

# A Study on Nutrition Diet for Pregnant Women

## Project Abstract

In Indian villages, lots of women do not have proper knowledge of the Nutrition which they consume during pregnancy. We did some research on the knowledge of the women, and what type of food they are consuming during and post-pregnancy. And to improve their eating habits NGOs and many social services provide training so that they get a proper and perfect knowledge of diet during their pregnancy and post-pregnancy period.

As a part of this project, We collaborated with a Charitable Trust, where we got data on the food habits of rural area women of Telangana state and how they are improving their diet by conducting free training for them. Based on this, We have initial and final datasets. Initial data is about the initial or basic common knowledge of women about nutrition to be consumed. This data is collected before conducting the training. The final data is post-training data which tells us whether the training is useful or not.

The project will utilize various analysis tools, including Microsoft Excel for Data Analysis and Minitab Software. For qualitative data, we use **“Test for two proportions”** to determine whether the sample proportion of an event for two groups differs significantly. For numeric data, We are using **“T-test: Two-sample Assuming Equal Variances”** in Excel.

The project’s outcomes will provide insights that give a big picture of the food habits and health of women in the rural areas of Telangana State. And tells us whether the training of the Trust is impactful or not. Also tells, how initial and final data differ significantly.