

- Learn basic skills to assess and counsel individual and families on modifying life style behaviours and promoting health.
- Gain competencies in measuring key parameters and using checklists related to Non-Communicable Diseases.
- Learn how to follow-up patients with Non Communicable Diseases, help patients take their medication regularly and make changes in their lifestyles.
- Become familiar with checklist and records to be maintained.

In this module, there are six chapters and each chapter deals with a specific aspect of common NCDs and their risk factors. This module is organised as follows:

In **Chapter 1**, you will learn about health promotion by which people can take control of their behaviours and improve their health.

In **Chapter 2**, you will understand risk factors associated with common Non-Communicable Diseases and their prevention.

In **Chapter 3 and 4**, you will learn about Hypertension and Diabetes.

In **Chapter 5**, you will learn about important details of common Cancers (Oral, Breast and Cervical).

In **Chapter 6**, you will learn about tasks of the ASHA.