

DNHE

Diploma Programme in Nutrition and Health Education

DNHE-2: Public Health and Hygiene

ASSIGNMENT -2

January 2025

and

July 2025



**School of Continuing Education
Indira Gandhi National Open University
Maidan Garhi, New Delhi -110068**

Diploma Programme in Nutrition and Health Education (DNHE)

ASSIGNMENT-2

2025

Dear students,

You will have to do three assignments in all. Each Tutor Marked Assignment carries 100 marks. The course- wise distribution of assignments is as follows:

Assignment 1 (TMA) - based on DNHE-1

Assignment 2 (TMA) - based on DNHE-2

Assignment 3 (TMA) - based on DNHE-3

INSTRUCTIONS

Before attempting the assignments please read the following instructions carefully.

- 1) Read the detailed instructions about assignments given in the Programme Guide.
- 2) Write your roll number, name, full address and date on the top right corner of the first page of your response sheet(s).
- 3) Write the course title, assignment number and name of the study centre you are attached to in the centre of the first page of your response sheet(s).

The top of the first page of your response sheet should look like this:

Enrolment No.....	
Name.....	
Address.....	
.....	
Course Title.....	
Assignment No.....	Date.....
Study Centre.....	

- 4) Use only foolscap size paper for your responses and tie all the pages carefully.
- 5) Write the question number with each answer.
- 6) You should write in your own handwriting.
- 7) Submission: The completed Assignment should be sent to the Coordinator of the Study Centre allotted to you.

A Note of Caution

It has been noticed that some students are sending answers to Check Your Progress Exercises to the University for evaluation. Please do not send them to us. These exercises are given to help in judging your own progress. For this purpose, we have provided the answers to these exercises at the end of each Unit. We have already mentioned this in the Programme Guide.

Before dispatching your answer script, please make sure you have taken care of the following points:

- ✓ Your roll number, name and address have been written correctly.
- ✓ The title of the course and assignment number have been written clearly.
- ✓ Each assignment has been written on separate sheets and pinned properly.
- ✓ All the questions in the assignments have been answered. Now read the guidelines before answering questions.

GUIDELINES FOR TMA

The Tutor Marked Assignments have two parts.

Section A: Descriptive Questions

(60 marks)

In this section, you have to answer questions of descriptive type.

Section B: Practical Activities

(40 marks)

You would be required to submit your responses to activities given in Practical Manuals 1, 2 and 3 respectively.

POINTS TO KEEP IN MIND

You will find it useful to keep the following points in mind:

- 1) **Planning:** Read the assignments carefully. Go through the units on which they are based. Make some points regarding each question and then rearrange these in a logical order.
- 2) **Organization:** Be a little more selective and analytical. Give attention to your introduction and conclusion. The introduction must offer your brief interpretation of the question and how you propose to develop it. The conclusion must summarize your response to the question.

Make sure that your answer:

- a) is logical and coherent.
 - b) has clear connections between sentences and paragraphs.
 - c) is written correctly giving adequate consideration to your expression, style and presentation.
 - d) does not exceed the number of words indicated in the question.
- 3) **Presentations:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underline the points you wish to emphasize.

ASSIGNMENT 2 (TMA-2)

Course Code: DNHE-2

Assignment Code: DNHE-2/AST-2/TMA-2 /25

For January 2025 session last date of Submission: 30th July, 2025

For July 2025 session last date of Submission: 30th January, 2026

Maximum Marks: 100

Assignment-2 consists of two parts and is of 100 marks. The weightage given to each part is indicated in the brackets.

A) Descriptive type question (60 marks)

B) Application Questions (AQ) (40 marks)

Section A: Descriptive Type Questions

(60 Marks)

All questions are compulsory

1. a. Define Vital Statistics. What are the sources of data on vital statistics? (1+3)
Elaborate.
- b. Define CDR and IMR (2)
2. a) What do you understand by Spacing methods of family planning? (1+2+2)
Explain any two spacing methods of family planning.
- b) Explain the term human reservoir. (1)
3. a) Define passive artificial immunity giving examples. (2)
- b) Differentiate between direct and indirect modes of transmission of infection. (4)
4. a) What do you understand by Rainwater harvesting? Explain various techniques of rainwater harvesting. (1+3)
- b) Differentiate between shallow wells and deep wells (2)
5. a) Explain the sewerage system of India. (3)
- b) Why appropriate footwear is important for good health? Give some problems of the feet caused by using ill-fitting footwear. (3)
6. a) Define therapeutic diet. What are the types of dietary modifications? (4)
- b) Enumerate the key features of the diets for typhoid and liver diseases. (2)
7. a) What is diarrhoea? Write its symptoms and management. (1+2)
- b) Explain Tapeworm disease, its symptoms, occurrence and prevention in humans. (3)
8. a) Describe the cause, symptoms and prevention of tuberculosis and tetanus. (3)
- b) Present an overview of different levels of healthcare in India? (3)
9. a) Enumerate the causes and symptoms of skin infections in humans. (4)
- b) What are the job functions of Trained Dais? (2)
10. a) What are the essential components of Primary Health Care? (3)
- b) Elaborate on any one health programme. (3)

Section B – Application Questions (AQ)**(40 marks)**

1. Select any five people from your nearby community. Educate them about domestic rainwater harvesting techniques by pamphlets/posters. Record their feedback and submit it with assignment.(Refer DNHE-2, Vol-1, Unit 5) (10)
2. Write down five messages to promote road safety. Also elaborate factors which lead to traffic accidents. (Refer to DNHE-2, Vol 1, Unit 7) (5+5)
3. Visit your nearby community and select 5 people suffering from hypertension. Record their name, age, gender, symptoms and diet. Also record frequency of consumption of sodium rich foods. (Refer to DNHE 2, Vol 1, Unit 9) (10)
4. Visit nearby Government Primary School and select any 10 beneficiaries of Mid Day Meal Programme. Record supplementary food given to each beneficiary for a week. Also record their view and likes/dislikes for the same. (10)