

प्रो. जयन्त दास, एम.डी.
निदेशक
Prof. Jayanta K. Das, M.D.
Director



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

D.O. NIHFw/E&T/HP/2017-18
Date: 03rd May 2017

To

Shri V. Kiran Gopal
Mission Director (NHM)
Jail Road, Arera Hill
Bhopal, Madhya Pradesh- 462004

Sub: Training Course on "Health Promotion"

Dear Sir,

As you are aware that The National Institute of Health and Family Welfare (NIHFw), an apex institute under the Ministry of Health and Family Welfare, Government of India is working in the field of research and training activities pertaining to the health and family welfare in the country. A Training Course on "Health Promotion" is being conducted by The NIHFw for the faculty of SIHFw/Collaborating Training Institutions, Medical Colleges, Training Institutes and Programme Managers working in the field of health at state and district level as per the schedule given below:

Date of Training	Last Date of Nomination	Contact Officers at NIHFw	Telephone	E-Mail
18-22 Sept.2017	08.09.2017	Dr. Poonam Khattar/ Mr Lakhan Lal Meena/ Dr Manisha	9910211552 8802604373 9891980933 26165959 Ext.157/332/313	poonamkhattar@gmail.com lakhan12344@gmail.com manisha@nihfw.org edutrg.nihfw@gmail.com

A brochure regarding the training programme is enclosed for your reference.

You are requested to nominate 2-3 persons from your State for the above-mentioned course. **It is important to give contact details of officers being nominated including Telephone and E-mail for confirmation of nomination and participation by The NIHFw. A course fee of Rs.5000/- (Rupees five thousand only) per person is to be submitted while nominating the candidates in the form of bank draft in favour of Director, NIHFw, payable at New Delhi.**

The TA/DA is to be borne by the participant/sponsoring organization. Hostel facility will be provided to the participants on prior request as per rules at nominal charges. The Family/Friends of the participants will not be allowed to stay in the hostel.

The participants are requested to make travel plans only on receipt of confirmation through a letter / E-mail/Telephone for participation from The NIHFw.

With regards,

Encl: Brochure

Yours sincerely,

(Jayanta K. Das)

18 MAY 2017

श्री. जयन्त दास, एम.डी. दिनांक 03/05/2017
श्री. व. किरण गोपाल, मिशन डायरेक्टर (NHM) दिनांक 03/05/2017
निदेशक (NHM) दिनांक 03/05/2017
दिनांक 03/05/2017

About the Institute

THE NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE (NIHFW) came into existence on March 9th, 1977 after the merger of two former institutions namely, National Institute of Health Administration and Education (NIHAE) and National Institute of Family Planning (NIFP). It acts as an 'apex Institute' and a 'think tank' for the promotion of health and family welfare programmes in the country and is known for its education, training, research, evaluation and consultancy, advisory and other specialized services.

Basic Educational activities

The educational activities of the Institute contribute to health manpower development for better management of health and family welfare programmes in the country. These courses are need based and multidisciplinary in nature. They include (i) Three year post Graduate Degree M.D. In Community Health Administration; (ii) a two year Post Graduate Diploma in Health Administration; and (iii) Three Courses of Diploma in Health and Family Welfare Management, Hospital Management and Hospital Administration through Distance Learning. These are of one year duration.

Trainings and Workshops

The training courses and workshops (intra-mural and extra-mural), numbering around 80-100 organized by the Institute every year aim at (i) familiarizing the participants with the goals and objectives of health and family welfare programmes; (ii) updating their knowledge and understanding of operational difficulties in implementation; and (iii) suggesting remedial measures to overcome such constraints

Research and Evaluation

The Institute gives priority attention to research work in different aspects of health and family welfare.

The Ministry of Health and Family Welfare (MOHFW) has chosen this Institute as a 'National Nodal Agency' to organize, coordinate and monitor the training programmes of Reproductive and Child Health (RCH) programmes in the country. The MOHFW has entrusted the NIHFW with the responsibility of supervision and monitoring of surveillance for HIV/AIDS infection in the country since the start of Annual Sentinel Surveillance in 1998.

Specialized Services

Specialized services of the Institute include clinical, documentation, printing and publications. The clinical work in relation to infertility, reproductive disorders, especially endocrinology and sexual dysfunctions deserve mention. The reference, referral, press clipping and bibliographic services of National Documentation Centre and the publication, art and projection services of the department of communication compliment the activities of the Institute.

Advisory and Consultancy Services

The Director and faculty members of the Institute provide advisory and consultancy services to various national, international and voluntary organizations in various capacities.

TRAINING COURSE ON 'HEALTH PROMOTION'

Schedule of Course
18th - 22nd September, 2017

Last date for nominations
8th September, 2017



Department of Education & Training
The National Institute of Health and Family Welfare
Munirka, New Delhi- 110 067
Web Site:www.nihfw.org

Training Course on 'Health Promotion'

Changes in lifestyles during recent decades have an important role in emerging non-communicable diseases. Lifestyle diseases are different from other diseases because they are potentially preventable, and can be lowered with changes in diet, lifestyle and environment. Research has established that few risk factors, such as, high cholesterol, high blood pressure, obesity, poor dietary pattern, smoking and alcohol, cause the majority of the chronic disease burden.

It has been demonstrated that changes in our lifestyle and management of stress has a major impact in reducing the rates of lifestyle diseases, often in a relatively short time. It is important to note here that the lifestyle diseases need considerable time and consistency for manifestation in the lives of individuals in terms of our dietary pattern, physical activity and so on. Individuals are responsible for their own lifestyles, and therefore, the role of health promotion to empower them to make rational decisions is the foundation of good health.

Health promotion is the process of enabling people to increase control over the determinants of health and thereby improve their health. It represents a comprehensive social and political process, it not only embraces actions directed at strengthening the skills and capabilities of individuals, but also action directed towards changing social, environmental and economic conditions so as to alleviate their impact on public and individual health.

This training course is expected to enable the health professionals to understand the importance of health promotion in prevention and control of diseases and imbibe and impart skills necessary for health promotion. The course will enhance their knowledge and skills towards management of their own lifestyle and that of others in their organization by addressing risk factors such as unhealthy diet, physical inactivity, stress, abuse of tobacco and alcohol towards achieving healthy approach to life.

General Objective

To enhance the capacity of health personnel in 'Health Promotion'.

Specific Objectives

At the end of the training course, the participants shall be able to:

- ❖ Describe the concept of health education, information education and communication, behaviour change communication for health promotion;
- ❖ List various risk factors for non-communicable diseases and suggest strategies for their control.
- ❖ Describe the role of social and cultural determinants of health and other sectors;
- ❖ Assess the health needs of a particular group/ community for health promotion;
- ❖ Describe the strategies for health promotion in the National Health Programmes;
- ❖ Explain role of diet, physical activity, tobacco & alcohol and stress for a healthy lifestyle;
- ❖ Design strategies for health promotion in different settings;
- ❖ Plan, monitor and evaluate the health promotion programmes.

Course Contents

- Basics of Health and Health Promotion
- Reduction of Risk Factors of Non-Communicable and Communicable diseases
- Promotion of Healthy Lifestyle through Diet, Physical Activity and Stress Management
- Planning, Designing, Monitoring and Evaluation in Health Promotion.
- Health Promotion and National Health Programmes.
- Health Promotion in different settings.
- Information, Education and Communication and Advocacy Strategies for Health Promotion.

Methodology

Participatory methodology would be used throughout the course. The methods include: Lecture discussion, Exercise, Role Play, and Group Work

Category & Number of Participants

The participants will be faculty of training institutions and medical colleges, State & District Programme Managers. The number will be 25-30 per course.

Course fee

Course fee of Rs. 5000/- per participant is to be paid by sponsoring organization, vide DD in favour of Director, NIHFWS payable at New Delhi. The TA/DA for the participants will be borne by the sponsoring institute. NIHFWS will provide accommodation in hostel on prior request on payment of nominal charges.

Course coordinating Team

Course Coordinator	Dr. Poonam Khattar
Course co-coordinator	Prof. A.K. Sood
Course Associates	Mr. Lakhan Lal Meena Dr. Manisha
Secretarial Assistance	Mr. Vikas Kanojia

Contact Officers

Prof. Poonam Khattar/ Mr Lakhan Lal Meena/
Dr. Manisha

Off. 011-26107773, 26165959; Ext. 157/ 332/313.
Emails: edutrg.nihfw@gmail.com
lakhanl2344@gmail.com
manisha@nihfw.org
poonamkhattar@gmail.com

IMPORTANT: Please provide contact details of the candidate for confirmation by the NIHFWS:

Name & Designation:
Address for communication:
Telephone (M):
E. Mail: