

**ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD**  
*(Department of Nutritional Sciences & Environmental Design)*

**WARNING**

1. PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.
2. SUBMITTING ASSIGNMENT(S) BORROWED OR STOLEN FROM OTHERS (S) AS ONE'S OWN, WILL BE PENALIZED AS DEFINED IN "ALOU PLAGIARISM POLICY".

**Course: Maternal and Child Health (3649)**  
**Level: Postgraduate**

**Semester: Autumn, 2025**  
**Credit Hours: 4(3+1)**

**Please read the following instructions for writing your assignments.**  
**(AD, BS, BEd, MA/MSc, MEd) (ODL Mode)**

1. All questions are compulsory and carry equal marks, but within a question, the marks are distributed according to its requirements.
2. Read the question carefully and then answer it according to the requirements of the question.
3. Avoid irrelevant discussion/information and reproducing from books, study guides or allied material.
4. Handwritten scanned assignments are not acceptable. However, the students who attempt their assignments in Urdu/Arabic may upload a scanned copy of their handwritten assignments (in PDF format) on the University LMS. The size of the file should not exceed 5 MB.
5. Upload your typed (in Word or PDF format) assignments on or before the due date.
6. Your own analysis and synthesis will be appreciated.
7. Late assignments can't be uploaded to the LMS.

**Total Marks: 100**

**Pass Marks: 40**

**ASSIGNMENT No. 1**  
**(Units: 1-5)**

- Q. 1 Explain the concept of the Global Burden of Disease (GBD) and discuss how GBD studies contribute to understanding the patterns and causes of mortality and morbidity among women and children across different regions of the world. (20)

- Q. 2 Discuss in detail the burden of specific diseases such as diarrhea, malaria, dengue fever, and tuberculosis among mothers and children. (20)
- Q. 3 Discuss the global patterns of perinatal mortality, stillbirth, and neonatal mortality, highlighting the disparities that exist between high-income and low-income countries. (20)
- Q. 4 Identify and discuss the major environmental killers in children under five years of age. (20)
- Q. 5 Analyze the impact of emergencies—such as wars, famines, floods, and earthquakes—on the health and well-being of mothers and children. (20)

**Total Marks: 100**

**Pass Marks: 40**

## **ASSIGNMENT No. 2** **(Units: 6–9)**

***Note: All questions are compulsory. The distribution of marks is given against each question.***

**Workshop Activities:** Students are supposed to write a report on any one of the following topics for presentation during the workshop at the end of the semester.

1. Malnutrition is the root cause of preventable chronic diseases. Discuss with the help of scientific studies.
2. Critically analyze the factors affecting the performance of MCH centers in General and any of the MCH centers in your vicinity in particular.
3. Discuss the prevalence of malnutrition among mothers and children in Pakistan with the help of the National Nutrition Survey 2018.
4. Elaborate on the role of the community health workers network in health promotion.
5. Analyze the causes of maternal mortality and morbidity in Pakistan. Give Recommendations to improve the health status of mothers.
6. “Dengue fever is preventable.” Discuss in the light of scientific studies.
7. Discuss the impact of HIV on the health status of the mother and child.
8. Discuss the impact of COVID-19 on the lifestyle of people with special reference to Pakistan. Take help from the latest related studies.

# **MATERNAL AND CHILD HEALTH COURSE OUTLINE**

**Level: Postgraduate**

**Credit hours: 4(3+1)**

**Introduction:** The course will provide students with an understanding of the global burden of disease among women and children, factors influencing perinatal survival, health effects in emergency situations and importance of health promotion and education for women.

## **Unit 1: Global burden of disease among Women and Children**

- Introduction
- Global Burden of Disease (GBD) Studies
- Data Sources and Methods
- Estimation of Mortality Levels and Causes of Death

## **Unit 2: Promotion of global Perinatal Health**

- Overview of Perinatal mortality rates, stillbirth rates, and neonatal mortality.
- Causes of mortality rates in different geographical and economic regions
- Factors affecting Perinatal Survival from a perspective Global Perspective
- Interventions to improve perinatal health.

## **Unit 3: The Environment and Maternal & Child Health**

- Environmental risks
- Major environment-related Killers in children under five
- Vulnerability of Women and Children
- Solutions to environmental risks

## **Unit 4: Impact of Emergency Situations**

- Health effects of Wars, famines, Floods, and Earthquakes, etc.
- Handling emergency situations to reduce the health risks
- Role of NGOs in Emergency Situations

## **Unit 5: Specific Disease Concerns on Mother and Child**

- Diarrhea among children
- Malaria and dengue fever
- Tuberculosis among mother and child
- Impact of HIV on the health status of the mother and child

**Unit 6: Malnutrition and Mother and Child Health**

- Causes of Malnutrition among mother and child
- Effect of Malnutrition on health status
- Nutrition, Supplementation, and Fortification
- Role of NGO's in the prevention of Malnutrition among mothers and children

**Unit 7: Global Immunization Challenges: Progress and Opportunities**

- Vaccines & disease control and prevention.
- Disparities in rich and poor countries.
- Strategies for ensuring sustainability in vaccine development, management, and access.
- Future research, policy, and practice for vaccine development, procurement, and access.

**Unit 8: Health promotion and Education for women and children**

- Education as a Determinant of Health
- Women and Health Promotion in the Family
- Health Education Strategies
- Role of Community Health Workers

**Unit 9: Planning, development, and maintenance of the MCH workforce**

- Health worker density and maternal and child health indicators.
- Challenges in human resource planning, development, and maintenance in developing countries
- Factors affecting the performance of MCH workers

**Recommended Books**

1. Maternal and Child Health: Global Challenges, Programmes and Policy in Public Health (2009) by John Ehiri, Springer.
2. Maternal and Child Health: Programmes, Problems and Policy in Public Health (2005), by Jonathan Kotch.