

DIRECTIONS TO WRITE ASSIGNMENT

- 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.**
- Tie all the pages after numbering them carefully.
- Write the question above each answer & attach copy of the Assignment questions
- Start each question from a Fresh page.
- **Answer all questions.**
- All assignments will be evaluated out of total mark of 100.
- Each question carries marks as indicated against the question.
- Answer to short each question should be between **500-750 words and long question 1000 to 2000 words.**
- **Please ensure to send the Assignments by Speed Post Only**

SUGGESTIONS FOR WRITING AN ASSIGNMENT:

- Read the assignments carefully.
- Go through the units on which the answers are based.
- Draw a rough outline of your answer.
- Make a logical order.
- Then write your answer neatly and submit.
- Give illustrations and tables, flow diagrams wherever necessary.
- **You must keep a Xerox copy of the answer sheets for future reference and during theory preparation.**
- Answer each assignments I and II in separate note books.
- Give an index of content with page number.
- Attach the copy of the assignment paper to the respective answer book.

On the first page of the assignment response sheet, write the following

Course Name _____	Enrollment No _____
Assignment Code _____	Name _____
Date of Submission _____	Address _____
E-mail ID _____	Signature _____
Mobile No. _____	

THE NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

(DISTANCE LEARNING CELL)

DIPLOMA IN HEALTH PROMOTION

Through Distance Learning

SESSION 2017-18

ASSIGNMENT – I

Maximum Marks = 100

1. Explain the importance of social determinants of Health. Select any major health problem of your state/district (Anemia, Tobacco use, CVDs, Cancer, HIV etc.). Explain with examples how the social determinants affect the outcome in the selected major health problem.

(20 Marks)

2. **Write short notes on**

(4 x 10 = 40 Marks)

- i. Major risk factors for Non-communicable Diseases (NCDs) and strategies for control.
- ii. Key Indicators for monitoring Health Promotion activities
- iii. School Health Programme
- iv. Healthy Life-style through healthy food choices

3. **Write short notes on**

(4 x 10 = 40 Marks)

- I. Ottawa Charter and Health Promotion
- II. Strategies for enhancing physical activities in daily life for sedentary workers
- III. Health Promotion strategies under National Programme for Health care of elderly. List the barriers for the same.
- iv. Healthy Life-style and role of physical activity

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DIPLOMA IN HEALTH PROMOTION

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ASSIGNMENT – II

Maximum Marks = 100

1. Define the concept of behaviour change. Discuss some of the barriers towards behaviour change, with examples keeping the health promotion in view

(20 marks)

2. Write Short Notes on:

(4 X10 = 40 marks)

- I. "Life skills approach" for sexual and reproductive health issues among youths.
- II. Counselling skills for promoting healthy life styles with examples.
- III. Gender and thrust areas for health promotion among young girls.
- IV. Importance of Health Management Information System [HMIS] for health promotion activities.

3. Write Short Notes on:

(4 X10 = 40 marks)

- I. Role of AYUSH in health promotion.
- II. Capacity development of health personnel for health promotion.
- III. Needs and importance of IEC for health promotion activities.
- IV. Role of Advocacy for health promotion.

FN = HPC ASSIGNMENTS 1 & 2 BATCH 2017-18