

**One Year Post Graduate Diploma In Public
Health
(Epidemiology)
Semester 2
Weekly Planner**



Semester 2

Course Name: Maternal and Child Health

Course Director: Dr. Wafa Fatima

Course Code: PGDPH-7106

Teaching Faculty

1: Dr. Wafa Fatima

2: Prof. Dr. Syed Amir Gilani

Weeks	Course Content
Week 1	Overview of Maternal and Child Health (MCH)-(1)
Week 2	Anatomy and physiology of the female reproductive system-(1)
Week 3	Neonatal care and assessment-(1)
Week 4	Quiz & Assignment
Week 5	Growth and development milestones-(1)
Week 6	Toddler and preschooler development-(1)
Week 7	School health and wellness-(2)
Week 8	Quiz & Assignment
Week 9	Family planning and contraception-(1)
Week 10	Socioeconomic factors impacting MCH-(2)
Week 11	Global Maternal and Child Health Issues-(2)
Week 12	Emerging Issues in Maternal and Child Health-(2)
Week 13	Quiz & Assignment
Week 14	Public health policies related to MCH--(2)
Week 15	Review of case studies and real-world applications-(2)
Week 16	Final Exam

Semester 2

Course Name: Health Policy, Planning & Management in Public Health

Course Director: Associate Prof. Dr. Sajid Hameed

Course Code: PGDPH-7107

Teaching Faculty: Associate Prof. Dr. Sajid Hameed

Weeks	Course Content
Week 1	Introduction to Health Policy, Planning & Management
Week 2	Health Systems and Frameworks
Week 3	Policy Process and Cycle
Week 4	Quiz & Assignment
Week 5	Identifying stakeholders in health policy
Week 6	Basics of health planning
Week 7	Program Management in Public Health
Week 8	Quiz & Assignment
Week 9	Introduction to health economics
Week 10	International health policies
Week 11	Health Equity and Social Determinants of Health
Week 12	Leadership and Management Skills in Public Health
Week 13	Quiz & Assignment
Week 14	Emerging Issues in Health Policy
Week 15	Capstone Project and Course Review
Week 16	Final Exam

Semester 2

Course Name: Introduction to Health System Management

Course Director: Associate Prof. Dr. Sajid Hameed

Course Code: PGDPH-7108

Teaching Faculty

Associate Prof. Dr. Sajid Hameed

Weeks	Topics
Week 1	Introduction to Health Systems Management
Week 2	Healthcare Policy and Regulation
Week 3	Basics of health economics
Week 4	Quiz & Assignment
Week 5	Introduction to Health Systems Management
Week 6	Healthcare Policy and Regulation
Week 7	Healthcare Leadership and Management
Week 8	Quiz & Assignment
Week 9	Human Resources in Healthcare
Week 10	Healthcare Marketing and Public Relations
Week 11	Healthcare Finance
Week 12	Healthcare Ethics
Week 13	Quiz & Assignment
Week 14	Crisis Management in Healthcare
Week 15	Review of key concepts
Week 16	Final Exam

Semester 2

Course Name: Health Promotion and Disease Prevention

Course Director: Associate Prof. Dr. Sajid Hameed

Course Code: PGDPH-7109

Teaching Faculty

Associate Prof. Dr. Sajid Hameed

Week	Topics
Week 1	Introduction to Health Promotion and Disease Prevention
Week 2	Determinants of Health
Week 3	Health Behavior Theories
Week 4	Quiz & Assignment
Week 5	Basic epidemiological concepts
Week 6	Effective communication strategies
Week 7	Principles of screening
Week 8	Quiz & Assignment
Week 9	Importance of a balanced diet
Week 10	Health risks of tobacco use
Week 11	Mental Health Promotion
Week 12	Chronic Disease Prevention
Week 13	Quiz & Assignment
Week 14	Health Policy and Advocacy
Week 15	Policy development and analysis
Week 16	Final Exam

Semester 2

Course Name: Global Health Intervention and Programme Management

Course Director: Associate Prof. Dr. Sajid Hameed

Course Code: PGDPH-7110

Teaching Faculty: Associate Prof. Dr. Sajid Hameed

Weeks	Topics
Week 1	Overview of Global Health
Week 2	Epidemiology and Disease Surveillance
Week 3	Health Systems and Policy
Week 4	Quiz & Assignment
Week 5	Needs Assessment and Program Planning
Week 6	Monitoring and Evaluation
Week 7	Global Health Ethics
Week 8	Quiz & Assignment
Week 9	Building and Managing Teams
Week 10	Effective Health Communication
Week 11	Maternal Health Issues and Interventions
Week 12	Prevention and Control of Infectious Diseases
Week 13	Quiz & Assignment
Week 14	Aligning Programs with SDGs
Week 15	Final Projects and Presentations
Week 16	Final Exam

