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ORIGINAL ARTICLE

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PREVALENCE OF FOOD FAD AND FALLACIES REGARDING FOOD INTAKE AMONG LACTATING MOTHERS IN DISTRICT KARNAL



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ABSTRACT

Breast feeding is universal in India. Breast milk is nurture provided by nature. Several cultural practices are associated with lactation and breast feeding. The present study explored the beliefs, attitudes and practices regarding the food intake, food avoidance and special food consumption during lactation. The study was conducted on hundred lactating mothers randomly selected from Karnal district of Haryana. Information regarding dietary habits, practices as well as avoidance of particular food preparations was collected by questionnaire cum interview

Article Indexed in



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Introduction

Breast milk alone is the ideal nourishment for infants for the first six months of life, and also their "first immunization". It contains all the nutrients, antibodies, hormones and antioxidants that an infant needs to thrive - "the nurture provided by the nature".

A Good Introduction :-

Depict the significance (importance) of the study - why was this value doing in any case? Give a wide connection. Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

Five different urban and semi urban areas of Karnal district were selected randomly.

Out of these five areas, 100 households having at least one infant, below one year were selected at random. In order to meet the requirements of the study, the information was collected

A Good Materials :-

Materials may be accounted for in a different passage or else they may be distinguished alongside your systems. In biosciences we habitually work with arrangements - allude to them by name and portray totally, including convergences of all reagents, and pH of watery arrangements, dissolvable if non-fluid.

Result

Most of the subjects(47%) belonged to the age group of 25-30 years followed by 30-35years (35%) and above 35 years (18%) (Table 1). Maximum subjects were graduate (35%). Majority of the respondents (63%) believed in sikh religion and remaining (37%) were hindu.

A Good Result :-

Results are as per aims and objective and useful to further research .

Conclusion

The major conclusions of the present study are as follows: Phatak wadi has availed water, but it is being excessively used by the users. But considering availability a very economical and rational use of water as an environmental resource is expected. It is the Phatak wadi dam, which is contributing to the environmental problem like water logging.

A Good Conclusion :-

Abride your discoveries in content and show them, if fitting, with figures and tables. In content, depict each of your outcomes, guiding the per user toward perceptions that are generally significant.

References

- Anandaiah, R. , Choe, MK.(2000). Are the WHO guidelines on breastfeeding appropriate for india? In National Family Health Survey Subject Report Number 16.Mumbai,India and Honolulu,Hawaii,USA: International Institute for Population Science and East-West,Center,Population Health Study,1-23.
- Bandyopadhyay, Mridula.(2009). Impact of ritual pollution on lactation and breastfeeding practices in rural West Bengal, India International Breastfeeding Journal, 4:2 doi:10.1186/1746-4358-4-2.

A Good References :-

There are Places where the Author Tarvinder jeet Kaur and Manmeet kaur Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers		✓			
2.	Originally & Novelty of the ideas	✓				
3.	Importance of the proposed ideas		✓			
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn	✓				
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)	✓				
7.	References & Citation (Up-to-date, Appropriate Sufficient)		✓			

FUTURE RESEARCH PLANNING:

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
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3. Regarding Professor Promotion (<http://academicprofile.org/Professor/regardingPromotion.aspx>)
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This is to certify our Editorial, Advisory and Review Board accepted research paper of **Tarvinder jeet Kaur and Manmeet kaur** Topic:- **Prevalence Of Food Fad And Fallacies Regarding Food Intake Among Lactating Mothers In District Karnal** College:- **Associate professor Department of Home Science, Kurukshetra university, kurukshetra.**

The research paper is Original & Innovation it is done Double Blind Peer Reviewed. Your article is published in the month of **April** Year 2015.



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Editor-in-Chief

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Editor-in-Chief

REVIEWER COMMENTS

- The writing audit was careful, the approach was carefully exhaustive and fused the utilization of sufficient quantities of tests in dust size examination and blast tests.
- I discover no shortcoming at all with the routines, information examination, or conclusions.
- The work, as with all work advancing from this specific gathering, is generally sound.

Authorized Signature

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Review Editor

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