



# “Development and Progression of Hypertension among women and influencing factors in Rajasthan”

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## About Basic Paradigm

Basic Paradigm is a social enterprise that undertakes projects, ventures, and activities to benefit groups of people beyond those directly involved in doing the business. Basic Paradigm focuses on attaining good health and well-being as the last mile and works towards attainment of Sustainable Development Goal 3. While Basic Paradigm operates as a social enterprise; it is also the for-profit and supporting arm of the not-for-profit organization SCHOOL (Society of Community Health Oriented Operational Links) and is governed by same set of boards of directors. It brings in diverse expertise, and lessons learned that guide varied projects in planning, designing, implementing, monitoring and measuring results.

## Vision & Mission



### Vision -

To bring about inclusive development to achieve sustainable development goals (SDGs)



### Mission -

To work with vulnerable populations in ensuring good health and wellbeing as the last mile by addressing every single social determinant.

## Suggestions to organization

- To Grow the workspace with manpower in which they can reduce the workload of individual and time.

## Usefulness of internship

- Skill development
- Practical exposure
- Networking opportunity
- Exploring public health domain

### Strengths

- Experienced team of professionals
- Strong focus on sustainability and impact measurement.
- Wide range of services offered, including research, capacity building, and knowledge management.

### Weakness

- Relatively small organization, with limited resources.
- Lack of brand awareness in some markets.
- Reliance on a few key donors.

### Threats

- Competition from larger social impact consulting firms.
- Changes in government policies that could impact the social sector.
- Economic downturns that could reduce funding for social impact initiatives.

### Opportunities

- Growing demand for social impact consulting services.
- Increasing focus on sustainability and impact measurement by donors and governments.
- Expansion into new markets

## Learning's during internship

- How to perform primary and secondary research
- Development of Request For Proposal (RFP)
- Designing of research Questions
- Data analysis using SPSS software
- Data visualization using Google data studio

## Challenges faced during internship

- I initially struggled to understand the notion because it was my first corporate experience.
- I wanted to learn more about the research field, but I was limited by time and resources.
- It was really difficult to focus on work because the organisation hired a lot of interns.

## Organization Structure

Managing Director

Director

Senior Program Manager

Technical Expert

Program Associate

## ABOUT PROJECT

Title - "Development and Progression of Hypertension among women and influencing factors in Rajasthan"

### Methodology

Data Source- The National Family Health Survey (NFHS) fifth-round data have been used in this study (2019–2021).

**Result** – It is important to analyse these results to understand the underlying factors that influence hypertension and their implications among womens.

In the present study ,marital status ,education, occupation, socioeconomic status, BMI ,Tobacco use, alcohol use, and physical activity were significantly associated with the hypertension.

Low literacy level and being too rich were associated with hypertension. The higher education level was negatively correlated to hypertension in the present study. We speculate that it could be due to the reason that higher education imparts better knowledge and information about hypertension and subsequently those people with higher education had a healthier lifestyle.



### Conclusion-

To conclude, hypertension epidemic is spreading alarmingly in Rajasthan across rural and urban populations. This phenomenon of rising hypertension prevalence among the least resourceful people has serious social and economic implications for the country and warrants immediate policy interventions to prevent. Specific association were estimated not only between risk factors for disease development but also for risk factors and gender and level of education.

