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GENERAL INSTRUCTIONS

Dear Learner,

Assignments carry a total of 200 marks. There are two assignments of 100 marks each. The first assignment is from Modules 1 to 4 and the second assignment is from Modules 5 to 11.

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only **handwritten** assignments will be accepted. **Typed or printed copies of assignments will not be accepted.**
- Tag all the pages after numbering them carefully.
- Write the question number and question on each answer.
- Start each answer on a new page.
- Attempt total 10 questions. Question 1 & 2 are compulsory.
- Kindly furnish detail on the Cover page.

Suggestions for writing an assignment

Read the assignment carefully. Go through the modules on which the questions are based. Draw a rough outline of your answer. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary.

Please keep a Xerox copy of the answer sheets for future reference.

IMPORTANT: The last date of submission		
Assignment	Last Date	Last Date (with late fee of Rs.500/-) *
Assignment – I	31 st January 2015	15 th February 2015
Assignment – II	31 st May 2015	15 th June 2015
Project	15 th June 2015	30 th June 2015

*** Late fee DD should be drawn in favour of DIRECTOR, NIHFW payable at NEW DELHI.**

COVER PAGE OF THE ASSIGNMENTS

Given below is the suggested format on the cover page of the assignments. You are requested to follow the same for record keeping.

<p style="text-align: center;">Diploma in Health Promotion Through Distance Learning (Batch 2014-15)</p> <p style="text-align: center;">Assignment Number - (I or II)</p> <p>Enrollment No.: _____</p> <p>Name: _____</p> <p>Contact No.: (R) _____ (Mobile) _____</p> <p>E-mail ID: _____</p> <p>Address: _____ _____ _____</p> <p>Date of Submission: _____</p>

NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

Diploma in Health Promotion through Distance Learning

ASSIGNMENT – I

BATCH 2015-16

Attempt any TEN QUESTIONS in all.

Question 1 and 2 are compulsory. Attempt any other eight.

Maximum words limit 1000 – 1200 words.

1. **List some health problems of the adolescents in your district/state. Prioritize these. Select any one major problem and plan a health promotion programme for this aspect.**
2. **List any five National Health Programmes. Select any one and describe the objectives and health promotion activities suggested in this programme.**
3. Importance of social determinants of health for planning health promotion activities.
4. Health promotion strategies under the National Programme for Health Care of Elderly. What are the barriers for health promotion among the elderly?
5. Ottawa charter and Health Promotion.
6. Major Risk factors for Non-communicable disease and strategies for control.
7. National Programme for control of Cancer, Diabetes and Cardio-vascular diseases.
8. Policy measures for control of Tobacco among adolescents.
9. Key indicators for monitoring health promotion activities.
10. School health programme.
11. Suggestions for incorporating health promotion programmes at work place. List barriers for the same.
12. Healthy life-style and the role of Nutrition.
13. Strategies for enhancing physical activities in daily life for sedentary workers.

NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

Diploma in Health Promotion through Distance Learning

ASSIGNMENT – II

BATCH 2015-16

Question 1 and 2 are compulsory. Attempt any other eight questions of your choice.

Maximum words limit 1000 – 1200 words.

1. Define the concept of behavior change? List some of the barriers towards behavior change. Design an activity for Behaviour Change Communication on any particular disease or health problem of that area (Nutrition Physical activity, addressing anemia). You may select the media/mode of communication of your own choice for implementation action of the programme.
2. List some issues for advocacy amongst your age group (15-24 years). What are the sources for advocacy on the selected issue? Design an advocacy strategy for health promotion to address the issue for the age group selected by you. Which mode of advocacy will be best suited for this group and why?
3. Select any advertisement/Message. For whom this advertisement/message has been designed? What is the objective of the advertisement/message? Who is the primary target audience for the selected advertisement? What are the basic principles of designing an advertisement? What lacunae do you observe in this advertisement?
4. Explain with the help of relevant examples, how Public Private Partnership in health sector can help in strengthening the health promotion activities to population living in remote areas?

5. Uses of Health Management Information System (HMIS) for health promotion.
6. Choose any one setting and plan health promotion activities for the relevant target group.
7. Explain with suitable examples, how can one develop the capacity of health personnel for health promotion.
8. Mainstreaming gender for planning any Health Promotion activity.
9. Role of Behaviour change, communication in Health Promotion.
10. `Counselling' and its Importance in health promotion.
11. Role of AYUSH in Health Promotion.