

## Ethical Letter [Appendix-1]



**INSTITUTIONAL ETHICS COMMITTEE FOR HUMAN RESEARCH (IECHR)  
DEPARTMENT OF FOODS AND NUTRITION  
FACULTY OF FAMILY & COMMUNITY SCIENCES,  
THE MAHARAJA SAYAJIRAO UNIVERSITY OF BARODA**

**CERTIFICATE**

Date: 7/4/15

It is certified that the doctoral proposal entitled "A Survey for assessing the consumption pattern and traditional therapeutic practices of *Calamus tenuis* Roxb. shoots" by **Mr. Pawan Kumar Thakur**. The proposal was reviewed and approved in the Ethics Committee meeting held on 8<sup>th</sup> October, 2014 at 12.00 noon in Department of Food and Nutrition, Faculty of Family and Community Sciences and attended by the following members.

- 1) Dr. Vihang Mazumdar, Chairperson, Institutional Ethics committee, Department of PSM, Medical College and S S G Hospital, Vadodara – 390001.
- 2) Mr. A M Thakkar, Retired Judge, c/o Dr. Paresh Thakkar, Department of Paediatrics, S S G Hospital, Vadodara – 390001.
- 3) Dr. Paresh Kumar A Thakkar, Associate Professor of Pediatrics, Medical College & SSG Hospital, Vadodara.
- 4) Ms. Yamini Pandya, CDPO, ICDS Program, ICDS Office, Behind Aradhana Talkies, Vadodara
- 5) Dr. Sonal D Misra, I/c Medical Officer, MSU Health Centre, Baroda.
- 6) Dr. Divya Sharma, I/c Head, HDFS Dept., Faculty of Family and Community Sciences, The M. S. University of Baroda, Baroda.
- 7) Prof. Uma Iyer, Head, Dept. of Foods & Nutrition, Faculty of Family and Community Sciences, The M. S. University of Baroda, Vadodara – 390002
- 8) Prof. Meenakshi Mehan, Professor, Department of Foods and Nutrition, Faculty of Family and Community Sciences, The M. S. University of Baroda, Vadodara – 390002.
- 9) Dr. Annie Kuruvilla, Associate Professor, Department of Foods and Nutrition, Faculty of Family and Community Sciences, The M. S. University of Baroda, Vadodara – 390002.
- 10) Dr. Mini Sheth, Associate Professor, Department of Foods & Nutrition, Faculty of Family and Community Sciences, The M. S. University of Baroda, Vadodara – 390002.
- 11) Dr. Komal Chauhan, Associate Professor, Department of Foods and Nutrition, Faculty of Family and Community Sciences, The M. S. University of Baroda, Vadodara – 390002.
- 12) Dr. Sirimavo Nair, Associate Professor, Department of Foods and Nutrition, Faculty of Family and Community Sciences, The M. S. University of Baroda, Vadodara - 390002



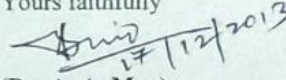
The ethical clearance no. is IECHR/2014/21. The information obtained from the survey will be handed carefully and used for research purpose only

With Best regards,

Yours sincerely,

Prof. Meenakshi Mehan  
Member Secretary, IECHR, Department of Foods and Nutrition, Faculty of Family and Community Sciences  
The M. S. University of Baroda.

## Plant Identification Certificate [Appendix-2]

 भारत सरकार / GOVERNMENT OF INDIA पर्यावरण एवं वन मंत्रालय / MINISTRY OF ENVIRONMENT AND FORESTS संयुक्त निदेशक कार्यालय / OFFICE OF THE JOINT DIRECTOR भारतीय वनस्पति सर्वेक्षण / BOTANICAL SURVEY OF INDIA पूर्वी क्षेत्रीय केन्द्र / EASTERN REGIONAL CENTRE शिलांग-793003 / SHILLONG-793003	 भारतीय वनस्पति सर्वेक्षण BOTANICAL SURVEY OF INDIA
दूरभाष /Telephone: 0364- 2223971, 2223618 ई-मेल / e-mail-bsibshill@yahoo.co.in    Telefax: 0364 -2224119	
संख्या / No.: BSI/ERC/2013/Plant identification/669	दिनांक /Dated: 17.12.2013
To, <b>Pawan Kumar Thakur</b> East Milan Nagar P/o- C.R. Building Dibrugarh – 786003 (Assam)	
Sub: - Identification of plant species- Reg.	
Dear Thakur,  This has reference to your letter no. NIL dated 29 <sup>th</sup> November, 2013 requesting for identification of plant species. It is hereby informed that the plant specimen has been identified as <i>Calamus tenuis</i> Roxb. of the family Arecaceae.	
Thanking You/ सधन्यवाद	
Yours faithfully  (Dr. A. A. Mao) Scientist-E & H.O.O	



## CONSENT LETTER (ENGLISH) [Appendix-3]

**DEPARTMENT OF FOODS AND NUTRITION  
FACULTY OF FAMILY AND COMMUNITY SCIENCES  
THE MAHARAJA SAYAJIRAO UNIVERSITY OF BARODA  
VADODARA, GUJARAT 390002 - INDIA**



### INFORMED CONSENT FORM

I (*Pawan Kumar Thakur, Research Scholar of Dept. of Foods and Nutrition, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat*) am conducting a survey among the natives of selected forest villages of Dibrugarh, Assam to study the consumption pattern and traditional therapeutic practices of Rattan shoots (*Calamus tenuis* Roxb.). The survey will involve answering of questions for filling up the proforma which may require half an hour of time. The information obtained from the participants will be kept confidential. The participants of the study are required to give their consent by filling up the following-

I Dr/Mr/Ms/Mrs \_\_\_\_\_  
son/daughter/wife of \_\_\_\_\_ resident of \_\_\_\_\_  
\_\_\_\_\_ have  
read and understood about the study. I am voluntarily willing to take part in this survey without any pressure and in my full consciousness. Therefore, I personally give my consent to the researcher to take the following information from me. The information provided by me is best of my knowledge and belief and may be treated as true.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Contact No: \_\_\_\_\_

## CONSENT LETTER (ASSAMESE) [Appendix-4]

DEPARTMENT OF FOODS AND NUTRITION  
FACULTY OF FAMILY AND COMMUNITY SCIENCES  
THE MAHARAJA SAYAJIRAO UNIVERSITY OF BARODA  
VADODARA 390 002 - INDIA



### বিষয়ৰ অধ্যয়নত অংশগ্ৰহণৰ সন্মতি পত্ৰ

বৰোদাৰ মহাৰাজা শয়াজিৰাও বিশ্ববিদ্যালয়ৰ “ফুড্ এণ্ড নিউট্ৰিছন” বিভাগৰ গৱেষণাত অধ্যয়নৰত মই পৱন কুমাৰ ঠাকুৰে “বেঁতগাজৰ উপভোগকৰণ তথা ইয়াৰ পৰম্পৰাগত ঔষধি গুণ” ৰ ওপৰত ডিব্ৰুগড় জিলাৰ কিছুমান নিৰ্বাচিত গাঁও অঞ্চলত এক সমীক্ষা চলোৱাৰ প্ৰস্তুতি গ্ৰহণ কৰিছোঁ। প্ৰশ্নোত্তৰ শিতানৰ সমীক্ষামূলক এই বিষয়টো সম্পূৰ্ণ গুপ্ত ৰখা হ’ব। অংশগ্ৰহণকাৰীয়ে তেওঁৰ সন্মতি অনুসৰি তলৰ কথাখিনি পূৰণ কৰিব লাগিব।

মই ডাঃ/শ্ৰীযুত/শ্ৰীযুতা/শ্ৰীমতী .....

পুত্ৰ/পুত্ৰী/পত্নী .....

নিবাসী .....

ওপৰোক্ত কথাখিনি পঢ়ি-বুজি নিজ ইচ্ছাৰে অধ্যয়নটোৰ প্ৰয়োজনীয়তাৰ বাবে যাৰতীয় তথ্য মোৰ স্ব-জ্ঞানে প্ৰদান কৰিম আৰু মোৰ তথ্য শুদ্ধ তথা বিশ্বাসযোগ্য বুলি বিবেচিত হ’ব।

Date/তাং .....

Signature/হস্তাক্ষৰ

Contact/যোগাযোগ .....

.....

## SURVEY PROFORMA [Appendix-5]

### PROFORMA

SERIAL NO:

CODE:

#### GENERAL INFORMATION:

A1: Name: \_\_\_\_\_, Age: \_\_\_\_\_ yrs, Gender: Male / Female.

A2: Religion (tick): Hindu / Muslim / Sikh / Christian / Others (Specify-\_\_\_\_\_).

A3: Type of Family (tick): Joint / Nuclear / Extended nuclear.

A4: Number of Family Members: Adults- \_\_\_\_\_ Children- \_\_\_\_\_.

A 5: Socio Economic Status:

A 5-A : Education of the Head (Main earning Member )		Score	Tick(v)
(a). Honours		7	
(b). Graduate or post graduate		6	
(c). Intermediate or post high school diploma		5	
(d). High school certificate		4	
(e). Middle school certificate		3	
(f). Primary school certificate		2	
(g). Illiterate		1	
A 5-B : Occupation of the Head (Main earning Member )		Score	Tick(v)
(a). Profession		10	
(b). Semi-Profession		6	
(c). Clerical, Shop-owner, Farmer		5	
(d). Skilled worker		4	
(e). Semi-skilled worker		3	
(f). Unskilled worker		2	
(g). Unemployed		1	
A 5-C: Family income per month in Rupees		Score	Tick(v)
(a). $\geq 28114$		12	
(b). 14050 – 23113		10	
(c). 10533 – 14049		6	
(d). 7016 – 10532		4	
(e). 4204 – 7015		3	
(f). 1407 – 4203		2	
(g). $\leq 1406$		1	
Total Score			
Scores	Codes	Socioeconomic class	Tick(v)
26-29	A5-CI	Upper (I)	
16-25	A5-CII	Upper Middle (II)	
11-15	A5-CIII	Lower middle (III)	
5-10	A5-CIV	Upper lower (IV)	
<5	A5-CV	Lower (V)	

[Source: Kuppaswamy's Socioeconomic Status Scale 2010 – The need for periodic revision; Indian J Pediatr (March 2012) 79 (3): 395-396]

B1: Food Habit (tick): Vegetarian / Non-Vegetarian / Other (Specify \_\_\_\_\_).

B2: Whether Rattan shoots (*Calamus tenuis* Roxb.) included in diet (tick): Yes / No

If yes, Consumption pattern of shoots:

Frequency	Tick(v)	Amount
Daily		
Weekly		
Monthly		
Occasionally		
Seasonally		

B3: Consuming Rattan shoots since: \_\_\_\_\_.

B4: Maximum consumption period/season during the year: \_\_\_\_\_.

B5: Pattern of preparation for consumption:

Pattern	Tick(v)
Boiled	
Roasted	
Fried	
Pickled	
Uncooked	
Others (Specify)-	

B6: Reasons for consumption:

Reasons	Tick(v)	Specify
To meet nutritional requirement		
Due to therapeutic advantages		
Traditional practices		
Easily available		
Others		

B7: Known health issues due to consumption: Yes / No

If yes,	Issues	Tick(v)	Specify
	Allergy		
	Severe Complication		
	Other(s)		

B8: Source and storage of Rattan shoots (*Calamus tenuis* Roxb.): \_\_\_\_\_

B9: Storage of Rattan shoots \_\_\_\_\_

**C. FAMILY HISTORY:**

Members Of Family	Disease Condition
Both Parents	
Single Parent ( F / M)	
Brother	
Sister	
Grand parents	
Other Relation	
Total Score	

SCORE FOR EACH CATEGORY:

Strong Family History: 4– 6

Moderate Family History: 3 – 4

Mild Family History: 0 – 2

**D. SUBJECTS' MEDICAL HISTORY:**

Disorder	YES (1) NO (0)	Diagnosed in year	Duration (Yrs)	Frequency of disorder
Obesity				
Hypertension				
Diabetes (DM)				
CHD				
Renal Disorder				
ARF				
GI Disorders				
Heart Burn/ Acidity				
GI Ulcers				
GI Surgery				
Dental Problems				
Bad Breath				
Cavities				
Bleeding/Swollen Gums				

Locomotor Disorders				
Knee Joint Pain				
Swollen Feet				
Back Pain				
Osteoporosis				
Osteoarthritis				
Hyper Thyroid				
Hypo Thyroid				
Skin Disorder				
Auto Immune Disorder				
Others (Specify)				

**E: PREVALENCE OF CANCER: Yes / No**

If yes,

Cancer Type	Tick(v)	Period of Prevalence
Bladder		
Breast		
Colon and Rectal		
Endometrial		
Kidney (Renal Cell) Cancer		
Leukemia (All Types)		
Lung (Including Bronchus)		
Melanoma		
Oral		
Pancreatic		
Prostate		
Thyroid		
Other (Specify)-		