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**Certificate in Community
Health (CCH)**

Assignments

July 2023



*School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi-110 068*

Dear Student,

As explained in the Programme Guide, there are two assignments in total and these assignments are compulsory. Please note that you are required to score 50% marks in each assignment separately. The assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignments is a prerequisite** for appearing in theory term-end examination for respective courses. The subject area of assignments and its last date of submission are mentioned below:

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
30 th November, 2023	BNS-041	1, 2,3,4,5	BNS-041/TMA
30 th November, 2023	BNS-042	1, 2,3,4,5,6	BNS-042/TMA

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.
- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

Suggestions for writing an assignment:

Read the assignments carefully. Scan through the whole material of the course, answers may be linked within the blocks/units. Draw a rough outline of your answer in your own words. Support your answer from your clinical/community experience. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. **You may keep a xerox copy of the answer sheets for future reference.**

Do not copy from print material.

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your **programme study centre** (PSC) and date of submission. Your Enrollment No. Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given below:

Course Code.....	Enrollment No.....
Course Title	Name
Assignment Code.....	Address
PSC
Date of Submission

Please submit the assignments to the Programme In-charge of the Programme Study Centre allotted to you.

FOUNDATIONS OF COMMUNITY HEALTH

ASSIGNMENT (BLOCK 1-5) (TUTOR MARKED)

Programme Code : BPCCHN

Course Code : BNS 041

Assignment Code: BNS-041/TMA/2023

Maximum Marks : 100

Last Date of Submission: 30th November, 2023

Instructions:

This assignment has three parts – Part A, B and C.

Part A – Consists of two long questions, each question carries 15 marks.

Part B - Consists of six short questions, each question carries 10 marks.

Part C – Consists of four types questions, each question carries 2.5 marks

Part - A

1. a) Explain natural history of disease in relation to level of prevention with the help of diagrammatic representation. (7)
b) Discuss the levels of prevention of disease. Support your answer with examples. (8)
2. a) Describe the nutritional needs of pregnant and lactating mothers. (3)
b) Prepare a health education plan for these mothers in your region. (5)
c) Discuss important national nutritional programmes. (7)

Part B

3. a) Enumerate vector borne diseases. (2)
b) Describe the measures for control of mosquito breeding. (4)
c) Discuss primary management and Referral for Dengue patients. (4)
4. a) Enumerate non communicable diseases. (2)
b) Discuss risk factors and criteria for diagnosis and management of diabetes. (4)
c) Prepare Plan for diabetes patient education and diet counseling. (4)
d) Discuss complications of Diabetes Mellitus. (4)
5. Explain Village Health Sanitation and Nutrition Committee (VHSNC). (10)
6. a) Describe importance of De-stressing. (10)
b) Explain the ways you will use to de-stress. (10)
7. Explain the following with examples: a) levels of data compilation
b) data flow. (5+5=10)

8. Discuss the following: (5+5=10)
a) Preparing a budget for sub centre
b) Audit

Part C

9. Place a (✓) against the most appropriate answer given under each statement ($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

- a) All of the following are true for Primary Health Centre except:-
i. Second tier in rural healthcare.
ii. First tier rural healthcare.
iii. Caters to 30,000 population in plain area.
iv. Caters 20,000 population in tribal area.
- b) All of the following are ill effects of overcrowding except:-
i. Stress
ii. Lack of privacy
iii. Healthy life style
iv. Disease transmission
- c) Unsafe blood transfusion leads to all except:-
i. Poor general health
ii. Hepatitis B
iii. Hepatitis C
iv. AIDS
- d) Most common mode of Hepatitis-A transmission is :-
i. Unsafe sex
ii. Poor personal hygiene
iii. Illiteracy
iv. Faecal-oral route
- e) The “quantity and quality of an individual’s interpersonal ties and his involvement with the community” is known as:-
i. Physical Health
ii. Emotional Health
iii. Intellectual Health
iv. Social Health

- 7 Match the statement given in Column A with the terms given in Column B. (5 x $\frac{1}{2}$ = 2.5)

- | Column A | Column B |
|----------------------------|------------------------------|
| i) Water washed diseases | a) Storage of water in tank |
| ii) Water related disease | b) Generalised oedema |
| iii) Rain water harvesting | c) Scabies |
| iv) Marasmus | d) Severe acute malnutrition |
| v) Kwashiorkor | e) Dengue fever |

f) Skin-dry, wrinkled

8 Write 'T' if you consider the statement True and 'F' if you consider the statement as false. (5 x ½ = 2.5)

- a) Contamination of mustard oil with argemone seeds lead to epidemic dropsy. T / F
- b) Dysphagia is a major symptom in salmonella food poisoning. T / F
- c) Open field defecation is responsible for worm infestation. T / F
- d) Hepatitis B Vaccine should be stored at a temperature between 2°C and 8°C T / F
- e) Metabolic risk factor for NCDs includes obesity. T / F

9 Fill in the Blanks (5 x ½ = 2.5)

- a) ISWM stands for _____.
- b) Vitamin A is needed for the health or _____.
- c) Dietary fibre helps reduce the tendency of _____.
- d) Grade IV of malnutrition is less than _____ percent expected weight for that age.
- e) National De-worming Day is recommended on _____ every year in India.