

**COURSE CURRICULUM FOR SECOND PROFESSIONAL B.U.M.S
(PRESCRIBED BY NCISM)**

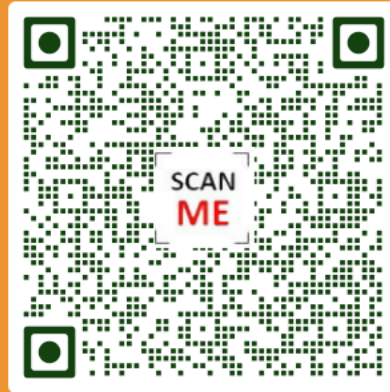
**TAHAFFUZI WA SAMAJI TIB
(PREVENTIVE AND SOCIAL MEDICINE)**

(SUBJECT CODE: UNIUG-TST)

(Applicable from 2021-22 batch, from the academic year 2023-24 onwards for 5 years or until further notification by NCISM, whichever is earlier)



**BOARD OF UNANI, SIDHA AND SOWA-RIGPA
NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE
NEW DELHI-110058**



NCISM_II BUMS U

PREFACE

Unani system of Medicine consists of an elaborative concept of Preventive and Social Medicine (PSM)/ Tahaffuzi wa Samaji Tib (TST) for Health promotion, Disease prevention and in maintenance of health at individual, family and community level. TST plays an important role not only at individual level but also at community level; therefore, different concepts of disease prevention and health promotion are studied in view of Unani Medicine as well as Modern concept to apply in the community.

Since World Health Organization (WHO) defines health as a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity; the role of Six Essential Factors (Asbabe Sitta Zarooriya) of life enlarges as the most significant factors governing health, disease and lifestyle of a person. Specific modifications in Asbabe Sitta Zarooriya (ASZ) are the corner stone in the prevention and cure of the diseases at personal, family and society level. 'Mental/ psychic movement and repose' mentioned in ASZ signifies its place as a main factor in governing the mental health. ASZ therefore performs as a fulcrum for the curriculum of TST and commands expansive coverage of its literature scattered over various classical ancient text books of Unani system of Medicine.

It becomes vital to cover the literature focusing the concept of Personal hygiene, Geriatric care, Unani dietetics, knowledge of Epidemiology concerning communicable and non-communicable diseases, their prevention and control and promotion of public health delivery system in India with National & International Health organizations and National Health Programs to solve the public health problems prevailing in the Community.

Scientific teaching methods are the backbone for any subject for the better understanding and should be chosen carefully according to the need of the subject. Since, TST usually involves outdoor activities; therefore, various distinct teaching and learning methods have been adopted to cover community-oriented approaches, involving practical field visits, School visits, PHC visit, Old age homes visit and Survey to enhance the applicability of this subject with better understanding.

A thorough knowledge of TST will enhance awareness about prevailing public health problems and their related National Health Programs aimed to achieve the sustainable development goals of our country and how Unani system of medicine will play a pivotal role in control and prevention of diseases and also to spread awareness in masses. It will also enable a medical student to develop an inquisitive scientific temper and skills to practice preventive and promotive Unani Medicine in public health.

Inclusion of Environmental and occupational health in the curriculum will invest the student with the ability to critically analyze the current environmental and occupational health problems and prescribe necessary preventive and control measures to solve the problem. Disaster management is an essential component for emergency preparedness, planning, hazards assessment, reconstruction and mitigation concepts required during Disasters management.

Health Education and communication will enable students to communicate with diverse sections of community comprising rural population, occupational worker, school children, pregnant and lactating mothers etc. The main aim of any education is to serve the people of the Nation and this subject aptly suits its application to serve the community and bring benefits to the masses by combining the preventive and promotive strategies of Unani system of medicine.

To summarize, the study of newly prescribed curriculum for 2nd professional B.U.M.S. students will enlighten them with the strengths of Unani Medicine oriented strategies based on modification of ASZ, employed for the promotive, preventive, curative and rehabilitative aspects of the ailing community and potentiate and broaden their sphere of operation in conjunction with modern medical approaches to attain larger and more comprehensive health goals as prescribed by WHO.

NCISM
II Professional Kamile Tib o Jarahat
(Bachelor of Unani Medicine and Surgery–B.U.M.S)

Subject Code: UNIUG-TST

TAHAFFUZI WA SAMAJI TIB
(PREVENTIVE AND SOCIAL MEDICINE)

Summary:

Total Number of Teaching Hours: 300		
Lecture Hours (LH) – Theory		120 (LH)
Paper I	120 Hours	
Non-Lecture Hours (NLH) – Theory		180 (NLH)
Paper I	54 Hours	
Non-Lecture Hours (NLH) – Practical	126 Hours	

Examination (Papers & Mark Distribution)					
Item	Theory Component Marks	Practical Component Marks			
		Practical	Viva	Elective	IA
Paper I	100	100	20	10	20
Sub-Total	100	150			
Total Marks	250				

Important Note:-The User Manual II BUMS is a valuable resource that provides comprehensive details about the curriculum file. It will help you understand and implement the curriculum. Please read the User Manual II before reading this curriculum file. The curriculum file has been thoroughly reviewed and verified for accuracy. However, if you find any discrepancies, please note that the contents related to the MSE should be considered authentic. In case of difficulty and questions regarding curriculum write to cur.imp@ncismindia.org

Contents

PREFACE.....	1
Summary:.....	2
Course Code and Name of Course.....	4
Table 1- Course learning outcomes and matched PO.....	4
Table 2: Contents of Course	5
Table 3: Learning Objectives (Theory) of Course.....	16
List of Practicals (Term and Hours).....	33
Table 4: Learning Objectives (Practical).....	34
Table 4a: List of Practicals	41
Activities.....	43
Table 5- Teaching Learning Methods.....	46
6 A-Number of Papers and Marks Distribution.....	47
6 B - Scheme of Assessment (Formative and Summative).....	47
6 C - Calculation Method for Internal Assessment Marks	47
6 D - Evaluation Methods for Periodical Assessment	48
6 E Question Paper Pattern	48
6 F Distribution of Theory Examination.....	49
6 G Blue print of paper I & II	51
6 H Distribution of Practical Exam.....	55
References Books/ Resources	56
Abbreviations.....	59
Domains	59
Teaching Learning Methods	60
Assessments	61

Course Code and Name of Course

Course Code	Name of Course
UNIUG-TST	Tahaffuzi wa Samaji Tib

Table 1- Course learning outcomes and matched PO

SR 1 CO No	A1 Course Learning Outcomes (CO) UNIUG-TST At the end of the course UNIUG-TST, the students should be able to-	B1 Course Learning Outcomes matched with Program Learning Outcomes
CO1	Apply the basic concepts of health promotion and disease prevention at individual, family and community level for physical, mental and social health.	PO1 PO2
CO2	Demonstrate the principles of Asbab Sitta Zarooriya for maintenance of health and prevention of lifestyle disorders.	PO1 PO2 PO3
CO3	Evaluate and sensitize the community about the impact of environmental factors and occupational hazards on human health.	PO3 PO4 PO5 PO7
CO4	Demonstrate the diagnosis and management of nutritional problems by the concept of Ghiza.	PO2 PO3
CO5	Advocate the principles and approaches of epidemiology in the prevention and control of communicable and non-communicable diseases and Role of Unani medicine.	PO2 PO3 PO6 PO8
CO6	Analyze components of the public health delivery systems in India and National health programs.	PO3 PO7
CO7	Evaluate the role of National & International Health organizations in public health problems.	PO3 PO7
CO8	Plan the components of care in different vulnerable groups like pregnant & lactating women, infants, children and elderly.	PO2 PO3
CO9	Evaluate the concept of demography and advocate family planning methods.	PO3 PO4 PO5

Table 2: Contents of Course

Paper 1					
Sr.No	A2 List of Topics	B2 Term	C2 Marks	D2 Lecture hours	E2 Non- Lecture hours (Theory)
1	<p>Tahaffuzi wa Samaji Tib ka ta'ruf (An introduction to Tahaffuzi wa Samaji Tib) تحفظی و سماجی طب کا تعارف</p> <p>I. Definition of Tahaffuzi wa Samaji Tib (Hifzane Sehat) and Sehate A'amma (Public Health), aghraz wa maqasid (Aims & Objectives) and dairakar (Scope). تحفظی و سماجی طب (حفظان صحت) اور صحت عامہ کی تعریف، اغراض و مقاصد اور دائرہ کار</p> <p>II. Tareekhi pase manzar (History) of Tahaffuzi wa Samaji Tib (Hifzane Sehat) تحفظی و سماجی طب (حفظان صحت) کا تاریخی پس منظر</p> <p>III. Kirdar (Role) and dairakar (scope) of an Unani Physician in Sehate A'amma (Public Health) صحت عامہ میں یونانی حکماء کا کردار اور دائرہ کار</p>	1	5	3	0
2	<p>Nazriyae Sehat wa Marz (Concept of Health and Disease) نظریہ صحت و مرض</p> <p>I. Sehat and Marz ki ta'reef (Definition(s) of Health & Disease) صحت اور مرض کی تعریف (Definition(s) of Health & Disease)</p> <p>II. Sehat ke mukhtalif pehlu (Dimensions of Health), asbab wa awamil (Determinants of Health) and ishariye (Indicators of Health) صحت کے مختلف پہلو، اسباب و عوامل، اور اشارے</p> <p>III. Nazariyae Sehat Jadeed (Concept of well being) نظریہ صحت جدید</p> <p>IV. Nazariyae Asbabe Marz (Concept of Disease causation) نظریہ اسباب مرض (Concept of Disease causation)</p>	1	10	6	4

	<p>V. Marz ke Tabae Adwar (Natural History of Disease) مرض کے طبعی ادوار</p> <p>VI. Taife Sehat wa Marz (Spectrum of Health & Disease) طیف صحت و مرض</p> <p>VII. Concept of Tahdeed (control) and Tahaffuz (Prevention), darjaat (levels of prevention) and Tareeqae Madakhelat (modes of interventions) نظریہ تحدید و تحفظ، درجات تحفظ اور طریقہ مداخلت</p> <p>VIII. Amraz ki Binal Aqwami Darjabandi (International classification of diseases) امراض کی بین الاقوامی درجہ بندی</p>				
3	<p>Tadabeer Hifze Sehat تدابیر حفظ صحت</p> <p>I. Shaksi Hifzane Sehat (Personal Hygiene) شخصی حفظان صحت</p> <p>II. Asbabe Sitta Zarooriya (Six Essential Factors) and its role in preservation of health and prevention of diseases صحت کی بقاء اور امراض سے تحفظ میں اسباب سے ضروریہ کا کردار</p> <p>III. Sehati A'adat (Healthy habits) صحت مند عادات</p> <p>IV. Nazafat (Cleanliness) صفائی و ستھرائی / نظافت</p> <p>V. Daurane Haiz Hifzane Sehat (Menstrual hygiene) دوران حیض حفظان صحت</p> <p>VI. Jinsi Sehat (Sexual Health) جنسی صحت</p> <p>VII. Tadabeere Musafireen (Regimens for Travelers) تدابیر مسافرین</p> <p>VIII. Importance of Dalak (Massage), Riyazat (Exercise), Hammam (Turkish Bath), Fasd (Venesection) etc. in Shakhshi Hifzane Sehat شخصی حفظان صحت میں دلک، ریاضت، حمام اور فصد وغیرہ کی اہمیت</p>	1	5	4	4

	<p>IX. Samaji Hifzane Sehat (Community Health) at public gathering places: سماجی حفظان صحت برائے اجتماعات</p> <p>X. Tadabeere Hifzane Sehat (Regimens) for Fairs and Festivals تدابیر حفظان صحت برائے میلہ و اجتماعات</p>				
4	<p>Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان ضعیفہ:</p> <p>I. Tadabeere Naumolood (Neonatal Care) تدابیر نومولود</p> <p>II. Tadabeere Atfal (Child care) تدابیر اطفال</p> <p>III. Tadabeere Hamla (Pregnancy care/Antenatal & Post natal) تدابیر حاملہ</p> <p>IV. Tadabeere Mashaikh (Geriatric Care) تدابیر مشائخ</p>	1	5	4	4
5	<p>Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات</p> <p>I. Definition and components of Mahol (Environment) ماحول کی تعریف اور اس کی اقسام</p> <p>II. Hawa (Air): Tarkeeb (Composition), ehmiyat (importance), tabdiliyan (changes), aaludgi (pollution), tahaffuz (prevention) and control (tadabeer) ہواء محیط: ترکیب، اہمیت، تبدیلی، آلودگی کی تحفظی تدابیر</p> <p>III. Tahwiya (Ventilation): ta'reef (definition), me'yar (standards) and tareeqe (methods/types). تہویہ: تعریف - معیار اور طریقے</p> <p>IV. Pani (Water): Zaraye (Sources), iste'malat (uses), zarooriyat (requirement), sehatbakhsh pani ki khususiyat (safe and wholesome water), bhari pani (Hardness), aaludgi</p>	1	10	12	8

	<p>(pollution) and its purification.</p> <p>پانی: ذرائع حصول، استعمالات، ضروریات، صحت بخش پانی کی خصوصیات، پانی کا بیماری پن، پانی کی آلودگی اور اس کو دور کرنے کے طریقے</p> <p>V. Sooti aaloodgi (Noise pollution) صوتی آلودگی</p> <p>VI. Tabkari (Radiation) تابکاری</p> <p>VII. Fuzlat (Waste): ta'reef (definition), darjabandi (classification) and their impacts on human health and methods of disposal, فضلات: تعریف، درجہ بندی، انسانی صحت پر اس کے اثرات، اور اندفاع کے مختلف طریقے</p> <p>VIII. Hayatyati Tibbi fuzlat ka tadaruk wa intezam (Biomedical Waste Management) حیاتیاتی طبی فضلات کا تدارک و انتظام</p> <p>IX. E-waste Management الیکٹرانک ویسٹ کا انتظام</p>				
6	<p>Peshawarana Sehat (Occupational health) پیشہ وارانہ صحت</p> <p>I. Peshewarana Sehat (occupational health) ki ta'reef (definition), aghraz (aims) & maqasid (objectives), dairakar (scope) and ehmiyat (importance) پیشہ وارانہ صحت کی تعریف، اغراض و مقاصد، دائرہ کار اور اہمیت</p> <p>II. Peshewarana khatraat (Occupational hazards) and amraz (diseases) پیشہ وارانہ خطرات و امراض</p> <p>III. Peshewarana amraz ki tahaffuzi tadabeer (Preventive measures for occupational diseases) پیشہ وارانہ امراض کی تحفظی تدابیر</p> <p>IV. Qawaneen barai peshewarana sehat (Legislations / regulations related to occupational health) قوانین برائے پیشہ وارانہ صحت</p>	2	5	5	4
7	<p>Ghiza wa Taghzia (Food and Nutrition) غذا و تغذیہ</p>	2	10	10	5

	<p>I. Giza aur Taghzia bakhsh anasir ki ta'reef, darjabandi aur tajweezkarda yaumiya zaroorat (Definition, Classification of foods & nutrients, Recommended Daily Allowances) غذا اور تغذیہ بخش عناصر کی تعریف، درجہ بندی اور تجویز کردہ یومیہ ضرورت</p> <p>II. Unani concept of Ghiza wa Taghzia and Kulliyate Akle Tu'aam یونانی نظریہ غذا و تغذیہ اور کلیات اکل بعام</p> <p>III. Halate taghzia ki tashhees (Nutritional assessment) حالت تغذیہ کی تشخیص</p> <p>IV. Naqse Taghzia aur uske tadarukat (Nutritional deficiency disorders and their management) نقص تغذیہ اور اس کے تدارکات</p> <p>V. Ghizai aaloodgi se paida hone wale amraz aur ghizayi hifzane sehat (Food borne Disease & Food hygiene) غذائی آلودگی سے پیدا ہونے والے امراض اور غذائی حفظان صحت</p> <p>VI. Samaji Taghziyai program (Community Nutritional programs) سماجی تغذیاتی پروگرام</p>				
8	<p>Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ</p> <p>I. Ilmul waba (wabaiyat) ki ta'reef, maqasid aur darjabandi (Epidemiology: Definition, its Aim and scope) علم الوباء (وبائیت) کی تعریف، مقاصد اور دائرہ کار</p> <p>II. Makhsos istelihat ki ta'reef (Definitions of selected Terms): Ta'diya (Infection) تعدیہ , Ta'diya bakhsh aaludgi/talwees (Contamination) تعدیہ بخش آلودگی / تلویث</p>	2	20	40	8

	<p>Ibtelae marz (Infestation) ابتلاء مرض , Mezban (Host) میزبان , Amraze muta'diya (Infectious Disease) امراض متعدیہ , Amraze ittesali/Amraze lamsa (Contagious Disease) امراض اتصالی/امراض لامسہ , Amraze sariya (Communicable Disease) امراض ساریہ (Epidemic) وباء عمومی , Wabae maqami (Endemic) وباء مقامی , Marze mutafarrq (Sporadic) مرض متفرق , Wabae aalami (Pandemic) وباء عالمی , Wabae bairooni (Exotic) وباء بیرونی/خارجی , Amraze haiwani (Zoonoses) امراض حیوانی , Wabae haiwani umoomi (Epizootic) وباء حیوانی عمومی Wabae taiwar (Epornithic) وباء طیور Wabae haiwani maqami (Enzootic) وباء حیوانی مقامی , Matabi ta'diya (Nosocomial Infection) مطبئی تعدیہ , Mauqaparast ta'diya (Opportunistic Infection) موقع پرست تعدیہ , Muddate Hazanat (Incubation Period) مدت حضانت , Fitrae ma'diya/Muddate ta'diya (Communicable Period) فترہ معدیہ / مدت تعدیہ , Secondary Attack rate, Serial Interval, Generation Time (جزیہ لیشن ٹائم)</p> <p>III. Unani Concept of Waba (Epidemic) یونانی طب کا نظریہ وباء</p> <p>IV. Dynamic of Infectious Disease Transmission: Amraz ke zaraye wa zakhair (Sources & Reservoir) امراض کے ذرائع و ذخائر</p>				
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	<p>Isha'ate ta'diya ke tareeqe (Modes of Transmission) اشاعت تعدیہ کے طریقے</p> <p>V. Musta'd abdan: kamyab tafeeli (Susceptible host: Successful Parasitism) مستعد ابدان: کامیاب طفیلی</p> <p>VI. Quwwate Madafea't (Host Defense): Immunity and its types, Immunizing Agents, National immunization schedule, Universal Immunization Program and Adverse effects following immunization (AEFI), The cold chain قوت مدافعت: مناعت اور اس کی اقسام، مناعتی عوامل، قومی ضابطہ تمسج، ایمونائزیشن پروگرام، عوارضات بعد از تمسج، اور کولڈ چین یونیورسل سسٹم</p> <p>VII. Tahdeede tahaffuze marz (Disease Prevention and Control) تحدید و تحفظ مرض</p> <p>VIII. Dafe Ta'affun (Disinfection) and Amale Tatheer (Sterilization): Definitions and Information about various terminologies like disinfectants, deodorant, antiseptic, pesticides, insecticides, germicides and detergents etc. Natural, physical & chemical disinfectants along with the importance & necessity of latest methods of disinfection. عمل دفع تعفن، عمل تطہیر: مختلف اصطلاحات کی تعریف اور معلومات مثلاً دفع تعفن، دفع بو، دفع عنونت، دفع حشرات، قاتل کرم، دفع جراثیم، اور صاف کرنے والے مادے۔ قدری، طبعی اور کیمیائی دفع تعفن اشیاء مع جدید طریقے دافع تعفن کی ضرورت اور اہمیت</p> <p>IX. Tanaffusi Ta'diya (Respiratory Infection) تنفسی تعدیہ Chicken pox {حمیقاء}، Measles {خسرہ}، Rubella {خسرہ جرمنی}، Mumps {دورم اصل الاذن}، Influenza including Swine flu, Bird Flu {انف العزہ مع سوائن فلو، نزلہ}، Diphtheria {خناق}، Whooping Cough (Pertusis) {شہیقہ}، SARS سارس including Covid19، کووڈ-19، Tuberculosis {دق}</p>				
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	<p>X. Ta'diyae Ama' (Intestinal Infection) تعدیه امعاء Poliomyelitis {فالج اطفال/پولیو} , Acute Diarrheal Diseases {حاد اسهالی امراض} , Viral Hepatitis {ورم کبد حار/ورم کبد ویروسی} , Cholera {انطلاق البطن/ہیضہ} , Typhoid {حمی معوی} , Amoebiasis, Food Poisoning {تسمم غذائی} , helminthiasis (دیدان امعاء)</p> <p>XI. Arthropod Borne Infections: Dengue {حمی دنج} , Malaria {حمی اجامیہ} , Filariasis {داء الفیل} , Chikungunya {چکن گنیہ} , Kala Azar {حمی اسود}</p> <p>XII. Zoonoses: Rabies {داء الکلب} , Plague {طاعون} , Japanese Encephalitis {التهاب دماغ جاپانی}</p> <p>XIII. Surface Infections: Tetanus {کزاز} , Leprosy {داء الاسد}</p> <p>XIV. Sexually Transmitted Diseases (STD) عقلمم AIDS , امراض جنسیہ</p>				
9	<p>Wabaiyate Amraze Muzmina Ghair Muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وبائیت امراض مزمنہ غیر متعدیہ:</p> <p>I. Introduction of Amraze Muzmina (Chronic diseases), Risk factors for NCDs, Common measures for the prevention and control of NCDs مزمن امراض کا تعارف، مزمن امراض کے اختطاری عوامل، مزمن امراض کی عمومی تحفظی تدابیر</p> <p>II. Amraze Qalb Taji (Coronary Heart Diseases) امراض قلب تاجی</p> <p>III. Zaghtuddam qawi (Hypertension) ضغط الدم قوی</p> <p>IV. Sartaan (Cancer) سرطان</p>	2	5	8	4

	V. Ziyabetus Shakri (Diabetes Mellitus) ذیابیطس شکرى				
	VI. Samane Muftrat (Obesity) سمن مفرط				
10	Sehati dekhbhal ki farahami ka nizam Health Care Delivery System) صحتی دیکھ بھال کی فراہمی کا نظام I. Sehati dekhbhal (Health care): Concept and Services صحتی دیکھ بھال: نظریہ اور خدمات II. Sehati dekhbhal ke nizam (Health Care Systems) صحتی دیکھ بھال کا نظام III. Sehati dekhbhal ke Darjat (Levels of Health Care) صحتی دیکھ بھال کے درجات IV. Mukammal sehati dekhbhal ka nazariya (Concept of Comprehensive Health Care) مکمل صحتی دیکھ بھال کا نظریہ V. Ibtedai sehati dekhbhal ke arkan wa usool (Elements and Principles of Primary Health Care) ابتدائی صحتی دیکھ بھال کے ارکان و اصول VI. Millennium and Sustainable Development Goals ملینیم اور سسٹیبل ڈیولپمنٹ گول VII. Qaumi wa bainul aqwami sehati tanzeemat (National and International Health Organizations) قومی و بین الاقوامی صحتی تنظیمات VIII. Qaumi sehati program (National Health Programs) قومی صحتی پروگرام IX. Qaumi sehati policy (National Health Policy) پالیسی قومی صحتی	3	5	10	3
11	Dimaghi Sehat (Mental Health) دماغی صحت I. Nazariyae sehate dimaghi (Concepts of Mental Health) (Unani & Modern)	3	5	5	2

	<p>نظریہ صحت دماغی (یونانی و جدید)</p> <p>II. Dimaghi tor par sehatmand shakhs ki khususiyat (Characteristics of Mentally Healthy Person) دماغی طور پر صحت مند شخص کی خصوصیات</p> <p>III. Kharab dimaghi sehat ki alamate munzara (Warning Signals of Poor Mental Health) خراب دماغی صحت کی علامات مندرہ</p> <p>IV. Dimaghi amraz ki darjabandi (Classification of Mental Illness) (Unani & Modern) دماغی امراض کی درجہ بندی (یونانی و جدید)</p> <p>V. Dimaghi amraz ke asbab (Causes of Mental illness) دماغی امراض کے اسباب</p> <p>VI. Dimaghi sehati khidmat (Mental Health Services) دماغی صحتی خدمات</p>				
12	<p>Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی</p> <p>I. Abadiyati adwar (Demographic Cycle) آبادیاتی ادوار</p> <p>II. Mardum shumari aur nizame inderaj (Census and registration system) مردم شماری اور نظام اندراج</p> <p>III. Sharah paidaish (Birth rate), Sharah amwat (Death rate), sharah numu (Growth rate) شرح پیدائش، شرح اموات، شرح نمو</p> <p>IV. Khandani mansoobabandi ki ta'reef, dairakar aur uske sehati pehlu (Definition, scope and health aspects of family planning) خاندانی منصوبہ بندی کی تعریف، دائرہ کار اور اسکے صحتی پہلو</p> <p>V. Mane' hamal tadabeer (Contraceptive</p>	3	10	8	2

	Methods: Temporary & Permanent) مائع حمل تدابیر: عارضی و دائمی				
13	<p>Sehati Ta'leemat wa mawasetat (Health Education and Communication): صحتی تعلیمات اور: مواصلات</p> <p>I. Sehati Ta'leemat (Health education): Definition, Objectives, approaches, model and contents صحتی تعلیمات: تعریف، غرض و غایت، نقطہ نظر، ماڈل اور اسکے مشتملات</p> <p>II. Mawasetat (Communication): Definition, types, process and barriers of communication مواصلات: تعریف، اقسام، عملی ذرائع اور مواصلاتی رکاوٹیں</p>	3	3	3	4
14	<p>Tadarukat barai aafat (Disaster Management) تدارکات برائے آفات</p> <p>Definition, impact, classification, analysis and management of aafat (disaster) آفات کی تعریف، اثرات، درجہ بندی، تجزیہ اور اس کا تدارک</p>	3	2	2	2
Total			100	120 hr	54 hr

Table 3: Learning Objectives (Theory) of Course

Paper 1									
A3 Course outco me	B3 Learning Objective (At the end of the session, the students should be able to)	C3 Domain/ sub	D3 Must to know / desirable to know / Nice toknow	E3 Level Does/Show s how/ Knows how/ Know	F3 T-L method	G3 Assessment (Refer abbreviations)	H3 Formative/ summative	I3 Term	J3 Integrati on
Topic 1									
Tahaffuzi wa Samaji Tib ka ta'ruf (An introduction to Tahaffuzi wa Samaji Tib) تحفظی و سماجی طب کا تعارف (Lecture : 3 hours, Non lecture: 0 hours)									
CO1	Define Tahaffuzi wa Samaji Tib & Hifzane Sehat and Public Health.	CK	MK	K	L&PPT	P-VIVA,TH	F&S	I	
CO1	Enumerate the Aims & Objectives and scope of Tahaffuzi wa Samaji Tib	CK	MK	K	L,L&PPT,L&GD	P-VIVA,QZ,TH	F&S	I	
CO1	Discuss the History of Tahaffuzi wa Samaji Tib (Hifzane Sehat) and aqwale Atibba barai Hifze Sehat	CK	MK	K	L&PPT,L&GD	T-OBT,M-CHT,M-POS	F&S	I	V-TT
CO1	Discuss the Role of Unani Physician in Sehate Aamma (Public Health).	CC	MK	KH	L,L&GD,BS	P-VIVA,TH	F&S	I	
Topic 2									
Nazriyae Sehat wa Marz (Concept of Health and Disease) نظریہ صحت و مرض (Lecture : 6 hours, Non lecture: 4 hours)									
CO1	Discuss the various definitions of health given by WHO and Unani physicians.	CC	MK	KH	L&PPT,L&GD	P-VIVA,DEB TH	F&S	I	

CO1	Discuss the Dimensions, Determinants and Indicators of Health.	CC	MK	KH	L&PPT,L&GD	P-VIVA, DEB,TH	F&S	I	
CO1	Explain the spectrum of Health and Disease.	CC	MK	KH	L,L&PPT	P-VIVA,TH	F&S	I	
CO1	Discuss the Natural History of Diseases.	CC	MK	KH	L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1	Discuss the various concepts of Disease causation with Unani perspective.	CC	MK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1	Explain the concept of wellbeing along with Unani perspective.	CK	MK	K	L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1	Discuss the Subjective and Objective components of wellbeing.	CK	DK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1	Enumerate the International Classification of Diseases (ICDs).	CK	NK	K	SDL	P-VIVA,TH	F&S	I	
Topic 3 Tadabeer Hifze Sehat تدابير حفظ صحت (Lecture : 4 hours, Non lecture: 4 hours)									
CO1, CO2, CO8	Describe shakhsi hifzane sehat (personal hygiene) and its aims, objectives and types.	CC	MK	K	L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1, CO2, CO8	Discuss healthy habits and cleanliness along with their importance in personal hygiene.	CC	MK	KH	L,L&GD	P-VIVA,TH	F&S	I	
CO1, CO2, CO8	Discuss the aims, objectives and importance of Menstrual Hygiene along with different methods.	CC	DK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	

CO1, CO2, CO8	Discuss the different Tadabeer e Hifze Sehat like Dal'k, Riyazat, Hammam, Fasd for promotion of health and prevention of diseases.	CC	MK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1, CO2, CO8	Explain the need and importance of Samaji Hifze Sehat in modern scenario.	CC	MK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1, CO2	Explain preventive measures for Fairs and Festivals.	CK	MK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1, CO2, CO8	Describe Tadabeere Musafirin (Regimen for travelers) and its importance in Unani system of medicine.	CC	DK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO1, CO2, CO8	Define the sexual health and enumerate various instructions to maintain sexual health given in Unani literature.	CK	MK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
Topic 4									
Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابير ابدان ضعيفه:									
(Lecture : 4 hours, Non lecture: 4 hours)									
CO4, CO6, CO8	Recognize various health problems of Naumaulood (infants) and describe Tadabeer Naumaulood (regimens for infants).	CK	MK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	I	
CO4, CO6, CO8	Observe early and immediate neonatal (Naumaulood) care along with its examination.	PSY-SET	MK	KH	L,L&PPT,L&GD, L_VC	P-VIVA,TH	F&S	I	V-AAN
CO4, CO6, CO8	Categorize the low-birth-weight infant (preterm babies/small for date babies) and identify its risk factors to reduce the incidence by direct intervention measures. (APGAR SCORE)	CC	NK	KH	SDL	P-VIVA,TH	F&S	I	V-AAN

CO4, CO6, CO8	Advocate the importance of breast feeding in maternal and child (Atfal) health promotion.	CAP	MK	KH	L,L&PPT,L&G D,BS	P-VIVA,M- CHT,M- POS,TH	F&S	I	V-AAN
CO4, CO6	Discuss the principles of artificial feeding & weaning practices mentioned in Unani literature.	CC	MK	KH	L,L&PPT,L&G D	P-VIVA,QZ ,TH	F&S	I	
CO4, CO6, CO8	Summarize Antenatal, Intranatal and Post-natal preventive care to restore optimum health of mother.	CC	MK	KH	L,L&PPT,L&G D	T-OBT	F&S	I	V-QAN
CO4, CO6, CO8	Define gerontology and geriatrics. Discuss various methods of geriatric care mentioned in Unani literature.	CC	MK	KH	L,L&PPT,L&G D	P-VIVA,M- CHT,M- POS,TH	F&S	I	
CO4, CO6	Estimate the health problems of elderly population and discuss their solutions.	CC	MK	KH	L,L&PPT,L&G D,L_VC	P- VIVA,DEB,T H	F&S	I	
Topic 5 Maholyat and sehate insani (Environment and Human Health) ماحولیات اور صحت انسانی (Lecture : 12 hours, Non lecture: 8 hours)									
CO3	Describe the components of environment and discuss its direct and indirect pathways connected with human health .	CC	MK	KH	L,L&PPT,L&G D,BS	P-VIVA,TH	F&S	I	
CO3	Discuss the normal composition of air, changes in air in occupied room and enumerate the indicators of thermal comfort.	CC	MK	KH	L,L&PPT,L&G D	P-VIVA,TH	F&S	I	
CO3	Define air pollution and discuss its sources and preventive & control measures.	CC	MK	KH	L,L&PPT,L&G D	P-VIVA,TH	F&S	I	

CO3	Identify various types of air pollutants and their implication on health.	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	I	
CO3	Demonstrate the measures for prevention and control of air pollution.	CAP	MK	SH	L,L&PPT,L&G D,BS,D	P-VIVA,TH	F&S	I	
CO3	Describe the impact of seasonal changes on human health and their preventive measures.	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	I	
CO3	Define ventilation. Discuss its types, standards and importance.	CK	MK	K	L,L&PPT,L&G D,L_VC	P-VIVA,TH	F&S	I	
CO3	Define wholesome water. Discuss its requirement, uses and sources.	CK	MK	K	L,L&PPT	P-VIVA,TH	F&S	I	
CO3	Discuss purification of water on large and small scale.	CC	MK	KH	L,L&PPT,L_VC	P-VIVA,TH	F&S	I	
CO3	Discuss water pollution and its sources along with measures to be adopted for protecting water sources from pollution.	CC	MK	KH	L,L&PPT,L&G D	P-VIVA,TH	F&S	I	
CO3	Discuss the water borne diseases and health risks associated with contaminated water.	CC	MK	KH	L,L&PPT,L&G D,L_VC	P-VIVA,TH	F&S	I	
CO3	Define noise. Discuss its sources, adverse effects on human health along with preventive measures.	CC	MK	KH	L,L&PPT,L&G D,BS	P-VIVA,TH	F&S	I	
CO3	Describe radiation, its sources, types, health hazards and preventive measures.	CC	NK	KH	SDL	P-VIVA,TH	F&S	I	
CO3	Define and Classify waste. Discuss the sources, health risks and various methods of their disposal including Biomedical and E-waste.	CC	MK	KH	L&PPT,PrBL	P-VIVA,TH	F&S	I	

Topic 6									
Peshawarana Sehat (Occupational health) پیشہ دارانہ صحت									
(Lecture : 5 hours, Non lecture: 4 hours)									
CO1, CO3	Define occupational Health and ergonomics.Enlist occupational hazards, disease and discuss their prevention and control.	CC	MK	KH	L,L&PPT,L&G D,L_VC	P-VIVA,TH	F&S	II	
CO1, CO3	Explain Employee State Insurance (ESI) Act and Indian Factory Act.	CC	DK	K	L,L&PPT	P-VIVA,TH	F&S	II	
CO1, CO3	Discuss the role of Unani Medicine in occupational health.	CC	MK	KH	L,L&GD,BS	P-VIVA,TH	F&S	II	
CO1, CO3	Enlist occupational hazards, disease and discuss their prevention and control.	CC	MK	KH	L,L&PPT,L&G D,L_VC	P-VIVA,M- MOD,M- CHT,TH	F&S	II	
Topic 7									
Ghiza wa Taghzia (Food and Nutrition) غذا و تغذیہ									
(Lecture : 10 hours, Non lecture: 5 hours)									
CO2, CO4	Define and interpret Nutrition-related medical terminologies and laboratory parameters.	CK	MK	K	L,L&PPT	P-VIVA,TH	F&S	II	
CO2, CO4	Explain the classification of foods from Unani and Modern Perspectives.	CK	MK	K	L&PPT	P-VIVA,TH	F&S	II	
CO2, CO4	Explain the proximate principles of food, Functions, Sources, Daily allowances, and Deficiency disorders of Proteins, Fats, Carbohydrates, Vitamins, and Minerals.	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	

CO2, CO4	Define a balanced diet and discuss diet plans based on an individual's age, body weight, and physiological status.	CK	MK	K	L,L&PPT,L&GD D	P-VIVA,TH	F&S	II	
CO2, CO4	Discuss Food hygiene, Sanitation of eating places, Preservation of food, Food handlers, Food fortification, Food adulteration and Food toxicants.	CC	MK	KH	L&PPT,L&GD, L_VC	P-VIVA,TH	F&S	II	
CO2, CO4	Enumerate the general instructions regarding meals, Diet according to age, season, and mizaj from the perspective of Unani Medicine.	CK	MK	K	L&PPT,L&GD	P-VIVA,TH	F&S	II	
CO1, CO2, CO4, CO7, CO8	Discuss the public health nutritional problems like Vitamin A deficiency, Iodine deficiency disorders, Iron deficiency anemia, Low-birth weight, and Protein Energy Malnutrition and its Unani management.	CC	MK	KH	L&PPT,L&GD, TBL	P-VIVA,TH	F&S	II	
CO2, CO4	Describe anthropometric and clinical parameters to assess the nutritional status.	CK	MK	K	L&PPT,L&GD, D_BED	P-VIVA,TH	F&S	II	
Topic 8 Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وباییت امراض متعدیه (Lecture : 40 hours, Non lecture: 8 hours)									
CO5	Define Waba; Describe its causes and predisposing factors from the perspective of Unani Medicine.	CK	MK	K	L,L&PPT,L&GD D	TH	F&S	II	
CO5	State the control measures of waba from perspective of Unani Medicine.	CK	MK	K	L,L&PPT	P-VIVA,TH	F&S	II	
CO5	<ul style="list-style-type: none"> Define Epidemiology; Enumerate the principles and uses of Epidemiology. 	CK	MK	K	L,L&PPT	P-VIVA,TH	F&S	II	

	<ul style="list-style-type: none"> Define selected Terms related to infectious disease epidemiology 								
CO5	Explain the dynamics of disease transmission along with Unani perspective	CC	MK	KH	L,L&PPT,L&G D	TH	F&S	II	
CO5	Define susceptible host and Describe host defence strengthening measures in Unani Medicine	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
CO5	<ul style="list-style-type: none"> Define immunity; describe its types and immune response. Explain herd immunity and justify its importance in control, elimination and eradication of infectious diseases. Classify and describe immunizing agents. Discuss Immunization Schedules and Adverse Events Following Immunization (AEFI) 	CC	MK	KH	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
CO5	Describe cold chain equipment and its functioning.	CK	MK	K	L,L&PPT,L&G D,FC	P-VIVA,TH	F&S	II	
CO5	<ul style="list-style-type: none"> Define chemoprophylaxis and list its indication. Enumerate the drugs of prophylactic potential in Unani Medicine. 	CK	NK	K	TBL	P-VIVA,M- CHT,M- POS,TH	F&S	II	
CO5	Explain epidemiological determinants clinical features, diagnosis, and preventive and control measures of Droplet infection/Respiratory infection such as Chicken Pox, Measles, Diphtheria, Whooping Cough, Mumps, Tuberculosis, SARS including COVID-19, Influenza.	CK	MK	K	L,L&PPT,L&G D,L_VC	P-VIVA,TH	F&S	II	

CO5	Explain Epidemiological determinants clinical features, diagnosis, preventive and control measures of Intestinal Infections such as Cholera, Typhoid, Polio, Food Poisoning, Amoebiasis, Viral Hepatitis, Helminthiasis.	CK	MK	K	L&PPT,L&GD, CBL,D_BED	P-VIVA,TH	F&S	II	
CO5	Explain epidemiological determinants clinical features, diagnosis, preventive and control measures of Vector-borne Infections such as Malaria, Dengue, Chikungunya, Filariasis, and Leishmaniasis.	CK	MK	K	L&PPT,L&GD, CBL,D_BED	P-VIVA,TH	F&S	II	
CO5	Explain epidemiological determinants clinical features, diagnosis, preventive and control measures of Zoonoses-Rabies, Plague, and Japanese Encephalitis.	CK	MK	K	L,L&PPT,L&G D,CBL,D_BED	P-VIVA,TH	F&S	II	
CO5	Explain Epidemiological determinants clinical features, diagnosis, preventive and control measures of Surface Infections like Leprosy, Tetanus.	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
CO5	Explain Epidemiological determinants clinical features, diagnosis, preventive and control measures of AIDS and Sexually Transmitted Diseases (STDs) like Syphilis and Gonorrhea.	CK	MK	KH	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
CO5	<ul style="list-style-type: none"> • Define the term Disinfection, Sterilization, Disinfectants, Antiseptics, Germicides, Deodorants and classify disinfectants. • Enumerate the properties of an ideal disinfectant. • Explain the procedure for disinfecting Faeces, Urine and Sputum 	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
Topic 9									

Wabaiyate Amraze Muzmina Ghair Muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وبائیت امراض مزمنہ غیر منتقلیہ: (Lecture : 8 hours, Non lecture: 4 hours)									
CO2, CO5	Define Non-communicable Diseases. Discuss their Risk factors, Gap in the Natural History and measures for their prevention and control.	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
CO2, CO5	Explain Epidemiological Determinants, risk factors, clinical features, diagnosis, and preventive measures of Coronary Heart Disease including Unani modalities.	CC	MK	KH	L,L&PPT,L&G D,L_VC	P-VIVA,TH	F&S	II	
CO2, CO5	Explain Epidemiological Determinants, risk factors, clinical features, diagnosis, and preventive measures of cancer including Unani modalities.	CC	MK	KH	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
CO2, CO5	Explain Epidemiological Determinants, risk factors, clinical features, diagnosis, and preventive measures of Hypertension including Unani modalities.	PSY- SET	MK	KH	L,L&PPT,L&G D,CBL	P-VIVA,TH	F&S	II	
CO2, CO5	Explain Epidemiological Determinants, risk factors, clinical features, diagnosis, and preventive measures of Diabetes including Unani modalities.	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	II	
CO2, CO5	Explain Epidemiological Determinants, risk factors, clinical features, diagnosis, and preventive measures of Obesity including Unani modalities.	CK	MK	K	L,L&PPT,L&G D,L_VC,CBL	P-VIVA,TH	F&S	II	
Topic 10 Sehati dekhbhal ki farahami ka nizam (Health Care Delivery System) صحتی دیکھ بھال کی فراہمی کا نظام									

(Lecture : 10 hours, Non lecture: 3 hours)									
CO6, CO7	<ul style="list-style-type: none"> Discuss the concept of health care and levels of healthcare delivery system in India. Define Comprehensive Health care, basic health services and Primary health care. Describe the "Essential elements" and Principles of primary health care. 	CC	MK	KH	L,L&PPT,L&G D,TUT	P-VIVA,TH	F&S	III	
CO6, CO7	<ul style="list-style-type: none"> Describe Alma Ata declaration for "Health for All" and its effect on Indian health care scenario. Describe Millenium and Sustainable development goals with respect to maternal and child health and achivement of India's progress in it. Discuss the community problems and advice the necessary requirement for efficient health care services. Concept of "Right to Health". 	CC	DK	KH	L,L&PPT,L&G D	T-OBT,M- CHT	F&S	III	
CO6, CO7	Describe the types and features of Health Insurance in India.	CK	NK	K	SDL	P-VIVA,TH	F&S	III	
CO6, CO7	Describe the functions of various international health agencies like WHO, UNICEF, FAO in combating Public Health problems.	CK	MK	K	SDL,TUT	P-VIVA,M- CHT,TH	F&S	III	
CO6, CO7	Explain the functions of councils and institutes of national importance in public health like NIUM-Bangalore, CCRUM-Delhi, ICMR-Delhi, NIHFW-Delhi, NIV-Pune, NIMHANS-Bangalore, NIN-Hyderabad, NIE-Chennai.	CK	NK	K	SDL	T- EW	F&S	III	

CO6, CO7	Describe the aim and objectives, strategies, and plan of action of various National Health Programs- National Tuberculosis Elimination Program /(RNTCP), National vector borne disease control programme (NVBDCP), National Leprosy Eradication Program, National AIDS Control Program, Reproductive and Child Health programme (RCH), National Health Mission (NHM), National Mental Health Program, Mission Indra Dhanush, National AYUSH Mission, National Programme for Prevention of Cancer, Diabetes, Stroke and Cardiovascular Diseases, Swachh Bharat Abhiyan, Ayushman Bharat Yojana.	CC	MK	KH	BS,SDL	T-OBT,INT	F&S	III	
CO6, CO7	Explain aim and objectives, strategies and plan of action of various National Nutrition Programmes- Integrated Child Development Scheme (ICDS), Mid-day Meal Programme, Special Nutrition Programme (SNP), National Iodine Deficiency Disorders Control Programme, National Nutritional Anaemia Prophylaxis Programme, Vitamin A Prophylaxis Programme.	CAP	DK	KH	TBL,TPW	P-VIVA,TH	F&S	III	
Topic 11 Dimaghi Sehat (Mental Health) دماغی صحت (Lecture : 5 hours, Non lecture: 2 hours)									
CO1	Explain the Unani & Modern concepts of Mental Health	CK	MK	K	L,L&PPT,L&G D	P-VIVA,TH	F&S	III	

CO1	Enumerate the characteristics of Mentally Health Person and warning Signals of Poor Mental Health	CK	MK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	III	
CO1	Discuss Unani & Modern classification of Mental Illness	CK	MK	K	L,L&GD	P-VIVA,TH	F&S	III	
CO1	Discuss the causes of Mental ill Health	CC	DK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	III	V-MOA
CO1	Explain the preventive methods of Mental Health Care	CK	MK	K	L&PPT,L&GD	P-VIVA,TH	F&S	III	
CO1	Define Mental Health Services and discuss National Mental Health Program.	CC	DK	KH	L&PPT,L&GD	P-VIVA,TH	F&S	III	

Topic 12

Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبى اندراجات و خاندانى منصوبه بندى

(Lecture : 8 hours, Non lecture: 2 hours)

CO6, CO7, CO8, CO9	<ul style="list-style-type: none"> Define demography and demographic gap. Discuss the stages of the demographic cycle and their impact on the population. Describe population pyramid Define, Calculate, and Interpret various demographic indicators. 	CK	MK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	III	
CO6, CO7, CO8, CO9	<ul style="list-style-type: none"> Defined family planning according to WHO. Discuss the Scope and health Aspects of family planning in terms of Mother and Child Health. 	CC	MK	KH	L,L&PPT,L&GD	T- EW,P-VIVA,QZ	F&S	III	
CO6, CO7,	Define, calculate, and interpret the terms Couple protection rate (CFR), eligible couples and target couples.	CC	MK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	III	

CO8, CO9									
CO6, CO7, CO8, CO9	Describe the conventional contraceptives/spacing methods of contraception (barrier contraceptives) and their benefits. Enlist the different types of IUDs.	CC	MK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	III	
CO6, CO7, CO8, CO9	<ul style="list-style-type: none"> • Discuss the mechanism of action of IUDs as a contraceptive, advantages, contraindications, and side effects. • Justify the use of IUDs as one of the most effective reversible contraceptive method. 	CC	MK	KH	L,L&PPT,L&GD,BS	P-VIVA,TH	F&S	III	
CO6, CO7, CO8, CO9	<ul style="list-style-type: none"> • Explain natural methods of family planning, Define Abstinence, Coitus interruptus and Safe period (rhythm method). • Define hormonal contraceptives and discuss its types, mode of actions, method of administration, contraindications, adverse effects, and complications in long run associated with these contraceptives 	CK	MK	K	L,L&PPT,L&GD	P-VIVA,TH	F&S	III	
CO6, CO7, CO8, CO9	<ul style="list-style-type: none"> • Enumerate and describe Injectables contraceptives, Subdermal implants, and vaginal rings. • Describe post conceptional contraceptives to terminate pregnancy. Discuss Medical Termination of Pregnancy Act, 1975- its indications and MTP rules 	CC	MK	KH	L,L&PPT,L&GD	P-VIVA,TH	F&S	III	
CO6, CO7,	Discuss terminal methods of Contraception, its guidelines, and complications.	AFT-RES	MK	SH	L&PPT,L&GD,BS	P-VIVA,TH	F&S	III	

CO6, CO7, CO8, CO9	<ul style="list-style-type: none"> Participate in Community needs assessment approach. Enumerate incentives and benefits of family planning under National Family Welfare Program. 	AFT-RES	NK	SH	L&PPT,L&GD, TBL	P-VIVA,TH	F&S	III	
Topic 13 Sehati Ta'leemat wa mawasetat (Health Education and Communication): صحتی تعلیمات اور مواصلات (Lecture : 3 hours, Non lecture: 4 hours)									
CO3, CO5	Describe types, process, barriers and functions of communication.	CC	MK	KH	DIS	T- EW	F&S	III	
CO3, CO5	Define health education and discuss its aims and objectives	CK	MK	K	L&PPT		F&S	III	
CO3, CO5,	Describe the various approaches, models and contents of health education.	CK	MK	K	L&GD	P-VIVA,TH	F&S	III	
CO3, CO5, CO9	Demonstrate different means of effective communication with individuals, family and community using tools and techniques of information, Education and communication.	PSY-SET	MK	KH	FC	T- EW	F&S	III	
CO3, CO5,	Compare health education and health propaganda.	CAN	MK	KH	DIS	DEB	F&S	III	
CO3, CO5, CO9	Discuss the scope of health education at individual, family and community level in promotion of health and prevention of diseases.	CC	MK	KH	BS	T- EW	F&S	III	
CO3, CO5, CO9	Discuss the effective methods of Education and Communication in school going children and youth population.	CC	MK	KH	L_VC	PRN	F&S	III	

CO3, CO5, CO9	Explain the various methods of Health Education like Group discussion, Panel discussion, Symposium and Workshop, Seminar and Conferences.	CC	MK	KH	L&PPT	T- EW	F&S	III	
CO3, CO5, CO9	Demonstrate appropriate media for effective health education and communication in Rural community in India like open theater, Qawwali, Puppet show, Gee Gee songs group Dance	PSY- SET	MK	KH	BS	P-PRF	F&S	III	
CO3, CO5	Discuss the aim and objectives of school health service.	CK	MK	K	L&PPT	T- EW	F&S	III	
CO3, CO5, CO9	Identify the main health related problems that may encounter in school compounds.	CC	DK	KH	L&GD,TBL	TH	F&S	III	
CO3, CO5, CO9	List those physical aspects that may influence the health of the school children and discuss the safe physical environment for school children.	CC	DK	KH	L&GD		F&S	III	
CO3, CO5, CO9	Demonstrate the healthy practices of clean hands, personal hygiene and menstrual hygiene to School going students.	PSY- GUD	MK	SH	KL	P-PRF	F&S	III	
CO3, CO5, CO9	Demonstrate the importance of healthy food habits to community.	PSY- SET	MK	SH	D	QZ ,DEB	F&S	III	
CO3, CO5, CO9	Participate in various activities of periodic medical examination of the school children.	PSY- SET	MK	SH	DIS,TBL,PL		F&S	III	
Topic 14									

Tadarukat barai aafat (Disaster Management): تداركات برائے آفات

(Lecture : 2 hours, Non lecture: 2 hours)

CO3	<ul style="list-style-type: none">• Define Disaster, Types, Impact, Response and Disaster management cycle.• Discuss Relief Phase, Vaccination and Nutrition after Disaster.	CC	MK	KH	L,L&GD,L_VC, BS	P-VIVA,TH	F&S	III	
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List of Practicals (Term and Hours)

PRACTICALS (Marks-100)			
S.No	List of Topics	Term	Hours
1	Tadabeer Hifzane Sehat: (تدابیر حفظانِ صحت)	1	5
2	Tadabeere Abdane Za'eefa (تدابیر ابدانِ ضعیفہ)	1	5
3	Maholyat aur sehate insani (Environment and Human Health) ماحولیات اور صحتِ انسانی	1	30
4	Sina'ti sehat (Occupational health (صنعتی صحت))	2	6
5	Ghiza wa taghzia (Food and Nutrition) (غذا و تغذیہ)	2	14
6	Wabaiyate amraze muta'diya (Epidemiology of Communicable Diseases) وبائیتِ امراضِ متعدیہ	2	12
7	Wabaiyate amraze muzmina ghair muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وبائیتِ امراضِ مزمنہ غیر متعدیہ	2	6
8	Sehati dekhbhal ki farahami ka nizam (Health Care Delivery System) صحتی دیکھ بھال کی فراہمی کا نظام	3	14
9	Dimaghi sehat (Mental Health) (دماغی صحت)	3	2
10	Tibbi inderajat wa khandani mansubabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی	3	12
11	Sehati ta'leemat aur mawaselat (Health Education and Communication): صحتی تعلیمات اور مواصلات	3	18
12	Tadarukat barai aafa't (Disaster Management): (تدارکات برائے آفات)	3	2

Table 4: Learning Objectives (Practical)

A4 Course outcome	B4 Learning Objective (At the end of the session, the students should be able to)	C4 Domain /sub	D4 Must to know / desirable to know / Nice toknow	E4 Level Does/Show s how/ Knows how/ Know	F4 T-L method	G4 Assessment (Refer abbreviations)	H4 Formative/ summative	I4 Ter m	K4 Integratio n
Topic 1									
Tadabeer Hifzane Sehat: (تدابیر حفظان صحت)									
CO1, CO2	Demonstrate different techniques of hand washing and importance of various disinfectants used for hand sanitation.	PSY-SET	MK	SH	PT,D	T- EW,P-PRF	F&S	I	
CO1	Prepare IEC material for respiratory/oral hygiene to prevent the transmission of infectious diseases.	PSY-SET	MK	SH	DIS,TBL		F&S	I	
CO1, CO2	Demonstrate various techniques of Dal'k for the maintenance of health	PSY-SET	MK	SH	TBL,PT		F&S	I	
CO1, CO2	Perform various techniques of Riyazat for the maintenance of health	PSY-SET	MK	SH	TBL,PT		F&S	I	
CO1, CO2	Prepare Healthy living plans for various Mizaj individuals and to different seasons in light of Asbabe Sitta Zarooriya	PSY-SET	MK	SH	DIS,PER	CL-PR	F&S	I	
Topic 2									
Tadabeere Abdane Za'eefa(تدابیر ابدان ضعیفہ)									

CO2, CO8	Prepare healthy dietary plan for elders, pregnant women, neonates in the light of Asbabe sitta zarooriya according to their Mizaj.	PSY-SET	DK	SH	DIS,PrBL ,TBL	P-PRF	F	II	V- MOA,V- AAN
CO2, CO8	Demonstrate the various tadabeer hifze sehat for elder persons in light of Asbabe sitta zarooriya	PSY-SET	MK	SH	PrBL,TB L	P-PRF	F	II	V-MOA
CO2, CO8	Observe the various tadabeer hifze sehat for pregnant women & neanates in light of Asbabe sitta zarooriya.	PSY-SET	MK	SH	L_VC		F	II	V- MOA,V- AAN

Topic 3

Maholyat aur insani sehat (Environment and Human Health)

ماحولیات اور صحت انسانی

CO3	Demonstrate various methods of ventilation.	PSY-SET	MK	SH	D	P-VIVA,P- EXAM	F&S	I	
CO3	Estimate the chlorine demand of water using Horrock's Apparatus. Estimate the Turbidity, TDS, and pH of water using different instruments and discuss the acceptability criteria of drinking water.	PSY-SET	MK	SH	D	P-VIVA,P- EXAM	F&S	I	
CO3	Report the Biomedical Waste management of any one hospital.	PSY-SET	DK	SH	FV	P-VIVA,P- EXAM	F&S	I	
CO3	Carryout the suitability, dose, dilution and contact period of various insecticides.	PSY-SET	MK	SH	L&GD,D	P-VIVA,P- EXAM	F&S	I	

CO3	Demonstrate and differentiate the various types and control measures of adult mosquitoes.	PSY-SET	MK	SH	D	P-VIVA,P-EXAM,P-ID	F&S	I	
CO3	Report the various process involved in Water Purification/ Sewage Treatment Plant.	AFT-RES	DK	SH	FV	P-VIVA,P-EXAM	F&S	I	
Topic 4									
Sina'ti sehat (Occupational health) (صنعتی صحت)									
	Report the various measures adopted in prevention and control of occupational diseases in any industry	AFT-RES	MK	SH	FV	P-VIVA	F&S	II	
Topic 5									
Ghiza wa taghzia (Food and Nutrition) (غذا و تغذیہ)									
CO4	Counsel and advice the diet plan to 4 healthy individual having different Mizaj.	CAP	MK	KH	L&GD,T BL	P-VIVA,P-EXAM	F&S	II	
CO4	Prepare the diet plan for any 3 subjects of different age-groups (Child/ Adult/Elderly).	PSY-SET	MK	SH	L&GD,T BL	P-EXAM	F&S	II	
CO4	Prepare the diet plan according to different Seasons.	CAP	MK	SH	L&GD,T BL	P-VIVA,P-EXAM	F&S	II	
CO4	Assess the Nutritional Status of Infant, Children, Adolescent and Elderly Subjects using Anthropometric Measures.	PSY-SET	MK	SH	L&GD,DI S,IBL	P-VIVA,P-EXAM	F&S	II	

	Estimate the daily energy requirement of any 2 subjects based on their physical activity level.								
CO3	Report the functioning of milk dairy like processing, pasteurization, preservation, testing and milk products.	AFT-RES	DK	SH	FV	P-VIVA,P-EXAM	F&S	II	
Topic 6									
Wabaiyate amraze muta'diya (Epidemiology of Communicable Diseases) وپاییت امراض متعدیه									
CO5	Prepare the case studies with preventive measures for communicable diseases (Any 5).	PSY-SET	MK	SH	CBL,ECE,CD	P-VIVA	F&S	II	
CO5	Identify and describe the suitability, dose, dilution, and contact period of the chemical disinfectants like Bleaching powder, Lysol, Phenol, Alcohol, Sodium Hypochlorite, Savlon, etc.	PSY-SET	MK	SH	L_VC,DIS	P-VIVA	F&S	II	
CO5	Report the Infection Control Practices of any one hospital.	AFT-RES	DK	SH	FV	P-VIVA,P-EXAM	F&S	II	
CO5	Demonstrate the sterilization procedure by using an autoclave.	PSY-SET	MK	SH	D	P-VIVA,P-EXAM	F&S	II	
Topic 7									
Wabaiyate amraze muzmina ghair muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وپاییت امراض مزمنه غیر متعدیه									
CO5	Estimate the Blood Sugar by Glucometer.	PSY-SET	MK	SH	ECE,PT,CD	P-VIVA,P-EXAM	F&S	II	

	Estimate the risk of Diabetes by using Indian Diabetes Risk Score								
CO5	Conduct the study of any two Non-Communicable Diseases (Obesity/Diabetes/Hypertension) with structured Questionnaire and discuss the findings with possible Lifestyle Modification.	PSY-GUD	MK	SH	ECE,CD		F&S	II	
Topic 8									
Sehati dekhbhal ki farahami ka nizam (Health Care Delivery System) صحتی دیکھ بھال کی فراہمی کا نظام									
CO6, CO7, CO8	Report the services provided at Aganwadi center/PHC/CHC. Demonstrate the functions and services provided by the ASHA worker to the community.	AFT-RES	MK	SH	FV	P-VIVA,P-EXAM	F&S	III	
CO6, CO7, CO8	Infer Growth Monitoring Chart of WHO for children.	PSY-SET	MK	SH	PRA	P-VIVA,P-EXAM	F&S	III	
Topic 9									
Dimaghi sehat (Mental Health) دماغی صحت									
CO1	Assess the Mental Status of a person using Depression, Anxiety, Stress Scale (DASS) questionnaire.	PSY-SET	MK	SH	CBL	P-VIVA,P-EXAM	F&S	III	
Topic 10									
Tibbi inderajat wa khandani mansubabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی									

CO6, CO9	Calculate and interpret demographic indices including Birth rate, Death rate and Fertility Indicators like Total Fertility Rate (TFR, Net Reproduction Rate (NRR), Gross Reproduction Rate (GRR).	PSY-SET	DK	SH	L&GD	P-VIVA,P-EXAM	F&S	III	
CO9	Acquire the advantages and disadvantages of different family planning methods.	PSY-SET	MK	SH	DIS	P-VIVA,P-EXAM	F&S	III	
CO6, CO9	Visit to family planning clinics and observe different IUD insertions.	PSY-GUD	DK	SH	ECE	P-VIVA,P-EXAM	F&S	III	
Topic 11									
Sehati ta'leemat aur mawasetat (Health Education and Communication): صحتی تعلیمات اور مواصلات									
CO3, CO5, CO8	Organise the appropriate media for effective health education and communication in Rural community. (Drama, puppet show, Geet, Mobile van, Documentary, short movie,open theate).	PSY-GUD	NK	SH	FV	P-RP	F&S	III	
CO3, CO5, CO8	Demonstrate Health Education and Communication to adopt healthy practices of personal hygiene and menstrual hygiene to School going children and youth population.(Flip charts, Models, presentation etc.)	PSY-GUD	MK	SH	FV	M-POS	F&S	III	

CO3, CO5, CO8	Educate the importance of different healthy food habits to community.	PSY-MEC	MK	SH	D-M	P-MOD	F&S	III	
Topic 12 Tadarukat barai aafa't (Disaster Management): تدارکات برائے آفات:									
CO3	Perform Disaster preparedness, Response and Relief.	PSY-SET	MK	SH	RP,D	P-VIVA,P-EXAM	F&S	III	

Table 4a: List of Practicals

S.No	Name of practical	Term	Activity	Practical hrs
1	Tadabeer Hifzane Sehat (تدابیر حفظان صحت)	1	Hifzane sehat barai dast (Hand hygiene) (حفظان صحت برائے دست) Hifzane sehat barai tanaffus (Respiratory hygiene) (حفظان صحت برائے تنفس) Dal'k (Massage) (دک) Riyazat (Exercise) (ریاضت) Healthy living plans in light of Asbabe Sitta Zarooriya (Six Essential Factors) (اسباب ستر ضروریہ کی روشنی میں صحت مند زندگی کے منصوبے) Tadabeere Fusul (Seasonal regimes) (تدابیر فصول)	5
2	Tadabeere Abdane Za'eefa (تدابیر ابدان ضعیفہ)	1	Tadabeere Mashaikh (Geriatric care) (تدابیر مشائخ) Tadabeere Hamla (Antenatal care) (تدابیر حاملہ) Tadabeere Atfal (Children care) (تدابیر اطفال)	5
3	Mahol aur insani sehat (Environment and Human Health) (صحت انسانی اور ماحولیات)	1	Hawa (Air) (ہوا) Pani (Water) (پانی) Fuzlat (Waste) (فضلات) Ilmul Hashrat (Entomology) (علم الحشرات)	30
4	Sina'ti sehat (Occupational health) (صنعتی صحت)	2	Visit and observe the functioning of any industry related to the occupational health	6
5	Ghiza wa taghzia (Food and Nutrition) (غذا و تغذیہ)	2	Nutritional Assessment, Energy requirement and diet plan of various age group individuals Demonstration of various food items Special Unani Recipes for health promotion	14
6	Wabaiyate amraze muta'diya (Epidemiology of Communicable Diseases) (وبائیت امراض متعدیہ)	2	Disinfectants and Sterilization Universal precaution Case based study along with advocacy of preventive measures	12

7	Wabaiyate amraze muzmina ghair muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وہایت امراض مزمنہ غیر متعدیہ	2	Risk assessment for NCDs by using standard tools/scores Case based study for NCDs with Life style modification	6
8	Sehati dekhbhal ki farahami ka nizam (Health Care Delivery System) صحتی دیکھ بھال کی فراہمی کا نظام	3	Visit and observe the functioning of various health care centers.	14
9	Dimaghi sehat (Mental Health) دماغی صحت	3	Assessment of common ailments related to Mental Health	2
10	Tibbi inderajat wa khandani mansubabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی	3	Population Pyramid Fertility and Birth indicators Various contraceptive methods	12
11	Sehati ta'leemat aur mawasetat (Health Education and Communication): صحتی تعلیمات اور مواصلات	3	IEC material preparation	18
12	Tadarukat barai aafa't (Disaster Management): تدارکات برائے آفات	3	Disaster management, Mok drill in case Of Earth Quack	2
Total Hrs				126

Activities

CO	Topic name	Activity Details	Hours#
CO1, CO2	Tahaffuzi wa Samaji Tib ka ta'ruf (An introduction to Tahaffuzi wa Samaji Tib) تحفظی و سماجی طب کا تعارف	Poster and Chart Making: Students will prepare the posters and charts of Golden Sayings of Unani Scholars related to Tahaffuzi wa Samaji Tib.	2
CO1, CO2	Nazariyae Sehat wa Marz (Concept of Health and Disease) نظریہ صحت و مرض	Brainstorming Students will discuss and share their knowledge on disease causation theories from Unani and Modern system of medicine.	2
CO1, CO2	Tahaffuzi wa Samaji Tib ka ta'ruf (An introduction to Tahaffuzi wa Samaji Tib) تحفظی و سماجی طب کا تعارف	Debate on Role of Unani Physician in public health in current scenario.	1
CO1, CO2, CO8	Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان ضعیفہ	Posters Making and Charts preparation on Preventive care of Pregnant and lactating woman, new born, infant, children and elderly	2
CO1, CO2, CO6	Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان ضعیفہ	Self Directed Learning Student takes responsibility of Categorizing the low-birth-weight infant (preterm babies/small for date babies) and will identify its risk factors to reduce the incidence by direct intervention measures according to Unani perspective.	1
CO1, CO2, CO6	Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان ضعیفہ	Making of Posters and preparation of Charts on importance of breast feeding in maternal and child (Atfal) health promotion.	1
CO1, CO2, CO6	Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان ضعیفہ	Quiz on the principles of artificial feeding & weaning practices mentioned in Unani literature	1

<p>CO1, CO2, CO6</p>	<p>Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان ضعیفہ</p>	<p>Open Book Test on antenatal, intranatal and post-natal preventive care to restore optimum health of mother. SOP: What Is an Open Book Exam? Ans: An "open book examination" is an assessment method designed in a way that allows students to refer to class notes, textbooks, or other approved material while answering questions. An open book exam can also mean that students are provided with the exam questions prior to writing the exam. The main premise for open book exams is that teachers can create questions that require students to answer in more critical and analytical ways. This encourages high-order thinking skills in students, as compared to closed book or traditional exams that tend to encourage memorization. The student shall be given open book test for the said topics in which the student will be asked to write such things of the topic that are not directly available in the books. For example, Analyse the various Ante-natal and Post natal preventive care to restore optimum health of mother according to Unani Medicine principles in your own words,</p>	<p>15 minutes</p>
<p>CO1, CO3</p>	<p>Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات</p>	<p>Brainstorming On the components of environment and discuss its direct and indirect pathways connected with human health SOP: Step 1: Prepare for the session</p> <ul style="list-style-type: none"> • Create an agenda • Create a shared space for the brainstorming session • Invite a student • Choose the right tools <p>Step 2: Define your brainstorming topic Step 3: Set ground rules, give the context and establish parameters, and define key terms and explain elobratly Step 4: Start brainstorming</p>	<p>30 minutes</p>

CO1, CO3	Maholyat and sehate insani (Environment and Human Health) ماحولیات اور صحت انسانی	Brainstorming on the components of environment and discuss its direct and indirect pathways connected with human health and disease causation.	30 Minutes
CO3	Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات	Brainstorming Session on the measures for prevention and control of air pollution with possible Interventions.	30 minutes
CO3	Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات	Brainstorming session on noise pollution, adverse effects on human health along with preventive measures and possible Intervention.	30 minutes
CO3	Peshawarana Sehat (Occupational health) پیشہ وارانہ صحت	Poster Making on occupational hazards/diseases and their prevention and control measures. Poster Making on benefits of Employee State Insurance (ESI) and Indian Factory Act.	1 hour
CO1, CO5	Wabaiyat Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائییت امراض متعدیہ	Flipped classroom on cold chain equipment and its functioning at different level of Supply	30 minutes
CO6, CO9	Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی	Brainstorming Session on usage of IUDs as one of the most effective reversible contraceptive method.	30 minutes
CO4	Ghiza wa Taghzia (Food and Nutrition) غذا و تغزیہ	Quiz and Debate on the importance of healthy food habits.	1 hour
CO9	Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی	Peer Learning and Team Based Learning on various activities of periodic medical examination for school children.	30 minutes
# Hours indicated are included in calculations of Table 3 and 4			

Table 5- Teaching Learning Methods

Sr No	Teaching Learning Methods in the course	No of Activities
1	Lecture	70
2	Lecture with Power point presentation	87
3	Lecture & Group Discussion	82
4	Lecture with Video clips	13
5	Discussions	3
6	Brainstorming	12
7	CBL	5
8	Project-Based Learning	1
9	TBL	6
10	Team project work	1
11	Flipped classroom	2
12	Self-directed learning	7
13	Kinesthetic Learning	1
14	Peer learning	1
15	Tutorial	2
16	Demonstration	2
17	Demonstration bedside	4

These are overall teaching learning methods listed in Table 3 and 4. Teachers can select the best possible method amongst the given methods as per objective, available time etc.

6 A-Number of Papers and Marks Distribution

Subject Code	Papers	Theory	Practical/Clinical Assessment (100)				Grand Total	
			Practical	Viva	Elective	IA		Sub Total
UNIUG-TST	1	100	100	20	10	20	150	250

6 B - Scheme of Assessment (Formative and Summative)

PROFESSIONAL COURSE	DURATION OF PROFESSIONAL COURSE		
	First Term (1-6 Months)	Second Term (7-12 Months)	Third Term (13-18 Months)
Second	3 PA & First TT	3 PA & Second TT	3 PA & UE**

PA: Periodical Assessment; **TT:** Term Test; **UE:** University Examinations.
**** University Examination shall be on entire syllabus**

6 C - Calculation Method for Internal Assessment Marks

Term	Periodical Assessment*				Term Test**	Term Assessment	
	A	B	C	D	E	F	G
	1 (20)	2 (20)	3 (20)	Average (A+B+C/3) (20)	Term Test (MCQ+SAQ+LAQ and Practical) (Converted to 20)	Sub Total	Term Assessment
First						D+E	D+E /2
Second						D+E	D+E /2
Third					NIL		D
Final IA	Average of Three Term Assessment Marks as Shown in 'G' Column						
	* Select an Evaluation Methods which is appropriate for the objectives of Topics from the Table 6 D. Convert it to 20 marks. ** Conduct Theory (100 Marks) (MCQ (20*1 Marks), SAQ (8*5), LAQ (4*10)) and Practical (100 Marks) Then convert to 20 Marks.						

6 D - Evaluation Methods for Periodical Assessment

S. No.	Evaluation Methods
1.	Practical / Clinical Performance
2.	Viva Voce, MCQs, MEQ (Modified Essay Questions/Structured Questions)
3.	Open Book Test (Problem Based)
4.	Summary Writing (Research Papers/ Samhitas)
5.	Class Presentations; Work Book Maintenance
6.	Problem Based Assignment
7.	Objective Structured Clinical Examination (OSCE), Objective Structured Practical Examination (OPSE), Mini Clinical Evaluation Exercise (Mini-CEX), Direct Observation of Procedures (DOP), Case Based Discussion (CBD)
8.	Extra-curricular Activities, (Social Work, Public Awareness, Surveillance Activities, Sports or Other Activities which may be decided by the department).
9.	Small Project
10.	Activities Indicated in Table 3 - Column G3 as per Indicated I, II or III term in column I3 & I4.

6 E Question Paper Pattern

II PROFESSIONAL B.U.M.S. EXAMINATIONS UNIUG-TST PAPER-1 Time: 3 Hours Maximum Marks: 100 INSTRUCTIONS: All questions compulsory				
		Number of Questions	Marks per question	Total Marks
Q 1	MULTIPLE CHOICE QUESTIONS (MCQ)	20	1	20
Q 2	SHORT ANSWER QUESTIONS (SAQ)	8	5	40
Q 3	LONG ANSWER QUESTIONS (LAQ)	4	10	40
				100

6 F Distribution of Theory Examination

Sr.No	A List of Topics	B Term	C Marks	MCQ (1 Mark)	SAQ (5 Marks)	LAQ (10 Marks)
1	Tahaffuzi wa Samaji Tib ka ta'ruf (An introduction to Tahaffuzi wa Samaji Tib) تحفظی و سماجی طب کا تعارف	1	5	Yes	Yes	No
2	Nazriyae Sehat wa Marz (Concept of Health and Disease) نظریہ صحت و مرض	1	10	Yes	Yes	Yes
3	Tadabeer Hifze Sehat تدابیر حفظ صحت	1	5	Yes	Yes	No
4	Tadabeer abdane za'eefa (Preventive care of vulnerable population) تدابیر ابدان ضعیفہ	1	5	Yes	Yes	No
5	Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات	1	10	Yes	Yes	Yes
6	Peshawarana Sehat (Occupational health) پیشہ وارانہ صحت	2	5	Yes	Yes	No
7	Ghiza wa Taghzia (Food and Nutrition) غذا و تغذیہ	2	10	Yes	Yes	Yes
8	Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ	2	20	Yes	Yes	Yes

9	Wabaiyate Amraze Muzmina Ghair Muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs) وبائیت امراض مزمنہ غیر منتقلیہ	2	5	Yes	Yes	No
10	Sehati dekhbhal ki farahami ka nizam (Health Care Delivery System) صحتی دیکھ بھال کی فراہمی کا نظام	3	5	Yes	Yes	No
11	Dimaghi Sehat (Mental Health) دماغی صحت	3	5	Yes	Yes	No
12	Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی	3	10	Yes	Yes	Yes
13	Sehati Ta'leemat wa mawaselat (Health Education and Communication): صحتی تعلیمات اور مواصلات	3	3	Yes	No	No
14	Tadarukat barai aafat (Disaster Management) تدارکات برائے آفات	3	2	Yes	No	No
Total Marks			100			

6 G Blue print of paper I & II

Paper No:1		
Question No	Type of Question	Question Paper Format
Q1	<p>Multiple choice Questions</p> <p>20 Questions</p> <p>1 mark each</p> <p>All compulsory</p> <p>Must know part - 15 MCQ</p> <p>Desirable to know - 3 MCQ</p> <p>Nice to know part - 2 MCQ</p>	<ol style="list-style-type: none"> 1. Tahaffuzi wa Samaji Tib ka ta'ruf (An introduction to Tahaffuzi wa Samaji Tib) تحفظی و سماجی طب کا تعارف 2. Nazriyae Sehat wa Marz (Concept of Health and Disease) نظریہ صحت و مرض 3. Tadabeer Hifze Sehat تدابیر حفظ صحت 4. Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان ضعیفہ 5. Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات 6. Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات 7. Peshawarana Sehat (Occupational health) پیشہ وارانہ صحت 8. Ghiza wa Taghzia (Food and Nutrition) غذا و تغذیہ 9. Ghiza wa Taghzia (Food and Nutrition) غذا و تغذیہ 10. Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ

		<p>11. Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ</p> <p>12. Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ</p> <p>13. Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ</p> <p>14. Wabaiyate Amraze Muzmina Ghair Muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وبائیت امراض مزمنہ غیر متعدیہ</p> <p>15. Wabaiyate Amraze Muzmina Ghair Muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وبائیت امراض مزمنہ غیر متعدیہ</p> <p>16. Sehati dekhbhal ki farahami ka nizam (Health Care Delivery System) صحتی دیکھ بھال کی فراہمی کا نظام</p> <p>17. Dimaghi Sehat (Mental Health) دماغی صحت</p> <p>18. Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی</p> <p>19. Sehati Ta'leemat wa mawaselat (Health Education and Communication): صحتی تعلیمات اور مواصلات</p> <p>20. Tadarukat barai aafat (Disaster Management): تدارکات برائے آفات</p>
Q2	Short answer Questions Eight Questions	1. Nazriyae Sehat wa Marz (Concept of Health and Disease) نظریہ صحت و مرض

	<p>5 Marks Each All compulsory</p> <p>Must know - 7 SAQ Desirable to know - 1 SAQ No questions on Nice to know</p>	<p>or</p> <p>Tahaffuzi wa Samaji Tib ka ta'ruf (An introduction to Tahaffuzi wa Samaji Tib)</p> <p>تھافظی و سماجی طب کا تعارف</p> <p>2. Tadabeer abdane za'eefa (Preventive care of vulnerable population): تدابیر ابدان: ضعیفہ</p> <p>or</p> <p>Tadabeer Hifze Sehat تدابیر حفظ صحت</p> <p>3. Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات</p> <p>4. Ghiza wa Taghzia (Food and Nutrition) غذا و تغذیہ</p> <p>5. Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ</p> <p>6. Wabaiyate Amraze Muzmina Ghair Muta'diya (Epidemiology of Non-Communicable Diseases) (NCDs): وبائیت: امراض مزمنہ غیر متعدیہ</p> <p>or</p> <p>Peshawarana Sehat (Occupational health) پیشہ وارانہ صحت</p> <p>7. Sehati dekhbhal ki farahami ka nizam (Health Care Delivery System) صحتی دیکھ (Health Care Delivery System) بھال کی فراہمی کا نظام</p> <p>or</p> <p>Dimaghi Sehat (Mental Health) دماغی صحت</p> <p>8. Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبی اندراجات و خاندانی منصوبہ بندی</p>
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<p>Q3</p>	<p>Long answer Questions Four Questions 10 marks each All compulsory</p> <p>All questions on must know. No Questions on Nice to know and Desirable to know</p>	<ol style="list-style-type: none"> 1. Nazriyae Sehat wa Marz (Concept of Health and Disease) نظریہ صحت ومرض or Tibbi indrajat wa khandani mansoobabandi (Demography & Family Planning) طبّی اندراجات و خاندانی منصوبہ بندی 2. Maholyat and sehate insani (Environment and Human Health) صحت انسانی اور ماحولیات 3. Wabaiyate Amraze Muta'diya (Epidemiology of Communicable Diseases) وبائیت امراض متعدیہ 4. Ghiza wa Taghzia (Food and Nutrition) غذا و تغذیہ
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6 H Distribution of Practical Exam

S.No	Heads	Marks
1	<p>Spotting: Total spots to be given: 10 (2 marks each spot) 2 spots from each of the following groups may be given to the students. The student has to identify the spotter and he/she has to write few important points about the spotter like its uses/principle/any other important information.</p> <ol style="list-style-type: none"> 1. Various instruments and equipments used for various practicals on environment related topics. 2. Various food specimens like Cereals, Millets, Pulses, Fruits and Vegetables. 3. Life cycles of various parasites with their various stages of life. 4. Vaccines. 5. Contraceptive methods 	20
2	<p>Nutritional assessment by using anthropometric measure like: Standard methods of height and weight measurement. BMI calculations, Ideal weight calculation using ponderal index, Waist hip ratio calculation, Mid upper arm circumference measurement, Malnutrition assessment etc. or Estimation of calorie requirement according to physical activity level. or Preparation of Diet plan according to Mizaj/Season/age and suitable advice.</p>	20
3	<p>Case Study of any Communicable/Non-communicable disease. SOP: the student has to prepare a case sheet of any Communicable/non-communicable disease that will bear complete bio-physical/demographic profile of the case including its epidemiological diagnosis, epidemiological investigations, controlling measure and preventive measures.</p>	20
4	<p>Demonstration of any one practical related to environment. SOP: The student will demonstrate and write any one practical related to environment in practical examination sheet like humidity measurement, water purification, parasite control measures etc.</p>	25
5	<p>Record Book SOP: The student will prepare a record book in prescribed format approved/released by NCISM. The student will record all the activities done during the whole year like practicals done, filed visits etc.</p>	10
6	<p>Communication Skills SOP: The student will be evaluated on the basis of his communication skills/ overall presentation on various activities.</p>	5
7	Viva	20
8	Internal Assessment	20
9	Electives	10
Total Marks		150

References Books/ Resources

S.No	Book	Publisher
1	Kitab Fi Firaq-e-Tib by Jalinoos	Ibne Sina Academy
2	Firdaus-ul-Hikmat by Rabban Tabri	Central Council for Research in Unani Medicine
3	Kitab-Al-Mansoori by Zakariya Razi	Central Council for Research in Unani Medicine
4	Kitab-Al-Murshid by Zakariya Razi	Taraqqī Urdu Beoro
5	Kitab al-Fakhir by Zakariya Razi	Central Council for Research in Unani Medicine
6	Kitab al-Hawi by Zakariya Razi	Central Council for Research in Unani Medicine
7	Kāmil al-Ṣanā‘a al-Ṭibbiyya by Ali Ibne Abbas Majūsī	Idāra Kitābus Shifā
8	Alqanoon Fit Tib by Ibne Sina	Idāra Kitābus Shifā
9	Kitab al Mi'a by Abu Sahal Maseehi	Central Council for Research in Unani Medicine
10	Kitab-Al-Taisir by Ibne Zohr	Central Council for Research in Unani Medicine
11	Kitābal-Aghdhiya by Ibne Zohr	Central Council for Research in Unani Medicine
12	Zakheera Khwarzam Shahi by Ismail Jurjani	Idāra Kitābus Shifā
13	Kitab-Al-Kulliyat by Ibne Rushd	Central Council for Research in Unani Medicine
14	Kitab-Al-Mukhtarat Fit Tib by Ibne Hubl Baghdadi	Central Council for Research in Unani Medicine
15	Ain al-Hayat by Mohammad bin Yusuf Harwi	Ibne Sina Academy
16	Tarjama-o-Sharḥ Kulliyāt-i-Qānūn by Mohd Kabīruddin	Idāra Kitābus Shifā
17	Mufarriḥ al-Qulūb by Akbar Arzānī	Central Council for Research in Unani Medicine
18	Textbook of Preventive and Social Medicine by K. Park	Banarsidas Bhanot Publishers

19	Community Medicine with Recent Advances by AH Suryakantha	Jaypee Brothers Medical Publishers
20	Textbook of Preventive and Social Medicine by MC Gupta, BK Mahajan	Jaypee Brothers Medical Publishers
21	Textbook of Community Medicine by Rajvir Bhalwar	Wolters Kluwer (India) Pvt. Ltd.
22	IAPSM's Textbook of Community Medicine by AM Kadri	Jaypee Brothers Medical Publishers
23	Textbook Of Community Medicine, Preventive and Social Medicine by Sunder Lal, Adarsh, Pankaj	CBS Publishers & Distributors
24	Foundations of Community Medicine by G M Dhaar, I Robbani	Elsevier
25	Short Textbook of Preventive and Social Medicine by G N prabhakara	Jaypee Brothers Medical Publishers
26	Principles and Practice of Community Medicine by Asma Rahim	Jaypee Brothers Medical Publishers
27	Comprehensive Textbook of Elderly Care by Sukhpal Kaur, Jugal Kishore, Amarjeet Singh	Century Publications
28	Community Care of Older People by David Beales	Radcliffe Publishing Ltd
29	National Health Program of India National Policies and Legislations Related to Health by Jugal Kishore	Century Publications
30	Community Medicine: Practical Manual by Rajkumar Patil	Elsevier India
31	Essentials of Community Medicine (A Practical Approach) by DA Hiremath	Jaypee Brothers Medical Publishers
32	Introduction to Community and Public Health by Manoj	Jossey-Bass

	Sharma, Paul W. Branscum, Ashutosh Atri	
33	Community Medicine Practical Workbook by Arti Gupta, Siddharth Mishra	CBS Publishers and Distributors
34	Community Medicine: Practical Guide by Kusum Lata Gaur, Suresh C Soni, Rajeev Yadav	CBS Publishers and Distributors
35	Practical Preventive and Social Medicine by Surendra Shastri	CBS Publishers and Distributors
36	Community Medicine Simplified by Sreejith PS	Paras Medical Books Pvt. Ltd.
37	Essentials of Community Medicine Practicals by DK Mahabalaraju	Jaypee Brothers Medical Publishers
38	Survey Methods in Community Medicine: Epidemiological Research, Programme Evaluation, Clinical Trials by J.H. Abramson	Churchill Livingstone
39	Nutritive Value of Indian Foods by C Gopalan	Indian Council of Medical Research
40	Clinical Dietetics Manual by Indian Dietetics Association	Elite Publishing House
41	Practical and Viva in Community Medicine by Dr. Mohd Farooque	MBS Publisher

Abbreviations

Domains

S.No	Short form	Description
1	CK	Cognitive/Knowledge
2	CC	Cognitive/Comprehension
3	CAP	Cognitive/Application
4	CAN	Cognitive/Analysis
5	CS	Cognitive/Synthesis
6	CE	Cognitive/Evaluation
7	PSY-SET	Psychomotor/Set
8	PSY-GUD	Psychomotor/Guided response
9	PSY-MEC	Psychomotor/Mechanism
10	PSY-ADT	Psychomotor Adaptation
11	PSY-ORG	Psychomotor/Origination
12	AFT-REC	Affective/ Receiving
13	AFT-RES	Affective/Responding
14	AFT-VAL	Affective/Valuing
15	AFT-SET	Affective/Organization
16	AFT-CHR	Affective/ characterization

Teaching Learning Methods

S.No	Short form	Description
1	L	Lecture
2	L&PPT	Lecture with Power point presentation
3	L&GD	Lecture & Group Discussion
4	L_VC	Lecture with Video clips
5	DIS	Discussions
6	BS	Brainstorming
7	IBL	Inquiry-Based Learning
8	PBL	PBL
9	CBL	CBL
10	PrBL	Project-Based Learning
11	TBL	TBL
12	TPW	Team project work
13	FC	Flipped classroom
14	BL	Blended Learning
15	EDU	Edutainment
16	ML	Mobile learning
17	ECE	ECE
18	SIM	Simulation
19	RP	Role plays
20	SDL	Self-directed learning
21	PSM	Problem solving method
22	KL	Kinesthetic Learning
23	W	Workshops
24	GBL	Game-Based Learning
25	D-M	Demo on Model
26	LS	Library Session

27	PL	Peer learning
28	RLE	Real life experience
29	REC	Recitation
30	SY	Symposium
31	TUT	Tutorial
32	PER	Presentations
33	PT	Practical
34	X-Ray	X ray identification
35	CD	Case diagnosis
36	LRI	Lab report interpretation
37	DA	Drug analysis
38	D	Demonstration
39	D_BED	Demonstration bedside
40	D_L	Demonstration Lab
41	DG	Demonstration Garden
42	FV	Field visit
43	PRA	Practical

Assessments

S.No	Short form	Description
1	T-EMI	Theory extended matching item
2	T- EW	Theory Essay writing
3	T- MEQs	Theory MEQs –
4	T-CRQs	Theory CRQs-
5	T-CS	Theory case study-
6	T-OBT	Theory open book test –
7	P-VIVA	Practical Viva
8	P-REC	Practical Recitation
9	P-EXAM	Practical exam

10	PRN	Presentation
11	P-PRF	Practical Performance
12	P-SUR	Practical Survey
13	P-EN	Practical enact
14	P-RP	Practical Role play
15	P-MOD	Practical Model
16	P-POS	Practical Poster
17	P-CASE	Practical Case taking
18	P-ID	Practical identification
19	P-PS	Practical Problem solving
20	QZ	Quiz
21	PUZ	Puzzles
22	CL-PR	Class Presentation,
23	DEB	Debate
24	WP	Word puzzle
25	O-QZ	Online quiz
26	O-GAME	Online game-based assessment
27	M-MOD	Making of Model
28	M-CHT	Making of Charts
29	M-POS	Making of Posters
30	C-INT	Conducting interview
31	INT	Interactions
32	CR-RED	Critical reading papers
33	CR-W	Creativity Writing
34	C-VC	Clinical video cases,
35	SP	Simulated patients
36	PM	Patient management problems
37	CHK	Checklists
38	OSCE	OSCE
39	OSPE	OSPE,

40	Mini-CEX	Mini-CEX
41	DOPS	DOPS
42	CWS	CWS
43	RS	Rating scales
44	RK	Record keeping
45	COM	Compilations
46	Portfolios	Portfolios
47	Log book	Log book
48	TR	Trainers report
49	SA	Self-assessment
50	PA	Peer assessment
51	360D	360-degree evaluation
52	TT-Theory	Theory
53	PP-Practical	Practical
54	VV-Viva	Viva