

Course File

Name of the Faculty: Dr. Ranvir Singh

Name of the Course: **HEALTH AND WELL-BEING**

Course code: PGSSW3E011T

Semester: MA Social Work Semester III

Academic year 2020

Syllabus

HEALTH AND WELL-BEING

Course Credits: 04

Maximum Marks: 100

Objectives

- To understand the concept of health from social and medical perspective
 - To orient learners to the historical evolution of health sector
 - To understand the change in health care and the contemporary issues
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Unit I: Concept of Health and Well-Being

- Health: Concept and Dimensions
 - Well-being: Conceptual understanding
 - Changing Contours of Health: Community Health, Social Medicine and Public Health
 - Understanding Health from the Human Rights perspective
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Unit II: Evolution in Health Care in India – I

- Structuring of Health Care Service System in India: Bhore Committee (1946), Mudaliar Committee (1962), Jungalwalla Committee (1967), Kartar Singh Committee (1973)
 - Primary to Selective Health Care: WHO Alma-Ata Declaration and SAP
 - Strategic Shift in National Health Policy in India: Critical Understanding
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Unit III: Evolution of Health Care in India – II

- Evolution of Health Care Service System in India: Public, Private and Charitable
 - Integrated Approach to Health and Health Services
 - Public vs Private Health Care
 - Universal Health Coverage
 - Insurance in Health Care – RSBY, PMJAY (Ayushman Bharat)
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Unit IV: Contemporary Issues in Health

- Environment Issues and Health
- Media and Health
- Health Movements and Campaigns

- Surrogacy, IVF
 - Medical Tourism
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Unit V: Social Worker in Health Settings

- Role and Specific Skills Required for Medical and Psychiatric Social Work Practice
- Application of Various Social Work Methods in Hospital Setting
- Scope of Practice: Assessment, Counseling, Crisis, Case Management and Networking for Social Support Strategies

Lesson Plan

Lecture No	Topic Covered	Status
1	The concept of health and Dimensions	Achieved
2	To orient learners to the historical evolution of the health sector	Achieved
3	Well-being: Conceptual understanding	Achieved
4	Changing Contours of Health	Achieved
5	Community Health	Achieved
6	Social Medicine	Achieved
7	Public Health	Achieved
8	Structuring of Health Care Service System in India	Achieved
	Bhore Committee (1946),	Achieved
9	Mudaliar Committee (1962)	Achieved
10	Jungalwalla Committee (1967)	Achieved
11	Kartar Singh Committee (1973)	Achieved
12	Primary to Selective Health Care	Achieved
13	:WHO Alma-Ata Declaration and SAP	Achieved
14	Strategic Shift in National Health Policy in India	Achieved
15	Critical Understanding	Achieved
16	Evolution of Health Care Service System in India	Achieved
17	Public, Private and Charitable	Achieved
18	Integrated Approach to Health and Health Services	Achieved
19	Public vs Private Health Care	Achieved
20	Universal Health Coverage	Achieved
21	Insurance in Health Care	Achieved
22	RSBY, PMJAY (Ayushman Bharat)	Achieved
23	Environment Issues and Health	Achieved
24	Media and Health	Achieved
25	Health Movements and Campaigns	Achieved
26	Surrogacy, IVF	Achieved
27	Medical Tourism	Achieved
28	Role and Specific Skills Required for Medical and Psychiatric Social Work Practice	Achieved
29	Application of Various Social Work Methods in Hospital Setting	Achieved
30	Scope of Practice: Assessment, Counseling, Crisis, Case Management	Achieved
31	Networking for Social Support Strategies	Achieved
32	Revision Remedial	Achieved
33	Revision Remedial	Achieved
34	Revision Remedial	Achieved
35	Revision Remedial	Achieved

36	Revision Remedial	Achieved
37	Revision Remedial	Achieved

Question Paper

DEPARTMENT OF SOCIAL WORK
CENTRAL UNIVERSITY OF JAMMU
END SEMESTER EXAMINATION
Semester III (Reappear 2023)

Course No.: PGSSW3E011T
Course Title: Health and Well being

Maximum Marks: 100
Time: 3 hrs

Section A contains 10 MCQs and all are compulsory. $10 \times 1.5 = 15$
Section B contains 10 short answer questions of 8 marks each with internal choice.

Any 5 should be attempted. $5 \times 8 = 40$

Section C contains 5 long answer questions of 15 Marks each. Any 3 should be attempted. $3 \times 15 = 45$

SECTION A

1. A field of study which is concerned about policy level interventions in the field of health
(a) Public Health (b) Social Medicine (c) Community Medicine (d) All of the above
2. Identify the public health reformer
(a) Edwin Chadwick (c) Dorothea Dix
(b) John Griscom (d) Louis Pasteur
3. The second health policy was released after ___ years from the first one.
(a) 30 (c) 38
(b) 36 (d) 40
4. Which committee proposed prohibition on private practice of doctors in government services
(a) Bhore Committee
(b) Jungalwalla Committee
(c) Kartar Singh Committee
(d) Mudaliar Committee
5. NHP 2017 recommends increase in expenditure on health care. How much does it recommend and by when?
(a) 1% of GDP by 2025 (c) 2% of GDP by 2030
(b) 1.5% of GDP by 2025 (d) 2.5% of GDP by 2025
6. Which of the following programmes focuses on construction of toilet facility?
(a) Rashtriya Swasthya Bima Yojna (c) Swachh Bharat Abhiyan
(b) Kishori Swasthya Yojna (d) RMNCH+A
7. Select the odd one out- The disease is eradicated from India.
(a) Leprosy (c) Covid-19
(b) Plague (d) Polio
8. Which of the following conditions does not comply with laws on Surrogacy
(a) Proven infertility (c) Couple should not have a surviving child
(b) Altruistic (d) Commercial
9. Psychiatric Social workers act as bridge between patient and
(a) doctor (b) paramedical staff (c) community (d) all of the above
10. Bereavement counselling is also referred as

- (a) Grief counselling (b) crisis intervention (c) family counselling (d) Follow-up

Section B

Unit-I

1. Define public health and describe its functions.
OR
2. Discuss the role of Public health in health promotion and prevention.

Unit-II

3. Discuss National health policy 2017.
OR
4. In light of the report of Health Survey and Development committee, highlight its findings and recommendations.

Unit-III

5. Discuss the magnitude and role of private health care in contemporary India.
OR
6. Explain and analyse Integrated Approach to Health and Health Services.

Unit-IV

7. Discuss the role of media in the field of health with the help of a case study.
OR
8. What is medical tourism? Why India is a preferred destination for the same?

Unit-V

9. What are the required skills of a medical social worker?
OR

OR

10. Give overview of the role of psychiatric social worker.

Section C

1. Describe the major milestones which lead to evolution of Public health.
2. Critically evaluate all national health policies and analyse the strategic shift in each.
3. Discuss any one programme of Health Insurance and crucially evaluate the same.
4. Explain the following:
 1. Swachh Bharat Abhiyan
 2. WASH Programme
 3. COVID-19 Vaccination programme
5. Write a detailed note on the various areas of practice for Social workers in health setting.

Learning Material

Health: Concept and Dimensions

Concept of Health

Health is a holistic concept that goes beyond the absence of disease. According to the **World Health Organization (WHO, 1948)**, health is *“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*

Health is dynamic and influenced by biological, social, economic, cultural, and environmental factors. It reflects a person’s ability to function effectively in society and adapt to changing conditions.

Dimensions of Health

Health is multidimensional, including:

1. **Physical Health**
 - o Proper functioning of the body
 - o Freedom from illness, injury, and disease
 - o Includes nutrition, exercise, sleep
2. **Mental Health**
 - o Emotional stability and psychological well-being
 - o Ability to cope with stress and make decisions
3. **Social Health**
 - o Ability to form satisfying interpersonal relationships
 - o Social support, community participation
4. **Emotional Health**
 - o Awareness and expression of feelings
 - o Managing emotions like anger, fear, and happiness
5. **Spiritual Health**
 - o Sense of purpose, values, and beliefs
 - o Inner peace and moral principles
6. **Environmental Health**
 - o Interaction with surroundings
 - o Clean water, sanitation, pollution-free environment

Well-being: Conceptual Understanding

Concept of Well-being

Well-being refers to the overall quality of life and the ability to live a meaningful, satisfying, and productive life. It includes both **objective conditions** (income, health, education) and **subjective experiences** (happiness, life satisfaction).

Well-being is broader than health and includes social, economic, psychological, and cultural aspects.

Types of Well-being

1. Subjective Well-being

- o Personal perception of happiness and life satisfaction
- o Includes positive emotions and low negative emotions

2. Objective Well-being

- o Measurable indicators such as income, employment, education, and health status

3. Psychological Well-being (Ryff, 1989)

- o Self-acceptance
- o Personal growth
- o Purpose in life
- o Autonomy
- o Environmental mastery
- o Positive relations

4. Social Well-being

- o Social integration, contribution, and acceptance

Determinants of Well-being

- Socio-economic status
- Education
- Health services
- Social support
- Culture and environment

References

- World Health Organization. (1948). *Constitution of the World Health Organization*. WHO.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081.
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542–575.
- Seedhouse, D. (2001). *Health: The foundations for achievement*. Wiley.
- Naidoo, J., & Wills, J. (2016). *Foundations for health promotion* (4th ed.). Elsevier.
- Marmot, M. (2005). Social determinants of health inequalities. *The Lancet*, 365(9464), 1099–1104.