

**EFFECT OF DIETARY PATTERN ON WEIGHT GAIN DURING  
PREGNANCY AND ITS IMPACT ON BIRTH WEIGHT OF  
NEONATES AMONG KASHMIRI POPULATION**

**THESIS**

**Submitted to the University of Kashmir  
for Award of the Degree of**

**DOCTOR OF PHILOSOPHY (Ph.D)  
IN  
HOME SCIENCE  
(Food Science & Nutrition)**

**By**

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**INSTITUTE OF HOME SCIENCE  
School of Applied Sciences and Technology  
University of Kashmir, Srinagar-190006  
(NAAC Accredited Grade 'A+')  
2020**

# **Causes and Consequences of Osteoporosis among Post-menopausal Women in Kashmir**

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**(Dietetics & Clinical Nutrition)**

**By**

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**2018**



**Institute of Home Science**  
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**Srinagar-190006**

No \_\_\_\_\_

Dated \_\_\_\_\_

## **Certificate**

This is to certify that the thesis entitled “**Causes and Consequences of Osteoporosis among Post-menopausal Women in Kashmir**” being submitted to the Institute of Home Science, Faculty of Applied Sciences and Technology, University of Kashmir for the award of degree of **Doctor of Philosophy (Ph.D) in Home Science (Dietetics & Clinical Nutrition)** is a research work done by **Umera Baba**, under our supervision. To the best of our knowledge and belief, no part of this work has been submitted to this or any other University in India for the award of Ph.D degree or any other degree. The assistance and help received during this endeavour has been appropriately acknowledged.

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**Prevalence of Infertility among Women and Its  
Causes in Jammu, Kashmir and Ladakh Region:  
“A Hospital Based Study”**

**Thesis**

**Submitted to the University of Kashmir for the  
Award of the Degree of**

**DOCTOR OF PHILOSOPHY (Ph.D)**

**IN**

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***DECLARATION***

I declare that the thesis entitled “**Prevalence of Infertility among Women and its causes in Jammu, Kashmir and Ladakh Region: A hospital based Study**” is an independent and original piece of work carried out by me for the award of *Doctor of Philosophy (Ph.D)* at *Institute of Home Science*, University of Kashmir.

This research work has not been submitted, in part or in full, to any University/Institution for the award of any degree.

**Dated:**

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## *Acknowledgement*

*The success of the present research rests on sincere and earnest endeavor and guiding power of my supervisor who have illuminated in me the spirit and love of writing this manuscript. I am highly grateful to those who have helped me in compiling the matter for this research, while I take this opportunity to thank them all, they are too numerous to be mentioned with a high sense of gratitude.*

*I would like to express my sincere gratitude to my **Supervisor Professor Dr Nilofer Khan, Institute of Home Science, University of Kashmir** and **my Co-Supervisor Professor Dr Imitaz Ali, former head, Department of social and preventive medicine, SKIMS** for his continuous support and guidance and doing this research.*

*I am thankful to my family, especially my father and mother, my husband, my sibling, my son and my daughter who always helped and were around me with their intensive support and outstanding encouragement.*

*I would like to express my sense of deep gratitude to **Dr. Hummara Azim coordinator Institute of Home Science.***

*I do not have enough words to express my gratitude to **Prof. Farooq Ahmed Masoodi, Prof, Naheed Vaida and Dr Tariq Rashid Jan** for being a constant source of advice .I would like to express my sense of deep gratitude to **Prof. Dr. Mushtaq Ahmad Darzi,, Dr. Shafia Nazir, Dr. Muzamil Jan, Dr. Naila Irshad, Shafia Jan, Gazala Nissar, Dr. Naira Masoodi, Dr Maria,** for providing me moral support.*

*I humbly acknowledge the assistance of all teaching and non-teaching faculty members of my department. I am thankful to the library staff for their help in providing library material from time to time.*

*I cannot forget to express appreciation to my respondents for their patience and cooperation.*

*Last but not least, I extend heartfelt gratitude to **Mr Adil Bhat,** Computer Inn and proctoral wing of University of Kashmir for completion of this work,*

**UZMA AMIN**

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## Abbreviations

<b>ABCD</b>	Anthropometric, Biochemical, Clinical and Dietary data
<b>AIDS</b>	Acquired Immunodeficiency Syndrome
<b>ADA</b>	American Dietetic Association
<b>B.P</b>	Blood Pressure
<b>BMI</b>	Body Mass Index
<b>DBCP</b>	1,2-dibromo-3-chloropropane
<b>DDT</b>	Dichlorodiphenyltrichloroethane
<b>FAO</b>	Food and Agricultural Organization
<b>FSH</b>	Follicle Stimulating Hormone
<b>FFQ</b>	Food Frequency Questionnaire
<b>Gms</b>	Grams
<b>GnRH</b>	Gonadotropin Releasing Hormone
<b>HA</b>	Hypothalamic Amenorrhea
<b>HIV</b>	Human Immunodeficiency Virus
<b>HMG</b>	Human Menopausal Gonadotropin
<b>ICPD</b>	The International Conference on population and Development
<b>ICMR</b>	Indian Council of Medical Research
<b>IVF</b>	In Vitro Fertilisation
<b>KCAL/d</b>	Kilo calorie per day
<b>LH</b>	Luteinizing Hormone
<b>MI</b>	Milliliter
<b>MUFA</b>	Monounsaturated Fatty Acids
<b>NFSH</b>	National Family Health Survey
<b>OBG</b>	Obstetrics and Gynaecology
<b>PCOS</b>	Polycystic Ovarian Syndrome
<b>PCBs</b>	Polychlorinated Biphenyls

<b>PID</b>	Pelvic Inflammatory Disease
<b>PUFA</b>	Polyunsaturated Fatty Acids
<b>STIs</b>	Sexually Transmitted Infections
<b>TSH</b>	Thyroid Stimulating Hormone
<b>RDA</b>	Recommended Dietary Allowances
<b>SPSS</b>	Statistical Products and Service Solutions
<b>WHO</b>	World Health Organization

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