

## APPENDIX I

### Interview Schedule on Socio Economic Background, Demography, Life Style Pattern, Dietary Pattern, Health and Nutritional Assessment of Muslim Women (20-45 Years)

#### A) SOCIO ECONOMIC PROFILE

1. Name of the investigator :
2. Name of the respondent :
3. Name and address of the head of the family :  
a) Address :
4. Name of the subject :
5. Age :
6. Marital status : Married Unmarried  
Divorced Widow
7. Composition of the family :  
Type of the family : Joint Nuclear
8. Details of family members

S.no	Name of member	Relation to the head of the family	Marital status	Age in year	education	occupation	Income per month

9. Total monthly income of family : Rs. /month
10. Household durables possessed : (1) TV (2) Washing machine  
(3) Microwave oven (4) A.C (5) Others
11. Vehicle owned : a) Two wheeler (b) Four wheeler
12. Monthly expenditure pattern

S.No	Items	Rupees spent
1	Food	
2	Clothing	
3	House rent/taxes	
4	Education	
5	Medicine	
6	Fuel and light	
7	Durable goods(furniture, utensils)	
8	Transport	
9	Remittances (debt repayment)	
10	Savings	
11	Recreation	
12	Other	

13. Total expenditure per month :



7. Do you possess any food allergies

Yes  No

If yes,(specify)

8. Do you see the food labels in any food pack ?

Yes  No

If yes, what do you see?(specify)

9. where do you purchase your food items from?

Departmental stores  Grocery retailer  patty shop  others

10. Do you consume vitamin D fortified foods

Yes  No

If No, give reason

costly  not available  not aware  others

### E) DEMOGRAPHY AND LIFESTYLE PATTERN

1. Educational level of the women: a)primary b)higher secondary c)degree  
d) Masters e)Others

2. Studied in which type of school/college: a) women institution b)Co education

3. If drop out of education what is the reason?

4. Age of marriage :

5. Age during first pregnancy :

6. No. of children :

7. No. of Miscarriage :

8. No. of still or preterm births :

### DRESS CODE

9. Do your family women wearing Islamic dress : yes/no

If yes

s.no	Name	Age	Islamic dress Starting age	Present duration of wearing the Islamic dress	Type of Islamic dress

10. Which division of Muslims do you belong :

11. What is your mother tongue : Urdu Tamil Malayalam others

### SUNLIGHT EXPOSURE

12. What is the duration you are exposed to sunlight

less than 20 mins  20 – 30 mins  30- 60 mins  more than one hour

13. At what time of the day are you exposed to sunlight

5am – 11 am  11am – 3pm  3pm – 6pm

14. Do you cover your skin for religious beliefs  Yes  No

15. Is there any other reason for you to avoid sunlight

Risk of cancer  Skin complexion  Allergies(migrane)  others

16. Do you use an umbrella to shade from the sun  Yes  No

17. Do you use creams or lotions containing SPF protection  Yes  No

If yes

Does it have vitamin D synthesis enhancing property  Yes  No

18. When you are out of the house during day

head/hair covered  arms  legs  all of above  Regular covering



**C) DIETARY SURVEY**

**a) Food frequency**

Food items	Pattern of use			
	Daily	Weekly	Rarely	Never
<b>Cereals:</b> Rice Wheat Maida Ragi Others(specify)				
<b>Pulses:</b> Red gram dhal Black gram dhal Bengal gram dhal Green gram dhal Others(specify)				
<b>Roots and tubers:</b> Potato Carrot Beet root Yam Others(specify)				
<b>Green leafy vegetables:</b> Amaranthus Palak Beetroot greens Manathakali Others(specify)				
<b>Other vegetables:</b> Brinjal Beans Pumpkin Tomato mushrooms Ladies finger Others(specify)				
<b>Fruits:</b> Apple Pomegranate Guava Banana Papaya Others(specify)				
<b>Nuts and oils:</b> Gingelly oil Ground nut oil Coconut oil Hydrogenated oil Others(specify)				
<b>Fleshy foods:</b> Chicken Mutton Beef liver				

Fish(fresh) Salmon Mackerel Tuna Fish(dried) Egg Others(specify) <b>Milk and milk product:</b> Milk Curds Cheese Ghee <b>Processed foods:</b> Biscuits Pickles Papads Sweets Noodles <b>Ready to eat</b> chappathi Idli batter <b>Beverages:</b> Tea Coffee Others(specify) <b>Vitamin D fortified foods:</b> Oil Cereals Packed juices Milk and milk product Others				
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**b) 3 DAY 24 HOUR FOOD RECALL METHOD**



MENU	DAY 1		DAY 2		DAY 3		
	Food Item	Qty	Food Item	Qty	Food Item	Qty	Food Item
<b>Early Morning</b>							
<b>Breakfast</b>							
<b>Mid-Morning</b>							
<b>Lunch</b>							
<b>Evening</b>							
<b>Dinner</b>							

The above studies information has been read to me and has been explained to me by onvestigator having understood the same. I am affirming my signature /left thumb impression to indicate my consent and willingness to participate in the study.

**Signature**

## APPENDIX II

### Institutional Human Ethical Committee Clearance Certificate

INSTITUTIONAL HUMAN ETHICS COMMITTEE	
 <p><b>Avinashilingam</b> 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-641 043, Tamil Nadu, India</p>	15 <sup>th</sup> February 2020
<p><b>Chairman</b> Dr. S. Ramalingam Principal, PSG Institute of Medical Sciences &amp; Research, Coimbatore</p> <p><b>Member Secretary</b> Dr.S.Uma Mageshwari Professor and Head, Dean Student Affairs, Department of Food Service Management &amp; Dietetics</p> <p><b>Members</b> Mr. K.Arulmoli (Legal Expert) 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>To Mrs. Habeeba.B Department of Food Science and Nutrition Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore – 641 043</p> <p>Dear Habeeba.B,</p> <p>Ref: Your presentation of the proposal No. IHEC /18-19/FSN/27 entitled "Impact of Nutrition Intervention on Vitamin D Nutriture with reference to dress code among Muslim Women" to the IHEC on 27<sup>th</sup> November 2019.</p> <p>The Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. IHEC /18-19/FSN/27- entitled "Impact of Nutrition Intervention on Vitamin D Nutriture with reference to dress code among Muslim Women" submitted and presented by you. The Approval number for the same is AUW/IHEC-18-19/FSN/FHP- 08.</p> <p>We wish you all the best in your research endeavours.</p> <p>Regards,  <i>Dr.S.Uma Mageshwari</i> Dr.S.Uma Mageshwari Member Secretary</p> 

**APPENDIX III**  
**Market Survey Form**

Shop/stores code \_\_\_\_\_

Type of Shop \_\_\_\_\_

**Products detail:**

<b>S.No.</b>	<b>product name</b>	<b>product company</b>	<b>Calcium content</b>	<b>Vitamin D content</b>	<b>Vitamin D form</b>	<b>Cost</b>	<b>Quantity</b>

# APPENDIX IV

## Developed Google Forms

1/23/22, 7:53 PM Vitamin D - Evaluation Form

### Vitamin D - Evaluation Form

This is short questionnaire to evaluate your information about Vitamin D. Request you to answer as per the questions given below. This will be used only for educational purposes.

\* Required

- Email \*
- Name \*
- Age \*
- What is normal level of Vitamin D?  
Mark only one oval.
  - 10 - 20 mcg
  - 25 - 30 mcg
  - 75 - 80 mcg
- Vitamin D helps to prevent...  
Mark only one oval.
  - Bone Problems
  - Infection
  - All of the above

https://docs.google.com/forms/d/15UuZuakP966Cqz23Nq2Z7yVvEzWGUyP-Bq-8q-5h14-8dt

1/23/22, 7:53 PM Vitamin D - Evaluation Form

- Which of this food is rich in Vitamin D  
Mark only one oval.
  - Fish
  - Rice
  - Carrots
- Which of this is the richest source of Vitamin D  
Mark only one oval.
  - Sunlight
  - Fish
  - Fortified Foods
- What is fortified foods  
Mark only one oval.
  - Natural Vitamin D Foods
  - Artificial Vitamin D Foods
  - Both
- Name one Vitamin D fortified foods available in market

https://docs.google.com/forms/d/15UuZuakP966Cqz23Nq2Z7yVvEzWGUyP-Bq-8q-5h14-8dt

1/23/22, 7:53 PM Evaluation of

### Evaluation of

Attitude and practices related to vitamin D

\* Required

- Name \*
- Email id:
- Age
1. Have you started getting exposed to sunlight in private areas of homes?  
Mark only one oval.
  - Yes
  - No
2. If yes, Then how long

https://docs.google.com/forms/d/185Qzuc0F39-ave62J6f7E2DChvIn6A0MhFTLzG465Vedl

1/23/22, 7:53 PM Evaluation of

3. During sunlight exposure in private areas at home what are the parts covered  
Mark only one oval.
  - Head
  - Hands
  - Legs
  - All of the above
  - None of the Above
4. What time do you go out in the sun  
Mark only one oval.
  - 6:00 AM - 7:00 AM
  - 11:00 AM - 3:00 PM
  - 3:00 PM - 6:00 PM
5. Do you do exercises out door  
Mark only one oval.
  - Yes
  - No
6. If yes, how long and at what time :

https://docs.google.com/forms/d/185Qzuc0F39-ave62J6f7E2DChvIn6A0MhFTLzG465Vedl

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20. 17. Any suggestion or information you would like to share

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\_\_\_\_\_

\_\_\_\_\_

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This content is neither created nor endorsed by Google.

Google Forms

## APPENDIX V

### Plagiarism Report

Thesis Habeeba 27.01.2022			
ORIGINALITY REPORT			
8%	5%	6%	1%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS
PRIMARY SOURCES			
1	<a href="http://www.tarj.in">www.tarj.in</a> Internet Source		1%
2	<a href="http://coek.info">coek.info</a> Internet Source		1%
3	<a href="http://renati.sunedu.gob.pe">renati.sunedu.gob.pe</a> Internet Source		<1%
4	Phillips, E.. "Relative values of techniques used in detection of heart disease", American Heart Journal, 195303 Publication		<1%
5	<a href="http://workinfo.co.za">workinfo.co.za</a> Internet Source		<1%

## APPENDIX VI

### Publications



**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 - 641 043, Tamil Nadu, India

#### Appendix L2

#### (Item No 5 of Check List) Details of Research Publications

S.No	Article	Journal	Other Details Vol/No/Page No/ Year	Published in UGC-CARE / Scopus Indexed/ Web of Science (*List of Journals in that category including the particular Journal to be attached)
1	Food and nutrition security in households of Muslim women in Coimbatore city	Asian Journal of Multidimensional Research (AJMR)	DEC 2018 VOL 7(5), Pg: 366 - 371	UGC listed at the time of publication
2	Effect of Lifestyle Pattern And Cultural Practices on Vitamin D Status of Muslim Women in Coimbatore City	Indian Journal of Nutrition and Dietetics (IJND)	Jan – March 2021 58.53.28426, Pg.111 -118	UGC – CARE Group I *
3	Digital health intervention on sunlight exposure and Vitamin D status among Muslim Women	Journal of the Maharaja Sayajirao University of Baroda	September(2021) Volume 55, No.1 (X)2021	UGC – CARE Group I *
4	Consumption of commercially available Vitamin D Fortified foods and supplements among Muslim women In Coimbatore city	J. Res. ANGRAU	October – December, 49 (4) 24-31, 2021	UGC – CARE Group I

\*Proof of list of Journals from Internet to be attached along with copies of reprints.

Scholar :

Supervisor :

Checked By:

HoD/Dean