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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	30 th December 2016	16 th January 2017
Assignment – II	31 st March 2017	14 th April 2017
Project	15 th May 2017	31 st May 2017

*** Late fee DD should be drawn in favour of DIRECTOR, NIHFV 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 2016-17)</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 2016-17

Maximum Marks = 100

Attempt any TEN QUESTIONS in all.

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

Maximum words limit 1000 – 1200 words.

1. **Importance of Social Determinants of Health for planning Health Promotion Activities.**
2. **List some health problems of your District/State. Select any one and plan the Health Promotion Programme.**
3. Key Indicators for monitoring health promotion activities.
4. School Health Programmes.
5. Health life style through healthy food choices.
6. Major Risk factors for Non-communicable disease and strategies for control.
7. Sedentary life style and strategies for enhancing physical activities in daily life.
8. Policy measures for control of Tobacco among adolescents.
9. Ottawa charter and health promotion.
10. Suggestions for incorporating health promotion programmes at work place. List barriers for the same.
11. Healthy life style and role of nutrition.
12. Health promotion: Need and Gaps in policy and programmes.
13. Tobacco abuse measures for control by Govt. of India.

NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

Diploma in Health Promotion through Distance Learning

ASSIGNMENT – II

BATCH 2016-17

Maximum Marks = 100

Attempt any TEN QUESTIONS in all.

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

Maximum words limit 1000 – 1200 words.

1. **Key criterias for designing messages for IEC.**
2. **List some health problems of your District/State. Select any one and plan health promotion programme.**
3. Use of HMIS for health promotion.
4. Explain with suitable examples, how can one develop the capacity of health personnel for health promotion.
5. Role of BCC in health promotion.
6. Role of AYUSH in health promotion.
7. Define Public Private Partnership in health promotion. Give some examples from your State.
8. Life Skill Approach for sexual and reproductive health issues among youth.
9. Gender and thrust areas for health promotion among young girls.
10. Importance of Advocacy for health promotion and key points be considered while designing advocacy issues.
11. Counselling and its importance in health promotion.
12. Need and importance of IEC for health promotion activities.
13. Natural history of disease and importance of levels of prevention.

FN = HPC ASSIGNMENT 1 & 2 FOR BATCH 2016-17