

DNHE

Diploma Programme in Nutrition and Health Education

DNHE-2: Public Health and Hygiene

ASSIGNMENT -2

**January 2026 and
July 2026**



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

Diploma Programme in Nutrition and Health Education (DNHE)

ASSIGNMENT-2

2026

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).

	Enrolment No.....
	Name.....
	Address.....

Course Title.....	
Assignment No.....	Date.....
Study Centre.....	

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

- 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-2/26

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

For July 2026 session last date of Submission:30th January, 2027

Maximum Marks: 100

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

A) Descriptive Type Question (60 Marks)

B) Application Question (AQ) (40 Marks)

Part A: Descriptive Type Question (60 Marks)

All questions are compulsory

1. a. How do you think vital statistics can help in planning public health policies of Asian Countries ? Give appropriate examples. (3)
b. Discuss briefly the development of Family Planning programme in India. (3)
2. a. Briefly discuss the direct and indirect methods of transmission of infection with suitable examples. (3)
b. Enumerate the methods adopted in rural areas for the safe water supply and waste disposal. (3)
3. a. Write short notes on: (3)
i)Public safety
ii)Substance Abuse
b. "Disease affects nutritional requirements". Justify this statement, giving suitable examples. (3)
4. Enumerate the symptoms, causes and prevention of the following diseases/conditions : (3x2)
(i) Infectious hepatitis
(ii) Hookworm infestation
(iii) Argemone toxicity
5. a. Explain briefly the concept of nutrition care. (3)
b. What dietary advice would you give to patients suffering from the following : (3)
(i) Hypertension
(ii) Diabetes

6. a. How would you control/prevent and manage the following parasitic infestations : (3x2)
- (i) Taeniasis (tape worm)
 - (ii) Ancylostomiasis (hook worm)
 - (iii) Oxyuriasis (pin worm)
7. a. Enumerate the causes, symptoms, complications and mechanism of spread of the following diseases. Also mention their prevention and control measures : (3x2)
- (a) Malaria
 - (b) Poliomyelitis
 - (c) Tuberculosis
8. a. What is primary health care ? Enumerate the essential components of primary health care ? (3)
- b. List some of the salient highlights of the National Health Policy. (3)
9. a. Give the names of the national programmes for the control of the following : (3)
- (i) AIDS
 - (ii) Tuberculosis
 - (iii) Anemia
 - (iv) Vitamin A deficiency
 - (v) Diabetes
 - (vi) Mental disorders
- b. Who is ASHA? Mention important job functions of ASHA in the community. (3)
10. a. Discuss briefly the beneficiaries, objectives and activities of any ONE programme for the promotion of Mother's and Child's health and nutritional status. (3)
- b. Enlist the Anti-poverty programmes for the rural poor in India. (3)

Section B – Application Question (AQ)

(40 marks)

1. Visit your neighbourhood and select five people suffering from diabetes. Record their name, age, gender, symptoms and daily diet. Also record frequency of consumption of sweet foods. Submit your responses in tabular form. (Refer to DNHE 2, Vol 1, Unit 9) (10)
2. Conduct a survey in your locality to find out about practices adopted to control diarrhoea (for preschoolers) at home. Record the views of five (10)

respondents and submit it with the assignment. Also, educate the respondents about ORS and how it can be made at home. Enlist the points you would advocate as part of educating the target groups about ORS (Refer to DNHE 2, Vol 1, Unit 11)

3. Visit nearby anganwadi and select ten beneficiaries availing the Immunisation facility. Record name, age, gender and vaccination given to each beneficiary. Also prepare the Indian National Immunisation Schedule. Note the vaccinations missed by the beneficiary.(DNHE 2, Vol 2,Unit 22) (10)
4. Write down five messages to promote safety of elderly at home. Also elaborate on things normally used at home that have a potential for accidents. (Refer to DNHE-2, Vol 1, Unit 7) (10)