

Master of Arts in Population and Family Health Studies

(MAPFHS)

2nd Year

ASSIGNMENTS

SESSION: January 2026 and July 2026

Course Code and Course Title:

MEDS-076: Public Health and Nutrition

Assignments should be submitted to Director, SOEDS, Block-15-F (Swami Vivekanand Bhawan), First Floor, Maidan Garhi, New Delhi-110068 by Hand or Post or to be Submitted at respective RC.



SCHOOL OF EXTENSION AND DEVELOPMENT STUDIES

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

MAIDAN GARHI, NEW DELHI-110068

(INDIA)

Dear Learner

Welcome to Master of Arts in Population and Family Health Studies (MAPFHS) 2nd Year, School of Extension and Development Studies, IGNOU. You will have to do one assignment for each course. Each assignment carries 100 marks. Irrespective of the year of registration you need to submit the latest assignments uploaded on the website.

INSTRUCTIONS

- 1) Read the detailed instructions about assignments given in the Programme Guide.
- 2) The top of the first page of your response sheet should look like this:

Enrolment No.....	Name.....
Course Title.....	Course Code.....

- 3) Use A-4 size paper for your responses, write on both sides with margin and tie all the pages carefully.
- 4) Write the question number with each answer.
- 5) You should write in your own handwriting, with relevant references.
- 6) Last date for submitting the assignments for July Session is 30th March and for January Session is 30th September in the respective. And avoid plastic file.

GUIDELINES

- 1) **Planning:** Read the assignments carefully. Go through the reading material / books on which they are based. Make some points regarding each question and then rearrange these in a logical order.
- 2) **Organization:** Be a little more selective and analytical. Give attention to your introduction and Conclusion. The introduction must offer your brief interpretation of the question and how you propose to develop it. The conclusion must summarize your response to the question.

Make sure that your answer:

- a) is around 500- 600 words.
- b) is logical and coherent.
- c) has clear connections between sentences and paragraphs.
- d) is written correctly giving adequate consideration to your expression, style and presentation.

- 3) **Presentations:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underline the points you wish to emphasize.

<p>Please contact the following course coordinators for any academic help / clarification MEDS-076: Dr. Sarda Prasad, Assistant Professor, E-mail- sardaprasad@ignou.ac.in</p>

ASSIGNMENT - 1

Course Code: MEDS-076

Maximum Marks: 100

Answer all the questions. All questions carry 20 marks each (Word limit 600).

1. Define Development. Explain relationship between Health and Development.
2. Define health? Explain factors affecting mental health in India.
3. What are hazards? Explain factors affecting biological hazards.
4. Define Disaster? Explain factors affecting disaster management.
5. Define nutrition and food? Explain factors affecting food and nutrition security.

Course Coordinator: Dr. Sarda Prasad sardaprasad@ignou.ac.in

Note: Each assignment must include relevant references and sources of information.

Documents should attach with assignment in serial –

Cover page

IGNOU ID card

Assignment Questions

Assignments (Handwritten)

Cover Page for Assignment

SCHOOL OF EXTENSION AND DEVELOPMENT STUDIES
INDIRA GANDHI NATIONAL OPEN UNIVERSITY
MAIDAN GARHI, NEW DELHI-110068



Assignment No.:

Name of learner	:	
Enrolment No.	:	
Father's/Mother's Name	:	
Name of the Programme	:	
Programme Code	:	
Regional Centre and Code	:	
Course Title	:	
Course Code	:	
Email of learner	:	
Mobile no./Phone no.	:	
Course Coordinator	:	
Date of Submission	:	
Address of Student	:	
Signature of Student	:	