

Tribhuvan University
Faculty of Humanities and Social
Sciences

Bachelor of Arts
in Population Studies
Courses of Study

First Year
2019

Orb



Signature

Faculty	:	Humanities and Social Sciences
Subject	:	Population Studies
Level	:	Bachelor
Course Code	:	Pop. 421
Title	:	Principles of Population and Development
Total duration	:	4 Years
Course duration	:	One Year
Offered year	:	First
Paper	:	I
Full Marks	:	100
Theory	:	70
Practical (Internal)	:	30
Total Teaching Hours	:	150

Objectives

The objective of this course is to impart basic concepts in population studies, demography and theories, and linkage between population and development on to students. This course deals with interplay between the components of population change and development. It includes the history of population growth, population momentum, fertility, mortality, migration and urbanization. Population and quality of life, population policies and programs, aspects of gender, human development and SDGs are also dealt to establish meaningful interrelationships between population and development.

Unit-I: Population Concepts and Theories

25 hours

A Population Concepts

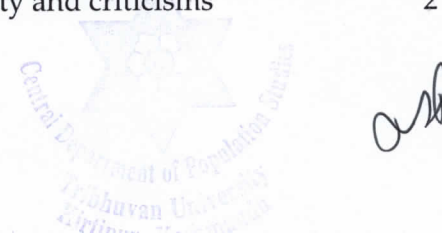
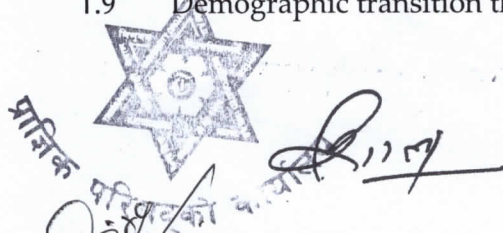
- | | | |
|-----|---|---|
| 1.1 | Definitions of population studies and demography | 3 |
| 1.2 | Interrelationship between Population Studies and other disciplines | 2 |
| 1.3 | Demography as policy science | 2 |
| 1.4 | Application of demography in socioeconomic, political, tourism and business affairs | 2 |

B Major Terminologies Used in Population Studies

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|-----|--|---|
| 1.5 | Nuptiality and fertility; morbidity and mortality; and migration and urbanization related common terminologies | 4 |
|-----|--|---|

C Population Theories

- | | | |
|-----|--|---|
| 1.6 | Ancient and medieval writings: introduction to Greeco Roman (Plato, Aristotle and Cicero), Chinese (Confucius); and Indian (Kautilya) thoughts | 2 |
| 1.7 | Malthusian theory: The basic model, Neo-Malthusian and criticism | 2 |
| 1.8 | Marxian Theory: Basic concepts and criticism | 2 |
| 1.9 | Demographic transition theory: Concepts, applicability and criticisms | 2 |



- P1 Project Work: Classroom Workshop/Seminar/Presentation** 4
Distinguish between population studies and demography, and differentiate social, applied, political, tourism and business demography.
Distinguish among classical and modern population theories.
Present the comparison of gist of all theories and their applicability in the context of Nepal as well as world.

Readings:

- Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.
- Bhende, A. & Kanitkar, T. (2011). *Principles of Population Studies*. Twenty-first Edition, Inc. Bombay: Himalaya Publishing House Pvt. Ltd., Mumbai, India.
- Bogue, D. J. (1969). *Principles of Demography*. New York: John Wiley and Sons.
- Crook, N. (1997). *Principles of Population and Development (Part 1: Population and Subsistence: Theories and Evidences)*. Oxford University Press.
- Hodgson.(1983). *Demography as Social Science and Policy Science*. Population and Development Review, 9, 1-34.

Unit-II: History of Population Growth and Population Momentum 12 hours

A. History of World Population Growth

- 2.1 Size, growth and distribution of population (world, continents, regions, developed and developing countries) 2
- 2.2 Size, growth and distribution of population in Nepal 2
- 2.3 Challenges and opportunities of current population of Nepal 2

B. Population Momentum

- 2.4 Definition of population momentum; and demographic windows or demographic dividend,
- 2.5 Age structure and population momentum, and the impact of population momentum and shifting age and sex composition on future population growth 2

P2 Project Work/Classroom Seminar 2

Present comparable data related to size, growth and distribution of world population and Nepal. Demonstrate understanding on demographic windows/demographic dividends. Discuss the impacts of population momentum on future population growth.

Readings:

- Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.
- Bhende, A. & Kanitkar, T. (2011). *Principles of Population Studies*. Twenty-first Edition, Inc. Bombay: Himalaya Publishing House Pvt. Ltd., Mumbai, India.
- Blue, L. & Espenshade, T. J. (2012). Population Momentum across the Demographic Transition. *Population and Development Review*. 37 (4): 721-747.
- Central Bureau of Statistics. (CBS). (2014). *Population Monograph of Nepal Vol. I, II & III*, Kathmandu: CBS, Government of Nepal, Nepal.
- Subedi, Govind (2019). *The Changing Landscapes of Political Demography of Nepal* (forthcoming)
- United Nations Population Fund (UNFPA). (2018). *The State of the World Population*. New York: United Nations Population Fund.

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Unit-III: Family, Marriage and Fertility **16 hours**

A. Family	
3.1 Concepts and types of family	1
3.2 Changing structure of families in developed and developing countries	1
B. Marriage	
3.3 Basic concept of marriage or Nuptiality in different societies	1
3.4 Forms and types of marriages	1
3.5 Marriage patterns and trends	2
3.6 Determinants of age at marriage in developed and developing countries	1
3.7 Nuptiality in family life cycle	1
C. Fertility	
3.8 Intermediate variable frameworks of Davis and Blake; Proximate determinants model of Bongaarts	3
3.9 Trends and patterns of fertility in developed and developing countries	2
3.10 Fertility transition in Nepal	2
P3 Project Work/ Classroom Seminar	1
<i>Demonstrate on real types of family, forms and types of marriage and fertility in the societies. Also, link between intermediate variable frameworks of Davis and Blake and proximate determinants mode of Bongaarts' fertility model.</i>	

Readings:

- Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.
- Bongaarts J. (1978). A Framework for Analyzing the Proximate Determinants of Fertility Population and Development Review 4(1):105-32.
- Bhende, A. & Kanitkar, T. (2011). *Principles of Population Studies*. Twenty-first Edition, Inc. Bombay: Himalaya Publishing House Pvt. Ltd., Mumbai, India.
- Caldwell, J. C. (1982). *Theory of Fertility Decline*. London: Academic Press.

Unit-IV: Migration and Urbanization **17 hours**

A. Migration	
4.1 Types of migration (permanent, semi-permanent, temporary, seasonal, voluntary and forced)	2
4.2 Historical pattern of migration in the world	1
4.3 Causes and consequences of migration with reference to Nepal	2
4.4. Migration theories: Ravenstein's laws of migration and introduction to Everett S Lee's hypotheses of migration	2
4.5 Push, pull and personal factors and intervening obstacles	2
4.6 Migration, remittance and development	2

B. Urbanization	
4.7	Definitions, concepts, and classifications of urban centres 1
4.8	Urban evolution, transition and development in world 1
4.9	Global trends of urbanization 1
4.10	Causes and consequences of urbanization in developed and developing countries with special reference to Nepal 1
P4	Project Work/Classroom Seminar 2
	<i>Present real data of migration and urbanization at local, provincial and federal level of Nepal along with the time. Prove the patterns and trends of causes and consequences of migration and urbanization by available information in Nepal and other countries.</i>

Readings:

Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.

Government of Nepal (GoN). (2015), National Urban Development Strategy, 2015. Kathmandu: Government of Nepal, Nepal.

Peterson, W. (1959). A General Typology of Migration, *American Sociological Review*, 23(3), 256-266.

Santos, M.D.D. (2006). The Economic Consequences of Migration, *Demography: Analysis and Synthesis*. A Treatise in Population Studies, Vol. III.

United Nations. (2003). *World Urbanization*. New York: United Nations.

<https://population.un.org/wup/>

Subedi, Govind. (2019). *The Changing Landscapes of Political Demography of Nepal* (forthcoming)

Unit-V: Population and Quality of Life **15 hours**

5.1	Concepts definitions, and basic indicators of quality of life (UN and WB)	3
5.3	Factors affecting the quality of life in developed and developing countries	4
5.4	Technological development and its impacts on quality of life	3
5.5	Quality of future generation	2
5.6	Relationships of Basic needs with quality of life	1
P5	Project Work/Classroom Seminar	2
	<i>Identify the indicators of quality of life by group discussion and present the factors affecting the quality of life and quality of future generation. Depict differential situation of Quality of Life in urban and rural as well as developed and underdeveloped populations.</i>	

Readings:

Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.

Sharma, M. P. (2072). *Population, Environment and Quality of Life*. Kathmandu: M. K. Publication and Distributors, Bhotahiti, Nepal.

Sharma, M. P. (1988). *Population Resources: Environment and Quality of Life*. New Delhi: Dhanpat Rai and Sons, India.

Subedi, Govind (2011) *Population and Development: A Reference Material for Master in Education, Faculty of Education, Tribhuvan University* (Kathmandu: Kirti Publication).

प्राज्ञिक परिशदका

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सामाजिक
दिवको कार्यालय
त्रि. वि. कतिपुर

Department of Population
Tribhuvan University

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Unit- VI: Population Policy **20 hours**

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|-----|--|---|
| 6.1 | Basic concepts and definitions of population policy. Pro-natalist, anti-natalist and dual population policies | 4 |
| 6.2 | Types of population policy, Population influencing and Population responsive policies | 4 |
| 6.3 | Evolution of population policy in Nepal | 4 |
| 6.4 | Current population policies and programs of Nepal: Population prospective plan (PPP), National population policy, Nepal, 2071; Fourteenth and fifteenth interim population plan of Nepal (with twenty-five years vision) | 4 |
| 6.5 | Role of International Conferences in shaping population policies: Bucharest 1974, Mexico 1984, Cairo 1995 and Beijing 1995 | 4 |
| 6.6 | Integration of population into development planning | 2 |
| P6 | <i>Project Work/Classroom Seminar</i>
<i>Classroom seminar on concepts and types of population policy, current population policy and role of international conferences in shaping population policies</i> | 2 |

Readings:

- Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.
- Bereleson, B. (1975). *The Great Debate on Population Policy: An Instructive Instrument*. New York: Population Council.
- Bhende, A., & Katnikar, T. (1982). *Principles of Population Studies*. Bombay: National Publishing House.
- Paul, D. (1988). *Social Science and Population Policy*. *Population and Development Review*, 14(3), 451-479.
- Ministry of Population and Health, Nepal (2017/18). *National Population Policies of Nepal* (Website)
Url: https://www.moHP.gov.np/downloads/Population_Policy.pdf
- Ministry of Health and Population (MoHP). *National Population Policy, Nepal, 2071*. Kathmandu: Government of Nepal, MoHP, Singha Durbar, Nepal.
- National Planning Commission (NPC). *Fourteenth Plan, from Fiscal Year 2073/74 to 2075/76*. Kathmandu: Government of Nepal, NPC, Singha Durbar, Nepal.
- National Planning Commission (NPC). *Fifteenth Periodic Plan Approach Paper, from Fiscal Year 2076/77 to 2080/81*. Kathmandu: Government of Nepal, NPC, Singha Durbar, Nepal.

Unit- VII: Population and Resources **14 hours**

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|-----|---|---|
| 7.1 | Concepts and definitions (resource, overpopulation, under & optimum population, carrying capacity) | 3 |
| 7.2 | Population and natural resources | 2 |
| 7.3 | Population and resource management, examples from Nepal and abroad | 3 |
| 7.4 | The resource base and human well-being | 2 |
| 7.5 | Linkages of population, resource and development | 2 |
| P7 | <i>Project Work</i>
<i>Presentation about overpopulation, under population, optimum population and linkages of population and human well-being</i> | 2 |



Readings:

Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.

Davis, K. & Bernstam, M. S. (Eds). (1991). Resources, Environment and Population: Present Knowledge, Future Options, A Supplement to Population and Development Review, Vol. 16, 1990.

Dasgupta, P. (2000). Population and Resources: An Exploration of Reproductive and Environmental Externalities. Population and Development Review, Vol. 26, No. 4 (Dec. 2000), pp. 643-689.

Dasgupta, P., Folke, C. & Maler, K. G. The Environmental Resource Base and Human Welfare.

Yujiro, H. & Godo, Y. (2005). Population Growth and the Constraint of Natural Resources. In Development Economics: From the Poverty to the Wealth of Nations (Third Edition). Oxford University Press.

Unit-VIII: Population and Development **16 hours**

8.1 Basic concepts and definitions of terminology 2

8.2 Basic indicators of development (Per-capita income, GDP, GNI, HPI, HDI, GDI and GRB) 4

8.3 Development theories: Theory of development and change; modernization versus technological diffusion 4

8.4 Demographics and development in the 21st century 4

P8 *Project Work/Classroom Seminar* 2

Discuss on basic indicators of development, identify the linkages of selected indicators with other development activities. Establish relationships of development theories with modernization versus technological diffusion models

Readings:

Bhattarai, Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.

Crook, N. (1997). Principles of Population and Development (Part 1: Population and Subsistence: Theories and Evidences). Oxford University Press.

United Nations Development Programme (UNDP). (2018). Human Development Indices and Indicators: 2018 Statistical Update. New York: UNDP, UN Plaza, USA.

Subedi, Govind (2011) Population and Development: *A Reference Material for Master in Education, Faculty of Education, Tribhuvan University* (Kathmandu: Kirti Publication).

Unit-IX: Gender and Human Development **15 hours**

A. Gender aspects of development

9.1 Gender equity, equality and empowerment with respect to male, female and transgender. Living and campaign for human rights and better life of LGBTI in Nepal

9.2 Role of stakeholders in bringing socially disadvantaged groups into mainstream of national development 1

B. Human development	
9.3 Concepts and definitions	2
9.4 Human rights and human development	3
9.5 Gender and human development	3
9.6 Millennium Development Goals and Sustainable Development Goals	2
P9 Project Work	1
<i>Comparisons about gender equity and equality, discussion about human rights and human development and SDGs and its 17 Goals</i>	

Readings:

- Bhattarai Kiran Dev, Bidhan Acharya, Amod Poudyal and Rajan Paudel (2019). *Demography for Health and Social Sciences*. Kathmandu: Koselee Publications.
- Crook, N. (1997). *Principles of Population and Development (Part 1: Population and Subsistence: Theories and Evidences)*. Oxford University Press.
- United Nations Development Programme (UNDP). (2018). *Human Development Indices and Indicators: 2018 Statistical Update*. New York: UNDP, UN Plaza, USA.
- National Planning Commission (NPC). (2015). *Sustainable Development Goals for Nepal 2016-30*. Kathmandu: Government of Nepal, National Report, NPC, Singha Durbar Nepal.
- United Nations General Assembly (2015). *Transforming Our World: The 2030 Agenda for Sustainable Development*. Retrieved from http://www.un.org/ga/search/view_doc.asp?symbol=A/RES/70/1&Lang=E

Guidelines to the teachers for project works/Classroom Seminar:

- Step 1: Identify the topics in detail for fieldwork.
- Step 2: Make the groups consisting of 4-6 students in each. Include the students of gender, ethnicity and other attributes for crossbreeding of working style, ideas and opinions.
- Step 3: Give them assignment to identify the problems, differences, findings of gathered information, conclusions, and possible solutions and recommend the best solutions.
- Step 4: Faculties are required to be present in the session when presentation is going on. Students present their core of combined works and discussions. During the power point presentation, presenters would be different in different workshops/seminars, so that each student gets an opportunity to present by the end of session.
- Step 5: Faculties could perform evaluation with a mix method of based on ranking and the students' scoring for other's presentation. Subject teacher determines the final scoring.

प्राज्ञिक परिषद्को कार्यालय
कीर्तिपुर

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सामाजिक तथा सामाजिक शास्त्र विभाग
दिनको कार्यालय
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Central Department of Population Studies
Tribhuvan University
Kirtipur, Kathmandu

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Faculty	:	Humanities and Social Sciences
Subject	:	Population Studies
Level	:	Bachelor
Course Code	:	Pop. 422
Title	:	Population and Health
Total duration	:	4 Years
Course duration	:	One Year
Offered year	:	First
Paper	:	I
Full Marks	:	100
Theory	:	70
Practical (Internal)	:	30
Total Teaching Hours	:	150

Objectives

This course aims to impart knowledge on the interrelationships between population and health issues. Specifically, the students successfully completing this course should be able to understand:

- Interrelationship between population and health issues and how one effects the other,
- Role of family health, nutrition and family planning in maintaining good health,
- Role of public health system and epidemiological tools in providing quality health services,
- Relationship between, gender social inclusion and environmental issues in maintaining good health,
- Current health and population issues prevailing in Nepal and the government policies and programme to address these issues.

Unit-I: Introduction to Population and Health

12 hours

- | | | |
|-----|---|---|
| 1.1 | Concept of health and disease: what is health? Major category of health (mental, physical and Social); Health as commodity - Public or private commodity? | 2 |
| 1.2 | Social theory of health | 2 |
| 1.3 | Population and health | 2 |
| 1.4 | Relationship between fertility and health | 2 |
| 1.5 | Relationship between mortality and health | 2 |
| 1.6 | Relationship between migration and health | 1 |

P1 Project Work/Classroom Seminar

1

Identify the relationships between and among demographic variables and health. Prepare the framework for link of the variables.



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Readings:

- Behavioral and Social Sciences Research. (nd.). Social and behavioral theories. Retrieved from <http://www.esourcereasearch.org/eSourceBook/SocialandBehavioralTheories/4ImportantTheoriesandTheirKeyConstructs/tabid/730/Default.aspx>
- Karki, R., Paudal, R., Shah, S. K., Jha, W., & Basel, P. (2014). A textbook of epidemiology. Kathmandu: Makalu Pulication House.
- Stanfor Encyclopedia of Philosophy. (2015, January 22). Concept of disease and health (First published Sep. 22, 2008). Retrieved May 30, 2019, from <https://plato.stanford.edu/entries/health-disease/>
- Svalastog, A. L., Doney, D., Kristoffersen, N. J., & Srećko, G. (2017). Concept and definitions of health and health-related values in the knowledge landscapes of the digital society. (C. M. Journal, Producer) Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5778676/pdf/CroatMedJ_58_0431.pdf

Unit-II: Family Health

10 hours

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|-----|---|---|
| 2.1 | The concept of family health | 1 |
| 2.2 | Family life cycle and health; | 2 |
| 2.3 | Importance of family members' health in the wellbeing of the family; health issues by age and sex with special focus on children, adolescents, women and elderly people in developing countries | 3 |
| 2.4 | The concept of good health and family well being | 2 |
| P1 | <i>Project Work/ Classroom Seminar</i>
<i>Differentiate between and among health. Prepare the framework for link of the variables.</i> | 2 |

Readings:

- Adhikari, K. (nd). Introduction to family health (Slideshare ppt.). Retrieved from https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/health_extension_trainees/LN_HEW_fmy_hlth_final.pdf
- Dhital, S. R., & Dhital, M. K. (2013). A text book of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.
- The family life cycle (Slideshare.ppt). (nd). Retrieved from : https://www.google.com/search?client=firefox-b-d&biw=1366&bih=654&ei=SLYDXbA-ic2-BKSdhJAB&q=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&oq=Evelyn+Duvall+The+FAMILY+LIFE+CYCLE+8+Stages&gs_l=psy-ab.12...14933.25215..30009...0.0..0.161.1977.0j14.....0...
- Simon, J., Rosen, S., Claeson, M., Breman, A., & Tulloch, J. (2001). Family health cycle: from concept to implementation. Retrieved June 1, 2019, from https://www.researchgate.net/publication/265927585_The_Family_Health_Cycle_From_Concept_to_Implementation

Unit-III: Nutrition and Health

12 hours

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|-----|---|---|
| 3.1 | Nutrition requirement of infant and children, adolescents, pregnant and breastfeeding women, adults and elderly | 1 |
| 3.2 | Dietary diversity and health | 2 |
| 3.3 | Concept and importance of Body Mass Index (BMI) | 2 |
| 3.4 | Effects of under-nutrition and mal-nutrition on health | 2 |
| 3.5 | Causes and effects of obesity on health | 1 |
| 3.6 | Nutrition related problems in Nepal | 2 |

P3 *Project Work/Classroom Seminar* 2
 Identify the nutritional deficiencies among populations by socioeconomic, ethnic and locational differences. Discuss on the differential nutritional status and recommend some shift in food habits for a given community

Readings:

Dhital, S. R., & Dhital, M. K. (2013). A text book of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.

Hoddinott, J., & Yohannes, Y. (2002). Dietary diversity as a food security indicator. FCND discussion paper No.136. Retrieved June 1, 2019, from International Food Policy Research Institute. Washington DC: Retrieved from <http://ebrary.ifpri.org/utils/getfile/collection/p15738coll2/id/81672/filename/81673.pdf>

Oommen, N., Lule, E., Vazirani, D., & Chhabra, R. (2003). Inequalities in health, nutrition and population. Retrieved May 20, 2019, from The International Bank for Reconstruction and Development/The World Bank. Washington, DC: : <https://openknowledge.worldbank.org/bitstream/handle/10986/29574/123759-WP-PUBLIC-NEPALPRO.pdf?sequence=1&isAllowed=y>

Shrimpton, R., Mbuya, N. V., & Provo, A. M. (2016, May 18). The double burden of malnutrition in East Asia and Pacific: evidence and lessons for a multi-sectoral response. Discussion paper 2016. Retrieved 2019, from World Bank Group: <https://openknowledge.worldbank.org/bitstream/handle/10986/26102/112852-WP-DoubleBurdenofMalnutritioninEAP-PUBLIC.pdf?sequence=1&isAllowed=y>

Social Policy Evaluation and Research Unit (SUPERU). (2015). The wider economic and social costs of obesity: a discussion of the non-health impacts of obesity in New Zealand. Retrieved May 20, 2019, from <https://www.superu.govt.nz/sites/default/files/Economic%20and%20social%20cost%20of%20obesity.pdf>

WHO/UNICEF/JMP. (2015). Programmes improving nutrition outcomes with better water, sanitation and Hygiene: Practical solutions for policies and programmes improving. Retrieved May 30, 2019, from WHO: https://www.who.int/water_sanitation_health/en/

Woldt, M., USAID, FANTA, & 360, F. (nd). Dietary diversity for human development and health (ppt.presentation). Retrieved June 1, 2019, from : https://www.fantaproject.org/sites/default/files/MSN_GLEE-DC_DietDiv_Monica-Woldt.pdf

Unit-IV: Family Planning and Health 12

- 4.1 Concept and origin; globalization of family planning 2
- 4.2 Family planning means: Types and methods (traditional/modern & temporary/permanent) 2
- 4.3 Family planning and health 2
- 4.4 Family planning and infant and child health 2
- 4.5 Role of men in family planning 2

P4 *Project Work/ Classroom Seminar* 2
 Discuss on the differential needs for children and methods adopted to avert birth among different group of people. Identify the reasons separately for them. Conduct debate on how they cope with family planning, and suggest policies for the local governance or municipalities.

Readings:

Dhital, S. R., & Dhital, M. K. (2013). A text book of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.

USAID. (2013). Technical reference materials: Family planning. Retrieved May 28, 2019, from https://www.k4health.org/sites/default/files/family_planning_trms_final_2013.pdf

Unit-V: Introduction to Public Health

12 hours

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|-----|--|---|
| 5.1 | Concept, definition, and scope of public health | 2 |
| 5.2 | Historical perspectives on public health | 2 |
| 5.3 | Primary health care system: concept and roles - preventive, promotional, curative and rehabilitative | 2 |
| 5.4 | Public health systems in developed and developing countries | 2 |
| 5.5 | Public health system in Nepal with health system management | 2 |

- P5 *Project Work/ Classroom Seminar* 2
Public health management is now devolved to local municipalities. Study the framework of service providing and service obtaining mechanism in Nepal.

Readings:

C.Vaishnavi. (2105). Publi health. Retrieved May 30, 2019, from https://www.slideshare.net/vyshsedhu/principles-of-primary-health-care?qid=09d1db13-f9ff-4379-8531-73e64788e039&v=&b=&from_search=30

Dhital, S. R., & Dhital, M. K. (2013). A text book of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.

Mutwake, A. (nd). Concept of health, health for all and primary health care (ppt.). Retrieved May 30, 2019, from https://www.slideshare.net/abdelrahim/concept-of-phc-3692190?from_action=save

Rhodes, P., & H. Bryant, J. (nd). Public health. Retrieved May 30, 2019, from <https://www.britannica.com/topic/public-health/Progress-in-public-health>

WHO. (2010). Key components of a well-functioning health system. Retrieved May 29, 2019, from https://www.who.int/healthsystems/EN_HSSkeycomponents.pdf?ua=1

Unit-VI: Health, Morbidity and Mortality

8 hours

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|-----|--|---|
| 6.1 | Factors affecting health, morbidity and mortality | 2 |
| 6.2 | Levels and trends of mortality in developed and developing countries | 2 |
| 6.3 | Mortality differentials by socio-economic and demographic variables | 2 |

- P6 *Project Work/Classroom Seminar* 2
Present the major findings of field visit of institutions like health facilities, health management units of Municipalities and different stakeholders at local, provincial and federal levels.

Reference

<https://www.mohp.gov.np/downloads/1%20National%20Health%20Policy%202071.pdf>

Unit-VII: Introduction to Epidemiology **14 hours**

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|-----|---|---|
| 7.1 | Concept, definition, philosophy and scope of epidemiology | 2 |
| 7.2 | Terminologies frequently used in epidemiology: infection, communicable disease, pollution, contamination, infestation, epidemic, endemic, sporadic and pandemic | 2 |
| 7.3 | Basic measures of epidemiology and their uses: rates, ratios, proportion, population at risk, prevalence and incidence (rate) | 2 |
| 7.4 | Epidemiological transitions: experience of developed and developing countries | 2 |
| 7.5 | Types of epidemiological studies: descriptive and observational | 2 |
| 7.6 | Analytical studies: ecological, cross-sectional and case control | 2 |

P7 Project Work/ Classroom Seminar **2**

Discuss on the historical shifting of morbidity and mortality conditions as well as causes of deaths. Study the framework of diseases with respect to the municipality of the location of Campus/College and suggest for the best remedies.

Readings:

Dhital, S. R., & Dhital, M. K. (2013). A text book of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.

Karki, R., Paudal, R., Shah, S. K., Jha, W., & Basel, P. (2014). A textbook of epidemiology. Kathmandu: Makalu Pulication House.

Omran, A. R. (2001). The epidemiologic transition: a theory of the epidemiology of population change. Retrieved May 30, 2019, from WHO: https://www.scielosp.org/article/ssm/content/raw/?resource_ssm_path=/media/assets/bwho/v79n2/v79n2a11.pdf

R., B., R. Beaglehole, & Kjellstrom, T. (2006). Basic epidemiology (2nd edition). Retrieved May 30, 2019, from WHO: https://drive.uqu.edu.sa/_/maatia/files/Basic%20epidemiology.pdf

Unit-VIII: Gender, Social Inclusion and Health **20 hours**

A. Gender and Social Inclusion

- | | | |
|-----|---|---|
| 8.1 | Concept and definition of sex and gender | 2 |
| 8.2 | Gender-based violence and health, some empirical accounts | 1 |
| 8.3 | Gender-based violence in Nepal | 2 |
| 8.4 | Inclusion/exclusion of population sub-groups and health | 2 |

B Health Aspects of Population with disability

- | | | |
|-------|---|---|
| 8.5 | Definition and types of disability | 1 |
| 8.6 | Health issues of disable population | 1 |
| 8.7. | Disability by demographic (age, sex), social (ethnicity, education, health), and economic (employment, income, property entitlement) variables | 1 |
| 8.8. | Role of the stakeholders in mainstreaming people with disability in obtaining qualitative health services | 2 |
| 8.9. | Policies and programmes for people with disability with a focus on education, , employment and rehabilitation in order to ensure better health. | 2 |
| 8.10. | Coping strategies of people with disability, health and beyond health approaches | 2 |

Present the major findings of field visit of institutions like units of National Federation of Disability Nepal and Nepal Association of Blinds in different provinces and districts as well as municipalities and different stakeholders (GOs, NGOs, CSOs etc.) at local, provincial and federal levels.

Readings:

Gender, Sex and Health (Slideshare pp. presentation).(n.d.). Retrieved from https://www.slideshare.net/SUMMAHaswin/gendersex-and-health-summah?qid=14557410-5c69-41d0-b48f-f96b7c521254&v=&b=&from_search=52

Oomman, N., Lule, E., Vaziranj, D., &Cchabra, R. (2003).Inequities in health, nutrition and populaiton. Retrieved May 30, 2019, from <https://openknowledge.worldbank.org/bitstream/handle/10986/29574/123759-WP-PUBLIC-NEPALPRO.pdf?sequence=1&isAllowed=y>

Purayil, A. V. (n.d.). Retrieved from : https://www.slideshare.net/anivvp/gender-and-sex-86061624?qid=14557410-5c69-41d0-b48f-f96b7c521254&v=&b=&from_search=46

WHO.(2011). World report on disability.from https://www.who.int/disabilities/world_report/2011/en/

WHO. (nd). An introduction to equitable water safety planning (ppt.). Retrieved June 1, 2019, from https://www.who.int/water_sanitation_health/publications/equitable-wsp/en/

WHO.(2018). Disability and health.from: <https://www.who.int/news-room/fact-sheets/detail/disability-and-health>

WHO;UNICEF;JMP. (2019). Progress on household drinking water, sanitation and hygiene 2000-2017: special focus on inequalities. from:

Dan Goodley (2011). Disability Studies – An interdisciplinary Introduction,

Anna Lawson, Caroline Gooding, (2005). Disability Rights in Europe – From theory to Practice, 2005

Colin Barnes, Mike Oliver and Len Barton(2002), Disability Studies Today,

Paul T. Jaeger, Cynthia Ann Bowman (undated). Understanding Disability, Inclusion Access Diversity and Civil Rights

Ralph Kober (editor), (undated) Enhancing the Quality of Life of Persons with Disabilities, From theory to Practice, Social Indicators Research Series 41

Michale Oliver, (1996) Understanding Disability: From Theory to Practice, The Journal of Sociology and Social Welfare, Volume 23,

Colin Barnes and Geof Mercer, (2005) Understanding Impairment and Disability: towards an international perspective,

Unit-IX: Population and Environmental Health

14 hours

9.1	Concept and components of environment: atmosphere, hydrosphere, Lithosphere and biosphere	2
9.2	Air, water and soil quality and health	2
9.3	Level and trend of pollution in Nepal	2
9.4	Concept of total sanitation; Equity and access to total sanitation	1
9.5	Effects of disaster and climate change on health	2
9.6	Disaster management in Nepal	3

P9 *Project Work/ Classroom Seminar*

2

Prepare types of environmental hazards and their effects on health. Present the findings of field study of local disaster management committee and suggest ways of coping conditions of disaster in urban, rural, mountain and hill and Tarai areas..

Readings:

- Dhital, S. R., & Dhital, M. K. (2013). A text book of basic public health. Kathmandu: Bidhyarathi Pustak Bhandar.
- Riahi-Zanjani, B., Azam, A. G., & Balali-Mood, M. (2016). Effect of air pollution on human health and practical measures for prevention in Iran. Retrieved May 30, 2019, from Research Gate: DOI: 10.4103/1735-1995.189646
- Speidel, J. J. (2000). Environment and Health . Retrieved May 30, 2019, from CMAJ 163(5): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC80465/>
- The European Environment.(2010). Environment, health and quality of life. Retrieved May 30, 2019, from <https://www.eea.europa.eu/soer/synthesis/synthesis/chapter5.xhtml>
- WHO. (nd). Health and climate change. Retrieved from <https://apps.who.int/iris/bitstream/handle/10665/276405/9789241514972-eng.pdf?ua=1>
- WHO. (nd). An introduction to equitable water safety planning (ppt.). Retrieved June 1, 2019, from https://www.who.int/water_sanitation_health/publications/equitable-wsp/en/
- WHO. (2008). Protecting health from climate change. from: https://www.who.int/world-health-day/toolkit/report_web.pdf
- WHO/UNICEF/JMP. (2015). Programmes improving nutrition outcomes with better water, sanitation and Hygiene: Practical solutions for policies and programmes improving. Retrieved May 30, 2019, from WHO: https://www.who.int/water_sanitation_health/en/

Unit-X: Factors Affecting Health Status of Population in Nepal

14

- | | | |
|------|---|---|
| 10.1 | Major health problems prevalent in Nepal (infant , child, adolescent, men/women, elderly people) | 4 |
| 10.2 | Cultural, social and economic factors affecting health | 2 |
| 10.3 | Topography and environmental factors affecting health | 2 |
| 10.4 | Hygiene and sanitation behavioral factors affecting health | 2 |
| 10.5 | Health service related factors affecting utilization of health services: equity and access, cost, quality | 2 |

P10 *Project Work/Classroom Seminar*

2

Present the major findings personal observations of nearby settlements regarding prevalence of morbidity conditions and make a pseudo decisions to respond to their health needs.

Readings:

- Nepal government publications:
Annual Health Statistics Reports (DoHS)
Maternal Mortality and Morbidity Studies (1998, 2008)
Nepal Demographic and Health Surveys (past to 2016)
Nepal Health Sector Strategy Program (NHSSP) – Phase I, II and III
Gender and Social Inclusion (GESI) Policy of Nepal

Unit-XI: Population and Health Policy and Programs in Nepal	22
11.1 Development of population and health policies	2
11.2 Constitutional provisions/legal provisions on population and health	2
11.3 Development of Public Health delivery system	2
11.4 Role of private and NGO sectors in service delivery	2
11.5 Health economics/health financing;	2
11.6 Public – private partnership in health service delivery	2
11.7 Major population and health programs	2

P11 Project Work/Classroom Seminar **8**
Do a pseudo exercise for preparing health policies in federal, provincial and local levels based on the observations of nearby settlements and data produced by primary and secondary sources. Prepare a separate paper individually and submit to the department for evaluation.

Readings:

Haycox, A. (2009). What is health economics? Retrieved from:
http://www.bandolier.org.uk/painres/download/whatis/What_is_health_econ.pdf

Uprety, S. & Lamichhane, B. (2016). Health budgeting and financing in Nepal: Policy perspective.
 Retrieved from
<https://www.herd.org.np/uploads/frontend/Publications/PublicationsAttachments1/1480582316-Health%20Budgeting%20and%20Financing%20in%20Nepal%20-%20Policy%20Perspectives.pdf>

Nepal government publications:

- The Constitution of Nepal
- Long and short term population and health policies of Nepal
- Population and health policies incorporated in various development plans
- Annual Health Statistics Reports

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