RESULT AND DISCUSSION

Table No- 4.1

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU KNOW ABOUT THE CARDIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 23 | 46% | 34 | 68% |
| No | 27 | 54% | 16 | 32% |

**Table No -4.1** Show that 50 respondents in **female** about the **46%** cardiovascular disease and **54%** are not about the cardiovascular disease. **Male the respondents 50** about the **68%** cardiovascular disease and **32%** respondents are not about the cardiovascular disease.

TABLE NO- 4.2

DISTRIBUTIONS OF THE RESPONDENTS ON THE BASIS ARE YOU SUFFERING FROM CARDIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 45 | 90% | 45 | 90% |
| No | 5 | 10% | 5 | 10% |

**Table No 4.2** Show that 50 respondents in **female** about the **90%suffering form** cardiovascular disease and **10%** are not about the cardiovascular disease and **Male the respondents 50** about the **90%** suffering from cardiovascular disease and **10%** respondents are not about the suffering form cardiovascular disease.

TABLE NO- 4.3

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS WHICH CARDIOVASCULAR DISEASE ARE YOU SUFFERING FORM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| C.V. DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Blood pressure | 39 | 78% | 28 | 56% |
| Heart disease | 9 | 18% | 20 | 40% |
| Atherosclerosis | 2 | 4% | 2 | 4% |
| All of the above | o | 0% | 0 | 0% |

**Table No 4.3** show that 50 respondents in female about 78% respondents Blood pressure, 18% respondents Heart disease, 4% respondents Atherosclerosis ,0% All of the above Andshow that 50 respondents in male about 56% respondents Blood pressure, 40% respondents Heart disease, 4% respondents Atherosclerosis ,0% All of the above.

TABLE NO- 4.4

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL THE SYMPTOMS OF CARDIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 43 | 86% | 40 | 80% |
| No | 7 | 14% | 10 | 20% |
| IF YES,WHICH ONE---- | | | | |
| Pain or pressure in the chest | 7 | 14% | 22 | 44% |
| Nausea and fatigue | 18 | 36% | 13 | 26% |
| Shortness of breast | 8 | 16% | 0 | 0% |
| dizziness | 17 | 34% | 15 | 30% |

**Table No** 4.4 show that reveals that female has feel the symptoms of cardiovascular disease86% and not have14% feel the symptoms of cardiovascular disease

In which feel the symptoms of cardiovascular disease appears found some problem in female have pain or pressure in the chest14% , nausea and fatigue 36%, shortness of breast 16%, dizziness 34% . In male have feel the symptoms of cardiovascular disease appears found some problem in female have pain or pressure in the chest44% , nausea and fatigue 26%, shortness of breast 0%, dizziness 30.

TABLE NO-4.5

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU KNOW ABOUT BODY MASS INDEX

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 10 | 20% | 8 | 16% |
| No | 40 | 80% | 42 | 84% |

**Table No -4.5** show that 50 respondents in **female** about 20% body mass index and 80% respondentsare not aboutbody mass index and that 50 respondents in **male** about 16% body mass index and 84%respondentsare not aboutbody mass index

TABLE NO-4.6

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS HAVE YOU VISITED THE DOCTOR TO DISCUSS YOUR SYMPTOMS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 40 | 80% | 43 | 86% |
| No | 10 | 20% | 7 | 14% |

**Table No -4.6** show that 50 respondents in **female** about 80% visited the doctor to discuss your symptoms and **20%respondents** are not aboutvisited the doctor to discuss your symptoms and that 50 respondents in **male** about 86% visited the doctor to discuss your symptoms and **14%respondents** are not aboutvisited the doctor to discuss your symptom

TABLE NO-4.7

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU VISIT THE DOCTOR REGULARLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 31 | 62% | 35 | 70% |
| No | 19 | 38% | 15 | 30% |

**Table No -4.7** show that 50 respondents in **female** about 62% visit the doctor regularly and **38%respondents** are not aboutvisit the doctor regularly and that 50 respondents in **male** about 70% visit the doctor regularly and **30% respondents** are not aboutvisit the doctor regularly.

TABLE NO-4.8

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE ANY MEDICATION TO CONTROL OF CADIOVASCULAR DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 43 | 86% | 41 | 82% |
| No | 7 | 14% | 9 | 18% |

**Table No -4.8** show that 50 respondents in **female** about 86% take any medication to control of cardiovascular disease and **14%respondents** are not about take any medication to control of cardiovascular disease and that 50 respondents in **male** about 82% take any medication to control of cardiovascular disease and **18%respondents** are not about take any medication to control of cardiovascular disease

TABLE NO-4.9

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL CHEST PROBLEM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 13 | 26% | 26 | 52% |
| No | 37 | 74% | 24 | 48% |

**Table No -4.9** show that 50 respondents in **female** about 26% feel chest problem and **74%respondents** are not about feel chest problem and that 50 respondents in **male** about 52% feel chest problem and **48%respondents** are not about feel chest problem.

TABLE NO-4.10

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL STRESS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 40 | 80% | 43 | 86% |
| No | 10 | 20% | 7 | 14% |

**Table No -4.10** show that 50 respondents in **female** about 80% feel stress and **20%respondents** are not about feel stress and that 50 respondents in **male** about 86% feel chest problem and 1**4%respondents** are not about feel stress.

TABLE NO-4.11

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU SLEEP PROPERLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 32 | 64% | 24 | 48% |
| No | 18 | 36% | 26 | 52% |

**Table No - 4.11** shows that 50 respondents in **female** about 64% sleep properly and **36%respondents** are not about sleep properly and that 50 respondents in **male** about 48% feel chest problem and 52**%respondents** are not about sleep properly.

TABLE NO-4.12

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU CHEW TOBACCO

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 19 | 38% | 20 | 40% |
| No | 31 | 62% | 30 | 60% |

**Table No - 4.12** shows that 50 respondents in **female** about 38% chew tobacco and **62%respondents** are not about chew tobacco and that 50 respondents in **male** about 40% chew tobacco and 60**%respondents** are not about chew tobacco.

TABLE NO-4.13

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU DRINK ALCOHOL

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 1 | 2% | 9 | 18% |
| No | 49 | 98% | 41 | 82% |

**Table No - 4.13** show that 50 respondents in **female** about 2% drink alcohol and **98%respondents** are not about drink alcohol and that 50 respondents in **male** about 18% drink alcohol and 82**%respondents** are not about drink alcohol.

TABLE NO-4.14

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU SMOKE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| Yes | 10 | 20% | 31 | 62% |
| No | 40 | 80% | 19 | 38% |

**Table No -4.14** show that 50 respondents in **female** about 20% smoke and **80%respondents** are not about smoke and that 50 respondents in **male** about 62% smoke and 38**%respondents** are not about smoke.

TABLE NO-4.15

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU PERFORM APPROPRIATE PHYSICAL ACTIVITY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 37 | 74% | 37 | 74% |
| No | 13 | 26% | 13 | 26% |

**Table No -4.15**show that 50 respondents in **female** about 74% perform appropriate physical activity and **26%respondents** are not about perform appropriate physical activity and that 50 respondents in **male** about 74% perform appropriate physical activity **26 %respondents** are not about perform appropriate physical activity.

TABLE NO-4.16

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS ARE YOU PERFORMING EXECRICISE REGULAR

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 30 | 60% | 32 | 64% |
| No | 20 | 40% | 18 | 36% |

**Table No -4.16** show that 50 respondents in **female** about **60%** performing regular exercise and **40%respondents** are not about performing regular exercise and that 50 respondents in **male** about **64%** performing regular exercise **36% respondents** are not about performing regular exercise.

TABLE NO-4.17

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS WHAT TYPES OF EXECRISE DO YOU DO

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Working | 1 | 2% | 4 | 8% |
| Yoga | 37 | 74% | 44 | 88% |
| Meditation | 12 | 24% | 2 | 4% |

**Table No -4.17** show that 50 respondents in **female** about 2% working and 74% yoga, 24%, meditation and that 50 respondents in male about 8% working, yoga 88%, meditation 4%.

TABLE NO-4.18

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS HOW MUCH TIME DO YOU SPEND ON EXERCRISE DAILY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| MORE THAN ONE HOUR | 29 | 58% | 34 | 68% |
| LESS THAN ONE HOUR | 21 | 42% | 16 | 32% |

**Table No -4.18** show that 50 respondents in **female** about 58% more than one hour and **42% respondents**  about less than one hour and that 50 respondents in **male** about 68% more than one hour **32 %respondents** are not about less than one hour

TABLE NO-4.19

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU MEDITATE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| YES | 11 | 22% | 25 | 50% |
| NO | 39 | 78% | 25 | 50% |

**Table No -4.19** show that 50 respondents in **female** about 22% mediated and **78%respondents** are not about mediated and that 50 respondents in **male** about 50% mediated and **50% respondents** are not about mediated.

TABLE NO-4.20

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU WALK REGULARLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 45 | 90% | 44 | 88% |
| No | 5 | 10% | 6 | 12% |

**Table No -4.20** show that 50 respondents in **female** about 90% walk regularly and **10%respondents** are not about walk regularly and that 50 respondents in **male** about 88% walk regularly and **12% respondents** are not about walk regularly.

TABLE NO-4.21

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU LIVE IN SOCIAL HORMONY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 40 | 80% | 42 | 84% |
| No | 10 | 20% | 8 | 16% |

**Table No -4.21** show that 50 respondents in **female** about 80% live in social harmony and **20%respondents** are not about live in social harmony and that 50 respondents in **male** about 84% live in social harmony and 1**6%respondents** are not about live in social harmony

TABLE NO-4.22

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL IRRITATED

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| Yes | 10 | 20% | 16 | 32% |
| No | 40 | 80% | 34 | 68% |

**Table No -4.22** show that 50 respondents in **female** about 20% feel irritated and **80%respondents** are not about feel irritated and that 50 respondents in **male** about 32% feel irritated and **68%respondents** are not about feel irritated

TABLE NO-4.23

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU FEEL DEPRESSION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 17 | 34% | 28 | 56% |
| No | 33 | 66% | 22 | 44% |

**Table No -4.23** show that 50 respondents in **female** about 34% feel depression and **66%respondents** are not about feel irritated and that 50 respondents in **male** about 56% feel and **44%respondents** are not about feel irritated

TABLE NO-4.24

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE ANEMIA

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 24 | 48% | 20 | 40% |
| No | 26 | 52% | 30 | 60% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| weakness | 16 | 32% | 16 | 32% |
| Dizziness | 2 | 4% | 4 | 8% |
| Pale sink | 0 | 0% | 0 | 0% |
| Chest pain, shortness of breath and headache | 1 | 2% | 0 | 0% |

**Table No-4.24 show** that reveals that female have anemia 48% and not have anemia 52% and male have anemia 40% and not have anemia 60%

In which anemia appears found some problem in female have weakness 32%, dizziness 4%, pale sink 0%, chest pain 2% in male have appears found some problem weakness32%,dizziness 4%,pale sink 0%,cheast pain, shortness breast 0%

TABLE NO- 4.25

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE ARTHRITIS PROBLEM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 27 | 54% | 37 | 74% |
| No | 27 | 54% | 13 | 26% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Pain | 17 | 34% | 20 | 40% |
| Swelling | 8 | 16% | 11 | 22% |
| Redness | 1 | 2% | 4 | 8% |
| stiffness | 1 | 2% | 2 | 4% |

**Table No-4.25 show** that reveals that female have arthritis 54% and not have arthritis 54% and male have arthritis 74% and not have arthritis 26%

In which arthritis appears found some problem in female have pain 34%, swelling 16%, redness 2%, stiffness 2% in male have appears found some problem female have pain 40%, swelling 22%, redness 8%, stiffness 4%

TABLE NO-4.26

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE DENTAL PROBLEM

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 28 | 56% | 23 | 46% |
| No | 22 | 44% | 27 | 54% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Bleeding | 7 | 14% | 4 | 8% |
| Sensitive teeth | 9 | 18% | 5 | 10% |
| Dry mouth | 7 | 14% | 6 | 12% |
| Bad breath | 5 | 10% | 8 | 16% |

**Table No-4.26 show** that reveals that female have dental problem 56% and not have dental problem 44% and male have dental problem46% and not have dental problem54%

In which arthritis appears found some problem in female have bleeding 14%, sensitive teeth 18%, dry mouth 14%, bad breast10% in male have appears found some problem female have bleeding 14%, sensitive teeth 18%, dry mouth 14%, bad breast10%

TABLE NO- 4.27

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS, DO YOU HAVE HYPERTENSION

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 15 | 30% | 19 | 38% |
| No | 35 | 70% | 31 | 62% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Chest pain, shortness breath | 0 | 0% | 0 | 0% |
| Headaches | 12 | 24% | 15 | 30% |
| Irregular heartbeat | 2 | 4% | 2 | 4% |
| Visual problem | 1 | 2% | 2 | 4% |

**Table No-4.27 show** that reveals that female have hypertension 30% and not have hypertension70% and male have hypertension38% and not have hypertension62%

In which arthritis appears found some problem in female have chest pain ,shortness breast0%, headaches4%, irregular heartbeat4%, visual problem% in male have appears found some problem male have chest pain shortness breast0%, ,headaches30%, irregular heartbeat4%, visual problem4%

TABLE NO- 4.28

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE CATARACT

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 0 | 0 | 0 | 0 |
| No | 50 | 100% | 50 | 100% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Double vision in a single eyes | 0 | 0% | 0 | 0% |
| Increasing difficulty with vision night | 0 | 0% | 0 | 0% |
| Change in the way you | 0 | 0% | 0 | 0% |

**Table No-4.28 show** that reveals that female have cataract 0% and not have cataract100% and male have cataract 0% and not have cataract 100%

In which arthritis appears found some problem in female have double vision in a single eyes0%, increasing difficulty0%,change in the way 0%, in male have appears found some problem male have double vision in a single eyes0%, increasing difficulty0%,change in the way 0%

TABLE NO- 4.29

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE ASTHMA

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 45 | 90% | 49 | 98% |
| No | 5 | 10% | 1 | 2% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Shortness of breath | 20 | 40% | 10 | 20% |
| Chest lightness pain | 12 | 24% | 12 | 24% |
| Difficulty taking | 6 | 12% | 6 | 12% |
| fatigue | 7 | 14% | 21 | 42% |

**Table No-4.29 show** that reveals that female have asthma 0% and not have asthma 100% and male have asthma 0% and not have asthma 100%

In which arthritis appears found some problem in female have shortness of breast0%, chest lightness or pain0%,difficulty taking 0%, fatigue % in male have appears found some problem male have shortness of breast0%, chest lightness or pain0%,difficulty taking 0%, fatigue %

TABLE NO- 4.30

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS PARKINSON’S DISEASE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 1 | 2% | 1 | 2% |
| No | 49 | 98% | 49 | 98% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Tremor | 0 | 0% | 0 | 0% |
| Slowed movement | 1 | 2% | 0 | 0% |
| Speech change | 0 | 0% | 1 | 2% |
| Writing | 0 | 0% | 0 | 0% |

**Table No-4.30 show** that reveals that female have Parkinson’s disease2% and not have Parkinson’s disease 98% and male have Parkinson’s disease 2% and not have Parkinson’s disease 98%

In which Parkinson’s disease appears found some problem in female have tremor 0%, slowed movement2%,change speech 0%, writing% in male have appears found some problem male have tremor 0%, slowed movement0%,change speech 2 %, writing 2%

TABLE NO- 4.31

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE PARALYTIC ATTACK

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| Yes | 4 | 8% | 1% | 2% |
| No | 46 | 92% | 49% | 98% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Serve headache | 1 | 2% | 1% | 2% |
| Memory loss | 2 | 4% | 0% | 0% |
| Confusion | 1 | 2% | 0% | 0% |
| Poor balance& dizziness | 0 | 0% | 0% | 0% |

**Table No-4.31 show** that reveals that female have paralytic attack 8% and not have paralytic attack 92% and male have paralytic attack 2% and not have paralytic attack 98%

In which arthritis appears found some problem in female have Serve headache 2%,memory loss4%,confusion 2 %, poor balance & dizziness 0% in male have appears found some problem male have Serve headache 2%, memory loss0% ,confusion 0%, poor balance & dizziness 0%.

TABLE NO- 4.32

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS ARE YOU DIABETIES

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 16 | 32% | 27 | 54% |
| No | 34 | 68% | 23 | 46% |
| IF YES, WHICH ANGLE DOES IT FORM-- | | | | |
| Weight loss | 15 | 30% | 27 | 54% |
| Urinary tract infection | 1 | 2% | 0 | 0% |
| Blurred vision | 0 | 0% | 0 | 0% |
| Red, swollen, or tender gums | 0 | 0% | 0 | 0% |

**Table No-4.32 show** that reveals that female have diabetes 0% and not have diabetes100% and male have diabetes 0% and not have diabetes 100%

In which diabetes appears found some problem in female have weight loss 30%,urinary tract infection 2%,blurred vision 0%, red, swollen or tender gums 0% in male have appears found some problem male have weight loss 54%,urinary tract infection 0%,blurred vision 0%, red, swollen, or tender gums 0%

TABLE NO- 4.33

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE MEALES REGULARLY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 31 | 62% | 34 | 68% |
| No | 19 | 38% | 16 | 32% |

**Table No -4.33** show that 50 respondents in **female** about 62% take meals regularly and **38%respondents** are not about take meals regularly and that 50 respondents in **male** about 68% take meals regularly and **34% respondents** are not about take meals regularly

TABLE NO- 4.34

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS IF YES, WHICH BEVERAGE DO YOU CONSUME AT BREAKFAST

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Milk/coffee | 7 | 14% | 19 | 38% |
| Fruit juice | 10 | 20% | 11 | 22% |
| Tea | 33 | 66% | 20 | 40% |

**Table No 4.34** show that 50 respondents in female about 14% respondents milk and coffee, 20% respondents fruits juice, 66% respondents tea Andshow that 50 respondents in male about 34% respondents milk and coffee, 18% respondents fruits juice, 30% respondents tea

TABLE NO- 4.35

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS HOW MUCH WATER DO YOU DRINK WATER

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| 4 to 5 glass | 15 | 30% | 11 | 22% |
| 5 to 6 glass | 13 | 26% | 16 | 32% |
| 6 to 7 glass | 16 | 32% | 12 | 24% |
| 7 to 8 glass | 5 | 10% | 7 | 14% |

**Table No 4.35** show that 50 respondents in female about 30% respondents 4to 5 glass, 26% respondents 5 to 6 glass, 32% respondents 6 to7 glass, 10% 7 to 8 glass Andshow that 50 respondents in male about 22 % respondents 4to 5 glass, 32% respondents 5 to 6 glass, 24% respondents 6 to7 glass, 14% 7 to 8 glass

TABLE NO- 4.36

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU EAT BREAKFAST, LUCH, AND DINNER EVERY DAY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 23 | 46% | 20 | 40% |
| No | 27 | 54% | 30 | 60% |

**Table No -4.36** show that 50 respondents in **female** about 46% eat breakfast, lunch, and dinner every day and **54%respondents** are not about eat breakfast, lunch, and dinner every day and that 50 respondents in **male** about 40% eat breakfast, lunch , and dinner every day and **60% respondents** are not about eat breakfast, lunch, and dinner every day

TABLE NO- 4.37

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU LIKE FRIED FOOD

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 36 | 72% | 32 | 64% |
| No | 14 | 28% | 18 | 36% |

**Table No -4.37** show that 50 respondents in **female** about 72% like fried food and **28%respondents** are not about like fried food and that 50 respondents in **male** about 64% like fried food and **36% respondents** are not abut like fried food

TABLE NO- 4.38

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU EAT FRUITS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Always | 19 | 38% | 22 | 44% |
| Often | 10 | 20% | 12 | 24% |
| Sometimes | 10 | 20% | 10 | 20% |
| Never | 11 | 24% | 6 | 12% |

**Table No 4.38** show that 50 respondents in female about 38% respondents always 20% respondents often, 10% respondent sometimes, 22% never Andshow that 50 respondents in male about 44% respondents always 24% respondents often, 20% respondent sometimes, 12% never

TABLE NO- 4.39

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE ANY DIETERY SUPPLEMENTS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 30 | 60% | 30 | 60% |
| No | 20 | 40% | 20 | 40% |

**Table No -4.39** show that 50 respondents in **female** about 60% take any dietary supplements and **40%respondents** are not about take any dietary supplements and that 50 respondents in **male** about 60% take any dietary supplements and **40% respondents** are not abut take any dietary supplements

TABLE NO- 4.40

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS WHICH KIND OF FOOD YOU LIKE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Simple food | 34 | 68 % | 36 | 72% |
| Spicy food | 16 | 32% | 14 | 28% |

**Table No -4.40** show that 50 respondents in **female** about 60% take any dietary supplements and **40%respondents** are not about take any dietary supplements and that 50 respondents in **male** about 60% take any dietary supplements and **40% respondents** are not abut take any dietary supplements

TABLE NO- 4.41

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS IF ARE YOU VEG/NON-VEGETARIAN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CV DISEASE** | **NO OF RESPONDENTS (FEMALE)(N-50)** | **PERCENTAGE** | **NO OF RESPONDENTS (MALE)(N-50)** | **PERCENTAGE** |
| vegetarian | 37 | 74% | 37 | 74% |
| Non-vegetarian | 13 | 26% | 13 | 26% |

**Table No -4.41** show that 50 respondents in **female** about 74%vegetarion and **26%respondents** are not about non vegetarian and that 50 respondents in **male** about 74%vegeatrion and **26% respondents** are not abut non vegetation

TABLE NO- 4.42

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS IF NON-VEG, HOW MANY TIMES IN A WEEK

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| 1-2 Time | 13 | 26% | 13 | 26% |
| 2-3 Time | 0 | 0% | 0 | 0% |
| 3-4 Time | 0 | 0% | 0 | 0% |

**Table No -4.42** show that 50 respondents in **female** about 1-2 time **26%respondents non vegetarian and** 50 respondents in **male** about1-2 time 26% non vegetarian

TABLE NO- 4.43

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS ARE YOU EATING WELL

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Yes | 12 | 24% | 15 | 30% |
| No | 38 | 76% | 35 | 70% |

**Table No -4.43** show that 50 respondents in **female** about 24% eating well and **76%respondents** are not about eating well and that 50 respondents in **male** about 30% eating well and **70% respondents** are not about eating well

TABLE NO- 4.44

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU TAKE YOUR MEAL / ALONE / WITH FAMILY / WITH FRIENDS.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Alone | 13 | 26% | 20 | 40% |
| With Family | 31 | 62% | 20 | 40% |
| With Friends | 6 | 12% | 10 | 20% |

**Table No -4.44** show that 50 respondents in **female** about 26% alone, 62 % with family, 12% with friends and that 50 respondents in **male** about 40% alone, 40% with family, 20% with friends.

TABLE NO- 4.45

DISTRIBUTION OF THE RESPONDENTS ON THE BASIS DO YOU HAVE FAST FOOD / JUNK FOOD.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CV DISEASE | NO OF RESPONDENTS (FEMALE)(N-50) | PERCENTAGE | NO OF RESPONDENTS (MALE)(N-50) | PERCENTAGE |
| Fast food | 32 | 64% | 40 | 80% |
| Junk food | 18 | 36% | 10 | 10% |

**Table No -4.45** show that 50 respondents in **female** about 64%fast food and **36%respondents** are not about junk food and that 50 respondents in **male** about 80%fast food and **10% respondents** are not about junk food