Appendix I

Interview Guide

Objective 1: To explore the cultural and medical practices associated with pregnancy and childbirth through the experiences of women residing in an urban resettlement colony.

Cultural practices: Pregnancy

Women

Diet

Were there any special instructions given to you about what to eat and what not to eat? Why do you think these instructions were given? Do you think they were necessary?

What did your diet comprise of? What all food items were told to be avoided during pregnancy?

Did anyone monitor your diet? Who?

What was the duration of the diet restrictions?

Were you told or given anything special diet to favour the sex of the child?

Was there any change in the diet after delivery?

Exercises

Did you engage with the daily household work while you were pregnant?

Were you told to follow certain exercises or remain home and not do household and/or external wage related work?

What do you think are the beliefs associated with it?
Rituals
Were there any rituals at the time of conception when you were pregnant for the first time and for subsequent deliveries? Did these rituals differ with the birth order? Did you offer any special prayers or offerings to god? Why? Was it different in first delivery as compared to the subsequent deliveries? Were there any rituals in the 6th, 7th and 8th month of pregnancy in first and subsequent pregnancy? What according to you is the significance of these practices? Did you have any special rituals or offering to god/goddess to have a male child? Did you have any special practices like eating certain food? Did you have similar ceremonies in your subsequent pregnancies as well?

Dais
Diet
Do you recommend any special diet during pregnancy? Is there any food item that she should avoid? Why?
Do you give them any advice on weight control before childbirth?

Elderly women / family members
Rituals
What all rituals take place at the time of pregnancy? Can you give the details? Are there any rituals that take place at the time of birth? Can you give the details? What do you think is the significance of these rituals? Is there any ritual where women come together and sing songs that denote their emotive state or experience during pregnancy and childbirth? What are these songs?

Cultural Practices: childbirth

Women
Where were you residing during your first pregnancy? Did you go to your native house to deliver the first child? Or did you have the child in the husband's house? For subsequent deliveries, did you visit your native place while you were pregnant or did you deliver at your conjugal house? Why?
Did you have any post delivery rituals at natal house and at conjugal house? Were they different? Were there any gift exchange ceremonies? What type of gifts were exchanged and between who?

**Dais**
What do you think a dai is supposed to do?
Is there any ritual performed immediately after delivery? Does it have any religious connotations?
Do you advice women to eat right after delivery? Is there any special food?

**Family members/elderly women**

**Rituals**
Were there any rituals or any cultural practices around her first and subsequent pregnancy?
Why do you think these rituals or practices exist?

**Dai tradition**
Did you at any point of her pregnancy or delivery call a dai?
What do dais do?
Do you prefer dai tradition or medical experts? Why?

**Biomedical Practices: Pregnancy**

**Women**
Did you take any allopathic tonic or medicine during pregnancy?
Did you visit a doctor in your pregnancy? In which month? What was the sex of the doctor?
Was s/he a private doctor or NMCH doctor?
How did s/he examine you?
When all did s/he call you for examination?
What all tests did you get done?
Diet
Did the doctor prescribe any special diet during pregnancy?
Did s/he ask you to take some medicines, tonics as supplements?
Did you have all of them? Did you face any side effects?
Did the doctor advise anything on diet which was different from the diet ‘monitored’ at home?

Exercises
Did doctors ask you to do any exercises on a regular basis?
Did doctors advise you to do certain physical activities that were specifically told by the elders in the family to avoid?

Medical experts: Service providers
Do you think pregnancy and childbirth require a professional bio-medical assistance?
What do you think is the most essential medical assistance?
How do you deal with pregnant women’s superstitious ideas and myths, if any, which are often contradictory with the biomedical knowledge?
How often do women come to see you in their pregnancy? How often should they come for their ANC and PNC check up?
What all tests do you recommend to a pregnant woman?
Do women usually come alone or are they accompanied by others? If others, then who?
What, in your opinion, is the importance of exercise at the time of pregnancy?

Family Members/ elderly women
What all tests did the doctor ask her to get?
Who took the decision regarding getting these tests done?
Did the doctor advice her special diet that needs to be followed during pregnancy?
Did he give any medicines as supplements?
Biomedical Practices: Childbirth

Women
What did you do at the time of labour pain? Did you go to the hospital at the time of labour pain? What happened at the time of labour pain? Did the doctor/medical experts ask you to drink/eat something or walk a little bit? Why do you think so? Can you describe the procedure of delivery? Also, people who were present in the room, did they allow the person who accompanied you to enter the room where the delivery took place? Did the dai/medical expert scold you for screaming out of pain? Did you have a normal delivery or a caesarean? Did they ask you before taking a decision? Did the doctor/medical experts ask/force you to insert a contraceptive? How did you react to this?

Dais
What do you do when you realise that the condition of a pregnant woman is complicated and beyond your control? Do you feel that dai knowledge is not sufficient and complicated cases have to be dealt in the hospital? Why? What are your perceptions about institutional deliveries? What are your views on medical experts’ advice on childbirth? Do you find them conflicting?

Medical experts
Do most women prefer to deliver at home or in hospitals? Why do you think so? How do you treat women in labour? Do you give pain inducing injection(s) for speedy delivery? How do you react to her screaming out of pain at the time of delivery? Do you make her eat or drink something before delivery? How do you decide whether to go in for a caesarean or normal delivery?
**Objective 2:** To study the State medical interventions that target pregnant and childbearing women in the resettlement colony.

**Medical experts: service providers**

On women who avail services
Who all come for check up to the mobile clinic? What is their economic background, educational background? What kind of work do they do?
Do most of the women staying in Poorvinagar have access to mobile health clinic?
Do you have any special programme for Ante Natal Care, Post Natal Care in the outreach programme?
What are the common problems that pregnant women face in Poorvinagar?
What is the procedure of ‘monitoring’ pregnant women? How many times is she expected to come for examination?

**On the Outreach programme**
Could you explain the outreach programme at Poorvinagar?
Why did you choose an Urban Resettlement Area for commencing Urban Health Programme?
What was the rationale behind choosing Poorvinagar?
What does the programme offer for pregnant women and women post delivery?
Do you think it is a move to reduce maternal mortality and morbidity cases?
How do you think people of Poorvinagar perceive of the State sponsored programme?
What comprises of NMCH outreach programme- Urban Health Programme?
As a part of the outreach programme, do you advice pregnant women a special diet?
Approximately what is the ratio of women in the NMCH staff that is associated with Urban Health Programme?
Do you feel that the State is successful in achieving its goal through the intervention programme?

**Elderly women/ Family Members**
Since how long has NMCH been associated with Poorvinagar? What all activities are conducted by them?
Do you think they are helping the population of Poorvinagar? How?
Do they have a special programme for pregnant and post partum women? What is it? Did you take your family member, who got pregnant after the commencement of the programme, to NMCH’ programmes related to pregnancy? What was your experience of dealing with the medical experts, doctors? How was their behaviour towards the pregnant woman? Did they advice her to follow a special diet during pregnancy? and after childbirth? Did they ask her to do exercises during pregnancy? why do you think so?

Women
According to you, what does NMCH do in Poorvinagar? How has the experience of pregnancy and childbirth been different with the onset of the NMCH services? How were your previous deliveries, which were not at NMCH different?

Objective 3: To analyse the power of biomedical and cultural discourses in shaping women’s experience of pregnancy and childbirth.

Biomedical discourses shaping women’s experiences of pregnancy and childbirth

When did she go to the doctor? Where did she go? How many times was she expected to go for check up? How many times did she actually go? What comprised of her antenatal and post natal check up? What did the doctor ask her to eat during pregnancy? Did the doctor ask her to exercise? Which ones? Why? What was medical experts’ behaviour towards her? What was medical expert’s behaviour when she was in labour pain? How did the delivery take place? Was it a normal delivery or caesarean? Were there any after birth rituals? Did they vary with the sex of the child?

Cultural discourses shaping women’s experiences of pregnancy and childbirth
How did the family get to know about the dai? At what time was she called? Who went to get her to the house?
Who all were in the room at the time of delivery?
What were these people doing in the room? Who was the one in charge and taking decisions regarding the delivery?
What did the dai do when the woman was in labour pain? Did she give you any injection to induce pains? Or did she do anything to reduce the pain?
Was the woman given any indigenous medicines or allopathic medicine to reduce the pain?
How did the dai react to woman’s screaming out of labour pain? Did she scold her? Or sympathise with her?
Who was the most supportive person during labour pain?
Did the woman eat/ drink anything immediately after the delivery?
Was this delivery different from other deliveries? How?
If there has been a delivery at home as well as in the hospital, then which one was more comforting and a better experience? Why?

**Objective 4:** To explore the nature of women’s negotiations with the above discourses in a socio-cultural context dominated by patriarchal ideologies.

**Women’s negotiations**

**Women**
How was your experience with the service provider who helped you deliver? Dai/ medical experts?
What do you prefer dai services or medical experts for pregnancy and childbirth? Why?
Whose knowledge do you rely more on- doctor’s or elder’s at home who managed your pregnancy? Why?
How was the experience of your first pregnancy different from the subsequent ones?
Was doctors’ ‘monitoring’ of pregnancy and childbirth different from the ‘monitoring’ at home? How was it different? How did you deal with the differences?

**Family members**
Did you find anything conflicting that was asked her to eat by the family members and the doctor? What did she do in such situations? Did she listen to you more or the
doctor? Or did she try to blend the two advices? Why do you think she did what she did?
Did this decision change her dynamics with the concerned family member who was ‘monitoring’ her pregnancy/you?
Are doctors’ attitudes toward women different from those of the dais? Why do you think so?
Have you seen any difference in what doctors ask pregnant and post partum women to do that are against the rituals? In terms of diet, exercise and day to day activities?
How do women deal with such situations?

**Power dynamics**

**Women**

Were the timing and number of conceptions decided by family members?
Whose decision was it whether to see a doctor or a dai?
Where did you stay after the birth, native or conjugal house?
Who was the biggest support system during your pregnancy and childbirth?
Who came to visit you after delivery? Did they gift you or your baby anything special that day?
Did your in-laws come to meet you at your native house? Or, did your parents come to see you at your conjugal house?
Were you staying in a separate room after delivery? What do you think are the reasons for that?
Do you think your health was monitored after childbirth? Who monitored it? How?
Did you see any change in the behaviour of your relatives during the first and subsequent pregnancies?

**Family members**

Who informed you about her pregnancy?
Did you tell her the do’s and don’ts of pregnancy? Why did you give these instructions? What would have happened had you not given them to her?
Did you accompany her to a doctor?
How many months pregnant was she when you visited the doctor with her?
How did you choose the doctor?
Was there any preference given to the sex of the doctor?
How many times did you take her to the doctor? How many times did the doctor ask her to visit the clinic/mobile clinic?
# Appendix II

## Glossary

<table>
<thead>
<tr>
<th>Term</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ajwain</td>
<td>Carom seeds</td>
</tr>
<tr>
<td>Amchur</td>
<td>Dry mango powder</td>
</tr>
<tr>
<td>Ant-shnt</td>
<td>Junk food</td>
</tr>
<tr>
<td>Bachcha</td>
<td>New born child</td>
</tr>
<tr>
<td>Badparhezi</td>
<td>not following culturally prescribed diet</td>
</tr>
<tr>
<td>Beti</td>
<td>Daughter</td>
</tr>
<tr>
<td>Bhabhi</td>
<td>Brother’s wife</td>
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<tr>
<td>Bhangi</td>
<td>Sweeper</td>
</tr>
<tr>
<td>Bua</td>
<td>Father’s sister</td>
</tr>
<tr>
<td>Chacha</td>
<td>Father’s younger brother</td>
</tr>
<tr>
<td>Chana dal</td>
<td>Bengal gram</td>
</tr>
<tr>
<td>Chatti</td>
<td>Sixth day post childbirth</td>
</tr>
<tr>
<td>Chawal/akshat</td>
<td>Rice</td>
</tr>
<tr>
<td>Chole</td>
<td>Chickpea</td>
</tr>
<tr>
<td>Dada</td>
<td>Grandfather</td>
</tr>
<tr>
<td>Dai</td>
<td>Midwife</td>
</tr>
<tr>
<td>Devrani</td>
<td>Husband’s younger brother’s wife</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
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<tr>
<td>-----------------------------</td>
<td>--------------------------------------------------------------</td>
</tr>
<tr>
<td>Dhyaan rakhna</td>
<td>Caring</td>
</tr>
<tr>
<td>Didi</td>
<td>Sister</td>
</tr>
<tr>
<td>Ganda khoon</td>
<td>Ritually dirty blood post-birthing</td>
</tr>
<tr>
<td>Ghee</td>
<td>Clarified butter</td>
</tr>
<tr>
<td>Godbharai</td>
<td>Baby shower</td>
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<tr>
<td>Goli</td>
<td>Tablet</td>
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<tr>
<td>Haldi</td>
<td>Turmeric</td>
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<tr>
<td>Halwa</td>
<td>Sweet</td>
</tr>
<tr>
<td>Hing</td>
<td>Asafoetida</td>
</tr>
<tr>
<td>Jaat</td>
<td>Caste</td>
</tr>
<tr>
<td>Jachcha</td>
<td>Pregnant/birthing woman</td>
</tr>
<tr>
<td>Janam ghutti</td>
<td>Gripe water</td>
</tr>
<tr>
<td>Janamkundali/janampatri</td>
<td>Horoscope</td>
</tr>
<tr>
<td>Japa</td>
<td>Birth</td>
</tr>
<tr>
<td>Jeth</td>
<td>Husband’s elder brother</td>
</tr>
<tr>
<td>Jethani</td>
<td>Husband’s elder brother’s wife</td>
</tr>
<tr>
<td>Jhuggi-jhopadi</td>
<td>Slums</td>
</tr>
<tr>
<td>Jodi</td>
<td>One boy, one girl</td>
</tr>
<tr>
<td>Kadhi</td>
<td>A dish with thick yellow chickpea and curd gravy</td>
</tr>
<tr>
<td>Kala chana</td>
<td>Bengal gram whole</td>
</tr>
<tr>
<td>Kangna</td>
<td>Bangle</td>
</tr>
</tbody>
</table>
Koyla  Coal
Kuan     Well
Laal mirch  Red chilly
Laddoo  Sweet
Lesun     Garlic
Lota      Utensil
Maida     All purpose flour
Maika     Natal house
Methi dana  Fenugreek seeds
Naamkaran Naming ceremony
Nand      Husband’s sister
Napaak    Ritually impure
Nasbandhi  Tubectomy
Neg       Cultural token
Paan      Betel leaf
Padhai-likhai  Education
Peda      Sweet
Pooja     Worship
Purdah    Veil
Raashi    Sun sign
Rajma     Red kidney beans
<table>
<thead>
<tr>
<th>Term</th>
<th>Meaning</th>
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<tbody>
<tr>
<td>Rasam</td>
<td>Ritual</td>
</tr>
<tr>
<td>Saas</td>
<td>Mother-in-law</td>
</tr>
<tr>
<td>Saath dena</td>
<td>Supportive</td>
</tr>
<tr>
<td>Sasural</td>
<td>Conjugal house</td>
</tr>
<tr>
<td>Sauf</td>
<td>Aniseed</td>
</tr>
<tr>
<td>Saunth</td>
<td>Dry ginger powder</td>
</tr>
<tr>
<td>Sharam</td>
<td>Shame</td>
</tr>
<tr>
<td>Sohar</td>
<td>Songs sung to celebrate birth of a son</td>
</tr>
<tr>
<td>Tau</td>
<td>Father’s elder brother</td>
</tr>
<tr>
<td>Tawa</td>
<td>Black concave utensil to make <em>rotis</em></td>
</tr>
<tr>
<td>Thali</td>
<td>Plate</td>
</tr>
<tr>
<td>Urad ki dal</td>
<td>Black gram</td>
</tr>
<tr>
<td>Zenana</td>
<td>Secluded place for women, also used for childbirth</td>
</tr>
</tbody>
</table>
Appendix III

Plagiarism Test Report