

Food Hydrocolloids as Encapsulating Agents in Delivery Systems

edited by
Adil Gani
F.A. Masoodi
Umar Shah



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Problems and Challenges Faced By Urban Working Women at Their Workplaces in Kashmir

Hummaira Azim & Afreen Niyaz

INTRODUCTION:

Women are the backbone of the society. They play a vital role in the economic development of the country and their contribution is as equal as their male counterparts. Without active participation of women in various national, social, economic and political activities, the progress of the country will be stagnant. The working and social scenario in today's era is far different than that of twenty-thirty years ago. Advances in technology plus evolving work and the role of family for women in India have changed the contribution to the business environment of 21st century. The financial demands for Indian families are rising day by day. Higher cost of living, increasing expenses on education of children, increasing cost of housing properties in India force every family in India to look for ways and means of increasing household income. As a result, women in India, who were mostly known as homemakers, are forced to go for jobs and take the challenges that were considered only suitable for men once. Today women are giving their best and active contribution in all the male-dominated fields such as sports, medical, law, military, academics, politics, bank, top level corporate positions etc. In recent era working women can spend less time in household works than they did thirty years ago. A very important aspect of Kashmiri woman is to meet the expectations and obligations corresponding to her various roles within the fold of the family. If she fails to meet the expectations of the members

Women Perspectives

Issues and Concerns

— Editors —

Muzamil Jan • Amit Bhowmick



Depression and Generalized Anxiety Disorder in Working Women

Shafia Nazir

INTRODUCTION:

Women represent more than half the world's population and have longer life expectancy than men. In many areas of health they experience earlier and more severe disease with poorer outcomes. Women have long been disadvantaged in many respects such as social and economic power which restricts their access to the necessities of life including health care and the greater the level of disadvantage, such as in developing countries, the greater adverse impact on health.

Women's health has been described as "a patchwork quilt with gaps". Although many of the issues around women's health relate to their reproductive and endocrine health but their mental health puts them at a greater risk of life as well. In comparison to men women experience earlier, more severe diseases with poorer outcomes. Women are at a higher risk of developing anxiety, depression and psychosomatic conditions.

Globally, depression is the leading disease burden. In the United States, women have depression twice as often as men. The economic costs of depression in American women are estimated to be \$20 billion every year. The risks of depression in women have been linked to changing hormonal environment that women experience, including puberty, menstruation,

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ANXIETY AND DEPRESSION IN FEMALES WITH HYPOTHYROIDISM

SHAFIA NAZIR AND INSHA NISAR

Hypothyroidism is the most common disorder of the thyroid gland, but majority of the affected population is unaware about the psychiatric symptoms of the disease. Depression and anxiety are the most common but least bothered associations of hypothyroidism. The study was undertaken with the objective to identify a sample of diagnosed hypothyroid females and males in the age group of 20-55 years and to compare the sample on depression and anxiety. The sample comprised of 55 female and 10 male patients selected through purposive sampling technique. The study was initiated with the objective to select a uniform sample of females and males, but the uniform sample for the males could not be obtained as the prevalence of the condition was found more in females. Therefore, the study focuses on female hypothyroid patients with respect to the depression and anxiety. Hospital Anxiety and Depression Scale (HADS) devised by Zigmond and Snaith in 1983 was the main tool employed for collection of data. The quantitative data were expressed in percentage. Various statistical tests like chi-square, degree of freedom, and p-value were used to facilitate the analysis and interpretation in order to achieve desired objectives. Results revealed that hypothyroidism was more common among females i.e. (84.6%) of the total sample. According to HADS anxiety symptoms, majority of the study group i.e. (55.38%)

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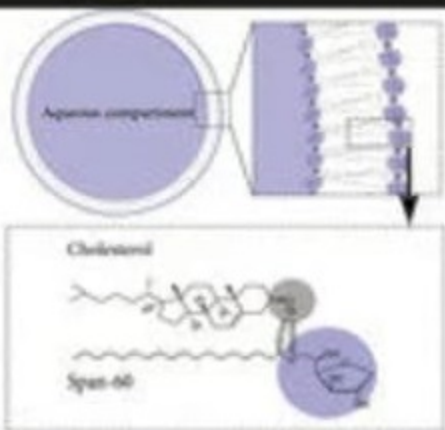
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07


Decision Making Power Among Women

A Spark for their Empowerment



Muzamil Jan

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Women Empowerment and Emancipation

Amit Bhowmick
Muzamil Jan

07/05/20



Food for Heal

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WOMEN & EMPOWERMENT: A FEMINIST DISCOURSE



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WOMEN EMPOWERMENT: NEW DIMENSIONS



AMIT BHOWMICK
MUZAMIL JAN

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IMPACT OF ARMED CONFLICT ON WOMEN IN KASHMIR

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MATERNAL MORTALITY IN KASHMIR IN COMPARISON WITH NATIONAL LEVEL

SOBIA JAN AND MUZAMIL JAN

Maternal deaths are leading cause of death in young females worldwide; particularly in developing countries. The present study is conducted to study the number of maternity deaths in Kashmir in comparison with national level. The majority of maternal deaths occurred in Baramulla district that is followed by Kupwara, Anantnag, Pulwama Bandipora, Budgam, Shopian, Srinagar, Kulgam, Ganderbal district of Kashmir since March 2009-March 2018. The majority of deaths occurred in rural Kashmir followed by urban area are since March 2009- March 2018. Majority of deaths occurred in year 2009 in Budgam, followed by Srinagar, while as no death occurred in Kulgam.

Maternal mortality or maternal death is defined as "the death of women while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management but not from accidental or incidental causes (WHO, 2016). According to the International Classification of Diseases (ICD-10) maternal deaths should be divided into two groups. Direct obstetrics deaths are those resulting from obstetric complications of the pregnant state (pregnancy, labour and puerperium) from interventions, omissions, incorrect treatment. Indirect obstetric deaths are those resulting from previous existing

ATTITUDES OF WOMEN RETIREES TOWARDS RETIREMENT IN KASHMIR

MUZAMIL JAN AND SABAHAH HUSSAIN

Attitude refers to a person's positive or a negative evaluative effect about performing a particular behaviour. Attitude toward retirement has been found to be important in one's planning for retirement (Atchley, 1988; Walker et al., 1981), and in one's satisfaction with retirement (Atchley & Robinson, 1982; Ekerdt, et al., 1985; Walker, et al., 1981). Retirement bring about a change and commands, a new routine, which requires a new array for its reinforcement changes. It carries adjustment, which can result in a major problem depending on the observations and attitudes of the retirees towards their retirement (Nwizu, 1997).

Retirement attitude is typically a progressive transition, within which a preventative attitude is formed within the pre-retirement stage before any actual 'event' takes place (Pinquart and Schindler, 2007). It is the sum of examination what's given up in retirement against what is gained in retirement (Newman et al 2012). Individuals' attitude towards work and attitude towards retirement are closely interlinked. Employees with high job satisfaction are expected to have unfavourable attitude towards retirement because the act of retiring reduces the positive psychological well being such as income, socio-economic status, one's passion

Sustainable Development, Environmental Issues and Self-Sustained Society

(Editors)

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Lubna Siddiqui
Praveen K Pathak
Taruna Bansal
Asif**



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Disaster Profile of Kashmir: Management of Disaster through Awareness

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Abstract

The present study is conducted to highlight the Disaster Profile of Kashmir and Management of Disaster through Awareness. The state of Jammu and Kashmir has a unique geographical personality. It is well endowed in renewable natural resources. The valley of Kashmir is famous for its beauty and natural scenery throughout the world. Its high snow-clad mountains, scenic posts, beautiful valleys, rivers with ice-cold water, attractive lakes and springs and ever-green fields, dense forests and beautiful health resorts, enhance its grandeur and are a source of great attraction for tourists. Hazards are part of our lives. It is impossible to live in a totally risk free environment. Besides all this, the state is a multi-hazard prone region of the country. Natural hazards are indeed geophysical events, such as earthquakes, landslides, volcanic activity and floods, high velocity winds, hail storms and forest fires. Which strike causing a devastating impact on human life, economy and environment? Various disasters like earthquake, landslides, volcanic eruptions, fires and flood are natural hazards that kill thousands of people and destroy

Home Science As a Vocational Subject : Challenges and Opportunities

Dr. Anamika Chauhan

Dr. Deepika Dhawan



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HOME SCIENCE: A UNIQUE DISCIPLINE WITH A VARIETY OF JOB OPPORTUNITIES

Sobia Jan¹ & Dr Muzamil Jan²

Introduction:

Home Science a combination of "home" & "science." "Home" means the family's primary living quarters. Knowledge based on facts, principles, and laws is referred to as "science." "Home science" can be defined as "the systematic application of scientific knowledge toward enlightening the worth of family and home" by combining these two concepts. Home science is an interdisciplinary field of study that includes rural development, child development, sociology, family relations, community living, art, food and nutrition, fabric and apparel design, clothing, textiles, human development, resource management, communication, and home management. Home science attempts to accomplish and preserve the safety of home, family and society in an ever-changing world. Home management necessitates competence and scientific knowledge that is not only limited to domestic tasks but also provides the

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EMPOWERMENT OF WOMEN THROUGH HOME SCIENCE EDUCATION

Sumera Yaseen¹ & Muzamil Jan²

Introduction

Education empowerment is the process that gives individuals power over their own interests, society, and in their communities. People are empowered when they are able to access the opportunities available to them without limitations and restrictions such as in education, profession and lifestyle. Empowerment includes measures to raise the status of women through education, raising awareness, literacy, and training. Education plays a very important role in every one's life. It is a human right and an essential tool for achieving equality. Home science education empowers women to play an important role in community development. Now-a-days women's leadership is also recognized by society (Chaudhary, 2019). Home science plays an important role in all development programmes. In its actual perspective home science is the key to economic and social development and in turn, to the national development. It is one of the few applied sciences that can take note of the ecological conditions of the rural families and educate them on the methods of maximizing the resulting benefits. Women

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A STUDY ON THE ASSOCIATION BETWEEN HOME SCIENCE EDUCATION AND SKILL EDUCATION

Zubaida Tabasum¹ & Dr Muzamil Jan²

Introduction

Home science is an applied and integrated science that attempts to improve the individuals, families, and community's quality of life. The term "home science" can be defined as "systematic education for organized home life," which includes the ever-changing technical developments and behavioural alterations of those who live in and influence communities. It caters to the needs and interests of individuals while also developing skills and capabilities for successful vocations, professions, and careers in a global village. As a result, it has become an indispensable instrument for empowering women as professionals in various roles at home and in the community (Raghuvanshi, 2018). As India strives to become a global knowledge economy, it must match the soaring ambitions of its youth. This can be accomplished in part by emphasizing the development of skills that are relevant to the current economic climate. The issues involve not only a tremendous increase in the number of skill training facilities, but also an equally important goal of enhancing the quality of such facilities. As India strives to become a global knowledge economy, it must match the soaring ambitions of its youth. This can be accomplished in part by emphasizing the development of skills that are relevant to the current economic

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SOCIAL FACTORS CONTRIBUTING TO INFANT FATALITY

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Abstract

The focus of this paper is to highlight the social factors contributing to infant fatality. Infant mortality is described as the risk of a live-born infant dying before attaining the age of one. The death rate of infants is regarded as a leading indicator of a nation's overall health. The expansion of infant mortality rate (IMR) is ascribed to unsatisfied hygienic standards; and unfavourable environmental variables, economic situations, environmental sanitation and medical care. This reflects the apparent relationship between the causes of infant mortality and other factors that are likely to influence the health status of entire populations, such as economic development, general living situations, social well-being, disease rates, and environmental quality. This empirical literature review examines and synthesizes national as well as international literature related to social factors contributing to mortality among infants. The research findings revealed that malnutrition, poverty, ignorance, lack of drinking water systems, improper sewage disposal as a cause of illness, child die at home due to financial problems, mother's education, rural urban disparities, communication and transportation routes, traditional medicine agents, and mothers obedient to the decisions of the mother-in-law were found to be social factors affecting infant deaths.

Keywords: *Social Factors, Infant Fatality, Ignorance, Poverty*

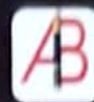
Introduction

Infant mortality is described as the risk of a live-born infant dying before attaining the age of one. It is recognized as one of the most sensitive and often recognized measures of a population's social and economic growth (Abuqamar et al. 2011 & Hargreaves, 2007). It takes into account not only the severity of conditions like diarrhoea, respiratory infections, and malnutrition that are directly linked to infant mortality, but also the overall impact of a wide range of other elements like the care provided to the mother and baby during pregnancy and afterward, as well as the environment the infant is exposed to. There are many different and varying causes of neonatal death (Mahadevan, 1986). Meanwhile, the key reasons of newborn fatalities are demographic, socioeconomic, environmental, cleanliness and hygienic factors, nutrition availability, and medical care factors. Furthermore, the relative significance of these characteristics in regard to infants varies according to a society's level

of social and economic well-being (Jain and Visaria, 1988). Social determinants include socioeconomic status (SES), race/ethnicity, residential segregation, sexual orientation, and social capital/cohesion at the individual and regional levels. Social determinants also include the material living and working status, social environmental conditions in which people are born, live, work, and age, as well as the structural drivers of these conditions (Muntaner et al. 2012). However, among the socioeconomic variables of infant mortality, housing conditions, road improvement, availability and quality of health care, and several mother characteristics (extreme ages, poor education, multi-parity, and malnutrition) have been predicted (Flores et.al. 2013).

Literature Review

Gomez et al. (2015) investigated the social factors of infant mortality in Mexico's socioeconomically disadvantaged rural communities. Malnutrition, poverty, ignorance, lack of drinking water systems, improper sewage disposal as a cause of



Food for Heal

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FOOD FOR HEAL

By : *Dr. Anamika Chauhan & Dr. Muzamil Jan*



18.

Dietary Behaviour of Kashmir Women During Pregnancy

Dr. Muzamil Jan*

Pregnancy is an especially important time in a woman's life to focus on proper health care and nutrition. The information provided in this handout is a good place to start. Women with special health problems or those who need help implementing a healthy diet should specially take care of their nutritional needs. Healthy eating is important during pregnancy. Good nutrition is needed to meet the added demands on pregnant body as well as those of growing baby. Eating healthy during pregnancy may take a little extra effort, but it will have major benefits for pregnant women and her baby. Nutrients from natural food sources are generally consumed in meals and not as isolated components, so that the usual diet contains thousands of nutrients, while the same substance is present in different foods and foods are not consumed independently of each other. Therefore, the use

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