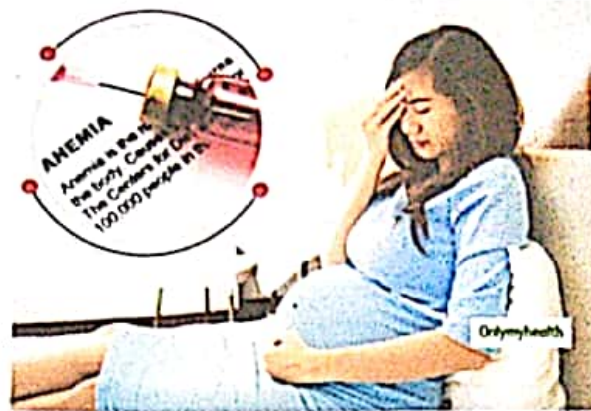


B.SC. 6TH SEMESTER EXAMINATION 2021



**TOPIC :- AWARENESS OF NUTRITION EDUCATION ON WEIGHT GAIN & HEMOGLOBIN
LEVEL AMONG YOUNG PREGNANT WOMEN IN PURULIA
DISTRICT W.B.**

**SUBJECT :- NUTRITION
SUBMITTED TO :- MRS. PUNAM ROY
SUMMITTED BY :- DISHANI BANERJEE**

**REGISTRATION NO. :- 009872 OF 2018-2019
ROLL NO. :- 118641-1813898**

Introduction

Nutritional and food requirements for Expectant Mother:- adequate nutrition before and during pregnancy has great potential for long term health impact then it does at any other time. Maternal health is a complex influenced by various generic social and economic factors, infections and environmental conditions many of which affected the fetal growth. Physiological adaptations result in improved utilisation of nutrients other through increased absorption decrease excretion or alternation in metabolism.

A woman who has been well not read before conception brings her pregnancy with reserves of several nutrients without affecting her health. Infants who are well not read in the Womb, have an enhanced chance of entering life in good physical and mental health.

The effects of undernutrition during reproduction will vary depending upon the nutrients involved the length of time it is lacking and the stage of gestation at which it occurs.

A woman whose diet is a liquid before pregnancy is usually able to bear a full term viable infants, without extensive modification of her diet, mother's diet should produce adequate nutrients, so that maternal stores do not get depleted and produce sufficient milk to nourish her child after birth.

SIDHO KANHO BIRSHA UNIVERSITY



B.Sc 6th Semester Examination 2021
Course Code : BNUTDSHC5
Course Title : Disaster Management
Subject : Nutrition (Hons)



Project Work: Topic- Role of Super food (Black cumin) in prevention of diseases

REGISTRATION NO:009831 OF 2018 - 2019
ROLL- 118641 NO 1813856

Submitted To .
Mrs.Punam Roy

Submitted By
Aditi Mahato

ROLE OF SUPER FOOD (Black Cumin) IN PREVENTION OF DISEASE

❖ **INTRODUCTION:**

What is super foods ?

By the term functional food we mean food, processed or not, which on the basis of scientific studies can contribute to the achievement of specific operational objectives within the human body and play an important role in direction of prevention degenerative diseases and health promotion. According to literature one of the categories of functional foods, conventional functional foods, contain bioactive compounds with specific actions within the human body. In recent years many scientific studies demonstrate the importance of a non-class processed foods whose nutritional composition is ideal for strengthening and promoting the proper functioning of the human body. These foods are known as super foods.

According to Wolfe, super foods include foods that have a dozen or more unique properties and constitute a specific set of food stuffs, natural or medium processed with numerous nutrients. The most important bioactive components of superfoods which have been proven to be beneficial to human body are polyunsaturated fatty acids (ω -3, ω -6), vitamins, minerals, probiotic micro-organisms, antioxidants, essential amino acids, polysaccharides and various enzymes. Since the most important of the superfoods properties is their antioxidant activity, among the most important antioxidant activity, among the most important antioxidants of the superfoods are mostly vitamins A, C and E, flavonoids, selenium, β -carotene, zinc, lycopene, albumin, uric acid, bilirubin, coenzyme and polyphenols. Numerous research data suggest that superfoods are a very good options to improved overall health, boosting the immune system, increasing the production of serotonin and other hormones and promoting the smooth operation of the various organic systems of the human body, but only if they are included in a balance diet and consumed in moderation and prudence. The list of superfoods is constantly increasing year by year, while tracking valuable nutrients and understanding the mechanisms of actions within the human organisms. In particular, the most important

superfoods according to the data obtained from several studies, are the following:

- Fruits : pomegranate, berries, chickpeas, grape etc.
- Dried nuts : almonds, walnuts, cereals.
- Pulses : red beans, sweet potatoes, cocoa
- Vegetables : broccoli, spinach
- Herbs : ginger, tea, black cumin, garlic, methi seeds, ajwan,

SIDHO KANHO BIRSHA UNIVERSITY

B.ScHons. 6th Semester Examination, 2021

Subject- NUTRTION

Course Code- BNUTDSHC5

Course Title- DISASTER MANAGEMENT(PROJECT WORK)

Project Title- HEAVY FEMALE WORKERS WITH LOW SOCIO ECONOMY



Roll- 118641

No- 1813915

Registration no- 009889 of 2018-19

Submitted By

Mahima Mallik

Submitted to

HOD OF Nutrition

Nistarini College, Purulia

Signature

Mrs. Punam Roy

Heavy female workers with low socio-economy

Introduction

In our society we have people have various professions. Some are teachers, some are doctors, some are businessmen, some farmers, some workers. Everyone can earn almost as per need. Then there is the lower class that earn very minimum money. In this case we are specifically talking about female workers who have to work very hard to earn a little amount of money. They are housemaker and they even have to work for their needs. their wages is little, that makes them weak socially and economically. The males of family cannot earn enough money that is why the females have to go to work. They are generally work in bricks making, crusher machine, road work, and digging of ponds. They have no time for their children. So, their children unable to get proper guide and education. After some years of very young age the son or daughters of the female workers have to go for work for family need. When the work stops due to any circumstances the problem of the workers is more because they have no guaranteed wage.

Sidho Kanho Birsha University



B.sc 6th semester

course code :- BNUTDSHC-5

**course title :- NUTRITIONAL DISASTER
MANAGEMENT**

**PROJECT : TOPIC : 'CHANCES OF INFERTILITY
DUE TO COMMON ENDOCRINE DISORDERS'**

Registration no. :- 009877 of 2018-2019

Roll :- 118641 Number :- 1813903

INTRODUCTION

ENDOCRINE DISORDERS:

The endocrine system is made up of glands that act as a control system for many bodily processes. It produces hormones that help coordinate the functioning of body organs and tissues. A hormone is a chemical substance made by an endocrine gland and carried by the bloodstream to another tissue where it exerts some effect. The amount of hormones released depends on the body's need at a given time. Hormone levels change in response to stress, infection, and other factors. Hormones affect growth and metabolism, and can also affect a person's ability to conceive.

Endocrine disorders may occur when there is too much, too little, or no hormone present, when the hormone made is abnormal, or the target tissue cannot use the hormone. Common examples of endocrine disorders include ovulation problems, infertility, diabetes, thyroid dysfunction and pituitary hormone dysfunction.

One of the endocrine disorder can cause infertility is:

PCOS

Polycystic Ovarian Syndrome is caused by an imbalance in the reproductive hormones. Hormonal imbalances can cause issues with the healthy development or proper releasing of the eggs during ovulation.

The great majority of studies performed so far concerning women diagnosed with polycystic ovary syndrome (PCOS) have focused on diagnosis, menstrual cycle abnormalities, hirsutism and infertility. Although progress has been made in developing methods for achieving a pregnancy and reducing multiple gestations in women with PCOS, little attention has been paid to pregnancy complications and subsequent child outcomes.

Some women experience symptoms such as irregular cycles, acne, weight gain, skin tags, hair growth typical in men, thinning hair, or skin darkening, however, some women don't experience any outward signs of PCOS, at all. The best way to determine if you have PCOS is through a physical exam with your doctor.



B.Sc HONS 6TH SEMESTER EXAMINATION 2021

SUBJECT-NUTRITION

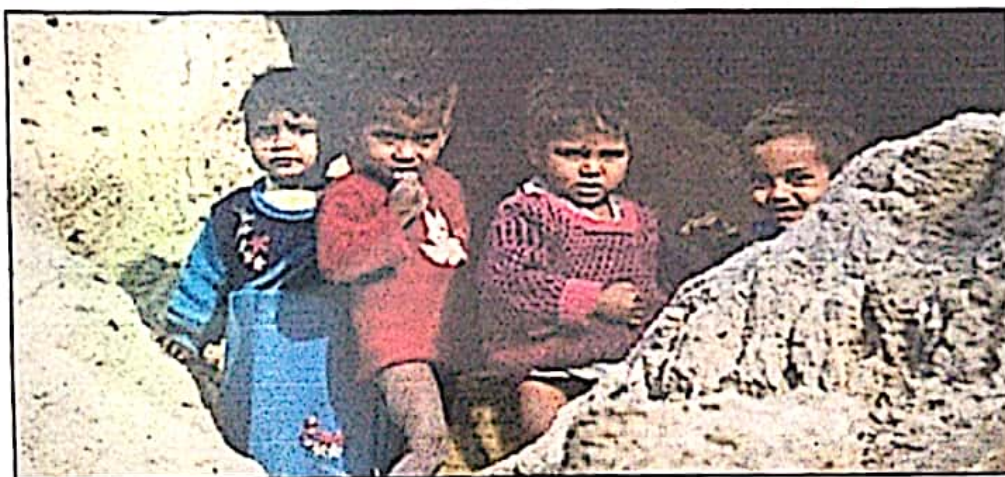
COURSECODE-BNUTDSHC5

COURSE TITLE-DISASTER MANAGEMENT

PROJECTWORK-SOCIOECONOMIC AND

NUTRITIONAL OF PRESCHOOL TRIBAL

CHILDREN IN TRIBAL AREA



ROLL-118641 NO-1816212

REGD NO-011494 OF 2018-19

SUBMITTED TO
Mrs.Punam Roy

SUBMITTED BY
Sawani Ghosh

INTRODUCTIONS

Malnutrition is defined as "a state in which the physical function of an individual is impaired to the point where he or she can no longer maintain adequate bodily performance process (sic) such as growth, pregnancy, lactation, physical work and resisting and recovering from disease." [1]. Poverty is invariably linked with malnutrition, therefore, if the economic conditions of a country improves, the status of malnutrition conditions should also improve. But India doesn't conform to the above pattern, that is, the drop in malnutrition nowhere correlates with better economic conditions in the country and thus presents a typical example of "South Asian enigma" [2]. Though, the average annual rate of stunting has shown a decline of 2.3% from 2006–14 against the rate of 1.2% in 1992–2006 (RSoC 2014) [3]. But still India does not seem to catch up with other countries with similar income levels in terms of nutritional levels of it's children. Also at the national level, undernutrition is concentrated in a relatively small number of districts and villages, with a mere 10 percent of total villages and districts accounting for 27–28 percent of all underweight children, and a quarter of districts and villages accounting for more than half of all underweight children. More so the difference within wealth quintiles and different groups like scheduled tribe, scheduled caste and others remains distinct, as can be seen in NFHS 3 report. [4] The problem of underweight children is

much severe among Schedule Tribes (54.5 of the total), Schedule Castes (47.9% of the total) and Other Backward Classes (43.2% of the total). There are 74 tribal communities designated as Scheduled Tribes, based

B.SC. HONS. 6TH SEMESTER EXAMINATION 2021



Subject - Nutrition (Hons)

Course Code - BNUTDSHC5

Course Title - Nutritional Disaster Management

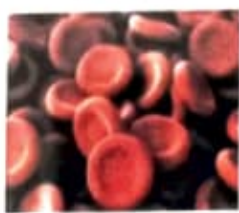
Project Work - Topic -

**“ Awareness of Nutrition Education on Weight Gain and Haemoglobin Level
Among Young Pregnant Women in Purulia District, West Bengal ”**

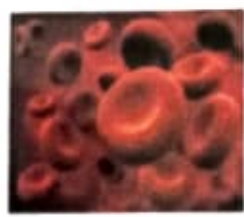


Anemia During Pregnancy

Normal Amount Of
Red Blood Cells



Anemic Amount Of
Red Blood Cells



Registration No -

009966 of 2018 - 2019

Roll - 118641 No - 1813993

Submitted To -
Mrs. Punam Roy
(H.O.D)

Submitted By -
Shubhra Mahato

AWARENESS OF NUTRITION EDUCATION ON WEIGHT GAIN AND HAEMOGLOBIN LEVEL AMONG YOUNG PREGNANT WOMEN IN PURULIA DISTRICT , WEST BENGAL

Introduction :

Adequate nutrition before and during pregnancy has greater potential for a long term health impact than it does at any other time. Maternal health is a complex, influenced by various genetic , social and economic factors , infections and environmental condition which may effect the foetal growth.

A women who has been well nourished before pregnancy and during pregnancy the result of it the birth of healthy baby. But those women with low body weight and poor nutritional status prior to have low birth weight infants, premature birth, infection ,and anaemia.

The nutritional demands are highly increased in an adolescent mother.

General Problem

Weight Gain : All pregnancies should be started with BMI of 20 - 26 and optimal weight gain is about 11 to13 kg. Women with low body weight prior to pregnancy have low wight infants, premature birth ,infection and anaemia and excessive weight gain places an extra strain on organs and increases the incidence of toxemia.

Recommended Weight gain for Pregnant women based on BMI

Weight category based on BMI	Total Weight gain(kg)
Under weight(BMI <19.8)	12.5 -18
Normal Weight(BMI 19.8-26)	11.5- 16
over weight BMI>26-29	7-11.5
Obese >29	6.0

Research shows that continuing a regular exercise regimen through out pregnancy is helpful in improved fitness, prevention of gestational diabetes, facilitation of labour and reduced stress.

Complecation

Anaemia:

About 1,25,000 women die in India every year from causes to pregnancy and child birth. One of the main causes is anaemia.

Category	Haemoglobin level(g/dl)
Normal	≥ 11
Mild Anaemia	9-11
Moderate Anaemia	7-9
Severe Anaemia	< 7

Consumption of Iron,folic acid and vitamin B12 containing food helps to prevent anaemia.