APPENDIX I

PREVALENCE OF MICRONUTRIENT DEFICIENCIES AMONG SELF HELP GROUP WOMEN AND THE IMPACT OF INTERVENTIONS

A. SOCIO-ECONOMIC BACKGROUND

1. Name of the Respondent : 

2. Address : 

3. Age (in years) : 
   a. less than 20 
   b. 21-30 
   c. 31-40 
   d. 41-50 
   e. Above 50 

4. Education : 
   a. Illiterate 
   b. Read and Write 
   c. Primary level 
   d. High School 
   e. Higher Secondary 
   f. College 
   g. Diploma 
   h. Professional 

5. Marital Status : 
   a. Married 
   b. Unmarried 
   c. Divorced 
   d. Widow 

6. Occupation : 

7. Type of Family : Joint/Nuclear 

8. Religion : Hindu/Christian/Muslim 

9. Community : Forward/Backward/Scheduled Caste/Scheduled tribe/others 

10. Type of diet : Vegetarian/Non-vegetarian/Ova
terian 

11. Total Monthly income : 
   a. up to 3000 
   b. Rs.3301 – 7300 
   c. Rs.7301 - 14500 
   d. Rs.14500 and above
12. Composition of the family

<table>
<thead>
<tr>
<th>S. No</th>
<th>Name</th>
<th>Relationship to the subject</th>
<th>Marital Status</th>
<th>Age</th>
<th>Education</th>
<th>Occupation</th>
<th>Income per month</th>
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</thead>
<tbody>
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</table>

13. Other Sources of Income
   a. House rent
   b. Bank or other interest
   c. Others

   Total

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14. Monthly Expenditure pattern

<table>
<thead>
<tr>
<th>S.No</th>
<th>Items</th>
<th>Amount spent per month(Rs)</th>
<th>Percentage of total income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Food</td>
<td></td>
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<tr>
<td>2.</td>
<td>Clothing</td>
<td></td>
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<tr>
<td>3.</td>
<td>Housing</td>
<td></td>
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<tr>
<td>4.</td>
<td>Fuel and light</td>
<td></td>
<td></td>
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<tr>
<td>5.</td>
<td>Personal expenditure</td>
<td></td>
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<tr>
<td>6.</td>
<td>Transport</td>
<td></td>
<td></td>
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<tr>
<td>7.</td>
<td>Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Recreation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Medicine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Savings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Remittances</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>Other items</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Appendices

B. DETAILS REGARDING THE PARTICIPATING SELF HELP GROUP

15. Length of membership: 2 years/3 years/4 years/5 years/above 5 years

16. Reasons for Joining SHG
   a. To avail loan
   b. To get SHG Employment
   c. To Save Money
   d. To Fulfill basic needs
   e. Other reasons

17. How many members in your group?

18. How much amount paid by you as subscription every month?

19. Do you get loan from SHG
   Yes
   No

20. Amount of loan availed by you through SHGs
   a. less than Rs. 5000/-
   b. Rs. 5000 – 10,000
   c. Rs. 10,000 – 15,000/-
   d. Rs. 15,000 – 20,000/-
   e. Above Rs. 20,000/-

21. Loan Amount spent for the purpose of
   a. Food  b. Clothing  c. Children’s Education
   d. Medical expenses  e. Repaying old debts
   f. Rent payment  g. Family functions
   h. Asset Creation  i. Meet Calamities
   j. Any others

C. FOOD HABITS AND DIETARY PRACTICES

22. Type of Diet: Vegetarian/Non vegetarian/Ova vegetarian

23. Number of meals consumed per day:

24. Is menu planning done in advance?
   Yes/No
   If yes give reasons
25. On what basis do you select the foods?
   a. Nutrients   b. Availability of food   c. Economy
   d. All

26. Do you skip meals
   Yes/No
   If yes specify whether it is? Why? Give reasons
   a. Breakfast   b. Lunch   c. Dinner

27. Are you possessing any of the following?
   If yes

<table>
<thead>
<tr>
<th>S. No</th>
<th>Production/month</th>
<th>Use of produce</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number/volume</td>
<td>Family use</td>
</tr>
<tr>
<td></td>
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</tbody>
</table>

28. Foods given for special groups:

<table>
<thead>
<tr>
<th>Groups</th>
<th>Foods added</th>
<th>Reasons</th>
<th>Foods avoided</th>
<th>Reasons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Weaning infants</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Pre-schoolers</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Adolescents</td>
<td></td>
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<tr>
<td>Pregnant mothers</td>
<td></td>
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<tr>
<td>Lactating mothers</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Old age</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

29. In feeding whom do you consider the most important person in the family?
Appendices

<table>
<thead>
<tr>
<th>Order of preference</th>
<th>individual</th>
<th>Reasons</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

30. Do you buy any commercial food
   Yes/No
   If yes - specify

31. How often do you take the following food items

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Daily</th>
<th>Occassionally</th>
</tr>
</thead>
<tbody>
<tr>
<td>tea/coffee</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>health drinks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits and Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Leafy Vegetables</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Non vegetarian foods</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

32. What type of salt do you use for cooking?
   a. Iodized salt   b. Non Iodized salt

33. How often do you eat outside?
   d. Once in a fortnight   e. Once in a month   f. Not at all

34. What type of food you commonly consume outside?

35. How frequently the following Micronutrient rich foods are consumed?
## Food items

### Vitamin A Rich foods
- Mango
- Papaya
- Green Leafy Vegetables
- Pumpkin
- Egg
- Carrot
- Liver
- Sweet potatoes
- Apricot
- Yellow and orange Melons

### Vitamin B rich foods
- Brown rice
- Fish
- Nuts
- Peas
- Guava
- Banana
- GLV
- Soya bean

### Vitamin C rich foods
- Orange
- Guava
- Amla
- Lime

### Vitamin D rich foods
- Mushroom
- Egg

### Vitamin E rich foods
- Mango
- Guava
- Peach
- Pomegranate
- Potato
- Nuts
- Egg
- Rice bran
- Whole cerelas
## Appendices

### Foods rich in Macrominerals

- **Calcium**
  - Milk and products
  - GLV
  - Egg
  - Leafy vegetables
  - Sundakai dry
  - Drumstick
  - Bittergourd
  - Roots and tubers
  - Jaggery
  - Dates Syrup

- **Iron**
  - Rice flakes
  - Ragi
  - Leafy vegetables
  - Sundakai dry
  - Drumstick
  - Bittergourd
  - Roots and tubers
  - Jaggery
  - Dates Syrup

- **Magnesium**
  - Rice, wheat
  - Nuts
  - Soy bean

- **Phosphorus**
  - Rice bran
  - Pumpkin
  - Cheese

- **Potassium**
  - Dates
  - Banana
  - Pomegranates
  - Apple
  - Kidney beans
  - Tomato

- **Sodium**
  - Fish
  - Cheese
  - Pickled foods

### Foods rich in Trace minerals

- Liver
- Poultry
- Fish
- Whole grains
- Soy bean
- Pine apple
- Brown rice
- Corn oil
**APPENDIX II**

**SCHEDULE FOR CLINICAL EXAMINATION**

<table>
<thead>
<tr>
<th>Clinical signs</th>
<th>Yes/No</th>
<th>Duration of problems (days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy and free from diseases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hair</td>
<td></td>
<td></td>
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<tr>
<td>Brittle</td>
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<tr>
<td>Lusterless</td>
<td></td>
<td></td>
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<tr>
<td>Discoloured</td>
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<tr>
<td><strong>Ocular manifestations</strong></td>
<td></td>
<td></td>
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<tr>
<td>Conjunctival xerosis</td>
<td></td>
<td></td>
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<tr>
<td>Dim vision</td>
<td></td>
<td></td>
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<tr>
<td>Bitot’s spot</td>
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<tr>
<td><strong>Teeth</strong></td>
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<tr>
<td>Fluorosis</td>
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<td></td>
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<tr>
<td>Chalky</td>
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<td></td>
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<tr>
<td>Mottled and discoloured enamel</td>
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<tr>
<td><strong>Gums</strong></td>
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<tr>
<td>Bleeding gums</td>
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<tr>
<td><strong>Tongue</strong></td>
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<td></td>
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<tr>
<td>Paleness of tongue</td>
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<tr>
<td>Skin</td>
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</tr>
<tr>
<td>Rashes</td>
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<tr>
<td>Roughness</td>
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<tr>
<td>Allergy</td>
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<tr>
<td>Boils</td>
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<table>
<thead>
<tr>
<th>Face</th>
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<tbody>
<tr>
<td>Pale</td>
<td></td>
<td></td>
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<tr>
<td>Dryness</td>
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</table>

<table>
<thead>
<tr>
<th>Nails</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Brittle nails</td>
<td></td>
<td></td>
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<tr>
<td>White spots on nails</td>
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<table>
<thead>
<tr>
<th>Thyroid gland</th>
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<tbody>
<tr>
<td>Thyroid enlargement</td>
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<table>
<thead>
<tr>
<th>Subcutaneous tissue</th>
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<tbody>
<tr>
<td>General oedema</td>
<td></td>
<td></td>
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<tr>
<td>Joint pain</td>
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<tr>
<td>Muscle pain</td>
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<thead>
<tr>
<th>Internal system</th>
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</thead>
<tbody>
<tr>
<td>Improper digestion</td>
<td></td>
<td></td>
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<tr>
<td>Ulcer</td>
<td></td>
<td></td>
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<tr>
<td>Worm infestation</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Nervous system</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Sleep disturbances</td>
<td></td>
<td></td>
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<tr>
<td>Mental confusion</td>
<td></td>
<td></td>
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<tr>
<td>Calf tenderness</td>
<td></td>
<td></td>
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<tr>
<td>Restlessness</td>
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</table>

Signature of medical practioner  Signature of interviewer
APPENDIX III
DETAILS REGARDING THE VARIOUS HEALTH PROBLEMS OF SHG WOMEN

1. Have you ever been to a hospital as a patient?
   Yes/No
   If yes, what kind of problem you had?

2. Do you take any kind of medicine regularly?
   Yes/No
   If YES, what kind? and for what disease?

3. Do you or your children have any of the following Health problems?

<table>
<thead>
<tr>
<th>Health problems</th>
<th>Yes</th>
<th>No</th>
<th>Person affected</th>
<th>Relationship to the subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eye problem</td>
<td></td>
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<tr>
<td>Reduced cognitive performance</td>
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<tr>
<td>Birth defects</td>
<td></td>
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<tr>
<td>Neurological impairment</td>
<td></td>
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<tr>
<td>Decreased resistance to Infection</td>
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<tr>
<td>Retarded growth</td>
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<tr>
<td>Recurrent infection</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Depression</td>
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<tr>
<td>Heart disease</td>
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</tbody>
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4. Did you give immunization to your children at correct time?
   Yes/No
   If no, Reasons

5. Are your children regular to school?
   Yes/No
   If No, reasons
6. Do you or your children exercise regularly?
   Yes/No
   If yes, who is regular in exercise and type of exercise

7. Do you go for master health check up?
   a. Yes   b. No
   If yes, How often
   If No, Reasons

8. Is your menstrual cycle regular?

9. Do you avoid any food during menstruation
   Yes/No
   If yes List the food and reasons

10. Do you undergone any surgery?
    Yes/No
    If yes mention the name of the surgery
APPENDIX IV

QUESTIONNAIRE ON KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING MICRONUTRIENT DEFICIENCY

Knowledge and Attitude assessment

Tick the correct answer

1. What is the purpose of nutrients in our body?
   a. Growth  b. energy giving
   c. protect from deficiency diseases  d. others

2. Which of the following foods needed for giving energy to our body?
   a. Cereals  b. Roots and Tubers
   c. Both cereals and Roots and tubers  d. GLV

3. Body building foods are
   a. Protein rich foods  b. Milk and Milk products
   c. Non vegetarian foods  d. All the above

4. Which of the following foods protect our body from various deficiency diseases?
   a. Green and yellow vegetables  b. Fruits
   c. Both a) and b)  d. Rice

5. What is micronutrients?
   a. Nutrients that protect our body  b. Nutrients that give Energy
   c. Nutrients helps in Body building  d. Both a and c

6. Micronutrient deficiencies results from
   a. Inadequate dietary intake  b. poor absorption of nutrients
   c. excessive losses  d. all the above

7. Which of the following food is rich in micronutrients?
   a. Green Leafy Vegetables  b. Rice
   c. Milk and milk products  d. Jowar

8. What are the effects of micronutrient deficiency
   a. Vision problem  b. Anaemia
   c. Thyroid enlargement  d. All the above
9. Green Leafy vegetables are the major contributors of
   a. Vitamins  b. minerals
   c. both vitamins and Minerals  d. Carbohydrates

10. What is the purpose of including greens in our diet?

11. What do you mean by anaemia?
    a. Low haemoglobin levels in blood
    b. Low haemoglobin levels and low oxygen in blood
    c. Both a and b  d. Low protein levels in blood

12. Anaemia affects people due to
    a. Iron deficiency  b. protein deficiency
    c. Carbohydrate deficiency  d. Fat deficiency

13. Who are vulnerable to anaemia?
    a. women  b. men  c. children  d. old age people

14. What are the causes of anaemia?
    a. low intake of foods rich in iron  b. Hookworm infestation
    c. Malaria  d. All the above

15. What are the signs and symptoms of anaemia?
    a. Pale tongue, eyes and nails  b. tiredness
    c. Loss of appetite  d. All the above

16. Deficiency of iron lowers
    a. Work performance  b. weight  c. height  d. appetite

17. What are the symptoms of iron deficiency?
    a. General weakness  b. pallor of skin
    c. white patches in the faces  d. all the above

18. Which of the following foods may increase the iron content in our body?
    a. GLV  b. Rice  c. Nuts  d. Pulses

19. What are the main nutritional causes of iron deficiency?
    a. Too little iron in diet  b. poor absorption
    c. inhibitory factors  d. all the above
20. What is the normal haemoglobin levels in a healthy adult?
   a. 7-10mg/dl  b. 10-11mg/dl
   c. 12-14mg/dl  d. 9-10mg/dl

21. Arai keerai leaves are good source of which nutrient?
   a. iron  b. Calcium
   c. Iodine  d. Protein

22. Jaggery is a good source of
   a. Iron  b. Calcium
   c. Protein  d. Fat

23. Which of the following nutrient is rich in ragi?
   a. Calcium  b. Iron
   c. Fibre  d. Protein

24. What is the normal requirement of iron to an adult woman?
   a. 30mg/dl  b. 38mg/dl  c. 12mg/dl  d. 18mg/dl

25. Night blindness is due to
   a. Vitamin A  b. Vitamin D  c. Iron  d. Calcium

26. Vitamin A promotes
   a. Good vision  b. reproduction
   c. healthy skin  d. all the above

27. What are the reasons for vitamin A deficiency?
   a. not breast fed baby  b. Carbohydrate and Protein deficiency
   c. Inadequate intake of green and yellow vegetables
   d. All the above

28. What are the symptoms of vitamin A deficiency?
   a. Night blindness  b. Conjunctival xerosis
   c. Bitot’s spot  d. All the above

29. Who will affect by vitamin A deficiency?
   a. 6 months to 5 year children  b. Nutrient deficient children
   c. Both a and b  d. Old age people

30. What are the foods rich in Vitamin A?
   a. GLV  b. Fruits  c. Other vegetables  d. All the above
31. How will you prevent vitamin A deficiency?
   a. Proper immunization  b. Breast feeding
   c. adequate intake of green and yellow vegetables 
   d. All the above

32. Which nutrient is needed for strong bone and teeth?
   a. Calcium  b. Iron
   c. Iodine  d. Protein

33. Who will affect by calcium deficiency?
   a. Women  b. Men
   c. Both women and men  d. Children

34. What are the signs and symptoms of calcium deficiency?
   a. Continuous knee/joint pain  b. Reduced vision
   c. Palpitation  d. Giddiness

35. What happened when calcium is deficient in our diet?
   a. Heart attack  b. Blood pressure
   c. Bone weakness  d. Diabetes

36. What is the normal requirement of calcium for a healthy adult woman?
   a. 300mg  b. 500mg
   c. 400mg  d. 600mg

37. The nutrient necessary for the prevention of osteoporosis is
   a. Calcium  b. iron
   c. vitamin K  d. carbohydrates

38. Name the foods to be include in excess to prevent osteoporosis and bone loss
   a. Ragi  b. GLV
   c. Both  d. papaya

39. What are the symptoms of osteoporosis in women?
   a. Joint pain  b. swelling  c. weak bones  d. All the above

40. Which of the following foods are the good source of calcium?
   a. Wheat  b. Rice
   c. Ragi  d. GLV
41. Drumstick leaves are good source of which nutrient?
   a. Calcium    b. Carbohydrate
   c. Protein     d. Fat

42. The vitamin which is needed for retaining calcium in our body is
   a. Vitamin A   b. Vitamin C
   c. Vitamin D   d. Vitamin K

43. How will you prevent osteoporosis/
   a. balanced diet   b. regular exercise
   c. Food supplements d. All the above

44. What are the effects of iodine deficiency?
   a. Goitre       b. Stunted appearance
   c. Mental retardation d. All the above

45. How will we get iodine to our body?
   a. Iodised salt  b. Iodized water
   c. Iodine injection  d. All the above

46. Why iodine is important?
   a. Body and brain development   b. Physical impairment
   c. Both a and b                 d. Vision problem

47. What is the normal requirement of iodine?
   a. 150mcg      b. 100mcg
   c. 250mcg      d. 180mcg

48. How will you prevent iodine deficiency?
   a. use of iodized salt  b. intake of fish and dry fish
   c. Both a and b       d. intake of pulses

49. Swelling of neck caused by
   a. an enlarged thyroid gland  b. Iodine deficiency
   c. Both a and b              d. Allergy

50. Which of the following nutrient is essential for the production of thyroid hormone
   a. Iodine     b. copper
   c. calcium    d. iron
Practices assessment

Tick the correct answer

1. Do you have kitchen garden?
   a. Yes  b. No

2. Did you include greens in your diet?
   a. Yes  b. No

3. Do you wash vegetables before cutting?
   a. Yes  b. No

4. Are you breast fed your baby?
   a. Yes  b. No

5. Is micronutrient deficiency a serious problem to worry?
   a. Yes  b. No

6. Vitamins and minerals are essential for regulation of biological processes in our body
   a. Yes  b. No

7. Micronutrient deficiency leads to poor general growth, mental retardation, learning disabilities and reduced work capacity
   a. Yes  b. No

8. Green Leafy vegetables are rich source iron, vitamin A, calcium and other micronutrients
   a. Yes  b. No

9. Diet which contain high amount of GLV will help to prevent anaemia
   a. Yes  b. No

10. The requirement of iron for women is high than men
    a. Yes  b. No

11. Iron deficiency will not affect the women
    a. Yes  b. No

12. The primary cause of iron deficiency are poor intake of iron, menstruation and excessive blood loss
    a. Yes  b. No
13. Vitamin A is essential for the normal functioning of our eyes
   a. Yes  b. No

14. Green leafy vegetables are the rich source of Vitamin A
   a. Yes  b. No

15. Calcium is important for the strong bone and teeth
   a. Yes  b. No

16. Ragi and GLV provides the adequate calcium needed to our body
   a. Yes  b. No

17. The salt we consume should be iodized
   a. Yes  b. No

18. Goitre is an enlargement of neck
   a. Yes  b. No

19. How much of milk is taken by you/day

20. Do you avoid any foods during menstruation
   a. Yes  b. No

21. Do you wash your hands before food?
   a. Yes  b. No

22. Do you take any deworming tablets
   a. Yes  b. No

23. Do you usually eat fresh fruits or drink juice made from them?
   a. Yes  b. No

24. Do you drink coffee or tea?
   a. Yes  b. No

25. Do you do any physical exercises?
   a. Yes  b. No
APPENDIX V

INSTITUTIONAL HUMAN ETHICS COMMITTEE

Monafoor University

Chairman
Dr. S. Ramalingam
Principal, PSC Institute of Medical Sciences & Research, Coimbatore

Member Secretary
Dr. P. P. Gopa
Professor, Department of Biochemistry, Biotechnology and Bioinformatics

Members
Dr. P. S. R. Sridhar
Mr. C. V. Sarma (Legal Expert)
Dr. S. Ramalingam
Dr. A. Samaydity
Mr. S. R. R. Sridhar
Mr. J. D. Sridhar
Dr. S. R. Sridhar
Dr. S. R. Sridhar

APPENDIX V

Prevalence of Micronutrient Deficiencies among Self Help Group Women and the Impact of Interventions

APPENDIX V

To

Monafoor University

Chief of Food Science and Nutrition

Avinashilingam Institute for Home Science and Higher Education for Women

Coimbatore - 641 043

Dear Madam,


With reference to the above letter, in continuation with the documents submitted by you in support of your proposal and the reasons made in the work plan, as per the suggestions made by the IEC, the Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. AUW-IHEC.2013-38 entitled “Prevalence of micronutrient deficiencies among self help group women and the impact of interventions”. The approval number for the same is AUW/IHEC-13-14/FHP-11.

We wish you all the best in your research endeavours.

Regard,

Dr. P. P. Gopa
Member Secretary

Monafoor University

Prevalence of Micronutrient Deficiencies among Self Help Group Women and the Impact of Interventions
APPENDIX VI

Certificate of Participation

This is to certify that Ms. / Ms. Padmapriya T., Ph.D Scholar of Department of Food Science and Nutrition was a participant of the Research Convention titled "Research Ethics & Post Research Methods" held during 13th to 15th September 2012 at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.

Dr. R. Parvatham
Dean, Faculty of Science

Dr. Gowri Ramakrishnan
Registrar
APPENDIX VII

Certificate of Participation

This is to certify Mrs. / Ms. Padma Siva T., Ph.D scholar of Department of Food Science and Nutrition was a participant of Research Convention "Path Finder - Explore, Experiment, Elucidate Research" during 21st to 23rd February 2012 at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.

Dr. R. Parvatham
Dean, Faculty of Science

Gowri Ramachandran
Director
APPENDIX VIII

PUBLICATIONS
