

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
Autonomous (Affiliated to Savitribai Phule University)

1.3.3 Percentage Of Programs That Have Components Of Field Projects /
Research Projects / Internships During The Last Five Years

Program Name : BA-Sociology

Program Code: MBAR01/Soc

Course Name: Research Methodology

Course Code: A52212

Sr. No	Name Of The Students
1	Devika Gautam Burad
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3	Pallavi Kailas Wagh
4	Rautal Purva Shailesh
5	Daryanani Disha Jaikumar
6	Patil Himali Prabhakar
7	Pingte Suniti Sanjay
8	Shewale Shruti Mishrilal
9	Joshi Kanishka Sanket
10	Tanaya Uday Chavarkar
11	Zainab Huned Nagarwala
12	Pooja Ramesh Chavan
13	Golani Bhavya Mukesh
14	Reachal Mojes Madipag
15	Aayesha Khatoon Samir Maniyar
16	Ingale Neha Sanjay
17	Piyusha Nikam
18	Diksha Mukesh Ingawale
19	Vinisha Vinayak Kumbhare



20	Devika Gautam Burad
21	Daundkar Durga Patilbuva
22	Khobragade Prajakta Rajendra
23	Harshada Ajay Shingte
24	Khan Fasiha Mohsin
25	Katelynn Avinash Dhende
26	Minal Sanjay Bhuniwal
27	Nivriti Sharma
28	Bhandarkar Poonam Subhash
29	Mehvash Dukha
30	Gaikwad Shejal Sanjay
31	Choudhary Sheetal Jasaram
32	Neetu Rawat
33	Gavit Manali Kailas
34	Bhosale Siddhi Uday
35	Jadhav Apeksha Ashok
36	Gaikwad Kumkum Satish
37	Sharma Preeti Umashankar
38	Diksha Shantaram Dhumal
39	Bedalwar Asmita Laxman
40	Yogini Rupesh Ranpise
41	Bhalerao Riya Arun
42	Fiza Mohammad Yusuf Sayyed
TOTAL	



22/25

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Assignment - 2

NAME - Piyusha Nikam

CLASS - T.Y. BA - B

Roll No. - 4791

SUBJECT - Sociology S3

SEMESTER - V

COLLEGE - St. Mira's

YEAR - 2022 - 23



INTRODUCTION

As a part of the sociology and in order to gain a knowledge on data collection, we are required to make a report on a survey we collected of 25 Female subjects.

The Basic objective behind doing the project is to get a knowledge. And the reason for the survey is PCOD Rationale

In this survey report we have included what people consume in week days and week ends, what are the food items, their dietary habits and there are two questionnaires on food frequency and family consumption.

Doing this research helped us to enhance our knowledge regarding the data we collected about what people consume and do they have any problems like obesity, pimples etc.

Through this report we come to know about importance of collecting information and gain knowledge in fields.



ANALYSIS

The main purpose behind doing this research was to enhance knowledge regarding the data we collected, to know about importance of collecting information and the reason of the survey was

For collecting data for the survey it took almost 1 week and subject took 20-30 minutes for filling this survey. Few of them took 50-60 minutes.

In this report, we had made a pie-chart and histogram of each section from the survey and tried to explain it. For food frequency questionnaire, we have made a table.





Week Days

Morning
 Breakfast
 Mid-meal
 Lunch
 Evening
 Dinner
 Bed time
 Other than above



Week End

Morning
 Breakfast
 Mid-meal
 Lunch
 Evening
 Dinner
 Bed time
 Other than above

Week day

This pie chart shows the results of a survey in which how many numbers of people take a morning, breakfast, mid-meal, etc. food. We can see in the Pie chart that out of 25 subjects 17 take food in the morning, 17 take food in the breakfast, 17 subject take food in mid-meal, 23 take food in lunch, 24 in evening, 25 in Dinner, 2 subjects in Bed time and 3 in other. From the pie chart it is clear that the majority of subjects don't skip their dinner and only 3 subjects consume food after bed time during week days.

Week end pie chart

2. This pie-chart shows the results of a survey in which how many no. of people take a morning food during week ends. As we can see, majority of people consume food during lunch and evening time. Only 11 subject take food in the morning, 19 subjects during breakfast, 13 mid-meal, 24 dinner and 6 bed time. In other than above only 3 subjects.

In Conclusion, we can see the difference in both the pie-charts. Now during week days and week ends the pattern of consuming food items changes.

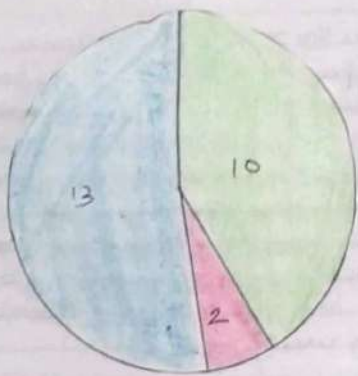


Type of diet :-

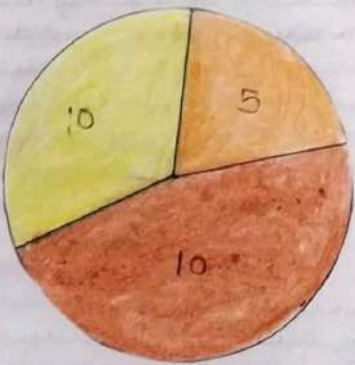
This pie chart shows the results of a survey in which it tells you about the type of diet all subjects had. There are four types - Vegetarian, Lacto-Vegetarian, Eggitarian and Non-Vegetarian. As we can see in the pie-chart out of 25 subjects 10 subjects are Vegetarian, 0 subjects are Lacto-Vegetarian, only 2 subjects are eggitarian and 13 subjects were non-vegetarian.

Speed of eating :-

This pie chart shows the results of a survey in which it tells you about the speed of eating. How many of people eat food Fast, normal and slow. As we can see in the pie-chart out of 25, 5 subjects eat food fast, 10 subjects eat Normal (10-30 min) and 10 subjects eat slow (> 30 min). In conclusion, eating fast can lead to weight gain and eating food slowly can increase fullness and promote weight loss. Eating at normal speed can have an opportunity for your brain to catch up with your stomach.



Type of diet



Speed of eating



fig 3)

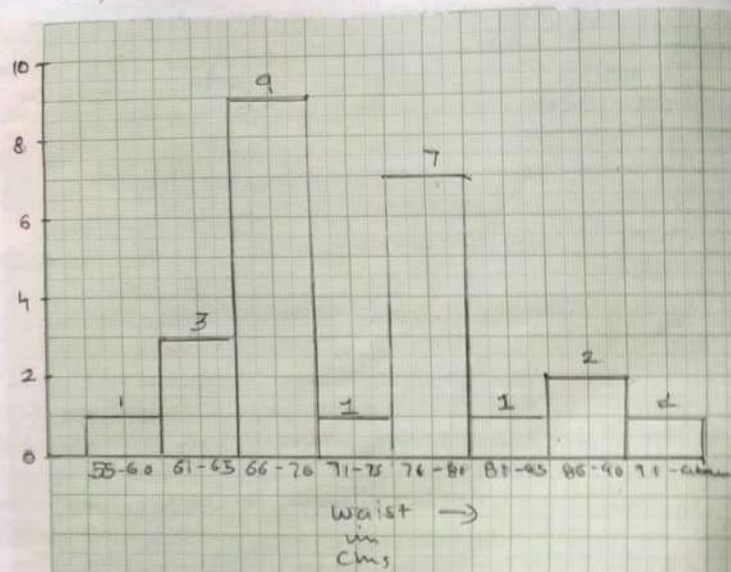


fig 3) In the above graph, we can see the graph of waist in cms of the participants. Majority of them falls under the category of 66-70 cm.

In conclusion, it is important to note down height, weight and size of the waist because measurements are used to calculate your body mass index, a measure of healthy versus unhealthy weight.

Food Frequency Questionnaire Table

Subject	Beverages	Milk Product	Rice	Dals	Legumes	Sprouts
1	Weekly	Weekly	Daily	Weekly	Weekly	Weekly
2	D	m	D	W	W	W
3	D	m	D	D	—	—
4	D	m	D	W	W	W
5	D	W	D	D	—	—
6	W	W	W	W	—	—
7	W	m	W	W	W	W
8	D	m	D	W	m	W
9	W	m	D	W	W	W
10	W	W	D	W	W	W
11	D	W	D	W	—	—
12	D	m	D	W	W	W
13	D	W	D	W	W	W
14	W	W	D	W	W	—
15	D	W	D	D	m	W
16	D	W	m	W	—	—
17	D	W	D	D	W	—
18	D	W	D	D	—	—
19	W	m	W	W	W	—
20	W	m	D	W	m	m
21	W	W	D	D	W	—
22	D	m	D	D	W	W
23	D	W	D	D	W	D
24	D	W	D	W	W	W
25	—	—	W	W	W	W



Conclusion

In conclusion, this research has discussed about the food items consumed by the females nowadays and has argued that how it affect the health by causing different problems like PCOD.

From this research we have got an idea about how our generation will get easier with small changes. By eating healthy, doing exercises and drinking enough water we save them from big big problems.

Therefore, this survey was conducted to research about what people specially female's eat nowadays and how many of them are facing many problems.



21/25 ID

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CLASS - TYBA (A)

ROLL NO. - 4763

SUBJECT - S3 (SEM-5)

GUIDED BY - VAISHALI

MA'AM



DIETARY SURVEY OF WOMEN / GIRLS (10-50 YEARS)

Diet survey is also known as food consumption survey. It is the study of food consumption pattern in a group of individuals. It is the systematic collection of factual data pertaining to the diet of a human population within a given geographical area. The dietary habits of a person have been acknowledged as one of the most important determinant of different diseases or any unfavourable outcomes among the population.

WHY DIET SURVEYS ?

- To plan food strategies
- Understand and improve diet pattern
- Assess the effect of nutrition education program
- Provide information on trends of food consumption
- Preference for foods during the special conditions
- Determine who are at risk for energy and nutrient deficiencies.

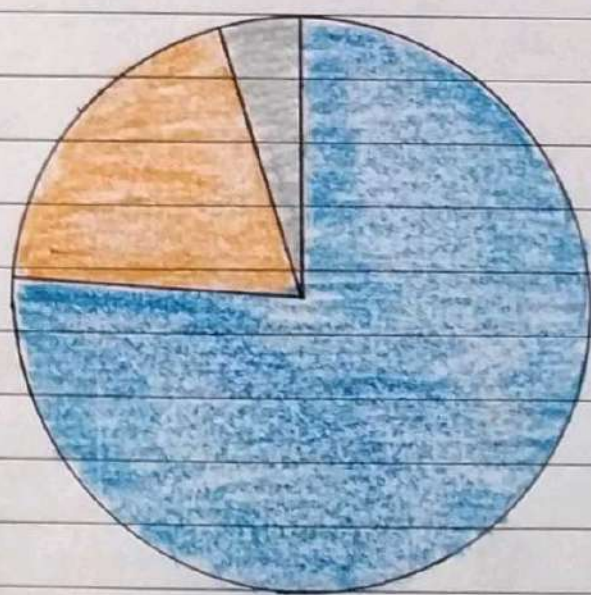




months, or year. It is a finite list of foods and beverages with response categories. The number of foods and beverages queried typically ranges from 80 to 120. It is considered as a reliable tool to measure dietary intake.

ANALYSIS (of the 25 forms filled)

OCCUPATION



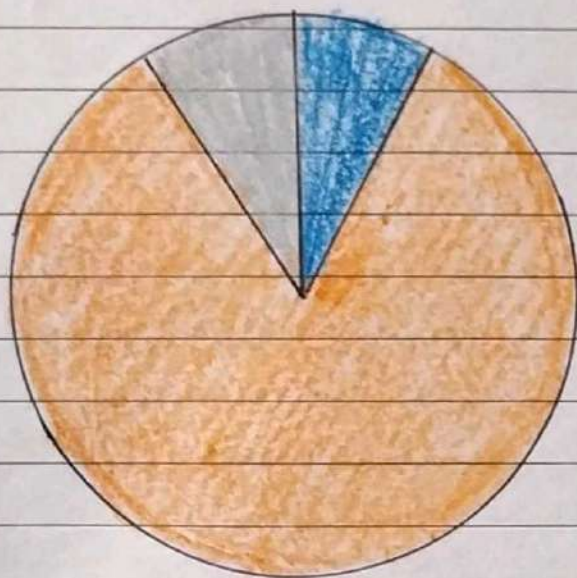
- students
- working women
- housewife

After a deeper look at the nutritional value of the foods consumed by all the 25 people, I found that 90% of the people have a protein deficit diet. And this is a cause of concern. Hence, more and more awareness regarding the importance of proteins is required and people must consume and include sources of proteins like milk, meat, bean products and eggs in their daily diet.



As lack of protein in the body causes skin degeneration, stunted growth in children and other infections. This can also be another reason why almost all the participants have a complain regarding hairfall.

SPEED OF EATING



- fast (< 10 mins)
- slow (> 30 mins)
- normal (10-30 mins)

CONCLUSION

In the past years, people ate freshly prepared meals and vegetables on a regular basis. While the food preference among the youths today are is for take-away and fast foods. Unhealthy eating habits and poorly planned diet are resulting in long term health problems and the risk of early heart attacks that are prevalent these days.

Healthy balanced diet should be taken in order to lead a stressfree and disease-free life.