A Study on Kashmiri Cuisine Wazwan

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Almost all the dishes of Kashmiri cuisine wazwan are meat-based (lamb, chicken, fish). The traditional number of courses for the wazwan is thirty-six, though there can be fewer. Eating 20 odd courses on regular basis is quite common in most Kashmiri homes. Wazwan preparation is widely used in our diet and is the main cuisine of our marriage parties & festivals. Number of spices, herbs, seasonings, butter. Ghee and colorings are used in the preparation. The present study shows the amount of meat in a trami served for four persons varies from 3 - 5 kgs. On an average one person takes about 5483 k cals on one occasion, keeping this amount of calories in view an adult person takes about three days of required calories on one occasion, which explains the reason behind the skip of the usual subsequent meal by most persons who eat wazwan. As the dishes of wazwan are rich in proteins it is deleterious for patients of chronic renal diseases and chronic liver disease. Keeping the quantum of calories in view the wazwan is likely to excessive intake of wazwan can lead to excessive accumulation of fats in the body which in turn can lead to Atherosclerosis, hypertension, fatty liver, hyperlipidemia & other heart diseases. As such a full wazwan is full of calories, fats &proteins Now Canned wazwan is available easily in the market and hence the consumption rates are also increasing day by day. The calculations from the present study reveal that a person takes about 5483 kilocalories on one occasion. Wazwan is not only rich in calories, but also protein rich, therefore full course of wazwan is not feasible for CKD (chronic kidney disease) and CLD (chronic liver disease patients). Eating an unusually heavy meal does not just add calories, it also might trigger a heart attack, especially in people who already have heart disease, large and fatty meals may increase acid reflux in people with heartburn. There is dearth of literature regarding the safety of wazwan in terms of its food value and health hazards. No systematic study has been carried so far on this topic. Therefore the investigators intend to bring out the various important aspects of wazwan which will definitely prove beneficial to our people, the habitual wazwan eaters. An attempt is made to find out the nutritive value of each item of wazwan through food composition tables.

Key words: Calories; Chronic Kidney Disease; Heart Attack; Wazwan.

A Study on Physical Environment of Anganwadi Centers in Kashmir Division

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The present study was determined to assess the physical environment of Anganwadi centres of Kashmir division. The sample comprised 60 ICDS centres selected randomly from the four districts of Kashmir division. Self-devised tool were used to gather in depth information about the ICDS centres. The findings from the present study indicate that all ICDS centres were being run...
in rented accommodation and had only one room setup with approximate area of 120 sq feet
where the ICDS workers carried out all the activities related to preschool education and other
referral services. The single room was also occupied with supplementary storage material which
inhibited the worker from conducting indoor activities for children. Majority of these centres
were ill-equipped and failed to provide even the basic amenities to children such as bathroom
(100%) and only 26 % ICDS centres had the toilet facility while the majority 73.3% were
deprived of this amenity. Results also indicate that none of the anganwadi centres had the
 provision of fans whereas room heater was available only in few centres. All anganwadi centres
(100%) did not have provision of furniture but as far as the furnishing was concerned they usually
used rough Dari or mat for sitting purpose which seems very uncomfortable for a children. Only
26.6% anganwadi centres had the availability of playground for children while rest of the centres
were deprived of this facility.

Key words: Children; ICDS; Centres.

**HSC - 3**  ORAL

**Effect of Water Chest Nut (Trapa natans) flour on Physicochemical, Rheological, and Textural Attributes of Cereal Based Bakery Products**

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Based on the previous studies on water chestnut (Trapa natans L. var. bispinosa) it was fou
that the physicochemical properties of water chestnut such as moisture, crude lipid, crude fibre,
crude ash, and crude protein were 0.36, 0.72, 1.33, 1.87%, respectively. Total soluble solids and
titrable acidity determined was 7.2 and 0.142%, respectively. It was also found that the flour is
also suitable for baking in combination with wheat flour. These studies provide us basis for
investigating the baking properties of water chest nut flour in combination with wheat flour by
development of various baked products like cakes, cookies bread and biscuits.

Key words: Water Chestnut; Physicochemical Properties; Eating Quality.

**HSC - 4**  POSTER

**An Assessment of Emotional Intelligence among Female Students Studying in Professional Colleges**

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The present study was an attempt to assess the emotional intelligence among girls studying in
professional colleges in the Kashmir region. The objectives of the study were to assess the
emotional intelligence among female students in professional colleges, to compare emotional
intelligence of urban and rural female students and to study the self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self development, value orientation, commitment and altruistic behaviour among female students. To fulfill these objectives, 100 girls students were selected equally from five different colleges, i.e. medical college, engineering college, B.Ed college, Law college and business school through random sampling technique. A readymade scale constructed by Hyde and Pethe (2001) entitled "Emotional Intelligence Scale" was administrated on the sample. The data was statistically analyzed computing column percentage. The majority of girls studying in professional colleges were in the age group of 21-22 years. It was found that majority of girls have high self-awareness than empathy is observed at medium level among girls studying in professional colleges. It was observed that girls have high self motivation while as emotional stability is at medium level. Managing relations and integrity among girls was found at high level. Majority of the girls have high level of self development, value orientation was found at medium level. It was found that commitment and altruistic behaviour among girls is at medium level. Overall, self esteem among girls studying in professional colleges is observed at high level.

Key words: Emotional Intelligence; Girls; Studying; Professional Colleges.

Food Habits and Nutritional Knowledge among Male Students of Kashmir University

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Food habits are the ways in which an individual in response to social, and cultural pressures, select, consume, and utilize portions of the available food supply. It is very essential for an individual to develop good food habits and also possess a sound nutritional knowledge. Nutritional knowledge is necessary to reinforce specific nutritional related practices to change habits of people that contribute to poor health. Lack of knowledge in nutrition can lead to wrong dietary choices and thereby aggravation of nutritional problems. Therefore a study was undertaken to assess various food related habits of respondents and to find out source of nutritional knowledge among students. The target population consisted entirely of male students of Kashmir University, Srinagar. Standard questionnaire was developed to measure subject’s nutrition knowledge, attitude and food habits. Questionnaire was distributed among 50 students randomly who were taken from various departments of Kashmir University. Questionnaire included various questions such as number of meals taken per day, skipping of meals, consumption of fruits and vegetables, spicy foods, various health problems that the respondents suffered from, their habits of exercising, knowledge of nutrition/nutrients/balanced diet, knowledge on ill effects of junk foods and so on. Results of the research showed that majority (56%) of the respondents used to consume 3-4 meals per day and (66%) of the respondents were found to skip their meals. It was also found that majority (80%) of the respondents liked to consume the spicy foods, 74% believed that junk foods is hazardous to health. It was also observed that the majority (74%) of the respondents did not suffer from any health related problems but 26% had some of the health issues. Majority of the respondents did not have a habit of exercising. As far as consumption of fruits was concerned it was observed that majority (38%)
of the respondents used to consume apple once daily. As far as intake of mango is concerned, majority (42%) of the respondents were found to have mango alternatively. The consumption of vegetables showed that majority (40%) of the respondents used to consume green leafy vegetables daily once and (52%) consumed roots and tubers alternatively. As far as nutritional knowledge was concerned, 64% were not having any awareness about balanced diet. Thus it is concluded that the respondents did not demonstrate satisfactory food habits. Consumption of junk foods was higher by our respondents. Consumption of fruits and vegetables however was found to be satisfactory.

**Key words:** Food Habits; Students; Nutritional Knowledge.

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**A Study on Prevalence of Hypercholesterolemia amongst Residents of Buchpora**

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Hypercholesterolemia is the presence of high levels of cholesterol in the blood. It is a form of "hyperlipidemia" (elevated levels of lipids in the blood) and "hyperlipoproteinemia" (elevated levels of lipoproteins in the blood). High cholesterol raises risk for heart disease, heart attack, and stroke. When there is too much cholesterol circulating in the blood, it can create sticky deposits (called plaque) along the artery walls. Plaque can eventually narrow or block the flow of blood to the brain, heart, and other organs. Blood cells that get caught on the plaque form clots, which can break loose and completely block blood flow through an artery, causing heart attack or stroke. The objectives of the study were to see the prevalence of hypercholesterolemia amongst residents of Buchpora, to known whether the patients were aware of benefits of dietary modifications in hypercholesterolemia and to assess the daily intake of nutrients through 24 hour recall method.

In the present study, both the primary as well as secondary sources of data were used. Primary data was collected by conducted a door to door survey of the residents of the four Mahallas of Buchpora area namely Shah Fasal Colony, Sir Syed Colony, Rose Lane and Haghigah. Mahallas were selected by simple random sampling technique. Collection of data through secondary source included information obtained from books, unpublished dissertation and latest information from the Internet. The data was analyzed through percentage, and mean. The results of the study revealed that among the four mahallas selected for the study the prevalence of hypercholesterolemia was seen highest in Shah Fasal colony with a % of 3.16% followed by Sir Syed colony (3.4%) and Haghigah (3.2%). The prevalence of Hypercholesterolemia amongst female was seen highest in Shah Fasal colony (5.4%) and contrary the male Hypercholesterolemia had higher prevalence in Haghigah 3.7%. Lowest prevalence of Hypercholesterolemia amongst male was seen in Rose lane (2.4%) whereas, female had lowest prevalence in Haghigah (2.8%). The majority of respondents i.e 63% were females and only 37% were males. Majority i.e 66.6% of the patients were not aware of benefits of dietary modifications in hypercholesterolemia than normal. However, intake of fats and protein was much high then the normal in selected sample. The nutrient intake as assessed by 24 hour recall in terms of calories and fiber was less.

**Key words:** Hypercholesterolemia; Prevalence; Dietary Modification; BMI.
Potential of Blended Flour of Kashmiri Water Chestnut and Wheat for Cookies Preparation

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Water chestnut flour was added to wheat flour at different concentrations to study the baking properties of blended flour for preparation of cookies. The concentration of water chestnut flour added to wheat flour was 50%, 60%, 70%, 80%, 90%, and 100%. The study revealed that spread ratio of cookies decreases with increase in the concentration of water chestnut flour. There was also increase in bulk density of cookies with increase in the concentration of water chestnut flour. Fracture strength of cookies increases with increase in water chestnut flour and was found to increase from 2628 to 3418g from 0% to 100% water chestnut flour respectively. The sensory evaluation showed that cookies produced from blended flour score good range of acceptance ranging from 7.2 to 8.0. The cookies prepared from whole water chestnut flour show overall acceptance of 7.2.

Key words: Wheat Flour; Water Chestnut Flour; Cookies; Spread Ratio; Fracture Strength.

A Study on Frustration Tolerance in Adolescents of Anantnag City Schools

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All individuals at one time or another, in greater or lesser amount have to tolerate frustration one can tolerate before his integrated Functioning is seriously impaired. Thus, frustration tolerance refers to the capacity of the individual to show persistence in the efforts despite repeated failure and antagonistic environment. Thus it is necessary to tolerate the frustration resulting from such events as failure of exams, loss of status etc to maintain the integration of personality. The present research was an attempt to assess the frustration tolerance among adolescence (12-18 yrs) of district Anantnag of the state of Jammu and Kashmir. Gender and age differences in frustration tolerance of selected group were assessed. The sample comprised of 90 adolescents all of whom were students (45 boys and 45 girls). The sample was selected from various schools of Anantnag city through purposive sampling technique. Frustration tolerance scale devised by S. N. Rai 1983 was used for data collection. Data was analyzed by using statistical techniques like mean and percentage. The results of the study revealed that middle adolescents were having high tolerance to frustration. Boys were having low frustration tolerance as compared to girls. Respondents who belonged to nuclear families and were having high income were having high frustration tolerance. Respondents whose fathers were matriculate and private employees were having low frustration tolerance. Respondents whose mothers were illiterate and private employees were also having low tolerance to frustration.

Key words: Frustration Tolerance; Adolescents; Personality.
A Comparative Study on Emotional Maturity among Adolescents in Anantnag District

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Emotional maturity means a level of understanding or event of some kind through the eyes of certain age or person. Emotional maturity refers to how well you are able to respond to situations, control your emotions and behave in an adult manner when dealing with others. Adolescent emotionality can be attributed to the fact that boys and girls come under considerable social pressure at this age, and face new condition and challenges for which they receive little, if any, preparation during childhood. The present study was an attempt to assess the emotional maturity among adolescents in Anantnag District of the state of Jammu and Kashmir. The objectives of the study were; to study emotional maturity among adolescents, to find out gender wise difference of emotional maturity and then to study and compare emotional maturity among Government and Private school going adolescents. The sample was selected through random sampling technique. For the present study the sample comprised of 100 adolescents out of whom 50 adolescents (25 boys and 25 girls) were selected from Private Higher Secondary School and 50 adolescents (25 boys and 25 girls) were selected from Government Higher Secondary School. The tool used for data collection was Emotional Maturity Scale devised by Dr. Yashvir Singh and Mahesh Bhargava (1971). Data was analysed by using statistical techniques like mean, standard deviation, correlation and t-test. Majority of respondents (70%) fell in extremely emotionally immature level and 31% of adolescents were in the category of moderately emotionally mature level. Only 8% of adolescent boys were in extremely emotionally mature level and 22% of respondents were in the category of emotionally immature level. Analysis of ‘t’ value computed showed that Private school going adolescents were emotionally more mature than Government school going adolescents. Significant difference was found between two groups of adolescents on their emotional maturity dimensions. Adolescent boys showed better emotional maturity as compared to girls who were unaware about one’s emotions and managed it well in any situation. The present study also depicts that with the advancement of age emotional maturity also get improved among both the groups.

Key words: Emotional Maturity; Adolescents; Emotional Maturity.

A Study of Self-Concept among Adolescents (Boys and Girls) Residing in Orphanages

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Self-concept is image people of themselves. The self-concept may be defined as the totality of a complex and dynamic system of learned beliefs. The self-concept may be defined as the “who am
I” or the picture which one has of himself/ herself. The ideal self-concept is the picture people hold of what they would like to be. The self-concept does not exist in a vacuum it is about ones characteristics, qualities, abilities and actions. The present research was an attempt to assess the self-concept among adolescents (boys and girls) residing in orphanages in Srinagar district of the state of Jammu and Kashmir. The study covers a total of 100 adolescents including 50 girls and 50 boys. Self-concept inventory was used, developed by M.Basvana to estimate the levels of self-concept among adolescents. The sample was selected from various orphanages. Data was analysed by using statistical technique percentage. The results of study revealed that the majority of the respondents from the age of 18 yrs in the social competence were facing difficulty in making friends. Majority of them from the age group of 16 yrs had enough faith on themselves. All the respondents from the age group of 13 yrs thought that they have an attractive personality. Maximum numbers of respondents from the age group of 18 yrs believe themselves as a successful person. Least number of respondents from the age group of 13 yrs find it hard to continue their work without encouragement. Meagre number of respondents from the age group of 19 yrs thought that they are quick and certain in their actions.

**Key words:** Self-Concept and Adolescents.

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**HSC - 11 POSTER**

**A Study on Depression and Generalized Anxiety Disorder in Working Young Adult Males of Kashmir University**

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Young adulthood covers the period in which most people become increasingly independent of their parents and make career and life style choices that will guide the remainder of their adult life. It is a stage of life in which serious and enduring mental health problems are likely to emerge. As far as working young adult males are considered they experience more depression and anxiety job insecurity. The present research was conducted to assess the relationship of depression and Generalized Anxiety Disorder among working young adult males of University of Kashmir. The sample comprised of 60 young adult males (Teaching and Non-teaching) working in different departments of Kashmir University. Purposive sampling technique was used for selection of the sample. For collecting the information Aron’s Beck Depression Inventory (BDI-II) and GAD-7 item scale by Spitzer were used. Data was analysed using statistical technique like Pearson’s Correlation Coefficient. It was found that majority (41.7%) and 41.7%of working young adult males have minimal depression and Generalized Anxiety Disorder (GAD) respectively. Both depression and GAD was more present in the age group of 20-30 years and among unmarried group. It was also found that there is a significant and positive correlation between depression and GAD in the sample.

**Key words:** Depression; Generalized Anxiety Disorder; Young Adult Males.
A Study on Depression and Generalized Anxiety Disorder in Working Young Adult Females of Kashmir University

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Young adulthood is the period in which most people become increasingly independent of their parents and make career and lifestyle choices that will guide the remainder of their adult life. It is a stage of life in which serious and enduring mental health problems are likely to emerge. As far as working young adult females are considered, they appear to have higher rates of depression than do men because during this period she is faced with many life-changing and potentially stressful transforming events; during the span of years, a woman’s role as a wife, worker, mother and care taker also contribute to the levels of everyday stress. The present research was conducted to assess the relationship of depression and Generalized Anxiety Disorder among working young adult females of University of Kashmir. The sample comprised of 60 young adult females (Teaching and Non-teaching) working in different departments of Kashmir University. Purposive sampling technique was used for selection of the sample. For collecting the information Aron’s Beck Depression Inventory (BDI-II) and GAD-7 item scale by Spitzer were used. Data was analysed by using statistical technique like Pearson’s Correlation Coefficient. It was found that majority (25%) and (41%) of working young adult females have minimal depression and moderate Generalized Anxiety Disorder (GAD) respectively. Both depression and GAD was more present in the age group of 20-30 years and among unmarried group. It was also found that there is a significant and positive correlation between depression and GAD in the sample.

Key words: Depression; Generalized Anxiety Disorder; Young Adult Females.

Awareness and Knowledge of Pregnant Women Regarding Food and Nutritional Requirements during Pregnancy

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The most important period of the human life is pregnancy. There are lots of aspects concerning pregnancy. One of the important factors being nutrition. It is important to eat foods that provide all the nutrients required for the increased needs of mother and her baby during pregnancy. Thus it is very important for a pregnant lady to possess a sound nutritional knowledge. A study was thus undertaken to ascertain whether pregnant women have any knowledge, regarding food and nutritional requirements during pregnancy and to find out the source of nutritional information among pregnant women. The population of the sample for this study comprised of 50 pregnant women, drawn from different areas of district Pulwama such as Pampore, Chandhara, Lethpora. A questionnaire cum interview schedule was prepared to elicit maximum information from the sample. Questionnaire included various questions, to check whether the respondents had knowledge about nutrition, their sources of nutritional information, extra food needs during pregnancy, knowledge of pregnant women about balanced diet, protein rich foods, calcium rich
foods, iron rich foods, cravings felt for different foods and so on. Results of the study indicated that majority of the women (86%) had a good knowledge about nutrition and for 46% T.V was the main source of nutritional information. Moreover 56% of women agreed that food requirement changes during pregnancy and a pregnant lady requires extra foods. As far as nutritional knowledge is concerned, majority of women (60%) had a good knowledge about protein rich foods, 76% about the iron rich foods, 88% about calcium rich foods. It was also found that 66% didn’t know anything about a balanced diet. Moreover 96% of women were of the opinion that vegetables and salads are more nutritious and healthy and should be consumed in bulk. Thus it can be concluded that pregnant women were aware of nutritional importance during pregnancy and T.V was found to be main source of nutritional information. Women were aware that food requirements changes during pregnancy and thus should take more foods. However it was found that their knowledge was not consistent with their practice as majority of them used to take only 4 meals per day. They were also found to have a good knowledge about iron and calcium rich foods but knew less about fiber. Thus it is recommended that pregnant women should be made aware of the importance of good nutrition.

**Key words:** Pregnancy; Balanced Diet; Nutrition.

**Assessment of Aggression and Emotional Intelligence in Adolescents of Idghah Block in District Srinagar**

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Adolescence is the time between the beginning of sexual maturation and adulthood. It is a time of psychological maturation, in which a person becomes “adult-like” in behavior. The present study was an attempt to make an assessment of aggression and emotional intelligence in adolescents (14-18 years) of Idghah block in district Srinagar (J&K). Effect of aggression on emotional intelligence of the sample was also assessed. The sample was selected through random sampling technique. A total of 100 adolescent boys and girls equally distributed were selected (50 boys and 50 girls; 50 from government schools and 50 from private schools). The standardized tools used for data collection were Mangal Emotional Intelligence Inventory (MEII) designed by Dr. S. K. Mangal and Mrs. Shubhra Mangal (2004) and Aggression Scale (A-Scale) designed by Km. Roma Pal and Mrs. Tasneem Naqvi (1983). Various statistical tests (like mean, standard deviation, correlation, t-test etc.) were used to facilitate the analysis and interpretation of the data to know the degree of significance. It is inferred from the findings that girls are emotionally more intelligent than boys. The study also concluded that boys are more aggressive than girls. Early adolescents have higher emotional intelligence and aggression than the late adolescents. Moreover, the aggression level is relatively higher in private school adolescents than the government counterparts. Similarly, the first born child in the family is emotionally more intelligent whereas the later born tends to be more aggressive than the former ones. It is evident from the findings that gender and age significantly influence emotional intelligence and aggression while there is a negligible difference in emotional intelligence among adolescents belonging to nuclear and joint families. The study presented the fact that parental occupation influences the overall emotional intelligence and aggression among adolescents whereas there is no relation between parental qualification, emotional intelligence and aggression of the
adolescents. On the whole, it is thoroughly established that there is an inverse correlation between all the areas of emotional intelligence and aggression.

**Key words:** Aggression; Emotional Intelligence; Adolescence.

### HSC - 15

#### POSTER

**Health and Nutritional Status of 12-16 Years Old Children Studying in Model High School, University of Kashmir**

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To study the health and nutritional status of children in the age group of 12-16 years using anthropometry and, clinical assessment, dietary intake and personal hygiene. Nutrition plays a key role in physical, mental and emotional development of children and much emphasis has been given to provide good nutrition to growing population especially formative years of life. Nutritional status refers to the state of health of an individual as it is affected by the nutrients. Nutritional status is determined by anthropometric, clinical, dietary, socio economic effects. These components reflect a child’s nutrient requirements for optimal health and nutrient requirements for optimal health and nutritional status. The present study was carried out on the Health and Nutritional status of 12-16 year old children studying in Model School, University of Kashmir. Interview cum questionnaire method was used to obtain the required information. General information, anthropometric measurements, clinical features, dietary assessment and personal hygiene information was gathered. The sample of the study consisted of 101 children. Anthropometric analysis revealed that the mean height and weight of respondents was less than the ICMR standards. Clinical examination revealed that considerable number of respondents had normal clinical features. Personal hygiene was found to be satisfactory. Physical health was found to be good of all the respondents. Dietary assessment of the respondents revealed that calories and protein consumption was above the RDA (2010). Calcium and iron depicted less amounts in the diets than recommended by RDA (2010). The major point of concern revealed in this study was the considerably lesser intake of calories, proteins, iron as compared to RDA (2010) by the respondents which may be attributed to the lack of knowledge about the nutritious foods.

**Key words:** Nutrition; RDA; Health.

### HSC - 16

#### POSTER

**Health and Nutritional Status of 8-12 Year Old Children Studying in Model School, University of Kashmir**

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To study the Health and Nutritional Status of Children in the age group of 8-12 years using anthropometric measurements, clinical, dietary and personal hygiene. Nutrition plays an important role in the management and recovery of several medical conditions. Nutritional status
is determined from a nutritional assessment of anthropometric, clinical, dietary, and socio-economic effects. These components reflect a child’s nutrient requirements for optimal health and nutritional status. The present study was carried out on the Health and Nutritional status of 8-12 year old children studying in Model School, University of Kashmir. The parameters used in this study were anthropometric, clinical, dietary and personal hygiene. The sample size consisted of 125 children. Out of these 60 were boys and 65 were girls. A questionnaire cum interview schedule was used for collecting data. Based on the results of the present study, it was found that health and nutritional status of the majority of the respondents was normal. Anthropometric analysis revealed that the mean height and weight of respondents was less than the ICMR standards. Clinical examination revealed that considerable number of the respondents were suffering from deficiency of nutrients. Personal hygiene was found to be satisfactory. Dietary assessment revealed that the respondents consumed proteins and fat were more than the the RDA(2010). There was lesser intake of calories and calcium as compared to RDA (2010) by the respondents which may be attributed to the lack of knowledge about the nutritious foods and RDA.

Key words: RDA; Health and Nutritional; ICMR.

HSC - 17

ORAL

A Study on Nutritional Assessment of Oriental Cholangiohepatitis Patients in Kashmir

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Oriental cholangiohepatitis (OCH) is a chronic disease characterized by repeated suppurative infection of the biliary tract as a result of stones and strictures in the bile ducts. The exact pathogenesis of Oriental cholangiohepatitis (OCH) is a parasitic infestation and malnutrition theory. As such, the present study “Nutritional assessment of Oriental cholangiohepatitis (OCH) patients” was carried out on 50 consecutive patients in the OPD and ward of Gastroenterology Department at SKIMS Soura, for assessing the nutritional assessment, dietary pattern and attitude towards dietary management of Oriental cholangiohepatitis (OCH) patients. The information was collected through proforma and an interview method. From the study, it was concluded that majority of patients were females, age group of 35-45 years and normal weight BMI. The disease is more prevalent in rural areas, mostly in low socio-economic group and is more common in married ones. Laboratory results have shown that high per bilirubinemia, high alkaline phosphatase level and high serum total protein levels are present in Oriental cholangiohepatitis OCH patients but there were normal Hb and albumin levels especially in the age group of 35-45 years. All had histories of fever, chills, vomiting, anorexia, headache, pain, and jaundice. Consumption pattern of calories, proteins and fat intake by the patients were observing much less than the standard values which is main responsible for the cause of Oriental cholangiohepatitis. It was found that 37% of the patients considered that both diet and drug control is very important for management of Oriental cholangiohepatitis.

Key words: Cirrhosis; Cholangitis; Stricture; Bilirubinemia.
Farm Women Role in Livestock Management in Kashmir Valley

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Women play a significant role not just for the number of tasks they perform but also for their traditional role in integrating agriculture and animal husbandry. In the most dominant part in raising livestock women play a significant and crucial role in agriculture development, livestock production, horticulture, post-harvest operations agro/social forestry, fisheries etc. in feeding animals from trees and crop by-products, in nurturing cows and animals, in composting and fertilizing fields with organic manure, in managing mixed and rotation cropping. Critical work of maintaining ecological cycle is done by women in partnership with the men. Women contribute in the productive system of the nation by their work in fields and factories. Today they are the earners of cash income which goes towards the fulfillment of family needs thus supplementing family income. Women have, therefore, dual productive role as unpaid workers at home and in fields. The farm women participate in agriculture and allied fields is well known besides their exclusive participation in domestic work. In Jammu and Kashmir especially in Kashmir valley, farm women play a vital role in agriculture production, dairy and livestock production, fruits and vegetable production, forestry, fisheries, post-harvest technologies, water transportation, financial management of domestic usage and in major activities of Kashmir Crafts. The present study conducted in Kashmir valley revealed that majority of the women spend their maximum time in preparing and giving feed to their livestock. It was further revealed that majority of them market milk themselves and do not face any problem. Maximum women revealed that it was mainly for economic purposes that they take part in activities of livestock Management in Kashmir valley. Women also participate in agricultural activities, besides they also perform in their household chores, attending children and economic activities like spinning wheels or embroidery on Pashmina shawls. It was also revealed that farm women perform multiple tasks whether it is on the fields or the homes, but hardly gets any time for herself.

Key words: Farm Women; Multiple Household Tasks; Income Generation; Livestock Management.

Stress Among School Going Children: A Study of District Kulgam

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The term stress refers to pressure or force placed upon a body. In psychology we use the term stress to refer the pressure or demand that is placed up on an organism to adapt or adjust. Stress is a universal human experience. Unpleasant experiences can bring on stress getting fired; having an
illness in the family and failing an important exam are all potentially stressful events. Sometimes people are able to adapt to stressful situation fairly easily but at other times they have more difficulty in adjusting. Certain people react badly to certain kinds of stresses but copes well with other kinds. Other people have different coping patterns. The present study is aimed to assess the level of stress among school going children and to compare the level of stress among school going children with respect to their socioeconomic variables. A sample group of 100 students with equal proportion from Govt. and private schools were taken from different areas of Kulgam district of Kashmir valley. The findings reveal that majority of school children show average stress level( 54%). A good number of school children fall in high stress level( 21%) but 25% school children showed low stress level. So for stress level among boys and girls is concerned girls show high stress level( 24%) as compared to boys (18%). Maximum portion of sample fall in average category as for as stress level among private and Government school is concerned. Government school children showed high stress level as compared to private school children. Children belonging to joint family showed high stress level( 31.58%) than nuclear families( 20.97%). As far as total stress is concerned, nearly half the respondents have average stress level. 34% have low and 23% have high stress level.

Key words: Stress; Children; School.

A Study on Prevalence of Osteoporosis amongst Residents of Ompora-District Budgam

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Osteoporosis is a disease that affects millions of people around the world. It is characterized by low bone mass and micro-architectural deterioration of bone tissue, leading to enhanced bone fragility and consequent increasing fracture risk. The WHO definition of osteoporosis is a bone mineral content (BMC) or bone mineral density (BMD) measured by technique such as dual energy xray absorptiometry that is more than -2.5 SD below the young adult mean for the population. Osteoporosis occurs when the BMD becomes so low, a condition marked by the occurrence of fracture or the strong likelihood of a fracture. The present study was conducted “To find out the prevalence of osteoporosis amongst residents of Ompora-District Budgam” The objectives of the study were to study the prevalence of osteoporosis amongst residents of Ompora. The data for the study was collected through primary and secondary sources. Primary data was conducted by a door to door survey of the residents of 5 Mohallas of Ompora area namely, Wani mohalla, New khan colony, upper mohalla, Bunpora and parry angan. Secondary data was collected from books, journals from Institute of Home science, University of Kashmir Iqbal library and latest information from the internet. The sample purposively selected for the present study consists of 40 osteoporotic patients. Simple random purposive sampling technique was used to elicit the information. Questionnaire-cum-interview schedule was used to collect the information from the osteoporotic patients. Data was analysed through percentage and mean. The results of the study reveal that the prevalence of osteoporosis was seen highest in wani mohalla having a percentage of 2.43%. Majority of patients i.e, 67.5% were females and only 32.50% were males. Majority of male patients i.e, 46.15% were in the age group of 70-80 years with mean age of 70 years wereas majority i.e, 37.03% of female patients were in the age group of 60-
70 with mean age of 63 year. The daily intake of nutrients in terms of calories, proteins and calcium were calculated and compared to the Recommended intake by the ICMR. Calorie intake by the patients in all the selected sample were less than normal whereas proteins and calcium were more than normal as compared to the recommended intake by the ICMR. Majority of the patients believed that diet played an important role both in the control and management of osteoporosis.

**Key words:** Osteoporosis; BMC; BMD; ICMR.

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**A Study on Nutritional Status of Menopausal Women with Specific Reference to District Pulwama**

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Menopause is the cessation of the menstrual period in women. It occurs when the female hormone levels drop below a critical value needed to produce the hormonal cycle of ovulation and menstruation. It occurs between ages of 45 and 55 years in many women. Menopause is the final menstrual period. It is universal and irreversible part of the overall ageing process as it involves the women’s reproductive system. The present study was conducted to assess the nutritional status of menopausal women with specific reference to District Pulwama and the objectives of the study were to assess the nutritional status of menopausal women through anthropometric and clinical assessment. To assess the daily intake of nutrients and to find out symptoms and bodily changes associated with menopause. The data for the study was collected through primary and secondary sources. The primary data was collected by using structured questionnaire cum interview schedule. Menopausal women were interviewed on the basis of pre-prepared questionnaire to obtain the desired information. Collection of data through secondary source includes information obtained from books, journals. The sample purposively selected for the present study consists of 50 menopausal women. The sample were selected from two rural areas namely Nehama and Marvel of District Pulwama. Simple, random, purposive sampling technique was used to elicit the information. The data was analysed through percentage and mean. The results of the study revealed that the majority of women i.e 54% were in the age group of 50-60 years and only 12% were in the age group of 40-50 years and 70-80 years. Most of the women i.e 52% were overweight and 48% were normal weight and none were underweight. Majority of the women i.e 75% were clinically normal and only 25% had problems in their skin, nails and skeleton. Majority of the women i.e 58% were having frequent urination and only 28% were having urgency of micturition. Majority of the women i.e 74% experienced vaginal dryness and only 22% were having disshaping of breast. Majority of women i.e 66% were experiencing excessive sweating and only 2% were experiencing apathy. The daily intake of nutrients in terms of calories, proteins and calcium were calculated and compared to the recommended intake by ICMR. Calorie and calcium restriction was found in all the selected samples.

**Key words:** Menopause, BMI, ICMR.
Impact of Indira Awass Yojna (IAY) In District Anantnag

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To ascertain to what extent allocations, releases and utilization of funds were made as per the guidelines of scheme. Housing is one of the basic requirements for human survival. For a normal citizen owning a house provides significant economic and social security and status in the society. Indira Awaas Yojna is a social welfare programme of government of India to provide housing facilities for the rural poor in India. It is an allocation based scheme under which funds and physical targets are allocated to states/UT’s in accordance with the criteria giving 75% weightage to housing shortage and 25% weightage to poverty ratio. The broad purpose of scheme is to provide financial assistance to some of the weaker sections of society for than to upgrade the quality for their personal living. The methodology followed to carry out the study was based on primary and secondary data collection. The primary data as collected directly from the beneficiaries using self prepared questionnaire and secondary data from previous journals, books, etc. 75 respondents were selected by simple random sampling method from different areas of district Anantnag. The study revealed that the IAY has positive impact in district Anantnag as there is timely allocation of funds and the scheme is implemented properly as per the government guidelines. The suggestions put forth by beneficiaries are that more funds should be allocated to the beneficiaries as houseless population increases each and every year. The building material such as cement, timber and tin sheets should be provided at subsidized rates to the beneficiaries as the scheme is meant for the people living below the poverty line.

Key words: Iay; Social Welfare; Weaker Section; Allocations.

Impact of Mahatma Gandhi National Rural Employment Guarantee Act on Families Residing in District Anantnag

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To ascertain to what extent MGNREGA helps in overcoming the problem of unemployment. MGNREGA is centrally sponsored scheme aiming and improving the purchasing power of the rural people, primarily semi or unskilled work to people living in rural India, whether or not they are below the poverty line. The primary objective of the scheme is to provide the livelihood security to the households in rural areas by providing not less than 100 days of guaranteed wage employment in every financial year to every households whose adult members volunteer to do unskilled and manual work. For undertaking the study 100 respondents were chosen by simple random sampling method from different villages of Anantnag. The study revealed that the MGNREGA has the potential to bring households out of poverty while building public infrastructure. The scheme is unique in that it guarantees at least 100 days of public work in a year.
to households who apply for such works. The workers disclosed that they aspire for more working days under the scheme and wanted minimum wage rates should be increased and paid on time. The suggestions put forth by beneficiaries are that there should be provisions available for women and children at work site and should have facilities like safe drinking water, shade for children and first aid box with adequate material for emergency treatment for minor injuries and other health hazards connected with the work.

**Key words:** MGNREGA; Unemployment; Wages; Job Cards.

Hypothyroidism happens when thyroid gland, at the front of neck, doesn't produce enough thyroid hormone (underactive thyroid). The disease affects both sexes and all ages, but is most common in women over age 50. The thyroid gland helps to regulate metabolism, low thyroid levels cause the body to slow down and can affect everything from appetite to body temperature. Hypothyroidism is a common endocrine disorder resulting from deficiency of thyroid hormone. Worldwide, iodine deficiency remains the foremost cause of hypothyroidism. In the United States and other areas of adequate iodine intake, autoimmune thyroid disease (Hashimoto disease) is the most common cause. The present study was conducted to estimate the prevalence of Hypothyroidism amongst residents of Zakura. The objectives of the study were to find out the prevalence of hypothyroidism amongst residents of Zakura to find out the chief complaints/symptoms associated with hypothyroidism and to find out the nutrient intake of respondents. In the present study, both the primary as well as secondary sources of data were used. A questionnaire cum interview schedule was used to collect the desired information. That data was analysed through percentage and mean. The results of the study revealed that the prevalence of Hypothyroidism was seen highest in Sarfaraz Colony having a percentage of 5.8%, followed by Gousia Colony (4.1%) and Mustafa-Abad (3.6%). Majority of respondents i.e 76% were females and only 24 % were males. Majority of the male as well as female respondents i.e 41 % and 31 % respectively were in the age group of 50-60 years with a mean age of 58.5 and 57.9 respectively. Majority of respondents i.e 58% irrespective of their sex were having fatigue as their chief complaint. Majority i.e 42% of male respondents were having normal weight with a mean BMI of 23.97 whereas majority i.e 39% female respondents were overweight with a mean BMI of 27.89. Mean caloric intake for each activity was much lower than normal. The deviation from ICMR was found to be higher in case of females as compared to males especially in case of moderate workers. Mean intake of proteins by females was lower than what is recommended by ICMR and in case of males the intake of protein was slightly more than normal in all grades of physical activity. Mean intake of calcium in both males as well as females was lower than what is recommended by ICMR.

**Key words:** Hypothyroidism; Prevalance; Nutrient Intake.
Attitude of Tribal Parents towards Education

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To ascertain the attitude of tribal’s towards girl education. An attitude is the feeling or mental disposition of an individual which influences the human behaviour. Attitudes structure can be described in terms of Affective Component, Behavioural Component and Cognitive Component. All these three components effects the parents attitude towards their children’s education. If all the three components are positive then the individual’s action, belief and attitude effects feeling towards education. The tribal population in India, an estimated 87 million, is marked by intense diversity. Under the banner of national unity, the government is now bringing these minority groups into the national mainstream. Education is indispensable for helping tribal people cope with national integration. Education will also determine their prosperity, success security in life. The data of the present study was collected from 100 respondents of District Anantnag (J&K) with the help of self-prepared questionnaire. The study revealed that generally, tribal parents had soft corner for their daughters education. They were aware of significance of daughters education. But in some cases education of girls were effected by migration and negligence of girls from co-education. The important thing in all scenarios is that people in tribal area of Anantnag district want to educate their daughters. The major problem for majority of them is the absence of schools and school related human and physical infrastructure. The problem of transportation, drinking water, electricity, school building and boundary walls are severe in tribal cum rural areas than settled areas. Special efforts are recommended to refine girls school infrastructure. Quality ensures quality education ensures masses participation programmers. The value attached to schooling and education of children has substantially improved compared to earlier times when lack of literacy and negative attitude towards education were the main barriers for sending children to school in a tribal community. Previously education was considered as wastage of time and money since its outcome was perceived to be uncertain and unimportant. Presently, the importance and the outcomes of education are highly appreciated by people through persistent efforts at compulsory education and increased awareness through information and technology revolution.

Key words: Attitude; Tribal; Parents; Education; Girls.

Awareness Regarding National Rural Health Mission among People of District Anantnag

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National Rural Health Mission was officially launched by Prime Minister Manmohan Singh on April 12, 2005. NRHM reportedly aims to fulfill one of the most important commitments of the united progressive Alliance to meet people’s aspirations for the better health access to health care. The need for study is to make people aware about National Rural Health Mission (NRHM), in
order to the facilities provided by the scheme through PHCS, CHCS etc. The sample purposively selected for the present study consisted of 100 respondents. All these respondents were taken from different areas of District Anantnag. The study revealed that majority of respondents were aware about National Rural Health Mission (NRHM) but majority of them were not aware about the services included under NRHM. A huge majority of respondents agrees that NRHM can help in reducing fertility rate. Most of the rural people know about communicable diseases and birth control measures but facilities were not available, like lack of hospital and staff members in PHC’s for their help. In rural areas there were no sanitation facilities due to lack of this facility they suffer from communicable diseases like malaria and typhoid. People were not satisfied with the health workers. Rural people also think that this scheme can reduce fertility, mortality and morbidity rates. Some recommendation were put forth for optimizing success of NRHM. A system of concurrent evolution of the mission activities needs to be developed and data should be undertaken for immediate corrective action. Public and private sector should provide all health facilities to rural people in order to make a healthy nation.

Key words: NRHM; PHC; CHC; ASHA.

HSC - 27

POSTER

Food Preservation Practices Among Rural Areas of District Kulgam

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Food preservation is a technique of preventing growth of bacteria, fungi (such yeasts and other micro-organisms). Preservation also retards the oxidation of fats which cause rancidity. Food preservation can also include processes which inhibit visual deterioration such as enzyme browning. Food preservation can also be defined as the science which involves application of scientific and engineering principles to the practical control of food deterioration. A study was an attempt to assess the “Food preservation practices among rural areas of District Kulgam” The main objectives of the study were to know the practices of food preservation employed by the respondents, to ascertain the food items being preserved and the duration, to see the purpose of food preservation and to know the awareness and attitude of people towards food preservation. While determining the location for this survey two rural areas namely Akhran and Nowpora of District Kulgam were randomly undertaken for the investigation. A total number of 50 respondents were randomly selected. Simple random purposive sampling techniques were used to collect the desired information. Questionnaire cum schedule was used. The results of the study reveals that the majority of respondent’s i.e. 24% were in the age group of 50-60 years. Majority of respondents i.e. 38% were illiterate. All the respondents used sun drying method for food preservation. Majority of the respondents i.e. 90% were of the opinion that sun-drying makes food available in off season and only 50% were of the opinion that they are liked by family members. Majority of the respondents i.e. 54% show that sun dried foods are good for health
followed by 46% show that sun dried foods are not good for health. Majority of the respondents 
i.e. 48% used to preserve roots and tubers through refrigeration and 18% preserve green leafy 
vegetables through refrigeration. Majority of the respondents i.e., 74% consume dried foods 
within year and only 26% consume dried foods after a year. Majority of the respondents i.e. 49% 
were of the opinion that preservation adds variety to the diet, 43% stated that preserved foods 
remain available in off season, 28% stated that it increases shelf life of food items and 2% stated 
that it adds variety to the diet.

Key words: Food Preservation; Sun Dried Fruits and Vegetables.

HSC - 28

A Study on the Prevalence of Hyperthyroidism amongst Residents of Nawakadal

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Hyperthyroidism, often referred to as an overactive thyroid, is a condition in which the thyroid 
gland produces and secretes excessive amounts of the free (not protein bound, and circulating in 
the blood) thyroid hormones, triiodothyronine (T3) and/or thyroxine (T4). The present study was 
conducted to estimate the prevalence of Hyperthyroidism amongst the Residents of Nawakadal”. 
The objective of the present study was to find out the prevalence of hyperthyroidism among 
residents of Nawakal and to find out the nutrient intake of the respondents. In the present 
study, both the primary as well as secondary sources of data were used. A questionnaire cum 
interview schedule was used to collect the desired information. The data was analysed though 
percent and mean. The results of the study revealed that the prevalence of hyperthyroidism was 
seen highest in Nawa Bazar having a % of 9.38, followed by Zainakadal having a % of 6.92 and 
Syed Hamidpora 4.32 %. Lowest prevalence of hyperthyroidism amongst male was seen in 
Nawabazar (0.76%) whereas females had lowest prevalence in Jamallata (6.79%). Majority of 
respondents i.e., 70% were females and only 30% were males. The prevalence 
of hyperthyroidism was seen highest in Nawa Bazar having a % of 9.38, followed by Zainakadal 
having a % of 6.92 and Syed Hamidpora 4.32 %. Lowest prevalence of hyperthyroidism amongst 
males was seen in Nawabazar (0.76%) whereas, females had lowest prevalence in Jamallata 
(6.79%). Majority of respondents i.e., 70% were females and only 30% were males. Overall 
majority i.e., 33.33% were also in the age group of 50-60 with the mean age of 53.2 years. The 
mean caloric intake for each activity was much lower than normal. The deviation from ICMR was 
found to be higher in case of males as compared to females especially in case of sedentary 
workers. Mean intake of the proteins by males was lower than what is recommended by ICMR 
and in case of females the intake of protein is more than normal in all grades of physical activity. 
The mean intake of calcium was much lower than standards recommended by ICMR among both 
sexes.

Key words: Hyperthyroidism; Prevalance; Nutrient Intake.
Factors Affecting Female School Drop Outs

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A dropout is considered a student who for any reason other than death leaves school without transferring to another school. Dropping out is a social problem and is also associated with delinquency and low school achievement. A preliminary survey regarding the factors affecting female student dropouts was carried in District Kulgam. Majority of the children belonged to the moderate income group and lived in joint families. The main factors which lead to dropping out were poor attendance, poor academic performance in class, low interest in studies. The personal factors were less family income, preference of education given to male siblings, early marriage, fear of getting punishment, poor academic performance in class, low interest in studies, busy with household chores. The school factors which lead to drop out were poor school accommodation, poor seating arrangement, discrimination on the basis of sex, distance from school, corporal punishment, no provision of mid day meals, uniforms and books. The family factors responsible were not able to go school on time, looking after siblings, parents disinterest, low educational status of parents, discord between parents, low economic status and most of the families thought boys should be provided better education and facilities as compared to girls.

Key words: Dropouts; Personal Factors; School Factors; Family Factor.

Job Stress and Its Impact on Day to Day Life of Working Women

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The women face many acute problems in the traditional Kashmiri society, though attitudes of women underwent a sea change in the recent years but their problems could not be eradicated totally. Instead, these problems have taken new forms, patterns and dimensions. The acceptance of dual careers by women both enlarged and intensified their problems. This study has been carried out to know the job stress among working women and its impact on their day to day life. It is revealed that the working women spend most of their time outside the home and are caught in between the office work and the home. Their families and children are ignored when they devote more time towards their office activities. The findings show that this conflict leads to tremendous confusion and results in stress. Their children also break away from their parents and become attached to the peer group. It has been also revealed that working outside has created a conflicting situation in the traditional joint families which led to its disorganization in the nuclear status.

Key words: Job Stress; Working Women; Role Overload; Role Conflict; Role Ambiguity; Role Stagnation.
A Study on Prevalence of Anaemia in Teenage Pregnant Girls Attending L. D Hospital Srinagar

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Anaemia in pregnancy is a common predicament in most developing countries and a major cause of morbidity and mortality. Anaemia is the common problem in female population. Occurrence of anaemia is primarily due to regular monthly menstrual blood loss. Anaemia in non pregnant female in most common causes is due to excessive blood loss during menstruation, hookworm infestation and chronic nutritional deficiency. In pregnancy it is more severe because of increased demand and decrease in intake either due to nausea or a decrease in appetite or lack of knowledge, chronic diseases or due to poverty. Anaemia usually results from a nutritional deficiency of iron, B12 and some other nutrients. In pregnancy, anaemia has a momentous impact on the health of the foetus as well as that of the mother. Severe anaemia is an important cause of maternal morbidity and mortality among teenage pregnant girls who are vulnerable because of their rapid growth and allied high iron requirements. Teenage girls frequently enter pregnancy with less ample stores of nutrients and are thus unable to endure the demands imposed by pregnancy. The present paper is an effort to find out prevalence of anaemia among teenage pregnant girls. The study was conducted at L. D hospital Srinagar 100 teenage pregnant girls attending ANC were selected erratically. ABCD technique was used to assess the dietary intake, BMI and Hb estimation was done by Bio- Chemical evaluation by using SAHLI’S method and furthermore clinical examination of the studied sample was also done. It was found that anaemia was more rampant in the age group of 18-19 years and 86% of respondents were from rural areas. The study further reveals that women with lower BMI had highest degree of prevalence of anaemia and primigavid women were found to be more at risk and anaemia was more prevalent in low socio income groups.

Key words: Anaemia; Teenage Pregnancy.

Role of Women in Dairy Farming in District Kulgam

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To study the role of women in dairy farming and to know any change in the economic status of women. Women’s work has always been a mainstay in Kashmir. Despite the rapid changes taking place in the dairy industry and in farm households, women’s work remains integral to the operation in dairy farms. The role and contribution of women members of every rural family to dairying is not documented although known too well in rural India as significant. The present study provides valuable information to Rural Development and Self Employment Training (RUDSET) institute to formulate the appropriate training curriculum, whereas it also helps the planers, policy makers and extension personnel to formulate the strategies in framing the policy.
organizing suitable extension activities based on entrepreneur behavior, knowledge and adoption level of dairy farmers with regard to improve dairy management practice. The study was mainly confined to trained and untrained dairy farmers who have undertaken dairying as one of the subsidiary enterprises, which is providing additional income and also employment to the rural people and playing a vital role in improving their socio-economic conditions and providing ample opportunities to improve their standard of living. It is observed that maximum respondents had too much animals while as less number of respondents reared 5 milch of animals. Maximum 78.6% of respondents stated that they incurred Rs 50 to 100 on rearing of their animals daily while as 2.6% spend 300 to 350 on rearing of their animals daily. All the respondents stated that they were greatly benefited by the dairy production and their family members helped them in rearing animals. Maximum 93.3% of respondents revealed that they were satisfied with their dairy production while as 6.6% were not satisfied with their dairy production. Women are actively involved in various aspects of dairy farming activities like livestock management, feeding and breeding the livestock health care etc. It is observed that the participation of women was less in dry fodder money transaction like involvement in banking processes, purchasing and selling of animals, maintenance of account financial records, maintenance of farm records.

**Key words:** Dairy; Farm; Milich; Rural Development.

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**Prevalence of Obesity in School Going Children**

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To study the prevalence of obesity in school going children assessing the activity level, food related habits and health problems of obese children. Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children. Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, and certain types of cancer, osteoarthritis and asthma. Obesity is a medical condition in which excess body fat accumulates to the extent that it may have an adverse effect on health. People are considered obese when their body mass index (BMI), exceeds 30kg/m². The prevalence of obesity in children has increased markedly. Obesity has reached epidemic proportions in India in the 21st century with morbid obesity affecting 5% of the country’s population. A questionnaire was used to collect data on various aspects which included general profile, anthropometric measurements, personal and health information and dietary assessment. A total 50 school going children in the age group of 7-16 years was taken from various schools of Srinagar District comprising of 25 boys and 25 girls in order to compare their dietary pattern. From the study, it was concluded that faulty eating habits of children was the main cause of obesity. The children were found to be physically less active which lead to weight gain in them. Consumption of fruit, salads, water intake was found to be very low. From the results of the study, few recommendations were framed to help the obese children. The recommendations included (a) educating the child on diet and physical activity (b) including fruits and salads in the diet (d) low intake of fats and (e) a low fat or reduced fat in milk and milk products. Nutrition care specialists at hospitals, schools, clinics should educate obese children to overcome obesity.

**Key words:** Obesity; Diabetes; Cancer; Osteoarthritis; Asthma.
**Relationship Between BMI and Psychological Well Being of Adolescents**

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Psychological well being refers to the state in which the individual realizes his/her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. The present study was undertaken with the aim to assess effect of body mass index of sample adolescents on their respective psychological well being. The sample for the study comprised 100 adolescent girls in the age group of 16-18yrs. Only respondents from urban areas of Jammu district were selected for the study. Anthropometric measurements were taken for calculation of BMI. Height of the adolescents was measured by using a standard anthropometric rod. To record the weight a portable weighing scale was used. After recording height and weight of the sample, body mass index was calculated using Quutlet’s index / formula:  

\[ BMI = \frac{\text{weight (kg)}}{\text{height (m)}^2} \]

The calculations were compared with WHO standard. Ryff’s psychological scale including six indicators namely personal growth, environmental mastery, purpose in life, self acceptance, autonomy and positive relations was used for measuring the psychological well being of the sample group. Results revealed that overweight, obesity and even underweight status during adolescence have negative impact on psychological well being. It was also found that all the indicators of psychological well being are affected by BMI. The results point to a need for intervention focusing on both physical and psychological well being during the adolescence years.

**Key words:** Obesity; Stress; Teens; BMI.

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**A Study of Incidence of Domestic Violence in Srinagar City, Forms and Indications**

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The present study “A study of incidence of domestic violence in srinagar city, forms and indications” was conducted to find out the incidence of domestic violence in srinagar city which has aggrieved due to two decade conflict situation unite family violence and has its impact on physical and mental health of women and children. The survey was conducted on women coming to Women’s cell police station Rambagh, Women Commission Srinagar, and other police stations. A total sample of 50 women from rural and urban areas and the age group varied from 25-30 yrs. Purpose random sampling technique was used to collect data. Domestic violence was found to be multidimensional problem. Cultural, social and family and individual factors were found to decrease or increase the probability for women to become victims of violence. No single factor accounted for violence perpetuated against women but several complex institutionalized social and cultural factors were responsible for women being vulnerable to domestic violence. There was a common belief among women that the women are always dominated by men and their families. Most of the respondents were found to experience domestic violence mentally and...
physically. They were tortured by their husbands and in-laws, the predominant reason being dowry, lack of mutual understanding etc. They mostly faced physical and mental problems after violence, and were not allowed to consult any doctor. Sexual violence were also found in some cases. Violence was seen to have an impact on the behaviour of children as well. In some cases, husband of the respondent had control over the resources and were not allowed to attend social gatherings. Most of the respondents were of the view that the perpetrators of violence should be punished severely so that the menace of violence would be uprooted forever. The respondents had an opinion that the gender inequality should be stopped from the very beginning with homes as it lays the foundation for domestic violence where male also suppress and dominate women in every sphere of life. Most of the respondents were blamed for the violence. Majority did not respond to the police after violence and kept quiet. Most of the respondents found gender inequality to be responsible for domestic violence and that it should be stopped from the very beginning with homes.

Key words: Domestic; Violence; Victim.

HSC - 36 ORAL

Awareness and Knowledge of Lactating Women Regarding Food and Nutritional Requirements During Lactation

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During lactation, good nutrition is even more important than during pregnancy. It can make a difference in the quality of the breast milk and affect how quickly the body rebounds from child birth. Thus, the nutritious quality of the foods you eat is of major importance during breast feeding. A study was undertaken to ascertain whether lactative women had a sound nutritional knowledge and to find out various sources of nutritional information among lactating women. Data was collected using a questionnaire from 50 lactating women, who were selected from different areas of district Pulwama. Questionnaire included various questions such as food requirements during lactation, possession of nutritional knowledge, number of meals taken per day, knowledge about balanced diet, iron and calcium and so on. Results of the study indicated that majority of the respondents had a monthly family income of Rs. 10,000-20,000. Moreover, 52% were in their six month of lactation and 64% were exclusively breast feeding their babies. It was found that 88% were of the opinion that food requirements of a person changes during lactation. 50% could name various foods required during lactation. 48% used to take four meals per day. 56% did not have any idea about nutrition/balanced diet. 54% however had a good knowledge about iron rich foods and 54% did not follow any specific diet plan. Moreover 100% were of the opinion that vegetables and salads are healthy. As far as importance of breast feeding is concerned, 68% thought that breast feeding is best for babies and mentioned different reasons such as safe and protective to babies, milk is available at right temperature, free of cost, mother gets satisfaction by a breast feeding her child and so on. Moreover, 62% had given colostrum to the babies. Thus it can be concluded that majority of the lactating women were exclusively breast feeding their babies and were of the opinion that breast feeding is best for the baby. As for as nutritional knowledge is concerned it was found that majority of the lactating women did not have much knowledge about nutrition, but some of them had a good idea about iron rich, calcium rich and fiber rich foods.

Key words: Lactation; Nutrition; Knowledge.