

Postgraduate Program in Community Medicine & Public Health

M Phil Community Medicine Program Duration: 2 years

Rawalpindi Medical University Rawalpindi Proposed by:

The Faculty of Community Medicine & Public Health Rawalpindi Medical University Rawalpindi

Mission Statement

To train Post Graduates of Community Medicine & Public Health with excellent ability to teach the subject, conduct relevant research, identify and deal with the problems of Health Care effectively and efficiently at local, National, and Regional levels.

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A	Application for NOC of MS/MPHIL in Community Medicine			
	To Pakistan Medical & Dental Council (PMDC), ISLAMABAD			
S.No.	PARTICULARS	DETAILS		
	Degree Program title	Master of Philosophy (MPhil)		
		Community Medicine		
	Department	Department of Community Medicine &		
		Public Health RMU		
	Faculty	Prof Syed Arshad Sabir (List attached)		
	University	Rawalpindi Medical University		
		Rawalpindi		
	Proposed Date of Commencement	Spring 2024		
	Objectives of the Program	Arranged accordingly (tagged)		
	Scope (market, social and	Arranged accordingly (tagged)		
	employment perspective)			
	Provision in University's Act	Arranged accordingly (tagged)		
	Admission & Eligibility Criteria	Arranged accordingly (tagged)		
	Curriculum outlines, course contents,	Arranged accordingly (tagged)		
	credit hours breakup, learning &			
	Assessment Schedule			
	Total No. of full-time/regular	Available in Faculties files		
	Faculty detail	1. Appointment letter		
		2. joining report		
		3. copy of PhD degree/copy of HEC		
		Equivalence Letter (in case of		
		foreign qualification)		
	Library Details	Intuitional Libraries		
		- On campus (02)		
		- Digital library		
		- Online free access(HEC)		
	Laboratory Details	Museum of Community Medicine (file)		

PROF.SYED ARSHAD SABIR

Chairperson Department of Community Medicine Rawalpindi Medical University & Allied Hospitals Rawalpindi.

Exact Title of the Program to be Appeared on Degree

Master of Philosophy in Community Medicine

Faculty of Community Medicine & Public Health -2023 Rawalpindi Medical University, Rawalpindi

#	Name of the faculty	Designation and professional qualification	Status
1.	Professor. Dr. Syed Arshad Sabir	Dean & Head of community Medicine Deptt, RMU (CPSP approved supervisor for FCPS- II) MBBS,DCH,MCPS,FCPS (CM), CHPE	Full time / Regular
2.	Dr. Khola Noreen	Associate Professor MBBS, MPhil (CM) MHPE	"
3.	Dr. Sana Bilal	Associate Professor (CPSP approved supervisor) MBBS,FCPS(CM) CHPE	
4.	Dr. Rizwana Shahid	Assistant Professor MBBS,FCPS(CM) MHPE	"
5.	Dr. Afifa Kulsoom	Assistant Professor MBBS,FCPS(CM)	"
6.	Dr Imran Younus	Assistant Professor MBBS, PhD (Public Health)	Fulltime /contract
7.	Dr Gulmehar Bukhari	Assistant Professor MBBS, MSPH	Fulltime /contract
8.	Dr. Farhan Hassan	Senior Demonstrator MBBS, FCPS-I	Full time / Regular
9.	Dr. Narjis Zaidi	Senior Demonstrator MBBS, MPH	
10.	Dr. Maimoona Saleem	Senior Demonstrator " MBBS, MCPS (Gynae-Obs)	
11.	Dr. Uzma Hayat	Senior Demonstrator MBBS,MSPH	
12.	Dr.Imrana Saeed	Senior Demonstrator MBBS,MPH	
13.	Dr. Abdul Qudoos	Senior Demonstrator MBBS,MPH	
14.	Dr. Asif Maqsood Butt	Demonstrator MBBS,MSPH	

List of Post Graduate Trainee in the Department of Community Medicine Rawalpindi Medical University, Rawalpindi

Sr#	Name of Doctors	Designation	
1	Dr. Moniba Iqbal	Post Graduate Trainee	
		Registered with Dr. Sana Bilal Assistant	
		Professor	
2	Dr. Zaira Azhar	Post Graduate Trainee	
		Registered with Prof.Dr.Syed Arshad Sabir	
3	Dr. Saba Maryam	Post Graduate Trainee	
		Registered with Prof.Dr.Syed Arshad Sabir	
4	Dr. Bushra Farooq	Post Graduate Trainee	
		Registered with Prof.Dr.Syed Arshad Sabir	
5	Dr. Ayesha Zujaja	Post Graduate Trainee	
		Registered with Prof.Dr.Syed Arshad Sabir	
6	Dr. Mehreen Noor	Post Graduate Trainee	
		Registered with Prof.Dr.Arshad Sabir	
7	Dr. Maria Jabeen	Post graduate Trainee	
		Registered with Prof. Dr. Arshad Sabir	

Master of Philosophy in Community Medicine

BRIEF INTRODUCTION:

Medical education in our country is mostly therapeutic and physician is oriented. Increasing importance of practices of preventive medicine is highly debated, deliberated and demanded but it has not given due space in framework of medical career. Much attention has been focused in recent past on scarcity of Public Health Professionals, especially in our part of world. Public Health is only taught under the heading of Community Medicine to undergraduate medical students as part of fourth year teachings in most medical teaching institutions of the country as theoretical knowledge based content with almost no exposure to practical component of subject and there is no mechanism for assurance of acquisition of necessary knowledge and skills.

Current pandemic crisis posed by COVID-19 has highlighted the fact that Preventive medicine can play a significant contribution in improvement of patient care and ultimately the overall health care delivery system. The pandemic catastrophe has also proved that there is a need to produce public health professionals who can generate evidences in improving health systems, act as advocates and champions for addressing the 21st century challenges faced by Pakistan. The health care professionals at all levels are needed to be invited and equipped with necessary knowledge and skills to take up this legacy. Since preventive medicine plays a key role in the practice of medicine as a profession, a multi-pronged approach needs to be exercised, to best address the health needs of a community and to improve the service delivery.

Rawalpindi Medical University leads the way among public sector universities by introducing two year MPhil Program in Community Medicine. This will not only for Rawalpindi Medical University Faculty but medical professionals from other universities across the country also have been provided chance to avail this opportunity. Development of Doctorate level Program is the next milestone to be achieved under visionary leadership of Vice Chancellor of Rawalpindi Medical University.

DATE OF COMMENCEMENT OF THE PROPOSED PROGRAM:

January, 2024

AIM OF MPHIL COMMUNITY MEDICINE

Aim of MPhil Community Medicine program is to create center of excellence for our faculty members by establishing intellectual foundation to promote critical thinking and practice evidence based medicine with the aspiration to improve clinical outcomes, population health and health care services delivery across the world beyond traditional medical care.

GENERAL OBJECTIVES

1. To improve overall health status of the community

- Launching of MPhil program aims at improving patient health and health care delivery system across the country.
- Align collaborative learning and research outcome-based objectives according to the needs of society.
- Develop innovative approach to solve community health problems
- 2. Develop institutional culture & infrastructure for long term sustainability and acceptability for Public Health
- Collaboration with other institutions (NIH Islamabad, HSA Islamabad) to promote interdisciplinary and multidisciplinary approach in completion of practium
- Invitation to eminent faculty members from other institutions to conduct sessions, lectures, research seminars and conferences. Invitation to distinguished public health specialists to build communities of practice and interdisciplinary connections to enrich research experience.
- Transform medical education with blended curricula, e-learning technologies, contemporary infrastructure and community based learning
- Active involvement of all stake holders at provincial and federal level to provide the ground to work in collaboration with other disciplines and foster the multidisciplinary approach
- Establish the facility of virtual learning environment including e-learning modalities
- 3. Setting the standard of excellence among medical professionals
- Retain, support and attract the diverse pool of highly motivated faculty for mentorship

- Encouragement & facilitation of participation at federal and provincial health departments for policy making and health planning
- Alliance with external faculties & institutions for participation and dissemination of scholarly work at national and international level

PROGRAM LEARNING OBJECTIVES

- i. Analyze public health history, philosophy, and values (national and international)
- Assess the biological, physical, social, economic, psychological factors and political determinants of a health issue and how they contribute to population health and health inequities
- iii. Analyze/ health care systems and policies, at local and international levels.
- iv. Critical awareness of quantitative and qualitative research methods and ethical principles in describing and assessing a population's health.
- v. Develop the skills to plan, design, implement, analyze and interpret epidemiological studies
- vi. Comprehensive understanding into the global drivers of reform in health systems and their potential impacts on the future public health policy directions in both developed and developing nations.

Exchange and communicate health information to audiences from diverse section of community.

SCOPE REGARDING MARKET, SOCIAL AND EMPLOYMENT PRESPECTIVE OF THE PROGRAM:

The Rawalpindi Medical University (RMU)'s MPhil Community Medicine aimed at the capacity building of among health care professionals in field of preventive medicine. The MPhil Community Medicine program has been designed to provide health care professionals with necessary knowledge and skill regarding different aspects of preventive medicine for their capacity building to strengthen preventive medicine at various forums. The aim of the course is to equip health professionals to practice Public Health across the range of domains in their own settings.

The purpose is to train the health professionals with knowledge and skills to evidence based decision-making in health care, policy-making and management and public health interventions implementation. The program stresses upon hands-on training to develop knowledge and skills for public health problems identification and prioritization, health-planning, policymaking, preparation of research project proposals and protocols, preparation of research plans and budgets, research reports and publications writing and reviewing of research proposals and publications. We aspire our scholars to be the best healthcare professionals in the region, meeting international standards of research, policymaking, health planning and evidence based medicine with meaningful and effective service to society

THE RAWALPINDI MEDICAL UNIVERSITY ACT 2017

(Act XVI of 2017)

This Act was passed by the Punjab Assembly on 20 September 2017; assented to by the Governor of the Punjab on 27 September 2017; and, was published in the Punjab Gazette (Extraordinary), dated 28 September 2017, pages 1607-20.

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¹THE RAWALPINDI MEDICAL UNIVERSITY ACT 2017 (Act XVI of 2017)

[28 September 2017]

An Act to provide for the establishment of Rawalpindi Medical University. It is necessary to reconstitute and upgrade Rawalpindi Medical College Rawalpindi as a University for purposes of imparting better medical education, encouraging and arranging

extensive research and publications in the field of medical sciences, holding examinations and awarding medical degrees and for ancillary matters;

Be it enacted by the Provincial Assembly of the Punjab as follows:

CHAPTER I PRELIMINARY

- **1. Short title and commencement**.- (1) This Act may be cited as the Rawalpindi Medical University Act 2017.
 - (2) It shall come into force at once.
- **2. Definitions**.– In the Act:
 - (a) "Academic Council" means the Academic Council of the University;
 - (b) "Act" means the Rawalpindi Medical University Act 2017;
 - (c) "Authority" means an Authority of the University;

¹This Act was passed by the Punjab Assembly on 20 September 2017; assented to by the Governor of the Punjab on 27 September 2017; and, was published in the Punjab Gazette (Extraordinary), dated 28 September 2017, pages 1607-20.

- (d) "chairperson" means the head of a department, principal of a constituent college or director of an institute;
- (e) "Chancellor" means the Chancellor of the University;
- (f) "Commission" means the Higher Education Commission set up under the Higher Education Commission Ordinance, 2002 (*LIII of 2002*);
- (g) "constituent college" means a college administered and maintained by the University;
- (h) "Controller of Examinations" means Controller of Examinations of the University;
- (i) "Dean" means the head of a faculty of the University;
- (j) "department" means a teaching department maintained and administered by the University in the prescribed manner;
- (k) "faculty" means an administrative and academic unit of the University consisting of one or more departments, institutes or constituent colleges;
- (l) "Government" means Government of the Punjab;
- (m) "hospital" means the hospital notified by the Government to be a constituent hospital of the University for teaching purposes;
- (n) "institute" means an institute established, maintained and administered by the University;
- (o) "prescribed" means prescribed by the statutes, regulations or rules;
- (p) "Pro-Chancellor" means Pro-Chancellor of the University;
- (q) "Professor Emeritus" means a retired professor working in a faculty on honorary basis;
- (r) "Pro-Vice Chancellor" means Pro-Vice Chancellor of the University;
- (s) "Registrar" means Registrar of the University;
- (t) "statutes", "regulations" and "rules" respectively mean the statutes, regulations and rules made under the Act;
- (u) "Syndicate" means Syndicate of the University;
- (v) "teacher" includes a Professor, Associate Professor, Assistant Professor or Lecturer, Teaching Assistant, Demonstrator and Instructor engaged whole time by the University and such other persons as may be prescribed;
- (w) "Treasurer" means Treasurer of the University;
- (x) "University" means Rawalpindi Medical University; and
- (y) "Vice Chancellor" means Vice Chancellor of the University.

CHAPTER II

THE UNIVERSITY

3. Establishment and incorporation.-

- (1) The Government shall, by notification, re-constitute Rawalpindi Medical College as Rawalpindi Medical University.
- (2) The University shall be a body corporate having perpetual succession and a common seal with power to acquire, hold and dispose of property and shall, by the aforesaid name, sue and be sued.
- (3) The University may, with the approval of the Government, open and administer a sub-campus of the University.
- (4) The University shall consist of the following-
 - (a) Chancellor;

- (b) Pro-Chancellor;
- (c) Vice Chancellor;
- (d) Pro-Vice Chancellor;
- (e)members of the Syndicate, the Academic Council and all other Authorities;
- (f) Chairpersons and Deans;
- (g) teachers and students of the University; and
- (h) Officers and members of the staff of the University.
- (5) Consequent upon the notification issued under subsection (1), all properties, rights and interests of whatever kind, used, enjoyed, possessed, owned or vested in or held in trust by or for the Rawalpindi Medical College Rawalpindi and all liabilities legally subsisting against that College shall stand transferred to the University.
- (6) All employees of the Government serving in Rawalpindi Medical College Rawalpindi immediately before the commencement of the Act shall be considered on deputation with the University.
- (7) Subject to the criteria notified by the University, an employee of the Government on deputation with the University may, within three hundred and sixty five days from the commencement of the Act, opt for absorption in the service of the University on such terms and conditions and in such manner as may be prescribed.
- **4. Functions of the University**.–(1) The University shall:
 - (a) provide for education relating to medicine, surgery and such other related branches of knowledge as it may deem fit, and make provisions for research, advancement and dissemination of knowledge in such manner as it may determine;
 - (b) establish, maintain and administer a department, constituent college or an institute;
 - (c) establish and support other facilities for education, training and research;
 - (d) prescribe courses of studies;
 - (e) decide teaching methods and strategies in order to ensure the most effective educational and training programmes;
 - (f) hold examinations in the prescribed manner and, if a person qualifies the examination, award degree, diploma, certificate and other academic distinction to the person;
 - (g) prescribe the terms and conditions of employment of the officers, teachers and other employees of the University;
 - (h) engage, where necessary, a person on contract for a specified duration and to specify the terms of the engagement;
 - (i) provide career counseling and job search services to the students and alumni;
 - (j) maintain linkages with alumni;
 - (k) provide and support the academic development of the faculty of the University;
 - (l) confer degree on a person who has successfully conducted research in the prescribed manner;
 - (m) institute Professorship, Associate Professorship, Assistant Professorship and Lectureship or any other post and may appoint a person on the post;

- (n) create a post for research, extension, administration or other related purposes and appoint a person to the post in the prescribed manner;
- (o) institute and award financial assistance to students in need, fellowships, scholarships, bursaries, medals and prizes in the prescribed manner;
- (p) provide for the residence to the students, establish and maintain halls of residence and may approve or license a hostel, lodging or boarding place;
- (q) maintain order, discipline and security in a campus of the University;
- (r) promote extracurricular and recreational activities for the students and make arrangements for promoting health and general welfare of the students;
- (s) demand and receive such fees and other charges as it may determine; and
- (t) perform any other prescribed or ancillary function.
- (2) The University may:
 - (a) instituteprogrammes for the exchange of students and teachers between the University and any other university, educational institution or research organization;
 - (b) develop and implement fund-raising plans;
 - (c) accept an examination and the period of study spent by a student of the University at any other university or place of learning equivalent to an examination or period of study of the University and may withdraw such acceptance;
 - (d) cooperate with a public authority, university or private organization in the prescribed manner;
 - (e) make provisions for research, advisory or consultancy services and enter into arrangements with any other institution, public or private body, commercial or industrial enterprise in the prescribed manner;
 - (f) receive and manage property, grants and contributions made to the University and invest any fund in such manner as may be prescribed;
 - (g) print and publish research or work;
 - (h) establish teaching departments, schools, colleges, faculties, institutes, museums and centers of excellence including area study center and other centers of learning for the development of teaching and research and to make arrangements for their maintenance, management and administration; and
 - (i) exercise any power ancillary to the above powers as may be prescribed.
- 5. Access to the University.- Subject to such reasonable restrictions as may be prescribed, the University shall be open to all persons of either sex and of whatever race, creed, religion, class or colour and no person shall be denied the privileges of the University on any such grounds.
- 6. **Increase in fee**.– The University shall not, without approval of the Chancellor, increase any fee or charge in excess of ten per cent per annum.
- 7. Jurisdiction.- The University shall exercise the powers conferred on it by or under the Act in respect of its teaching jurisdiction over hospitals, schools or institutes attached to it.

CHAPTER III

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OFFICERS OF THE UNIVERSITY

8. Officers of the University.- The following shall be the officers of the University:-

- (a) Chancellor;
- (b) Pro-Chancellor;
- (c) Vice Chancellor;
- (d) Pro-Vice Chancellor;
- (e) Deans;
- (f) Chairpersons;
- (g) Registrar;
- (h) Treasurer;
- (i) Controller of Examinations;
- (j) Librarian;
- (k) Auditor; and
- (l) such other persons as may be prescribed.

9. Chancellor.–

- (1) Governor of the Punjab shall be the Chancellor of the University.
- (2) The Chancellor or a nominee of the Chancellor shall preside at convocation of the University.
 - (3) The University may, subject to prior approval of the Chancellor, confer an honorary degree.
 - (4) Subject to the Act, the Chancellor may approve the draft statutes submitted by the Syndicate or refer the statutes back to the Syndicate for reconsideration.
 - (5) In the performance of functions under the Act, the Chancellor shall act and shall be bound in the same manner as the Governor of a Province acts and is bound under clause (1) of Article 105 of the Constitution of the Islamic Republic of Pakistan.
- **10. Inspection and inquiry**.- (1) The Chancellor may direct inspection or inquiry into the affairs of the University.
 - (2) The Chancellor shall convey the views with regard to the result of the inspection or inquiry to the Syndicate and may, after ascertaining the views of the Syndicate, recommend any remedial action to the Syndicate.
 - (3) The Syndicate shall, within the time specified by the Chancellor, submit a report to the Chancellor about the action taken on the recommendation of the Chancellor.
 - (4) If the Syndicate fails to take action to the satisfaction of the Chancellor within the specified time, the Chancellor may issue such direction as the Chancellor deems appropriate and the Syndicate shall comply with the direction.
 - (5) The Chancellor may set aside a decision or action of the Syndicate, which, in the opinion of the Chancellor, is against the law, interest of academic excellence of the University, religious or cultural ideology, or national integrity.

11. Pro-Chancellor.-

- (1) Minister for Health of the Government shall be the Pro-Chancellor of the University.
- (2) The Pro-Chancellor shall perform functions under the Act and exercise powers of the Chancellor, except the powers under section 10, as may be prescribed or assigned to the Pro-Chancellor by the Chancellor.

- **12.** Vice Chancellor.– (1) A person who is eligible and who is not more than sixty five years of age on the last date fixed for submission of applications for the post of Vice Chancellor may apply for the post.
 - (2) The Government, by notification published in the official Gazette, shall determine the qualifications, experience and other relevant requirements for the post of the Vice Chancellor.
 - (3) The Government shall constitute, for a term of two years, a Search Committee consisting of not less than three and not more than five members for making recommendations for appointment of the Vice Chancellor.
 - (4) The Search Committee shall follow such procedure and criteria for the search or selection of the panel for the post of the Vice Chancellor as the Government may, by notification, determine.
 - (5) The Search Committee shall recommend to the Government, in order of merit, a panel of three persons who, in its opinion, are suitable for appointment as the Vice Chancellor.
 - (6) The Chancellor shall appoint the Vice Chancellor for a term of four years but he shall serve during the pleasure of the Chancellor.
 - (7) The Government shall determine the terms and conditions of service of the Vice Chancellor.
 - (8) The incumbent Vice Chancellor shall not be allowed any extension in his tenure but subject to eligibility, he may again compete for the post of the Vice Chancellor in accordance with the procedure prescribed by or under this section.
 - (9) If the office of the Vice Chancellor is vacant or the Vice Chancellor is absent or is unable to perform the functions of the Vice Chancellor owing to any cause, the Pro-Vice Chancellor shall perform the functions of the Vice Chancellor but, if at any time, the office of Pro-Vice Chancellor is also vacant or the Pro-Vice Chancellor is absent or is unable to perform the functions of the Vice Chancellor owing to any cause, the Chancellor shall make such temporary arrangements for the performance of the duties of the Vice Chancellor as he may deem fit.
 - (10) The Pro-Vice Chancellor or any other person acting as Vice Chancellor under subsection (9) shall not, in any case, perform the functions of the Vice Chancellor for the period of more than six months and the Chancellor shall, within that period, ensure appointment of the Vice Chancellor under this section.

13. Powers of the Vice Chancellor.–

- (1) Subject to the Act, the Vice Chancellor shall be the chief executive officer of the University and shall ensure that the provisions of the Act, statutes, regulations and rules are faithfully observed.
- (2) The Vice Chancellor may attend a meeting of any Authority or body of the University.
- (3) Subject to such conditions as may be prescribed, the Vice Chancellor may, in an emergency, take an action which is not otherwise in the competence of the Vice Chancellor but is within the competence of any Authority.
- (4) The Vice Chancellor shall, within seven days of taking an action under subsection (3), submit a report of the action taken to the Pro-Chancellor and to the members of the Syndicate and the Syndicate shall, within forty five days of such an action of the Vice Chancellor, pass such order as the Syndicate deems appropriate.

- (5) Subject to the general supervision and control of the Syndicate, the Vice Chancellor may:
 - (a) direct a teacher, officer or other employee of the University to take up an assignment in connection with examination, administration or any other activity in relation to the University;
 - (b) sanction by re-appropriation an amount for an unforeseen item not provided for in the budget of the University;
 - (c) make appointments of such categories of employees of the University and in such manner as may be prescribed;
 - (d) take disciplinary action against a teacher, officer or any other employee of the University in the prescribed manner;
 - (e) delegate, subject to such conditions as may be prescribed, any of his powers to a teacher or officer of the University; and
 - (f) exercise such other powers as may be prescribed or as may be assigned by the Syndicate.
- (6) The Vice Chancellor shall prepare an annual report containing information as regards the preceding academic year including disclosure of all relevant facts pertaining to academics, research, administration and finances of the University.
- (7) The Vice Chancellor shall, within three months of the end of an academic year, submit the annual report of the University to the Syndicate.

14. Pro-Vice Chancellor.-

- (1) The Chancellor shall nominate the Pro-Vice Chancellor of the University from amongst three senior most Professors of the University for a term of three years.
 - (2) The Pro-Vice Chancellor shall perform such functions as may be assigned to him under the Act, statute or regulations.
 - (3) The Syndicate or the Vice Chancellor may assign any function to the Pro-Vice Chancellor in addition to his duties as Professor.

15. Registrar.-

- (1) The Syndicate shall, on the recommendation of the Vice Chancellor, appoint a Registrar in such manner and on such terms and conditions as may be prescribed.
 - (2) The Syndicate shall not appoint a person as Registrar unless he possesses the prescribed qualifications and minimum five years' experience of administration.
- (3) The Registrar shall be a full-time officer of the University and shall:
 - (a) be the administrative head of the secretariat of the University and be responsible for the provision of secretarial support to the Syndicate and the Vice Chancellor;
 - (b) be the custodian of the common seal and the academic records of the University;
 - (c) maintain a register of the students and graduates in the prescribed manner;
 - (d) supervise the process of election, appointment or nomination of a member to an Authority or body of the University in the prescribed manner; and
 - (e) perform such other duties as may be prescribed or assigned to him by the Syndicate.
- (4) The Registrar shall hold office for a term of three years.

16. Treasurer.-

- (1) The Syndicate shall appoint a Treasurer in such manner and on such terms and conditions as may be prescribed.
 - (2) The Syndicate shall not appoint a person as Treasurer unless he possesses the prescribed professional qualifications and experience in the field of accounts or finance.
 - (3) The Treasurer shall be the chief financial officer of the University and shall:
 - (a) manage the assets, liabilities, receipts, expenditures, funds and investments of the University;
 - (b) prepare the annual and revised budget estimates of the University and present the estimates to the Syndicate;
 - (c) ensure that the funds of the University are spent according to the budget or any other special arrangement;
 - (d) ensure that the accounts of the University are audited annually and are available for submission to the Syndicate within six months of the end of a financial year; and
 - (e) perform such other functions as may be prescribed or assigned to him by the Syndicate.
 - (4) The Treasurer shall hold office for a term of three years.

17. Controller of Examinations.–

- (1) The Syndicate shall, on the recommendation of the Vice Chancellor, appoint a Controller of Examinations in such manner and on such terms and conditions as may be prescribed.
- (2) The Syndicate shall not appoint a person as Controller of Examinations unless he possesses the prescribed qualifications and experience.
- (3) The Controller of Examinations shall be a full-time officer and shall be responsible for all matters connected with the conduct of examinations and shall perform such other duties as may be prescribed or assigned by the Syndicate.
- (4) The Controller of Examinations shall hold office for a term of three years.
- **18. Internal auditor**.– The Syndicate shall appoint an internal auditor in the prescribed manner on such terms and conditions as it may determine.
- **19. Appointments**.– The University may appoint such persons in its service as may be necessary in such manner and on such terms and conditions as may be prescribed.

CHAPTER IV AUTHORITIES OF THE UNIVERSITY

20. Authorities of the University.-

- (1) The following shall be the Authorities of the University:
 - (a) Syndicate;
 - (b) Academic Council;
 - (c) Board of Faculties;
 - (d) Board of Advanced Studies and Research;
 - (e) Selection Board;
 - (f) Finance and Planning Committee; and

- (g) such other Authority as may be prescribed.
- (2) The Syndicate may constitute committees consisting of its members or officers of the University or a combination of all or any of such persons.

21. Syndicate.-

(1) The Syndicate shall consist of-

- (a) Pro-Chancellor who shall be its chairperson;
- (b) Vice Chancellor;
- (c) Secretary to the Government, Specialized Healthcare and Medical Education Department or a nominee not below the rank of an Additional Secretary;
- (d) Secretary to the Government, Finance Department or a nominee not below the rank of an Additional Secretary;
- (e) Secretary to the Government, Higher Education Department or a nominee not below the rank of an Additional Secretary;
- (f) Secretary to the Government, Law and Parliamentary Affairs Department or a nominee not below the rank of an Additional Secretary;
- (g) Chairman of the Commission or a nominee not below the rank of a whole-time member of the Commission;
- (h) one senior most Dean of the Faculties;
- three members including at least one woman member of Provincial Assembly of the Punjab preferably medical doctors to be nominated by the Speaker of the Assembly;
- (j) two retired Principals or Professors of Rawalpindi Medical College or University to be nominated by the Government;
- (k) two financial experts or bankers to be nominated by the Government;
- (1) two philanthropists or representatives of civil society to be nominated by the Government;
- (m) head of an associated faculty;
- (n) Medical Superintendent of an attached hospital having not less than two hundred beds;
- (o) the Dean of an attached nursing school; and
- (p) two Vice Chancellors, one from public sector university and one from a private sector university, to be nominated by the Chancellor.
- (2) The Registrar shall be the Secretary of the Syndicate.
- (3) The Pro-Chancellor may nominate a member of the Syndicate to preside over a meeting of the Syndicate in his absence.
- (4) The members of the Syndicate, other than ex-officio members & members al Assembly of the Punjab, shall hold office for a period of three years.
- (5) Seven members of the Syndicate shall constitute the quorum for a meeting of the Syndicate.
- (6) The Vice Chancellor shall, with the approval of the Pro-Chancellor, summon a meeting of the Syndicate.
- (7) The Syndicate shall take decisions by majority of the votes of the sent and voting and the Registrar shall clearly reflect the dissent, if any, and the reasons of such dissent.

- 22. Powers and duties of the Syndicate.– (1) The Syndicate shall be the executive body of the university and shall, subject to the provisions of the Act and the statutes, take effective measures to raise the standard of medical teaching, research, technological development, publication and other academic pursuits and exercise general supervision over the affairs of the University and management of the property of the University.
 - (2) Without prejudice to the generality of the foregoing powers and subject to the provisions of the Act, the Syndicate may:
 - (a) hold, control and administer the property and funds of the University;
 - (b) govern and regulate, with due regard to the advice of the Finance and Planning Committee in this behalf, the finances, accounts and investments of the University and, for that purpose, appoint such agents as it may deem fit;
 - (c) consider and approve the annual report, the annual and revised budget estimates and to re-appropriate funds from one major head of expenditure to another;
 - (d) transfer or accept transfer of movable or immovable property on behalf of the University;
 - (e) enter into, vary, carry out or cancel contracts on behalf of the University;
 - (f) cause proper books of account to be kept for all sums of money received and expended by the University and for the assets and liabilities of the University;
 - (g) invest any money belonging to the University including any unapplied income in any of the securities described in section 20 of the Trusts Act 1882 (*II of 1882*), or in the purchase of immovable property or in such other manner, as it may determine, with the like power of varying such investments;
 - (h) receive and manage any property transferred, grants, bequests, trusts, gifts, donations, endowments and other contributions made to the University;
 - (i) determine the form, custody and regulation of the use of the common seal of the University;
 - (j) provide buildings, libraries, premises, furniture, apparatus, equipment and other means required for carrying out the work of the University;
 - (k) establish and maintain halls of residence and hostels or approve or license hostels or lodgings for the residence of students;
 - (l) arrange for the inspection of the academic departments;
 - (m) institute Professorships, Associate Professorships, Assistant Professorships, Lecturerships and other posts and to suspend or abolish such posts;
 - (n) create, suspend or abolish such administrative, technical, research, extension or other posts as may be necessary;
 - (o) appoint University teachers and other officers on the recommendation of the Selection Board for teaching and managerial posts;
 - (p) confer, with prior approval of the Chancellor, an honorary degree;

- (q) prescribe the duties of the officers, teachers and other employees of the University and of those working in the University on deputation or on contract;
- (r) appoint members to the various Authorities, committees and bodies in the prescribed manner;
- (s) remove any person from the membership of any Authority if such person has accepted any assignment which involves absence from the University for a continuous period of six months or more;
- (t) regulate, determine and administer, all other matters concerning the University and to this end exercise all necessary powers not specifically mentioned in the Act and statutes but not inconsistent with the provisions of the Act;
- (u) appoint Professor Emeritus on such terms and conditions as may be prescribed;
- (v) suspend, punish and remove from service in the prescribed manner officers, teachers and employees it is empowered to appoint;
- (w) approve statutes and recommend those drafts of the statutes, for approval of the Chancellor, which pertain to the terms and conditions of service of the University employees;
- (x) approve regulations recommended by the Academic Council;
- (y) delegate any of its powers to an Authority or officer or a committee or sub-committee; and
- (z) perform such other functions as may be assigned to it under the Act and the statutes.
- **23.** Academic Council.– (1) The Academic Council shall consist of the Vice Chancellor who shall be the Chairperson of the Academic Council and the following members:
 - (a) Pro-Vice Chancellor;
 - (b) Deans;
 - (c) Chairpersons;
 - (d) one retired Principal or Professor of Rawalpindi Medical College or the University nominated by the Syndicate;
 - (e) all Professors including Professors Emeritus;
 - (f) two Associate Professors, two Assistant Professors and two lecturers to be elected from amongst themselves;
 - (g) three academicians of eminence including at least one woman to be nominated by the Syndicate;
 - (h) Secretary to the Government, Specialized Healthcare and Medical Education Department or a nominee not below the rank of a Deputy Secretary;
 - (i) five experts including at least two women in the field of medical education to be nominated by the Chancellor;
 - (j) Registrar (Member/Secretary);
 - (k) Controller of Examinations; and
 - (l) Librarian.

- (2) The members of the Academic Council, other than ex-officio members, shall hold office for three years, and the vacancy, if any, shall be filled for the remaining period in the prescribed manner.
- (3) The quorum for a meeting of the Academic Council shall be one-third of the total number of members, a fraction being counted as one.

24. Powers and duties of the Academic Council.-

- (1) The Academic Council shall be the academic body of the University and may lay down proper standards of instruction, research, publication and examination and to regulate and promote the academic life of the University.
- (2) In particular and without prejudice to the generality of the foregoing provision, the Academic Council may:
 - (a) advise the Syndicate on academic matters;
 - (b) regulate teaching, research and examinations;
 - (c) regulate the admission of students to the courses of studies and examinations of the University;
 - (d) regulate the award of studentships, scholarships, medals and prizes;
 - (e) regulate the conduct and discipline of students of the University;
 - (f) propose to the Syndicate schemes for the constitution and organization of faculties, institutes and other academic bodies;
 - (g) propose regulations on the recommendations of the Boards of Faculties and the Boards of Studies for consideration and approval of the Syndicate;
 - (h) propose for each academic year, on the recommendations of the Boards of Studies, regulations prescribing the courses of studies, the syllabi and the outlines of tests for all examinations, but if the recommendations are not received by the prescribed date, the Academic Council may, subject to the approval of the Syndicate, permit such regulations to continue for the following year;
 - (i) recognize the examinations given by other Universities or examining bodies as being equivalent to the corresponding examinations of the University;
 - (j) nominate members of the Authorities in accordance with the provisions of the Act; and
 - (k) perform such other functions as may be prescribed by the statutes.
- **25. Board of Faculty**.–(1) There shall be a Board of Faculty for each Faculty which shall consist of:
 - (a) Dean of the Faculty;
 - (b) Chairperson and Professors in the Faculty;
 - (c) three teachers to be nominated by the Academic Council on the basis of their specialized knowledge of the subjects which, though not assigned to the Faculty, have in the opinion of the Academic Council, important bearing on the subjects assigned to the faculty;
 - (d) two experts in the field from outside the University to be nominated by the Syndicate;

- (e) one Associate Professor, one Assistant Professor and one Demonstrator to be appointed by rotation in order of seniority from each department of the faculty; and
- (f) one member to be nominated by the Vice Chancellor.
- (2) The members, other than ex-officio members, of a Board of faculty shall hold office for a period of three years.
- (3) The quorum for its meeting shall be one-third of the total number of members.
- (4) A Board of Faculty, subject to the general control of the Syndicate and Academic Council, may:
 - (a) co-ordinate the teaching and research work in the subjects assigned to the Faculty;
 - (b) scrutinize the recommendations of the Board of Studies comprising the Faculty with regard to the appointment of paper setters and examiners for graduate and postgraduate examinations and to forward the panels of suitable paper setters and examiners for each examination to the Vice Chancellor;
 - (c) consider any other academic matter relating to the Faculty and to submit its report to the Academic Council;
 - (d) prepare a comprehensive annual report regarding the performance of each department, constituent college or Institute comprising the Faculty for presentation to the Academic Council; and
 - (e) perform such other functions as may be prescribed by statutes.

26. Board of Advanced Studies and Research.-

- (1) The Board of Advanced Studies and Research shall consist of the Vice Chancellor who shall be the chairperson and the following members:
 - (a) all the Deans;
 - (b) Controller of Examinations;
 - (c) one University Professor from each Faculty to be nominated by the Syndicate;
 - (d) one member to be nominated by the Vice Chancellor;
 - (e) three members from the relevant field, research organizations or the Government to be nominated by the Syndicate;
 - (f) three professors other than Deans to be nominated by the Syndicate; and
 - (g) Registrar (Secretary).
- (2) The term of office of the members of the Board of Advanced Studies and Research, other than ex-officio members, shall be three years.
- (3) The quorum for a meeting of the Board of Advanced Studies and Research shall be one-third of the total number of members.
- **27.** Functions of the Board of Advanced Studies and Research.– The Board of Advanced Studies and Research shall:
 - (a) advise an Authority on all matters connected with the promotion of advanced studies and research publication in the University;

- (b) consider and report to an Authority with regard to a research degree of the University;
- (c) propose regulations regarding the award of a research degree;
- (d) appoint supervisors for a postgraduate research student and to approve title and synopsis of the thesis or dissertation;
- (e) recommend panel of examiners for evaluation of a research examination; and
- (f) perform such other functions as may be prescribed by the statutes.

28. Selection Board.-

- (1) The Selection Board shall consist of the Vice Chancellor who shall be the chairperson of the Board and the following members:
 - (a) Secretary to the Government, Specialized Healthcare and Medical Education Department or his nominee not below the rank of an Additional Secretary;
 - (b) two members of the Syndicate to be nominated by the Syndicate;
 - (c) Dean of the Faculty concerned;
 - (d) Chairperson concerned;
 - (e) one eminent scholar to be nominated by the Syndicate;
 - (f) two eminent medical practitioners or scientists in the relevant field to be nominated as experts by the Government on recommendation of the Syndicate; and
 - (g) Registrar (member/secretary).
 - (2) The members, other than ex-officio members, shall hold office for a period of three years.
 - (3) Five members including at least one expert shall constitute the quorum for a meeting of the Selection Board.
 - (4) The member who himself or whose relative is a candidate for a post to which selection is to be made, shall not take part in the whole proceedings of the Selection Board.
 - (5) In selection of candidates for the post of Professor or Associate Professor, the Selection Board shall co-opt or consult three experts in the subject and in selecting candidates for any other teaching post, two experts in the subject, to be nominated by the Vice Chancellor from a standing list of experts for each subject approved by the Syndicate.
 - (6) The Syndicate may approve or revise the standing list of experts of a subject on the recommendation of the Selection Board.

29. Functions of the Selection Board.– The Selection Board shall:

- (a) recommend to the Syndicate, suitable applicants for appointment to teaching and other posts as also the pay package, if not already prescribed; and
- (b) consider cases of promotion or selection of officers of the University and recommend suitable officers for such promotion or selection to the Syndicate.

30. Finance and Planning Committee.-

- (1) The Finance and Planning Committee shall consist of the Vice Chancellor who shall be the chairperson of the Committee and the following members:
 - (a) all the Deans;
 - (b) one member of the Syndicate to be nominated by the Syndicate;
 - q(c) Chairman Planning and Development Board of the Government or his nominee not below the rank of a member;
 - (d) one member of the Academic Council to be nominated by the Academic Council;
 - (e) Director Planning or any other nominee of the Commission;
 - (f) Registrar;
 - (g) Medical Superintendents of the constituent hospitals; and
 - (h) Treasurer (member/secretary).
- (2) A member other than an ex officio member shall hold office for three years.
- (3) Five members of the Finance and Planning Committee shall constitute the quorum for a meeting of the Committee.
- **31. Functions of Finance and Planning Committee**.– The Finance and Planning Committee shall:
 - (a) prepare the annual statement of accounts and propose annual budget estimates and make recommendations to the Syndicate;
 - (b) periodically review the financial position of the University;
 - (c) advise the Syndicate on all matters relating to finance, investments and accounts of the University; and
 - (d) perform such other functions as may be prescribed by the statutes.
- **32.** Appointment of Committees by Authorities: An Authority may constitute such standing, special or advisory committees as it may deem fit and appoint to such committees, persons who may not be its members.

CHAPTER V

STATUTES, REGULATIONS AND RULES

- **33. Statutes**.– (1) Subject to the provisions of the Act, the Syndicate may make statutes or recommend statutes relating to the matters specified in clauses (a) and (b) of subsection (2) to the Chancellor.
 - (2) The statutes may be made to provide for and regulate all or any of the following matters:
 - (a) scales of pay, method of recruitment and other terms and conditions of service of officers, teachers and other employees of the University and the constitution of their pension, insurance, gratuity, provident fund and benevolent fund;
 - (b) conduct and discipline of the officers, teachers and other employees of the University;
 - (c) constitution, powers and duties of the Authorities and conduct of elections of such Authorities and related matters;
 - (d) establishment of institutes, faculties, constituent colleges, departments and academic divisions;
 - (e) powers and duties of officers, teachers and employees of the University;

- (f) conditions for appointment of Professors Emeritus;
- (g) conditions on which the University may enter into arrangements with public bodies or other organizations for purposes of research and advisory services;
- (h) general scheme of studies including the duration of courses, the system of examinations and the number of subjects and papers for examinations;
- (i) award of an honorary degree;
- (j) maintenance of register of students and of registered graduates;
- (k) conduct of elections for membership of Authorities and related matters; and
- (l) all other matters which are to be or may be prescribed or regulated by the statutes.
- (3) The Syndicate shall recommend statutes under clauses (a) and (b) of subsection (2) to the Chancellor who may approve it with or without any amendment or may refer it back to the Syndicate for reconsideration or may reject it.

34. Regulations.-

- (1) Subject to the provisions of the Act and the statutes, the Syndicate may, on the recommendation of the Academic Council, frame regulations in respect of all or any of the following matters:-
 - (a) courses of study for degrees, diplomas and certificates of the University;
 - (b) manner and method of teaching conducted in the University;
 - (c) admission of students to the University and conditions under which they are admitted or allowed to take courses and examinations of the University and become eligible for the award of degrees, diplomas and certificates;
 - (d) fees and other charges to be paid by students for admission to the courses of studies and the examinations of the University;
 - (e) conduct of examinations;
 - (f) conduct and discipline of students of the University;
 - (g) conditions of residence of the students of the University including the levying of fees for residence in halls of residence and hostels and approval of hostels and lodgings for students;
 - (h) conditions for acquiring research degrees;
 - (i) institution of fellowships, scholarships, medals and prizes;
 - (j) institution of stipends and free and half-free studentships;
 - (k) academic costumes;
 - (l) use of the library;
 - (m) formation of teaching departments and Boards of Studies; and
 - (n) all other matters which under the Act or the statutes are to be or may be prescribed by regulations.
- (2) The Academic Council shall prepare and submit the regulations to the Syndicate and the Syndicate may approve them with or without amendments or refer them back to the Academic Council for reconsideration or reject them.

35. Rules.-

- (1) An Authority or a body of the University may make rules consistent with the Act, statutes and regulations, to regulate the conduct of its business.
- (2) The Syndicate may direct any Authority or body of the University to amend or repeal any rules made by the Authority or body.

CHAPTER VI FINANCIAL PROVISIONS

- **36.** University Fund.–(1) There shall be a Fund to be known as Rawalpindi Medical University Fund which shall vest in the University and to which shall be credited all sums including endowment fund received by the University.
 - (2) The University may accept donation in the shape of land, vehicle, equipment or any other items or fund that may facilitate the functioning of the University and all such donations shall be used, maintained and disposed of by the University in the prescribed manner.
- **37. Budget, audit and accounts**.–(1) The budget of the University shall be approved and its accounts shall be maintained and audited in such manner as may be prescribed by the Syndicate.
 - (2) The Syndicate may approve the budget of the University, appropriation of accounts of the University and may settle an audit para relating to the audit of the University.
 - (3) The Syndicate may delegate the power of appropriation or re-appropriation of funds to an officer of the University.

CHAPTER VII MISCELLANEOUS

- **38.** Appeal to Syndicate.– (1) Where no provision for appeal in respect of an order passed by an Authority, body or officer of the University, other than the Chancellor, exists in the statutes or the regulations, the aggrieved person may prefer an appeal against that order to the Syndicate.
 - (2) The Syndicate may constitute a committee of its members to hear and dispose of any appeal on behalf of the Syndicate.
 - (3) If a member of the Syndicate is also the member of the Authority or the officer who passed the order such member of the Authority or the officer shall not hear the appeal as member of the Syndicate or committee constituted by it to hear and dispose of the appeal.
- **39. Removal of difficulties**.– If any difficulty arises in giving effect to any of the provisions of the Act, the Government may give such directions, not inconsistent with the Act, as it may consider necessary for the removal of such difficulty.
- **40. Indemnity**.– No suit or legal proceedings shall lie against the Government, the University or any Authority, officer or employee of the Government or the University or any person in respect of anything which is done in good faith under the Act.

41. Repeal.—The Rawalpindi Medical University Ordinance 2017 (V of 2017) is hereby repealed.

1. Introduction

a. Brief History of the RMC to RMU

Rawalpindi Medical College was established by the Govt. of the Punjab in 1974 to produce medical graduates and cater the health needs of the people of the area through its affiliated Hospitals. Since then it is effectively involved in imparting quality medical education at under & post graduate levels. Its graduates are serving in the country and over the world as pride of RMC.

Now RMC is one of the most renowned medical colleges not only in the Punjab but across the country as well, actively involved in undergraduate teaching of MBBS students, BS degree courses in Allied Health sciences including Physiotherapy and teachings of Nurses and other paramedics. It is center of excellence in Postgraduate medical education & training as well. It is accredited institution with all Postgraduate bodies within country and with some renowned centers of the world. It is imparting training for FCPS, MCPS, M. Phil, various other post-graduate courses in various disciplines. Our College enjoys full

recognition by Medical Councils of various countries, Royal Colleges of UK, College of Physicians and Surgeons Pakistan and the World Health Organization.

Rawalpindi medical College is also pioneer in establishing separate department of medical education in public sector medical institutions in the area.

Three tertiary care hospitals attached to the college for clinical training namely Holy Family Hospital, Benazir Bhutto Hospital & District Headquarters Hospital with total bed strength of 1900.

Rawalpindi Medical College is committed to maintain a diverse and open community of medical students from a variety of ethnic and cultural backgrounds representing a rich blend of opinions, styles and attitudes. This helps to prepare professionals equipped to deliver the highest quality of health care services.

About 7900 students have graduated from the college to date. These include 592 foreign nationals. In addition to the undergraduates, the College has currently about 322 postgraduate

trainees. Almost all of the departments have active postgraduate training programs in their relevant specialty. Many of our faculty members have received international acclaim by presenting papers, publications, chairing the scientific sessions in the World Congresses and serving as office bearers and councilors of international bodies. Our teachers have been examiners of various international Universities, in addition to being on the advisory panel of WHO.

The Students of Rawalpindi Medical College have not only been excellent academically but have also made us proud in extracurricular activities including sports & athletics, poetry & debates and dramatic club business.

The Rawalpindi Medical College was initially affiliated with the University of Punjab Lahore and the with University of health sciences Lahore.

Department community medicine is fully equipped with a very qualified faculty in the subject as well as with all needed infrastructure for undergrads and postgraduates education in the subject of community medicine and public health. It is since 2000 the department is fully recognized for FCPS-II and MCSP postgraduate education programs. It has produced six fellows/ FCPS and three MCPS professionals so far.

It was 6th may 2017 that the Govt. of The Punjab has upgraded as Rawalpindi Medical college as Rawalpindi Medical University for being qualifying on top merit for the purpose.

Rawalpindi Medical University committed to improve the quality and standards of Health & Medical Education but will also provide better affiliation and education opportunities to other medical & dental colleges of the region.

b. Institutional objectives

To serve as nationally recognized state of art of institute of community medicine and public health contributing to the health and well being of the people of Pakistan in particular and of the humanity at large.

Admission & Eligibility Criteria

Eligibility criteria & admission procedure

i.MBBS/BDS (16 years Education as recognized by PM&DC)

ii.One year resident house job

iii.Valid registration with PM&DC

iv.GRE/GAT-General with minimum 50% score(Valid for a period of two years)

v.Must satisfy selection board of RMU for Postgraduate training

Final admission list will be prepared by the Departmental Selection Committee according to the following formula:

- a. 50% weightage will be for the marks obtained in MBBS/BDS degree.
- b. 30% weightage will be for the marks obtained in GRE/GAT-General test
- **c.** 20% weightage will be for the marks obtained in the interview by the RMU Selection Board.

a. FEE STRUCTURE:

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M Phil (Community Medicine) Program Structure

(Curriculum contents, credit hours breakup, Learning & Assessment Schedule)

Distribution of Credit Hours

It will be a semester based training program comprising 04 semesters with a total span of the program 02 years.

DETAIL AND DISTRIBUTION OF CREDIT HOURS

The total program consists of 75 credits. Distribution is as under:

Formal teaching (interactive lectures, Tutorials and group discussions)

1 Credit = 10 hours

 Practical Field Work (Workshops, Journal Club, Computer Training, Attachments, Research and community based assignments)

1 Credit = 20 hours

Topics	Credits
Concept of Health and Disease	02
Introduction to Public Health and Health System in Pakistan	08
Epidemiology and Disease control	13
Biostatistics	3
Demography and Population dynamics	3.5
Food and Nutrition	2.5
Reproductive Health and Geriatrics	1.5
Environmental Health Sciences	2.5
Occupational Health	1.5
Behavioral Sciences and Mental Health	0.75
Information, Education and Communication (IEC)	0.5
Disaster and Accidents / Injuries	0.5
NGOs and International Health Agencies	1.25

DISTRIBUTION OF CREDIT HOURS

OTHER ACTIVITIES

Topics	Credits
Library hours (Guided study)	13
Journal Club/ Seminar	08
Computer training	07
Mandatory workshops	04
Examination: MCQs and SEQs	04
Construction/Assessment techniques	

COURSE DIVISIONS

Semester	Contents	Credit hours
1 st	Concept of Health and Disease	2
	• Introduction to Public Health and Health System in Pakistan	8
	General Epidemiology	4
	Computer training	2
	 Journal club 	2
	Library hours (Guided study)	2
		20
	End of semester Examination	
2 nd	Special Epidemiology	9
	Biostatistics	3
	Demography and Population dynamics	3.5
	Computer training	2
	• Journal club	2
	• Library hours (Guided study)	
		3
		21
	End of semester Examination	
3 rd	Food and Nutrition	2.5
	Reproductive Health and Geriatrics	1.5
	Environmental Health Sciences	2.5
	Occupational Health	1.5
	Information, Education and Communication (IEC)	1.5
		2
	Computer trainingJournal club	2
	Journal club Research	4
	Library hours (Guided study)	4.5
		22
	End of semester Examination	

4 th	 Behavioral Sciences and Mental Health Disaster and Accidents / Injuries NGOs and International Health Agencies Journal club Research Library hours (Guided study) 	.75 .5 1.25 2 16		
End of semester Examination				

c. COURSE OUTLINE AND METHODOLOGY

The objective of teaching this curriculum is to enable the trainee acquire knowledge and relevant skills in the topics given under the heading of each section.

Methodology is given at the end of each section to achieve the desired objectives.

1. <u>CONCEPT OF HEALTH AND DISEASE</u>

- Concept & definition of health
- Dimensions of health (Physical, mental, social, spiritual and others)
- Concept of well being (including PQLI and HDI)
- Spectrum of health
- Determinants of health
- Indicators of health
- Characteristics of health care
- Levels of health care

- Millennium development goals
- Concept of disease, concept of causation (all theories including ecological triad, agent, host and environmental factors, web of causation etc).
- Spectrum of disease & iceberg phenomenon
- Natural history of disease & levels of prevention
- Disease elimination and eradication, disease monitoring and surveillance
- Basic definitions (Hygiene, Community Medicine, Preventive Medicine, Social Medicine)
- Basic concepts of COME, CBE, CBL and PBL, Medical care (Vertical and Horizontal Programes, Comprehensive Health Care and Integrated Health Services).

Methodology

٠	Lectures	-	5 Hours
٠	Demonstration	-	1 Hour
٠	Tutorial/Seminar	-	2 Hours
٠	Interactive Session	-	2 Hours
٠	Attachment	-	20 Hours

- o CEO (Health) office / District Health Authority
- Allied health sciences department
- Hospital based assignments

Credits: 02

2. <u>INTRODUCTION TO PUBLIC HEALTH AND HEALTH</u> <u>SYSTEM IN PAKISTAN</u>

i. BACKGROUND AND CONCEPT

- Definitions and concepts in Public Health
- Development of Pubic Health in Indo Pakistan (BHORE Committee)
- Economics and Health. Health Policy and Planning in Pakistan
- "Health For All" (HFA), Background, Concepts and Progress
- "Primary Health Care". Concepts and progress
- Health problems (Rural / Urban)
- The national disease control programmes; (policies, strategies and operations)

ii. <u>HEALTH ECONOMICS</u>

iii. HEALTH SYSTEM IN PAKISTAN

- The role of Federal and Provincial Governments in Health Care.
- Latest health programs (SAP etc).
- The District Health System, in the context of devolution.
- The physician as a manager.
- Function of a manager, basic concept of management of material, human and financial resources
- Leadership and motivation

iv. **PARTNERS IN HEALTH**

- The public and private sector
- Non-governmental organizations and international agencies •
- Health resources and facilities. Community mobilization. •

Methodology

- Lectures 4 Hours
- 1 Hour Demonstrations
- Attachments:
 - BHU/RHC/THQ/DHQ - 40 Hours
 - Health Services Academy Islamabad. - 20 Hours
 - Ministry of Health - 30 Hours - 60 Hours
 - o Allied Hospitals

Credits: 08

3. **EPIDEMIOLOGY AND DISEASE CONTROL**

- General epidemiology (definition, aims, difference between epidemiology and clinical medicine, epidemiological approach).
- Background and concepts.
- Uses of epidemiology.
- Basic measurements in epidemiology, (ratios, proportions & rates) morbidity, mortality & • disability.
- Epidemiological methods (descriptive, analytical and experimental).
- Epidemiological transition. Association and causation •
- Epidemic and its types, investigation of an outbreak or an epidemic
- Screening for diseases
- Research and survey methodology •
- Introduction to concepts of qualitative & quantitative research. •

PREVENTION AND CONTROL OF INFECTIOUS DISEASES i.

- Definitions to differentiate between: •
 - Infection, Contamination, Pollution, Infestation 0
 - o Infectious disease, Communicable disease, Contagious disease
 - Host, Immune and Susceptible persons
 - o Sporadic, Endemic, Epidemic, Pandemic
 - o Epizootic, Exotic, Zoonosis, Epornithic
 - Contact, Fomites, Carriers, Insect vectors, Reservoir of infection 0
 - o Incubation period, Infective period, Generation time, Serial interval, Communicable period.
 - o Cross infection, Nosocomial infection, Opportunistic infection, Iatrogenic & Idiopathic disorders.
 - Surveillance, Eradication, Elimination 0

DYNAMICS OF INFECTIOUS DISEASE TRANSMISSION ii.

- Reservoir and source of infection, escape of organism, modes of transmission, entry into the body, susceptible host.
- Non-specific and specific defences (immunity, different types of immunity, immunization, EPI schedule).

iii. CONTROL OF INFECTION

- Controlling the reservoir notification, early diagnosis and treatment, isolation, quarantine.
- Interruption of transmission.
- The susceptible host (active and passive immunization, chemoprophylaxis, non specific measures & disinfection).
- Health advice to travelers.
- National case management; guide lines.

iv. EPIDEMIOLOGY, CONTROL AND PREVENTION OF INFECTIOUS DISEASES OF PUBLIC HEALTH IMPORTANCE.

- Diseases transmitted through inhalation
- Diseases transmitted through faeco-oral route
- Common arthropod borne diseases
- Control of arthropods of medical importance
- Insecticides and their public health importance
- Diseases of animals conveyed to man
- Diseases due to direct contact (surface infection)
- Prevention and control of parasitic diseases.

v. EPIDEMIOLOGY CONTROL AND PREVENTION OF NON INFECTIOUS DISEASES OF PUBIC HEALTH IMPORTANCE

- Hypertension
- Coronary heart disease
- Cancers
- Diabetes mellitus
- Obesity
- Rheumatic fever and rheumatic heart disease
- Blindness
- Stroke
- Snake Bite

Methodology

•	Lectures		-	30 Hours
٠	Demonstrations	-	12 Hou	ırs
٠	Tutorial & Interactive Session	-	8 Hour	s
٠	Supervision of undergraduate students Research Projects	5 -	20 Hot	irs
٠	Infection control measures in a Tertiary Care Hospital	-	20 Hot	irs
	(Critical appraisal)			
٠	Current two Pubic Health Programme	-	20 Hoi	irs

(Critical appraisal)

• Research

100 Hours

Credits: 13

4. <u>BIOSTATISTICS</u>

- Basic concepts (Descriptive and Inferential) and uses
- Data and its types.
- Collection and registration of vital events in Pakistan
- Sources of health related statistics
- Measures of central tendency (Mean, Median, Mode)
- Measures of dispersion (range, standard deviation, mean deviation, variance, Coefficient of variation, Percentile and Quartile)
- Normal curve and skewness
- Methods of data presentation (Stem and Leaf Plot, Box and Whisker Plot)
- Analysis and interpretation of data (Standard error of mean, S.E of proportion, S.E of difference between the mean, S.E of difference between proportions) t- test, Chi- square test, ANOVA test and Z- test.
- Correlation and Regression analysis.
- Hypothesis testing (null and alternate hypothesis).
- P- Value and errors.
- Sampling and its various techniques.
- Health management information system (component, sources and uses).
- Research methodology

Methodology

٠	Lectures	-	8 Hours
٠	Tutorials	-	2 Hours
٠	Interactive Session/Workshop/Problems & Calculations -	5 Hou	rs

Credits: 1.5

5. <u>DEMOGRAPHY AND POPULATION DYNAMICS</u>

- Concept, demographic principles and demographic processes.
- Census, definition, methodology, types.
- Population dynamics (mortality, fertility, migrations)
- Sex ratio, dependency ratio.
- Determinants of fertility, fertility related statistics, fertility trends.
- Population pyramid and its interpretation.
- Demographic transition, demographic trap and its public health importance.
- Demographic and social implications of high population growth.
- Population welfare programme of Pakistan (objective & population policy).
- Social mobilization.
- Urbanization.

Methodology

• Lectures

4 Hours

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•	Tutoria	uls/Interactive Session	-	1 Hour
•	Attach	ments:		
	0	Population Council (NGO)	-	40 Hours
	0	NIPS	-	20 Hours

Credits: 3.5

6. <u>FOOD AND NUTRITION</u>

- Concepts (nutrition, nutrient, food, diet).
- Food groups, their functions and deficiency diseases.
- Role of fiber in diet.
- Balance diet, dietary goals (prudent diet).
- Malnutrition at all stages of life, its types, causes and prevention.
- Common nutritional problems of public health importance, their prevention and control.
- Dietary requirements of normal human being at different stages of life.
- Food hygiene, pasteurization, fortification, additives, adulteration and preservation.
- Food borne diseases.
- Food poisoning.
- Assessment of nutritional status of a community.

Methodology

•	Lectures	-	6 Hours
•	Demonstration	-	4 Hours
•	Visits conducted by undergraduate students	-	10 Hours

- Visit to Pediatric Department POF, Hospital, Wah Cantt
 - i. Plotting of growth chart
 - ii. BMI calculation
 - iii. Measurement of mid arm circumference
 - iv. Weight & length measurement of new born babies
- Dietary system of a Tertiary Care Hospital 20 Hours (Critical Appraisal)

Credits: 2.5

7. <u>REPRODUCTIVE HEALTH AND GERIATRICS</u>

- Safe motherhood and its components [antenatal, intra natal care, post natal care, family planning (contraceptive methods) and emergency obstetric care].
- MCH problems, delivering health MCH services, indicators of MCH care
- Maternal mortality, causes and prevention.
- Infant care, neonatal examination of infants at risk, growth and development (growth chart), feeding of infant (breast and artificial).
- Common causes of morbidity and mortality, their prevention and control.
- Child care and under five clinic, Health promotion strategies.
- Common ailments, home accidents, child mortality and prevention.

- Strategic approaches of integrated management of childhood illness (IMCI)
- Adolescent health.
- Reproductive tract infections, guideline for management of STDs.
- Reproductive tract cancers of men & women.
- Pakistan's aging population and their status.
- Epidemiology of age-related problems.
- Potential for disease prevention & control in the elderly.

Methodology

- Lectures 6 Hours
- Demonstrations 4 Hours
- Visits conducted for undergraduate students
 - MCH/Reproductive Health Centre 10 Hours
 - Fertility Clinic
 - Child Health Centre

Credits: 1.5

8. <u>ENVIORNMENTAL HEALTH SCIENCES</u>

- Air: Composition of air, causes of air pollution, purification of air, diseases caused by impurities in air and their prevention.
- Water: sources of water, daily water requirement. Water pollution its causes and prevention, purification of water.
- Water quality standards, diseases due to polluted water.
- Waste disposal: contents, hazards and safety measures for solid and liquid; domestic, industrial and hospital waste.
- Climate: climate and weather, global environmental concerns.
- Green house effect, depletion of ozone layer, acid rains.
- Effects of extremes of temperature, humidity and atmospheric pressure on human health and their prevention.
- Radiation: sources, types, effects, hazards and preventions.
- Healthful housing. Urban and rural slums.
- Noise: definition, acceptance level, causes of noise pollution, hazards to human health and their control.

Methodology

•	Lectures	-	15 Hours
٠	Demonstration/Tutorials	-	5 Hours
٠	Visits conducted for undergraduate students	-	10 Hours
	• Water Purification Plant		

- o Hospital Waste Management
- Sewage Treatment Plant

Credits: 2.5

9. OCCUPATIONAL HEALTH

- Concept Of Occupational health, occupational medicine and occupational hygiene
- Ergonomics and its importance.
- Occupational hazards (Pneumoconiosis, poisoning, cancers, dermatitis, accidents, effects of temperature, pressure, radiation and noise, hazards in specific occupations such as agriculture, X-ray department etc).
- General principles of occupational disease prevention and control.
- Organization of occupational health services.
- Measures for health protection of workers (Health insurance and social security schemes)

SCHOOL HEALTH SERVICE

- Objectives of school health service.
- Common health problems of school children.
- Role of teachers and role of doctors in maintenance of health.
- Procedures for determining health status of school age children.
- Handicapped children.
- Healthful school environment and hostels.

Methodology

٠	Lectures	-	4 Hours
•	Seminar/Tutorial	-	1 Hour
•	Occupational Hazards & their preventive measures -	20 Hoi	urs
	(Critical appraisal)/ study of industrial health sites		

Credits: 1.5

10. BEHAVIORAL SCIENCES AND MENTAL HEALTH

- Concept
- Characteristics of mentally healthy persons.
- Warning signals of poor mental health.
- Common mental health problems, their causes, prevention and control.
- Juvenile delinquency.
- Concept, attitudes, health and illness behaviour.
- Drug abuse, addiction and smoking.
- Child abuse and child labour.
- Role of physical exercise in health and disease.

Methodology

•	Lectures		-	4 Hours
٠	Interactive Session		-	1 Hours
٠	Visit conducted for undergraduate students			
	Physical/Mental/Social Rehabilitation Centre	-	5 Hour	`S
ad:	a. 0.75			

Credits: 0.75

11. <u>INFORMATION, EDUCATION AND COMMUNICATION</u> (IEC)

- Concept. Aims and objectives.
- Approaches used in public health.
- Contents, principles and stages of health education.
- Communication methods, barriers and skills in health education.
- Planning, organizing and evaluating a health education programme.
- Social marketing.

Methodology

•	Lectures	-	3 Hours
•	Demonstration	-	2 Hours

Credits: 0.5

12. DISASTER & ACCIDENTS/ INJURIES

- Definition, classification, (natural disasters like earthquakes, floods etc)
- Epidemic of communicable diseases, man made disasters
- Accidents, thermo-nuclear warfare, causes and prevention
- Magnitude and effects of disasters and public health consequences
- Disaster preparedness and management

Methodology

• Lectures -

5 Hours

Credits: 0.5

13. NGOs AND INTERNATIONAL HEALTH AGENCIES

- WHO
- UNICEF
- World Bank, ILO, FAO
- Role of voluntary International Health Agencies

Methodology

- Lecture 2 Hour
- Attachment
 - NGO, Rawalpindi , Regional WHO Office ISD 20 Hours

Credits: 1.25

Practicum Report / Critical Appraisal

The postgraduate trainee will write comprehensive reports of field visits carried out by him/her (02) during the training period and submit the same to the supervisor at the end of session.

• <u>Research</u>

The post graduate trainee will be required to conduct a research and compile it in the form of research report / thesis.

• <u>Training on Assessment Techniques</u>

It will include:

- MCQs construction.
- SEQs construction with key.
- OSPE development.
- Assessment of Practical Journal/House Hold Survey & term papers of undergraduate students.
- Research project of under graduate students. (Under supervision).
- Oral Exams (Observer, Facilitator & Performer under supervision).
- Computer training

• <u>Attachments</u>

Total duration of attachments will be 3 months (14.5 Credits).

This program is scheduled keeping in view the options available to us and the authority of the institution. Objectives of these attachments are to expose the trainee to real settings of some places of Public Health importance so that he eventually is able to understand:

- The role and functions of the organization observed.
- The mechanism of developing policies and programs in health.
- The implementation, monitoring and evaluation of the health policies and programs.

SITES FOR CRITICAL APPRAISAL

- 1. Infection Control Measures in a Tertiary Care Hospital
- 2. Occupational hazards & their preventive measures
- 3. Dietary System of a Tertiary Care Hospital

4. Current two important Public Health Programs

CAPACITY IN WHICH CANDIDATE SHALL WORK

The candidate has to work in the following capacities during the course of training.

- Observer
- Assistant /Facilitator
- Performer under supervision
- Performer independently

ADDITIONAL LEARNING SOURCES:

It will include;

- 1. Departmental Library
- 2. Main institution library & digital library have free access to relevant data bases
- 3. Computer lab
- 4. Department of Medical education / Programs
- 5. Community based assignments

EVALUATION & MONITORING OF THE TRAININEEs

The proposed / suggested evaluation of the training program will be done by:

- b. Head of the department / Supervisor
- c. Head of the institution.

LOG BOOK

d.

Trainees are bound to maintain a record of all the activities performed during the training period on the Logbook. They will get the Log book signed by the Supervisor at regular intervals.

Attachments/Rotations will be signed by the concerned Head of the Attachment Outlet & counter signed by the Supervisor on the culmination of Attachment.

EVALUATION OF THE TRAINEE

- Attendance record
- Performance of the scheduled / desired activity

- Participation in discussion (tutorial and seminar etc.)
- Efficiency and effort put in the assignment (lectures, demonstration, Computer training etc)
- 02 practicum reports/critical appraisal in the end of visit/ attachment
- Research & consequent thesis (Thesis defense)
- Presentation and Computing skills
- Evaluation at the end of each year of training by three members committee consisting of:
 - a. Professor 1
 - b. Associate Professor 1
 - c. Assistant Professor 1
- The remaining activities will be evaluated on the previously mentioned lines.

Examination	Format	Marks	Mini. Pass
			Marks
1 st Semester	Written (MCQ &SEQ)	100	
	Viva	50	60%
2 nd Semester	Written (MCQ &SEQ)	100	
	OSPE	50	60%
3 rd Semester	Written (MCQ &SEQ)	100	
	OSPE	50	60%
4 th Semester	4 th Semester Written (MCQ &SEQ)		
	Viva	50	60%

End of the Semester Examination Format: (Proposed)

d. SUGGESTED BOOKS AND RESOURCE MATERIAL

- 1. Text book of Preventive and Social Medicine . K Park
- 2. Text Book of Community Medicine by Muhammad Ilays,& Ansari
- 3. Oxford Hand book of Public Health
- 4. Oxford Text book of Public Health, 5th Edition

- Maxey-Rosenau-Last Public Health and Preventive Medicine: Fifteenth Edition (Public Health and Preventive Medicine – 15th Edition by Robert B Wallace, Mc Graw Hill
- 6. Leon Gordis epidemiology 5th edition
- 7. Basic Epidemiology by R Bonita, Beaglehole, 2nd Edition, WHO publication
- **8.** Statistical Applications for Health Information Management, 2nd Edition by Carol E Osborn
- **9.** Basic Statistics for the Health Sciences, 5th edition by Jan W KUzma, Stephen E Bohnenblust
- **10.** Gateway Paper 1 Health Systems In Pakistan a way forward by Dr Sania Nishtar , a heartfile publication
- **11.** Gateway Paper II Health Indicators of Pakistan Dr Sania Nishtar, a heartfile publication
- 12. Research Methodology Methods and Techniques by CR Kothari, 2nd Edition
- 13. An introduction to Medical Demography and Population Studies by Ali Muhammad Mir
- 14. Van Bemmel, J.H. & Musen, M.A. (1997). Handbook of Medical Informatics.
 - a. Springer.
- 15. Shortliffe, E.H. & Cimino, J.J. (2006, 3rd Ed.). Biomedical Informatics: Computer Applications in Health
- 16. Care and Biomedicine. Springer.
- 17. Capturing the Demographic Dividend in Pakistan by Dr Zeba Sathar
- 18. Pakistan Demographic and Health Survey, 2006 2007
- 19. Pakistan Demographic and Health Survey, 2013
- 20. Designing a health Communication Strategy. a WHO Publication
- 21. WHO publications and latest strategies
- 22. WHO Publication 2008 Primary Health, Now More Than Ever
- 23. WHO reports and strategies published from time to

ONGOING POSTGRADUATE TRAINING PROGRAMS OF THE DEPARTMENT:

The Department is recognized for MCPS and FCPS training since 2000.Ever since the department is recognized for MCPS and FCPS training, Five FCPS and three MCPS trainees already completed their degrees and currently two FCPS and one MCPS trainee are undergoing training in the subject.

The department aspires to become one of the best academic departments of the Medical Colleges in the country and a centre of excellence of community medicine.

FACULTY OF COMMUNITY MEDICINE & PUBLIC HEALTH AND INFRASTRUCTURE

Faculty of Community Medicine & Public health

А	Human Resource					
	Resource specification	Name of the faculty	Qualification	Position		

1	Senior faculty	1. Dr. Sy	ed Arshad Sabir	1. FCPS, MCPS, DCI	H,	1. Professor & Dean of the
				MBBS, CRCP		Faculty
		2. Dr. Kł	nola Noreen	2. MPhil, MBBS, PH	D 2	2. Associate Professor
		3. Dr. Sa	na Bilal	Scholar		3. Associate Professor
		4. Dr. Af	fifa Kulsoom	3. FCPS, MBBS	2	4. Assistant Professor
		5. Dr. Ri	zwana Shahid	4. FCPS, MBBS	4	5. Assistant Professor
		6. Dr Im	ran Younas	5. FCPS, MBBS	e	6. Assistant Professor
		7. Dr Gu	l Maher	6. MBBS, PhD	-	7. Assistant Professor
		8. Dr. At	odul Rehman	7. MBBS, MSPH	8	8. APMO/Demonstrator
		9. Dr. Fa	rhan Hassan	8. MBBS	ç	9. Sr. Demonstrator
		10. Dr Na	rjis Zaidi	9. MBBS	1	10. Sr. Demonstrator
		11. Dr Ab	dul Qadoos	10. MBBS,MSPH	1	11. Sr. Demonstrator
		12. Dr As	if Maqosod	11. MBBS,MPH	1	12. Sr. Demonstrator
				12. MBBS, MPH		
2				1. BSc. Computer lite	erate	1. Steno / PA to Dean
	Support Staff		bdul Wahab	2. MLT (Diploma)		2. Junior Lab Tech
			Iuhammad Ayaz	3. SSC		3. Lab Attendant
			hulam Muhammac	4. Middle		4. Peon
			ehmat Ali	5		5. Sweeper
		5. Ja	aved Masih			
	Dep	oartment is	Accredited by CP	SP for FCPS Part-II and N	MCPS (CO	DM-MED) training.
В			Building in	nfrastructure and IT equij	pments	
	Rooms specifica	tion	Quantity	Material resource	IT Equipr	nents & teaching aids
	Rooms specifica	lion		available in the place	11 Equipi	ionis e totoning des
<u> </u>						
1	Dean office		01	Furnished as per	Direct La	ndline #, Computer set, Printer,
				standards	Scanner,	Internet , lap top , white board &
				A	Internet	
<u> </u>				Air conditioned		
2	Associate Prof. of	office	01	Furnished as per	Landline	, Computer set, Printer, Scanner,
				standards	Internet	· · · · · · · · · · · · · · · · · · ·
3	Assistant Prof. o	ffice	02	Furnished as per	Landline	, Computer, Printer, Internet
				standards		

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4	Demonstrator office (Female)	01	Furnished for 04 sitting capacity	Computer set , Internet
5	Demonstrator office (male)	01	Furnished for 04 sitting capacity	Computer set , Internet
6	PGTs offices	01	Furnished for 04 sitting capacity	Computer set* , Internet
7	Steno office	01	Furnished as per standards	Computer set , Printer, Internet
8	Standard teaching room	01	Furnished for approx 150 students	Computer set, multimedia projector (Hanging) ,Screen, white board, Dice, AV Sound system, Air conditioned (02)
9	Conference room	01	Furnished for session of approx 20 participants	Screen, white board, multimedia projector with screen
10	Students lecture Halls	01	Furnished for session of approx 300 students	Common lecture hall available in the institute building
11	Museum (badly damaged in fire incidence in Dec 2016)	01	 Available Renovation / development process. 	 10 Models present 20 ordered (supply awaited by 30th june2017) and 20 models are proposed for 2018 budget
12	Community health awareness & Public Health Research room	01	In Renovation / development process.	In Renovation / development process.
13	Resting rooms. Separately	02	Functional	
	(02 for male, 01 for female)			
	Total IT equipments, teaching aids and other relevant items	Computer sets = 09 Lap top=01		

Printers = 04
Scanners=02
Multimedia Projector=02
Miscellaneous= Fridge 03