BANGABASHI MORNING COLLEGE

19 Rajkumar chakraborty Sarani kolkata 700009

Physical
ANTHROPOLOGY
The Evolving Human
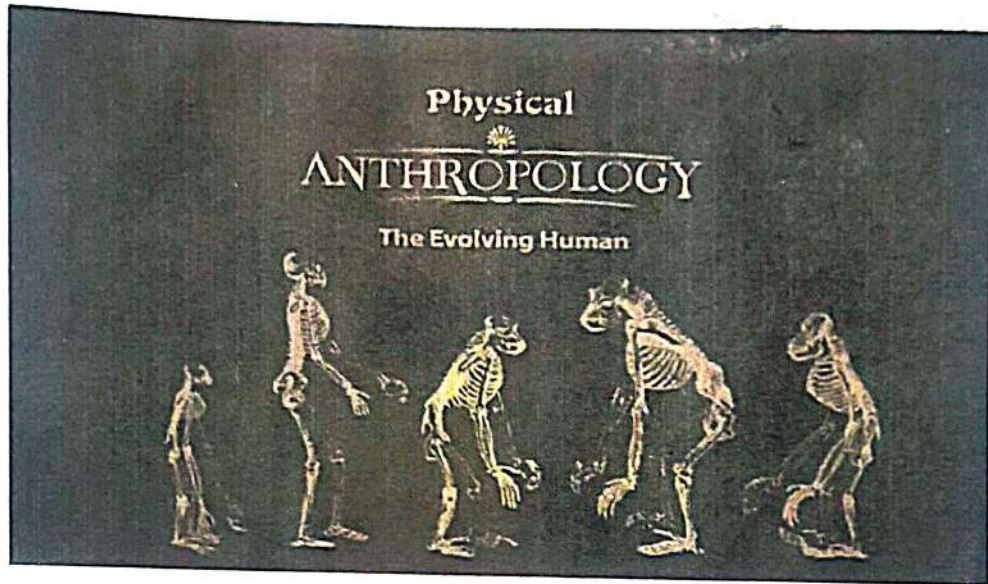
FIELD WORK OF ANTHROPOLOGY

Title)
Forwarding)

CU. ROLL NO. 203144 − 22 − 0011

CU. REGISTRATION. NO. 144 − 1111 − 1298 − 20

SESSION − 2022 − 2023.

Semester − 5th

Examined
13/01/23

Ext'd
13/01/23

TITLE

A study on the Perceived health (Status) and health Care Practices of Elderly Persons of Bedilious Road Area of West Bengal Howrah - 7011102

Preface

This field work has been given by our Anthropology department of Bangbashi Morning College which is under our Culcutta University. This field work is given by our H.O.D profeser prosanjit Sarkar and profser chumo sherpra to the students of 5th Semester. This field Work is for our practical Examination.

Index

Acknowledgement

I would like to express my special thanks of gratitude to my teacher prof. prasanjit Sarkar, chumo sherpra & Amita Mazumder. Who gave me the golden opportunity to do this Wonderful project and field work. Who also helped me in completing my project. I Come to know about so many new things I am really thankful to them.

Secondly I would also like to thank my parents and friends who helped me a lot in finalizing this field work within the limited time frame.

Aniket Prasad.

B.Sc pure Science
(General).
5th Semester

①

Introduction

Anthropology is the scientific study of humanity, concerned with behaviour, human biology, cultures, societies, and linguistics, in both the present and past, including past human species.

Social anthropology studies patterns of behavior, while cultural anthropology studies cultural meaning, including norms and values. A portmanteau term sociocultural anthropology is commonly used today. Linguistic anthropology is studies how language influences social life. Biological or physical anthropology studies the biological development of human.

Biological Anthropology :-

Biological Anthropology (also referred to as physical anthropology) is the subfield of anthropology concerned with humans as a biological species. As such, it is the subfield most closely related to the natural sciences. Biological anthropologists conduct research to understand both human evaluation and modern human variation. The investigation of human evaluation presents one of the most tantalizing areas of anthropological study.

Archaeology :—

Archaeology, the branch of anthropology that examines the material traces of past societies, informs us about the culture of those societies — the shared way of life of a group of people that piles, or middens, to discover how members of past societies ate their meals, what tools they used, and what beliefs gave meaning to their lives.

Linguistic Anthropology :—

Linguistics, the study of language, has a long history that dovetails with the discipline of philosophy, but is also one of the integral subfields of anthropology. Linguistic anthropology focuses on the relationship between language and culture, how acquires and uses language. Linguistic anthropologists seek to discover the ways in which language are different from one another, as well as how they are similar. Two wide-ranging areas of research in linguistic anthropology are structural linguistics and historical linguistics.

Cultural Anthropology :-

Cultural Anthropology is the subfield of anthropology that examines Contemporary Societies and Cultures throughout ~~over, from~~ the world. Cultural anthropologists do research the world over, from tropical rainforests to the first professional Cultural anthropology focused on non-western Cultures in Africa, Asia, the Middle East, Latin America, and the pacific Islands and on the Native American Populations in the United States. Today, however, many Cultural anthropologists have turned to research on their own Societies In order to gain a better understanding of their institutions and cultural values.

Cross - Checking of data

Data Collection :-

Data are collected at the lost of fieldwork they are largely based on our sense - observations. The word observation in the content of data collection, includes all forms of sense preceptions used a datum. "A datum is what is observed," is maintast on phenotypical. I look for the facts by observing the people carefully. I try to understand the themes of every behaviours. Being and observer one should keep myself about from the struggle of the community. I am supposed to be certain limitation for me. No condidential information each be gathen in this way. at present I most of the supplement their 'observation' by the methods of interview The collected data is purely avaiatative in nature.

* <u>Primary data</u> :— Primary data are those which are collected athesh for the first time and thus happen to be original in character. Eyewitness events are taken into account.

* <u>Secondary data</u> :— Secondary data are those which already been collected by someone else and such data, are generally processed data. He say evidences are are also collected here.

* <u>Qualitative data</u> :— Qualitative data is the descriptive and conceptual finding collected through quationnaries, interviews, or observation. Its describing the attributes or properties than an obser possesses

* <u>Qualitative data</u> :— Qualitative datat that can be counted or measured in numerical values. Examples. Height in feet, age, in years, and weight in pounds or qualitative data.

Scope of study

The present study is an attempt to understand dimensions of life satisfaction and quality of life among elder persons of different places. The data is collected from 25 elderly living in different place of west bengal. The results of the study reveal that elderly describe their life stisfaction in terms of financial self-sufficiency, food habits, affordable treatment, affinity habit with their health conditions.

Health and well being are important aspects of ageing. Disability among the older population in India is high. The mean WHODA is score of 71.3 is lower (in this score lower indicates worse health) than any of the five countries (china, Ghana, Mexico, Russia, South Africa) that have similar data. Also, nearly 90% of the old reported suffering from at least one disability. Disability and poor health in old age in India is because of the double burden of Communicable and non-communicable disease. This is unlike ageing population in develop countries where communicable disease are not a major risk factor. The burden of disease

in old age is further worsened by high rates of smoking and other life style factor. As with other aspects of ageing, there are important differences in health status by gender, economic status, dependency level, marital status and living arrangements of the elderly.

After statistically calculating sample of 25 older persons (OPs) through randomly interviewed by taking their verbal consent after introducing them about objective of study. Structured question naire was development for data collection purposes. Data was entered in structured formatted paper and analyzed by manually through pic charts in project paper.

Materials and methods –

Current study was conducted in ~~barract~~ Howrah (belili-
ons lane) and a sample of 25 was interviewed to
satisty the study requirement. Structured manually
interview was implemented to collect data i.e. by
questioning. Every participant was fully informed about
the objectives of study and ~~ques~~ insured that their
name will be kept secret. and only relevant informat-
ion will be disclosed in data. And after getting their
a verbal consent information was gathered. Data
entry was done in a data sheet and analyzed by me
to test the results.

Results

Response	frequency	Percent
60 – 64	2	8.00
65 – 69	13	52.00
70 – 74	5	20.00
75 – 79	3	12.00
80 – 84	2	8.00
85 – 89		
' 90 +		
Total	25	100.00

Table 1 – Age Distribution of the Respondents.

To satisfy the requirement topic age of every individual starting from 60 years to onwards. Among 25 respondents 8% were fall under the category of 60-64 year of age, participation from 65 to 69 years age group was 52%, 20% were fall under the category of 70-74 years of age, participation from 75 to 79 years age group was 12% Percentilis also depicts the 8% of the respondents were belong to 80 and above years of age.

Old Age is	Frequency	Percent
Illness and disease	23	92.00
Stress and depression	1	4.00
Social isolation and ignorance	1	4.00
Increased dependency		
Less social participation		
Poor physical and mental health		
Total	25	100.00

Table-11. What do you think about an old age

Table-11 explaining the concepts of older persons about old age on the might say table. depicts the different perceptions of OPs about age being an older per In 92% cases OPs were of the view that old age is the name of illness and disease, aand social isolation and ignorance with 4%., and stress and depression with 4%.

Response	Frequency	Percent
Hypertension	11	44.00
Heart Problems	1	4.00
Diabetes	3	12,00
Arthritis	1	19.00
Asthma	2	8.10
Other	6	24.00
NA/ No diseases	1	4.00
Total	25	100.00

In 44% cases respondents reported hypertesion, in 4%. cases beat heart proble problem is per recorded, 12% of OPs were diabetic, 4% and 8% complained about arthritic and asthma respectively and 24% were reported other disease like TB, Hepatitic and psychological issues ete.

Findings :-

Ageing is global issue with all its impact and Consciousness as observed. This research focused is collect the opinion of OPs about what they perceived about old age. Concepts were constructed and developed not only by an individual but society and cultural values also played their role in this scenario. It is true that the image of OPs in developed and modern world is failing ; studies were more focused in the concept of the image of ageing and deliberate this to be signifac significant in the concept of the image of and prosperity of older people as explained by Tobin (1999). Fischer et al; (2008) on further explains that growing old is now defined as " maintaining one's dendity in spite of the changes that come with ageing and, enhancing opposites -

study finding unveils that respondents considers old age as illness and disease, life as stress and depression, increases social isolation respectively.

Theoretical paradigm in ageing is normally covered by Activity theory, Disengagement theory and continue theory. Continuity theory is explained that it ax active to be inactive, we may explain this that if someone want to enjoy a successful old age then he should contribute in different socio-cultural and political activities but if the he did not able to maintain an active status this means he will not able to sustain an active person role in old age. While disengagement theory is concerned with to leave Social-cultural responsibilities either by Hilliegly or by forces and on the other hand continuity theory explain that successful ageing ix only achieved by continuing post life style. But Unfortunately all three school of thoughts not proved these theories by using empirical or historical evidances as reported by Fiopoulos (2010), Moody (2010) and Tabloski (2006).

Different Social and cultural forces help to develop the concept about old age. As Irwin explain that researcher from different disciplines and having to a range of diverse view points explained development were reported to place ops at the corner of.

Society, as different modes of socio-cultural exclusion and at high risk of poverty. These factors contributed to develop negative stereo types among elders about old age. Processing of ageing, historic changes and the ordering of life development divisions in work society all appear as dominant factors which marginalize OPs, iso-lated them from centers of power and of knowledge.

Bengtson et. al. (1975) explain the development of stereo types by using data from a relative research of 5450 young adults in 6 developing countries and come up with parallel findings that social change was associated to negative perceptions of ageing. One of the previous studies depicts a view point that ageing can affect other individual's described wish to live. point that ageing can affect other individu they were importantly more likely to reject life extending health treatment in supposed situations, where as those in the positive stereotype group were in supposed situations, where as those in the positive stereotype group were significantly more likely to accept life prolonging medical treatments.

Table 1 - Distribution of population on the basis of Sex.

Age \ Sex	Male	Total	Total Percentage
60-64	IIII (4)	4	26.66 %
65-69	IIII (4)	4	26.66 %
70-74			
75-79	I (1)	1	6.66 %
80-84	III (3)	3	20 %
85-89	I (1)	1	6.66 %
90+	II (2)	2	13.33 %
total	15	15	100.00 %

Age vs Sex distribution table for male

Age \ Sex	Female	Total	Total Percentage
60-64	IIII (4)	4	40 %
65-69	IIII (4)	4	40 %
70-74	I (1)	1	10 %
75-79	I (1)	1	10 %
80-84			
85-89			
90+			
Total	10	10	100.00

Age vs Sex distribution table for female

Observations - from the data of table 1

Incase of Male : -

→ from 60 to 64 range male we get only 4 males

→ From 65 to 69 range male we get that there are 4 males.

→ From 75 to 79 range male we get only 1 male

→ From 80 - 84 range male we get there are 3 males.

→ 85 - 89 range male we get only 1 males

→ 90+ range male we get that there are 2 males.

→ So, by observing we get that there are 15 males among 25 people.

Incase of female : -

→ from 60 to 64 range female we get that there are 4 female

→ from 65 to 69 range female we get that there are 4 females

→ from 70 to 74 range female we get that there are Only 1 female.

→ from 75 to 79 range female we get that Only 1 female.

→ So, by observing we get that there are 10 female among 25 people.

Calculative data for pic. chart from table - 1

Calculative data table of male

Age divison	Total Male	Total Percentage	Degree (3.6 x percentage).
60-64	4	26.66 %	96°
65-69	4	26.66 %	96°
70-74			
75-79	1	6.66 %	24°
80-84	3	20 %	72°
85-89	1	6.66 %	24°
90+	2	13.33 %	48°
Total	15		

Calculative data table of Female

Age division	Total Female	Total Percentege	Degree (3.6 x percentege)
60-64	4	40 %	144°
65-69	4	40 %	144°
70-74	1	10%	36°
75-79	1	10%	36°
80-84			
85-89			
90+			
Total	10		

Table 2: Distribution of the male and female population on the basis of marital status.

Age \ Marital Status	Married	Unmarried	Widower	Divorce	Total	Total Percentage
60 – 64	III (3) 20.00%	I (1) 6.66%			4	26.66
65 – 69	IIII (4)				4	26.66
70 – 74						
75 – 79	I (1) 6.66%				1	6.66
80 – 84	II (2) 13.33%		I (1) 6.66%		3	20
85 – 89	I (1) 6.66%				1	6.66
90+	II (2) 13.33%				2	13.33
Total	13	1	1		15	100.00

Age Vs Marital status distribution table for male

Age \ Marital Status	Married	Unmarried	Widower	Divorce	Total	Total Percentage
60 – 64	IIII (4) 40.00%				4	40
65 – 69	II (2) 20.00%	I (1) 10%	I (1) 10%		4	40
70 – 74	I (1) 10.00%				1	10
75 – 79		I (1) 10.00%			1	10
80 – 84						
85 – 89						
90+						
Total	7	2	1		10	100.00

Age Vs Marital status distribution table for female.

Observations from the data of table 2

In Case of Male :

→ From 60 - 64 range male we get that there are 3 Married 1 Unmarried male.

→ From 65-69 range male we get that there are 4 Married.

→ From 75-79 range male we get only one 1 Married

→ From 80-84 range male we get only two or Married, 1 widower.

→ From 85-89 range male we get only 1 married

→ From 90+ range male we get 2 married.

→ So, by observation we get that among 25 people 15 male people 1 Unmarried 1 widower.

In Case of female :

→ From 60-64 range female we get 4 married.

→ From 65-69 range female we get 2 married, 1 Unmarried, 1 widower.

→ from 70-74 range female we get only 1 Married.

→ 75-79 range female we get only 1 Unmarried.

→ So, by observation we get that among 25 people 7 female people married 2 Unmarried 1 widower.

Calculative Data for pie chart from Table 2

Age division	Total Male	Total Percentage	Degree (3.6 × Percentage)
60 – 64	4	26.66 %	96°
65 – 69	4	26.66 %	96°
70 – 74			
75 – 79	1	6.66 %	23°
80 – 84	3	20%	72°
85 – 89	1	6.66 %	23°
90+	2	13.33 %	48°
Total	15		

Calculative Data Table of Male

Age division	Total Female	Total Percentage	Degree (3.6 × Percentage)
60 – 64	4	40 %	144°
65 – 69	4	40 %	144°
70 – 74	1	10 %	36°
75 – 79	1	10 %	36°
80 – 84			
85 – 89			
90+			
Total	10		

Calculative Data Table of Female.

Age Vs Education Status distribution table for male.

Education / Age	Illiterate		Literate					Total (a+b)	Total Percentage
	Can't Sign	Total (a)	Primary	Secondary	Higher Secondary	Graduation	Total (b)		
60 – 64			III (3) 20%	1 (1) 6.6%			4	4	26.6%
65 – 69	1 (1) 6.6%	1	1 (1) 6.6%		11 (2) 13.3%		3	4	26.6%
70 – 74									
75 – 79				1 (1) 6.6%			1	1	6.6%
80 – 84	1 (1) 6.6%	1	1 (1) 6.6%		1 (1) 6.6%		2	3	20%
85 – 89				1 (1) 6.6%			1	1	6.6%
90 +					11 (2) 13.3%		2	2	13.3%
Total.	2	2	5	3	5		13	15	100.00

Education Status / Age	Illiterate		Literate					Total (a+b)	Total Percentage
	Can't Sign	Total (a)	Primary	Secondary	Higher Secondary	Graduation	Total (b)		
60–64	II (2) 20%	2	II (2) 20%				2	4	40%
65–69	I (1) 10%	1	II (2) 20%			I (1) 10%	3	4	40%
70–74	I (1) 10%	1						1	10%
75–79	I (1) 10%	1						1	10%
80–84									
85–89									
90+									
Total	5	5	4			1	5	10	100.00%

Observations from the data of table 3

In Case of Male :-

→ From 60 to 64 range male we get 3 primary 1 secondary.

→ From 65 to 69 range male we get 1 can't sign, 1 primary, 2 H.s.

→ From 75-79 range male we get 1 Secondary.

→ From 80-84 range male we get 1 can't sign, 1 primary, 1 higher Secondary.

→ 85-89 range male we get Only 1 Secondary

→ From 90+ range male we get Only two Higher secondary.

→ So, by observing we get that 2 male can't sign and 5 primary and 3 Secondary 5 H.s that is total 15 male are there among 25 people.

In case of Female :-

→ From 60-64 range female we get 2 can't sign, 2 primary.

→ From 65-69 range malefemale we get 1 can't Sign, 2 primary, 1 Gra

→ From 70-74 range female we get Only 1 can't sign.

→ From 75-79 rang female we get only 1 can't sign.

→ So, by observing we get that 5 can't sign and 4 Primary and 1 Gradutedion that is total 10 Femal are there among 25 People.

Calculative data for pie chart from table 3

Age division	Total Male	Total Percentage	Degree (3.6 × Percentage)
60-64	4	26.66%	96°
65-69	4	26.66%	96°
70-74			
75-79	1	6.66%	24°
80-84	3	20%	72°
85-89	1	6.66%	24°
90+	2	13.33%	48°
Total	15		

Calculative data table of male

Age Division	Total Female	Total Percentage	Degree (3.6 × Percentage)
60-64	4	40%	144°
65-69	4	40%	144°
70-74	1	10%	36°
75-79	1	10%	36°
80-84			
85-89			
90+			
Total	10		

Calculative data table of Female

Table 4 - Distribution of male and female Population on the basis of Job discription

Job Dose \ Age dose	Required							Total (a)	Business		Total (b)	Total (a+b)	Total Percentage
	Female Job	Bank Manager	School Teacher	Army Man	Govt Employee	Bank Employee	Public service		Analist	Grocery shop			
60-64					1 (1) 6.6%			1		111 (3) 20%	3	4	26.66%
65-69									1 (1) 6.6%	111 (3) 20%	4	4	26.66%
70-74													
75-79								1		1 (1) 6.6%	1	1	6.66%
80-84					1 (1) 6.6%			1	11 (2) 13.3%		2	3	20%
85-89										1 (1) 6.6%	1	1	6.66%
90+					11 (2) 13.3%			2				2	13.33%
Total					4			4	3	11	11	15	100.00

Age vs of Job description distribution table for male

Age vs Job diecription distribution table for female

Job / Age desc	Retired Bank	Total (a)	Housewife	Total (b)	Total (a+b)	Total Percentage
60 - 64			IIII (4) 40%	4	4	40%
65 - 69			IIII (4) 40%	4	4	40%
70 - 74			I (1) 10%	1	1	10%
75 - 79			I (1) 10%	1	1	10%
80 - 84						
85 - 89						
90 +						
Total				10	10	100.00%

Observations from the data of table 4

In Case of Male :-

→ From 60 to 64 range male we get 1 Govt. Emplee, 3 grocery shop

→ 65 - 69 range male we get 1 Artist ; 3 grocery male

→ from 75-79 range male we get that Only 1 grocery male

→ From 80 -84 range male we get 1, Govt. Employee, 2 Artist male.

→ from 85 - 89 range male we get Only 1 grocery male

→ From 90+ range male we get Only 2 Govt Employee man.

→ So, by observinge we get that 4 Government Employee and 3 Artist and 11 grocery people of that ix 15 male are there among 25 people.

In Case of Female :-

→ from 60 - 64 range we get 4 female of housewife.

→ From 64 - 69 range we get 4 house wife

→ from 70-74 range we get Only 4 house wife

→ from 75 -79 range we get Only 1 house wife.

→ So, by observing we get that 4 housewife, 4 house wife, 1 and 1 house wife i.e total 10 female are there among 25 female.

Calculative data for pie chart from table 4

Age Division	Total Male	Total Percentage	Degree (3.6 × Percentage)
60-64	4	26.66%	96°
65-69	4	26.66%	96°
70-74			
75-79	1	6.6%	24°
80-84	3	20%	72°
85-89	1	6.66%	24°
90+	2	13.33%	48°
Total	15		

Calculated Data Table of Female

Age Division	Total Female	Total Percentage	Degree (3.6 × Percentage)
60-64	4	40%	144°
65-69	4	40%	144°
70-74	1	10%	36°
75-79	1	10%	36°
80-84			
85-89			
90+			
Total	10		

Calculated Data Table of Female.

Table 5- Distribution of Population on the basis of requirement of medicine.

Requirement of Medicine / Age	Required		Not Required		Total	Total Required
	Male	Total Percentage	Male	Total Percentage		
60-64	I (1)	6.66%	III (3)	20%	4	26.66
65-69	IIII (4)	26.66%			4	26.66
70-74						
75-79	I (1)	6.66%			1	6.66%
80-84	II (2)	13.3%	I (1)	6.66%	3	20.00%
85-89	I (1)	6.66%			1	6.66%
90+	II (2)	13.3%			2	13.33%
Total	11	73.24	4	26.66	15	100.00

Age vs requirement of medicine distribution table for male

Requirement of Medicine / Age	Required		Not Required		Total	Total Percentage
	FeMale	Total Percentage	FeMale	Total Percentage		
60-64	IIII (4)	40%			4	40%
65-69	IIII (4)	40%			4	40%
70-74	I (1)	10%			1	10%
75-79	I (1)	10%			1	10%
80-84						
85-89						
90+						
Total	10				10	

Age vs requirement of medicine distribution table for female

Observation from the data of table 5

In Case of Male :-

→ from 60-64 range male we get 1 Required medicine, 3 not required

→ from 65-69 range male we get 4 Require medicine.

→ from 75-79 range male we get Only 1 required medicine

→ from 80-84 range male we get only 2 required medicine

→ from 85-89 range male we get Only 1 required medicine

→ from 90+ range male we get Only 2 required medicine

→ So, by observing we get that among 25 people 15 male require medicine.

In Case of Female :-

→ From 60-64 range female we get 4 required medicine

→ from 65-69 range female we get 4 required medicine

→ from 70-74 range female we get 1 required medicine

→ from 75-79 range female we get 1 required medicine

→ So, by observing we get that among 25 people 10 female require medicine.

Calculative Data for pie chart from Table 5

Age Division	Total Male	Total Percentage	Degree (3.6 × Percentage)
60 - 64	4	26.66 %	96°
65 - 69	4	26.66 %	96°
70 - 74			
75 - 79	1	6.66 %	24°
80 - 84	3	20 %	72°
85 - 89	1	6.66 %	24°
90+	2	13.33%	48°
Total	15		

Calculative Data table of Male

Age Division	Total Female	Total Percentage	Degree (3.6 × Percentage)
60 - 64	4	40 %	144°
65 - 69	4	40 %	144°
70 - 74	1	10 %	36°
75 - 79	1	10 %	36°
80 - 84			
85 - 89			
90+			
Total	10		

Calculative Data table of Female

Table-6 Distribution of Population on the basis of food preferences

food Pref. / Age	Vegeterian Male	Total (a)	Non-Vegeterian Male	Total (b)	Total (a+b)	Total Percentage
60-64			IIII (4) 26·66%	4	4	26.66%
65-69	II (2) 13.33%	2	II (2) 13.33%	2	4	26.66%
70-74						
75-79			I (1) 6·66%	1	1	6.66%
80-84			III (3) 20·00%	3	3	20.00%
85-89	I (1) 6·66%	1			1	6·66%
90+			II (2) 13·33%	2	2	13.33%
Total		3		12	15	100.00

Age Vs food Prefereness distribution table for male.

food Pre. / age	Vegeterian Female	total (a)	Non-Vegeterian Female	total (b)	total (a+b)	Total Percentage
60-64	II (2) 20%	2	II (2) 20%	2	4	40%
65-69	I (1) 10%	1	III (3) 30%	3	4	40%
70-74	I (1) 10%	1			1	10%
75-79			I (1) 10%	1	1	10%
80-84						
85-89						
90+						
Total		4		6	10	100.00

Age vs food Prefereness distribution table for Female.

Observation from the data of table 6

In case of Male :-

→ from 60-64 range male we get that Only 4 non-vegetarian
→ from 65-69 range male we get that 2 veg and 2 non veg.
→ From 75-79 range male we get that Only 1 non-veg
→ from 80-84 range male we get that 3 non veg
→ from 85-89 range male we get that Only 1 non veg.
→ from 90+ range male we get that Only 2 non vega.
→ So, by observing we get that Among 25 people 3 male are vegetarian and 12 males are non vegetarian i.e 15 Male are there.

In case of female :-

→ From 60-64 range female we get 2 veg and 2 non-veg
→ from 65-69 range female we get 1 veg and 3 no-veg
→ from 70-74 range female we get Only 1 vegetarian
→ from 75-79 range female we get Only 1 vegetarian

→ So, by observing we get that Among 25 people there are total 4 vegetarian and 6 non vegetarian i.e ix 10. female are there.

Calculative Data for Pie chart from table 6

Age Division	Total Male	Total Percentage	Degree (3.6 X Percentage)
60-64	4	26.66 %	96°
65-69	4	26.66 %	96°
70-74			
75-79	1	6.66 %	24°
80-84	3	20.00 %	72°
85-89	1	6.66 %	24
90+	2	13.33 %	48°
Total	15		

Calculative Data Table of male

Age Division	Total Female	Total Percentage	Degree (3.6 X Percentage)
60-64	4	40.00 %	144°
65-69	4	40.00 %	144°
70-74	1	10.00 %	36°
75-79	1	10.00 %	36°
80+84			
85-89			
90+			
Total	10		

Calculative Data Table of female

Table-7 Distribution of the male and female Population on the basis of Participation in wellness activity.

wellness activity / Age	Regular exercise	Physical exercise	Yoga	Total (a)	All	Total (b)	No Activity	Total (c)	Total (a+b+c)	Total Percentage
60-64	1	III (4)		4					4	26.66 %
65-69		III (3)		3			1 (1)	1	4	26.66 %
70-74										
75-79							1 (1)	1	1	6.66 %
80-84	1 (1)			1			11 (2)	2	3	20.00 %
85-89							1 (1)	1	1	6.66 %
90+	1 (1)			1			1 (1)	1	2	13.33 %
Total	1	8		9			9	9	15	100.00 %

Age vs wellness activity distribution Table for male

Age vs wellness activity distribution table for female

Wellness activity / Age	Regular walking	Physical exercise	Yoga	Total (a)	ALL	Total (b)	No Activity	Total (c)	Total (a+b+c)	Total Percentage
60-64		IIII (4) 40.0%		4					4	40.00%
65-69		II (2) 20%	I (1) 10%	3			I (1) 10%	1	4	40.00%
70-74	I (1) 10%			1					1	10.00%
75-79	I (1) 10%			1					1	10.00%
80-84										
85-89										
90+			1							
Total	2	6	1	9			1	1	10	100.00%

Observation from the data of table 7

In Case of Male :-

→ From 60-64 range male 1 Regular exercise, 3 physical exercise.

→ From 65-69 range male 3 physical exercise 1 No Activity.

→ From 75-79 range male 1 No Activity

→ From 80-84 range male 3 No Activity

→ From 85-89 range male 2 no Activity

→ From 90+ range male we get that 1 no Activity.

→ So, by observing that we get that among 25 people 8 physical exercise, 1 Regular exercise, 6 male are no activity. i.e. total 15 male are there.

In Case of Female :-

→ From 60-64 range female we get 4 physical exercise

→ From 65-69 range female we get 2 yoga, 1 physical, 1 No

→ From 70-74 range female we get Only 1 physical exercise

→ From 75-79 range female we get only 1 physical exercise

→ So, by observing that we get that among 25 people 2 regular exercise, 6 physical exercises, 1 yoga And last one 1 is No Activity ie total 10 female are there.

Calculative Data for Pie chart from Table 7

Age Division	Total Male	Total Percentage	Degree (3.6 × Percentage)
60-64	4	26.66 %	96°
65-69	4	26.66 %	96°
70-74			
75-79	1	6.6 %	24°
80-84	3	20 %	72°
85-89	1	6.6 %	24°
90+	2	13.3 %	48°
Total	15		

Calculative Data Table of Male

Age Division	Total female	Total Percentage	Degree (3.6 × Percentage)
60-64	4	40 %	144°
65-69	4	40 %	144°
70-75	1	10 %	36°
75-79	1	10 %	36°
80-84			
85-89			
90+			
Total	10		

Calculative Data Table of Female

Table-8 Distribution of male and female Population on the basis of Smoking, Consumption of liquor, tobacco and Other.

Habituated \ Age	Smoking	Consuming liquor	Chewing betel nut	Betal leaf	Tabocco	Total (a)	ALL Affinity	Total (b)	No Affinity	Total (c)	Total consuming	Total Percentage
60-64	I (1) 6.6%	I (1) 6.6%				2			II (2) 13.3%	2	4	26.6%
65-69			I (1) 6.6%		I (1) 6.6%	2			II (2) 13.3%	2	4	26.6%
70-74												
75-79									I (1) 6.6%	1	1	6.6%
80-84	III (3) 20%					3				3	3	20%
85-89			I (1) 6.6%			1				1	1	6.6%
090+					II (3) 13.3%	2				2	2	13.3%
Total	4	1	2		4	10			5		15	

Age Vs habituated distribution table for male.

Habituated / Age	Smoking	Consuming liquor	Chewing betel nut	Betel leaf	Tabacco	Total (a)	All affinity	Total (b)	No affinity	Total (c)	Total at bad	Total %
60-64									IIII (4) 40%	4	4	40%
65-69									IIII (4) 40%	5	4	40%
70-74									I (1) 10%	1	1	10%
75-79									I (1) 10%	1	1	10%
80-84												
85-89												
90+												
Total										10	10	100%

Age Vs habituated distribution table for Female

Observations from the data of table 8

In Case of Male :-

→ From 60-64 range male 1 Smoking, 1 consuming liquor, 2 No Activity

→ From 65-69 range male 1 chewing betel nut, 1 tabacco, 2 No.

→ From 75-79 range male only 1 No. zero habituated.

→ from 80-84 range male 3 Smoking person.

→ from 85-89 range male only 1 chewing betel nut.

→ From 90+ range male we get Only 2 tabacco.

→ So, by observing we get that 4 people have Smoking habit 1 Consuming liquor and 4 tabacco 5 No zero habit Activity i.e total 15 people among 25 people

In Case of female :

→ From 60-64 range female we get 4 zero affinity

→ from 65-69 range female we get 4 zero affinity

→ From 70-74 range female we get 1 zero affinity

→ from 75-79 range female we get 1 zero affinity

→ So, by observing we get that 10 female hax. no zero affinity habit ie total 10 female among 25 People.

Calculative Data for pie chart from Table 8

Age Division	Total Male	Total Percentage	Degree (3.6 × Percentage).
60-64	4	26.6 %	96°
65-69	4	26.6 %	90°
70-74			
75-79	1	6.6 %	23°
80-84	3	20 %	72°
85-89	1	6.6 %	23°
90+	2	13.6 %	48°
total	15		

Calculative Data table of male

Age Division	Total female	Total Percentage	Degree (3.6 × Percentage)
60-64	4	40 %	144°
65-69	4	40 %	144°
70-74	1	10 %	36°
75-79	1	10 %	36°
80-84			
84-89			
90+			
total	10		

Calculative Data table of female

Table-9- Distribution of male and female Population on the basis of types of medicine used

Age \ Type of medicine	Prescribed					Self Medication		Total	Total Percentage
	Ayurveda	Homeopathy	Allopathy	Naturopathy	Traditional medicine	Any other	No		
60-64			1 (1) 6.6%			11 (2) 13.3%	1 (1) 6.6%	4	26.6%
65-69		1 (1) 6.6%	111 (3) 20%					4	26.6%
70-74									
75-79			1 (1) 6.6%					1	6.6%
80-84		1 (1) 6.6%	1 (1) 6.6%				1 (1) 6.6%	3	20%
85-89			1 (1) 6.6%					1	6.6%
90+			11 (2) 13.3%					2	13.3%
Total		2	9			2	2	15	100.00%

Age vs type of medicine Used distribution table for male

Type of medicine / Age	Prescribed						Self Medication	Total	Total Percentage
	Ayurveda	Homeopathy	Allopathy	Naturopathy	Traditional medicine	Any other	No		
60-64			|||| (4) 40%					4	40.00%
65-69		1 (1) 10%	|| (2) 20%			1 (1) 10%		4	40.00%
70-74		1 (1) 10%						1	10.00%
75-79			1 (1) 10%					1	10.00%
80-84									
85-89									
90+		2	7			1			
Total		2	7			1		10	100.00%

Age vs type of medicine used distribution table for Female

Observation from the data of table 9

In Case of Male :-

→ From 60-64 range male 1 prefer Allopathy, 2 Any other, 1 No.

→ from 65-69 range male 1 prefer homeopathy, 3 Allopathy

→ from 75-79 range male 1 Prefer to Allopathapy

→ from 80-84 range male 1 homeopathy, 1 allopathy, 1 No.

→ from 85-89 rang male 1 allopathy prefer.

→ from 90+ range male prefer to 2 allopathy.

→ So, by observing we get that 2 Homeopathy and 9, allopathy, 2 any other, 2 No medicine. i.e total 15 people among 25 people.

In Case of female :-

→ from 60-64 range female prefer to 4 Allopathy

→ from 65-69 range female 1 Homeopathy, 2 allopathy 1 No.

→ from 70-74 range female Prefer to 1 Homeopathy

→ from 75-79 range female prefer to 1 Aallopathy.

→ So, by observing we get that 2 Hemeopathy, 7 allopathy, 1 any other medicine. i.e total 10 people female among 25 people of female.

Calculative data for pie chart from table 9

Age Division	Total Male	Total Percentage	Degree (3.6 x Percentage)
60-64	4	26.66 %	96°
65-69	4	26.66 %	96°
70-74			
75-79	1	6.6 %	24°
80-84	3	20 %	72°
85-89	1	6.66 %	24°
90↑	2	13.33 %	48°
total	15		

Calculative data table of male

Age Division	Total Female	Total Percentage	Degree (3.6 x Percentage)
60-64	4	40 %	144°
65-69	4	40 %	144°
70-74	1	10 %	36°
75-79	1	10 %	36°
80-84			
85-89			
90↑			
total	10		

Calculative data table of female

Belilious Road, West Bengal, India
113, Kadam Tala, Howrah, West Bengal 711101, India
Long 88.328647°
Lat 22.589778°
18/11/2022 12:10 PM

Case Study
Study — I

Name : Shankar Shaw
Age : 68
Sex : Male
Address : Howrah (Belilious Road)
Occupation : Plumber worker
Education : 9th Pass out
Informants : Join family

History of present health

- Patient has history of cough and cald for 4 month and back, joints pain since 2 years.
- Diabetes under insulin therapy
- facing problems during walk and exercise.

History of past health

- Past health was good but now that person is facing difficulties their health some months.

Condition (family history)

- Patients family is good and supporting They health help with every thing (medicine, mony, care etc.)
- Middle Class family

Personal history

- Smoking : No
- Alcohol : No
- chewing betel nut: yes
- Food habit : In week they consume non-veg Only 2 day.
- Sleeping pattern : 8 hours at night.

Case study – II

Name – Santi Devi
Age – 72
Sex – Female
Address – Howrah (Beliliaus lane).
Education – 5th passed
Occupation – House wife.
Informents – join family

History of present health

- Patient presented to emergency room with ~~fev~~ viral fever since 5 days,.

- Some problem is breathlessness since 5 day and history of viral fever with 5 cough 4 days ago.

Family history Condition

- The patient who is suffering from that disease not can not able to take care by heself as she is very elder women and ~~this~~ her financial condition is not very to good.
  Due to this reason she is suffering from common ~~illnes~~ illness in her day to day life

- Middle Class family.

Personal history

- Smoking : No
- Sweet paan : yess
- food habit : In a week she consume vegitarian food and pulses as she a vegitarian.
- Sleeping pattern : 6 hours at night.
- awake Time : She wakes up early 4 AM in the early morning.

Map of Location
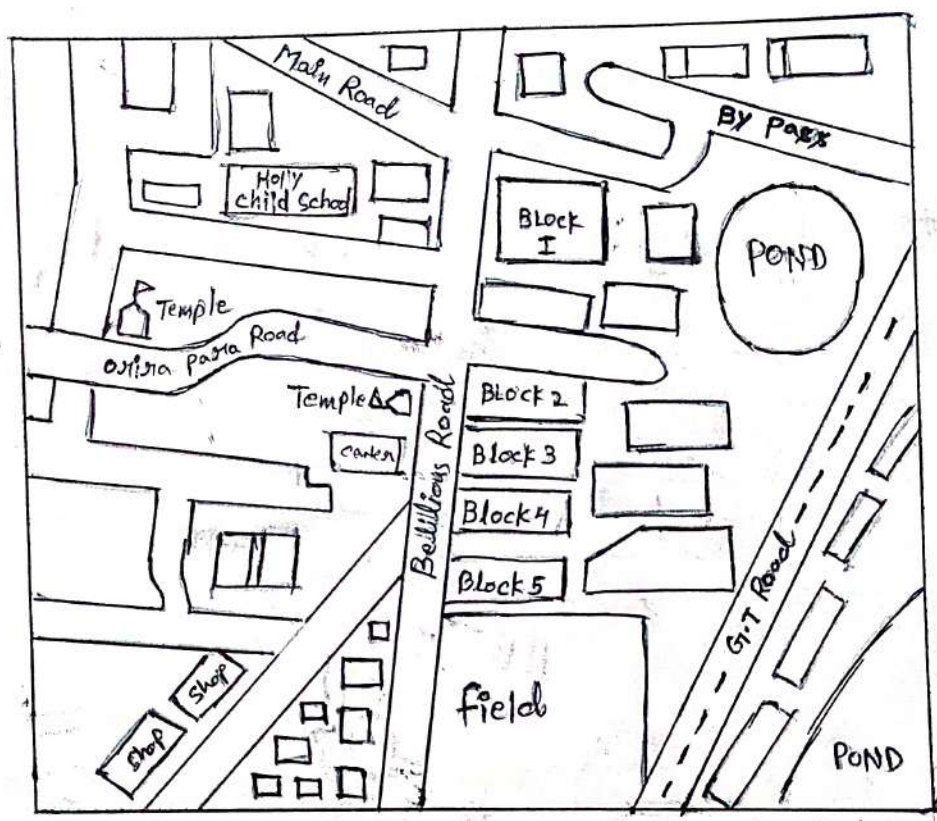
Map of Location Belilious Road Howrah West Bengal.

Not to the Scale.

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad

Semester: V

Place: Howrah. 1

Date: 16/11/2022

Time: 11:30 -11:40 PM

1) Personal Information of the Informant:

a. Name: Shivam Mahto   b. Age: 82   c. Sex: M

d. Address: Belilious Road How-1

e. Marital Status:

f. Education: 7th Passed.   g: Occupation: Bussiness Mann (Pipe line)

2) Health Problems:

a) Perceived	b) Diagnosed
Headache, lack of Sleep, body Pain	Fully Fit

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5.Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction
Fruits, Milk, Eggs, Chicken Gree Vegetable	No

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. :

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): No

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anitet Paramol.   Date: 10/11/2022
Semester: 5-th   Time:
Place: Howrah-1   9:16 Pm - 9-40 AM

1) Personal Information of the Informant:

a. Name: Raju Ram   b. Age: 61   c. Sex: M
d. Address: 21, Balilious Road How-711101
e. Marital Status: Married
f. Education: Matrix   g: Occupation: Employ

2) Health Problems:

a) Perceived	b) Diagnosed
Pain in back & Shoulder position	

3) Requirement of Medicine:

Yes	No	
	✓	

4) Type of Medicine:

Prescribed	Self-Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy 4. Naturopathy 5.Traditional medicine 6. Any other ✓	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. :

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.):

13/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Perasad

Date: 16/11/2022

Semester: V

Time:

Place: Nowsroh. 1

1) Personal Information of the Informant:

   a. Name: Binod Gupta   b. Age: 91   c. Sex: M

   d. Address: Belilious Road. How-1

   e. Marital Status: M

   f. Education: 11th Passed   g: Occupation: Retired worker (Cont)

2) Health Problems:

a) Perceived	b) Diagnosed
bleeding from the mouth & Sleeping problem	Blood Cancer

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self-Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5. Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction
Beans, fish eggs and vegetables Peas.	alcohol, spicy apple juice, milk puro, very hot & very cold food

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. :

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): No

13/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Avijeet Peragoud   Date: 17/11/2022
Semester: V   Time:
Place: Hooorah-1   6:10 – 6:20 PM

1) Personal Information of the Informant:

   a. Name: Arun Peragad   b. Age: 67   c. Sex: M
   d. Address: Religious Road Hoo-1
   e. Marital Status: M
   f. Education: 12th Pass   g: Occupation: Bussiness man (Iron)

2) Health Problems:

a) Perceived	b) Diagnosed
Lack of sleep Pain in stomach	Colic Pain (Depression)

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5.Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
Fresh and Green Vegetables, Fruits.	No

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : ✓

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): No

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anilet Perayual

Semester:

Place: Howrah-1

Date: 16/11/2022

Time: 10 - 1:15 AM

1) Personal Information of the Informant:

   a. Name: Kishun Jaiswad   b. Age: 61   c. Sex: M

   d. Address: Belilious Road How-1

   e. Marital Status: UM

   f. Education: 6th Pass   g: Occupation: Worker (shop).

2) Health Problems:

a) Perceived	b) Diagnosed
Breathing Problem & Headache	Asthama

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5.Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction
Eat plenty of Fruits and Vegetables	Avoid Sulfites allergy-touggering food

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad
Semester: 5th
Place: Howrah -1

Date: 12/11/2022
Time: 12:10 - 12:30

1) Personal Information of the Informant:

a. Name: Ajodha Shaw   b. Age: 89   c. Sex: M
d. Address: Belilious Road How-1
e. Marital Status: M
f. Education: 10th Pass   g: Occupation: Iron worker

2) Health Problems:

a) Perceived	b) Diagnosed
lack of Sleep Pain in joints	Ear ache

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5. Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction
Fresh fruits and vegetable	Sweets

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. :

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): No

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

58

Name of data collector: Anket Prasad

Semester: V

Place: Howsole - 1

Date: 16/11/2022

Time: 12 - 12:20 Am

1) Personal Information of the Informant:

   a. Name: Anand Kishor Shaw   b. Age: 94   c. Sex: M

   d. Address: Belilious Road

   e. Marital Status: M

   f. Education: 12th Passed   g: Occupation: Government retired worker

2) Health Problems:

a) Perceived	b) Diagnosed
Lower joints and back Pain	Cotazads

3) Requirement of Medicine:

Yes	No	
✓		

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda	
2. Homoeopathy	
3. Allopathy ✓	
4. Naturopathy	
5.Traditional medicine	
6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : Tea

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.):

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Perosad

Semester: V

Place: Howrah - 1

Date: 12/11/2022

Time: 5 PM - 5:20 PM

1) Personal Information of the Informant:

a. Name: Anil Jaiswal   b. Age: 75   c. Sex: M

d. Address: Belilious Road How-1

e. Marital Status: M

f. Education: 10th Pass   g. Occupation: Shope keeper

2) Health Problems:

a) Perceived	b) Diagnosed
knee and Back pain	Diabetes Patient

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self-Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5. Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction
Green and Health fresh Vegetable and fruits	Fried meats Sweets

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): No

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad

Semester: V

Place: Howrah-1

Date: 12/11/2022

Time: 12:10 - 12:30 AM

1) Personal Information of the Informant:

    a. Name: Suraj Mahto   b. Age: 60   c. Sex: M

    d. Address: Belilious Road Howr-1

    e. Marital Status: M

    f. Education: 5th Pass   g: Occupation: Shope worker

2) Health Problems:

a) Perceived	b) Diagnosed
Normal body Pain and Headecha	

3) Requirement of Medicine:

Yes	No
	✓

4) Type of Medicine:

Prescribed	Self-Medication
1. Ayurveda	
2. Homoeopathy	
3. Allopathy	
4. Naturopathy	
5. Traditional medicine	
6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. :

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.):

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anil..d Prasad
Semester: 5
Place: Howsiah - 1
Date: 13 / 11 / 2022
Time: 12:13 - 12:30 Pm

1) **Personal Information of the Informant:**
   - a. Name: Kailash Chandel
   - b. Age: 62
   - c. Sex: M
   - d. Address: Belilious Pond Moo - 1
   - e. Marital Status: M
   - f. Education: 5th Passed
   - g: Occupation: Iron Worker

2) **Health Problems:**

a) Perceived	b) Diagnosed
(Handicap)hand. Paralysed one and just Normal back Pain	

3) **Requirement of Medicine:**

Yes	No
	✓

4) **Type of Medicine:**

Prescribed	Self- Medication
1. Ayurveda	
2. Homoeopathy	
3. Allopathy	
4. Naturopathy	
5. Traditional medicine	
6. Any other	

5) **Food Preference:** Vegetarian /Non-Vegetarian ✓

6) **Food Consumption related to health:**

Preference	Restriction

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anilcol Buroul   Date: 15/11/2022
Semester: Time:
Place: Howrah-1

1) **Personal Information of the Informant:**
   a. Name: Ajoy Srivastava   b. Age: 65   c. Sex: M
   d. Address: Belilion Road How-1
   e. Marital Status: M
   f. Education: 12th passed   g: Occupation: Shop-keeper

2) **Health Problems:**

a) Perceived	b) Diagnosed
Pain in joints, head, shoulders and back	

3) **Requirement of Medicine:**

Yes	No
✓	

4) **Type of Medicine:**

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy ✓ 3. Allopathy 4. Naturopathy 5. Traditional medicine 6. Any other	

5) **Food Preference:** Vegetarian ✓ /Non-Vegetarian

6) **Food Consumption related to health:**

Preference	Restriction
Green Vegetables	Junk food & Sweet related Products

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : NO

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anikel Boward

Semester: V

Place: Howrah. 1

Date: 12/11/2022

Time: 12:40 – 1 PM

1) Personal Information of the Informant:

   a. Name: Suresh Dhanule   b. Age: 72   c. Sex: M

   d. Address: Belilious Road How-1

   e. Marital Status: M

   f. Education: 12th pass   g: Occupation: Retired Worker

2) Health Problems:

a) Perceived	b) Diagnosed
Pain in stomach and Knee, joints, Pain	

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homeopathy ✓ 3. Allopathy 4. Naturopathy 5. Traditional medicine 6. Any other	

5) Food Preference: Vegetarian ✓ /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
Rice, chapati Khichure fruits Vegetable	

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : ✓

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad

Semester: ✓

Place: HOWRAH-1

Date: 10/11/22

Time: 11:12 — 11-30 AM

1) Personal Information of the Informant:
   a. Name: Sankar Show
   b. Age: 68
   c. Sex: M
   d. Address: Balilious Road How-1
   e. Marital Status: Married
   f. Education: ix Passed
   g: Occupation: Plumber worker

2) Health Problems:

a) Perceived	b) Diagnosed
lack of nutrition and Pain in joints	Fully fill Digestion issue

3) Requirement of Medicine:

Yes	No	:
✓		

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy 4. Naturopathy 5.Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
Healthy food Fresh vegitable	No

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : ✓

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anileep Perstad   Date: 17/11/2022
Semester: ✓   Time: 10 PM - 10:20 PM
Place: Mowrah - 1

1) Personal Information of the Informant:

   a. Name: Bali Slaw   b. Age: 80   c. Sex: M
   d. Address: Beliliance Road How - 1
   e. Marital Status: M
   f. Education: Non   g: Occupation: Plumber helper

2) Health Problems:

a) Perceived	b) Diagnosed
lack of sleep, Body pain	Itch in neck

3) Requirement of Medicine:

Yes	No
	✓

4) Type of Medicine:

Prescribed	Self-Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy 4. Naturopathy 5. Traditional medicine 6. Any other	chemist (good) . itch

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. :

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): No

13/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anilest Poraysal

Semester: V

Place: Howrah - 1

Date: 18/11/2022

Time: 9.10 - 9:30 AM

1) Personal Information of the Informant:

a. Name: Ramesh Gupta b. Age: 65 c. Sex: M

d. Address: Belilious Road How-1

e. Marital Status: M

f. Education: Non

g: Occupation: worker (Shop)

2) Health Problems:

a) Perceived	b) Diagnosed
pain in joints and Headache.	Diabetes Patient

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda	
2. Homoeopathy	
3. Allopathy ✓	
4. Naturopathy	
5.Traditional medicine	
6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction
Healthy and fresh vegetable	Fried meats Pork bacon Regular cheeses

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad   Date: 18/11/2022
Semester: V   Time: 10 - 10:20 AM
Place: Howrah-1

1) Personal Information of the Informant:
   a. Name: Santi Devi   b. Age: 69   c. Sex: F
   d. Address: Belilious Road
   e. Marital Status: M
   f. Education: 5th Pass   g: Occupation: House wife

2) Health Problems:

a) Perceived	b) Diagnosed
Not sleep very well in night and body pains	Dry Cough

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5.Traditional medicine 6. Any other	

5) Food Preference: Vegetarian ✓ /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
Pomegranate juice, Hot tea, Vegetable Juice	Soft Drinks, Fruits Juice, desserts.

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): No

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Auileet Persaud

Semester: ✓

Place: Moosrwh - 1

Date: 16/11/2022

Time: 9:30AM — 10AM

1) **Personal Information of the Informant:**

a. Name: Rekha Bakshi   b. Age: 62   c. Sex: F

d. Address: Belilious Road

e. Marital Status: M

f. Education: Non   g: Occupation: House wife

2) **Health Problems:**

a) Perceived	b) Diagnosed
Eye problem and Pain in back bone.	low pressure

3) **Requirement of Medicine:**

Yes	No
✓	

4) **Type of Medicine:**

Prescribed	Self- Medication
1. Ayurveda	
2. Homoeopathy	
3. Allopathy ✓	
4. Naturopathy	
5.Traditional medicine	
6. Any other	

5) **Food Preference: Vegetarian /Non-Vegetarian** ✓

6) **Food Consumption related to health:**

Preference	Restriction
Dry fruits Green Vegetable	Spicy and Salt food.

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Avijeet Prasad

Semester: V

Place: Hoorah - 1

Date: 14/11/2022

Time: 2PM — 2:20PM

1) Personal Information of the Informant:

a. Name: Sunita Devi   b. Age: 61   c. Sex: F

d. Address: Belilious Road Mow-1

e. Marital Status: M

f. Education: Non   g: Occupation: House wife

2) Health Problems:

a) Perceived	b) Diagnosed
Weakness in body health and normal knee pains	

3) Requirement of Medicine:

Yes	No	
✓		

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda	
2. Homoeopathy	
3. Allopathy ✓	
4. Naturopathy	
5.Traditional medicine	
6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
meats, Eggs chicken, vegetable Soup	Junk food.

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.):

19/11/2022

(70)

Name of data collector: Aniket Borare
Semester: V
Place: Howrah - 1

Date: 14/11/2022
Time: 1 PM - 1:15 PM

1) Personal Information of the Informant:

   a. Name: Rani Ichote
   b. Age: 78
   c. Sex: F
   d. Address: Belilious Road How-1
   e. Marital Status: UM
   f. Education: Un-Educated
   g. Occupation: Tolour worker

2) Health Problems:

a) Perceived	b) Diagnosed
Normal back Pain and Headech	Dibetes Patients

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5.Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
Vegetables Saup	Sweets

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anitot Prasad

Semester: 5 th

Place: Moosarh - 1

Date: 11/11/2022

Time: 10 Am - 10:15 Am

1) **Personal Information of the Informant:**

   a. Name: Rukhmani Devi

   b. Age: 62 c. Sex: F

   d. Address: Ballibary Road. Hura-1

   e. Marital Status: Married

   f. Education: 7 th Standard g: Occupation: House wife

2) **Health Problems:**

a) Perceived	b) Diagnosed
Headeach and pain in Shoulders	Digestion issue (gass)

3) **Requirement of Medicine:**

Yes	No
✓	

4) **Type of Medicine:**

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5. Traditional medicine 6. Any other	

5) **Food Preference:** Vegetarian /Non-Vegetarian

6) **Food Consumption related to health:**

Preference	Restriction
Fruits, dry Fruits, etc. milk, eggs	oily and Spicy Junk food

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Name of data collector: _Arilet Pervez_

Semester: ✓

Place: _Howrah - 1_

Date: 16/11/2022

Time: 1:30 - 1:40 PM

1) Personal Information of the Informant:

a. Name: _Uma Devi_   b. Age: _72_   c. Sex: _F_

d. Address: _Belilious Road Howrah_

e. Marital Status: _M_

f. Education: _Non_   g: Occupation: _House wife_

2) Health Problems:

a) Perceived	b) Diagnosed
Problem in breathing, can not able to lift heavy think.	Athoma

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda	
2. Homoeopathy ✓	
3. Allopathy	
4. Naturopathy	
5.Traditional medicine	
6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian
   ✓

6) Food Consumption related to health:

Preference	Restriction
Fruits, Rice, chopati	Food which mks your Scomach Cold.

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : _No_

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.):
   ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad   Date: 15/11/2022
Semester: ✓   Time:
Place: Howrah - 1   11:30 - 11:40 AM

1) Personal Information of the Informant:

   a. Name: Mikky Srivastava   b. Age: 62   c. Sex: F
   d. Address: Belilious Road How-1
   e. Marital Status: M
   f. Education: 5th   g: Occupation: House wife

2) Health Problems:

a) Perceived	b) Diagnosed
Pain in back Position and lack of sleep in night	Diabetes

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5. Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian ✓

6) Food Consumption related to health:

Preference	Restriction
Fruits and Dry fruits, Egg white	Oily food, Sweet Potato

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad

Semester: V

Place: Howrah -1

Date: 16/01/2022

Time: 10:10 - 10:20 p.

1) **Personal Information of the Informant:**

  a. Name: Rina Devi   b. Age: 69   c. Sex: F

  d. Address: Bedilione Road Howa-1

  e. Marital Status: W

  f. Education: Cannot sign   g: Occupation: House-wife

2) **Health Problems:**

a) Perceived	b) Diagnosed
Pain in joints & Lack of nutrition	totally good Digestion issue Some day

3) **Requirement of Medicine:**

Yes	No
✓	

4) **Type of Medicine:**

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5. Traditional medicine 6. Any other	

5) **Food Preference:** Vegetarian /Non-Vegetarian

6) **Food Consumption related to health:**

Preference	Restriction
Normal Vegetable Fruits	No

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Anilesh Prasad   Date: 17/11/2022
Semester: V   Time:
Place: Howrah - 1   10:05 - 10:25 AM

1) Personal Information of the Informant:
    a. Name: Asha Verma   b. Age: 67   c. Sex: F
    d. Address: Belilious Road How.,
    e. Marital Status: M
    f. Education: B.A (Graduation)   g. Occupation: House wife

2) Health Problems:

n) Perceived	b) Diagnosed
Lack of Sleep Pain in body Some days	Synus

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy ✓ 4. Naturopathy 5.Traditional medicine 6. Any other	

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
Normal hot water, Eat healthy vegetable chapati	Cold water and fruits and cucumber vegetable

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.): ✓

19/11/2022

Preliminary Health Assessment of Elderly Persons 2022

Name of data collector: Aniket Prasad.

Semester: ✓

Place: Howorah –1

Date: 16/11/2022

Time: 10:10 – 10:20 AM

1) Personal Information of the Informant:

a. Name: Anita Verma

b. Age: 67

c. Sex: F

d. Address: Belilious Road Howrah

e. Marital Status: UM

f. Education: 9th Pass

g: Occupation: Tailor + House wife

2) Health Problems:

a) Perceived	b) Diagnosed
lack of sleep, food is not easy to Digest.	Digestion issues

3) Requirement of Medicine:

Yes	No
✓	

4) Type of Medicine:

Prescribed	Self- Medication
1. Ayurveda 2. Homoeopathy 3. Allopathy 4. Naturopathy 5.Traditional medicine 6. Any other	ENO, NIBU PANI

5) Food Preference: Vegetarian /Non-Vegetarian

6) Food Consumption related to health:

Preference	Restriction
Green Vegetable, Fruits	Spicy and Owly Foot

7) Habituated to smoke, consume liquor, chewing betel nut, betel leaf, tobacco etc. : No

8) Participating in wellness activity (e.g., regular walking, physical exercise, yoga etc.):

19/11/2022

Day 1

Date :- 12/11/2022

<u>Shivam Mahto</u> — first went home for introduction and he tail me about your Self. and after 10:00 AM taking the interview I left the house at 10:00 AM.

<u>Raju Ram</u> :- I was visiting near a park were I found an elderly person siting in on the bench reading newspaper. I approach him and we started a conversation about my field work.

<u>Vinod Gupta</u> — after that I went home I started my breakfast and after second <u>patients</u>

<u>Arun Prasad</u> — I went to my neabour whose name is arun prasad I told him about the project of my field work. after 11:00 AM yo to home.

Incomplete Field diari