

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

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>_____</p> <p>_____</p> <p>Date of Submission: _____</p>
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NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

Diploma in Health Promotion through Distance Learning

ASSIGNMENT – I

BATCH 2014-15

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 your district/state. Select any one and plan health promotion programme.**
- 2. Importance of social determinants of health for planning health promotion activities.**
3. List some health promotion strategies under the National Programme for Health Care of Elderly. Suggest three more strategies for health promotion among the elderly.
4. Health Promotion: Need and gaps in policies or programmes.
5. Major Risk factors for Non-communicable disease and strategies for control.
6. National Programme for control of Cancer, Diabetes and Cardio-vascular diseases.
7. Tobacco Abuse measures for control by Government of India.
8. Key indicators for monitoring health promotion activities.
9. School health programme.
10. Suggestions for incorporating health promotion programmes at work place. List barriers for the same.
11. Healthy life-style through Healthy food choices.
12. Sedentary life styles and strategies for enhancing physical activities in daily life.

NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

Diploma in Health Promotion through Distance Learning

ASSIGNMENT – II

BATCH 2014-15

Attempt any TEN QUESTIONS in all.

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

Maximum words limit 1000 – 1200 words.

- 1. Barriers to behaviour change communication (BCC) and strategies for health promotion.**
- 2. Key Criteria for designing Messages for IEC.**
3. Need and importance of Information, Education & Communication for health promotion activities.
4. Importance of Advocacy for Health Promotion and key points to be considered while designing advocacy issues.
5. Define Public-private partnership in Health Promotion. Give some examples from your state.
6. 'Gender' and thrust areas for health promotion among young girls.
7. Methods to develop capacity of health personnel for health promotion activities.
8. Importance of Health Management Information System (HMIS) for Health Promotion in States.
9. Educational Entertainment as an important Behaviour Change Communication strategy for adolescents.
10. Counselling skills for promoting healthy life styles. Explain with suitable examples.
11. 'Life Skills approach' for sexual and reproductive health issues among youth.
12. You have to convey importance of Nutrition or Physical activity to the adolescents. Explain with suitable examples which channel is best and why??

