

CHAPTER 3

ANTHROPOLOGY

Doctoral Theses

01. ANSARI (Shagufta Naaz)
Psycho Social Correlates of Common Mental Disorders : A Study among Ramgarhia Sikh Community of Delhi.
Supervisor : Dr. Shivani Chandel
Th 25576

Abstract
(Not Verified)

Background: Depression and anxiety disorders are the two most common mental disorders. Moreover, psycho-social factors tremendously affect mental health. Thus, it is important to identify both risk factors and protective factors for these mental disorders at the community level. However, there is a dearth of such studies among ethnic minorities of India at the community level. Aim: The present study aims to understand the role of various psycho-social correlates of common mental disorders among the Ramgarhia Sikh community of Delhi. Methods: The present study is a cross-sectional, community-based study. Data on 530 individuals (62.5% females, 37.5% males) were collected for the present study. Both quantitative and qualitative methods were used for data collection. Further, data analyses were done using quantitative and qualitative software. Results: It was found that depression and generalized anxiety disorder were prevalent among the studied population. Further analyses showed the psycho-social factors like age, gender, marital status, family type, adverse childhood experience, stress, loneliness, low social support and domestic violence were posing a significantly increased risk for depression and anxiety disorder in the studied population. Also, the majority of the participants were found to have a negative attitude toward mental disorders. Further analysis showed that adaptive coping strategies and religiosity were significantly and negatively correlated with depression and anxiety levels among the participants. Conclusion: The study implies that there is a need to include screening for mental health problems at a community level. Also, there is the need to pay attention to the specific coping strategies that are being employed by the communities to promote adaptive coping. Also, the study concludes that mixed-method research may reasonably overcome the limitation of purely quantitative and purely qualitative approaches at each of these levels. The mixed-method approach will provide a holistic understanding of mental health research in anthropology.

Contents

1. Introduction 2. Review of literature 3. Material and methods 4. Results 5. Discussion 6. Summary and conclusion. References. Annexure. List of publication.

02. DUTTA (Drabita)
Anthropological Study on Traditional Cottage Industry of Lower Assam.
Supervisor : Pof. P.C.Joshi
Th 24954

Abstract
(Not Verified)

The thesis is the study of the cottage industry of Assam draws on the concepts of self sufficiency of craft and craftsmanship, occupational health and safety related issues as well as globalization or economic

practices. The crafts sector has always led a mysterious life in social and cultural anthropology, considering its diversity and global significance. The thesis is an outcome of ethnographic approach, which combines numerous methods like participant observation, focus group discussion, interviews, visual aids and the like. Narrative as a method of comprehending persons' social assemble and social environment, how they provide senses to their knowledge and everyday lives, and vigorously keep in narrating it. The main aim of the research is to develop a deeper understanding of the rural traditional crafts and craftsman's issues of Assam with focus on change in form, structure and raw materials due to globalization. It also intends to understand the interaction between artisans and consumers of the craft to understand the influence on changing aspects of the craft. Even if the primary objective is to study on aged old crafts and artisans who are engage with this occupation are key source on rural self-sufficient economy. the concepts and studies of handicrafts and handloom clusters, borrowing some concepts from other social sciences studies on rural areas, Globalization, Occupational Health and Safety studies on formal and informal sectors and then moving on to the anthropological approaches to study craft artisans. In this thesis has focused on the new ideas for the social and economic uplifting of the rural craft artisans as such perceptions might be useful for the development of these rural small- scale cottage industries. In Assamese handicraft and handloom clusters may be expressed that the worldwide spread of the craft articles theoretically can be pictured as a procedure of globalization. .

Contents

1. Introduction 2. Review of literature 3. Field work and experiences 4. The settings 5. Craft and craftsmanship 6. Traditional cottage occupation in an era of globalization 7. Environmental occupational health and safety in the few selected cottage crafts clusters of Assam 8. Conclusion 9. References, Glossary and Annexure.

03. KAUR (Sukhmani)

Physiological Socio Demographic and Lifestyle Variables of Obesity: A Study among Ramgarhia Sikh Community of Delhi.

Supervisor : Dr. Shivani Chandel

Th 25517

Abstract (Verified)

Background: Obesity is an important public health problem and is associated with high morbidity and mortality. Sikh community has shown a rising trend of obesity and its related non-communicable diseases over the last few years. Therefore, the present study aimed to estimate the prevalence of obesity along with its comorbidities and to understand their dynamic inter-relationship among the Ramgarhia Sikh community of Delhi. Methods: A cross-sectional study was carried out among 582 individuals (240 males and 342 females; aged 18 to 55 years) belonging to Ramgarhia Sikh community of Delhi. Data on general information, socio-economic status, dietary pattern, dietary nutrient intake, physical activity levels, medical history, somatometric measurements and physiological variables were collected. Statistical Package for the Social Sciences software (version 20) was used for data analysis. Conclusion: The study results indicated an alarmingly high prevalence of obesity and hypertension, especially stage I hypertension in the studied population. With such an alarming increase in the prevalence rate of these lifestyle diseases, the healthcare providers and policy makers should device the measures for prevention and management of these non-communicable diseases to prevent further complications and epidemiological outburst in the country.

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1. Introduction 2. Literature review 3. Material and methods 4. Results 5. Discussion 6. Summary and conclusions. References. Annexures. List of publication and list of paper presentations/workshops attended.

04. KHUSHBU KUMARI

Screening of Hemoglobinopathies and Mutation Detection of β -Thalassemia Carriers among Bhanushali Population of Gujarat, India.

Supervisor : Dr. Benrithung Murry.

Th 24956*Abstract*
(Not Verified)

Thalassemia and hemoglobinopathies pose serious health problem leading to severe morbidity and mortality. Beta-thalassemia is an inherited disorder characterized by reduced or absent β -globin gene expression. β -thalassemia is probably the most important genetic disease in the Indian subcontinent. Screening of beta -thalassemia was carried out among the Bhanushali population of Jamnagar district of Gujarat. A total of 355 individuals of both sexes in the age group 10-33 years, unrelated up to first cousin, belonging to Bhanushali population of Gujarat were recruited. Screening for the beta-thalassemia carriers was done by CBC and HPLC which was followed by molecular characterization and sequencing for the recognition of mutations among carriers. The prevalence of Hemoglobinopathies was found 11.5% among screened population with 10.1% β -thalassemia carriers and 1.4% HbD Punjab heterozygous variant. Knowledge, attitude and practice (KAPs) schedule were used to assess the health seeking behaviour, assessment of knowledge on beta-thalassemia in the Bhanushali population. Almost 90% of the population does not have proper knowledge about the thalassemia. It is a remarkable observation that over 96% of the Bhanushali population does not know the difference between thalassemia carrier and thalassemia major and this unawareness is seen to be one of the major factors affecting their attitude and health seeking behaviour towards thalassemia. Lack of awareness about prevalent genetic diseases in the region remains to be high. High prevalence of hemoglobinopathies such as β -thalassemia and HbD Punjab heterozygous and high cases of anemia among identified hemoglobinopathies cases combined with lack of awareness in the Bhanushali population is observed. Frequency of 619bp deletion mutation is also high in this population. Awareness programme, community carrier screening, premarital genetic counseling and prenatal diagnosis options are very essential for prevention of beta-thalassemia carriers in the Bhanushali population.

Contents

1. Introduction 2. Review of literature 3. Material and methods 4. Result and discussion 4. Knowledge attitude and practice on Thalassemia 5. Screening and molecular characterization of hemoglobinopathies 6. Nutritional anaemia and β -thalassemia 7. Summary and conclusion 7. References and conclusion 8. References. annexures and publications.

05. KHIAMNIUNGAN (Khuno Samson)

Growth and Nutritional Status among Children and Adolescents of Khamniungan Tribe Tuensang District, Nagaland: An Anthropological Study.

Supervisors : Dr. P.R. Mondal

Th 25516*Abstract*
(Verified)

The present study is an attempt to understand the growth and nutritional status and the relationship between energy intake (kcal) and physical activity with nutritional status among the school going Khamniungan tribal children and adolescents of Tuensang district, Nagaland. A total of 960 individuals in the age group of 5-16 years of both the sexes participated in the present study. All the somatometric measures were collected using the standard methods given by the International Society for the Advancement of Kinanthropometry (ISAK). The 24-hour dietary recall method was employed for dietary intake and an in-person interviewer-administered methodology was adopted for the interview. Dietary intake was analyzed using the DietCal software. The physical activity was assessed using the 24-hour

recall method. The 24-hour physical activity recall was assigned a literature-based metabolic equivalent task (MET) value based on the reported activity and intensity level and categorized as physically active and physically inactive according to (WHO, 2010) global recommendations of at least 60min/day of moderate to vigorous physical activity (MVPA) for health. Children and adolescents in the present study were shorter and lighter across all age and sex as compared to their counterparts Indian children. The double burden of malnutrition was observed in the present study. The dietary habit mostly comprised of cereals and millets followed by grains legumes and other vegetables. A high percentage of children and adolescents had inadequate intake of nutrients for macronutrients, vitamins, minerals, and Energy intake in terms of calories in the present study. About 74.3% of children and adolescents were physically inactive. The differential association of selected risk factors among underweight, overweight, and obese children and adolescents reveals that inadequate energy intake and physical inactivity are more likely to cause health problems among the underweight as compared to the overweight/obese children and adolescents.,

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1. Introduction and literature review 2. Area and people 3. Materials and methods 4. Results 5. Discussion 6. Summary and conclusion. References. Annexures and list of publications and presentations.

06. KSHETRIMAYUM SURMALA DEVI

Lifestyle Pattern Quality of Life and Metabolic Syndrome : An Anthropological Approach.

Supervisor : Dr. Meenal Dhall

Th 24955

Abstract (Verified)

The present study investigates socio-demographic profile, life style variables, health profile, patterns of physical activity, association of various bio-social factors and genetic markers with metabolic syndrome and its components. It was a cross-sectional study carried out in the state of Delhi among the Khatri, Aroras and Baniyas who had been residing in Delhi for the past 15 years. The study consisted of 605 participants aged 20-55 years of both the gender. Sample size was estimated objective wise. Participants were interviewed through self-administered proforma and standardized questionnaire for assessment of socio-demographic status, behavioural and lifestyle pattern. Anthropometric, physiological measurements and haematological variables were assessed and recorded. The data collected was analyzed using the computer software known as Statistical Package for Social Science (SPSS version 16). The study revealed that 39.8 % of the participants were diagnosed with MetS according to NCEP ATP III and 51.9% using IDF definition among the study population. Presence of MetS was moderately higher among males (42.2%) than females (37.5%). Study on the components of metabolic syndrome showed that among all, low HDL cholesterol was mostly prevalent in females and high blood pressure in males. The present study showed age as a significant predictor of MetS. Logistic regression analysis of physical activity with metabolic syndrome and risk factors showed that female participants with low physical activity level had significantly higher risk of having impaired fasting blood glucose. Hypertension with respect to diastolic blood pressure showed significant association with ID genotype of ACE. The findings of the present study indicated the presence of MetS impaired QoL score as reflected in the lower mean score of domain scores. Among the components of MetS, elevated SBP was found to be significantly associated with lower physical health domain and psychological health domain in males.

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1. Introduction 2. Material and methods 3. Results 4. Discussion 5. Summary and conclusion 6. References. Annexure. List of publications. List of presentation in seminars/ conferences. Photographs from the fieldwork.

07. KULSHRESHTHA (Monika)
Dance and Health: A Study among Female Kathak Dancers of Delhi NCR.
 Supervisor : Dr. Shivani Chandel
Th 25577

Abstract
(Verified)

The aim of the present study is to determine the differential effect of Kathak dance on physical and mental health of females in Delhi- NCR. Participants were 206 female Kathak dancers and 235 non-dancers, ages 18-41 years of Delhi-NCR. Data were collected from participants for assessing demographics, lifestyle, physical and mental health. All statistical analyses were conducted using MS Excel version 2010 and SPSS version 20. There were no significant differences in the adiposity indicators between Kathak dancers and non-dancers except for Waist-to-Hip ratio. Both systolic and diastolic blood pressure was higher among non-dancers compared to dancers. Kathak dancers endorsed significantly higher upper and lower body muscular strength ($p < .001$), core endurance ($p < .001$) and flexibility levels ($p < .001$) compared to non-dancers. Dancers with high handgrip strength had significantly reduced risk for developing hypertension than non-dancers (OR = .037; 95% CI [0.01, 0.13]; $p < .001$ vs. OR = 1.73; 95% CI [0.92, 3.23]; $p = .086$). Further, the prevalence of perceived stress was similar among Kathak dancers and non-dancers. Non-dancers with elevated perceived stress levels were four times more likely to report depressive symptoms (OR = 4.89; $p < .001$ vs. OR = 2.12; $p = .025$, respectively), and seven times more likely to report generalized anxiety disorder, relative to dancers. Dancers with elevated body shape concerns were five times more likely to report disordered eating attitudes, relative to their peers ($p < .001$). Kathak dance can be taken up as a form of exercise for maintaining optimal weight, preventing hypertension, improving muscular strength and endurance level and for reducing the risk of developing depression and generalized anxiety disorder among non-dancers. Awareness regarding the early recognition and prevention of disordered eating attitudes should be created among Kathak dancers.

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1. Introduction 2. Literature review 3. Material and methods 4. Results 5. Discussion
 6. Summary and conclusion. References. Annexures. List of publications. List of paper presentations.

08. MEHTA (Ankita)
Work and Well Being: An Anthropological Study of Migrant Women Labour in Delhi.
 Supervisors : Prof. S.M. Patnaik and Dr. Avitli G. Zhimo
Th 24958

Abstract
(Verified)

Studies on women, work and well-being have not been much and extensive especially concerning the construction industry. Women are affected by the strenuous nature of the job in addition to the domestic load. Migration imports with itself traditional roles in new culture that positions women as more vulnerable. The main objectives of the study are to study how well-being is conceived locally, how people negotiate with circumstances in life to ensure well-being, the meanings attached and approaches adopted by the people. This study is a multi-sited ethnography; fieldwork was conducted in Delhi and village Khadowara, Uttar Pradesh. The present study seeks to understand the local conception of well-being and negotiation adopted by the people. This study reveals how meanings are given to well-being and approaches that people adopt to ensure it. The study unravels that well-being exists in interaction shaped by culture. Culture shapes interactions and meaning resulting in emotions that are not stocked in an individual. Health, wealth and social capital produce well-being through interactions, meanings, and conditions. Social capital does not produce well-being rather how people achieve social status with their approach to social relations determines well-being. Hence, approach to different predicaments produces

well-being. Subjective well-being can be reasoned through interactions and diverse meanings that people attach to it. Laborers encounter interactions that can be disgraceful or non-reciprocal especially about women being unskilled workers. The absence of well-being is not inconclusive but is usually a result of non-felicitous interactions.

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1. Introduction and theoretical framework 2. Methodology 3. Ethnographic background : locating the community 4. Migration and labour activities 5. Motivation for migration 6. Health and well being 7. Labour welfare and social well being 8. Discussion and conclusion 9. Bibliography. Glossary and local words. Appendices List of tables. List of photographs. List of figures. List of maps.

09. NILUPHER

Bio Social Predictors of Health and Quality of Life among Adult Population of Delhi.

Supervisor : Dr. Meenal Dhall

Th 24957

Abstract (Verified)

The present study aims to investigate the multiple factors contributed in degrading the health and QoL of the adult population of Delhi. It was a cross-sectional study conducted in North Delhi among 590 (272 males and 318 females) participants within the age group of 20 to 55 years. Ethical approval and informed written consent was taken prior to the study. Socio-demographic, lifestyle, psychological and required measurements were assessed through standard proforma and questionnaires. Four genetic markers were also included in the study. Statistical analysis was done using SPSS 17.0.. Majority of the male participants had a total family income of Rs 20,100 to 50,000 per months and were educated upto graduate and above. Watching television was found to be positively correlated with adiposity markers, physiological and cardiometabolic markers among both males and females. Negative correlation was found between physical activity level and adiposity markers among both males and females. Adiposity markers were found to be higher among late menopausal females. Consumption of less than three meals/day was mostly found among females with late age at menarche. The study showed the risk of having poor psychological quality of life with early onset of menarche, late age at menarche and presence of emotional changes during or after menopause. The increasing risk of irregular menstrual cycle, early menopausal age and presence of emotional changes during or after menopause were found among females with above average stress. The prediction of increasing adiposity and blood pressure was observed in ACE ID/DD, TCF7L2 CT/TT and FTO AT/AA carrier among females. Dietary habits, quality of life, physical activity, psychological factors etc. were found to affect the general health of participants. Though genetic factors may contribute in affecting the health of the individuals, it has been found to be controlled by healthy lifestyle habits.

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1. Introduction 2. Materials and methods 3. Results 4. Discussion 5. Summary and conclusion. References. Annexures (1a-Id). List of presentations and publications. Photographs from the fieldwork.

10. RAJEEV

Study of Cardiovascular Adversities among Yadav Population of Firozabad District, Uttar Pradesh, India.

Supervisors : Prof. P. R. Mondal and Prof. R. Lakshmy

Th 24958

Abstract
(Verified)

Last few decades, it was assumed that non communicable diseases like cardiovascular diseases (CVDs) occurred in developed countries but nowadays it is also reported in developing countries like India. The present research work is a cross sectional study conducted among Yadav population (OBC) in rural area of Firozabad district, Uttar Pradesh, India. Interview schedules were used for data collection by random sampling. 246 household data (1666 individuals) were collected for demographic analyses. Out of which 397 individuals of either sex (101 men and 296 women) between ≥ 18 to ≤ 65 years of age unrelated up to first cousin were selected for somatometric and physiological analyses by using standard protocols. Intravenous blood samples (5ml) were collected from 297 individuals for biochemical analyses. Statistical analyses were performed by using SPSS 20 version. The demographic analyses revealed that the present population is a growing population indicating a huge proportion of children and young individuals and smaller proportion of elderly persons. The literacy rate of present study found to be 75.8%. The frequency of widowed was higher among females (4.9%) as compared to males (0.8%). The socioeconomic status showed that present study population lies in the buffer zone (i.e. between upper middle class and lower class categories) of society. Vegetarian food habits along with high milk consumption were observed. Male were having significantly high physical activity level as compared to females. It was also observed that frequency of tobacco and alcohol usages were also higher among males. A positive association was observed between age and cardiovascular variables represent high prevalence of abnormal adiposity, hypertension, dyslipidemia, diabetes and metabolic syndrome along with aging. The interrelation association between cardiovascular variables indicated high risk of CVDs among Yadav population. There is an urgent need to spread awareness about CVDs risk and their adverse outcomes.

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1. Introduction 2. Review of literature 3. Area of people 4. Materials and methods 5. Demographic profile of the Yadav population 6. Result and discussion 7. Summary and conclusion. References. Annexures. List of publications.

11. SAINI (Simmi)
Genomic Epidemiology of Segmental Body Fat Distribution among the Women Population of Telangana.
 Supervisor : Dr. Vipin Gupta
Th 24960

Abstract
(Not Verified)

This study attempts to study the epidemiology of adverse adiposity levels based on segmental body fat distribution and also to explore the genetics of segmental body fat using genome-wide approach among women, with underlying objectives a) To find the prevalence of generalized and central obesity in the study population. b) To explore the prevalence of risk factors associated with overweight/obesity and adverse patterns of body fat distribution. c) To explore the exonic genetic variants associated with segmental body fat distribution. The present study included 300 women samples (age ≥ 18 years) available from ideal population based life-course epidemiological cohort i.e. Andhra Pradesh Children and Parents Study (APCAPS) cohort. Data on segmental bioelectric impedance analysis (BIA), demographic, somatometric, physiological and lifestyle variables were utilized from third phase of APCAPS. Deoxyribonucleic acid (DNA) was isolated from blood samples using phenol chloroform method. Illumina's Infinium HumanCoreExome BeadChip was used for generating genetic data on functional exonic variants. The prevalence of obesity was found to be 22.7% as per WHO criteria (BMI ≥ 30.0 kg/m²). However, prevalence of obesity was increased (64.7%) when the studied participants were categorized according to Asian Indians specific cut-off (BMI ≥ 25.0 kg/m²). Further, the prevalence of central obesity based on WC (≥ 80 cm) and WHR (≥ 0.85 cm) were found to be 23.7% and 42.3%, respectively. The significant associations of upper socio-economic position (OR =1.99, p = 0.017) and

education (OR = 3.52, $p = 0.021$) were found with overweight/obesity. Occasional alcohol intake was also found to be significantly associated with patterns of body fat distribution and overweight/obesity. Moreover, no genome-wide significant associations ($p < 10^{-6}$) were found between genetic variants and segmental fat distribution. In conclusion, if this research could have been conducted on larger sample size, some association between genetic variants and segmental fat distribution might have detected.

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1. Introduction 2. Aims and objectives 3. Review of literature 4. Materials and methods 5. Result 6. Conclusion 7. Summary and conclusion 8. References. List of publications.

12. VARHLUNCHHUNGI

Hypertension among Liangmai and Mizo Tribes of Manipur: an Anthropogenetic Approach.

Supervisor : Dr. Naorem Kiranmala Devi

Th 24961

Abstract (Not Verified)

The present study aims to explore the association of selected anthropogenetic variables such as obesity, dyslipidemia and genetic markers with hypertension. This study was conducted among Liangmai and Mizo tribes of Manipur. A total of 754 individuals (Liangmai tribe = 352; Mizo tribe = 402) were recruited from both sexes aging ≥ 20 years and were unrelated upto first cousin. Data on demography, blood pressure and somatometric variables were collected using an interview schedule and standard technique respectively from each recruited individual. 5 ml of fasting blood (intravenous) was collected for biochemical and genetic analysis. Gene-gene interaction was analyzed using MDR software. Prevalence of hypertension was significantly higher among Mizo tribe. Only high BMI and high WC were found to pose risks for hypertension among Liangmai tribe but not in Mizo tribe. Among Liangmai tribe, MC4R rs17782313 gene polymorphism posed a significantly lower risks for hypertension. However, age wise distribution indicates that CT genotype shows protective nature while mutant CC genotype seems to have a survival disadvantage for hypertension. Among Mizo tribe, MTHFR C677T genetic polymorphism was found to pose significantly decreased risk for hypertension. However, age wise distribution showed a decreasing trend which indicates a survival disadvantage for hypertension. Gene-gene interaction reveals that MC4R rs17782313 gene polymorphism is predominantly associated with hypertension only among Liangmai tribe. Further, gene-environment interaction indicates that MC4R rs17782313 gene polymorphism and high BMI as the best combination for predicting hypertension among Liangmai tribe while MTHFR C677T gene polymorphisms was the best predictor among Mizo tribe. The differential association of selected risk factors, independently or in combination with hypertension observed in the present study indicates a complicated interplay between genetic and environment factors in different populations. Hence, this study highlights the importance of gene-environment interaction to understand the complex pathophysiological disorder like hypertension.

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1(a). Introduction 1(b). Literature review 2. Area and people 3. Materials and methods 4(a). Results : distribution of normal and abnormal blood pressure 4(b). Results : association of obesity and lipid variables with hypertension 4(c). Results: association of selected genetic polymorphisms with hypertension 4(d). Discussion 5. Summary and conclusion. References. Annexures. List of publications and presentations.

M.Phil. Dissertations

13. BABBAR (Guncha)
Anthropological Perspective on Cyber and Digital Mediation of Political Activism as a Cause of Social Change.
 Supervisor : Dr. Avitoli G Zhimo
14. CHAKRABORTY (Sayak)
Palaeoecology of the Upper Siwaliks of Haryana and Its Significance in Palaeoanthropology.
 Supervisor : Prof. M. P. Sachdeva
15. MAZUMDER (Suryasnata)
Religion and Gender among the Dawoodi Bohras of Kolkata.
 Supervisor : Dr. R. P. Mitra
16. SARGEARY (Gayatri)
An Anthropology Study of Role of Ngos in Development Activism in Majuli District, Assam.
 Supervisor : Dr. M. Kennedy Singh
17. SHARMA (Apoorva)
Infertility and wellbeing: a case control study in north Indian Women.
 Supervisor : Dr. Chakraverti Mahajan