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UGC NET Paper 2

Social Medicine and Community Health (081)

Complete revision notes — all 10 units

10 units | Tables & formulas | Key revision points

01 Concepts of Health and Disease
02 Levels of Prevention
03 Epidemiology
04 Screening
05 Communicable Diseases
06 Non-Communicable Diseases
07 Health Care System in India
08 National Health Programmes
09 Nutrition and Maternal–Child Health
10 Biostatistics and Health Education

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How to use these notes

- Read one unit at a time, then test yourself with its key revision points.
- Make your own short notes on topics you find difficult.
- Units follow the main areas of the official syllabus — the exact unit list can change between sessions.
- Always check the latest syllabus and notices on the official UGC NET portal: **ugcnet.nta.ac.in**.

UNIT 01

Concepts of Health and Disease

Definitions, determinants and natural history of disease.

- WHO definition (1948): complete physical, mental and social well-being, not merely absence of disease.
- Determinants: biological, behavioural, environmental, socio-economic, health services.
- Epidemiological triad: agent, host, environment.

★ Key revision points

- WHO health definition: 1948.
- Triad: agent, host, environment.
- Health has many determinants.
- Iceberg of disease: hidden cases.

UNIT 02

Levels of Prevention

Prevention at different stages of disease.

Level	Example
Primordial	Preventing risk factors (healthy lifestyles in children)
Primary	Immunisation, health education
Secondary	Early diagnosis and treatment (screening)
Tertiary	Disability limitation and rehabilitation

★ Key revision points

- Immunisation = primary prevention.
- Screening = secondary prevention.
- Rehabilitation = tertiary.
- Leavell and Clark: levels of prevention.

UNIT 03

Epidemiology

Measures and study designs.

- Incidence (new cases) vs prevalence (all existing cases); prevalence ≈ incidence × duration.
- Designs: descriptive; analytical — case-control (odds ratio), cohort (relative risk); experimental — RCT.
- John Snow — cholera, London (1854): father of epidemiology.

★ Key revision points

- Prevalence ≈ incidence × duration.
- Case-control → odds ratio.
- Cohort → relative risk.
- John Snow: cholera, 1854.

UNIT 04

Screening

Screening tests and their evaluation.

- **Sensitivity** — true positive rate; **specificity** — true negative rate.
- Positive and negative predictive values depend on prevalence.
- Wilson and Jungner criteria (WHO, 1968).

★ Key revision points

- Sensitivity = true positives.
- Specificity = true negatives.
- PPV rises with prevalence.
- Wilson and Jungner criteria: 1968.

UNIT 05

Communicable Diseases

Major infections and national programmes.

- Tuberculosis — National TB Elimination Programme; DOTS.
- Malaria, dengue (vector-borne); HIV/AIDS (NACO, 1992).
- Polio — India certified polio-free in 2014; smallpox eradicated globally (1980).

★ Key revision points

- India polio-free: 2014.
- Smallpox eradicated: 1980.
- NACO: 1992.
- DOTS for tuberculosis.

UNIT 06

Non-Communicable Diseases

Chronic diseases and their risk factors.

- Cardiovascular diseases, diabetes, cancers, chronic respiratory diseases.
- Risk factors: tobacco, unhealthy diet, physical inactivity, alcohol.
- NPCDCS (now NP-NCD); COTPA (2003) for tobacco control.

★ Key revision points

- Four major NCDs.
- Tobacco is a key risk factor.
- COTPA: 2003.
- NCDs are the leading cause of death in India.

UNIT 07

Health Care System in India

Committees, infrastructure and norms.

Facility (plains)	Population covered
Sub-centre / Health and Wellness Centre	5,000
Primary Health Centre	30,000
Community Health Centre	120,000

- Bhore Committee (1946) — three-tier system.
- Alma-Ata Declaration (1978) — primary health care.

★ Key revision points

- Bhore Committee: 1946.
- Alma-Ata: 1978.
- PHC covers 30,000 (plains).
- CHC covers 120,000.

UNIT 08

National Health Programmes

Major health missions and schemes.

- National Rural Health Mission (2005) → National Health Mission (2013).
- ASHA — Accredited Social Health Activist.
- Ayushman Bharat (2018): Health and Wellness Centres + PM-JAY insurance.
- Universal Immunization Programme (1985); Mission Indradhanush (2014).

★ Key revision points

- NRHM: 2005; NHM: 2013.
- Ayushman Bharat: 2018.
- UIP: 1985.
- Mission Indradhanush: 2014.

UNIT 09

Nutrition and Maternal–Child Health

Nutrition problems and MCH services.

- Undernutrition indicators: stunting (height-for-age), wasting (weight-for-height), underweight (weight-for-age).
- ICDS (1975); POSHAN Abhiyaan (2018); Janani Suraksha Yojana (2005).
- IMR, MMR as health indicators.

★ Key revision points

- Stunting = low height-for-age.
- Wasting = low weight-for-height.
- JSY: 2005.
- ICDS: 1975.

UNIT 10

Biostatistics and Health Education

Statistics in health, and health communication.

- Measures: mean, median, SD; normal distribution; p-value; confidence intervals.
- Health education models: health belief model, KAP studies.
- Environmental and occupational health (ESI Act 1948; pneumoconiosis).

★ Key revision points

- Health belief model guides education.
- KAP = knowledge, attitude, practice.
- $p < 0.05$ often taken as significant.
- Pneumoconiosis = dust lung disease.

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