

**Post Graduate Diploma in Population and Family Health Studies/
Master of Arts in Population and Family Health Studies**

(PGDPFHS/MAPFHS)

1st Year

ASSIGNMENTS

SESSION: JANUARY 2026 and July 2026

Course Code and Course Title:

MEDS-073: Social Groups and Family Health

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 Post Graduate Diploma in Population and Family Health Studies (PGDPFHS) and Master of Arts in Population and Family Health Studies (MAPFHS) 1st 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.

Please contact the following course coordinators for any academic help / clarification

MEDS-073: Dr. Grace Don Nemching, Assistant Professor, E-mail: gdnemching@ignou.ac.in

ASSIGNMENT - 3

Course Code: MEDS-073

Maximum Marks: 100

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

1. Define health? Discuss factors affecting morbidity.
2. Define ageing. Discuss health challenges in ageing.
3. Define food and nutrition security? Explain the factors of nutrition security in India.
4. What is morbidity? Discuss factor affecting morbidity status in India.
5. What is gender? Discuss issues of women health in India.

Course Coordinator: Dr. Grace Don Nemching gdnemching@ignou.ac.in

Note:

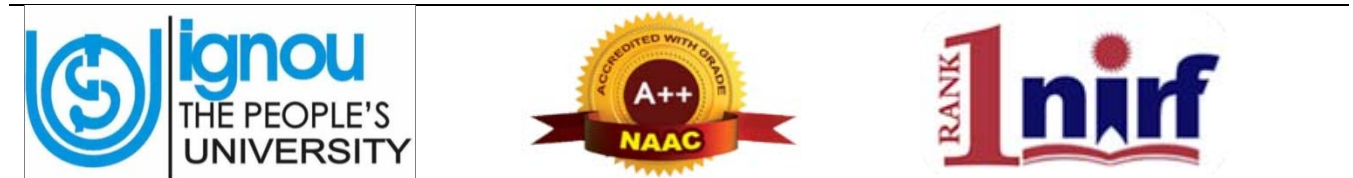
Each assignment must include relevant references and sources of information.

Documents should attach with assignment in serial –

1. Cover page
2. IGNOU ID card
3. Assignment Questions of Respective Course
4. Main Text of 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	:	
Mobile no./Phone no.	:	
Course Coordinator	:	
Date of Submission	:	
Address of Student	:	
Signature of Student	:	