THE NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE

(DISTANCE LEARNING CELL)

POST GRADUATE DIPLOMA IN MANAGEMENT (PGDM)

HEALTH PROMOTION

SESSION 2026-27

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

ASSIGNMENT – I

Maximum Marks = 10X10 = 100

1. What is health promotion? Explain different approaches to health promotion.
2. Describe the initiatives taken by Government of India to ensure safe drinking water and sanitation facilities in rural areas.
3. Explain the burden and risk factors of lifestyle diseases in India and the initiatives taken by Government of India.
4. What is physical activity? How can physical activities be promoted at workplace?
5. Explain the functional and dysfunctional aspects of stress. What are the mechanisms of coping with stress? Explain in detail.
6. Describe the role of information, education, and communication in handling social stigma associated with diseases.
7. What is the planning cycle of health promotion programme? Describe each step in detail.
8. What is school health programme? Describe in detail the promotion of school health programme.
9. Describe the present scenario of tobacco epidemic in India. Enumerate the Tobacco Control Act, 2003.
10. Explain the models of health promotion. Which model will you rate as the best and why?

राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
आरोग्यम् सुखसम्पदा
The National Institute of Health and Family Welfare

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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 = 10X10 = 100

1. Explain the theories of disease causation, with special focus on the epidemiological triad theory.
2. Which are the channels of communication? How does communication facilitate health promotion, and what are the barriers to this process?
3. Explain the monitoring and evaluation process of a communication plan in detail.
4. Describe the role of AYUSH in health promotion. Which systems are included in AYUSH?
5. Explain the concept of gender budgeting. Describe the five-step framework.
6. Describe the role of advocacy in health promotion and the related barriers.
7. Do community partnership and inter-sectoral collaboration help in health promotion? If yes, explain how?
8. Different modes of media play an important role in health promotion. Explain with examples.
9. Leadership makes a difference. How can effective leadership and mentoring be built up to make a substantial difference in health promotion?
10. What is counselling? Explain how it can help in promoting a healthy lifestyle.

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.
- 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.
- Avoid copy the text from the Units. Marks will be deducted for copy & paste from modules.
- 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._____	E-mail ID _____

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