

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 and National Institute of Family Planning . 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) Courses through Distance Learning mode

Trainings and Workshops

The institute organizes around 50-60 training courses and workshops (intra-mural and extra-mural), every year with an objective to (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 constraints in specialized areas.

Research and Evaluation

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

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.

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.

Course coordinating Team

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Online Training Course on 'Lifestyle Diseases and Health Promotion'

10-13 August 2021



**Last date for nominations/Course fee
30 July 2021**



**Department of Communication &
The National Institute of Health and Family Welfare
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Online Training course on

‘Lifestyle Diseases and 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 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.

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.

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 professionals in prevention and management of lifestyle diseases and health promotion

Specific Objectives

At the end of the training course, the health professionals would be able to:

- Describe the concept of health promotion
- List various risk factors for non-communicable diseases and suggest strategies for their control
- Explain the importance of Information, education and communication and Advocacy in health promotion
- Plan, monitor and evaluate the health promotion programmes.

Course Contents

- Basic concepts in Health Promotion; Health Policy and settings for health promotion
- Risk Factors for Non Communicable diseases (Unhealthy diet, lack of physical activity, abuse of alcohol, stress, etc.)
- Risk Factors and Preventive Strategies for Non-communicable diseases in India
- Healthy Lifestyle Through Diet
- Healthy Lifestyle Through Stress Management
- Health promotion through physical activity and yoga
- Risk Factors related to Tobacco, drug abuse/alcohol and strategies for prevention and control

- Importance of IEC and Role of Advocacy and strategies for health promotion
- Planning, Monitoring and Evaluation of Health Promotion programmes.

Methodology

The orientation to basic concepts would be done through lecture-discussion methodology. Webinars would be organized for selected topics.

Category & Number of Participants

Faculty of State Training Institutes, Medical and Nursing Colleges, State Programme officers/Managers, District Programme Management officials, responsible for organizing and management of training programmes in various National Health Programmes and health sector.

Course fee

Course fee of Rs. **1000/-** per participant is to be paid by sponsoring organization/participant, vide DD in favour of Director, NIHFW payable at New Delhi. It can also be deposited through online transaction in the name of Director, NIHFW, Branch Name: SBI, NIHFW, IFSC Code: SBIN0010439, A/c: 10932790787.

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