



COMMUNITY MEDICINE
STUDY GUIDE
MBBS YEAR IV
2020-2021



BAQAI MEDICAL COLLEGE
BAQAI MEDICAL UNIVERSITY

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VISION & MISSION

BAQAI MEDICAL UNIVERSITY VISION STATEMENT:

Baqai Medical University is a community based and community-oriented center of excellence striving to mold students to become competent and caring health professionals, groomed to be social leaders capable of improving health, education and socioeconomic well-being locally, nationally and globally.

BAQAI MEDICAL UNIVERSITY MISSION STATEMENT:

The mission of Baqai Medical College is to be recognized as a center of excellence in education, research, patient care and community services by producing highly capable and knowledgeable professionals

BAQAI MEDICAL COLLEGE VISION STATEMENT:

Our vision is to enhance the access and excellence in medical education and research, with the aim of capacity building of students and faculty through innovations, and science and technology competencies, to achieve rapid and sustainable health. The medical graduate thus produced will be informed and trained enough to serve the community better, and to be advisor to the national and international health organizations.

BAQAI MEDICAL COLLEGE MISSION STATEMENT:

The mission of the Baqai medical college is to produce medical graduates, who are accomplished individuals and have skills for problem solving, clinical judgment, research & leadership for medical practice at the international level and are also aware of the health problems of the less privileged rural and urban population of Pakistan.

OUTCOMES OF THE MBBS PROGRAM

The Baqai University graduate of the MBBS program will be able to:

1. Utilize knowledge of basic and clinical sciences for patient care.
2. Take Focused history, perform physical examination, formulate a diagnosis and management plan for common health problems.
3. Require professional behaviors that embodies lifelong learning, altruism, empathy and cultural sensitivity in provision health care service.
4. Identify problems, critically review literature, conduct research and disseminate knowledge
5. Lead other team members as per situational needs for quality health service.
6. Apply evidence-based practices for protecting, maintaining and promoting the health of individuals, families and community.

POLICIES AND PROCEDURES

Code of Conduct and Maintenance of Discipline of Students Regulations
Under section 25(e) BMU Act.1996

All University students shall be under the full disciplinary control of the University. No students shall be allowed to participate in politics. The action against the act of indiscipline shall include fines, debarring from attending class and cancellation of admission, depending on the gravity of indiscipline.

The following shall constitute acts of indiscipline for which action may be taken against the student or students:

- (a) Breach of any rule public morals, such as:
 - Use of indecent or filthy language;
 - Use of immodest dress:
 - Use of undesirable remarks or gestures; and
 - Disorderly behavior, such as shouting, abusing, quarrelling, fighting and insolence.
- (b) Defiance of authority
- (c) Action, defamatory of and derogatory to Islam
- (d) Immorality
- (e) Being found under the effect of an intoxicant or misuse of drugs including marijuana, LSD dope and other opioids.
- (f) False personation or giving false information or willful suppression of information, cheating or deceiving.
- (g) Inciting or staging a walk-out, a strike or an unauthorized procession.
- (h) Shouting of slogans derogatory to the prestige of the University or the reputation of its officers or teachers.
- (i) Visiting without a pass places which are not to be visited without a pass.
- (j) Visiting places declared out of bounds for students

Every student must carry his / her Identity Card which will be open to examination and will be demanded at the time of entrance to the various University Faculties and functions.

No. student will be admitted to the facilities of the library, transport or the canteen unless he /she is in possession of the Identity Card

INTRODUCTION OF COMMUNITY MEDICINE

A technical discussion group of WHO defined Community Medicine as:

“a system of delivery of comprehensive health care to the people by health team in order to improve the health of the community”.

According to Lambo (DHS, WHO, Geneva) Community medicine is defined as: the art and science of application of technical knowledge and skills to the delivery of health care to a given community, designed in collaboration with related professions as well as human and social sciences on the one hand, and community on the other.

The Community Medicine is prepared in such a way as to prepare the students to become community-oriented and thereby contributing effectively to the health care system of Pakistan. It is taught in first four years of MBBS course. It includes the study and application of a wide range of social sciences, concepts of health economics, human behavior, socio-anthropology and social determinants of health and disease.

The study of epidemiology, demography and biostatistics is also introduced at appropriate stages. Special emphasis is given to the planning and management of primary health care system and students are also involved in field work under the guidance and supervision of trained staff.

Opportunities are also given to the students to become familiar with the socio-economic and health conditions of KatchiAbadis, substandard urban centers which form about 45% of Karachi's population, besides introducing them to the rural areas of Sindh and other under developed areas of Pakistan.

Through visits and surveys students are able to come in direct contact with people of these under privileged areas and are able to study in depth the structure and dynamics of communities, their socio cultural and economic stains and their impact on the health of the children, and women, thereby developing a relationship of trust and mutual learning with members of the community so that the development programs are planned and implemented jointly with them. This would lead to self-reliance in the community.

INTRODUCTION OF FACULTY OF COMMUNITY MEDICINE

S.N O	NAME	DESIGNATION
01	Prof.Dr. Syed Imtiaz Ahmed Jafry	Professor /H.O.D
02	Prof.Dr. NaziaJameel	Professor
03	Dr. Syed Nauman Raza	Assistant Professor
04	Dr. S. M. Zulfiqar Hyder Naqvi	Assistant Professor
05	Dr. Munir Ahmed Shaikh	Assistant Professor
06	Dr. AyshaZahidie	Assistant Professor
06	Dr. Muneer Ahmed	Lecturer
07	Mr. Sarim Zafar	Manager MPH Programme/ Focal Person

MEMBERS OF THE MODULAR COMMITTEE

S.N O	NAM E	DESIGNATION	EMAIL ADDRESS
01	Prof. Dr. Syed Imtiaz Ahmed Jafry	Professor /H.O.D	drimtiazjafry@baqai.edu.pk
02	Prof. Dr. NaziaJameel	Professor	drnaziajameel@baqai.edu.pk
03	Dr. Syed Nauman Raza	Assistant Professor	naumanraza@baqai.edu.pk
04	Dr. S. M. Zulfiqar Hyder Naqvi	Assistant Professor	zulfiqarnaqvi@baqai.edu.pk
05	Dr. MunirAhmedShaikh	Assistant Professor	munirshaikh@baqai.edu.pk
06	Dr. AyshaZahidie	Assistant Professor	ayshazahidie@outlook.com

06	Dr. Muneer Ahmed	Lecturer	muneerahmed@baqai.edu.pk
07	Mr. Sarim Zafar	Manager MPH Programme/ Focal Person	manager.mph@baqai.edu.pk

INTRODUCTION TO THE MODULE

1st Module of 4thYEAR MBBS

1. Concepts of Health and Disease
2. Environmental Health Sciences
3. Introduction to Public Health and Health Systems in Pakistan
4. Information, Education and Communication (IEC)
5. Field Visits

2ND Module of 4thYEAR MBBS

1. Biostatistics
2. Communicable Diseases
3. Non-Communicable Diseases
4. General Epidemiology and Research Methodology

3rd Module of 4thYEAR MBBS

1. Food and Nutrition
2. Parasitology and Entomology
3. Medical Ethics
4. Occupational Health

4TH Module of 4thYEAR MBBS

1. Behavioral Sciences and Lifestyle
2. Reproductive Health
3. Demography
4. Arthropods and their Public importance
5. Prevention and control of parasites diseases of Public Health
6. Snake Bite
7. Disaster Management
8. Mental Health

STUDENTS BATCH WISE DISTRIBUTION
LIST OF CLINICAL GROUPS OF 4TH YEAR MBBS

LIST OF GROUPS

S. No	Group	Total No. of Students
1	A	12
2	B	11
3	C	12
4	D	12
5	E	12
6	F	12
7	G	12
8	H	12
9	I	08

LECTURE BASED LEARNING OBJECTIVES

1st to 4th Module of 4th YEAR MBBS

COMMUNITY MEDICINE 2020-2021

Concepts of Health and Disease

COMM LEC 01

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Define the different concept of health and diseases with complete accuracy
- Describe the level of preventions needed in the community
- Summarize the iceberg phenomenon in terms of epidemiology and its relevance to natural history of disease and disease surveillance

COMM LEC 02

At the end of the 2.5 hours lecture the 4th Year MBBS student will be able to;

- Differentiate between disease eradication and disease elimination
- Discuss concept of causation including the ecology triad (agent, host and environment separately)

COMM LEC 03

At the end of the 45 minutes lecture the 4th Year MBBS student will be able to;

- Discuss the difference of clinical medicine and community medicine
- Describe the McKeown's concept
- Briefly describe qualities of five-star doctor

Environmental Health Sciences

COMM LEC 04

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

- Define environment
- Understand the types of environment
- Explain sources of water

COMM LEC 05

At the end of the 2.5 hours lecturer the 4th year MBBS student should be able to: -

- Discuss the importance of potable water
- Discuss the importance of purification of water
- Explain the diseases related to water impurities
- Prevention regarding water related diseases

COMM LECT 06

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

- Describe the importance of air pollution and impact of polluted air on human health
- Distinguish between climate and weather
- Discuss greenhouse effect and depletion of ozone layer

COMM LECT 07

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

- Recognize the hazard of radiations and its control measures
- Describe noise pollution and its control methods
- Healthy housing

COMM LECT 08

At the end of the 2.5 hours lecturer the 4th year MBBS student should be able to: -

- Distinguish between urban, slum and rural housing
- Discuss the problems of urban, rural and slum housing
- Define waste and its types
- Discuss waste disposal

COMM LECT 09

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

- Distinguish between sewage and sullage
- Explain the methods of excreta disposal

COMM LECT 10

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

- Define public health as per given standards
- Summarize the development of public health in a global context

COMM LECT 11

At the end of the 2.5 hours lecturer the 4th year MBBS student should be able to

- Correlate the philosophy of "Health for all" in the context of primary health care with the health system of Pakistan
- Compare the role of central, provisional and district government in district health care system
- Analyze the role of physician as health manager in Pakistan and globally

COMM LECT 12

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to

- Discuss the components of Primary Health Care

COMM LECT 13

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

- Discuss with them Field visit regarding Primary Health Care

FV 01

2.5 hours FIELD VISIT Radho Goth

At the end of the Field Visit the 4th year MBBS student should be able to:

- Learn how to evaluate a plan with the help of components of primary health center to open a PHC center in the community.

COMM LECT 14

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to

- Discuss the primary health care elements
- Discuss the primary health care indicators
- Define primary health concept

COMM LECT 15

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

- Discuss with them Field visit regarding Primary Health Care

FV 02

2.5 hours FIELD VISIT Radho Goth

At the end of the Field Visit the 4th year MBBS student should be able to:

- Learn how to evaluate a plan with the help of components of primary health center to open a PHC center in the community.

COMM LECT 16

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to

- Discuss the primary health care elements
- Discuss the primary health care indicators
- Define primary health concept

INFORMATION, EDUCATION AND COMMUNICATION (IEC)

COMM LECT 17

At the end of the 45-minute lecture the 4th Year MBBS student will be able to:

- Understand the concept of health education and the key principle of health education.

COMM LECT 18

At the end of the 2.5 hours lecture the 4th Year MBBS student will be able to:

- Understand the concept of health education and the key principle of health education

COMM LECT 19

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Identify the barrier in communication regarding health promotions

COMM LECT 20

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Identify the barrier in communication regarding health promotions

COMM LECT 21

At the end of the 2.5 hour lecture the 4th Year MBBS student will be able to;

- Discuss different approaches used in public health including social marketing

COMM LECT 22

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Describe the evaluation of a health education programme

BIOSTATISTICS

COMM LEC 23

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Able to understand the role of data and its type
- Able to recognize the difference between mean of central tendency and mean of dispersion
- Understand how to measure the central tendency

COMM LEC 24

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Understand the mean of dispersion
- Able to criticize the tools of biostatistics in their study.
- Able to do perform sampling scientific calculation
- Students are able to convert data into information and use information in the existing health system.

COMM LEC 25

At the end of the 2.5 hours lecture the 4th Year MBBS student will be able to;

- Define the measures of central tendency
- Define the measures of dispersion
- Describe the normal distribution

COMM LEC 26

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Define basic concepts and uses of biostatistics
- Define the data and its types
- Explain the rates, ratios and proportions

COMM LEC 27

At the end of the 45 minutes lecturer the 4th year MBBS student should be able to: -

COMM LEC 28

At the end of the 2.5 hours lecture the 4th Year MBBS student will be able to;

- Explain the methods of data presentation (tables, graphs and diagram)
- Describe the interpretation of data
- (t-test and Chi-square test)

COMM LECT 29

At the end of the 45-minute lecture the 4th Year MBBS student will be able to;

- Describe the sources of health-related statistics
- Define health management information system

COMM LECT 30

By the end of this lecture, the students will be able to:

- Define communicable diseases along with other important definitions associated with communicable diseases
- Discuss common communicable diseases in Pakistan
- Briefly describe burden of communicable diseases globally and nation-wide

COMM LECT 31

By the end of lecture, the students should be able to:

- Define terms related to non-communicable diseases: Risk factor, iceberg phenomenon, levels of prevention, web causation

COMM LECT 32

By the end of this lecture, the students will be able to:

- Discuss the mechanism and modes of transmission of communicable diseases including the environmental factors
- Explain the continuous or vicious cycle of communicable diseases

COMM LECT 33

By the end of lecture, the students should be able to:

- Differentiate between communicable and non-communicable diseases

COMM LECT 34

By the end of lecture, the students should be able to:

- Basic concepts and uses of biostatistics
- Define the data and its types
- Explain the rates, ratios and proportions
- Define crude, specific and standardized rates
- Describe sampling, its purpose and methods

COMM LECT 35

By the end of this lecture, the students will be able to:

- Describe the general measures for prevention and control of communicable diseases
- Differentiate the concept of disease eradication and disease elimination
- Describe briefly other methods of prevention of diseases

COMM LECT 36

By the end of lecture, the students should be able to:

- Define measures of central tendency and variability
- Explain the vital events of Pakistan

COMM LECT 37

By the end of lecture, the students should be able to:

- Discuss sustainable development goals

COMM LECT 38

By the end of this lecture, the students will be able to:

- Define immunization and its types
- Discuss briefly the launching of EPI in Pakistan
- Discuss those communicable diseases which are included in the EPI schedule

COMM LECT 39

By the end of lecture, the students should be able to:

- Discuss the public health aspect and importance of diabetes mellitus, stroke, heart disease in particularly in Pakistanicontext

COMM LECT 40

By the end of lecture, the student should be able to:

- Enlistmajordiseases that are not included in EPI schedule but are prevalent worldwide
- Understand the burden of these diseases globally and nationwide
- Discuss the clinical features and prevention of these diseases

COMM LECT 41

By the end of lecture, the students should be able to:

- Summarize communicable diseases with their burden
- Discuss the recent Covid-19 pandemic and prevention
- To assess the students' progress, a short quiz will be given to the students.

COMM LECT 42

By the end of this lecture, the students will be able to:

- Describe epidemiological transition, screening for disease, community diagnosis
- Define basic concepts and uses of epidemiology
- Explain the concepts of morbidity, mortality, disability and fatality

COMM LECT 43

By the end of lecture, the students should be able to:

- Appraise criteria for a research topic selection
- Explain how to formulate a research hypothesis

COMM LECT 44

By the end of this lecture, the students will be able to:

- Describe epidemiological study designs
- Explain the differences between various study designs
- Identify the study design suitable in a given scenario

COMM LECT 45

By the end of this lecture, the students will be able to:

- Define probability and non-probability sampling techniques
- Describe different types of qualitative studies and their data collection methods
-

COMM LECT 46

By the end of this lecture, the students will be able to:

- Define the structure of a synopsis or proposal
- Describe different sections of a synopsis or proposal

COMM LECT 47

By the end of this lecture, the students will be able to:

- Describe the concepts of association and causation
- Explain the criteria for establishing a causal association

COMM LECT 48

By the end of lecture, the students should be able to:

- Define nutrition, nutrients, food and diet
- Discuss the classification of nutrients
- Discuss macronutrients and micronutrients

COMM LECT 49

By the end of this lecture, the students will be able to:

- Define the basic definitions related to Parasitology &Entomology.
- Classify the parasites and the names of arthropods of medicalimportant.

COMM LECT 50

By the end of lecture, the students should be able to:

- Describe the functions of important nutrients
- Explain the daily requirements of the nutrients in different age groups
- What is a balanced diet?

COMM LECT 51

By the end of lecture, the students should be able to:

- Execute how to take preventive measures to control the different parasitic diseases.
- Study the life-cycles of different parasites.

COMM LECT 52

By the end of this lecture, the students will be able to:

- Discuss the role of fiber in diet
 - Describe malnutrition along with its types and causes
 - Prevention and control of malnutrition

COMM LECT 53

By the end of lecture, the students should be able to:

- Describe the epidemiology including the morphology, breeding, places, mode of causing and spreading disease and growth of arthropods of medical importance

COMM LECT 54

By the end of lecture, the student should be able to:

- Common nutritional problems of Pakistan
- Brief discussion about nutritional problems globally
- Define food hygiene, pasteurization, fortification and preservation

COMM LECT 55

By the end of lecture, the students should be able to:

- Understand the importance of notification of diseases.
- Understand the concept of surveillance of parasitic diseases.
- Demonstrate feasible methods/latest strategic to control the parasitic diseases.

COMM LECT 56

By the end of lecture, the student should be able to:

- Describe food poisoning along with its types
- Revision of Nutrition + short quiz

COMM LECT 57

By the end of lecture, the students should be able to:

- Formulate methods for the control of parasitic diseases at household & community level.
- Focus on the sources of deleterious health effects from the different parasites.

COMM LECT 58

By the end of lecture, the student should be able to:

- Define informed consent, privacy and confidentiality and truth telling
- Describe the concept of euthanasia
- Explain medical error and conflict of interests

COMM LECT 59

By the end of lecture, the students should be able to:

- Discuss the concepts of use of patients for education and training, end of life issues and organ donation

COMM LECT 60

By the end of lecture, the student should be able to:

- Define historical background and origins of common ethical guidelines
- Describe the codes of medical ethics
- Explain the main principles of human subject research
- Summarize the ethical review process

COMM LECT 61

By the end of lecture, the students should be able to:

- Define plagiarism and scientific misconduct
- Describe the concept of intellectual property
- Explain the authorship criteria for scientific journals

COMM LECT 62

By the end of lecture, the student should be able to:

- understand concept of occupational health and its function
- differentiate among different occupational health practices

COMM LECT 63

By the end of lecture, the students should be able to:

- define and comprehend the terms related to reproductive health
- discuss the health indicators of Pakistan

COMM LECT 64

By the end of lecture, the student should be able to:

- recognize occupation hazards and its control measures
- appreciate health insurance, social security schemes.

COMM LECT 65

By the end of this lecture students should be able to:

Define Ergonomics, Goals of Ergonomics

Explain hierarchy of Control

Describe Occupational Hazards Control, risk, prevention and Control

COMM LECT 66

By the end of lecture, the students should be able to:

Enumerate the components of safe motherhood.

Discuss in detail the antenatal care and family planning.

COMM LECT 67

By the end of lecture, the student should be able to:

Recognize and explain identification techniques

Explain Risk Assessment

ASSESSMENT

Short Question

MCQs

OSPE

- **Marks distribution**

- Annual 150 marks
- Module 150 marks
- 300 Marks
 - 75 Marks for MCQ'Ss +SEQ'S
 - 75 Marks for OSPE'S
 - **Each module Marks= 37.5**
 - **Each Module divided into:**
 - **A) Theory 18.75 marks**
 - **20 MCQs = 12.5 marks**
 - **4 Seqs = 6.25 marks**

B) OSPE'S = 18.75 MARKS

Total 4 stations and each station marks = 4.68

Each module will have 20 MCQs, 4 SEQ's, 4 OSPE'S and one Field Visit

REFERENCE BOOKS

IlyasM, Public Health & Community Medicine, 7th Edition, Karachi, Pakistan, Time Publisher, 2007

Maxcy- Rosenau-Last, Public Health & Preventive Medicine, 13th Edition, USA, Prentice-Hall International Inc, 1992

K. Park, Preventive and Social Medicine, 20th Edition, Jabalpur (India), M/s BanarsidasBhanot, Publisher, 2009.

CONTACT HOURS DISTRIBUTION

Total 02 lectures of 1 hour duration in a week.

Total Weeks : 36

Total Teaching Hours: $36 \times 2 = 72$ hours

Practicals / Visits / Project $36 \times 3 = 108$ hours

Total contact hours = 180 hours

PMC Required = 170 hours

Extra / Deficiency = 10 extra hours