Non Communicable Diseases

eLearning Course

Public Health Foundation of India

Working Towards Swasth Bharat

Course Outline

In global health, Non-Communicable Diseases (NCDs) like heart disease, high blood pressure, diabetes, cancer, lung diseases, and obesity pose a serious but often unnoticed threat. These chronic conditions silently affect people everywhere, regardless of age or location, from big cities to small villages.

Understanding how genetics, lifestyle choices, and environmental factors contribute to illness is crucial. Empowering individuals and communities with knowledge and resources to take control of their health outcomes leads to informed decisions and collaborative action, paving the road for better health and longevity.

The Public Health Foundation of India has developed an eLearning course on NCDs. This course provides in-depth information on lifestyle choices, the link between mental health and NCDs. It explores preventive strategies, early detection, and policy advocacy. Additionally, it sheds light on emerging trends in NCDs and shares inspiring stories of local heroes fighting against these diseases.

Who Should Enroll ?

Eligible for individuals pursuing an undergraduate degree or above.

Course Design and Duration

The course spans three months and is self-paced. It includes seven modules each lasting approximately one hour. Each module features videos, interactive activities, quizzes, and additional reading material to enrich your learning experience.

Course Modules:

This eLearning course will cover the following modules on non-communicable diseases:

1. The NCD Epidemic
2. Lifestyle Matters
3. Mental Health Connection
4. Prevention & Early Detection
5. Policy & Advocacy
6. Emerging Trends
7. Local Heroes

भारतीय
जन स्वास्थ्य
प्रतिष्ठान

PUBLIC
HEALTH
FOUNDATION
of INDIA

Course Fees

For Indian National Students = **INR 1000**

For South Asian Students = **USD $17**

For Other International Students = **USD $36**

The payment of the fee for the course excludes the platform charges.

Admission Process

To visit the NCD eCourse on the PHFI website, click the link provided here → **Click Here**

Teaching Methodology:

The course will be available online only, allowing learners to progress at their own pace through an interactive learning management system. It includes interactive videos, engaging activities, quizzes, and a curated selection of recommended readings, such as summaries, articles, case studies, and blogs.

Evaluation and award of online certificate:

Learners will be graded online after completing each module except for "The NCD Epidemic" and "Local Heroes". A final online certificate will be awarded to those who successfully complete the course and meet all the course criteria.
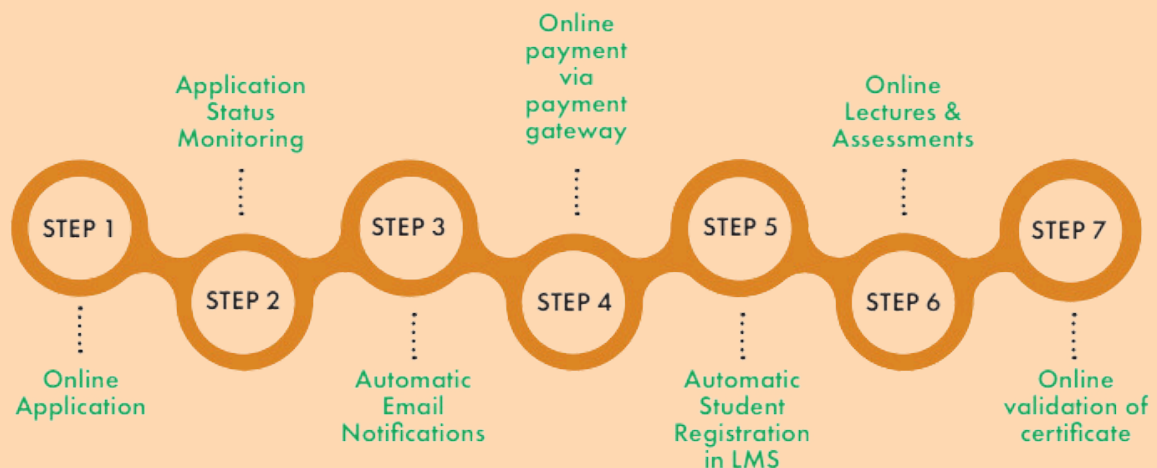
System Requirements

- Internet bandwidth: 1 Mbps (5 Mbps recommended)
- Processor: Intel Pentium 4 or equivalent and above
- RAM: 1 GB and above (2 GB recommended)
- Supported browsers: Recent-Google Chrome, Mozilla, Safari, Internet Explorer and Microsoft Edge
- Supported operating systems: Windows 7 or higher with the latest updates installed, Mac OS X 10.3 or higher with the latest updates installed, Linux and Android, etc.
- Headphone

Unique features of PHFI Centre for eLearning

- State-of-the-art learning management system
- Multidisciplinary faculty
- Self-paced learning
- Competency-driven curriculum
- Enriching virtual classroom experience
- Collaboratively developed programs with national and international organizations
- Wide range of programs in key areas of public health practice

Other eLearning programs offered by PHFI

Details are available on our website → https://cdl.phfi.org/portal/courses

Online Application — STEP 1

Application Status Monitoring — STEP 2

Online payment via payment gateway — STEP 3

Automatic Email Notifications — STEP 4

Online Lectures & Assessments — STEP 5

Automatic Student Registration in LMS — STEP 6

Online validation of certificate — STEP 7

For course-related queries, please contact:

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