

# Community Health Certificate

Institute Name: IRME Institute

Programme Duration: 6 Months

Programme Type: Certificate Course

Mode: Theory + Practical + Field Exposure

## Programme Overview

The Community Health Certificate is designed as a six-month skill-oriented programme focused on primary health care, preventive care, health education, basic community-based services, and field-level public health support. The programme is aligned with IRME Institute's stated focus on primary health care education in India, especially for rural communities, and its mission to bridge healthcare gaps through practical training.[cite:1][cite:6]

IRME presents itself as an institute dedicated to primary health care and rural health education, and its public course listings show a strong emphasis on practical healthcare programmes, flexible learning, and community-oriented training.[cite:1][cite:2]

## Course Objectives

By the end of the six-month course, learners should be able to:

- Explain the basic concepts of community health, primary health care, and disease prevention.
- Understand the structure of health services in India and the role of frontline community health workers.
- Promote hygiene, sanitation, nutrition, maternal care, child health, and immunization awareness.
- Identify common communicable and non-communicable diseases at community level and support timely referral.
- Assist in first response, health education activities, home visits, record keeping, and community surveys.
- Participate in rural and semi-urban health promotion programmes through supervised field practice.

These outcomes are consistent with IRME's emphasis on practice-oriented healthcare education and with community health programme descriptions that focus on comprehensive primary care, prevention, promotive action, and community-level service delivery.[cite:1][cite:3][cite:13]

## Eligibility

Recommended minimum eligibility: 10th pass or equivalent. Institutions may additionally prefer candidates interested in healthcare, social service, rural development, or grassroots health delivery. This recommendation is framed in line with IRME's publicly listed short-duration healthcare courses, including six-month and 10th-pass entry-level offerings.[cite:1][cite:5]

## Training Structure

The six-month programme may be delivered across three instructional phases:

- **Phase 1:** Foundation of community health and public health basics.
- **Phase 2:** Family health, disease prevention, and community-based care.
- **Phase 3:** Field practice, health education, records, and supervised assessment.

A balanced structure for a six-month certificate course can include theory classes, demonstrations, practical exercises, community visits, health survey work, and internal assessments. This format fits IRME's practice-oriented positioning and the broader structure of community health programmes that combine theory with field or practicum components. [cite:1][cite:3][cite:13]

## Detailed Syllabus

### Month 1: Foundations of Community Health

- Meaning, scope, and importance of community health
- Concepts of health, illness, wellness, and determinants of health
- Principles of primary health care
- Health and disease in rural and semi-urban communities
- Role of community health worker / health assistant
- Ethics, behaviour, and communication in community care

This module reflects standard community health foundations, including concepts of community health, public health orientation, and organization of care at various levels.[cite:3][cite:13]

### Month 2: Public Health System and Environmental Health

- Overview of the Indian health care delivery system
- Sub-centre, PHC, CHC, district hospital, and referral linkage
- National and local public health responsibilities
- Environmental sanitation and safe water
- Waste disposal, infection prevention, and hygiene promotion
- Community cleanliness and vector control awareness

Community health curricula commonly include health care planning, organization of services, environmental health, sanitation, and infection-control-related content.[cite:3] [cite:13]

### **Month 3: Nutrition, Family Health, and Community Education**

- Basics of nutrition and balanced diet
- Nutritional deficiency disorders and prevention
- Maternal health awareness
- Child health, growth monitoring, and immunization awareness
- Adolescent health and anaemia awareness
- Family welfare, counselling, and health education methods

Community health training frameworks commonly cover nutrition, family-level care, preventive counselling, and education for population health improvement.[cite:3] [cite:8] [cite:13]

### **Month 4: Common Diseases and Basic Community Care**

- Communicable diseases: causes, spread, prevention, and referral
- Non-communicable diseases: hypertension, diabetes, obesity, and lifestyle risk factors
- Fever, diarrhoea, respiratory infection, skin problems, and minor common complaints
- Basic screening awareness and early identification
- Home-based care guidance and referral indicators
- Basic first aid and emergency response orientation

Official and model community health programmes emphasize preventive and promotive services, common disease management at peripheral level, protocol-based care, and basic laboratory or screening support where applicable.[cite:3] [cite:11] [cite:13]

### **Month 5: Community Survey, Records, and Field Practice**

- Household survey methods
- Population listing and community mapping
- Health records and reporting formats
- Referral notes and follow-up registers
- Conducting awareness camps and home visits
- Observation visits to village, ward, sub-centre, or outreach activities

Community-level training frequently includes surveillance, data interpretation, follow-up care, field recording, and practical service linkage work.[cite:11] [cite:13]

## Month 6: Practical Competencies and Revision

- Measuring pulse, temperature, respiration, and blood pressure awareness
- Personal hygiene demonstration and counselling practice
- ORS preparation and dehydration counselling
- Handwashing and sanitation demonstration
- Nutrition and immunization education session practice
- Viva, revision, internal tests, practical assessment, and field report submission

A short certificate course benefits from competency-based practical revision in the final month so that students can demonstrate communication, observation, counselling, and field-support skills before certification.[cite:8][cite:11][cite:13]

## Practical and Field Components

Recommended practical exposure for the six-month programme:

- Community visit and household interaction
- Health education talk in village or urban slum setting
- Personal hygiene and sanitation demonstration
- Nutrition awareness activity
- Immunization awareness support activity
- Observation of PHC or health outreach camp
- Basic first aid demonstration
- Community survey and reporting exercise

IRME describes itself as a practice-oriented institution focused on rural healthcare education, making field exposure especially suitable for this programme design.[cite:1][cite:6]

## Assessment Pattern

A suitable internal assessment structure for a six-month certificate course may include:

Component	Weightage
Written Test	30%
Practical Demonstration	25%
Field Work / Record Book	20%
Viva Voce	15%
Attendance and Participation	10%

This assessment pattern is an institutional syllabus design recommendation for a short-duration practical certificate course and is intended to match the programme's field-oriented objectives.

## Learning Outcomes

After successful completion, a learner may be able to:

- Support community health awareness and basic public health activities.
- Assist in health surveys, home visits, and referral guidance.
- Promote sanitation, hygiene, nutrition, and preventive care.
- Identify common health risks requiring referral to appropriate facilities.
- Contribute to grassroots health initiatives in rural and community settings.

These outcomes align with IRME's publicly stated rural healthcare mission and with community health course models focused on peripheral primary care support.[cite:3] [cite:6] [cite:11]

## Certification Note

Successful candidates may be awarded a **Community Health Certificate** by IRME Institute after completing the prescribed training, attendance requirement, internal assessment, and practical/field work as per institutional rules. The exact operational rules, examination process, and certificate format should be finalized by the institute before issue.

## Institutional Use Note

This document is a professionally structured six-month syllabus draft prepared in the name of IRME Institute using the publicly available topic reference for community health and IRME's institutional profile. If desired, this can be expanded into a prospectus version with fee section, admission rules, examination regulations, and formatted cover page.[cite:1] [cite:2] [cite:6]