



Primary Health Care in Jamkhed, India

Prospective Student Information

Nossal Institute
for Global Health



THE UNIVERSITY OF
MELBOURNE

2025 COURSE: 16 November – 6 December

Primary Health Care in Jamkhed, India is a collaboration between the **Nossal Institute for Global Health** at the University of Melbourne and the Jamkhed **Comprehensive Rural Health Project** (CRHP). The CRHP in Jamkhed has, for many years, trained health professionals in primary health care and rural development, based on their experience in this area of Maharashtra for almost 40 years.

The **CRHP** has been an internationally recognised best practice model of comprehensive primary health care since the mid-1970s, and one of the models which formed the basis for WHO's landmark Alma Ata Declaration on Primary Health Care in 1978. CRHP pioneered or developed many of the approaches which are now standard in community-based health care programs around the world. Empowerment of women, the potential for economic independence in a drought ridden area, the change in health indices of women and children, and the reduction of stigma attached to leprosy and HIV are just a few of the remarkable achievements of CRHP's community-based approach in Jamkhed.

The Nossal Institute for Global Health is the University of Melbourne's global health institute housed within the School of Population and Global Health, Faculty of Medicine Dentistry and Health Sciences. The Nossal Institute is committed to making a difference to global health practice, learning, and research. It has a combined focus on development assistance, research, and teaching. Through capacity building and partnership, the Nossal Institute works internationally across South and Southeast Asia, southern Africa, and the Pacific to address global health challenges in regions where public health needs are greatest. The Nossal Institute began their partnership with CRHP in 2002 with the first Primary Health Care course held in January 2003. Since then, over 550 participants have completed the course. For many it has been a profound immersion experience and has gone on to influence their practice of public health in diverse ways.

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Jamkhed and the CRHP Campus

The small town of Jamkhed is in an arid, rural area in the heart of Maharashtra state, India. It is approximately five hours drive east of Pune, and nine hours drive east of Mumbai. The CRHP campus is based on the outskirts of Jamkhed, but the program involves villages in a wide area in the surrounding districts. As a participatory primary health care and development program, almost all of the activity



of the program is in the villages, but there is a small secondary hospital on campus, along with a large training centre used for program staff and to train the increasing number of national and international visitors who come to learn from this world-renowned model including the travelling cohort from the Nossal Institute.

The area is relatively resource poor with most people being subsistence farmers or growers of small cash crops, although the effects of India's rapid urbanisation and industrialisation can be seen in the slums outside Jamkhed, and the factories being built nearby. Jamkhed provides a good snapshot of the complex and paradoxical context of India (and many other rapidly developing nations) and the resulting challenges for implementing effective health and development programs.

About the course

This is a three-week experiential course. While a timetable is collaboratively developed by Nossal Institute and CRHP staff ahead of arrival, teaching is dynamic and responsive to the context of an active primary healthcare program. Generally, each teaching day starts at 9.00am in the morning with either a reflection session or travel to site, followed by tutorials, group tasks, and talks on site or in the training centre classroom. Morning teaching sessions run until lunchtime and include a tea break, with afternoon classes usually running between 3.00-5.00pm. Teaching involves a mix of classroom exercises, field observations, and interviews. Each session is overseen by people who have a long-term commitment to the vision and development of CRHP Jamkhed, and primarily delivered by community and Mobile Health Team staff.

Each week there are field trips where students observe community programs in the surrounding villages.

Feedback from past students

“The most mind opening experience, both personally and professionally”

“A wonderful subject highlighting the practical application of primary health care”

“It has been a great privilege to observe a PHC program in action that actually makes a difference”

Topics covered during the course include:

- Primary health care (PHC) – history of PHC approaches including trends in popularity, CRHP’s implementation of PHC in their program, and applying PHC in other settings and populations.
- Village health workers – their selection, training, ongoing support, value of their role, and function within the health systems.
- Community groups - the integral role of women’s groups and farmers’ groups, how communities are engaged and become involved and participate in programs.
- Gender issues – the way CRHP have tackled gender inequity and worked to empower women and stimulate supportive environments.
- Broader development issues – water and sanitation, income generation, watershed development: all have strong links to health and are part of the model at Jamkhed.
- Project cycle and project development – part of the course also looks at applying skills that are required for those working in global health program implementation in low- and middle-income contexts.

There are often visitors to CRHP with expertise or special activities taking place that you would be involved in, and the timetable will be changed to accommodate. This can be frustrating for some students but reflects the **need for flexibility** in these learning environments to make the most of opportunities as they present.

There will be Nossal Institute staff in addition to the CRHP teaching staff available throughout the course. They will assist in the teaching of some topics, deliver others, guide reflective sessions, and provide support while you are there. There is a small library on the CRHP campus that contains materials relevant to community-based development, and fairly reliable Wi-Fi access.

All participants (even those taking the course without academic credit) will be required to participate in a small group project culminating in a presentation delivered to your fellow students. This group project entails development of a project plan for a given scenario and application of primary health care principles learned from CRHP to different global contexts.



In the middle of the course, you will travel to Aurangabad for a touch of respite, and have the opportunity to visit Daulatabad Fort and the World Heritage listed Ellora caves.

All participants receive a certificate on completion of the course, awarded by the Jamkhed Institute.

Facilities

Accommodation

Participants stay in dormitory style shared rooms with attached bathroom. The furnishings are simple- a bed, a table, and fan. There is electricity and boiler style hot water (inconsistently) in each bathroom. The power has been known to cut in and out which can cause disruptions (e.g. to Wi-Fi, hot water, lighting etc.), but is usually a priority for facility staff to rectify

Meals

Meals are taken together with anyone staying on campus and are mostly simple Indian dishes (rice/chapatis, lentils and vegetable curries), with occasional European dishes and meat curries. Most food is lightly to moderately spiced. CRHP can cater for vegetarians, those with halal or Hindu dietary requirements, and (to a limited extent) some food allergies. Food is hygienically prepared and nutritious. Fruit is often provided, and safe drinking water is always available. It is easy to buy snacks/soft drinks etc. when in Jamkhed town.

Communication

Wi-Fi is available for students and the internet is generally reliable on the CRHP compound but may not always be fast enough to stream or download, particularly at peak times.

There is mobile phone coverage in Jamkhed. Local Airtel and Vodafone SIM cards work well in the Jamkhed area and must be purchased in Mumbai or Pune prior to arrival, best to purchase a local sim card at your Indian airport of arrival. International global roaming on mobile phones also works in the area. There is also a public phone booth for international calls at the gate to the Jamkhed compound. Incoming calls can be received at the Jamkhed office and transferred to the training institute for urgent situations.

Recreation

There are activities available at the institute and you can arrange to watch videos/DVDs in the evenings. You can travel to shops (subject to CRHP security advice), or to a lake 20 minutes walk from the compound, and if you don't mind being followed by some children or barked at by the occasional dog, you can go jogging in the mornings. Many students like to do yoga/stretches on the roof of the institute as the sun is setting or rising; this is a great way to finish and/or start the day – and is usually organised and led by the students.

Application

Whether applying for a short course or for academic credit, you must complete the online form found on the [Nossal Institute website](#). We will confirm your acceptance (or wait list* place) within five business days of your application and direct you to pay the **AUD\$250 deposit** by **27 June**. The maximum number in the course is 30 students, and admission is

*After the first 30 applicants in case of late withdrawals, you may be contacted with an offer at any time before October.

on a 'first come, first served' basis. The payment balance (AUD\$3400) is due **20 September 2025**.

Formal enrolment

Participants can enrol in the course for academic credit as part of a UoM degree program, as a short course, or unassessed. (NB: you may not enrol until you have been accepted as a participant by the Nossal Institute through the application process).

- Enrolling in the subject POPH90137 "Primary Health Care in Jamkhed, India" as part of an eligible graduate program at the University of Melbourne.
- Cross-institutional enrolment in the subject from a graduate program at another Australian university
- Enrolment through the University of Melbourne's Community Access Program, which is available only to those not enrolled in a degree program, allows participants to study one-off subjects, and offers both for and not-for credit options.

All students seeking academic credit should take responsibility for ensuring that this subject is eligible for credit in their degree course and institution. In all cases, the Melbourne School of Population and Global Health of the University of Melbourne enrolment guidelines have to be followed. For queries about enrolment issues please contact the Academic Programs Officer at sph-gradinfo@unimelb.edu.au For students taking the course for academic credit, assessment will be based on:

- Group participation and presentation during the course (10%)
- Group presentation of a project proposal (20 minutes) (10%)
- A 1000 word written reflection piece due three weeks after the course ends (20%)
- An essay of 3000 words (60%), to be submitted approximately two months after the course is completed.

Costs

There are 3 different sets of costs, which must all be paid.

1. The in-country component fee paid directly to the Nossal Institute (AUD\$3650 per student^{**†}) which covers:
 - All accommodation and meals at CRHP
 - Return group transfers to/from Jamkhed:
 - Pune (approx 6hrs)
 - Village and site visits
 - Aurangabad (approx 6hrs)
 - Nossal Institute staff and administration costs not related to teaching including access to support 24 hrs per day in-country and at home
 - Accommodation in Aurangabad

[†]This fee is correct as at 30 April 2025 and subject to final confirmation in liaison with CRHP. No or very minor variations are anticipated.

2. The University of Melbourne tuition fee for this 12.5 credit point graduate subject.

This covers the education and teaching related costs generally associated with all subjects. The Nossal Institute cannot provide advice on these fees. Please refer to the University's policy on fees for more information. Also note that cross-institutional students are responsible for any additional fees their own university may impose. Please also be aware that **many scholarships do not cover the tuition or in-country component fees** associated with courses like this. If you are a scholarship or international student, please check with your scholarship office as to what, if any, financial costs they will cover.

3. Additional travel costs which participants need to cover themselves, including:

- passport
- Indian visa fees (see section on Travel below)
- airfares
- travel insurance (in addition to the free university student travel insurance)
- any medical preparation
- local transport costs outside of course, or travel for personal reasons during course
- Aurangabad lunch and dinner costs, and entrance fees for cultural sites
- Indian sim card if you choose not to use global roaming services

Please see your institution's scholarships and travel websites for more information on travel scholarships that may be available. We do not administer or offer any scholarships directly so you will need to research this yourself.

Travel

Please do not apply for a visa or book flights until your place is confirmed and deposit is taken. You will need to apply for your Indian visa in advance of travel, but **please do not apply for a visa** until course coordinators have provided specific instructions about the visa type, process and the information you need to complete the application, as an incorrect application may lead to rejection and inability to reapply. Visa wait times may be much longer (or you may not be granted a visa at all) if you or your parents had citizenship in certain countries other than Australia, including those who:

- had previous Pakistani citizenship, or who have a parent or grandparent who was a Pakistani citizen (even if all family members are no longer Pakistani citizens)
- have current Chinese, Afghan, Bangladeshi, Iranian, Iraqi or Syrian citizenship (among other citizenships - this varies over time according to diplomatic relations with India)

If any of the above applies to you, please consult government of India guidelines for tourist visas before submitting an application. The website of the Indian consulate/high commission in the country of your citizenship will have the most accurate information. Please see the [Indian visa website](#) for details as soon as possible. Most people will be eligible for the e-visa (tourist) and can apply online. **Do not apply for a student visa**, as you are registered students of an Australian (not Indian) institution.

Getting There

A bus from CRHP will meet students in **Pune** around midday (specific time and place TBC) of the first day (**Sunday 16 November**) and transport them to Jamkhed (180kms/6 hrs away). Students will be returned by bus to Pune by mid-afternoon on the day of the course end (**Saturday 6 December**).

Students should plan their travel to arrive in Pune no later than 10am on the first day of the course. To account for typical delays, many prefer to arrive by the night before.

You can get to Pune by bus, train, or plane from Mumbai. Bus/car from Mumbai is the most reliable route but also the least safe. Morning trains and planes into Pune are often delayed. Mumbai is the closest international airport to Pune. Airfares vary significantly depending on carrier, and how far in advance you book. Common flight routes from Melbourne to Pune come via Delhi (Indira Gandhi), Bengaluru (Bangalore), or Chennai.

Travel by train within India can be booked from Australia but should be booked early especially for inter-city trips.

We will put participants in touch with each other via e-mail and WhatsApp so that they can exchange travel information or team up in travelling. We recommend travelling in groups for security reasons. WhatsApp is a key platform for communication in India and is utilised for the course.

Medical preparation

Each student will be required to gain medical clearance for their travel from their own doctor and provide this to the Nossal Institute. Forms for this will be available on the LMS when you have been accepted and formally enrolled. All information provided in the medical forms will be treated confidentially.

CRHP Jamkhed is in a remote location and the nearest specialist services are five hours away. It is important for the safety of all students that the course coordinators and Directors at Jamkhed know in advance of any conditions that you may have that require any additional care during your stay (e.g. specific allergies); and that all students bring with them any medication they may require during the three weeks. This would include anything you may need to adhere to the campus and program sites smoke, vape, and alcohol free status.

Vaccinations you should consider having are listed on the [India-Smart Traveller](#) website page. In addition we recommend being up to date with the [Australian Immunisation Program](#) (or for your country of origin) which will include items such as tetanus and polio; and reviewing options for malaria prophylaxis (Jamkhed is low risk particularly in the winter, however it is surrounded by agricultural land use). In the event of viral illness we will comply with local isolation and quarantine advice to protect each other and the local community which may mean that students who fall ill will need to be accommodated separately and forego field trips. While India, Australia, and most other jurisdictions no longer require a COVID-19 vaccination certificate for travel, as students will visit health facilities and have contact with vulnerable communities, this certificate is required in order to take part in the course. Please consult your GP or Travel Doctor on your individual needs.

Useful Websites

www.traveldoctor.com.au/

General information on travel preparation and malaria medication

www.who.int/emergencies/disease-outbreak-news

WHO Disease Outbreak News for India www.smartraveller.gov.au
Information from the Australian Government on safety advice for Australian travellers.

Insurance

You will need to arrange your own additional travel insurance. The University of Melbourne provides very basic travel insurance for their enrolled students during the course at Jamkhed (this equates to the normal cover for field trips etc. and protects students if they have a course related accident). This policy will not cover you for any extras, personal items, or time in your travels outside the Jamkhed course dates, so please check the insurance cover provided to make sure it meets your needs.

Students must apply for this travel insurance themselves. Insurance for enrolled students does not cover cross-institutional and short course students who must arrange private travel insurance.

Money

There are automatic cash machines in Mumbai, Delhi, and at Pune train station. There are also ATMs in Jamkhed town. We recommend you change some money (ideally \$200 - \$300) prior to coming to Jamkhed as ATMs may not work all the time or for some international cards. It is likely you will not be able to do this in Australia so should prioritise it upon landing though do remember to advise your bank of your travel plans before departure. You will require money for local clothes/souvenirs, sim and data charges, as well as meals and entry tickets during the trip to Aurangabad. Many people enjoy the shopping opportunities at Jamkhed and usually spend approximately \$250 over the three weeks – more if you are looking to buy silk saris or jewellery. Only some places will accept card and often have a minimum spend that is not always easy to reach.

What to bring

November/December is still cool in the evenings so one jumper/jacket is good to have. **Loose** cotton clothing is best when it starts to warm up. The expected way to dress in India is fairly conservative; it is best to avoid form fitting clothing and anything revealing of the décolletage, legs, or shoulders. This includes for males. Indian men tend to wear long cotton trousers rather than shorts, even in hot weather. Full advice will be provided in the predeparture briefing. There is no need to bring bedding or a towel, however some students have brought a sleeping bag (the quilts can be dusty), camp mat or travel pillow (very firm bedding).

You should bring your own soap, toothpaste, and other toiletries, as well as deodorant, menstrual products, medication, sunscreen, and insect repellent.

Jamkhed is in a rural area and only has small shops, with a limited range of foods and household goods for Indian households (i.e. not the typical staples like bread or cold milk). We encourage you to bring a snack or food with you as backup in case your body needs a break from spices or you feel unwell- muesli bars, plain crackers, plain oats etc.

Nossal will present the Jamkhed staff with gifts to be distributed amongst families at the end of the course. You are welcome to add to this. Examples may include cricket paraphernalia, postcards, Australiana, small calendars, stationery etc. It is CRHP's request that students do not give gifts out to children as this creates expectations that are not appropriate.

Handy 'Extras' Suggestions from past students

- Anti-bacterial wipes or gel
- Torch
- Travel mug
- Aussie chocolate
- Snacks you like for something different
- Room for clothes and other things you want to bring home,
- Coffee and aeropress or equivalent,
- Spreads like Nutella or Vegemite

Briefings and further information

There will be a lightly catered one day pre-departure workshop in October 2025 (Date TBC). During the pre-departure workshop we will have a chance to get to meet each other and learn more about Jamkhed and the course from the Nossal Institute staff. We will brief you on India, the culture of rural village life, and explore ways to get the most out of the experience. Past students have found this a good opportunity to initiate ongoing communication as a lead-up to arrival to Jamkhed.

As there is incidental contact with children during the course, you will also need to provide a current Australian Working With Children Check (or equivalent).

More detailed information on the course, cultural context, and logistics will be available at the pre-departure workshop and on the LMS.

Withdrawal and cancellation

In case of withdrawal after a place is offered, the deposit will be refunded, less a \$25 administration fee if written notice is received by the Nossal Institute before 30 August 2025. After this date, the deposit is non-refundable. Once the payment balance is made, this amount is non-refundable unless another student is able to take your place.

Nossal Institute for Global Health

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If you require additional information about this course, please reach out to one of the listed co-ordinators or email ni-edinfo@unimelb.edu.au

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