



JAWAHARLAL NEHRU MEDICAL COLLEGE

*KLE Academy of Higher Education & Research
(Deemed-to-be-University)*

NEHRUNAGAR, BELAGAVI – 590010, KARNATAKA, INDIA

Accredited 'A+' Grade by NAAC (3rd Cycle)

Place in Category 'A' by MHRD (GoI)

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Dated-11.3.2023

CIRCULAR

This is to inform all the students that, Capability Enhancement Scheme on **Health Behaviour and Sociology** program will be conducted for BPH, MPH, B.Sc. Nutrition & Dietetics, M.Sc. Nutrition & Dietetics and other students from 20th March 2023 in the Department of Public Health. All students are should be present for the classes as per the time table.

Principal

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Brief Report Capability Enhancement Scheme on Health Behaviour and Sociology

A course on Health Behaviour and Sociology was conducted in the Department of Public Health from 20th March 2023 to 29th April 2023.

Learning objectives:

- To understand what theory is and identify two key social and behavioral science theories relevant to public health interventions.
- To understand important theories and their key constructs that are often used in public health interventions
- To understand the nature of evidence about the relative effectiveness of theory-based interventions.
- To identify the most important considerations in choosing the right theory to address a health behavior problem in a particular population and context

This course was attended by BPH, MPH and Nutrition students of all batches. Around 100-115 students attended this course for six weeks. A pre-test was conducted to assess the students' baseline knowledge regarding Health Behaviour Theories. At the end of the course again a post-test was conducted to assess if there was any change in the level of knowledge. Only eighty students completed both pre and post-tests. Paired t-test was used to assess the increase in knowledge. It was observed that there was a significant increase in post-test scores as compared to the pre-test scores.

Paired Samples Statistics					
	Mean	N	Std. Deviation	Std. Error Mean	P Value
Pre test	4.10	80	1.946	.218	0.000
Post test	5.30	80	2.436	.272	



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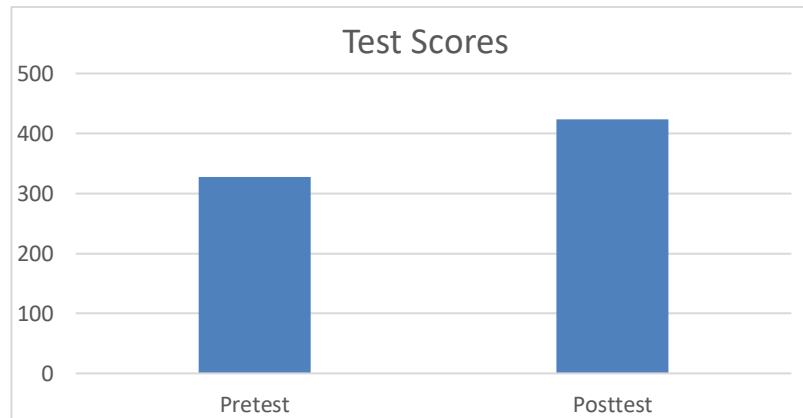
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Resource persons for this course were the faculty of Department of Public Health as well as Ph D Scholars.

Week 1– Dr Fatima Khazi introduced the topic to the students along with administering pre-test. The importance of Theoretical and Conceptual framework in research and the steps to build conceptual framework was discussed.

Week 2 – Dr Pooja Nilgar discussed the constructs of the Health Belief Model in detail and its application in predicting individual changes in health behaviours. The relationship between attitudes and behaviour within human action was demonstrated by **Dr Ashwini** while explaining the Theory of Reasoned Action.

Week 3 – Dr Nagraj elaborated how Social Cognitive Theory can be used to understand the influence of social determinants of health and a person's past experiences on behaviour change. **Dr Ashwini** summarised the six stages of behaviour change in Transtheoretical Model, while **Ms Shivani** inspired the students with theories of Motivation and Self-efficacy.

Week-4 – Dr Vikram talked about the role of motivation in peoples choices for adapting a healthy lifestyle while discussing Self-Determination Theory, while **Dr Annapurna** demonstrated steps of Motivational Interviewing which is counselling approach for eliciting behaviour change.



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Week 5 – Dr Nagraj took the topic ahead with theories of Goal -setting, and Self-regulation which are essential to manage ones own behaviour for attaining a healthy lifestyle. **Dr Rajashree** discussed that behaviour could be shaped through reinforcement and/or punishment while explaining Behaviour Modification Theory. Last lecture of the week was by **Dr Annapurna** on Elaboration Likelihood Model which suggests that people can be persuaded to change their attitudes.

Week 6 - Last week of the course had two lectures, one by **Dr Kashamma** on Cognitive Load Theory which refers to the amount of information our working memory can process at any given time, and other by **Dr Mubashir Angolkar** on PRECEED PROCEED Model used in planning, implementing and evaluating behaviour change programs.

Time table

Date	Day	Time	Topic	Resource Person
20-03-23	MONDAY	12-1 PM	INTRODUCTION AND PRE-TEST	Dr Fatima Khazi
25-03-23	SATURDAY	12-1 PM	BUILDING CONCEPTUAL FRAMEWORKS	Dr Fatima
27-03-23	MONDAY	12-1 PM	HEALTH BELIEF MODEL (HBM) - I	Dr Pooja
29-03-23	WEDNESDAY	12-1 PM	HEALTH BELIEF MODEL (HBM) - II	Dr Pooja
01-04-23	SATURDAY	12-1 PM	THEORY OF REASONED ACTION/ THEORY OF PLANNED BEHAVIOR	Dr Ashwini
03-04-23	MONDAY	12-1 PM	SOCIAL COGNITIVE THEORY (SCT)/ SELF-EFFICACY (SE)	Dr Nagaraj
05-04-23	WEDNESDAY	12-1 PM	TRANS THEORETICAL MODEL (TTM)	Dr Ashwini
08-04-23	SATURDAY	12-1 PM	MOTIVATION AND SELF-EFFICACY	Ms Shivani
10-04-23	MONDAY	12-1 PM	STRESS, COPING, AND SOCIAL SUPPORT	Ms Shivani
12-04-23	WEDNESDAY	12-1 PM	SELF-DETERMINATION THEORY (SDT)	Dr Vikram
15-04-23	SATURDAY	12-1 PM	MOTIVATIONAL INTERVIEWING	Dr Annapurna
17-04-23	MONDAY	12-1 PM	BEHAVIOR MODIFICATION	Dr Rajashree
19-04-23	WEDNESDAY	12-1 PM	GOAL SETTING, ATTRIBUTIONS, SELF-REGULATION	Dr Nagaraj
22-04-23	SATURDAY	12-1 PM	ELABORATION LIKELIHOOD MODEL	Dr Annapurna
24-04-23	MONDAY	12-1 PM	COGNITIVE LOAD THEORY	Mrs Kashamma
26-04-23	Wednesday	12-1 pm	Theory-Informed Interventions – PRECEED PROCEED Model	Dr Mubashir
29-04-23	Saturday	12-1 pm	Post -test	Dr Fatima



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Dated-11/03/2023

Health Behaviour and Sociology

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List of students who attended the Capability Enhancement Scheme on Health Behaviour and Sociology held from 20th March 2023 to 29th April 2023 in the Department of Public Health, KAHER J N Medical College, Belagavi.

Sr No.	Name of students
MPH Semester 2	
1.	Aishwarya Bhovi
2.	Amitkumar Araganji
3.	D.G.Ashish
4.	Darshan Patil
5.	Samiksha Singawale
6.	Kalmeshwar Revagoud
7.	MailarappaHooli
8.	Pranjal Juvekar
9.	Rajashree V Hosamani
10.	Ravindra Sarwade
11.	Sayali Shashikant Patil
12.	Sneha Lahorkar
13.	Zainab I Todewale
14.	Kamble Mrinal Sudhir
15.	Priyanka Patil
16.	Sherin Juditta S
17.	Zadbuke Shruti Suryakant
18.	Koppula Saritha
19.	Nidhi Mallapur
20.	Pushpa Honakamble
21.	Sarika Shirole
22.	Ahilam Ameerali Sayed
MPH Semester 4	
23.	Akash
24.	Birajdar Arti Shivaji
25.	Birari Yashraj Abhijit
26.	Josna Johnson
27.	M Sudha
28.	Muskan A Ghori
29.	Pednekar Anushree
30.	Preeti Lalasangi
31.	Ravi Kumar D K
32.	Swathi V



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33.	Desai Hemali Subhash
34.	Dilip Kc
35.	Melkey Stephen Bunyan
36.	Nadeem Khan Nagad
37.	Persara Lyne Gatphoh
38.	Poonam Kholiya
39.	Shrutika Munnayal
40.	Suhana Kolakar
41.	Suresh Somaly Chavan
42.	Usha Umesh Naik
BPH Semester 2	
43.	Arya Prafulla Kalkikar
44.	Ghanshyam Chaudhary
45.	Shirley Campos
BPH Semester 4	
46.	Ritika Tamang
47.	Nishtha Anand
48.	Samreen. Desai
49.	Abhilash Hallur
50.	Aishwarya Ujjainimath
51.	Farheen M Raibag
52.	Mallika N Rane
53.	Nikhil Badiger
54.	Vijayalaxmi
55.	Vanama Vanaja
56.	Naveen Malavalli
57.	Tejaswini Mohan Mayekar
BPH Semester 6	
58.	Madhura Gurudas Naik
59.	Nikita Gurudas Naik
60.	Nitish Ganvi
61.	Amit Miskin
62.	Likhita G Kalavdikar
63.	Nikhita Malasamudra
64.	Pallavi V Kalas
65.	Pavan Kumbar
66.	Praveen Kuligod
67.	Raghavendra Ramadurg
68.	Raveena Ulhas Naik



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69.	Seema A Risaldar
70.	Vinayak
M.Sc. Nutrition and Dietetics semester 2	
71.	Ameen Aksher
72.	Anagha Prakashan K
73.	Dhere Rutuja Ajit
74.	Kader Nihal
75.	Samruddhi Kakade
76.	Mohammed Rifad E
77.	Patil Hrigveda Jaysing
78.	Patil Kshitija Pramod
79.	Ponugupati Prasanna
80.	Vaishnavi S Tiwari
81.	Yugali Sawant
M.Sc. Nutrition and Dietetics semester 4	
82.	Aakangsha Shirgaonkar
83.	Aishwarya U Patil
84.	Ajmal T P
85.	Damala Percys
86.	Jamandlamudi Yoshitha
87.	Keerti Jadhav A
88.	Masurkar Purva Yashwant
89.	Patil Anushri Amar
90.	Shifas Asharaf
91.	Snehal Majukar
92.	Vishnu M G
B.Sc. Nutrition and Dietetics semester 2	
93.	Aishwarya Madival
94.	Karande Pranjali
95.	Mariyam A Khan
96.	Laxmi Raju Jadinavar
97.	Madhumati S Badanatti
98.	Meher Mirajannavar
99.	Rajeshwari G Mullur
100.	Reem Umar Mulla
101.	Shalesha G Chavan
102.	Srujana Mulagund
103.	Tanuja Sagar Shalgar
B.Sc. Nutrition and Dietetics semester 4	



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104.	Aparna Sushil Kumar Singh
105.	Qanita Sara
106.	Sakshi Rajendra Jadhav
107.	Sneha Hukkeri
108.	Suhana Peerzade
109.	Uzama Tolgi
110.	Vijaygouri Uday Honagekar
111.	Vinayak Narasingshetti
112.	Kamaljeet Kour Gujral
113.	Anushree
BPH Semester 3	
114.	Musratt Mahemudbeg Inamdar

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