

Title: OTC- MGA

(Over The Counter- Medicine Guide & Awareness)

Primary Health Care Education Module

Conduct by: Public Swsatha Mitra Medicine Council

Introduction:

Our country is home to a vast population, and the Hon'ble Government has been playing a pivotal role in strengthening and advancing the healthcare system to ensure quality services for every citizen. Despite these commendable efforts, OTC (Over-the-Counter) medicines are widely used across India, especially in rural and semi-urban communities, often without proper knowledge or guidance. This unregulated usage leads to health risks, improper dosage, delayed professional care, and growing dependency on self-medication.

To address this gap, this primary health education module titled “OTC Medicine Guide & Awareness ” has been designed to empower individuals with fundamental knowledge of common OTC medicines, primary healthcare awareness and basic first-aid practices, and emergency health response techniques. The course covers structured modules based on NSQF Level 5 standards and includes a blended learning model: 4 theory semesters (1500 hours) and 1 internship semester (300 hours).

The goal of this initiative is to create a new cadre of trained community-based health guides who can provide safe health suggestions, guide patients toward appropriate care, and support public health awareness at the grassroots level. This course is especially relevant for aspirants from underserved areas who are passionate about healthcare and community service.

Through this initiative, the primary health education module aims to reduce health risk, promote timely care-seeking, and strengthen the grassroots health infrastructure of the nation.

After completing this education, a special guideline-based notepad has been designed for literate individuals. Through this, they will be able to guide people with

proper suggestions and raise awareness regarding health-related issues in their communities.

By using this notepad, each trained individual can confidently present themselves as a "Swastha Mitra"(Health Guide) and actively contribute to social welfare and development through dedicated public service.

- COURSE TITLE: OTC-MGA – Over-The-Counter Medicine Guide and Awareness
- BASED ON NSQF LEVEL: 5
- DURATION: 1800 Hours (Maximum 2 Year 6 Month)
- Theory: 4 Semesters 1500 Hours
- Practical Internship: 300 Hours
- ELIGIBILITY:
- Minimum Qualification: 10+2 (Higher Secondary)
- Age: 18 years and above
- Interest in public health, healthcare support, and social service

Semester-Wise Curriculum Structure:

◆ Semester 1: Foundations of Community Health & Basic Sciences

- Introduction to Public & Community Health
- Healthcare System in India (PHC, CHC, Ayushman Bharat, NHM etc.)
- Introduction to Over-the-Counter (OTC) Medicines
- Role of Community Health Guide

- Basic First Aid & Home Care
- Human Body (Anatomy – I) & Common Illnesses
- Basic Human Physiology – I
- Hygiene, Sanitation & Preventive Health

◆ Semester 2: Applied Human Health & OTC Awareness

- Human Basic Anatomy – II
- Human Basic Physiology – II
- OTC Drug Classification & Safe Usage
- Pharmacy Basics (Dosage, Storage, Expiry, Label Reading)
- Health Education Methods
- Nutrition, Maternal & Child Health
- Introduction to Referral System in Primary Healthcare
- Communication & Counselling Skills

◆ Semester 3: Disease Management & Referral Protocols

- Guidance & Awareness for Common Illness (Fever, Cold, Pain, Diarrhea, etc)
- Handling Seasonal Diseases & Epidemics
- Drug Interaction, Contraindication, Misuse & Safety Guidelines
- Guidelines for Referral – When, Why & Where to Refer
- Health Record-Keeping & Referral Slip Writing
- Case Study: Identifying Serious Conditions Needing Referral

- Basic Documentation & Referral Process

◆ Semester 4: Public Systems, Digital Health & Preparation

- Legal & Ethical Boundaries of OTC Guidance
- Health Programs (NHM, ABDM, RBSK etc.)
- Telehealth & Digital Health Tools
- Entrepreneurship in Health (Health Guide Point / Kiosk)
- Project Planning for Internship
- Mock Patient Interaction with Referral Slip Writing & Tracking Practice
- Health guide notepad use guideline and Referral protocols
- Final Theory Exam



Semester 5: Practical Internship

- Community Health Camp Participation
- Work with Local Pharmacy / Clinic/ Hospital under supervision
- Door-to-Door Awareness + Referral Identification
- Reporting, Referral & Feedback to Medical Professionals
- Internship Report (Minimum 10 Successful Referrals)
- Final Viva & Project Presentation