
9. Howard Frumkin (2005) : **Environmental Health** (1st Edition), *Published by Jossey-Bass*
10. Institute for Southern Studies, and Hall, Bob, M.A, and Kerr, Mary Lee (1991) : **Green Index: A State-By-State Guide to the Nation's Environmental Health**, *by Island*

## Paper – II

**SEMESTER- II**

**FAMILY WELFARE**

**Marks : 80**

**Internal Assessment: 20**

**Total : 100**

**Time: 3 hours**

### **OBJECTIVES:**

The objective of this paper is to apprise the student about the organizational structure and familiarise them with the various activities of IEC, National Family Welfare Programme through different five year plans and all its related aspects.

### **NOTE:**

1. There shall be nine questions in all.
2. A compulsory question containing 15 short answer type questions shall be set covering the whole syllabus. The candidates are required to attempt any 10 short answer type questions in about 25 to 30 words each. Each question shall carry 2 marks (Total 20 Marks).
3. The entire syllabus shall be divided into four units. A total of eight questions will be set out of the whole syllabus, at least two from each unit. The candidates will attempt four questions selecting one from each unit. These will be in addition to the compulsory question at serial number 1 and each question will carry 15 marks. The students shall attempt a total of five questions in all.

### **UNIT – I**

1. Organizational Structure of Family Welfare Programme at National, State and District Level
2. Motivation Activities: Information Education and Community (IEC) and Their Management

### **UNIT – II**

3. National Family Welfare Programme: Its Implementation, Associate Problems and Critique
4. Anaemia Prevention– Iron Plus Initiative: Rashtsiya Bal Swasthya Program; Integrated Child Development Scheme (ICDS); Integrated Child Protection Scheme (ICPD)

### **UNIT – III**

5. Family Welfare Programme and Five Years Plans: Evaluation and Critique
6. Family Welfare Methods: Preventive and Corrective With Special Emphasis on Contraception

### **UNIT – I**

7. M. T. P. Act (Medical Termination Of Pregnancy Act)
8. Social Response to Family Welfare Programmes and PCPNDT Acts

**Note: Please refer to relevant website of Govt. of India and latest edition of the books given below**

### **Essential Readings**

1. Dawn, C. S. (1986) : Textbook of obstetrics and Neonatology. Dawn Book House, Calcutta
2. Goel, S. L. (1980) : Family Planning Programme and Beyond Deep & Deep, New Delhi
3. Park J, E. & Park K. (1980) : A Textbook of Preventive and social Medicine, Banarasidas Bhanot Publisher, Jabalpur
4. Raina B. L. (1986) : Family Planning in Medical Education, Central Family Planning Institute, New Delhi

### **Further Readings**

## PAPER III

### SEMESTER – II ISSUES AND PROBLEMS OF POPULATION

**Marks : 80**

**Internal Assessment: 20**

**Total : 100**

**Time: 3 hours**

**Objectives:** The objective of the paper is to understand the innumerable problems related to population such as poverty, illiteracy, unemployment, ageing etc and the intricate relationship between socio-economic development and the quality of life. The objective is also to discuss that population problems faced by both the developed and the developing countries.

**NOTE:**

1. There shall be nine questions in all.
2. A compulsory question containing 15 short answer type questions shall be set covering the whole syllabus. The candidates are required to attempt any 10 short answer type questions in about 25 to 30 words each. Each question shall carry 2 marks (Total 20 Marks).
3. The entire syllabus shall be divided into four units. A total of eight questions will be set out of the whole syllabus, at least two from each unit. The candidates will attempt four questions selecting one from each unit. These will be in addition to the compulsory question at serial ia A total

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**Note: Please refer to relevant website of Govt. of India and latest edition of the books given below**

**Essential Readings**

1. Ahuja, Ram (2003) : Reports on Social Problems in India
2. Bose Ashish (1988) : From Population to People, Vol II, Delhi: B. R. Publishing Corporation
3. Bose Ashish & Premi M. K. (1992) : Population Transition in South Asia, New Delhi, B. R. Publishers
4. Chandna, R. C. (2017) : A Geography of Population (10<sup>th</sup> Edition), New Delhi, Kalyani Publishers
5. Chandna. R. C., (2008) : Regional Planning and Development, Kalyani Publishers, New Delhi
6. Mitra, A. (1967) : Levels of Regional Development in India, New Delhi, Indian Statistical Institute
7. Thomas, W. S. and Lewis, D.T. (1976) : Population Problems, Tata McGraw Hill, New Delhi
8. Weeks, John, (2011) : Population : An Introduction to Concepts and Issues, Wadsworth/ Thomson Learning Belmont, LA, USA
9. UN : Human Dev

**Further Readings**

1. Agarwal, N. (1933) : Women Education and Population in India, Chug Publisher, Allahbad,
2. Clarke, John I. (ed) (1984) : Geography and Population, Approaches and Applications, Pergamon Press Oxford,
3. Demko., G.J. et. Al, (1971) : Population Geography: A Reader, McGraw Hill Books Co., New York
4. Dreze, Jean and Sen, Amartya India, (2002) : Development and Participation, New Delhi, Oxford University
5. Kayastha, S.L., (1998) : Geography of Population : Selected Essays, Rawat Publications
6. Manson, K.O. (1987) : The Impact of Women's Social Position on Fertility in Developing Countries, Sociological Forum, 718- 745.
7. Mehta, S.R. (1999) : Dynamics of Development, New Delhi, Gyan Publishing House.
8. Premi, MK. (1992) : India's Population 1991, B.R. Publishers, New Delhi.
9. Knowled, R. & Wareing, J., (2007) : Economic and Social Geography: Made Simple Books, Rupa & Co., New Delhi
10. Kulkarni, P.M. (2000) : Prospective Changes in the Size and Structure of India's Population-Implications of PFI Projections up to 2051". New Delhi, PHD House (Chamber of Commerce and Industry).

11. World Bank Report (1991) : Gender and Poverty in India
12. Zelinsky, W. and et. Al, (1970) : Geography and a Crowding World, University Press, Oxford
13. Larkin RP & Johnson, WK (2013) : Population Geography: Problems, Concepts and Prospects, Kendall Hunt Publishing, IA, USA
14. K. Bruce Newbold (2017) : Population Geography: Tools and Issues, Rouman & Littlefield Publishers, Maryland
15. W.T.S. Gould (2015) : Population & Development, Routledge, Oxon, UK
16. World Bank Report (2012) : Poverty and Social Exclusion in India- Women ,The World Bank

**PAPER I**

**SEMESTER – II POPULATION POLICIES**

**Marks : 80**

**Internal Assessment: 20**

**Total : 100**

**Time: 3 hours**

**Objectives:** The objective of the paper is to make the students aware of the policies pertaining to population aspects being adopted by the developed and the developing countries, highlighting the Indian situation.



13. Sundaram, K.V. and Nagia, :  
Sudesh (eds.)