Required
Readings-
Available on
course Canvas (CV)

WHO Regional Office for South East Asia. *Country Health System Profile. Mini-Profile India.* [http://www.searo.who.int/en/Section313/Section1519.htm](http://www.searo.who.int/en/Section313/Section1519.htm)


Public Health Foundation of India. *Public Health in India.*


Some
Recommended:
Articles*

Fulbright to India PDF


Books*
*See Canvas site for a more complete listing


Course Description

As we head further into the 21st century, India and the U.S. represent our two largest democracies. Based on culture, history, governance and politics these two countries have adopted, at times similar, yet also unique ways of addressing public health concerns. This course will expose students to the policy and programmatic framework for the delivery of public health services to these two populations. Through in-class instruction and discussion, along with field trip experiences, students will gain a deeper understanding of global public health and an appreciation for its complexities. Opportunities will also be provided for UMCP students to interact with faculty and students from Manipal University; wide-ranging issues relevant to health promotion and disease prevention will be discussed.

The focus of this course is health promotion and disease prevention within a global public health framework. As such it holds relevancy for students in the biomedical sciences, allied health professions, social sciences (sociology, anthropology, psychology), in addition to those specifically pursuing a degree in public health. It is also applicable to students interested in exposure to cross-cultural contexts and international studies.

To enhance the academic content of the course and the immersion experience, students will visit schools, clinics/hospitals, and community settings where public health is practiced. Excursions are planned to the famous pilgrimage centre of Udupi, 15th century temples in Karkala, Malpe fishing village, and St. Mary’s Island. A weekend trip to Kerala, "God's Own Country", is also scheduled, including backwater journey overnight on a traditional houseboat (also known as Kettuvalloms).

Attendance and participation is absolutely required!

Where will I stay?

Students will be housed on the Manipal University campus, which has all the modern amenities of transportation, communication, dining, and banking. The University has an enrollment representing 52 countries and the Kasturba Medical College at Manipal University is ranked among the best in India. Manipal itself is situated amidst rural farmlands in the state of Karnataka on the West Coast of India. At the end of Manipal lies End Point, a beautiful spot for watching the sunset over the Arabian Sea.
### Course Objectives

By the end of the three week course, students will:

1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context.

2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.

3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture.

### Program Competencies Addressed in this Course

The following competencies for the Community Health Degree Program are addressed in this course:

1. Identify individual and community level needs for health promotion and disease prevention
2. Identify principles of community health that are needed for the development of effective health promotion and disease prevention strategies
3. Describe how to advocate for effective community health initiatives at the local, state, and federal levels.
4. Identify strategies that effectively incorporate cultural competence within health promotion and community health initiatives

### Course Requirements and Policies

#### Course Requirements

Students are expected to attend class regularly, participate in class discussions and any group work, attend field trips and complete required readings/assignments.

There will be several assignments, all with differing due dates. All assignments are to be submitted, by the due date, via electronic copy to Dr. Howard at: dhoward1@umd.edu

**Class Policies:**

Assignments received up to 2 days after the due date will be accepted with a 10 point penalty. After that date, no assignment will be graded.

**Student Responsibilities:**

Students in the course represent ambassadors for both the University of Maryland School of Public Health and the United States. Accordingly, they are expected to behave in a respectful, dignified manner. Students are responsible for:

1. Presenting a positive image of the University of Maryland while being hosted by Manipal University and during their entire stay in India.
2. Following local laws and regulations of the host university.
3. Displaying a willingness to learn and grow in a culturally new environment.
4. Demonstrating respect for all instructors and lecturers.
5. Discussing any problems and requests with Dr. Howard.
6. Participating in all classes and field trips (this is a University of Maryland course; all on-campus regulations about class attendance apply).
7. Completing both in-class and out-of-class assignments in a timely fashion.
8. Dressing and behaving in a way that is respectful of the local culture, adherent with the policies and expectation of the host institution.

Check the course Canvas site daily for Announcements; this is particularly important DURING THE WEEKS BEFORE OUR DEPARTURE.

Any email sent by Dr Howard must be responded to within 24 hours unless otherwise specified; this is particularly important DURING THE WEEKS BEFORE OUR DEPARTURE.

Ground Rules:
Arrive and depart from class at the appropriate time.

Show respect for yourself and others. It is extremely rude to talk in class when someone else, either the professor or another student, is speaking.

Engaging in outside work during class time is unacceptable.

Food consumption during class is discouraged.

Please turn your cell phones off before coming to class.

Dress modestly in culturally appropriate clothing.

Accommodations for Students with Disabilities:
If you have a documented disability and wish to discuss academic accommodations, please talk to me as soon as possible. You will need documentation from Disability Support Service (DSS, 314-7682.)

Academic Integrity and Code of Student Conduct:

PLEASE NOTE THAT THESE POLICIES APPLY WHILE WE ARE ABROAD!

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:

✓ CHEATING: intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision
of this code.

✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

PLEASE READ AND FAMILIARIZE YOURSELF WITH THE FOLLOWING:

http://www.president.umd.edu/policies/iii100a.html (Student Honor Council)
http://osc.umd.edu/OSC/StudentsInfo.aspx (Office of Student Conduct)
http://www.president.umd.edu/policies/docs/V-100B.pdf (UMCP Code of Student Conduct)

If you are experiencing difficulties in keeping up with the academic demands of this course, contact Dr. Howard.

Religious Observances:
The University System of Maryland policy provides that students should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances. It is the student’s responsibility to inform the professor, in advance, of any intended absences for religious observance.
Assignments
Note: Due dates are indicated on the Course Schedule Summary (pages 7-9)

Assignment 1: Journal/Reflection (60 points)

1a. Before traveling to India (20 points)
Write an essay describing your personal and professional aspirations for participating in this study abroad program, with particular focus to the following:
   a) What do you hope to learn?
   b) Do you think this experience will change you? If so, how? If not, why not?
   c) What challenges do you expect to face? (Think in terms of emotional, intellectual, cultural, lifestyle-related)
   d) What preconceptions do you have of India?

   Essay should be 3-5 pages, double-spaced, 12 point font. Be specific and elaborate.

1b. During your stay in India (20 points)
Keep a daily journal in which you reflect upon your academic, cultural and personal experiences, with attention to your thoughts and feelings. Turn in journal entries on a weekly basis, as specified on the syllabus.

   Each journal entry should be 2-3 paragraphs in length

1c. Upon return from India (20 points)
Reflect on your winter study abroad experience and whether you feel it has played or will play a transformative role in your life, either professionally or personally. Describe a specific event during your study abroad that illustrates the program's impact. Consider the following in your response: Has your view of public health/the practice of public health changed as a result of this study abroad experience? Have you personally changed as a result of your study abroad experience?

   Essay should be 3-5 pages, double-spaced, 12 point font. Be specific and elaborate.
### Assignment 2: Community Diagnosis Presentation (10 points)*
Students, working alongside Manipal University students, will be asked to analyze, interpret and prepare a power point on their findings from the Community Diagnosis activities.

### Assignment 3: Mapping of Public Health Infrastructure and Practice in USA (30 points)
Students will be asked, in pairs, to identify some aspect of the U.S. Public Health system AND develop 1-5 slides addressing this area:

1. **infrastructure** (HHS, agencies and agents; important NGOs, professional organizations, state and local public health agencies);
2. major principles of US Public Health **agenda** (Healthy People 2010/20, mission, vision, 5 disciplines)
3. **20th century successes/21st century challenges**
4. **financing/safety net programs** (Medicaid, Medicare, WIC, Food Stamps, etc, School Lunch, etc)
5. **other**…

These slides will be integrated into 1 power point that students will present to Manipal faculty and students **IN CLASS ON a date in JANUARY to be determined.**

* Due date will be set in India

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### Evaluation

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Assignment 1</td>
<td>60</td>
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<tr>
<td>Assignment 2</td>
<td>10</td>
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<tr>
<td>Assignment 3</td>
<td>30</td>
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</table>

**Total Points:** 100

### Grading

Grades will be based upon total points earned during the winter session course:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A+</td>
<td>100-96</td>
</tr>
<tr>
<td>A</td>
<td>95-93</td>
</tr>
<tr>
<td>A-</td>
<td>92-90</td>
</tr>
<tr>
<td>B+</td>
<td>89-86</td>
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<tr>
<td>B</td>
<td>85-83</td>
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<tr>
<td>B-</td>
<td>82-80</td>
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<tr>
<td>C+</td>
<td>79-76</td>
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<tr>
<td>C</td>
<td>75-73</td>
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<td>72-70</td>
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<tr>
<td>D+</td>
<td>69-66</td>
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<tr>
<td>D</td>
<td>65-63</td>
</tr>
<tr>
<td>D-</td>
<td>62-60</td>
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# Course Schedule Summary

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Topic</th>
<th>Assignments</th>
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</thead>
<tbody>
<tr>
<td>Pre-Departure</td>
<td>12/26, Friday</td>
<td>Assignment 1a. Due</td>
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<tr>
<td># 1</td>
<td>1/2, Friday</td>
<td>Depart for India, pm</td>
<td></td>
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<tr>
<td># 2</td>
<td>1/4, Sunday Morning: Afternoon: (2:30-4:30)</td>
<td>Arrival am at Mangalore Airport, 10:40 am Manipal University Orientation- housing/library/campus/town</td>
<td>Structure, Organization and Delivery of Public Health in India Lecturer: Dr. Bairy, District Health Officer, Udupi District Debriefing and Group Work (Dr. Howard) Field Trip: Visit to Primary Health Center, Belman Guide: Dr. Sameer</td>
</tr>
<tr>
<td># 3</td>
<td>1/5, Monday Morning: Afternoon: (2:30-4:30)</td>
<td>Major Public Health Issues/Priorities/Challenges in India Lecturer: Dr. Sanjay Debriefing and Group Work (Dr. Howard) Field Trip: Indian Systems of Medicine: Visit to Ayurveda Dept Kasturba Hospital, Manipal Guide: Dr. M. S. Kamath</td>
<td></td>
</tr>
<tr>
<td># 4</td>
<td>1/7, Wednesday Morning: Afternoon: (2:30-4:30)</td>
<td>Field Trip: Visit to District Surveillance Unit Guide: Dr. Rajesh Field Trip: Visit to DOTS Centre, District Health Office Guide: Dr. Prakash N Debriefing and Group Work (Dr. Howard) Sociocultural Determinants of Health Lecturer: Dr. Lena Ashok/ Mr. Teddy</td>
<td></td>
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<tr>
<td># 5</td>
<td>1/8, Thursday Morning: Afternoon/Evening: (9:30-12:30)</td>
<td>Field Trip: Visit to St. Mary’s Island, Udupi Krishna Temple, Big Bazaar, Group Lunch in Udupi Debriefing and Group Work (Dr. Howard) Pack for weekend trip/ Travel to Kerala- AC Volvo Bus Depart Manipal Thursday pm; arrive Ernakulam Friday am Week 1 Journal/Reflection Due</td>
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* All lectures are 2.5 hours, followed by 30 minute interaction Cultural Activities: Mandatory evening cultural activities TBD
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<thead>
<tr>
<th>Session</th>
<th>Date*+</th>
<th>Topic</th>
<th>Assignment</th>
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<tbody>
<tr>
<td># 6-9</td>
<td>1/9-12, Friday- Monday:</td>
<td>Ayurvedic Center-talk with traditional doctor/optional massage; THE WEEK news magazine, Ernakulam; Cochin- Fort Cochin Beach, Chinese Fishing Nets, “Jew Town”; Alleppey- backwater journey/overnight on houseboat; Munnar- Tea Plantations, Mattupetty Dam, Kathakali Dance, elephant rides</td>
<td>Return Travel to Manipal- AC Volvo Bus Depart Ernakulam Monday pm; Arrive Manipal Tuesday am</td>
</tr>
<tr>
<td># 10</td>
<td>1/13, Tuesday Morning: (9:30-12:30)</td>
<td>Return to Manipal (am)/ free</td>
<td>Field Trip: Water Treatment Plant, Bajje, Udupi Guide: Varalakshmi</td>
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<td></td>
<td>Afternoon: (2:30-4:30)</td>
<td>Public Health in India- Policy and Practice Lecturer: Dr. Derek Lobo</td>
<td>Debriefing and Group Work (Dr. Howard) Week 2 Journal/Reflection Due</td>
</tr>
<tr>
<td># 11</td>
<td>1/14, Wednesday Morning: (9:30-12:30)</td>
<td></td>
<td>Field Trip: Community Diagnosis Home visits, Interviews, Data Collection/Compilation - with Manipal University MPH students and MSW staff Guide: Dr. Arathi Rao/Dr. Aarathy Ramasamy/Mr. Ishwar</td>
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<tr>
<td></td>
<td>Afternoon: (2:30-4:30)</td>
<td>Field Trip: Field Trip: Community Diagnosis Home visits, Interviews, Data Collection/Compilation - with Manipal University MPH students and MSW staff</td>
<td>Guide: Dr. Arathi Rao/Dr. Aarathy Ramasamy/Mr. Ishwar</td>
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<tr>
<td># 12</td>
<td>1/15, Thursday Morning: (9:30-12:30)</td>
<td>Field Trip: Visit to Anganwadi Centre Assessment of Nutritional Status of Preschool Children Guide: Dr. Aarathy Ramasamy/ Mr. Ishwar</td>
<td>Field Trip: Field Trip: Community Diagnosis Home visits, Interviews, Data Collection/Compilation - with Manipal University MPH students and MSW staff Guide: Dr. Arathi Rao/Dr. Aarathy Ramasamy/Mr. Ishwar</td>
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<tr>
<td></td>
<td>Afternoon: (2:30-4:30)</td>
<td>Field Trip: Visit to Rotary Hospital and Historic Sites, Karkala Guide: Dr. Kamath</td>
<td>TENTATIVE COOKING CLASS</td>
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<tr>
<td># 13</td>
<td>1/16, Friday Morning: (9:30-12:30)</td>
<td>Field Trip: Visit Cashew factory to study Contact Dermatitis Guide: Dr. Kamath</td>
<td>TENTATIVE FAREWELL DINNER</td>
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<td></td>
<td>Afternoon: (2:30-4:30)</td>
<td>Field Trip: Visit to Eye Screening Program Guide: Dr. Sameer/Mr. Ishwar</td>
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<tr>
<td># 14</td>
<td>1/17, Saturday Morning: (9:30-12:30)</td>
<td>UMCP Student Presentations: Public Health Infrastructure and Practice in the U.S.</td>
<td>Debriefing and Group Work (Dr. Howard) Field Trip: Visit to Eye Screening Program Guide: Dr. Sameer/Mr. Ishwar TENTATIVE FAREWELL DINNER</td>
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<td></td>
<td>Afternoon/Evening: (2:30-4:30)</td>
<td>Interaction with MPH students; UMCP students will share their field experiences and projects, highlighting public health issues</td>
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* All lectures are 2.5 hours, followed by 30 minute interaction Cultural Activities: Mandatory evening cultural activities TBD +Cooking class, sometime this week!
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<thead>
<tr>
<th>Session</th>
<th>Date/+</th>
<th>Topic</th>
<th>Assignment</th>
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<tr>
<td># 15</td>
<td>1/18, Sunday Morning: (9:30-12:30)</td>
<td>Field Trip: Mangalore- Shopping, Pabba’s Ice-cream Parlour</td>
<td>Free</td>
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<td>Afternoon/Evening:</td>
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<td># 16</td>
<td>1/19, Monday Morning: (9:30-12:30)</td>
<td>Field Trip: Visit to RMCW- Maternal and Child Health - care of rural pregnant women and children below 5 years, through antenatal check-ups, delivery and postnatal checkups, childhood immunization and growth monitoring</td>
<td>Guide: Dr. Sanjay/Dr. Arathi Rao</td>
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<td>Afternoon: (2:30-4:30)</td>
<td>Disaster Management</td>
<td>Lecturer: Dr. Kamath</td>
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<td>Field Trip: Visit to Pasteurization Plant (tentative)</td>
<td>Guide: Dr. Varalakshmi</td>
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<tr>
<td># 17</td>
<td>1/20, Tuesday Morning: (9:30-12:30)</td>
<td>Free/Pack</td>
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<td></td>
<td>Afternoon/Evening:</td>
<td>Depart Mangalore Airport at 8:40 pm</td>
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<td></td>
<td>1/21, Wednesday Afternoon:</td>
<td>Arrive back in Washington, DC 5:40 pm</td>
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<td></td>
<td>1/26, Sunday</td>
<td>Final reflection due</td>
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<td></td>
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<td>* All lectures are 2.5 hours, followed by 30 minute interaction Cultural Activities: Mandatory evening cultural activities TBD +Farewell banquet sometime this week!</td>
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# Session Outline -

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Session 1</strong></td>
<td><strong>Sunday, 1/4</strong></td>
<td>Arrival at Mangalore Airport/ Manipal University Orientation- housing/library/campus/town</td>
</tr>
<tr>
<td><strong>Session 2</strong></td>
<td><strong>Monday, 1/5</strong></td>
<td><strong>Structure, Organization and Delivery of Public Health in India</strong>&lt;br&gt;<strong>Field Trip:</strong> Visit to Primary Health Center, Hiriadka&lt;br&gt;Learning Objectives for Session [#1, #2, #3]&lt;br&gt;1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context&lt;br&gt;2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.&lt;br&gt;3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture</td>
</tr>
<tr>
<td><strong>Session 3</strong></td>
<td><strong>Tuesday, 1/6</strong></td>
<td><strong>Major Public Health Issues/Priorities/Challenges in India</strong>&lt;br&gt;<strong>Field Trip:</strong> Indian Systems of Medicine: Visit to Ayurveda Dept Kasturba Hospital, Manipal&lt;br&gt;Learning Objectives for Session [#1, #2, #3]&lt;br&gt;1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context&lt;br&gt;2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.&lt;br&gt;3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture</td>
</tr>
<tr>
<td><strong>Session 4</strong></td>
<td><strong>Wednesday, 1/7</strong></td>
<td><strong>Field Trip:</strong> Visit to District Surveillance Unit //Field Trip: Visit to ART Centre, Udupi&lt;br&gt;<strong>Sociocultural Determinants of Health</strong>&lt;br&gt;Learning Objectives for Session [#1, #2, #3]&lt;br&gt;1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context&lt;br&gt;2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.&lt;br&gt;3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture</td>
</tr>
</tbody>
</table>
| **Session 5** | **Thursday, 1/8** | **Field Trip:** Visit to St. Mary’s Island, Udupi Krishna Temple, Big Bazaar<br>Learning Objectives for Session [#1, #2, #3]<br>1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context.<br>2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.<br>3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture<br><br>**Weekly Journal/Reflection Due**<br>**Major Scheduled Grading Event**
### Trip to Kerala
Learning Objectives for Session [#1, #2, #3]
1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context
2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.
3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

### Field Trip: Community Diagnosis
Learning Objectives for Session [#1, #2, #3]
1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context
2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.
3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

### Public Health in India- Policy and Practice
Field Trip: Community Diagnosis
Learning Objectives for Session [#1, #2, #3]
1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context
2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.
   3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

### Field Trip: Visit to Anganwadi Centre/ Assessment of Nutritional Status of Preschool Children
Field Trip: Community Diagnosis
Learning Objectives for Session [#1, #2, #3]
1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context
2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.
3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

**Major Scheduled Grading Event**
### Session Outline - Continued

**Session 13**

**Friday, 1/16**

**Field Trip:** Visit to Cashew factory to study Contact Dermatitis  
**Field Trip:** Visit to Rotary Hospital and Historic Sites, Karkala  

Learning Objectives for Session [#1, #2, #3]

1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context  
2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.  
3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

**Session 14**

**Saturday, 1/17**

**UMCP Student Presentations/ Public Health Infrastructure and Practice in the U.S.**  

Learning Objectives for Session [#1, #2, #3]

1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context  
2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.  
3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

**Session 15**

**Sunday, 1/18**

**Field Trip:** Mangalore- Shopping, Pabba’s Ice-cream Parlour  

Learning Objectives for Session [#3]

3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

**Session 16**

**Monday, 1/19**

**Field Trip:** Visit to RMCW- Maternal and Child Health  

Learning Objectives for Session [#1, #2, #3]

1) Gain a better understanding of how public health priorities and programs are developed and implemented within a U.S. and Indian socio-political and cultural context  
2) Be able to describe the structure, organization and delivery of public health programs in India and the U.S.  
3) Develop cross-cultural sensitivity and competence by immersing themselves in the Manipal University community and local Indian culture

**Session 17**

**Tuesday, 1/20**

Free/Pack

**Free/Pack**

**Sunday, 1/26**

Free/Pack  
Final Reflection Due

* Major Scheduled Grading Event