

Assignment – I: Session (2013-14)

(Modules 1-4)

Attempt 4 questions in all, Question 1 is compulsory. Attempt any three questions of your choice from questions 2 to 6.

Maximum Marks: 30

Q1. Compulsory Question (Answer in 1000-1200 words)	(12 Marks)
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You have been asked to develop a plan for health promotion programme for the selected group example: (adolescents, children, women) by your State authorities. Attempt the following:

- i. Health situation analysis:**
 - a. List common problems in a selected group in the area.
 - b. List local health institutions which are involved in the health programme of this selected group.
 - c. List relevant statistical data or local surveys or annual reports available in the district for this selected group.
- ii. List and prioritize the health problems in the above selected group.**
 - a. List the common health problems in the selected group.
 - b. Priorities these problems: which one need attention first.
- iii. Actions for Health Promotion: What actions would be required to solve the identified health problem in that group?**
 - a. Out of the prioritized list which actions could be initiated for health promotion activities.
 - b. List (e.g. manpower, money, institutions and other resources) which are available to you for carrying out the activities for one year related to health promotion in the district with identified tasks.
 - c. Objectives: State the objectives for any two of the selected action areas.
 - d. Time-frame: Specify the activities/tasks and time required for each of these actions.

Attempt any three from the following (Answer in 500-700 words):

Q2. Refer to the NFHS-III/DLHS-III data and attempt the questions given below:

(6 Marks)

- i. List any five indicators which affect the health of the children under 5 years of age in your state/district.
- ii. Based on key indicators, list five health needs of your block/district and suggest health promotion activities for each.

Q3. Visit nearby slum/rural area. Identify the health indicators for water and sanitation in this area. Suggest various interventions to improve the existing situation with relevant examples.

(6 Marks)

Q4. What strategies can be adopted to promote physical activity among different age groups at:

(6 Marks)

- i. School
- ii. Workplace

Plan actions to be taken for the intervention in that setting.

Q5. Select any two National Health Programmes undertaken in the country. Explain what health promotion activities can be initiated in each of these.

(6 Marks)

Q6. Select a target group (example: adolescents, youth, women, etc.):

(6 Marks)

- i. Choose any one group of your choice.
- ii. Choose any one setting. **Plan health promotion activities for the selected target group.**