

**Certificate in Community
Health (CCH)**

**Assignments
January 2026**



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

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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 April, 2026	BNS-041	1, 2,3,4,5	BNS-041/TMA
30 th April, 2026	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: CCH

Course Code: BNS 041

Assignment Code: BNS-041/TMA/2026

Maximum Marks: 100

Last Date of Submission: 30th April, 2026

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 objective type questions, each question carries 2.5 marks

Part - A

1. a) List the factors contributing to Non- Communicable Diseases (NCDs).
b) Discuss National Programme for Prevention and Control of Cancer, Diabetes, Cardio Vascular Diseases and Stroke (NPCDSC)
c) List Criteria for Obesity based on World Health Organization (WHO).
(2+8+5=15)

2. a) Define Nutrition Education and Enlist Purposes of Nutrition Education.
b) Explain Various Methods for imparting Nutrition Education . Support with suitable examples.
c) Discuss National Nutrition Programmes.
(1+3+6+5=15)

Part B

3. a) Explain Infection Control and its Principles.
b) Discuss Nosocomial infections with suitable examples. **(4+6=10)**

- 4 a) Describe Nutritional problems.
b) Identify the local dietary habits adopted by community in your community. **(4+6=10)**

- 5 a) Explain techniques of Behavior Change.
b) Discuss the steps of Behavior Change Communication (BCC) with suitable example.
(3+7=10)

- 6 a) Enumerate Etiological agents of Occupational Diseases.
b) Discuss Lead Poisoning and measures for its Prevention. **(5+5=10)**

7. Describe modes of spread, signs and symptoms, health effects and treatment for Helminthes. **(10)**
8. a) Explain data quality
b) Discuss ways to reduce data entry errors. **(3+7=10)**

Part C

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

- a) Type of rehabilitation involving training to enable the person to earn livelihood :
i. Social Rehabilitation.
ii. Medical Rehabilitation.
iii. Vocational Rehabilitation
iv. Psychological Rehabilitation.
- b) All of the following responsibilities of health worker in record keeping **except:-**
i. Keep record in safe custody
ii. Accessible to patient only
iii. Not accessible to patients' relatives
iv. Handed carefully, not destroyed
- c) Sedentary life style plays significant role in occurrence of:-
i. Obesity, Diabetes, Hypertension
ii. Obesity, Cancer, Malnutrition
iii. Cancer, Cardiovascular Diseases, Tuberculosis
iv. Leprosy, Tuberculosis, Diabetes
- d) Mode of spread for measles is: -
i. Food borne infection
ii. Contact infection
iii. Droplet infection
iv. Nosocomial infection
- e) All measures should be taken in case of dog bite **except:-**
i. Immediate wound washing thoroughly
ii. Avoid suturing of wound
iii. Course of antibiotics is recommended
iv. Cauterization of wound

- 10 Match the statement given in Column A with the terms given in Column B.

(5 x $\frac{1}{2}$ = 2.5)

Column A

- a) Acid rain
b) Global warming
c) Food stuff left over after eating
d) Commercial waste
e) Mortality

Column B

- i) Depletion of ozone layer
ii) Decreased incidence of skin cancer
iii) Deforestation
iv) Death
v) Garbage
vi) Packaging paper

vii) Sewage

11 Write 'T' if you consider the statement True and 'F' if the statement as false.

(5 x ½ = 2.5)

- a) Anaerobic decomposition of organic solids takes place in a septic tank T / F
- b) Reservoir of infection for Hepatitis A is human cases only. T / F
- c) Basic tools for financial management are budget and audit. T / F
- d) EMR stands for electronic management records T / F
- e) Scabies is caused due to shortage of water as water washed disease. T / F

12 Fill in the Blanks

(5 x ½ = 2.5)

- a) To start a disease, it is important to have _____ between agent, host and environment.
- b) Vaccination, food fortifications are measures to prevent initiation of disease known as _____.
- c) Community Health centre serves as a referral centre for _____ PHCs.
- d) Potassium permanganate is used for _____ of fruits and vegetable.
- e) Habitual presence of disease or infectious agent within a defined geographical area is known as _____.