

**SNS COLLEGE OF PHARMACY AND HEALTH SCIENCES
COIMBATORE**



CASE STUDY BASED PUZZLE

BP802T: SOCIAL AND PREVENTIVE PHARMACY

TOPIC: CONCEPT OF HEALTH AND DISEASE

Puzzle 1: “The Factory Worker Who Felt Perfectly Healthy”

Scenario: Mr Sharma, 38, works in a chemical factory. He has no fever, no pain, and says, “Doctor sahib, I am completely healthy.” Yet his blood pressure is 160/100 mmHg every time it is checked.



Puzzle questions:

1. Write one sentence Mr Sharma would say if he followed the **biomedical definition**.
2. Write one sentence that the WHO expert would say about Mr Sharma’s actual health status.

Puzzle 2: “The Village of Bad Air”

Scenario: In 1850, villagers believed cholera came from “miasma” (bad air). In 2025, a village still blames “bad winds” for frequent respiratory illnesses because a cement factory is nearby.

Trace the evolution of health concepts on a single timeline arrow: Miasma Phase → Germ Phase → Ecological Concept → WHO/Holistic Concept

Puzzle question: What are the components for Agent =, Host =, Environment =

Puzzle 3: “Rani’s Four Missing Dimensions”

Scenario: Rani is a 25-year-old teacher. She is physically fit (runs 5 km daily), but feels life is meaningless after her mother died. She has stopped meeting friends and prays excessively, seeking peace.



Puzzle questions:

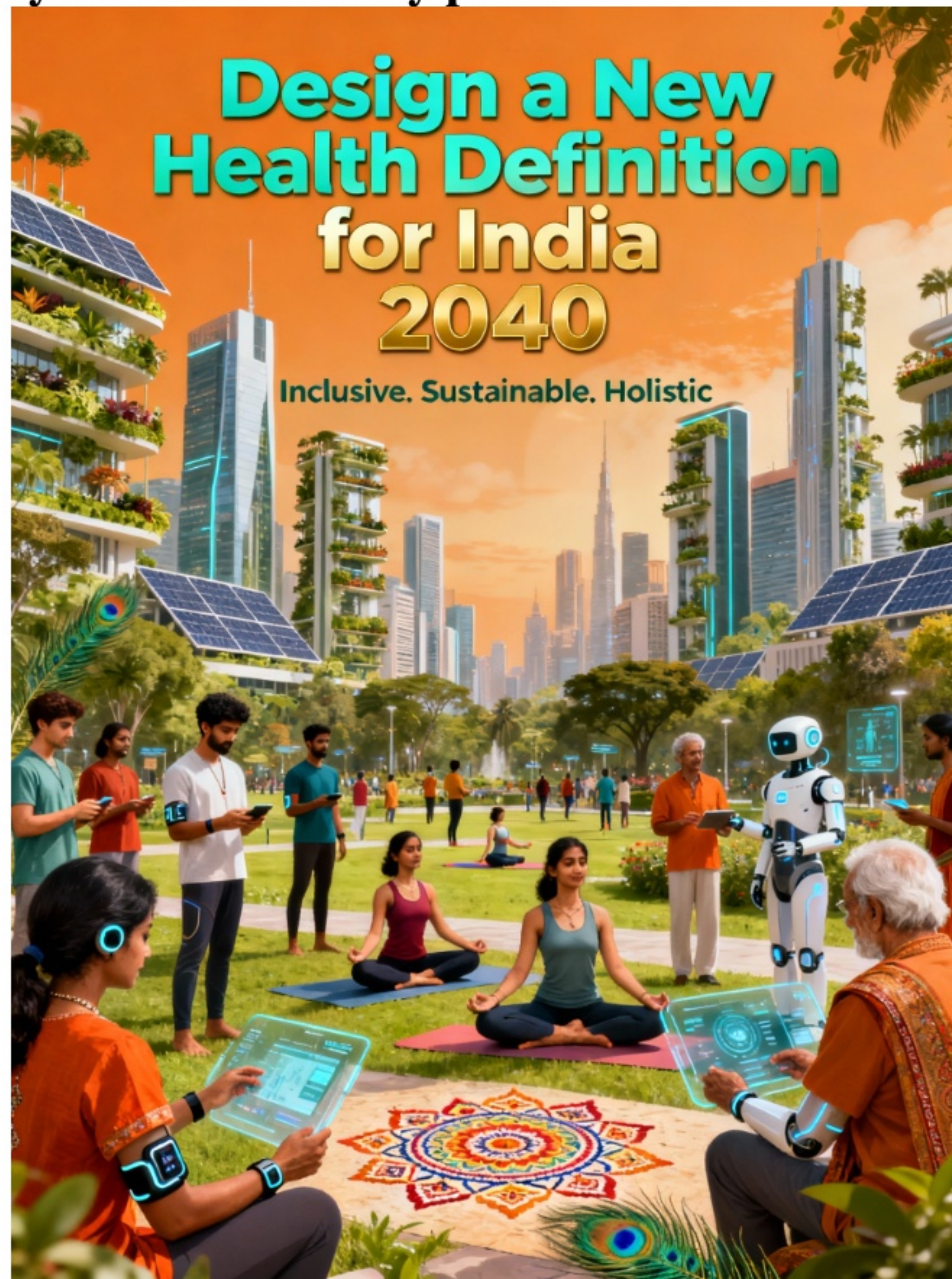
1. Fill this exact table for Rani (one tick or cross in “Signs of Good Health” column for each dimension):

| Dimension | Signs of Good Health in Rani? | One intervention (max 6 words) |
|-----------|-------------------------------|--------------------------------|
| Physical | | |
| Mental | | |
| Social | | |
| Spiritual | | |

2. According to the holistic concept in Indian society (lecture notes), which dimension, if strengthened first, will create the fastest ripple effect on the other three? Justify in two lines.

Puzzle 4: “Design a New Health Definition for India 2040”

Scenario: The Government of India says the 1948 WHO definition is now “unattainable” and too static. They want a new definition that includes the **holistic concept + spiritual health + ability to lead a socially and economically productive life.**



Puzzle question: Create a new 25-word Indian Health Definition for 2040 that improves on the WHO 1948 definition. It must contain these compulsory phrases:

- “dynamic”
- “harmony with surroundings”
- “spiritual health”
- “socially and economically productive.”

Puzzle 5: “Mr Raj – Timeline of Missed Opportunities”

Scenario: Mr Raj (exact case from lecture notes page 8–9): overweight office worker → pre-diabetes at 42 → diabetes at 48 → heart attack at 55.



Puzzle question: Draw Mr Raj’s life as a straight horizontal arrow labelled **Natural History of Disease**. Mark four exact points from the notes and write the **missed level of prevention** at each:

1. Childhood (fast-food culture) → Missed level: _____
2. Age 30 (sedentary job, starts smoking) → Missed level: _____
3. Age 42 (blood sugar 160 mg/dL, no symptoms) → Missed level: _____
4. Age 55 (after heart attack) → Only possible level now: _____