

NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

One Year Post-graduate Diploma in Health Promotion

(Batch 2012 – 13)

Final Examination: 4th August 2015

Time: Three Hours

Maximum Marks: 100

Paper – I

Attempt all questions

1. The Govt. of India has launched the National Programme for Control of Diabetes, CVDs and Stroke (NPCDCS). What Non-communicable diseases (NCDs) are part of this programme? Plan out a Health Promotion Programme for any one of these diseases.
(30 marks)

OR

What do you understand by Social Determinants of Health (SDOH)? List any five SDOH. Discuss the role of each of these in Health Promotion with examples.

(30 marks)

2. Write short notes on **any seven** of the following. (7x10 = 70 marks)

- a. Ottawa Charter for Health Promotion.
- b. How to address social stigmas and its role in health promotion?
- c. What are the 'food based strategies' that can be adopted to promote health through diet in schools?
- d. Steps taken by the Indian Government for control & regulation of tobacco products.
- e. Role of Monitoring & Evaluation in a Health Promotion Programme.
- f. Key indicators determining success and failure of any health programme.
- g. What strategies can be adopted to promote physical activity at workplace?
- h. List any five risk factors for NCDs. Suggest health promotions measures for any one of them.
- i. Management of stress.
- j. Select any one National Health Programme & discuss the barriers for health promotion in this.

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Paper – II

Attempt all questions

1. What do you understand by “Gender Mainstreaming”? Why is it important to sensitize health personnel for health promotion and gender related issues?

(30 marks)

OR

Enumerate life style disorders. Write briefly the burden of obesity among school adolescents in India. What epidemiological study will you plan to find out the trend of obesity in school adolescents?

(30 marks)

2. Write short notes on **any seven** of the following.

(7x10 = 70 marks)

- a. Educational Entertainment for Health Promotion.
- b. Capacity Building for Health Promotion.
- c. Life skills approach for Health Promotion.
- d. Role of Public Private partnership in Health Promotion.
- e. Health Management Information System.
- f. Health Advocacy.
- g. Criteria for development of Health Message in an Advertisement.
- h. Inter-sectoral coordination for Health Promotion.
- i. Barriers in communication.
- j. Health Promotion Activity for cessation of tobacco.

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Diploma in Health Promotion

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