



HSPH 300 Public Health
**The Alliance for Global Education Contemporary India: Development,
Environment, Public Health Program, Fall 2009**

Dr. Hemant Apte

Course Description

This course will discuss the health needs and aspirations of communities and the interactions between different health systems, both traditional and Western. At the conceptual level, health will be discussed not only as a bio-medical but also as a bio-psycho-socio-cultural phenomenon as it relates to Indian society.

The course will include field observations and interactions with government sponsored programs and NGOs that work on community health issues. The impact of public health issues such as gender inequality, medical education, pharmaceutical industry initiatives, and the WHO Primary Health Care approach for community development will be evaluated.

After an overview of Ayurveda, Siddha, Unani, Naturopathy, and Yoga, students will focus on either a traditional practice or the application of modern public health initiatives in rural India.

The readings and discussions will probe historical and current holistic concepts of body and physiology encompassing mind and intellect, senses and soul, nutrition and diet, and cultural life styles. Students will perform in-depth fieldwork and will contribute their field experiences to classroom discussions. Grading will be based on assignments, classroom participation, fieldwork, a classroom presentation, a research proposal, and a detailed journal of field activities and observations.

Learning Outcomes and/or Expected Student Competencies

Course objectives:

- To understand traditional and contemporary Indian society through health perspectives.
- To understand how the traditional medical therapies such as Ayurveda, Siddha, Unani, Naturopathy and Yoga are conceptualized and are practiced as plural systems of medicine in India.
- To understand that at the conceptual level, Health is not only as bio medical phenomena but also as bio-psycho-socio-cultural phenomena. The traditional culture of health, disease and treatment hinder successful implementation of health programs based on modern biology and modern medicine.
- To understand the government programs on community health and disease control and overall development.
- To understand approaches and contribution of voluntary organizations working in health and community development.

Course Requirements / Evaluation

The lectures would be both informative and analytical. There would be a lot of scope for discussion. The lectures would flow along the lines that discussion takes place in the classroom on the topic under consideration. The number of lectures specified for each section may change depending on the discussions in the classroom.

The evaluation would be done as follows:

A.	Term Paper	30%
B.	Journal will include classroom notes, data on health, illness and food in host families	20%
C.	Field Work and Field work Notes:	10%
D.	Four short essays to be presented every Thursday	30%
E.	Class attendance and discussion	5%
F.	Presentations in the last week	5%

Attendance requirements

Class attendance is mandatory. As this is an intensive program, it is essential that students participate fully in coursework and all required academic activities. Excused absences may only be approved by the Resident Director, and students are expected to make up any missed work. Students may not make up for unexcused absences, and will be given a grade of zero for any missed work.

Reading material

- Chauhan, D., N.H. Antia and S. Kamdar. Health Care in India: A Profile, The Foundation for Research in Community Health, 1997.
- Das Gupta, Monica, Lincoln C. Chen, and T. N. Krishnan (eds). Health, Poverty and Development in India - Oxford University Press: 1996.
- Nichter, Mark and Mimi Nichter. Anthropology and International Health: Asian Case Studies. Gordon and Breach Publishers, 1996.
- Basham, A L. The Wonder that was India. New Delhi: Rupa & Co. Publications, 1999 (34th edition Chapter V).
- Dube S.C. Indian Society. New Delhi, National Book Trust, 1990 (Chapter V).
- Antia, N.H and Kavita Bhatia. People's Health in People's Hands: A Model for Panchayatiraj, Indian Journal of Social Work, Tata Institute of Social Sciences, 1995.
- Pachauri, Saroj. Reaching India's Poor: Non-Governmental Approaches to Community Health. Sage Publications, 1994.
- Helman, Cecil. Culture, Health and Illness Anubhav Series published by VHAI; Park and Park, Cecil G Helman Butterworth Heinemann, 4th edition.

Course Syllabus

Unit 1: Holistic Concept of Health

1) Concept of body and physiology, mind, intellect, senses and soul. Concept of Individual constitution and its effect on health and disease.

Reading: (a) Culture, Health and Illness – Cecil Helman; Arnold – Hodder Headline Group ISBN 0 7506 4786 8

2) Culture and its impact on health; mental health.

Readings: (b) (Handbook Reading 1) The impact of culture on health. Behaviors by Wolf Kirsten,MS

(c) (Handbook Reading 2) Mental and Emotional Health – Chris Knight.

3) Basic structure and function of Indian society and its impact on day-to-day living and health. Rural and urban health issues.

Readings: (d) (Handbook Reading 3) Cast system in India - Reference from [sociologyguide.com /social-stratification/sanskritization.php](http://sociologyguide.com/social-stratification/sanskritization.php)

(e) (Handbook Reading 4) Diseases of Poverty and Lifestyle, Well-being and human development by Ajai R. Singh, Shakuntala A. Singh

(f) The Wonder That was India : Basham, A L.. Rupa & Co. Publication, New Delhi. 1999 (34th ed), Chapter V.

Theory lecture and Discussion on observations / readings: **Total 2 sessions**

Unit 2: Traditional System of Medicines in India:

1) Basic concepts in Ayurved and Yoga.

Readings: (a) (Handbook Reading 5) Basis for Ayurvedic Philosophy

(b) (Handbook Reading 6) Yoga Concepts and Principles

2) Introduction to other systems of medicines. Institutionalization and professionalization of plural systems of medicine.

Readings: (c) (Handbook Reading 7) Unani System of Medicine

(d) (Handbook Reading 8) Siddha – Introduction and origin

(e) (Handbook Reading 9) What is Homeopathy?

Discourse on Ayurved by Guest Speaker: 2 Sessions

Unit 3: Gandhi's Constructive Programme and its Use in Current Development Programmes

1) Gandhi's contribution on 'Sanitation, Health and Nutrition, Women's issues, and other developmental issues'. Gandhi's work on leprosy, Programmatic implications of Gandhi's ideas as reflected in Indian constitution and governance.

Readings: (a) (Handbook Reading 10) Mahatma Gandhi's significance for today.

(b) India of My Dreams – M.K. Gandhi

Lecture followed by class discussion: 2 sessions

Unit 4: Primary Health Care and Health Care Delivery System:

1) WHO Primary Health Care approach and community development perspectives. Government's initiative with special reference to control and treatment of communicable and non-communicable diseases.

Readings: (a) Park's Textbook of Preventive and Social Medicine 18th edition, Published by M/S Banarasidas Bhanot, Jabalpur 2005 ISBN 81-901282-8-0

(b) Epidemiology and Management for Health Care for All Second edition by P.V. Sathe, A. P. Sathe Published by Popular Prakashan Mumbai, 1997 ISBN 81-7154-842-3

2) National Health Policy, evolution, current goals and achievements.

Reading: (c) (Handbook Reading 11) National Health Policy 2002

3) Health care delivery systems in India. Structure and function of Primary Health Care Centre, CHC and District hospitals

Reading: (d) J. Kishore's National Health Programs of India 7th edition September 2007, Century Publications New Delhi, ISBN 81-88132-17-9

Theory lecture and Discussion: **Total 4 sessions**

Unit 5: Prominent Issues in Health and Development:

1) Population ageing

Reading: (a) (Library Reference) National Policy on Older Persons

2) Population control, gender issues and reproductive health, adolescent health and HIV/AIDS, Emerging diseases and other health issues in India and the strategies to address them.

Readings: (b) (Handbook Reading 12) Gender issues – By Monica Das Gupta and Lincoln Chen

(c) (Handbook Reading 13) Gender and Health: from research to action by Adrienne Germain

(d) (Handbook Reading 14) Adolescents in India – A profile

(e) (Handbook Reading 15) National Rural Health Mission

(f) (Handbook Reading 16) National Urban Health Mission

(g) J. Kishore's National Health Programs of India 7th edition September 2007, Century Publications New Delhi, ISBN 81-88132-17-9

(h) Women's Health in India Edited by Monica Das Gupta, Lincoln C. Chen, T.N. Krishnan. Published by Oxford University Press, Bombay 1995 ISBN 0 19 563620 1

(i) Implementing A Reproductive Health Agenda in India: The Beginning Editor Saroj Pachauri Technical Editor – Sangeeta Subramanian ISBN 0-87834-098-X

(j) Towards adulthood Exploring the sexual and reproductive health of adolescents in South Asia Edited by Sarah Bott, Shireen Jejeebhoy, Iqbal Shah, Chander Puri, World Health Organisation ISBN 92 4 156250 1

(k) Sexual Behaviour and Aids in India By Moni Nag Published by Vikas Publishing House Pvt Ltd, 1996

Field Visit

Total 5 sessions

Unit 6: Approaches to Health and Development:

1) Voluntary sector in health and overall community development, Case studies of NGOs working in the field of Health and community development.

Readings: (a) (Handbook Reading 17) NGO Experience in Health An Overview by Pushpa Sunder

(b) (Handbook Reading 18) The NGO movement in Health by Kavita Bhatia.

(c) Anubhav Series published by VHAI (From K.E.M. Hospital Research Center Library)

Case study

Field Visit / Discussion with concerned NGOs

Total 3 sessions