

DIRECTIONS TO WRITE ASSIGNMENT

- 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.**
- Tie all the pages after numbering them carefully.
- Write the question above each answer & attach copy of the Assignment questions
- Start each question on a Fresh page.
- **Answer all questions.**
- All assignments will be evaluated out of **total mark of 100.**
- Each question carries **10 marks** as indicated against the question.
- Answer to all questions should be between **1000-1500 words.**
- **Please ensure to send the Assignments by Speed Post only**

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 theory preparation.**
- Answer each assignments I and II in separate note books.
- Give an index of content with page number.
- Attach the copy of the assignment paper to the respective answer book.

On the first page of the assignment response sheet, 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 & FAMILY WELFARE
(DISTANCE LEARNING CELL)

POST GRADUATE DIPLOMA IN MANAGEMENT - PUBLIC HEALTH NUTRITION

Through Distance Learning

SESSION 2025-26

ASSIGNMENT – I

COURSE –I	Nutrition During Lifecycle
Block – I	Nutrition During Adulthood, Pregnancy, And Lactation
Block – II	Nutrition During Infancy, Childhood, Adolescence, And Old Age
COURSE –II	Public Health Nutrition-Overview
Block – I	Public Health Nutrition Fundamentals
Block – II	Addressing Malnutrition
Block – III	Nutrition and Health Policies and Programs
Block – IV	Future Directions And Innovations In Public Health Nutrition
COURSE -III	Nutritional Assessment Systems
Block – I	Nutritional Assessment Systems
Block – II	Micronutrient Deficiencies
Block – III	Therapeutic Diet

(ANSWER ALL QUESTIONS)

10x10=100 marks

1. Describe the major national nutrition programmes in India. Evaluate their strengths and limitations in addressing child malnutrition.
2. Explain the role and importance of nutritional interventions during pregnancy in improving maternal and child health outcomes.
3. Identify and discuss the factors affecting food intake and dietary patterns among children in India.
4. What is Severe Acute Malnutrition (SAM)? Describe various government schemes and programs that address SAM in India.
5. Define micronutrient deficiency disorders and discuss their causes, consequences, and preventive strategies.
6. Explain the dietary management of diarrhoea at the household level and highlight key preventive nutrition measures.
7. List out the determinants of adolescent food intake and dietary patterns. Discuss common eating disorders among adolescents and their management.
8. Define the Nutrition Surveillance System in India and describe its role in ensuring and preventing nutrition-related health hazards in the vulnerable population.
9. Explain the importance of growth monitoring in child health programs and describe the tools and indicators used.
10. Examine the prevalence and management of lifestyle-related nutritional disorders in India. Suggest preventive dietary and lifestyle modifications.



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ASSIGNMENT – II

Course -IV	Research In Public Health Nutrition
Block – I	Basics Of Research In Public Health Nutrition
Block – II	Nutritional Epidemiology
Course -V	Public Health Nutrition Programmes, Planning And Management
Block – I	Programme Planning
Block – II	Nutrition/ Health Promotion And Communication Strategies
Block – III	Implementation And Evaluation Of Public Health Nutrition Programmes
Course –VI	Practical Work In Public Health Nutrition
Block – I	Nutritional Deficiency Diseases
Block – II	Home-Based Care
Block – III	Assessments for Public Health Nutrition
Block – IV	Planning And Conducting Nutrition/Health Education Programs

(ANSWER ALL QUESTIONS)

10x10=100 marks

1. Discuss the various models of program planning used in public health nutrition. Explain their components and relevance in designing nutrition and health programs.
2. What is Nutritional Epidemiology? Explain how nutritional epidemiological studies influence the health status of the population. Discuss their strengths and limitations
3. Explain different methods of nutritional assessment and discuss their application in evaluating community nutrition status.
4. What are nutrition behaviour change communication (BCC) strategies? Discuss their importance in achieving sustainable nutrition outcomes.
5. Explain the PATCH model and the 10-step planning model, emphasising their importance in health promotion and nutrition program design.
6. Describe Nutritional Surveillance. Discuss its objectives, components, and role in identifying and addressing nutrition-related problems.
7. Explain the process of participatory evaluation planning and its importance in ensuring community involvement in nutrition programs.
8. Discuss the role of Village Health and Nutrition Day (VHND) in addressing the nutritional needs of vulnerable populations.
9. Discuss the challenges faced during the implementation of nutrition programs in India and suggest possible solutions.
10. Describe the components of national nutrition surveys and explain their role in evidence-based program planning.