





APPENDICES

Appendix –1

INSTITUTIONAL HUMAN ETHICS COMMITTEE



Avinashilingam
Institute for Home Science and Higher Education for Women
 Deemed to be University Under category 'A' By MHRD, (Estd. u/s 3 of UGC Act 1956)
 Re Accredited with 'A' Grade By NAAC, Recognised by UGC Under Section 12 B
 Coimbatore - 641043, Tamil Nadu, India

<p>Chairman Dr. S. Ramalingam Principal, PSG Institute of Medical Sciences & Research, Coimbatore</p> <p>Member Secretary Dr.S.Uma Mageshwari Professor, Dean Student Affairs, Department of Food Service Management & Dietsics</p> <p>Members Dr.P.R.Padma Mr. K. Arulmoli (Legal Expert) Dr. N.S. Rohini Dr.Subhashini K. Sripathi Dr.A. Saraswathy Ms.D.Kavitha Dr.S. Muthulakshmi Dr.G.Victoria Naomi Dr. Judith Justin Dr.Anitha Subash</p>	<p style="text-align: right;">16 August 2018</p> <p>To Mrs. Remya M. J Department of Food Science and Nutrition Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore – 641 043</p> <p>Dear Madam,</p> <p>Ref : Your presentation of the proposal No. IHEC/17-18/FSN/48 entitled "Effect of Intervention on Nutritional and Reproductive Health Status and Life Style Pattern of Selected Tribal Adolescent Girls (13-18 years) in Kannur and Wayanadu Districts of Kerala" to the IHEC on 13th August 2018</p> <p>The Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. IHEC/17- 18/FSN/48entitled "Effect of Intervention on Nutritional and Reproductive Health Status and Life Style Pattern of Selected Tribal Adolescent Girls (13-18 years) in Kannur and Wayanadu Districts of Kerala" submitted and presented by you. The Approval number for the same is AUW/IHEC-17-18/FSN/FHP-03.</p> <p>We wish you all the best in your research endeavours.</p> <p style="text-align: right;">Regards, <i>S. Uma Mageshwari</i> Dr.S.Uma Mageshwari Member Secretary</p> <div style="text-align: right;">  </div>
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Appendix –2

OFFICE OF THE DIRECTOR OF SCHEDULED TRIBE DEV. DEPARTMENT

4th Floor Vikas Bhavan, Thiruvananthapuram Pin:695033

Ph:0471-2303229,0471-2304594,Fax:0471-2302990,E-mail:keralatribes@gmail.com

D3. 6723/17

29.04.2017

The Director

To

✓ Remya M.J
Avinashilingam University
Coimbatore, Tamilnadu-641043

Sir,

Sub:- STDD- Permission to carry out Research in Tribal areas of Kannur & Wayanad District reg

Ref: Your Lr.No Nil Dt,27/04/17

With reference to above, consent of the Scheduled Tribes Development Department, Government of Kerala is granted to you, to conduct Research at Aralam Panchayath of kannur & Pulpalli panchayath of Wayanad Districts for collecting data about the "Assessing Nutritional Status & Life Style Pattern of The Adolescent Girls in Tribal Areas of Kannur & Wayanad Districts" for a period of 5th May 2017 to 24th May 2017 subject to the following conditions .

1. The proposed Research should only be conducted as a part of the Research work and thus obtained data, knowledge and reports should not in any way be used for other purposes other than the study of the scholar.
2. The Research should be conducted with the knowledge of the Tribal promoters and the Project Officers/Tribal Development Officers, concerned.
3. The Research should not in any way hurt the cultural and habitual life of the tribal people in the area.
4. A copy of the thesis/study report should be furnished to the Director of Scheduled Tribes Development Department, Vikas Bhavan, IVth Floor, Thiruvananthapuram 33.
5. An agreement should be executed before the Project Officers/Tribal Development Officers by the Scholar agreeing the above conditions.

6. Permission of the Forest Department Should is also to be obtained for entering in the tribal settlements amidst the forest.
7. Any infringement on the rights of the tribal people living in the area will attract penal proceedings under Prevention of Atrocities Act 1989.
8. Special instruction:- Objection if any from the concerned tribal people should be duly considered;the research/study work stopped and be reported to the Director and Project Officer LT.D.P. Kannur & Wayanad .
9. This sanction will cease at the written notice of Project Officer LT.D.P. Kannur & Wayanad .
10. The applicant should leave the area by 5pm.You are not permitted to stay overnight in or near the settlements.

Yours faithfully,

Sd/-
Director


Saju.S
Senior Superintendent
For Director

Appendix –3

**OFFICE OF THE DIRECTOR OF SCHEDULED TRIBE DEV.
DEPARTMENT**

4th Floor Vikas Bhavan, Thiruvananthapuram Pin:695033

Ph:0471-2303229,0471-2304594.Fax:0471-2302990.E-mail:keralatribes@gmail.com

D3-325/18

02.07.2018

The Director

To

Remya M J
PhD Scholar
Dept. Food Science and Nutrition
Avinashilingam Institute for Home Science and Higher Education for women
Coimbatore-43
Tamilnadu

Sir,

Sub: - STDD- Permission to research and field work in Aralam panchayath and Pulppalli panchayath

Ref: Your Ltr. Dtd. 22.05.2018

With reference to above, consent of the Scheduled Tribes Development Department ,Government of Kerala is granted for research and field work , about “ Providing nutrition education and health promotion among the tribal adolescent girls” at Aralam panchayath of Kannur district and Pulpalli panchayath of Wayanadu district ,Kerala for a period of 04th July 2018 to 28th July 2018 subject to the following conditions.

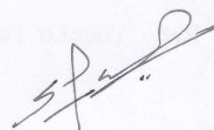
1. The proposed visit should only be conducted as a part of the Research work and thus obtained data, knowledge and reports should not in any way be used for other purposes other than the study of the scholar.
2. The visit should be conducted with the knowledge of the Tribal promoters,Project officer Kannur and TDO Sulthan Bathery.
3. The visit should not in any way hurt the cultural and habitual life of the tribal people in the area.

4. A copy of the thesis/study report should be furnished to the Director of Scheduled Tribes Development Department, Vikas Bhavan, IVth Floor, Thiruvananthapuram 33.
5. An agreement should be executed before the Project Officer Kannur and TDO Sulthan Bathery by the Scholar agreeing the above conditions.
6. Permission of the Forest Department Should is also to be obtained for entering in the tribal settlements amidst the forest.
7. Any infringement on the rights of the tribal people living in the area will attract penal proceedings under Prevention of Atrocities Act 1989.
8. Special instruction: - Objection if any from the concerned tribal people should be duly considered; the research stopped and be reported to the Director, Project Officer Kannur and TDO Sulthan Bathery.
9. This sanction will cease at the written notice of Project Officer Kannur and TDO Sulthan Bathery.
10. The applicant should leave the area by 5pm. You are not permitted to stay overnight in or near the settlements.

Yours faithfully,

Sd/-
DIRECTOR

COPY: The Principal Chief Conservator of Forest
Forest Office, Vazhuthacaud, TVM.
Project Officer Kannur
TDO Sulthan Bathery



V. Saseendran
Deputy Director (Education)
For Director

Appendix –4

**Tribal Helpline & Welfare Monitoring Cell
Collectorate, Wayanad, Kalpetta : Toll Free :
1077 Phone : 04936-204151,
E mail : crwynd@gmail.com**

Date :05/05/2017

**Proceedings of District Collector, Wayanad
(Present : B.S. Thirumeni.I.A.S.)**

Sub : - Application for conducting research in tribal colonies - permission granted – Orders issued

Ref:1). Application submitted by RemyaM.J., PH D Scholar, Avinashilingam University, Coimbatore, Dated: 21.04.2017.

2). Letter No. Nil dtd 16.09.2016 of the Dean, Avinashi University, Coimbatore.

Vide ref cited as 1st, Remya.M.J., PH D Scholar, Avinashi University has submitted an application for getting permission to conduct research work at tribal colonies in Pulpally Gramapanchayath, on the topic malnutrition deficiency among tribal adolescent girls. As per the reference cited 2nd, the institution head certified that the applicant is a PH D Scholar of Food Science and Nutrition Department course in the University and assured that the information collected will be used for research purpose only.

Based on the communications received above, permission is hereby granted to the applicant subject

with the following conditions:

1. Permission is granted for research purpose and shall be conducted in tribal colonies situated in Pulpally Gramapanchayath only.
2. The study should not cause any harm/disturbance to the Scheduled tribes.
3. The research activities shall not violate any provisions of any law.
4. The copy of the research findings shall be made available and send to this office for the purpose of using the same for future development planning.
5. The information/Data collected through the study shall in no way be utilised against Central/State Government policies.

(Sd/-)
District Collector,
Wayanad

To – The Applicant.

Copy to – Tribal Development Officer, SulthanBathery
- Stock file

This document is electronically approved in eOffice on 05/05/2017 Hence it does not require signature in ink

Appendix –5

‘ഭരണഭാഷ-മാതൃഭാഷ’

പട്ടികവർഗ്ഗ വികസന വകുപ്പ് ഡയറക്ടറുടെ കാര്യാലയം

4-ാം നില, വികാസ് ഭവൻ, തിരുവനന്തപുരം, പിൻ 695 033.

ഫോൺ: 0471-2304594, 0471-2302229. ഫാക്സ്: 0471-2302990. ഇ-മെയിൽ keralatribes@gmail.com

നമ്പർ: ഡി3- 325/18

തീയതി 17.04.2018

ഡയറക്ടർ

Remya. M. J,
PhD Scholar,
Avinashilingam University,
Coimbatore -43,
Coimbatore,
Tamilnadu.

സർ,

വിഷയം- പട്ടികവർഗ്ഗ വികസനം - കൗമാരക്കാരായ പട്ടികവർഗ്ഗ പെൺകുട്ടികളുടെ രക്തം ശേഖരിക്കുന്നത് - സംബന്ധിച്ച്.

സ്വീകനം:- 06.01.2018 ലെ താങ്കളുടെ ഇ-മെയിൽ.

സ്വീകനത്തിലേക്ക് താങ്കളുടെ ശ്രദ്ധ ക്ഷണിക്കുന്നു. സ്വീകനപ്രകാരം വയനാട്ടിലെ പുൽപ്പള്ളി പഞ്ചായത്ത്, കണ്ണൂരിലെ ആറ്റം പഞ്ചായത്ത് എന്നീ സ്ഥലങ്ങളിലെ കൗമാരക്കാരായ പെൺകുട്ടികളുടെ രക്തത്തിലെ ഹീമോഗ്ലോബിൻ നില അറിയുന്നതിനായി രക്തം ശേഖരിക്കുന്നതിന് സ്വീകന പ്രകാരം താങ്കൾ അനുമതി ആവശ്യപ്പെട്ടിരുന്നു.

എന്നാൽ നിലവിലുള്ള പ്രത്യേക സാഹചര്യം കണക്കിലെടുത്ത് പട്ടികവർഗ്ഗ പെൺകുട്ടികളുടെ രക്തം ശേഖരിക്കുവാൻ അനുമതി നൽകാൻ കഴിയുകയില്ലെന്ന വിവരം അറിയിക്കുന്നു.

വിശ്വസ്തതയോടെ

വി. ശശീദ്രൻ
ഡെപ്യൂട്ടി ഡയറക്ടർ (വിദ്യാഭ്യാസം)
ഡയറക്ടർക്കു വേണ്ടി

✓

Appendix –6

Questionnaire to Elicit the Socio Economic and Nutritional Profile of Tribal Adolescent (13-18 years Girls)

Department Of Food Science and Nutrition



*Avinashilingam Institute for home science and higher education
for women, Coimbatore-641043*

General information

1. Location of settlement:
2. No of houses in the settlement:
3. Name of the interviewee:
4. Education:
5. Age:
6. Cluster number:
7. Name of the Colony:
8. No. of houses in each cluster:
9. No of houses in colony:

Household details

1. Type of family: 1) Nuclear 2) Joint
2. Number of members in the family 1) 0-3, 2) 4-6, 3) 6-9,4) >9
3. Type of house: 1) Kacha 2) Semi Pucha 3) Pucha4)
4. How many rooms are there in your household?
5. Is there a separate room for cooking in your household? 1) Yes 2) No
6. Main fuel for cooking in your household 1) Electricity/LPG/ Biogas
2) kerosene/charcoal/coal 3) firewood / cow dung cake 4) Solar
7. Do you have electricity in your household: 1) Yes 2) No
8. If yes the availability of electricity
1) always, 2) according to season, 3) limited hours
9. What is the main source of drinking water? 1) Dug well 2) Surface water
3) Tube well/borehole 4) Piped 5) Rain water (how long it will be?)
10. How far is the source of drinking water from your household? 1) In the residence /
yard /plot 2) 200 meter 3) more than half kilometer
11. How do you purify drinking water? 1) Strain by cloth 2) boiling 3) other
(specify): 4) not doing anything
12. What kind of toilet facility does your household have? 2) Pit toilet/latrine 3)
E. S. P latrine 4) western toilet
13. If no facility is there what do you do for that?

14. Do you own? (numbers) 1) Buffalos 2) Cow 3) Goat 4) Poultry 5) Rabbits 6) Pigs 7) other (specify)
15. If yes purpose?.....
16. Do you own any of these?

Intentions	Equipment	yes	No
Transportation:	Car/ tractor		
	Scooter/Motorcycle		
	Bicycle		
Kitchen appliances:	Refrigerator		
	Mixer grinder		
Entertainment:	Color TV		
	Radio		
	Black&white TV		
Home appliances:	Telephone		
	Fan		
	Clock/ watch		
	Cot		
	Mattress		
	Table		
	Chair		
	Sewing machine		

17. Does your household own any irrigated land: 1) yes 2) No
18. If Yes, how many acres 1) <2 acres 2) 2 – 4 acres 3) >4 acres 4) Don't Know.
19. Type of land.....
20. Type of yield..... If no, why?
21. Is there any community promoting programs existing in your tribe 1)Yes 2)No
22. If yes

Name of program	Provider	Beneficiaries	No of beneficiaries	Purpose	Duration

Colony details

facilities	Functioning nature		Place name	Distance from the colony	Any Comments
	yes	no			
Health					
Education					
Religion					
Feeding program					
Tribal welfare office					
Anganvadi					

If Anganvadi there, do they have? 1) Pre-school education 2) supplementary nutrition for children 3) supplementary nutrition for mothers (including pregnant and lactating women)

5. Is there any special programs for adolescent girls? If yes specify

- 1.
- 2.

Demographic profile of the Scheduled Tribes

Name	Relat. To Head	Sex	Age	Marital Status	Edu.	Occup.	Income

- Any other income_.....

Sl.No	Particulars of expense	Amount	Percentage
1	Food		
2	Clothing		
3	Housings		
4	Education		
5	Medical expenses		
6	Fuel		
7	Transport		
8	Cultivation		
9	Entertainment		
10	Savings		
11	Others		

Monthly
expenditure

Food expenditure

1. Do you daily purchase the food?
2. If no, from where you gathered or collecting your daily food?
3. Is the gathered food enough for you?
4. Is it enough for the fulfillment of your family?
5. If it purchased....

Sl No	Food items	Quantity/ month	Expenses	
			Rs	Percentage
1	Cereals			
2	Pulses			

3	Roots and tubers			
4	Green Leafy Vegetables			
5	Other vegetables			
6	Fruits			
7	Oils and fats			
8	Fish			
9	Meat			
10	Milk and Milk products			
11	Sugar and Jaggery			
12	Processed food			

Anthropometric Measurements

- 1) Weight (Kg) :
- Height (Cm) :
- BMI :
- Weight for Age :
- Height for Age :
- Weight for Height :
- Waist Hip Ratio :

Dietary Pattern of Adolescents

1. Type of meal
 - a. Vegetarian
 - b. Non vegetarian
 - c. Ova vegetarian
 - d. Fishetarians
 - e. Lactotarians
2. Do you have the habit of taking food at regular intervals?
 - a. Yes
 - b. No
3. Do you skip meals?
 - a. Yes
 - b. No
4. If yes which meal do you often skip?
 - a. Early morning
 - b. Breakfast
 - c. Mid-morning
 - d. Lunch
 - e. Midafternoon
 - f. Evening
 - g. Dinner
 - h. Bed time
5. The reason for skipping meal
 - a. Lack of food
 - b. Lack of time
 - c. Lack of hunger
 - d. Dislike of items
 - e. Any other reason
6. Frequency of consumption of various food items

Food groups	Daily	Weekly	Monthly
Cereals			
Pulses			
Green leafy vegetables			
Other vegetables			
Roots and tubers			
Fruits			
Milk			
Egg			
Meat			
Fish			
Fats and oils			
Jiggery and sugar			
Nuts			
Beverages	Coffee		
	Tea		
	Others		
Bakery items			
Fried foods			
Fast foods			

7. a. Do you include any special food in your routine meal? (Jungle Foods)

Yes No

b. If yes indicate the foods included

-
-
-

c. Reasons for inclusion of these foods

-
-

8. Do you restrict any food s in your diet?

a. Yes

b. No

9. If yes which are the foods restricted and mentioned the reason

Sl. No	Restricted Food	Reason
1		
2		
3		
4		

5		
---	--	--

10. Special food inclusion in the occasion of Diseases

Sl. No	Food	Reason
1		
2		
3		
4		
5		

11. Do you have any taboos or beliefs on food consumption?

- a. Yes
- b. No

12. If yes specify

Sl. No	Taboos on	Reason
1		
2		
3		
4		
5		

13. Methods of cooking:

S.No	Food items	boiling	steaming	frying	roasting	both	Cooking under direct flame
1	Wheat/Rice						
2	Pulses						
3	Roots and tubers						
4	Green leafy Vegetables						
5	Fruits						
6	Milk						
7	Egg						
8	Bamboo shoots						
9	Mushrooms						
10	Fish						
11	Flesh food						

14. Do you have the habit of?

- a. Pan chewing

- b. Betal chewing
- c. Any other
- 15. Do you have the habit of nibbling between meals?
 - a. Yes
 - b. No
- 16. If yes specify
 - a.
 - b.
- 17. How many glasses of water you drink daily?
 - a. 2-3 glasses
 - b. 4-5 glasses
 - c. 6-8 glasses
 - d. 8-12 glasses
- 18. Any eating disorder

The life style pattern of Adolescents

- 1. Do you follow any exercise pattern daily?
 - a. Yes
 - b. No
- 2. If Yes, what is the type of exercise

Type of exercise	Duration of time				
	30 minutes daily	One hour daily	More than one hour daily	More than twice in a week	Rarely
Walking					
Jogging					
cycling					
Yoga					
Dancing					
Swimming					

- 3. At what time do you exercise?
 - a. Morning
 - b. Evening
 - c. Any time
- 4. Do you involve in any household activities
 - a. Yes
 - b. No
- 5. If yes, mention it.
 - a. Washing
 - b. Cleaning

- c. Cooking
- d. Gardening
- 6. Mode of travelling to School?
 - a. Walking
 - b. By vehicle
- 7. Do you experience mood/ swings?
 - a. Yes
 - b. No
- 8. Is there any type of stress?
 - a. Familial stress
 - b. Educational stress
 - c. Personal stress
 - d. Other reasons
- 9. How do you relieve from stress?
 - a. Sitting lonely and crying
 - b. Counseling
 - c. Watching movie
 - d. Any entertainment
- 10. Were there any restrictions on you in the following aspects?
 - a. Mobility
 - b. Discontinued Education
 - c. Talking to Men/ neighbors
 - d. Taking food from other houses

- 24 Hour recall method

Time	Meal items
Early morning	
Break fast	
Mid-morning	
Lunch	
Tea time	
Dinner	

Appendix-7

Question Model Number	Questions for assessing nutritional knowledge of the subjects
QM. 1	1. White rice provides more..... a. Carbohydrate b. Protein c. Vitamin d. Minerals 2. Which among the following builds your body a. Pulses b. Ghee c. Rice d. Do not know 3. Which food is helpful in vision a. Flesh foods b. Rice and wheat c. Carrot and papaya d. Don't know 4. Which food helpful to prevent anemia? a. Rice and pulses b. Olive oil c. Liver d. Cauliflower 5. Among these which nutrient is related to the bone health? a. Carbohydrate and Protein b. Iron and vitamin A c. Selenium and Zinc d. Calcium and Phosphorus 6. Milk protein is known as a. Lactose b. Casein c. Myosin d. Collagen
QM. 2	1. Anemia is caused by the deficiency of? a. Vitamin A b. Protein c. Energy d. Iron 2. What is not in the signs of anemia?

	<ul style="list-style-type: none"> a. Angular stomatitis b. Paled lips c. Discolored eye d. Don't know <p>3. Which is not a Zinc deficiency symptoms?</p> <ul style="list-style-type: none"> a. Altered/loss of taste and smell b. Diarrhea c. Excessive hair loss d. Bleeding gums <p>4. Which nutrients is necessary for the absorption of iron?</p> <ul style="list-style-type: none"> a. Vitamin C b. Vitamin A c. Calcium d. B complex <p>5. Which is not a Vitamin A deficiency symptom?</p> <ul style="list-style-type: none"> a. Dry eye b. Shortness of breath c. Bitots's spot d. Night blindness <p>6. Why some of us eating more food and try to vomit it out?</p> <ul style="list-style-type: none"> a. They may have a digestion problem b. They may don't like the food c. It is an eating disorder d. Vomiting after eating is very normal
<p>QM. 3</p>	<p>1. Among the following which is rich in fat</p> <ul style="list-style-type: none"> a. Fruits b. Vegetables c. Oil d. Cereals <p>2. Which nutrient is present in green leafy vegetables?</p> <ul style="list-style-type: none"> a. Protein b. Carbohydrates c. Vitamins and minerals d. Don't know <p>3. Which among the foods are protein rich?</p> <ul style="list-style-type: none"> a. Meat, fish and egg b. Rice, ragi and wheat c. Leafy vegetables d. Roots <p>4. What does vegetables contain</p> <ul style="list-style-type: none"> a. Vitamins and minerals b. Fat c. Protein d. Don't know <p>5. Rich source of protein</p> <ul style="list-style-type: none"> a. Vegetables b. Milk c. Potato

	<ul style="list-style-type: none"> d. Oils 6. Fiber rich food? <ul style="list-style-type: none"> a. Meat b. Rice c. Egg d. Plantain stem
<p>QM. 4</p>	<ul style="list-style-type: none"> 1. Drinking lots of water helps us to <ul style="list-style-type: none"> a. Become fatter b. Improve height c. Regulate fat level d. Improve brain activity 2. Daily jogging will be helpful to <ul style="list-style-type: none"> a. Muscle development b. Hair growth c. Tissue growth d. Improve the heart health 3. Snacking junk foods during study time is <ul style="list-style-type: none"> a. Improve the intelligent b. Improves brain functioning c. Make us fatter d. Leads interested in learning 4. Which is preferably good snacks? <ul style="list-style-type: none"> a. Potato chips or tapioca chips b. Lays and Kurkur c. Peanuts and dry fruits d. Mixture 5. What should be the enough sleeping time for an adolescent? <ul style="list-style-type: none"> a. 9 -9 ½ hours b. 7- 7 ½ hours c. 10- 10 ½ hours d. No specific time 6. What are the benefits from kitchen garden? Find out the odd one <ul style="list-style-type: none"> a. It provide sustainable nutrition b. It provide food stuffs with very less cost c. Nutritious food without the fear of pesticide contamination d. It is very difficult to maintain 7. What you think abbot the edible plants which collected from the field and forest? <ul style="list-style-type: none"> a. It is not tasty b. It is harmful c. It is nutritious and healthy d. Feel shame to eat, because that is poor people’s food.

Appendix- 8

Question Model Number	Questions for assessing reproductive and hygienic knowledge of the subjects
QM. 1	<ol style="list-style-type: none"> 1. Normal age of menarche <ol style="list-style-type: none"> a. <7 yrs b. 7-10 yrs c. 10-12yrs d. 13-15yrs 2. Normal duration of menstrual blood flow <ol style="list-style-type: none"> a. 3 days b. 4 days c. 5 days d. More than 5 days 3. Normal duration of menstrual cycle <ol style="list-style-type: none"> a. <28 days b. 28 days c. 30 days d. Varied 4. Effect of puberty on body weight <ol style="list-style-type: none"> a. Reduce the body weight b. Increase the body weight c. Unchangeable d. Don't know 5. Girls reach puberty as compared to boys <ol style="list-style-type: none"> a. Early b. Late c. Equal time d. Don't know 6. Engage in physical activities during menstruation is <ol style="list-style-type: none"> a. Very harmful to body b. May become sick in the future c. Will affect the reproduction capacity d. It normal as all days and healthy too
QM. 2	<ol style="list-style-type: none"> 1. What should be the changing time of sanitary napkin during menstruation? <ol style="list-style-type: none"> a. Each hour b. 3-4 hours c. 5-7 hours d. When it fills 2. How long we can use the same cloth as menstrual absorbent?

	<ul style="list-style-type: none"> a. One month b. Six months c. One year d. As long as we can <p>3. How should we clean the cloth absorbent?</p> <ul style="list-style-type: none"> a. Wash only with water b. Just wash by using detergents c. Thoroughly wash by using detergent d. Thoroughly wash the cloth until remove the blood stain by using detergent <p>4. How should we dry the cloth absorbent?</p> <ul style="list-style-type: none"> a. Should dry in a closed room b. Should keep in shade to avoid sunlight c. Should keep under sunshine until dry d. Can reuse it before getting proper dry <p>5. Colour variation in menstrual blood indicate</p> <ul style="list-style-type: none"> a. It is normal b. Something problem with menstruation c. Impure blood is coming out d. Do not tell to any body <p>6. Who can use the sanitary pad during menstruation?</p> <ul style="list-style-type: none"> a. Woman above 20 years b. Women with heavy bleeding c. Only after delivery d. Anybody can use it who attained puberty. <p>7. How should we dispose the used menstrual absorbent? (find the odd one)</p> <ul style="list-style-type: none"> a. Though out in to the wilderness b. Dig a deep pit and covered it c. Burn it properly d. Make a bundle and put it in to the garbage <p>8. How often we should change the undergarments?</p> <ul style="list-style-type: none"> a. After two days b. After three days c. Every day d. None of these
<p>QM. 3</p>	<p>1. What is your opinion about daily bath?</p> <ul style="list-style-type: none"> a. It is not advisable because daily bath will reduce our immunity b. It is the wastage of soap c. May get fever and cold d. It is necessary to maintain body temperature <p>2. What is your opinion about use of bathing soap?</p> <ul style="list-style-type: none"> a. It may reduce the immunity b. It may leads to skin allergy c. It remove all body oil and it is injurious for our health d. It will help us to make our body clean and save us from bacteria <p>3. Washing of genitals after using toilet is</p> <ul style="list-style-type: none"> a. Unnecessary b. Not important

	<ul style="list-style-type: none"> c. Not always d. It is mandatory <p>4. Washing hand by using detergent after using toilet is</p> <ul style="list-style-type: none"> a. Unnecessary b. Not important c. Not always d. It is mandatory <p>5. Cut the nail regularly and keep them clean always is</p> <ul style="list-style-type: none"> a. Unnecessary b. Not important c. Not always d. It is mandatory <p>6. Using sandal when go out of the house is mandatory because (find the odd one)</p> <ul style="list-style-type: none"> a. It will protect us from harmful objects b. It keep our feet from dirt c. It make out feet attractive d. It will keep us away from worm infection
<p>QM. 4</p>	<ul style="list-style-type: none"> 1. What your opinion about marriage a. Should have only one partner and marital bond is strong enough b. Extra marital relationship is acceptable now a days c. Sex before marriage is not a sin d. Marital bond is not strong now a days <p>2. Which is not a sexually transmitted disease</p> <ul style="list-style-type: none"> a. Syphilis b. Gonorrhea c. Urinary tract infection d. AIDS <p>3. AIDS transmitted through</p> <ul style="list-style-type: none"> a. Kissing b. Hugging c. Saliva d. Sexual contact <p>4. Which is the disease we cannot cure completely through any medicine</p> <ul style="list-style-type: none"> a. Cancer b. Nippa fever c. Leprosy d. AIDS <p>5. As a girl child what you feel when you heard the word sexuality?</p> <ul style="list-style-type: none"> a. Shy b. Proud c. Anger d. Fear