**4-Day Training Agenda on Promoting Healthy Living & Preventing (NCDs) in Primary Settings**

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| Time | Day 1 – *Intro to NCDs* | Day 2 – *CVDs & Diabetes* | Day 3 – *CRDs & Cancer* | Day 4 – *Palliative Care, Self Care & Adapting WHO PEN* |
| 9:00 – 11:00 | **Session 1:** Overview of NCDs • Definitions & Types • Burden & Challenges | **Session 1:** Cardiovascular Diseases • Types, Risk Factors • Screening & Management | **Session 1:** Chronic Respiratory Diseases • Types, Risk Factors • Diagnosis & Treatment | **Session 1:** Mental Health & NCDs • Prevalence • Screening & Basic Management |
| 11:00 – 11:30 | **Break** | **Break** | **Break** | **Break** |
| 11:30 – 1:00 | **Session 2:** Risk Factors for NCDs • Modifiable & Non-modifiable • Emerging Risks | **Session 2:** Diabetes Mellitus • Overview • Diagnosis & Management | **Session 2:** Cancer • Prevention, Screening • PHC Role | **Session 2:** Multimorbidity in PHC • Integrated NCD Management |
| 1:00 – 2:00 | **Lunch** | **Lunch** | **Lunch** | **Lunch** |
| 2:00 – 3:30 | **Session 3:** NCD Prevention & Health Promotion • PHC Role • Prevention Strategies | **Practical:** BP & Glucose Measurement • Case Scenarios | **Practical:** CRD Tools & Cancer Self-Exam • Case Discussions | **Session 3:** Integrating NCDs in PHC • Systems, Referrals & Tools |
| 3:30 – 4:00 | **Group Activity:** Identify Local Risks & Solutions | **Group Activity:** Role Play – Patient Interaction | **Group Activity:** Early Detection Cases | **Assessment & Feedback:** Quiz, Discussion & Wrap-up |