Training Course Report

on

Management of Life-style Disorders

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Munirka, New Delhi- 110067
## Training course on ‘Management of Life-style Disorders’

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1.0 Background Note:

Non-communicable diseases (NCDs) include diseases which are not infectious. Such diseases mainly result from life-style related factors such as unhealthy diet, lack of physical activity, tobacco use, etc. Changes in life-styles, behavioural patterns, demographic profile (ageing population), socio-cultural and technological advancements are leading to sharp increase in the prevalence of Non-Communicable Diseases like Diabetes, Cardiovascular diseases, Stroke, Cancer, etc. These diseases can be prevented by making simple changes in the way we live their out or simply by changing our life-style. One of the most serious concerns is that it affects people in their most productive years of life. It is, therefore, vital that increasing importance of chronic diseases is anticipated and acted upon urgently. NCDs have emerged as a major public health problem in recent years. It is estimated that in 2005, these chronic diseases accounted for 53 percent of all deaths in India. As a first step, it is essential to communicate the latest and most accurate knowledge and information to front-line health professionals and public at large (WHO 2005).

The non-communicable disease epidemic in developing countries constitutes an enormous challenge to the governments, in which many of them are struggling with the double burden caused by both non-communicable and communicable diseases. Realizing the serious economic and health related impact of non-communicable diseases; the WHO initiated a global response in the year 2000 through a global strategy. The efforts of WHO continued in collaboration with the member countries in 2008 which culminated into framing an action plan for 2008-2013 for the prevention and control of the non-communicable diseases and also to evolve intervention for modifiable risk factors.

The management of NCDs is often technology-intensive and expensive. Strong evidence exists showing that the disease burden caused by the non-communicable disease epidemic is preventable to a large extent. It is estimated that approximately 80% of heart disease, stroke, type 2 diabetes and 40% of cancers can be prevented through inexpensive and cost-effective interventions that address the primary risk factors [WHO/World Economic Forum Report of a Joint Event].

During the 20th century, many diseases were eradicated or nearly eliminated through advancement in medical science.¹ Lifestyle diseases include atherosclerosis, heart
disease and stroke, obesity, type 2 diabetes, and diseases associated with smoking, alcohol, and drug abuse. These disease conditions usually attribute to dramatic shifts in the way human beings live their lives, often due to advancements in a society due to scientific progress.

Poor life-style includes, poor diet, lack of exercise, smoking, excess alcohol, poor sleep, stress due to heavy workload. Several factors are resulting in the increasing burden of lifestyle disease which include longer average life span, rising income, increasing tobacco consumption, decreasing physical activity and increased consumption of unhealthy food. The underlying attributable factors that cause these diseases are a complex web of social, economic and cultural changes which are inevitable in this era of urbanization and globalization. The urban people are having less physically active life-style, more exposure to products and technologies that could be unhealthy for them.

Illnesses such as cancer of certain forms, most types of heart disease, high blood pressure, obesity, and Type 2 diabetes are “contracted” from the way people live and are caused by the life-style adopted by the individual, though there may be some exceptions.

All non-communicable diseases are not necessarily related to life-style. For instance, conditions like enlarged prostate or prostate cancer and Alzheimer’s disease are related to longevity or age. However, life-style diseases do refer to those conditions that could be prevented by behavioural change.

**Indian Scenario**

In India, rapid urbanization and globalization mainly contribute towards increased number of people suffering from life-style disorders. Despite strong evidence of the magnitude of this burden to human health, national and global actions remain inadequate to tackle the preventability of its causes, and the threat it poses. India is now home to the largest population of diabetic cases in the world, where 30 million are affected. This number is expected to grow to 57 million by 2025.

The burden of cardiovascular disease is rising in India. Compared to all other countries, India suffers the highest loss in potentially productive years of life due to deaths from cardiovascular disease in people aged 35-64 years (9.2 million years lost in 2000). By 2030, this loss is expected to rise to 17.9 million years. Health Information of India, 2005 has identified six key sets of “risk factors” responsible for a major share of adult non-communicable disease morbidity and premature mortality. These are:

i. Cigarette use and other forms of tobacco use in various forms
ii. Alcohol abuse
iii. Failure or inability to obtain preventive health services
iv. Life-style changes (easy dietary patterns, physical inactivity)
v. Environmental risk factors
vi. Stress factors

The levels of education and training of health care providers of diverse categories were enhanced as relevant to chronic disease prevention, surveillance, and management. Keeping this in view the training programme was organized to enhance the capacity of health professionals in the management of life-style disorders.

**2.0 General objective of the training programme was** to sensitize and enhance the capacity of the health personnel in the management of life-style disorders.

**Following specific objectives were framed:** At the end of the training programme, the participants will be able to:

1. Describe the National Health Programmes (NPDCS and NCCP) related to non-communicable diseases
2. Understand the risk factors associated with non-communicable diseases and life-style disorders
3. Understand the concept of health promotion
4. Plan, implement, monitor and evaluate a health promotion programme
5. Management of life style disorders
6. Describe school health programme and relevance with life-style disorder

**3.0 Course Contents**

The following contents were covered in the training programme:

1. Overview of NCDs /Life-style disorders / Epidemiology (morbidity and mortality)
2. Health Promotion Strategies:
   a. Health Promotion Strategies (in general)
   b. Health Promotion in schools
   c. Health Promotion in community
3. School Health Programmes
4. CVD, stroke, hypertension, diabetes, obesity
5. Mental health and Stress management
6. Tobacco, alcohol, drugs abuse
7. Role of Diet and Nutrition (in management NCDs, importance of vegetarianism )
8. Physical activity and yoga
9. Health problems related to technology (ailments, mobile use, and computer related injuries, BPO, etc.)
10. Designing, implementing, monitoring and evaluation of health promotion programme
11. Interventions for health promotion

4.0 Methodology
Orientation to concepts was done through lecture-discussion method. Participatory approach was used for practical work and group exercises.

5.0 Nature of participants
Programme Officers and medical officers involved in planning and implementation of National Health Programmes, faculty and trainers of medical and nursing institutes and training institutes.

6.0 Number of participants
Fourteen participants from Jaipur, Gujrat, Jammu and Kashmir, Shillong, Chandigarh, Panchkula, Patna, Bhiwani, Ambala City, and Ranchi participated in the training programme.
7.0 Session Objectives

A brief overview of the sessional objectives planned for the training programme is as follows:

**Day-I**

*Session 1:* **Overview of NCDs/life-style disorders**
- Overview of NCDs/life-style disorders, epidemiology
- Define the National Programme on Diabetes, Cardio-Vascular diseases and stroke (NPDCS)
- Define the key components of National Cancer Control Programme and intervention strategies for health promotion

*Session 2:* **Burden of life-style disorders and WHO strategies**
- Understand the burden of life-style disorders and epidemiology (morbidity and mortality) and impact on health status of India.
- List the WHO strategies for NCD control and Health Promotion.

*Session 3:* **Health Promotion Strategies**
- Explain the Health Promotion Strategies at individual level, community level and in general.
- Develop a strategy for health promotion (at individual/community level) for any of the given risk factors (tobacco, alcohol, physical activity, etc.).

*Session 4:* **Experience sharing**
- The participants would share the data related to lifestyle disorders from their respective states and initiatives being undertaken by the State Government.

**Day II**

*Session 1:* **School Health Programmes**
- Explain the framework for the School Health Programmes.
- List the activities that may be conducted in schools.
- Highlight the coordination mechanism between various sectors for health promotion.
Session 2: **Physical Activity**
- Explain the importance of physical activity.
- Describe the optimum level of physical activity that may be undertaken by people of various age groups, and in the community.
- Perform simple yoga exercise.
- Suggest and develop a strategy for initiating physical activities.

Session 3: **Prevention of life-style disorders: Role of diet**
- Explain the importance and role of diet in prevention and management of life-style disorders in different age groups (causes, treatment and management).
- Describe Healthy food habits.
- Develop diet chart for following groups.
  - Adolescent girls/ boys
  - Women (Pregnant and Lactating mothers)
  - Children
  - Any other

Session 4: **Occupational diseases**
- Explain the current occupational diseases, computer related injuries, and BPO ailments and remedies.
- Suggest a few strategies for the management of these occupational diseases.

Session 6: **Group Work**
*Group I: Plan dietary intervention at:*  
- Individual level (adolescents/ pregnant women/ elderly)  
- Community level  
*Group II: Plan a physical fitness programme for:*  
- Employees of BPO  
- School children/ adolescents  
- Elderly

Day III
Session 1: **Management of tobacco, alcohol and drug abuse**
- Describe the health affects of tobacco abuse and its management by health professionals in different settings.
- Describe the management of alcohol and drug abuse.
- Describe initiatives being undertaken for “Cessation activities” under National Tobacco Control Programme.
**Session 2:**  **Plan, implement, monitor and evaluate a health programme**
- How to plan, implement, monitor and evaluate a health programme for prevention of NCDs/ life-style disorders.

**Session 3:**  **Counseling for management of life-style disorders**
- Explain various techniques of counseling.
- Organize counseling sessions (for tobacco abuse and alcohol, and physical activity).

**Session 4:**  **Group work**
- Design a health promotion programme for prevention of lifestyle disorders for any of the risk factors.

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**Day IV**

**Session 1:**  **Stress Management**
- Practice a few techniques of stress management.
- Provide a few tips for stress management in general.

**Session 2:**  **Group work (continued from day III)**
- Design a health promotion programme for prevention of life-style disorders for any of the risk factors.

**Session 3:**  **Group work presentations**
- Presentation by the groups on the health promotion programmes for prevention of life-style disorders for any of the risk factors.

**Session 4:**

- **a) Concluding Session**
  - Reaction level evaluation
  - Post-course evaluation
- **b) Valedictory Programme**
Record of the Proceedings of the Training Programme
A four days training course was conducted from 5th to 8th April, 2010 on ‘Management of life-style disorders’. The course was conducted to sensitize and enhance the capacity of the health personnel in the management of life-style disorders.

Fourteen participants from Jaipur, Gujrat, Jammu and Kashmir, Shillong, Chandigarh, Panchkula, Patna, Bhiwani, Ambala City and Ranchi participated in the training programme. List of the participants is given in Annexure-2.

Day I: 5th April, 2010

**Inaugural session**

**Inaugural Address: Prof. Deoki Nandan, Director, NIHFW**

Prof. Deoki Nandan mentioned that in India, rapid urbanization and globalization has changed the life-style of people lending to increase number of people life-style related suffering from diseases. Rapid urbanization has to increased cases of NCDs. He led briefed about the training programmes which are being conducted throughout the year.

He hoped that this training programme would strengthen the capacity of the health personnel in the states in the management of life-style disorders.
Technical Sessions

Session: Overview of the training programme
Resource Person: Dr. Poonam Khattar, Reader, Department of Education and Training, NIHFW

Dr. Poonam Khattar, coordinator of the training course gave a brief presentation on the course outline of the training programme. The participants were requested to fill pre-course evaluation proforma and their expectations from the training programme. The participants mentioned that the training programme would:

1. Enhance their knowledge of management of life-style disorders
2. Be able to plan the programme for prevention of NCD
3. Inform about the various steps being taken by the government to control the epidemic of life-style disorders
4. Management of life-style disorders at individual level, community level, and at policy level

Session: Burden of life-style disorders and WHO strategies
Resource Person: Dr. J.S. Thakur, Cluster Focal Point, Non-Communicable Disease and Social Determinants of Health Cluster, WHO-India

Dr. J.S. Thakur discussed the Current Scenario of Non-communicable Diseases in India. He gave a brief account of burden of disease globally and in India. He focused on risk factors, level of prevention and management of non-communicable diseases.

Dr. Thakur discussed various initiatives taken by the Ministry of Health and Family Welfare to prevent NCDs. He elaborated on the National Programme for Prevention and Control of Diabetes, Cardiovascular Diseases and Stroke (NPDCS) which was started on the January 2008 and is currently being implemented in 10 states. Strategies adopted by this programme are as follow:

- Health Promotion for the General Population,
• Disease Prevention for the High Risk, and
• Surveillance of risk factors of Non-Communicable Diseases.

The participants discussed the strategies that have been adopted in their states and that can be adopted at individual level, community level and policy level to prevent life-style disorders.

Session: Perspectives in Cancer Care in India
Resource Person: Dr. Lalit Kumar, Professor, Department of Medical Oncology, AIIMS

Dr. Lalit Kumar started his session with global incidence, burden and common causes of cancer. He elaborated on life-style factors like cigarette smoking, diet, alcohol, sun exposure, environmental pollutants, infections, stress, obesity and physical inactivity that can cause cancer. He discussed the National Cancer Control Programme.

Dr. Kumar informed the participants about the different commonly and rarely occurring cancers. He emphasized upon the initiatives/interventions like immunization, National Tobacco Control Programme, promotion of healthy life-style, early detection and palliative care for prevention of cancer.

Session: Experience Sharing
Resource Person: Dr. Poonam Khattar, Reader, Department of Education and Training, NIHFW

Dr. Khattar briefed that the objective of this session is that participants would share the data related to life-style disorders from their respective states and initiatives being undertaken by the State Governments.

The participants from Chandigarh discussed NCD work done during the period 2009-2010 in their UT. They mentioned that one day training was organized for ANMs, LHVs, and pharmacists. Modules have been prepared for health workers and pharmacists and diet clinics have been started at the CHC level. NCD registers are being prepared for field workers, distribution of blood pressure apparatus measuring tapes to the workers. They informed that celebrating world nutrition week. They are in process to employ 2 dieticians, 1 data entry operator, and 1 social health worker.
The participants from Gujarat shared the results of the NCD risk factor survey conducted in rural and urban areas Gandhinagar in the age group of 15-64 years. WHO STEPS approach was followed up to 2 STEPS. Results showed that tobacco and cooking oil consumptions was more in rural areas as compared to urban areas. Urban areas reported more cases of hypertension and diabetes.

**Day 2: 6th April, 2010**

**Session: Yoga**  
**Resource Person: Dr. Shellindeshwari Malhotra, Consultant**

Dr. Shellindeshwari Malhotra conducted an early morning yoga session in which she discussed the importance of ‘asanas’. All the participants actively participated in the sessions. They even discussed appropriate asanas for joint pains, constipation, and proper digestion of foods.

**Session: Overview of National Programmes of Non-Communicable Diseases and Health Promotion Strategies in India**  
**Resource Person: Dr. Sudhir Gupta, Chief Medical Officer (NCD), MOHFW**

Dr. Sudhir Gupta briefed about the NCDs and the risk factors associated with them. He also discussed the health care delivery system (NRHM) in India and the approaches adopted under this programme. He presented on overview of the NPDCS programme, its delivery system, and achievements of this programme.

Dr. Gupta discussed key scientific recommendations for action in the area of diet and physical activity for the prevention of NCDs. He mentioned other programmes like National Mental Health Programme (NMHP), National Programme for Control of Blindness, National Oral Health Programme, National Iodine Deficiency Disorders Control Programme (1992), National Programme for Prevention and Control of Fluorosis (NPPCF), Tobacco control strategies, Health Policy for Schools, and importance of Health and Physical Education.

He concluded by stressing on the need of integration and networking of NCD programme, policy corrections, and structural changes and, integration of disease surveillance for NCD. He emphasized on NCD research - both applied and community-based interventions.

His session generated the discussion on current policies and programmes of the government in different states.
Session: Management of tobacco, alcohol and drug abuse  
Resource Person: Dr. Smita Deshpande, HOD, Ram Manohar Lohia Hospital

Dr. Smita Deshpande discussed on common drugs abuses like alcoholism, dependence on opiates, cannabis, sedatives, hallucinogens and volatile substances. She discussed the factors like society, individuals and other responsible for drug abuse. She briefed about the physical, social and economic consequences of tobacco use and management of tobacco, alcohol and drug abuse by the health professionals in different settings.

Dr. Deshpande also discussed the initiatives taken for “Cessation Activities” under the National Tobacco Control Programme. She also emphasized on the setting up of tobacco cessation services at different settings community, hospitals and other specialised settings. She also mentioned about the behaviour change model.
She recommended interventions tailor made interventions, according to the stage of change, incorporation of behavioral therapy if possible, phone counseling, and follow-up.

Session: Prevention of life-style disorders: Role of diet and occupational diseases  
Resource Person: Prof. Rakesh Yadav, Cardiologist, AIIMS

Prof. Rakesh Yadav discussed about the life-style diseases, nutrition and balanced diet. He emphasized on the components of diet fat, cholesterol and fatty acid, carbohydrate and proteins, fiber, salt, alcohol and other dietary aspects. He also mentioned dietary goals given by ICMR, and importance of nutrition in different stages of life, in chronic diseases like CHD, diabetes mellitus, obesity, hypertension and cancer.

Prof. Yadav also discussed the occupational diseases like repetitive strain injury, back problems, eyes strain and discomfort being reported by the youth. He also gave a simple solution to solve the occupational diseases like incorporating the principles of ergonomics in the work place designing, taking breaks regularly, importance of correct posture, etc.
He also shared the experiences of his patients related to diet and cholesterol level. The participants discussed about the commercial diets which are being used for prevention of life-style disorders.

**Session: Healthy Diet**  
**Resource Person: Dr. Neena Bhatia, Reader, Lady Irwin College, University of Diet**

Dr. Neena Bhatia focused her session on ‘what is a healthy diet?’ What is the importance of a healthy diet? How one can prepare a healthy diet. She mentioned about different household measures and how they can be used while preparing food at home.

Dr. Bhatia demonstrated the preparation of diet using software prepared for calculating the energy requirements and food availability. The participants prepared a weight reducing diet chart for an adolescent girl suffering from obesity using the software.

**Day 3: 7th April, 2010**

**Session: School Health Programme and National Mental Health Programme**  
**Resource Person: Dr. Jagdish Kaur, Chief Medical Officer, DGHS, MOHFW**

Dr. Jagdish Kaur presented the framework of the school health programme and the current situation of the programme in different states. She emphasized on adopting a participatory approach and involving education department/school authorities and parent bodies in the planning of health promotion activities in schools. She stressed that the capacity building of school teachers and health workers to undertake planned activities is the need of the hour. Participants discussed the status of school health programme in their states.

In National Mental Health Programme, Dr. Kaur mentioned the magnitude of mental disorders; prevention, treatment, and rehabilitation tasks for mental health in India. She concluded by saying that there is need to train and build the capacities of medical officers, nurses, psychologists and social workers to meet the acute shortage of mental health manpower.

**Session: Counselling for management of lifestyle disorders**  
**Resource Person: Prof. Neera Dhar, Department of Education and Training, NIHFW**

Prof. Neera Dhar discussed various types of counseling, counselling skills such as attending, responding, personalizing and initiating skills. In attending skills, she emphasized on sitting posture, eye contact and listening skills. Responding skills includes empathizing with the individual. Personalizing skills include internalizing feelings, make
helping own the responsibility for feelings, and make help own the responsibility for change. Initiating skills include identifying the goal together and joint choosing and initiation of action towards the goal.

Prof. Dhar demonstrated the different skills of counselling through a skit with the active participation of the participants.

**Session: Plan, implement, monitor and evaluate a health programme**
**Resource Person: Dr. P.L. Joshi, Part-time Faculty, NIHFW**

Dr. P.L. Joshi focused on health planning for life-style disorders. He emphasized on strategic planning which involves long term planning. He stated that it includes current situational analysis, strategies to be adopted to achieve desired situational objectives. He explained stages and elements of strategic planning.

Dr. Joshi explained the concept of planning with reference to the NRHM. He also mentioned effective planning cycle which includes situational analysis, strategic planning, work plan for implementation, monitoring and supervision and evaluation.

**Session: Group work- “To design a health promotion programme for prevention of lifestyle disorders for any of the risk factors”**
**Resource Person: Dr. Poonam Khattar, Reader, Department of Education and Training, NIHFW**

Dr. Khattar gave a brief introduction and objective of the session which was to design a health promotion programme for prevention of life-style disorders for any of the risk factors. The terms of reference for the group work are enclosed at Annexure__

The participants were randomly divided into two groups. The following topics were selected by the groups:

1. Health promotion by preventing tobacco consumption
2. Sedentary lifestyle
Group 1: Dr. Bhagyalaxmi gave the presentation on behalf of her group on “Health promotion by preventing tobacco consumption”. The objective was to make schools free of tobacco with following objectives:

1. To reduce the prevalence of tobacco consumption by less than 5% among school going children in the next 5 years
2. Tobacco free zone in and around the schools
3. Rehabilitation of tobacco addicted children

Intervention would be done in 2 phases:

Phase 1.
- Training of the teachers to educate the children
- Meetings with key persons of the education department for incorporating the content in curriculum
- Development of IEC material
- Preparation of health card to assess the consumption of tobacco in the family

Phase 2.
- Educating the children by trained teachers
- Peer education
- Parents Teachers meeting to educate the family members

The programme will be regularly monitored and evaluated to determine the impact of the programme.

Group 2: The presentation was made by Dr. Aman. This group focused on adolescents and children as they are the ones who are involved in maximum television viewing, playing computer and video games, and substance abuse. The objectives of the programme are as follow:

- Reduce television viewing upto 1 hour per day
- One period of mandatory physical activity per day
- 1 hour physical exercise at home
- Rationalization of homework
• Urban planning involvement
The interventions will be done by the means of mass media advertising, school workshop, regular parents teacher meetings and public forums. The programme will be evaluated by improvements in behavioural indicators, and comparison of pre and post indicator parameters.

Session: Stress Management
Resource Person: Prof. Neera Dhar, Department of Education and Training, NIHFW

Prof. Neera Dhar started her session with a question to the participants on what is stress is she explained that stress is not a personality trait. Stress does not indicate any psychological problem. Stress is a physical and psychological condition of our body and mind. Situations, events and people do not cause stress. Our perceptions, attitudes, values, belief system and reactions to various situations lead to stress. She focused on management of stress. Coping with stress involves realization that stress is a fact of life, accept the responsibility of ones self, stop being perfectionist, involve oneself in yoga, meditation, writing, listening to music, regular leisure activities, take healthy diet, try to solve problems, indulge in humor and laughter, listen to one's inner feelings, stress at times may act as a motivator to achieve goals.
The participants took part in activities like laughter therapy and singing. Dr. Dhar ended her session with a song “Aage bhi Jaane na tu...”

Session: Valedictory Session
Resource Person: Dr. D.C. Jain, DDG, LME, MOHFW;
Prof. Deoki Nandan, Director, NIHFW;
Prof. P.L Joshi, Part-time Faculty, NIHFW

Dr. D.C. Jain complemented the National Institute of Health and Family Welfare for conducting this training programme which is the demand of the current situation India as India is experiencing rapid health transition especially in the non-communicable diseases. According to the projected estimates, the number of deaths due to chronic diseases would rise from 3.78 million (1990) to 7.63 million (2020). Compared to other countries, India suffers the highest loss in productive years. He emphasized on adopting optimal life-style which includes- healthy dietary practices, stress management training, moderate exercise, cessation of smoking and psychosocial support.

The participants discussed some of the relevant problems related to NCDs in their states. Dr. Jain concluded by stating that NIHFW has taken the lead in the field of NCD by organizing this training programme. He hoped that NIHFW would collaborate and support the Ministry of Health and Family Welfare in this regard.
Prof. Deoki Nandan congratulated the participants for completing the training course. He appreciated Dr. D.C. Jain for encouraging NIHFW to conduct this training programme. He assured that the institute will conduct more member of such training programmes.
Evaluation of the Training Programme by the Participants
Evaluation of the training programme by the participants
“Reaction Level Evaluation”

The participants were given a ‘reaction level evaluation’ proforma with an objective to evaluate the following aspects of the training programme:

- Goals/ objectives of the training
- Training course
- Training session
- General organization of the training course

Overall analysis of the evaluation of the programme as reported by the participants is as below:

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<td>Training facilities</td>
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The participants suggested including the following topics:

1. Role of AYUSH,
2. Methods of health advocacy, and
3. Organizing daily morning yoga sessions.
Annexure-1 Programme
# Programme Schedule

## 5th April, 2010 (Monday)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>09:30–10:00</td>
<td>Registration/ Pre-Course Evaluation</td>
</tr>
<tr>
<td>10:00-11:15</td>
<td>Inaugural session</td>
</tr>
<tr>
<td></td>
<td>Overview of NCDs/life-style disorders</td>
</tr>
<tr>
<td></td>
<td>Dr. D.C. Jain</td>
</tr>
<tr>
<td>11:30-13.00</td>
<td>Burden of life-style disorders and WHO strategies</td>
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<tr>
<td></td>
<td>Dr. J.S. Thakur</td>
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<tr>
<td>14:00-15:15</td>
<td>Lifestyle and Cancer</td>
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<td></td>
<td>Dr. Lalit Kumar</td>
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<tr>
<td>15:30-17:00</td>
<td>Experience sharing with Participants</td>
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<tr>
<td></td>
<td>Dr. Poonam Khattar</td>
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## 6th April, 2010 (Tuesday)

<table>
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<tbody>
<tr>
<td>09:30–11:00</td>
<td>Health Promotion Strategies</td>
</tr>
<tr>
<td></td>
<td>Dr. Sudhir Gupta</td>
</tr>
<tr>
<td>11:00-11:30</td>
<td>Recap</td>
</tr>
<tr>
<td>11:45-13:00</td>
<td>Management of tobacco, alcohol and drug abuse</td>
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<tr>
<td></td>
<td>Dr. Smita Deshpande</td>
</tr>
<tr>
<td>14:00-15:15</td>
<td>Prevention of life-style disorders: Role of diet And Occupational diseases</td>
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<tr>
<td></td>
<td>Dr. Rakesh Yadav</td>
</tr>
<tr>
<td>15:30-17:00</td>
<td>Healthy Diet</td>
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<tr>
<td></td>
<td>Dr. Neena Bhatia</td>
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</tbody>
</table>
7th April, 2010 (Wednesday)

09:30– 10:00 Recap

10:00-10:45 School Health Programmes
   Dr. Jagdish Kaur

10:45-11:30 Plan, implement, monitor and evaluate a health programme
   Dr. P.L. Joshi, Dr. Poonam Khattar

11:45-13:00 Counseling for management of lifestyle disorders
   Prof. Neera Dhar

14:00-15:15 Physical Activity
   Dr. ChandraShekhar Yadav

15:30-17:00 Group Work
   Health Promotion programme for lifestyle disorder
   Dr. Poonam Khattar, Ms. Radhika

8th April, 2010 (Thursday)

09:30– 10:00 Recap

10:00-11:15 Stress Management
   Prof. Neera Dhar

11:30-13:00 Group Work (continued from Day III)
   Dr. Poonam Khattar, Ms. Radhika

14:00-15:15 Group work presentations
   Dr. Poonam Khattar, Ms. Radhika

15:30-17:00 Valedictory Programme
   Dr. D.C Jain, Prof. Deoki Nandan, Prof P.L. Joshi

Tea break: 11:00 – 11:15   Lunch : 13:00-14:00   Tea Break: 15:15-15:3
Annexure-2 List of Participants
# List of Participants

<table>
<thead>
<tr>
<th>S.No</th>
<th>Name</th>
<th>Designation &amp; Address</th>
<th>Contact No.</th>
<th>E-mail</th>
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<tbody>
<tr>
<td></td>
<td>Jaipur</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1</td>
<td>Dr. Aman Kumar</td>
<td>Dept of Community Medicine, Mahatma Gandhi Medical College Hospital, Sitapura, Jaipur-302022</td>
<td>0141-2771777</td>
<td><a href="mailto:aman1707@hotmail.com">aman1707@hotmail.com</a></td>
</tr>
<tr>
<td>2</td>
<td>Dr. Sharad Daga</td>
<td>Senior MBBS boys Hostel Mahatma Gandhi Medical College Hospital, Sitapura, Jaipur-302022</td>
<td>09413268545</td>
<td><a href="mailto:drsharaddaga@gmail.com">drsharaddaga@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Chandigarh</td>
<td></td>
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<tr>
<td>3</td>
<td>Dr. Manjeet Singh</td>
<td>Non Communicable Diseases CHC Manimajra</td>
<td>09814104609</td>
<td><a href="mailto:manjeetsinghentrehan@yahoo.com">manjeetsinghentrehan@yahoo.com</a></td>
</tr>
<tr>
<td>4</td>
<td>Mr. H.C Gera</td>
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<td>09988212139</td>
<td><a href="mailto:hc_gera08@hotmail.com">hc_gera08@hotmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Bangalore</td>
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<tr>
<td>5</td>
<td>Dr . S.I. Bendigeri</td>
<td>Training Officer Health and Family Welfare Services, Anand Rao Circle, Bangalore</td>
<td>0944983154</td>
<td><a href="mailto:sibendigeri@yahoo.co.in">sibendigeri@yahoo.co.in</a></td>
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<td></td>
<td>Panchkula</td>
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<tr>
<td>6</td>
<td>Mr. Vikas Dubey</td>
<td>Consultant Management SIHFW, Panchkula</td>
<td>09216234780</td>
<td><a href="mailto:vikas.sihfw@gmail.com">vikas.sihfw@gmail.com</a></td>
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<tr>
<td></td>
<td>Patna</td>
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<tr>
<td>7</td>
<td>Ms. Geeta Kumari</td>
<td>Regional Consultant Regional office for Health and Family Welfare Patna</td>
<td>09386626152</td>
<td><a href="mailto:geetaaiims@gmail.com">geetaaiims@gmail.com</a></td>
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<td></td>
<td>Ahemdabad</td>
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<tr>
<td>8</td>
<td>Dr S.R Avashia</td>
<td>Deputy Director Medical Services, Gandhinagar Commissionate of Health Services, Medical Section Gandhinagar</td>
<td>09825286852</td>
<td><a href="mailto:dydir-mediser-health@gujrat.gov.in">dydir-mediser-health@gujrat.gov.in</a></td>
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<tr>
<td>9</td>
<td>Dr A. Bhagyalaxmi</td>
<td>Associate Professor, BJ Medical College, Ahemdabad</td>
<td></td>
<td><a href="mailto:bhagya_mardi@yahoo.com">bhagya_mardi@yahoo.com</a></td>
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<td></td>
<td>Shillong</td>
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<td>10</td>
<td>Dr. M.R. Basaiawmoit</td>
<td>District Surveillance Officer IDSP, Shillong</td>
<td>09436703964</td>
<td><a href="mailto:dr_manojbasaiaawmoit@yahoo.com">dr_manojbasaiaawmoit@yahoo.com</a></td>
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<td>S.No</td>
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<td>Bhiwani</td>
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<td>11.</td>
<td>Mrs. Sudesh Kumari</td>
<td>Public Health Nurse Tutor MPHW (F), Training School General Hospital, Bhiwani</td>
<td>09215562420</td>
<td><a href="mailto:sudesh_kumari_2010@yahoo.com">sudesh_kumari_2010@yahoo.com</a></td>
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<td></td>
<td></td>
<td>Ambala</td>
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<tr>
<td>12.</td>
<td>Mrs. Sushila Devi</td>
<td>Public Health Nurse Tutor MPHW (F), Training School General Hospital, Ambala City</td>
<td>09466308217</td>
<td><a href="mailto:dsushila66@yahoo.com">dsushila66@yahoo.com</a></td>
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<td></td>
<td></td>
<td>Jammu &amp; Kashmir</td>
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<td>13.</td>
<td>Dr. Siddhartha</td>
<td>ICMR Project, J&amp;K J&amp;K base hospital Sec –Poonch, J&amp;K</td>
<td>09968372112</td>
<td><a href="mailto:relief2012@yahoo.com">relief2012@yahoo.com</a></td>
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<tr>
<td>14.</td>
<td>Dr. Mithilesh Kumar</td>
<td>Tutor, Department of PSM, RIMS Ranchi</td>
<td>0947008647</td>
<td><a href="mailto:mithilesh_neal@yahoo.in">mithilesh_neal@yahoo.in</a></td>
</tr>
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Annexure-3 a
List of External Resource Faculty
### List of Resource Faculty

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Position/Department</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Dr. D.C. Jain</td>
<td>DDG, LME, Ministry of Health and Family Welfare, Nirman Bhawan New Delhi-11001</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Dr. J.S. Thakur</td>
<td>Cluster Focal Point, National Professional Officer (Non Communicable Diseases and Mental Health), WHO India Country Office, Room No. 532-534, A-Wing, Nirman Bhawan, New Delhi-110011, India, Tel: 011-23061955, 1993 Ext. 23133, Fax: 23062450</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Dr. Sudhir Gupta</td>
<td>Chief Medical Officer (NCD), Directorate General of Health Services, Ministry of Health &amp; FW, Nirman Bhawan, New Delhi 110108, 91-11-23061980, 91-9868541089</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Dr. Chandrashekhar Yadav</td>
<td>Professor, Orthopaedics Department, AIIMS, Ansari Nagar, New Delhi, Email: <a href="mailto:csyadavortho@gmail.com">csyadavortho@gmail.com</a>, 91-9868479933</td>
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<tr>
<td>5.</td>
<td>Dr. Lalit Kumar</td>
<td>Professor, Department of Medical Oncology, AIIMS, Ansari Nagar, New Delhi, Email: <a href="mailto:lalitaaiims@yahoo.com">lalitaaiims@yahoo.com</a>, 91-9811446828</td>
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<td>6.</td>
<td>Dr. Smita Deshpande</td>
<td>HOD, Ram Manohar Lohia Hospital, Baba Kharak Singh Marg, Connaught Place, New Delhi, Delhi 110001, E-mail: <a href="mailto:smitadeshp@gmail.com">smitadeshp@gmail.com</a>, 91-9312654702</td>
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<td>7. Dr. Neena Bhatia</td>
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<tr>
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<td>Associate Professor</td>
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<tr>
<td>Cardiologist</td>
</tr>
<tr>
<td>AIIMS, Ansari Nagar, New Delhi</td>
</tr>
<tr>
<td>Email: <a href="mailto:rakeshyadav123@yahoo.com">rakeshyadav123@yahoo.com</a></td>
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<td>MD (Alternate Therapist)</td>
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<td>Consultant, Munirka, New Delhi</td>
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<td>Chief Medical Officer</td>
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<td>DGHS</td>
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<td>Ministry of Health &amp; Family Welfare</td>
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<tr>
<td>Nirman Bhawan, New Delhi</td>
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<tr>
<td>Email: <a href="mailto:jagdishkaur@gmail.com">jagdishkaur@gmail.com</a></td>
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</table>
Annexure-3b List of Resource Faculty from NIHFW
# List of Resource Faculty from NIHFW

1. **Prof. Deoki Nandan**  
   Director, NIHFW  
   91- 9971104666  
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2. **Dr. P.L. Joshi**  
   Part-time Faculty, NIHFW, Munirka  
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   Email: doctorjoshi@yahoo.com

3. **Prof. Neera Dhar**  
   Dept. of Education & Training.  
   E-mail : nabadhneera@yahoo.com

4. **Dr. Poonam Khattar**  
   Reader, Dept. of Education & Training.  
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   Email : poonamkhattar@gmail.com

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   Assistant Research Officer  
   Dept. of Education & Training.  
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2. **Ms. Radhika Sood**  
   Part-time Faculty  
   Dept. of Education & Training.  
   Email : radhikaasood@yahoo.co.in