READ THIS FIRST

Sample for study reference, not for submission. This file shows the eight parts the MDIP 001 Project Manual asks a MAMIDI project proposal to contain, in the order the manual prints them, at the scale the manual sets: 1,200 to 1,500 words including the reference list.

How it was made. Prepared by the ignouproject.com editorial desk with AI assistance, built part by part on the Proposal Structure, Step 1 and Step 2 of the MDIP 001 Project Manual (School of Interdisciplinary and Trans-disciplinary Studies, IGNOU), read in October 2026. Policy facts were checked against the Ministry of External Affairs documents listed in the references. Published under BK Sahni's editorial responsibility.

How to use it. Words in [square brackets] are for your own facts: your district, your period, your sample, the studies you have actually read. Choose your own topic with your mentor. Do not copy this text into your proposal; the proposal must be your own work, and a topic that many students submit in the same words is easy to spot.

Where your own proposal goes. Email the proposal with the Approval of Research Project form to pgdmidi@ignou.ac.in, or send a hard copy to Dr. Sadananda Sahoo, School of Interdisciplinary and Trans-disciplinary Studies, Block 15, IGNOU, Maidan Garhi, New Delhi 110068 (MDIP 001 Project Manual).

Approval comes first. The manual asks for the topic and proposal to be approved before the project work starts.

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The policy figures quoted in this sample (PBBY cover and premium, the 19 ECR countries, e-Migrate) are taken from the Ministry of External Affairs overview listed in the references, with data as on 9 April 2026. Check them again before you use any of them, because schemes are revised.

PROJECT PROPOSAL

MDIP 001: Project Work

Master of Arts (Migration and Diaspora), MAMIDI

Returned from the Gulf: Awareness and Use of the Pravasi Bharatiya Bima Yojana and the e-Migrate Process Among Returned ECR Workers in [District], [State]

Submitted by	[Your full name]
Enrolment No.	[Enrolment number]
Programme	Master of Arts (Migration and Diaspora), MAMIDI
Regional Centre and Study Centre	[Regional Centre], [Study Centre code]
Sent to	Programme Coordinator, MAMIDI, School of Interdisciplinary and Trans-disciplinary Studies, IGNOU
Date	[Date]

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1. Topic statement

Labour migration from India to the Gulf runs largely through the emigration clearance system. Under the Emigration Act, 1983, a worker who holds an Emigration Check Required (ECR) passport needs emigration clearance before taking up work in any of the 19 ECR countries, a list that includes all six Gulf Cooperation Council states (Ministry of External Affairs [MEA], 2026). Since 2015 the clearance has been handled online through the e-Migrate portal. The Pravasi Bharatiya Bima Yojana (PBBY), revised with effect from 1 August 2017, is mandatory for these workers and covers accidental death or permanent disability up to Rs 10 lakh, for a premium of Rs 275 for two years or Rs 375 for three years (MEA, 2026).

Far less is known about what these protections mean once the worker is home again. A worker who returns early, or after an injury abroad, may not know what the policy covered or how a claim is made. Return migration is a theme the MDIP 001 Project Manual encourages, and reverse migration was set as a question in the MDI-004 term-end examination of June 2026.

This study asks how far returned ECR workers in [District] knew about, used and benefited from PBBY and the e-Migrate process. State surveys such as the Kerala Migration Survey (Rajan & Zachariah, 2019) count emigrants and returnees; this study adds district-level evidence on the schemes meant to protect them.

2. Research aims and objectives

Aim. To understand the awareness and use of PBBY and the e-Migrate process among returned ECR workers in [District], [State].

Objectives.

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1. To study the socio-economic profile and migration history of returned ECR workers in [District].

2. To examine their awareness of the PBBY policy and of the e-Migrate clearance they went through.

3. To explore whether, and how, they used PBBY or other grievance channels during or after work abroad.

4. To identify the difficulties they report in using these schemes after their return.

Research questions. What did returnees know about PBBY when they left? Who arranged their clearance and insurance? What happened when they needed to claim or complain?

3. Review of the literature

The Kerala Migration Survey series of the Centre for Development Studies is the longest record of Gulf migration from one Indian state. Rajan and Zachariah (2019) report the 2018 round: [summarise in your own words what the paper says about emigrants and return emigrants, and check each figure in the paper itself].

[Add four to six studies you have read on Gulf return migration, migrant welfare schemes or emigration clearance. For each one write a sentence on where it was done, how, and what it found.]

[State the gap: what these studies do not cover for your district, your period or the PBBY scheme. This gap is the reason your study is needed.]

4. Study design

The study is descriptive and exploratory. It follows [name the approach to return migration you studied in MDI-001 and say in two sentences why it fits workers who came back from contract jobs]. A small number of case

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studies of the illustrative type, one of the four types the manual describes, will show in detail what happened to workers who tried to claim or complain.

5. Research methods

Element	Decision in this sample	Why
Information and sources	Primary data from returned workers; MEA documents and the public pages of the e-Migrate portal as secondary sources	The objectives ask what workers knew and did, which only they can tell
Population	ECR passport holders in [District] who returned from an ECR country between [year] and [year]	Matches the title and objectives
Sample	[number] respondents reached by purposive and snowball sampling through [panchayat offices, migrant associations, returnee groups]	No list of returnees is public, so referral is the practical route
Tool	Interview schedule in [language], plus [3 or 4] case studies	The manual notes that an interview schedule works regardless of the respondent's literacy
Analysis	Frequencies and percentages for closed questions; grouping of open answers by theme	The manual does not expect advanced statistics
Resources and time	[Travel, phone, recorder]; [months] of fieldwork	Feasibility, one of the four Step 1 factors
Ethics and safety	Oral informed consent; no names in the report; respondents may stop at any time; care with questions on injury and loss	The manual asks the methods part to name ethical or safety issues

6. Tentative chapter outline (optional in the manual)

Chapter 1 Introduction; Chapter 2 Review of literature; Chapter 3 Study design and methods; Chapter 4 Profile and migration history of the respondents; Chapter 5 Awareness and use of PBBY and e-Migrate; Chapter 6 Conclusions and suggestions.

7. References

Government of India. (1983). *The Emigration Act, 1983*.

Indira Gandhi National Open University, School of Interdisciplinary and Trans-disciplinary Studies. (n.d.). *MDIP 001: Project work, project manual*. https://www.ignou.ac.in/viewFile/SOITS/projectmanual/MDIP-001-Project-Manual.pdf

Ministry of External Affairs. (2026). *Overview of work of overseas employment* [Data as on 9 April 2026]. https://www.mea.gov.in/images/pdf/01-Overview-of-work-of-Overseas-Employment-21-04-2026.pdf

Rajan, S. I., & Zachariah, K. C. (2019). *Emigration and remittances: New evidences from the Kerala Migration Survey 2018* [Working paper]. eSocialSciences. https://ideas.repec.org/p/ess/wpaper/id12989.html

[Add every study you cite in section 3, in the same style.]

Length check. The manual's limit, 1,200 to 1,500 words, includes this reference list. When your own text replaces the brackets, count again before you send it.

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