

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR Allied Health Sciences

Program: Master of Public Health (MPH)

Cumulative Credits for One Year Post-Graduate Diploma = 44

Cumulative Credits for Two Years Post-Graduate Degree = 88

| Master of Public Health (MPH) Semester III | | | | | | | | | | | |
|---|---|-----------|--------------------|----------|-----------|-----------------------|-----------|------------|-----------|------------|------------|
| Paper Code | Title of the Paper | Credits | Contact Hours/Week | | | Distribution of Marks | | | | | |
| | | | Th (L) | Pr | Total | Internal | | External | | Total | |
| | | | | | | Th | Pr | Th | Pr | Th | Pr |
| MPHCC07 | Non-communicable Diseases | 4 | 4 | --- | 4 | 40 | --- | 60 | --- | 100 | --- |
| MPHCC08 | Qualitative Research Methods | 4 | 4 | --- | 4 | 40 | --- | 60 | --- | 100 | --- |
| MPHCC09 | Public Health Nutrition | 2 | 2 | --- | 2 | 20 | --- | 30 | --- | 50 | --- |
| MPHCERM02 | Scientific Writing in Health Research (NleCer 103) (SWAYAM Online)* | 4 | 4 | --- | 4 | 40 | --- | 60 | --- | 100 | --- |
| MPHOE | (07) Economics of Health & Healthcare (SWAYAM)* | 4 | 4 | --- | 4 | 40 | --- | 60 | --- | 100 | --- |
| | (08) Health Psychology- English and Foreign Language University Hyderabad (SWAYAM)* | | | | | | | | | | |
| MPHRP 01 | Research Project I | 4 | --- | 8 | 8 | --- | 40 | --- | 60 | --- | 100 |
| Total for Semester III | | 22 | 18 | 4 | 22 | 180 | 40 | 270 | 60 | 450 | 100 |

| Master of Public Health (MPH) Semester IV | | | | | | | | | | | |
|--|---|-----------|--------------------|----------|-----------|-----------------------|-----------|------------|-----------|------------|------------|
| Paper Code | Title of the Paper | Credits | Contact Hours/Week | | | Distribution of Marks | | | | | |
| | | | Th (L) | Pr | Total | Internal | | External | | Total | |
| | | | | | | Th | Pr | Th | Pr | Th | Pr |
| MPHCC10 | Health Planning & Management | 4 | 4 | --- | 4 | 40 | --- | 60 | --- | 100 | --- |
| MPHCC11 | Urban Health | 2 | 2 | --- | 2 | 20 | --- | 30 | --- | 50 | --- |
| MPHCC12 | Mental Health | 2 | 2 | --- | 2 | 20 | --- | 30 | --- | 50 | --- |
| MPHCE03 | Health Communication (SWAYAM Online)* | 4 | 4 | --- | 4 | 40 | --- | 60 | --- | 100 | --- |
| MPHOE | (10) Health Humanities: Indian and Western Knowledge Traditions (SWAYAM)* | 4 | 4 | --- | 4 | 40 | --- | 60 | --- | 100 | --- |
| | (11) Research Methods in Health Promotion (SWAYAM)* | | | | | | | | | | |
| MPHRP 02 | Research Project II | 6 | --- | 8 | 8 | --- | 40 | --- | 60 | --- | 100 |
| Total for Semester IV | | 22 | 16 | 8 | 24 | 160 | 40 | 240 | 60 | 400 | 100 |

Total Number of Credits for 1 Year: 44

***External Examinations for SWAYAM Online Courses will be conducted at the University with question papers set by the Paper Setting Committee**

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

Allied Health Sciences Program: Master of Public Health (MPH) Part II Syllabus as per NEP

Cumulative Credits for One Year Post-Graduate Diploma = 44

Cumulative Credits for Two Years Post-Graduate Degree = 88

Master of Public Health (MPH) Semester III

| Subject Code | Paper Title | Credits |
|---|--|---------------------|
| Major Core Compulsory Courses | | |
| MPHCC07 | Non-communicable Diseases | 4T |
| MPHCC08 | Qualitative Research Methods | 4T |
| MPHCC09 | Public Health Nutrition | 2T |
| Major Core Compulsory Elective Course: Research Methodology II | | |
| MPHCERM02 | Scientific Writing in Health Research (NieCer 103) (SWAYAM Online) | 4T |
| Major Open Elective Courses | | |
| MPHOE07 | Economics of Health & Healthcare (SWAYAM Online) | 4T |
| MPHOE08 | Health Psychology- English and Foreign Language University Hyderabad (SWAYAM Online) | |
| Research Project | | |
| MPHRP01 | Research Project I | 4P |
| Cumulative Credits required in Semester III | | 22 (18T+ 4P) |

Master of Public Health (MPH) Semester IV

| Subject Code | Paper Title | Credits |
|---|--|---------------------|
| Major Core Compulsory Courses | | |
| MPHCC10 | Health Planning and Management | 4T |
| MPHCC11 | Urban Health | 2T |
| MPHCC12 | Mental Health | 2T |
| Major Core Compulsory Elective Course | | |
| MPHCE03 | Health Communication (SWAYAM Online) | 4T |
| Major Open Elective Courses | | |
| MPHOE10 | Health Humanities: Indian and Western Knowledge Traditions (SWAYAM Online) | 4T |
| MPHOE11 | Research Methods in Health Promotion (SWAYAM Online) | |
| Research Project | | |
| MPHRP02 | Research Project II | 6P |
| Cumulative Credits required in Semester IV | | 22 (16T+ 6P) |
| Total One-Year Cumulative Credits required | | 44 |

| Subject | Credits | Total Hours | Lecture Hours | Tutorial Hours | Assessment Hours |
|--------------------------------|----------------|--------------------|----------------------|-----------------------|-------------------------|
| Non-communicable Diseases | 4 | 60 | 40 | 10 | 10 |
| Qualitative Research Methods | 4 | 60 | 40 | 10 | 10 |
| Public Health Nutrition | 2 | 30 | 20 | 05 | 05 |
| Health Planning and Management | 4 | 60 | 40 | 10 | 10 |
| Urban Health | 2 | 30 | 20 | 05 | 05 |
| Mental Health | 2 | 30 | 20 | 05 | 05 |

| Course Code | Course Title | Number of Credits |
|-------------|---------------------------|-------------------|
| MPHCC07 | Non-communicable Diseases | 4 T |

Unit I: Burden, Determinants & Epidemiological Transition of NCDs

- Global and National Burden of NCDs
 - Trends, distribution, disability burden (DALYs), and inequalities across regions and populations.
- Determinants of NCDs
 - Biological, social, behavioural, and environmental drivers shaping disease pathways and risk accumulation.
- Epidemiological and Demographic Transition
 - Shift from infectious to chronic diseases, ageing populations, and implications for health systems.

Unit II: Major NCDs & Risk Pathways

- Cardiovascular and Metabolic Diseases
 - Hypertension, diabetes, stroke, and atherosclerotic diseases with emphasis on risk pathways and complications.
- Cancer and Chronic Respiratory Diseases
 - Burden, environmental exposures, tobacco use, and occupational determinants shaping disease outcomes.
- Shared and Behavioural Risk Factors
 - Diet, physical inactivity, tobacco, alcohol, mental stress, and clustering of risks across life stages.

Unit III: Injuries & Emerging NCD Challenges

- Unintentional Injuries
 - Road traffic injuries, falls, burns, drowning — epidemiology, vulnerable populations, and prevention strategies.
- Intentional Injuries and Substance-related Harms
 - Self-harm, violence, and substance use disorders including alcohol, opioids, and new psychoactive substances.
- Emerging NCD Concerns
 - Multi-morbidity, chronic pain, post-COVID NCD patterns, and risks linked to urbanization and climate change.

Unit IV: Prevention, Programs & Health System Response

- Population-based Prevention Strategies
 - Health promotion, behavioural interventions, risk communication, and structural/public-policy approaches.
- National and Global NCD Programs
 - NPCDCS, WHO Best Buys, screening frameworks, health promotion campaigns, and progress monitoring.
- Surveillance and Monitoring Systems
 - STEPS surveys, cancer registries, digital monitoring platforms, and evaluation of program performance.

| Course Code | Course Title | Number of Credits |
|-------------|------------------------------|-------------------|
| MPHCC08 | Qualitative Research Methods | 4 T |

Unit I: Foundations & Philosophical Approaches in Qualitative Research

- Interpretivism, constructivism, phenomenology — how worldviews shape research questions and interpretations.
- Ethics and Researcher Positionality
 - Informed consent, privacy, reflexivity, and the influence of the researcher's identity on field interactions.

Unit II: Qualitative Research Designs & Sampling Approaches

- Major Qualitative Study Designs
 - Phenomenology
 - Grounded theory
 - Ethnography
 - Case study
- Sampling Strategies in Qualitative Research
 - Purposive, theoretical, snowball, and maximum variation sampling.

Unit III: Qualitative Data Collection Techniques

- Interview-based Methods
 - In-depth interviews and key informant interviews, with emphasis on probing, rapport building, and field notes.
- Group and Observational Methods
 - Focus group discussions
 - Participant observation
 - Non-participant observation
 - Documentation review

Unit IV: Qualitative Data Analysis & Reporting

- Coding and Thematic Development
 - Open, axial, and selective coding
 - Pattern identification
 - Use of matrices and memos in analysis

- Ensuring Rigor and Quality
 - Credibility, dependability, confirmability, transferability, and triangulation in qualitative analysis.

- Interpreting and Presenting Findings
 - Developing themes, writing narratives, integrating quotes, and preparing practice-oriented reports.

| Course Code | Course Title | Number of Credits |
|-------------|-------------------------|-------------------|
| MPHCC09 | Public Health Nutrition | 2 T |

Unit I: Nutritional Status, Determinants & Major Public Health Problems

- Foundations of Public Health Nutrition
 - Core concepts of nutrition, malnutrition, nutrient requirements, and pathways linking diet, metabolism, and health across the life span.
- Determinants of Nutritional Well-being
 - Biological, social, economic, and environmental drivers of nutritional status, including food systems, cultural practices, education, income, and ecological influences.
- Under-nutrition and Micronutrient Deficiencies
 - Burden, distribution, and health impacts of PEM, anaemia, and vitamin/mineral deficiencies, particularly among mothers, children, and marginalized communities.
- Overweight, Obesity, and Dietary Risk Factors
 - Dynamics of the nutrition transition, lifestyle shifts, metabolic risks, and the co-existence of undernutrition and obesity within households and populations.

Unit II: Nutrition Policies, Programs, Interventions and Emerging Issues

- National Nutrition Policies and Programs
 - Structure and implementation of ICDS, POSHAN Abhiyaan, Mid-Day Meal Scheme, and related policy frameworks aimed at reducing malnutrition and promoting dietary equity.
- Global Nutrition Agendas and Commitments
 - WHO global nutrition targets, SDGs, regional initiatives, and international mechanisms guiding national priorities and governance of nutritional actions.
- Community-based Nutrition Interventions and Communication
 - Behaviour change strategies, counselling, community mobilization, and locally tailored interventions promoting healthy diets, breastfeeding, and food security.
- Emerging and Cross-cutting Challenges
 - Effects of climate change, food system disruptions, urbanization, socio-economic inequalities, and evolving public-health threats on nutrition outcomes.

| Course Code | Course Title | Number of Credits |
|-------------|--------------------------------|-------------------|
| MPHCC10 | Health Planning and Management | 4 T |

Unit I: Health Planning Process

- Introduction to Planning
 - Definition of planning
 - Health planning models
 - Types of planning
- Steps in the Planning Process
 - Situational analysis & problem identification
 - Problem prioritization
 - Setting objectives and targets
 - Implementation of health plans

Unit II: Management Theories, Tools and Techniques

- Evolution of Management Approaches
 - Classical, behavioural, and modern management theories
- Management Tools Used in Health Programs
 - SWOT analysis
 - Logical Framework (LogFrame)
 - PERT (Program Evaluation and Review Technique)
 - CPM (Critical Path Method)

Unit III: Health Policy Assessment – Theories and Frameworks

- Introduction to Health Policy Analysis
 - Policy cycle and stages
 - Stakeholder analysis
- Frameworks for Policy Assessment
 - Walt & Gilson Policy Triangle
 - Kingdon's Multiple Streams Framework
 - Other relevant health policy assessment frameworks
- Applying Policy Frameworks
 - Use of frameworks for reviewing or analyzing health policies

Unit IV: Monitoring and Evaluation of Health Programs

- Basics of Monitoring and Evaluation
 - Purpose and importance of M&E
 - Difference between monitoring and evaluation
 - Indicators and simple M&E tools
- Economic Evaluation Concepts
 - Cost-effectiveness analysis
 - Cost-benefit analysis
- M&E in Practice
 - Monitoring and evaluation mechanisms in health programs

| Course Code | Course Title | Number of Credits |
|--------------------|---------------------|--------------------------|
| MPHCC11 | Urban Health | 2 T |

Unit I: Urbanisation, Determinants, and Health Outcomes

- Human Development and Urbanisation
 - Urban demography, epidemiology, physical & social environment, and health consequences
- Determinants of Urban Health
 - Urban as a health determinant, health disparities & equity, built environment, housing, mobility, WASH, food insecurity, waste management, violence & crime.

Unit II: Urban Health Systems and Planning

- Health Issues of Urban Populations
 - Vulnerable groups (slum dwellers, migrants, informal workers), occupational health, gender, child & elderly health.
- Urban Health Services
 - Public and private health care systems, access, challenges, NUHM, and schemes for the urban poor.
- Urban Health Planning and Governance
 - Cost-effective service design, innovations in urban resilience, inter-sectoral collaboration, and case studies on sustainable urban health development.

| Course Code | Course Title | Number of Credits |
|--------------------|----------------------|--------------------------|
| MPHCC12 | Mental Health | 2 T |

Unit I: Mental Health Burden and Epidemiology

- Overview of Mental Health in India
 - Burden and trends of mental health disorders; determinants and risk factors; stigma and social implications.
- Epidemiology of Major Mental Disorders
 - National and Global Burden of Disease (GBD) perspectives; prevalence, morbidity, and mortality patterns.
- Public Health Approach to Mental Health
 - Mental health promotion, prevention, and policy frameworks in India.

Unit II: Common Mental Disorders and Their Pathophysiology

- Mood and Anxiety Disorders
 - Major depressive disorder, anxiety disorders, bipolar disorder.
- Psychotic and Personality Disorders
 - Schizophrenia, personality disorders, conduct disorder (CD).
- Neurodevelopmental and Eating Disorders
 - Autism spectrum disorders (ASD), ADHD, idiopathic developmental intellectual disability (IDID), anorexia nervosa, bulimia nervosa.
- Community Mental Health
 - Integration of mental health into primary care and community-based interventions.