

SHIVAJI UNIVERSITY, KOLHAPUR



Draft Structure and Syllabus

for

Proposed Interdisciplinary Certificate Course

**Community Initiatives in Prevention of Non-Communicable
Diseases**

60 Hour - Four Credits

Course Code CD-PNC

To be introduced in 2012-2013

(Subject to the modifications made from time to time)

Community Initiatives in Prevention of Non-Communicable Diseases

Interdisciplinary and Multidisciplinary 60 Hour Four Credit Certificate Course

To be introduced in 2011-2012

Course Code CD-PNC

Relevance of the course

Research has already shown that non-communicable diseases have their roots in unhealthy lifestyles or adverse physical and social environments. Risk factors like unhealthy nutrition over a prolonged period, smoking, physical inactivity, excessive use of alcohol, and psychological stress are among the major lifestyles issues

- This course caters to the training needs of the middle level functionaries of development professionals, researchers, activists and students.
- It will acquaint the participants with the skills and techniques required to initiate strategies to prevent NCD
- It will help to formulate healthy lifestyle strategies and recognize underlying risk factors responsible for prevention of Non-communicable diseases.

Course Structure:

- The course is of 60-hour duration and would spread over one academic term.
- One credit of 15 hours can be considered as training program of one week duration. Participants can take admission for any of the credits as per their requirement and they are eligible for participation certificate.
- However those participants who complete four credits are eligible for theory examination it consists of 100 marks.
- Theory examination at the end of academic year would carry maximum 50 marks.
- Internal assessment carries maximum 50 marks that include assignment, project and visits.

Admission:

1. Admission is open for any graduate of any discipline.
2. It can be simultaneously pursued along with the other post-graduate course.
3. At least 75% attendance is required to enable to student to appear for theory examination.
4. Intake for the course will be 25.

Fee structure- Per credit 500/-, Admission form 10/-

Examination Fee :-100 (To be paid along with the examination form)

Examination and assessment

- The examination of the course will be conducted by the University at the end of academic year. Examination fee of Rs. 100 fee as mentioned above will be charged for the same.
- The Examination for this course shall be by a theory paper, seminar, project, fieldwork and assignments.
- The student has to submit the assignments/ seminar papers before the date of the theory examination.

Grading

Aggregate of Total Marks	Letter Grade	Class
70-100	O	Distinction
60-69	A	First Class
55-59	B+	Higher Second Class
50-54	B	Second Class
40-49	C	Pass
39 or less	D	Fail

Community Initiatives in Prevention of Non-Communicable Diseases

To be introduced in 2012-2013,

Course Duration: 6 Months

Course Code: CD-PNC

Contact Hours : 60

Maximum Marks : 200

Credits : 04

Internal : 100

Examination Duration : 3 hrs

External : 100

I. Overview of Non-Communicable Diseases at local, National and International Level (15 Hours)

- i. Diabetes, Hypertension, Cancer
- ii. Obesity, Anaemia
- iii. Stress and Depression
- iv. Addictions
- v. Road Accidents and Safety

II. Community Practices and Awareness Programs (15 Hours)

- i. Basic Development needs approach
- ii. Socio-cultural and economic aspects
- iii. Healthy village and programs
- iv. Healthy Neighbourhood
- v. Healthy Lifestyle

III. Healthy Life-Style and Recreation (15 Hours)

- i. Physical activities and Nutrition
- ii. Stress Management, Community Stress Management
- iii. Community Gardens
- iv. Recreation Activities
- v. Harmony with Nature

IV. Community Based Initiatives and Transformation (15 Hours)

- i. Encouraging Change in Self and Society
- ii. Introducing inter-sectoral coordination and partnership
- iii. Developing awareness among masses concerning their needs and rights
- iv. Government Health Policies and Functionaries and its use for public at large
- v. Strategies for involvement of Youth and Women

Evaluation:

Theory: 100 Marks

Project/ seminar/ training and Viva 100 Marks

Total 200 Marks

Readings:

Community-Based Initiatives for prevention of non-communicable diseases: Nizwa Healthy Lifestyle Project planning and implementation experience in Oman.

IDRC Publications