

## CHAPTER 23

### HOME SCIENCE

#### Doctoral Theses

239. DHINGRA (Pratibha)  
**Evaluation of Zinc Status of Young Children (Aged 6-24 Months) From an Urban Resettlement of Delhi.**  
Supervisors : Dr. Santosh Jain Passi and Dr. Sushil T. Vig  
Th 14801

#### *Abstract*

Evaluates the zinc status of children belonging to lower socio-economic groups; assesses the association of zinc status with growth and morbidity over a period of six months. Reveals that the subjects of low zinc group gained less weight (-850g/year ) and lesser length (0.91 cm/year) than the subjects of adequate zinc group. The difference in weight gain was found to be statistically significant ( $p=0.04$ ). The results of the present study are a pointer towards the dismally poor zinc status of the children from urban slums (lower socio-economic status ). Data further suggest the zinc deficiency along with other factors may be associated with growth impairment/increased risk of morbidity associated with diarrhoea in children. Therefore, sound dietary intervention strategies along with necessary nutrition education targeted towards the parents, are required to combat zinc deficiency at the sub clinical stage particularly where the traditional diets are based on staples which are generally low in zinc.

#### *Contents*

1. Introduction. 2. Review of Literature. 3. Methods and Materials. 4. Results and Discussion. 5. Summary, conclusions and Suggestions. Bibliography. Annexures.

240. GULATI (Renu)  
**Awareness About Reproductive Health Amongst School Going Adolescent Girls : An Exploratory Study in Delhi**  
Supervisors : Dr. Kumud Khanna and Dr. Adarsh Sharma  
Th 14802

*Abstract*

Adolescence, as a physiological term refers to the physical and sexual maturation, as a socio-psychological concept, it refers to the behavioral characteristics of the period, which are influenced both by culture as well as physical changes. Adolescents are generally perceived as a homogenous group, yet they can be stratified on the basis of gender, caste, class, geographical location (urban/rural) and religion. Adolescents also include various categories, school going and school drop-outs, sexually exploited children, working adolescents both paid and unpaid, unmarried adolescents as also married males and females with experience of motherhood and fatherhood

*Contents*

1. Introduction. 2. Review of Literature. 3. Methodology. 4. Results and Discussion. 5. Summary and Conclusions. Bibliography. Appendices.

241. PAINTAL (Kajali)

**Lactational Performance : Quality /Quantity of Milk Secreted and Breast Feeding/Childcare Practices - A Study Among the Rural Urban Poor and Urban Elite Nursing Mothers in Delhi.**

Supervisor : Dr. Santosh Jain Passi  
Th 14800

*Abstract*

Assesses lactational performance of the nursing mothers (in terms of quality and quantity of breast milk secreted) and the impact of breast-feeding practices on growth and development of the infants. In addition, the study has investigated the socio-cultural factors influencing care giving behaviours of the emerging trends in breast feeding practices. An effort has been made to understand some of the primary determinants of infant's nutritional status in early life. Understanding the main factors that affect infant nutrition and health in a particular environment may help to identify "effective intervention points" for programme development leading to more efficient utilization of the resources. Since exclusive breast-feeding rates are virtually non-existent in our country, women must be reached early during the prenatal period, supported at birth, as well as in the first month post-partum when breast feeding problems shift from exclusive to partial breast feeding is most

likely to occur. Breast feeding promotion needs a public health focus, concentrating on creating a supportive breast feeding environment through multi-strategy approaches aimed not just at the mothers but also the community as a whole; and that too across various socio-economic strata including the educated well-to-do.

*Contents*

1. Introduction. 2. Review of Literature. 3. Materials and Methods. 4. Results and Discussions. 5. Summary and Conclusions. Bibliography and Annexures.