

Questionnaire-IIS332No. 361

Name and contact details of the respondent (Institution of the respondent):

Nisha 8092492178

A. Basic socio-demographic details:

1. Gender: Female
2. Age: 19
3. Religion: Hindu
4. Caste: OBC
5. Place of residence: Bihar
6. Educational background: BBA
7. Employment status: Student
8. If employed, what is your occupation: NA
9. Annual family income (approximately): 1.5 lakh
10. Any other useful detail that you want to share about yourself: NA

B. Questions related to understanding lifestyle practices

11. What are your favourite leisure time activities?

Sleeping

12. How many hours in a day do you spend on digital media? 4 - 5 hours

13. List three activities that you most frequently engage in the digital media?

Insta reels, Snapchat, YouTube

14. How often do you eat outside (this does not include mess food in the hostel)?

Once in a week

15. What are the sources of these food (online, college canteen, other-be specific)?

College Canteen

C. Questions related to understanding of health and illness

16. How many times did you fall sick/ill or had any health issue in the last three years?

Year	Frequency	Type of health issue/illness- Stress, anxiety, depression can also be listed as health issues (if more than one, list all)
2024	0	NA
2023	0	NA
2022	0	NA

17. What was the level of sickness? **N/A**

Year	Mild	Moderate	Severe	Accident/emergency	Chronic
2024					
2023					
2022					

18. Generally what is the first thing you do after identifying /knowing about any health problem? **N/A**

Severity	Discuss/consult someone (be specific)	Visit a doctor in clinic	Go to hospital	Medical store	Self-medication	Other
Mild						
Moderate						
Severe						
Accident/ Emergency						
Chronic						

19. If, discussed with someone before visiting the doctor what did s/he suggest?

20. Did you follow/partially follow/not follow the suggestion(s)? Reason for any answer.

D. Related to educational and other choices:

21. From where did you study? (list name of school(s) for all levels)

22. Who made the choice of school and/ college for you?

Level of education	Parents	Relatives (be specific)	Neighbours	Someone from community (teacher, etc.)	Self	Based on online sources
School (till 10)	Father					
School (10+2)- Mention if you did not attend regular school	father					
College (Current institution)					✓	

23. If it was your choice? Why did you choose this school/college?

Not first choice, based on academics.

24. Did you attend any extra/coaching classes? If yes, online or offline.

Yes

25. Did someone help you get admission to these classes?

No

26. If it was not your choice, whose choice was it? (Repeat options from question 22) father

27. Do you attend any online course(s)? If yes, name the course and the source. NO.

28. Who is your close friend? Archita, Teju

29. Is your best friend from school? If no, from where? From college

30. How often you meet your close friend? daily

31. How else you communicate with your friend(s)? phone

32. Who all (as many as you can list) are your friends? Name a few.

Sandhya, Teju, Anjali

33. What matters in your circle of friends? (There could be more than one option) "None"
(1) Caste (2) family ties (3) Political affiliation (4) gender (5) region (6) religion

34. Who was the person with whom you last discussed your personal problem(s)? mother

35. How did you know "that" person?

She is my MOTHER

E. My circle and who is at the centre

36. Rank the person in terms of preference with whom you discuss various issues as listed

Issues	Neighbours/ Friends	Popular person in your community/colleg e	Social activis t	Religiou s leader	Teache r	Politic a leader	Other - be specific
What's going on in the college/communit y		✓					
Most reliable in the college/communit y							friend
About polities							u
Health issues							u
Educational issues							u
Government schemes							u
Any other issue (be specific)							u

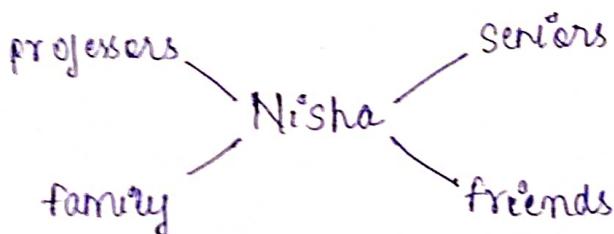
37. How often do you communicate with them

Issues	Neighbours/ Friends	Popular person in your community/college	Social activist	Religious leader	Teacher	Political leader	Other (be specific)
Daily	✓						
2 times in a week							
2-4 times in a week					✓		
>4 times in a week							
As & when needed		✓					

38. Name a contact associated with such a feeling (given below). You may even rank each on a scale of 1 to 5 and list the frequency of contact.

Feeling	Name a person	1 to 5	Frequency of contact	Mode of contact
Respect	seniors	5	daily	physically phone
Liking				
Influence				
Praise				
Dis-respect				
Dis-like				
Negative Influence				
Blame				

39. Draw a rough sketch of you at the centre and all the contacts around you-



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Questionnaire-HS332

No. 362

Name and contact details of the respondent (Institution of the respondent):

Anshika 7225060729

A. Basic socio-demographic details:

1. Gender: Female
2. Age: 20
3. Religion: Hindu
4. Caste: General
5. Place of residence: Kanpur
6. Educational background: BBA 2nd year
7. Employment status: Student
8. If employed, what is your occupation: N/A
9. Annual family income (approximately): Above 10 lac
10. Any other useful detail that you want to share about yourself: N/A

B. Questions related to understanding lifestyle practices

11. What are your favourite leisure time activities?

watching movies, singing, reading books

12. How many hours in a day do you spend on digital media? 6+ hrs

13. List three activities that you most frequently engage in the digital media?

Amazon prime (movies), Amazon Kindle, Instagram

14. How often do you eat outside (this does not include mess food in the hostel)?

Once a week

15. What are the sources of these food (online, college canteen, other-be specific)?

Swiggy (online)

C. Questions related to understanding of health and illness

16. How many times did you fall sick/ill or had any health issue in the last three years?

Year	Frequency	Type of health issue/illness- Stress, anxiety, depression can also be listed as health issues (if more than one, list all)
2024	0	- NA
2023	1	Fever (mild health issues)
2022	1	PCOD

17. What was the level of sickness?

Year	Mild	Moderate	Severe	Accident/emergency	Chronic
2024 (NN)					
2023	✓				
2022					✓

18. Generally what is the first thing you do after identifying /knowing about any health problem?

Severity	Discuss/consult someone (be specific)	Visit a doctor in clinic	Go to hospital	Medical store	Self-medication	Other
Mild						
Moderate	father				✓	
Severe						
Accident/ Emergency			✓			
Chronic		✓	✓			

19. If discussed with someone before visiting the doctor what did s/he suggest?
He consult with doctor.

20. Did you follow/partially follow/not follow the suggestion(s)? Reason for any answer.
follow , I trust my father.

D. Related to educational and other choices:

21. From where did you study? (list name of school(s) for all levels)
Delhi Public School Kanpur for All levels .

Level of education	Parents	Relatives (be specific)	Neighbours	Someone from community (teacher, etc.)	Self	Based on online sources
School (till 10)	✓					
School (10+2)- Mention if you did not attend regular school	✓					
College (Current institution)					✓	

23. If it was your choice? Why did you choose this school/college?
Thought it to be a good college.

24. Did you attend any extra/coaching classes? If yes, online or offline.
Yes

25. Did someone help you get admission to these classes?
No

26. If it was not your choice, whose choice was it? (Repeat options from question 22) *My choice*
27. Do you attend any online course(s)? If yes, name the course and the source.
No
28. Who is your close friend? *Apurva Sharma*
29. Is your best friend from school? If no, from where? *Yes*
30. How often you meet your close friend? *one 3-4 month*
31. How else you communicate with your friend(s)? *mobile phone, calling, messaging*
32. Who all (as many as you can list) are your friends? Name a few.
Isha Mishra, Urvraj Chawla, Tejas Sharma.

33. What matters in your circle of friends? (There could be more than one option)
 (1) Caste (2) family ties (3) Political affiliation (4) gender (5) region (6) religion

34. Who was the person with whom you last discussed your personal problem(s)?
Mother

35. How did you know "that" person?
Blood relation.

E. My circle and who is at the centre

36. Rank the person in terms of preference with whom you discuss various issues as listed

Issues	Neighbours/ Friends	Popular person in your community/colleg e	Social activis t	Religiou s leader	Teache r	Politic al leader	Other - be specific
What's going on in the college/communit y	✓						
Most reliable in the college/communit y	✓						
About politics			✓				
Health issues	✓				✓		
Educational issues				✓			
Government schemes				✓			
Any other issue (be specific)	✓						

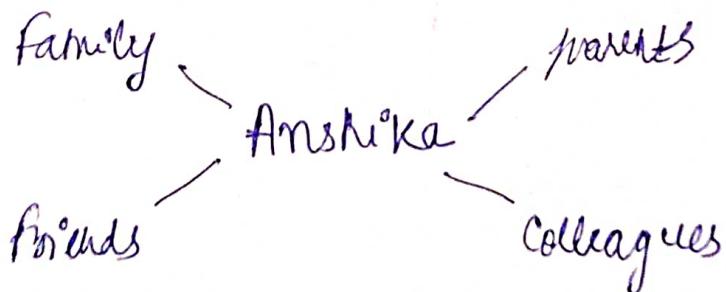
37. How often do you communicate with them

Issues	Neighbours/ Friends	Popular person in your community/college	Social activist	Religious leader	Teacher	Political leader	Other (be specific)
Daily	✓						
2 times in a week						✓	
2-4 times in a week							
>4 times in a week							
As & when needed		✓	✓	✓		✓	✓

38. Name a contact associated with such a feeling (given below). You may even rank each on a scale of 1 to 5 and list the frequency of contact.

Feeling	Name a person	1 to 5	Frequency of contact	Mode of contact
Respect	parent	5	Daily	calls & chat
Liking	Tejas	4	Daily	in person
Influence	Tejas	4	Daily	in person
Praise	NA	-	-	-
Dis-respect	NA	-	-	-
Dis-like	Mohit	5	Never	NA
Negative Influence	NA	-	-	-
Blame	NA	-	-	-

39. Draw a rough sketch of you at the centre and all the contacts around you-



Quesionnaire-HS332

No. 363

Name and contact details of the respondent (Institution of the respondent):

Turni 7905592918

A. Basic socio-demographic details:

1. Gender: Female
2. Age: 20
3. Religion: Hindu
4. Caste: General
5. Place of residence: Bihar
6. Educational background: BCA
7. Employment status: Student
8. If employed, what is your occupation: N A
9. Annual family income (approximately): 10 lakh
10. Any other useful detail that you want to share about yourself: N A

B. Questions related to understanding lifestyle practices

11. What are your favourite leisure time activities?

Watching movies, series, instareels.

12. How many hours in a day do you spend on digital media? 6+ hours

13. List three activities that you most frequently engage in the digital media?

Reels, vlogs (youtube), chatting.

14. How often do you eat outside (this does not include mess food in the hostel)?

Once a week

15. What are the sources of these food (online, college canteen, other-be specific)?

Online, college canteen

C. Questions related to understanding of health and illness

16. How many times did you fall sick/ill or had any health issue in the last three years?

Year	Frequency	Type of health issue/illness- Stress, anxiety, depression can also be listed as health issues (if more than one, list all)
2024	1	Fever, cold
2023	2	"
2022	0	

17. What was the level of sickness?

Year	Mild	Moderate	Severe	Accident/emergency	Chronic
2024		✓	.		
2023	✓				
2022 NA					

18. Generally what is the first thing you do after identifying /knowing about any health problem?

Severity	Discuss/consult someone (be specific)	Visit a doctor in clinic	Go to hospital	Medical store	Self-medication	Other
Mild	✓ (father)					
Moderate	(father)					
Severe			✓			
Accident/Emergency			✓			
Chronic			✓			

19. If, discussed with someone before visiting the doctor what did s/he suggest?
father, Sister

20. Did you follow/partially follow/not follow the suggestion(s)? Reason for any answer.
follow, I trust them.

D. Related to educational and other choices:

21. From where did you study? (list name of school(s) for all levels)
DPS for all schooling.

22. Who made the choice of school and/ college for you?

Level of education	Parents	Relatives (be specific)	Neighbours	Someone from community (teacher, etc.)	Self	Based on online sources
School (till 10)		✓				
School (10+2)-Mention if you did not attend regular school		✓				
College (Current institution)					✓	

23. If it was your choice? Why did you choose this school/college?
Based on rank

24. Did you attend any extra/coaching classes? If yes, online or offline.
No

25. Did someone help you get admission to these classes?
Yes, Uncle

26. If it was not your choice, whose choice was it? (Repeat options from question 22) NA
27. Do you attend any online course(s)? If yes, name the course and the source. NA
No
28. Who is your close friend? Actually I have no close friends.
29. Is your best friend from school? If no, from where? NA
30. How often you meet your close friend? NA
31. How else you communicate with your friend(s)? have some friends. (Not close)
32. Who all (as many as you can list) are your friends? Name a few.
Anjita Biswas, Amey, Bhawna.
33. What matters in your circle of friends? (There could be more than one option)
(1) Caste (2) family ties (3) Political affiliation (4) gender (5) region (6) religion "None"
34. Who was the person with whom you last discussed your personal problem(s)?
sister
35. How did you know "that" person?
She is my elder sister.

E. My circle and who is at the centre

36. Rank the person in terms of preference with whom you discuss various issues as listed

Issues	Neighbours/ Friends	Popular person in your community/colleg e	Social activis t	Religiou s leader	Teache r	Politic al leader	Other - be specific
What's going on in the college/communit y	✓						
Most reliable in the college/communit y	✓						
About politics	✓						
Health issues	✓					✓	
Educational issues							
Government schemes	✓						
Any other issue (be specific) NP							

37. How often do you communicate with them

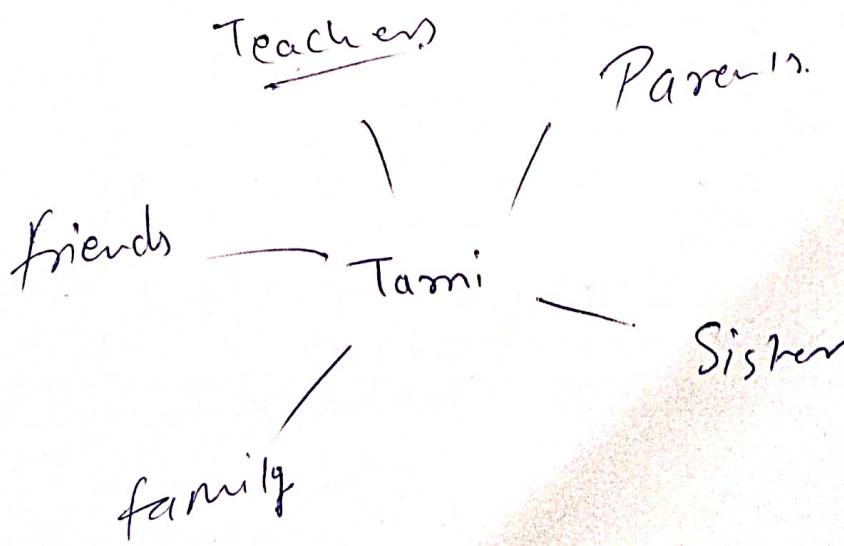
Issues	Neighbours/ Friends	Popular person in your community/college	Social activist	Religious leader	Teacher	Political leader	Other (be specific)
Daily							
2 times in a week							
2-4 times in a week					✓		
>4 times in a week	✓						
As & when needed		✓					

38. Name a contact associated with such a feeling (given below). You may even rank each on a scale of 1 to 5 and list the frequency of contact.

Feeling	Name a person	1 to 5	Frequency of contact	Mode of contact
Respect	Parents	5	once 2-3 monthly	in person
Liking	Everyone	3-4	once 2-3 monthly	in person.
Influence	Aspirer.	4	once 2-3 monthly	in person.
Praise	Anshu	4	once 2-3 monthly	in person.
Dis-respect	NA			
Dis-like	NA			
Negative Influence	NA			
Blame	NA			

'calls daily'

39. Draw a rough sketch of you at the centre and all the contacts around you-



Questionnaire-HS332No. 364

Name and contact details of the respondent (Institution of the respondent):

Farhaan

(Don't want to share)

A. Basic socio-demographic details:

1. Gender: Male
2. Age: 23
3. Religion: Muslim
4. Caste: OBC
5. Place of residence: Bihar
6. Educational background: BCA
7. Employment status: Student
8. If employed, what is your occupation: NA
9. Annual family income (approximately): 5+ lakh.
10. Any other useful detail that you want to share about yourself: NA

B. Questions related to understanding lifestyle practices

11. What are your favourite leisure time activities?

Reading books, going out, travelling.

12. How many hours in a day do you spend on digital media? Around 5 hrs

13. List three activities that you most frequently engage in the digital media?

Vlogs, Education videos (Youtube), books from internet (Google)

14. How often do you eat outside (this does not include mess food in the hostel)?
Rarely.

15. What are the sources of these food (online, college canteen, other-be specific)?
Online, Restaurants.

C. Questions related to understanding of health and illness

16. How many times did you fall sick/ill or had any health issue in the last three years?

Year	Frequency	Type of health issue/illness- Stress, anxiety, depression can also be listed as health issues (if more than one, list all)
2024	2	High fever / mild cough, cold
2023	0	
2022	1	Migraine

17. What was the level of sickness?

Year	Mild	Moderate	Severe	Accident/emergency	Chronic
2024	✓	✓			
2023 <i>NA</i>					
2022					✓

18. Generally what is the first thing you do after identifying /knowing about any health problem?

Severity	Discuss/consult someone (be specific)	Visit a doctor in clinic	Go to hospital	Medical store	Self-medication	Other
Mild		✓				
Moderate		✓				
Severe			✓			
Accident/ Emergency			✓			
Chronic			✓			

19. If, discussed with someone before visiting the doctor what did s/he suggest?

I directly go to clinic, my relative is doctor.

20. Did you follow/partially follow/not follow the suggestion(s)? Reason for any answer.
NA

D. Related to educational and other choices:

21. From where did you study? (list name of school(s) for all levels)

*Don Bosco till 10th
BPS 11th 12th*

22. Who made the choice of school and/ college for you?

Level of education	Parents	Relatives (be specific)	Neighbours	Someone from community (teacher, etc.)	Self	Based on online sources
School (till 10)	✓					
School (10+2)- Mention if you did not attend regular school	✓					
College (Current institution)	✓					

23. If it was your choice? Why did you choose this school/college?
NA

24. Did you attend any extra/coaching classes? If yes, online or offline.
NA

25. Did someone help you get admission to these classes?
NA

26. If it was not your choice, whose choice was it? (Repeat options from question 22) Father.
27. Do you attend any online course(s)? If yes, name the course and the source. Yes
through YouTube videos.
28. Who is your close friend? Hamid
29. Is your best friend from school? If no, from where? Yes
30. How often you meet your close friend? Regularly (2-3 weeks)
31. How else you communicate with your friend(s)? calls, messages.
32. Who all (as many as you can list) are your friends? Name a few.
Hamid, Shabib, Satyam

33. What matters in your circle of friends? (There could be more than one option)
(1) Caste (2) family ties (3) Political affiliation (4) gender (5) region (6) religion

34. Who was the person with whom you last discussed your personal problem(s)?
Brother & close friend.

35. How did you know "that" person?
Relative. Close friend is with me from childhood.

E. My circle and who is at the centre

36. Rank the person in terms of preference with whom you discuss various issues as listed

Issues	Neighbours/ Friends	Popular person in your community/colleg e	Social activis t	Religiou s leader	Teache r	Politic al leader	Other - be specific
What's going on in the college/communit y	✓						
Most reliable in the college/communit y	✓						
About politics	—						
Health issues	✓						
Educational issues	✓						
Government schemes	✓						
Any other issue (be specific)							

37. How often do you communicate with them

Issues	Neighbours/ Friends	Popular person in your community/college	Social activist	Religious leader	Teacher	Political leader	Other (be specific)
Daily	✓						
2 times in a week							
2-4 times in a week							
>4 times in a week							
As & when needed		✓	✓	✓	✓	✓	

38. Name a contact associated with such a feeling (given below). You may even rank each on a scale of 1 to 5 and list the frequency of contact.

Feeling	Name a person	1 to 5	Frequency of contact	Mode of contact
Respect	Father & Mother	5	Daily	in person
Liking	Myself, Pare..	5	Daily	in person
Influence	Friends	4	Daily	in person
Praise	NA			
Dis-respect	NA			
Dis-like	NA			
Negative Influence	NA			
Blame	NA			

39. Draw a rough sketch of you at the centre and all the contacts around you-

