

## CHAPTER 25

### HOME SCIENCE

#### Doctoral Theses

305. CHHABRA (Shabnam)  
**Diet/Lifestyle Related Risk Factors and the Impact of Educational Intervention - A Study Among Known Cases of Coronary Artery Disease.**  
Supervisors : Dr. Santosh Jain Passi and Dr. S. C. Manchanda  
Th 16858

#### *Abstract*

The present research is carried out at two leading multispecialty hospitals situated in the outskirts of Delhi (Narender Mohan Hospital, Mohan Nagar, Ghaziabad and Fortis Hospital, Noida). An attempt was made to study known cases of recently established CAD (n=105); simultaneously enrolling almost a similar number of age and gender matched asymptomatic controls (apparently non-CSD cases; n=111) from the non cardiac wards of the same hospitals. Further, it imparted need-based individualized educational counseling to a sub-group of these patients on therapeutic lifestyle changes coupled with close monitoring and a follow up for a period of 12 months.

#### *Contents*

1. Introduction. 2. Review of literature. 3. Methodology. 4. Results and discussion. 5. Summary, conclusions and suggestions. Bibliography and Annexures.

306. KAPOOR BHUSHAN (Sakshi)  
**Comparison of Different Techniques to Measure Adiposity in Children.**  
Supervisor : Dr. Anupa Siddhu  
Th 16856

#### *Abstract*

The present study is carried out on 6-14 year old affluent school going children to assess the prevalence of under/over-nutrition

and to determine the amount and distribution of body fat. Prevalence is assessed anthropometrically and adiposity is assessed by both anthropology and BIA. Further, physical activity pattern and food habits are studied on 81 children, 8-10 years of age, from public schools with high and low BMI. The magnitude of differences in anthropometry and body fat among boys from the public schools and a government school is also assessed.

*Contents*

1. Introduction. 2. Review of literature. 3. Methodology. 4. Results. 5. Summary and conclusions. Bibliography and Annexures.

307. RAMANA (Rajeshwari)  
**Effectiveness of Nutrition and Health Education Integrated with Mid Day Meal Programme in MCD Schools : A Study.**  
 Supervisor : Dr. Santosh Jain Passi  
Th 16737

*Abstract*

Studies, the ongoing Mid Day Meal Programme (MDMP) for imparting Nutrition Health Education (NHE) to the MCD (primary) school children. By using MDM as a tool for imparting NHE, the operation of MDMP is studied in 27 Food Service Units and 100 schools from various zones of Delhi. Keeping in view the introduction of NH related topics in the curricula from Grade III onwards, children's maturity level and their availability at school for another one year follow up period, Grade IV children are identified as the target sample for the study. The baseline N/H related knowledge and practices of the school children; perceptions of their parents and the MCD school teachers regarding MDMP / NHE are collated.

*Contents*

1. Introduction. 2. Review of literature. 3. Methodology. 4. Results and discussion. 5. Summary, conclusions and suggestions. Bibliography and annexures.

308. RAJ (Seenu)  
**Role of Lifestyle and Dietary Pattern in Relation to Type 2 Diabetes Mellitus.**  
 Supervisors : Dr. G. S. Toteja and Dr. Geeta Trilok-Kumar  
Th 16736

*Abstract*

Studies the role of lifestyle and diet in development of type 2 diabetes mellitus. The study is conducted on 403 subjects (212 type 2 diabetic patients and 191 controls) aged 30-50 years. Both diabetic and control subjects are recruited from two hospitals of Delhi. All the biochemical parameters are analyzed at ICMR's "Centre for Promotion of Nutrition Research and Training with special focus on North east, Tribal and Inaccessible population". The study revealed that diastolic blood pressure, pulse rate, HDL and VLDL are independent variables for developing diabetes mellitus; the role of antioxidants such as vitamin A, E, C and Zn could not be ascertain and lifestyle and dietary pattern do have role in development of diabetes mellitus.

*Contents*

1. Introduction. 2. Review of literature. 3. Methods. 4. Results and discussion. 5. Summary and conclusions. Bibliography and Annexures.

309. RANA (Harshbir)  
**Socio-Cultural Psychological Perspectives of Aging : A Study in Delhi.**  
 Supervisor : Dr. Geeta Katarya  
Th 16735

*Abstract*

Explores the situation of the aged in the National Capital Region of Delhi. The sample of the present study comprises of 150 aged respondents living in residential colonies. Purposive sampling and snowballing techniques are used and all the respondents are of age 60 years and above living in joint family, extended family or nuclear family set-ups. The study revealed that the young-old (60-69 years) group is the healthiest and most proactive. The old-old (70-79 years) group is subject to many changes and observed loss of income and status. The older-old (80-89 years) group experienced the maximum deterioration in health and need for caretaking.

*Contents*

1. Introduction. 2. Methodology. 3. The demographic profile. 4. Social and cultural perspectives. 5. Environmental influences. 6. Care and support. 7. Role of religion. 8. Intergenerational

relationships. 9. Essence of a changed life. 10. Institutional living. 11. Coping from the point of view of cast studies. 12. Conclusions and recommendations. Bibliography and appendices.

310. SABHARWAL (Vandana)  
**Infant Feeding Practices With Special Reference to Exclusive Breastfeeding (0 - 6 months) and Complementary Feeding : A Community Based Intervention Study.**  
 Supervisor : Dr. Santosh Jain Passi  
Th 16859

*Abstract*

It has identified the specific infant feeding practices, child rearing behaviours and other associated factors which could lead to positive deviance in growth and development of the infants based on WAZ scored as a proxy indicator of adequacy of location. The results indicate that significant factors among positive deviance families included non-working mothers, feeding the infant on demand, understanding of child's satiety cues, not introducing complementary foods before the age of 6 months and the support received from husband during breastfeeding. On the other hand, determinants of non-positive deviance included working mothers, mothers who are younger than 25 years, introduction of complementary foods before the age of six months and high maternal morbidity.

*Contents*

1. Introduction. 2. Review of literature. 3. Data collection and follow-up study. 4. Results and discussion. 5. Summary and conclusions. Bibliography and Annexures.

311. SHARMA (Anshu)  
**Detection and Management of Anaemia in Pregnant Women of Lower Socio-Economic Group.**  
 Supervisors : Dr. Salila Thomas and Dr. Pushpa Sundararaj  
Th 16733

*Abstract*

The present study envisaged operationalising universal screening for anaemia of all pregnant women attending an antenatal clinic in an urban primary health centre catering to lower socio-economic group in Delhi. Eligible pregnant women

with moderate anaemia (HB 5.0 - 7.9 g/dl), are counselled to take intramuscular (IM) iron, folate and vitamin B<sub>12</sub> therapy for management of anaemia. Cross sectional components 1 and 2 consisted of study in antenatal clinic (ANC) and postnatal ward, respectively and the longitudinal component looked at the impact of the intervention in moderately anaemic women on the haemoglobin (Hb) levels and the birth weight of the offspring. It is conducted in Defence colony Maternity Centre (DCMC) laboratory. Extensive quality control tests are conducted and the results showed that Hb estimation had been well standardised for both accuracy and precision.

*Contents*

1. Introduction. 2. Review of literature. 3. Methodology. 4. Results and discussions. 5. Summary and conclusions. Bibliography and Annexures.

312. SHARMA (Anshu)  
**Study of Production, Training and Marketing Systems Related to Traditional Printing Units of Kumaon Region.**  
 Supervisor : Dr. Chitra Arora  
Th 16734

*Abstract*

In the present investigation the household textile units located in the Kumaon region of Uttanchal are studied in terms of their sustainability and to explore the possibilities of value-addition for Kumaon artisans, involved in making traditional textile products. As well as Efforts are made, to take inspiration from the traditional folk designs of Aipan from Kumaon region and transfer them on textile fabrics through the art of screen-printing. It has been concluded with this study that in the traditional textile units of Uttranchal so many deficiencies are there. Main deficiencies are exploitation by a middleman, marketing problem, finance problem, lack of technical skill, lack of new designs etc.

*Contents*

1. Introduction. 2. Review of literature. 3. Methodology. 4. Results and discussions. 5. Summary and conclusions. Bibliography and annexures.

313. TYAGI (Richa)  
**Consumer Buying Behaviour for Durables and Non-Durables :  
Influence of Sources of Information.**  
Supervisor : Dr. (Mrs.) Renu Arora  
Th 16857

*Abstract*

The present study, aims at making comparisons with and within the various sources of information, to help understand the most reliable source of information which consumers should make use of for the purchase of both durable and non-durable goods. The influence of various sources of information has been studied on selected durables viz. (televisions, washing machines, refrigerators, microwaves and air conditioners) and non-durable goods, specifically toiletries (including tooth paste, toilet soap, washing powder, washing cake and shampoo). It has also assess the extent of satisfaction and dissatisfaction experienced by the respondent regarding various sources of information relating to the purchase of the selected durables and non-durables.

*Contents*

1. Introduction. 2. Review of literature. 3. Methods and materials. 4. Results and discussion. 5. Summary and conclusions. Bibliography and Appendices.