



SEMESTER – III

PAPER CODE	SUBJECT NAME	THEORY HOURS	PRACTICAL HOURS	THEORY MARKS	PRACTICAL MARKS
CMS101	OBSTETRICS & GYNECOLOGY	45 Min	1 Hrs.	50	50
CMS102	HEALTH EDUCATION, PLANNING & MANAGEMENT	45 Min	1 Hrs.	50	50
CMS103	COMMUNITY MEDICINE & MEDICAL ETHICS	45 Min	1 Hrs.	50	50
CMS104	PRIMARY HEALTH CARE	45 Min	1 Hrs.	50	50

OBSTETRICS & GYNECOLOGY

Theory Syllabus

1. Introduction to Obstetrics & Gynecology

- Definition and scope
- Importance in rural and primary health care
- Role of CMS & ED practitioners in maternal and reproductive health

2. Female Reproductive Anatomy & Physiology

- Female reproductive organs – structure and function
- Menstrual cycle – phases, hormonal control
- Ovulation, fertilization, implantation
- Puberty and menopause

3. Pregnancy and Antenatal Care (ANC)

- Signs and symptoms of pregnancy
- Diagnosis of pregnancy (clinical & lab methods)
- Calculation of expected date of delivery (EDD)
- Antenatal visits and schedule
- Routine antenatal investigations
- Nutrition and supplements during pregnancy (Iron, Folic Acid, Calcium)
- Identification of high-risk pregnancy
- Minor discomforts of pregnancy and their management

4. Normal Labor and Delivery

- Stages of labor
- Signs of onset of labor
- Mechanism of normal labor



- Conducting normal delivery (basic knowledge)
- Clean delivery practices
- Cutting and tying the umbilical cord
- Immediate care of the newborn
- Indications for referral during labor

5. Postnatal Care (PNC)

- Monitoring of mother and baby in postnatal period
- Breastfeeding practices and problems
- Postnatal exercises and hygiene
- Family planning counseling
- Recognition of postpartum complications

6. Common Obstetric Complications (Identification & Referral)

- Anemia in pregnancy
- Pre-eclampsia and eclampsia
- Antepartum and postpartum hemorrhage
- Prolonged labor
- Abortion (types and management)
- Ectopic pregnancy
- Retained placenta
- Postpartum sepsis

7. Gynecological Disorders (Basics)

- Menstrual disorders (amenorrhea, menorrhagia, dysmenorrhea)
- White discharge (leucorrhea)
- Vaginal infections (bacterial, fungal)
- Pelvic inflammatory disease (PID)
- Uterine prolapse (basic awareness)
- Breast examination and common conditions

8. Family Planning & Contraception

- Methods of contraception:
 - Barrier (condoms)
 - Oral contraceptive pills (OCPs)
 - IUCD (basic understanding)
 - Injectable contraceptives
 - Natural methods
- Emergency contraception
- Counseling for family planning

9. Maternal & Child Health (MCH) Services

- Importance of safe motherhood
- Immunization schedule for infants
- Growth monitoring of children



- Maternal nutrition
- Role of ASHA/ANM in reproductive health

10. National Programs Related to Reproductive Health

- Janani Suraksha Yojana (JSY)
- Janani Shishu Suraksha Karyakram (JSSK)
- RMNCH+A (Reproductive, Maternal, Newborn, Child + Adolescent Health)
- Mission Indradhanush
- Menstrual hygiene schemes

Practical Syllabus

- History taking in obstetric and gynecological cases
- Clinical examination of a pregnant woman
- Calculation of Last Menstrual Period (LMP) and Estimated Date of Delivery (EDD)
- Measuring fundal height and assessing fetal growth
- Monitoring fetal heart sounds using fetal Doppler or fetoscope
- Blood pressure, weight, and urine check during antenatal visits
- Identification of danger signs in pregnancy
- Counseling for antenatal nutrition and iron/calcium supplementation
- Observation of antenatal check-up at PHC/clinic
- Demonstration of normal delivery on model/mannequin
- Clean cord cutting and tying technique
- Immediate care of the newborn (cleaning, wrapping, APGAR basics)
- Breastfeeding positioning and counseling
- Postnatal care: vital signs, bleeding check, hygiene education
- Family planning counseling (use of charts/models)
- Demonstration of condom and oral contraceptive use
- Identification of common gynecological symptoms (discharge, menstrual irregularities)
- Preparation of referral slips in high-risk pregnancy or complications
- Menstrual hygiene education for adolescent girls (role-play/demo)
- Observation of immunization and growth monitoring (MCH services)

HEALTH EDUCATION, PLANNING & MANAGEMENT

Theory Syllabus

1. Introduction to Health Education

- Definition, scope, and objectives of health education
- Principles of health education
- Importance in rural and community health
- Role of CMS & ED workers in health promotion

2. Methods and Media of Health Education

- Individual and group health education
- Mass communication methods (radio, posters, street plays, etc.)



- Use of visual aids (charts, flipbooks, models)
- Health talks and demonstrations
- IEC (Information, Education & Communication) materials

3. Health Behavior and Communication

- Factors affecting health behavior
- Behavior change communication (BCC)
- Barriers in communication
- Communication skills for health workers
- Interpersonal communication (IPC) in healthcare

4. School and Community Health Education

- School health programs
- Educating children about hygiene, nutrition, and personal care
- Organizing community awareness campaigns
- Health education on communicable diseases, maternal health, sanitation

5. Introduction to Health Planning

- Meaning and importance of health planning
- National health planning in India
- Five-Year Plans in health development
- Health goals under National Health Policy

6. Health Management and Administration

- Principles of health management
- Levels of healthcare: primary, secondary, tertiary
- Role of Primary Health Centre (PHC) and sub-centres
- Planning, organizing, staffing, supervising, and reporting in healthcare

7. Health Program Implementation

- Basics of program planning and execution
- Monitoring and evaluation of health programs
- Data collection and reporting
- Supervision at field level
- Problem-solving at local level

8. Leadership and Teamwork in Health Services

- Types of leadership styles in healthcare
- Importance of teamwork
- Role of CMS & ED worker in the health team
- Motivation and conflict resolution

9. National Health Programs Overview



- Introduction to major programs like:
 - National Health Mission (NHM)
 - National Tuberculosis Elimination Program (NTEP)
 - National Vector Borne Disease Control Program (NVBDCP)
 - Reproductive, Maternal, Newborn, Child & Adolescent Health (RMNCH+A)
 - Ayushman Bharat – Health & Wellness Centres

10. Health Management Information System (HMIS)

- Importance of health data and indicators
- Types of records and reports in healthcare
- Use of HMIS at PHC and sub-centre level
- Reporting formats and data flow

11. Role of WHO and Health Committees

- WHO and its functions in health planning
- Recommendations of major health committees (Bhore, Mudaliar, Kartar Singh)
- Universal Health Coverage (UHC) goals

Practical Syllabus

- Preparation and presentation of a health talk (any topic – hygiene, nutrition, etc.)
- Use of IEC (Information, Education & Communication) materials (charts, posters, models)
- Organizing group discussions or street plays for health awareness
- Role-play on effective patient communication and counseling
- Demonstration of interpersonal communication techniques
- Conducting a community survey (sample format – health needs, hygiene practices)
- Preparation of simple health education charts or posters
- Participation in school health education activity (if possible)
- Observation of ongoing health programs at PHC/Sub-Centre
- Visit to PHC to understand health service delivery structure
- Record-keeping practice: daily register, immunization register, health cards
- Preparation of health action plan for a small community group
- Data collection and simple health report writing
- Participation in health awareness day (e.g., World Health Day, Nutrition Week)
- Identifying local health problems and planning solutions (problem-solving exercise)
- Observation of team meetings at PHC level
- Practice of supervision and reporting techniques
- Preparing a plan for organizing a health camp or awareness session
- Discussion on major national health programs and how to support them
- Group project or field presentation on any public health topic

COMMUNITY MEDICINE & MEDICAL ETHICS

Theory Syllabus



PART A: COMMUNITY MEDICINE SYLLABUS

1. Introduction to Community Medicine

- Definition and scope
- Objectives and importance in rural healthcare
- Concepts of health and disease
- Indicators of health (mortality, morbidity, fertility)

2. Social and Preventive Medicine

- Natural history of disease
- Levels of prevention: primary, secondary, tertiary
- Modes of disease transmission and control
- Role of community health worker in prevention

3. Environmental Health

- Safe water sources and purification methods
- Sanitation and waste disposal
- Air pollution and its health impact
- Vector control (mosquitoes, flies, rodents)

4. Nutrition and Health

- Balanced diet – components and functions
- Nutritional deficiencies (protein energy malnutrition, anemia, rickets, etc.)
- Nutrition programs in India
- Malnutrition in children and women

5. Epidemiology

- Definition, uses, and methods
- Common epidemiological terms
- Outbreak investigation basics
- Epidemiology of common communicable diseases (TB, malaria, dengue, typhoid)

6. Immunization & Cold Chain

- National immunization schedule
- Vaccine types and storage
- Cold chain maintenance
- Role of CMS & ED in vaccination drives

7. National Health Programs

- Overview of major national health programs:
 - National Health Mission (NHM)
 - NTEP (Tuberculosis)
 - NVBDCP (Malaria, Dengue, Filariasis)



- RMNCH+A
- Polio eradication program
- Anemia Mukht Bharat

8. Family and Community Health

- Concept of family and community health
- Maternal and child health (MCH) services
- Adolescent health and school health services
- Geriatric care basics

9. Health Education and Communication

- Principles and methods of health education
- Behavior change communication (BCC)
- Use of IEC materials in public health
- Role of ASHA/ANM/CMS-ED in awareness building

10. Health Statistics and Records

- Importance of health data
- Basic statistical terms (mean, percentage, ratio)
- Health records, registers, reporting systems
- Use of data for planning and evaluation

PART B: MEDICAL ETHICS SYLLABUS

1. Introduction to Medical Ethics

- Definition and principles (autonomy, beneficence, non-maleficence, justice)
- Importance in primary healthcare
- Role of CMS & ED practitioners in ethical practice

2. Code of Conduct

- Professional behavior and discipline
- Do's and don'ts in patient care
- Boundaries of CMS & ED practice
- Referrals and consultation ethics

3. Informed Consent

- Definition and types (implied, informed, written)
- Importance in medical practice
- Consent in emergency and minor treatment

4. Patient Rights and Confidentiality

- Right to privacy and dignity
- Maintaining confidentiality of patient information



- Respect for patient beliefs and decisions

5. Medical Negligence

- Definition and examples
- Legal responsibilities of CMS & ED practitioners
- Common medico-legal pitfalls
- Safe documentation practices

6. Ethical Issues in Community Practice

- Resource limitations and ethical prioritization
- Handling stigmatized illnesses (e.g., HIV, TB, leprosy)
- Ethics in maternal and child health
- End-of-life care basics

Practical Syllabus

A. COMMUNITY MEDICINE PRACTICALS

- Conducting a family health survey (demographic & health data collection)
- Health education session using IEC materials (charts, posters, models)
- Demonstration of handwashing technique (WHO steps)
- Observation and identification of safe water sources
- Visit to PHC/Sub-centre and study of available health services
- Demonstration of oral rehydration therapy (ORT) preparation
- Nutritional assessment of child using growth chart (weight-for-age)
- Observation of immunization session and cold chain maintenance
- Mosquito breeding site identification and control practices
- Preparation of balanced diet chart for different age groups
- Field visit to assess sanitation and hygiene conditions
- Outbreak case study simulation (e.g., diarrhea or malaria cluster)
- Group discussion on prevention of communicable diseases
- Demonstration of waste segregation and disposal techniques
- Observation of national health programs implemented locally

B. MEDICAL ETHICS PRACTICALS

- Role-play on doctor-patient communication (respect, empathy)
- Simulation of informed consent process in a patient scenario
- Group discussion on patient rights and confidentiality
- Case-based discussion on ethical dilemma in community practice
- Observation of ethical practices at PHC/clinic
- Preparation of ethical code checklist for CMS & ED practitioners
- Record-keeping practice with focus on accuracy and confidentiality
- Situational role-play on handling refusal of treatment
- Simulated discussion on referral ethics and patient safety
- Case scenarios on medical negligence and preventive actions



PRIMARY HEALTH CARE

Theory Syllabus

1. Introduction to Primary Health Care (PHC)

- Definition and objectives
- Principles of primary health care
- Alma-Ata Declaration (1978) and its importance
- Role of CMS & ED practitioner in PHC delivery

2. Elements of Primary Health Care

- Health education and promotion
- Nutrition and food supply
- Safe water and sanitation
- Maternal and child healthcare
- Immunization
- Control of endemic diseases
- Appropriate treatment of common diseases and injuries
- Provision of essential drugs

3. Health Infrastructure in India

- Structure: Sub-centres, PHC, CHC
- Functions and staffing of each level
- Referral system and its importance
- Role of ASHA, ANM, and MPW in primary care

4. Maternal & Child Health Services (MCH)

- Antenatal care, postnatal care
- Institutional deliveries and safe motherhood
- Growth monitoring and immunization
- Infant and young child feeding practices
- Prevention of malnutrition

5. National Health Programs under PHC

- National Health Mission (NHM)
- RMNCH+A (Reproductive, Maternal, Newborn, Child & Adolescent Health)
- Universal Immunization Program (UIP)
- Tuberculosis Control (NTEP)
- National Vector Borne Disease Control Program (NVBDCP)
- Family Planning Program
- Ayushman Bharat and Health & Wellness Centres

6. Communicable & Non-communicable Diseases Management



- Identification and early treatment of common infections (TB, malaria, diarrhea, RTI, skin diseases)
- Awareness and basic management of NCDs (hypertension, diabetes, etc.)
- Lifestyle modification advice
- Patient education and follow-up

7. Community Participation and Health Promotion

- Role of community in health
- Participatory learning approaches (PLA)
- Village Health Nutrition Day (VHND)
- Health awareness campaigns
- Collaboration with NGOs and local leaders

8. Essential Drug Management

- Concept of essential drugs and rational use
- Storage and handling of common medicines
- Drug distribution system at PHC level
- Role of CMS & ED practitioner in drug dispensing

9. Record Keeping and Health Information

- Importance of proper documentation
- Daily reporting formats used in PHC
- Immunization registers, ANC registers, family planning records
- Basics of HMIS (Health Management Information System)

10. First Aid and Emergency Response at PHC Level

- Managing minor injuries, wounds, burns
- Handling of common emergencies like fainting, convulsions, bleeding
- Use of emergency kits
- Referral in case of serious conditions

Practical Syllabus

A. FIELD & COMMUNITY PRACTICE

1. Conducting **home visits** and maintaining visit records
2. **Registration of pregnant women**, children, and eligible couples
3. **Antenatal check-up demonstration** (BP, weight, fetal heart sound)
4. Observation of **immunization session** (at PHC/Sub-Centre)
5. Participation in **Village Health Nutrition Day (VHND)**
6. Identifying **malnourished children using MUAC tape**
7. Preparation and demonstration of **oral rehydration solution (ORS)**
8. Participating in **sanitation awareness drive** in village/community
9. Conducting a **simple community survey** (health/hygiene-related)
10. Observing **PHC/Sub-centre infrastructure and record-keeping system**



B. HEALTH EDUCATION & PROMOTION

11. Giving a **health talk** on any primary health care topic (e.g., hygiene, immunization)
12. Use of **IEC (Information, Education, Communication)** materials (posters, models)
13. Organizing or participating in **health camps/awareness rallies**
14. Preparing **balanced diet charts** for different age groups
15. Demonstrating **handwashing technique** (5 WHO steps)

C. ESSENTIAL SERVICES AT PHC LEVEL

16. Assisting in **minor wound dressing** and applying basic first aid
17. Observation of **drug distribution system** at PHC/Sub-centre
18. Identifying and writing prescriptions for **common illnesses** (within CMS & ED scope)
19. Learning about **emergency drug kit usage**
20. Preparing a **referral slip** for complicated cases

D. RECORD KEEPING & MANAGEMENT

21. Filling of **ANC register, immunization register, family planning register**
22. Practice of **simple medical record maintenance**
23. Preparing a **monthly health report** format for village-level data
24. Observing and noting **referral process and feedback documentation**
25. Conducting mock **PHC team meeting** or group discussion on public health issues