

DIRECTIONS TO WRITE ASSIGNMENT

- Use only foolscap size paper for writing your answers.
- 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. Keep a copy of Postal receipt for future reference.**

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 preparation for theory examinations.**
- Answer each assignments I and II in separate note books.
- Give an index specifying the contents with page numbers.
- Attach the copy of the assignment paper with the respective answer book.

On the first page of the assignment response sheet, please 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)

POST GRADUATE DIPLOMA IN MANAGEMENT– (PGDM-EXECUTIVE)
HEALTH PROMOTION

SESSION 2021-22

ASSIGNMENT – I

Module-I Basic Concepts of Health and Health Promotion

Module-II Reduction of Risk Factors of Non-communicable Diseases and Communicable Diseases

Module-III Planning, Designing, Monitoring and Evaluation in Health Promotion

Module-IV Health Promotion and National Health Programmes

(ANSWER ALL QUESTIONS)

Maximum Marks = 100

1. Define Health Education and Health Promotion? Select a target group (Adolescents, youth, elderly etc.). and plan a health promotion programme for healthy diet giving specific activities that could be undertaken.

(20 Marks)

2. **Write short notes on** **(4 x 10 = 40 Marks)**
 - i. Role of 'Social Determinants of Health' in Health Promotion
 - ii. Action areas of Ottawa Charter and Health Promotion
 - iii. Risk Factors for Non-Communicable Disease and strategies for control
 - iv. Healthy Life-style and role of Physical activity

3. **Write short notes on** **(4 x 10 = 40 Marks)**
 - I. Strategies for stress management
 - II. Key indicators for monitoring Health Promotion Activities
 - III. Importance of Tobacco Control
 - IV. Community Health Needs Assessment



आरोग्यम् सुखसम्पदा

THE NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE
(DISTANCE LEARNING CELL)

POST GRADUATE DIPLOMA IN MANAGEMENT–(PGDM-EXECUTIVE)
HEALTH PROMOTION
SESSION 2021-22
ASSIGNMENT – II

Module-V Epidemiology, Health Statistics and Health Management Information System
for Health Promotion

Module-VI Health Promotion in Different Settings

Module-VII Information, Education and Communication Strategies for Health Promotion

Module-VIII Advocacy in Health Promotion

Module-IX Partnership in Health Promotion

Module-X Capacity Building for Health Promotion

Module-XI Gender and Health Promotion

(ANSWER ALL THE QUESTIONS)

Maximum Marks = 100

1. What do you understand by Information, Education & Communication? List some IEC issues which need attention for the adolescents. Design a media plan for Health Promotion for the same.

(20 marks)

2. **Write Short Notes on:**

(4 X10 = 40 marks)

- I. Health Management Information System and its importance for Health Promotion
- II. Counselling and its importance in Health Promotion
- III. Strengthening Public-private partnership for health promotion activities
- IV. Need and importance of Advocacy for health promotion activities

3. **Write Short Notes on:**

(4 X10 = 40 marks)

- I. Integrating AYUSH in health promotion.
- II. Role of Yoga in Health promotion.
- III. Importance of integrating gender for planning any health promotion activities
- IV. Criteria for developing effective messages