



# **Post Graduate Diploma in Geriatric Medicine (PGDGM)**

## **ASSIGNMENTS**

**2026**

PGDGM/MME 104/AS1-3

**IGNOU**

*School of Health Sciences*  
**Indira Gandhi National Open University**  
**Maidan Garhi, New Delhi-110068**  
**2026**

Dear Student,

As explained in the Programme Guide, there are nine assignments in total and **all** these assignments are compulsory. Please note that the assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignments is a prerequisite** for appearing in theory term-end examination for respective papers. The subject area of assignments and its last date of submission are mentioned below:

| Last Date of Submission * | Course Code | Blocks Involved | Assignment Code |
|---------------------------|-------------|-----------------|-----------------|
| August 15, 2026           | MME-104     | 1 and 2         | MME-104/AS-1    |
| September 15, 2026        | MME-104     | 3 and 4         | MME-104/AS-2    |
| October 15, 2026          | MME-104     | 5 and 6         | MME-104/AS-3    |

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only hand written assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

**Suggestions for writing an assignment:**

Read the assignments carefully. Go through the units on which the answers are based. Draw a rough outline of your answer. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. You may keep a Xerox copy of the answer sheets for future reference.

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your programme study centre and date of submission. Your Roll No., Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given.

|                          |                |
|--------------------------|----------------|
| Course Code _____        | Roll No. _____ |
| Course Title _____       | Name _____     |
| Assignment Code _____    | Address _____  |
| PSC _____                | _____          |
| Date of Submission _____ | _____          |

**Please submit the assignments to your LSC/PSC Coordinator only.**

## Assignment-1(Blocks1&2)

Course Code: MME-104  
Assignment Code: MME-104/AS-1  
Maximum Marks: 100  
Due Date: August 15, 2026

Answer all the questions

1) Answer the following questions within 750 words.

Q1. The population pyramid of country X from year 1979 to 2019 is shown below:

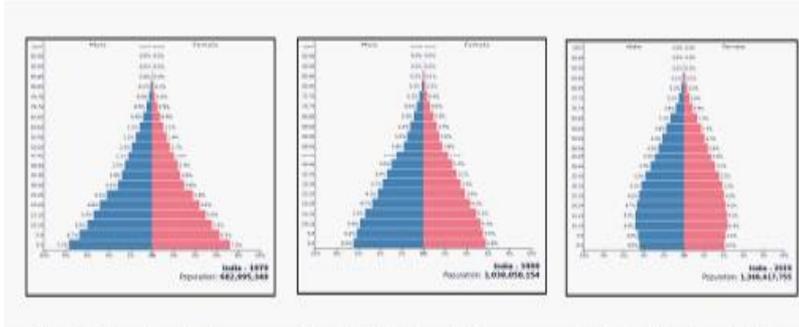


Fig. 2.3(a): Population Pyramid in 1979

Fig. 2.3(b): Population Pyramid in 1999

Fig. 2.3(c): Population Pyramid in 2019

Kindly interpret the trend of population structure in the country in last 40 years and its socio-economic implications.

Q2. A 73-year-old woman underwent routine blood investigations and was found to have creatinine of 1.2 with estimated glomerular filtration rate of 40 ml/min. She has no risk factors or clinical features suggestive of kidney disease. What would be your approach to the patient?

2) Answer the following questions within 300 words.

(10× 6=60)

- Define Epidemiological Transition and mention the factors leading to this transition.
- What are social determinants of ageing population in India?
- Interventions in the health sector to meet special needs of the elderly population
- Enumerate the various age-related changes in upper and lower urinary tract.
- Secondary causes of immune deficiency in elderly
- Diet related degenerative diseases in elderly

## Assignment-2 (Blocks 3 & 4)

Course Code: MME-104  
Assignment Code: MME-104/AS-2  
Maximum Marks: 100  
Due Date: September 15, 2026

Answer all the questions

1) Answer the following questions within 750 words.

(2 × 20 = 40)

1. Mr Edward retired a month back. Ever since, he dreads going to bed at night. He is afraid that once the lights are off, his mind is awake and eyes wide open. He is very tired yet not able to get some sleep. What are the measures to be taken for sleep hygiene?
2. Bimla is a 70 years old lady living with her family in Ahmedabad. Her son and daughter in law are employed and keep busy throughout. Her grandson has joined college this year and he is adjusting to the new life. Besides, he is a very good vocalist and is working hard with his band to get onto the shows that will catapult them into a world of opportunities. Bimla and her husband do not have much to say to each other after so many years of marriage. She has the entire day to herself but not much to do. She is being to get very lonely and depressed; she needs some company and some role. But where to find it? She was still in fairly good health and her mental faculties were agile. Is there a place that can help her for helping her connect with likeminded people and be usefully occupied?). What do you think are the advantages for such a decision. What would be the challenges?

2) Answer the following questions within 300 words.

(10 × 6 = 60)

- A. Levels of prevention in elderly
- B. Risk factors of falls in elderly
- C. Barriers of Communications
- D. Global Action Plan on physical activity
- E. Bottlenecks of implementation NPHCE and future plan of action
- F. Needs of older persons during disasters

### Assignment-3 (Blocks 5 & 6)

Course Code: MME-104  
AssignmentCode:MME-104/AS-3  
Maximum Marks: 100  
Due Date:October15, 2026

#### Answer all the questions

**1) Answer the following questions within 750 words.**

**(2 ×20=40)**

1. Raghav ji and Nupur Ji aged 72 and 69 years are staying in a two-bed room apartment of a colony. Five years ago both their children get settled abroad. Gradually they restrain themselves from going out for a walk, visits to the places of their relatives and friends. They confine themselves in home. Which rehabilitation strategy you would use to help them to deal with their loneliness?
2. An 80-year old man was recently diagnosed with cancer. His family is arguing about what to do. His son wishes for surgery followed by chemotherapy to begin but his wife does not want to see him in any pain. Neither fully understand the medical issues and treatment to follow. The patient demonstrates understanding of the diagnosis and treatment. *What are the ethical principles involved in this case?*

**2) Answer the following questions within 300 words.**

**(10×6 =60)**

- A. What do you mean by functional assessment in elderly? How would you approach them?
- B. Write a short note on Rehabilitation strategies for older adults
- C. How can we empower the personnel with vocational rehabilitation.
- D. Explain Ageism, and its relation to the Indian context?
- E. Beneficence Vs Non-maleficence
- F. What is the duty of medical practitioner to maintain Confidentiality of his patients? Evaluate the Indian legal position.