

CHAPTER 23

HOME SCIENCE

Doctoral Theses

182. AGGARWAL (Meenu)
Impact of Leaf Powder Concentrate Supplementation on Iron and Vitamin A Status of Preschool Children (1-3 Years).
Supervisor : Dr. Kumud Khanna
Th 14244

Abstract

The study was designed to find out the efficacy of supplementation with Leaf Powder Concentrate (LPC) fortified foods on iron and vitamin A status of preschool children (1-3 years of age). The study was conducted in three phases. In the first phase, LPC of cauliflower leaves was prepared using techniques of sun, shades and cabinet drying. Technique of 'Blanched Cabinet Drying' was selected because it led to minimum carotene losses. Leaching losses of iron could be reduced by using the technique of 'serial blanching' and 'air cooling'. Hundred gram LPC contained: 38,500 µg carotene, 56 mg iron and 23.9 g protein. In the second phase, different food products (cereal pulse combinations) suitable for feeding preschool children were developed. One serving of each product provided 300 Kcal and 8-10 g protein. These products were fortified with different levels of LPC. On the basis of acceptability trials, LPC incorporation at the level of 5 g LPC per serving of food product was selected. In the third phase, supplementary feeding trial was undertaken for a period of six months in two colonies of outer West Delhi. Ninety five children in the age group of one to three years completed the study. These children were divided into three groups - Control Group (CG) with 30 children, Experimental Group-1 (EG-1) with 32 children and Experimental Group-2 (EG-2) with 33 children.

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183. GUPTA (Puja)
Entrepreneurship Development Programme for Women : A Perspective.
 Supervisor : Dr. Savitri Ramamurthy and Dr. Meenakshi Mital
 Th 14247

Abstract

The research was carried out with a general objective to appraise the 'Entrepreneurship Development Programme' from the perspective of women entrepreneurs. Their comprehensive profile including their motivations, challenges, competencies as perceived by them as well the product profile with financial performance were an integral part of the assessment. In order to critically review the EDPs, the sample selection included two groups of women entrepreneurs; women entrepreneurs with EDP and another considered as a 'Non EDP entrepreneurs' who did not undergo the training per se. Therefore for parity, parameters like the geographical location of the units, time of launching and the scale of operation were kept as same for both the groups. Through a systematic search and authentication a total of 120 samples were selected, equally divided between in EDP and the non-EDP group. In conclusion it can be said that any form of training and intervention is beneficial for the aspiring entrepreneurs as it unravels mysteries of the business world, has tips to avoid pitfalls and costly mistake and most importantly there is some definite direction on how to pitch a business.

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184. KAURA (Indu)
Stress and Family Environment : Adolescents' Perception and Experiences.
 Supervisor : Dr. Nandita Chaudhary
 Th 14198

Abstract

The study aimed to explore how different aspects of family environment and interactions mediate the experience of stress among adolescents in the urban Indian context. The findings clearly indicated that it was an interaction of several variables

that determined the manifestation and management of stress, not any single factor per se. How children perceived a particular relationship was mediated by his/her experiences in all other domains within the family as well as family circumstances. Support from any source was found to empower adolescents in coping with stress. To take the argument a little further, absence of support in any relationship impacted other familial dynamics. Family emerged as the primary and most preferred unit of support for the adolescents in the study. Peer support was found to enhance coping particularly in the absence of supportive network at the familial level. Thus, it stands to reason that use of specific measures to address family and peer support is needed to enhance coping skills among adolescents.

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185. SAREEN (Sabrina Parashar)
A Study of Knitted Apparel for Children.
 Supervisor : Dr. Satinder Bajaj
 Th 14243

Abstract

Evaluates the overall status, preparation and gearing up to knitwear industry and suggest value-addition in children's knitted apparel, so as to maintain Indian knitwear industry's existing position. The evaluation of the overall status of this industry is based on parameter such as fibres and yarns used, dyes and finished applied and quality control procedures adopted. For the purpose, visits to sixteen knitwear units manufacturing children's apparel in Ludhiana, Tirupur and Delhi have been conducted. In order to evaluate the supply-side perspective, an open-ended interview schedule coupled with observation of procedures has been used as tools of data collection. The personnel interviewed included owners, production managers merchandisers, pattern-masters, quality control and processing managers. The study presents SWOT analysis of the two main knitting centers namely Ludhiana and Tirupur followed by suggestions and recommendations for Indian knitwear industry to best capitalize on the opportunities available in the post MFA phase. Some suggestions and remedial measures for Indian knitwear manufacturers and policy makers are included.

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186. SETH (Veenu)
Nutrition Profile of Children with Disabilities, Associated Feeding Problems and their Nutritional Management.
Supervisors : Dr. Sushma Kashyap and Dr. Sushma Sharma
Th 14248

Abstract

The nutrition profile and feeding problems of children with different disabilities was investigated, in view of negligible Indian data and the need of such data for their nutritional management. Further, an in depth nutritional study was carried out in children with cerebral palsy, the disability found to have maximum nutritional problems. Based on purposive sampling and informed parental and Institutional consent, 242 children, 2-16 years age on oral food intake, attending rehabilitation institutions in Delhi, were selected. Disability groups included in the study were mental retardation, Down syndrome, autism, cerebral palsy, physical handicap, speech and hearing impairment and visual impairment, with 30-40 children in each category. Data on socio demographic profile, brief medical history, feeding and qualitative and quantitative dietary aspects was collected using 4 suitably structured questionnaires for parents, supplemented by children's case files, observation and discussion and parents. Anthropometric measurements included weight, height/length, mid upper arm circumference (MUAC), tricep and subscapular skin folds (TSF and SSF), upper arm length, arm length and knee height. A preliminary handout on dietary guidelines and tips for the children was prepared for dietary counseling intervention.

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187. SHARMA (Ranjana)
Profile of Preschool in Hisar City and It's Impact on Preschool Education.
Supervisors : Dr. Kailash Khanna and Dr. Girish Choudhary
Th 14242

Abstract

The study takes a close look at the existing scenario regarding preschools in Hisar district of Haryana state with the major objective to study the profile of preschools in terms of infrastructure regarding physical facilities, preschool staff, ECE programme and its impact on various indicators of ECE, viz., motor, language, cognitive social and emotional development and school readiness. To study the profile, data has been collected using two partially structured interview schedules for head and teacher of the preschools and an observation schedule for making observations regarding ECE programme. School records have been perused to collect information regarding socio-economic status of families of the children and to substantiate the information regarding teachers' salary, qualification, etc. Norms prescribed by NCERT in a document Minimum Specifications for Preschools, (Seth and Ahuja, 1996) have been followed for assessment of adequacy of preschool infrastructure. For impact, the monitoring schedule obtained from NCERT has been adopted and activities conducted with children to make observations regarding various developments and school readiness of children. Socio-economic status of families of the children have been determined taking into account their family income, parents' education and occupation. Makes use of three point scale (0,1 and 2) Pearson's coefficient correlation. Divides into three categories, viz., high-ranking category (HRC), moderate-ranking category (MRC) and low-ranking category (LRC). The study revealed that majority of children in private, aided and government preschools belonged to high, medium and low socio-economic status respectively. Total development scores were quite similar to the total profile of preschools. Only two private preschools could be placed in HRC of preschools. Three preschools (two aided and one private) were positioned in MRC whereas rest of the preschools including one private, two aided and the government could find place in LRC preschools. Although HRC preschools scored highest, the facilities provided were far below the required norms as far as the total profile was concerned. Both HRC and MRC preschools had outdoor play space as per the norms but the utilization of this space was better in HRC than MRC, LRC preschools, on the other hand, lacked in outdoor as

well as indoor facilities. Basic facilities like water and toilet were safe and hygienic in HRC preschools but not in MRC and LRC preschools. Shows the training of the teachers was not utilized. Helpers were employed exclusively to assist the teachers only in HRC preschools. All preschools including HRC stressed on teaching of 3R's to the children. They were given homework everyday and were evaluated using written/oral tests. In government preschools, the children were kept in custodial care without much activity. Findings regarding impact social and emotional development and school readiness are given includes suggestions.

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188. SOOD (Anju)
Secular Trends in Growth in Affluent Adolescent Girls.
 Supervisors : Dr. Pushpa Sundararaj and Dr. Sushma Sharma
 Th 14314

Abstract

Indicates that the secular trends are still occurring with respect to the growth of adolescent girls and adults in this population. The secular trend has not halted nor attained the plateau phase as yet. At the same time, comparative anthropometric analyses indicate that nutrition transition is occurring in the affluent population. However, this nutrition transition is not happening in a totally desirable direction. It is probably paving a road for a sizable second burden of overnutrition. This necessarily implies the identification of factors, which currently limit and inhibit this anomaly. Hence, it is important to study the current trends in growth and developemtn of this crucial phase of life- the adolescents, who will usher in our next generation. Such data on the affluent section of the population will not only enable us to determine the order of growth deficit in the poor sections but also to discern indications of secular trends in growth.

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189. TAMBER (Bani)
Seasonality and the Maternal Factors Influencing Pregnancy outcome : A Study.
 Supervisor : Dr. Santosh Jain Passi
 Th 14245

Abstract

Investigates the underlying factors responsible for the still so high incidence of LBW deliveries in the lower socio-economic strata. An effort has been made to find, from the secondary data, the maternal factors influencing birth weight of the new-born as well as to find out whether fluctuations in seasonal availability and thus the consumption of micronutrient rich fresh vegetables and fruits bring about any variation in the pregnancy outcome/birth weight of the baby. Data (secondary) have been gathered from a major government hospital in Delhi (Safdarjang Hospital; n = 33,786) and a government maternity centre (Srinivaspuri Maternity Centre; n = 2769); both catering to the health related needs of the population from the lower socio-economic strata. Further, an in-depth study (primary data) on a smaller sample (n = 201;) was undertaken as a modest effort to corroborate the findings. It was expected that enrolling women in early pregnancy and following them till childbirth could highlight the prevailing factors leading to LBW deliveries among women from the urban slums. Thus pregnant women enrolled at 18 ± 2 weeks of gestation comprised of the Registered Group from the Srinivaspuri Maternity Centre (n = 151) and the Unregistered Group from the slums of Okhla (n = 50). For assessing the seasonal variation in dietary intakes, an additional samples of 50 NPWL women were enrolled from the urban slums.

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190. VASHISHT (Shashi)
Study on Group Dynamics in Self-Help Groups Micro-Enterprises in Haryana State.
 Supervisors : Dr. Kumud Khanna and Dr. Renu Arora
 Th 14246

Abstract

Studies the “group dynamics” of self help groups to look into whether the nature and functioning of the project addresses the problems and needs of rural women, extent to which the rural women have been mobilised and organised, their size and structures, working of the group and impact of group dynamics on the effectiveness of SHG’s micro-enterprises. It covers rural women of District Gurgaon in Haryana State. The study reveals that middle age, married, medium size of family, better education of spouses, high score of family education, more mass-media exposure, higher awareness status and positive attitude of group members towards SGSY and Gram Sevikas had a positive significant impact on the group dynamics of SHGs under SGSY. Whereas, high degree of motivation, short time taken and right procedure of group formation as well as proper selection of key activities, timely grading of the groups and economic gains contributed to positively and significantly to the effectiveness of group dynamics. Further, it was seen that performance of task and maintenance functions and following norms by members as well as sense of belongingness to the group, interpersonal trust and empathy emerged as significant factors contributing to the development of entrepreneurial attributes at the individual level in the members of the groups under SGSY. Based on the above findings the effective mobilization of self help groups is suggested.

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