

Final Report of Minor Research Project

TITLE

"A Critical Study of Nutritional Status of Tribal Students Of Age Group 10 to 16 in Ashram School in Gadchiroli District"

Submitted To



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Introduction :-

Every child is born as a member of some social group. It doesn't have separate identity than the group. A new born child cannot be labeled as social or non social. In every age group child's growth progresses in particular fashion and that is quite natural.

Food is one of the most important factor affecting health. To have good health it is must to have good nutrition. Balanced diet result in good health and mental stability for human beings. For the proper growth and development balanced diet is essential.

As the infants grows to child or teenage it needs a specific type of diet and nutrition as the physical growth is more during this stage. Also during the stage the reproductive system develops in girls students. There are they must get nutrition's food. Every child needs to be strong and healthy because today's child is tomorrow's citizen.

Teenage is the most important stage in the growth and the nutritional requirements are maximum during this period. The children who do not get proper nutrients according to their requirement do not have proper overall growth.

Ashram school are residential schools in which traditional gurukul system and its lifestyle is adopted school aducates the students up to tenth standard. The government pays for the education. Stay and food of the tribale children. The schools have hostels where the children stay.

They get their complete food, two uniforms, beds, slates and book free of cost. Apart from this children who stay in their homes are also admitted to the school and they also get uniform, one meal and study material free of cost.

Main objective of the Ashram Schools is to have educational and all round development of tribale students. The government is spending Rs. 500/- on each students for this purpose these schools were formed with very noble objectives.

Objectives :-

1. To study the socio economic family background of family at children studding in Ashram school.
2. To, assess nutritional status following methods to be adopted
 - a) Anthropometric data
 - b) Clinical investigation
 - c) Survey of data
3. Analysis at nutritional deficiencies to decide nutritional study.
4. To study the nutrients available to the student in Ashram school though the food provided to them and its effect on their health.
5. To cdinically exrine hemoglobin levels in in the laboratory with the help of doctors/technicians
6. To study if the educational facilities and daily schedules which are available in the school are properly utilized or not.

Hypothesis:-

1. To health status of majority of children in Ashram schools is very poor.
2. These children have weights and heights below normal levels.
3. Majority of students in these schools are found to be underweight.
4. The nutritional status of children in the age group of 10 to 16 staying in the hostels of these schools is poor.
5. The hostel facilities like rooms and toilets in the ashram schools are very poor.

Methods and Equipments of Data and informal in collection :-

1. Comparison of weight, height etc. as per N.C.H.S. (National council of health statistics) standards.

2. Health problems were found out by using questionnaires and interviews.
3. To study nutritional status –comparison of food provided to the children with the standard balanced diet and to study the deficiency of particular elements by comparison with R.D.A.

Classification :-

The data and information collected for research was classified on the basis of equality and non equality.

Conclusions :-

1. Information was collected about the number of persons in the families of Ashram school children. In tribal families there is only one earning member and the family size is large. In this study it was found that there were many families having 5-6 members, 7-8 members.
2. Information was also gathered about the level of education of the fathers of children studying in Ashram school. Fathers of Ashram school children are poorly educated. Therefore they don't understand the importance of education and hence they do not pay attention to education of their children.
3. It was found that the frailties of all these children were engaged in farming. In some frailties families poorly was secondary source of income.
4. Data about weight of Ashram school male students in the age group 14 to 16 all age groups were having weight less than the norms of N.C.H.S. This means majority of children were under weight.
5. The observations of heights of the male and female students in the concerned age groups showed that their heights were much less than standards at N.C.H.S. From the above two observations it is concluded that for proper physical growth balance diet is essential. The students observed did not get proper diet Hence their heights were less.
6. The measurements of mid arm circumference of the male and female students under observation were found to be very less.

7. In the present study the Body Mass Index (B.M.I.) of the students under consideration was also calculated all students are of average B.M.I. therefore it can be concluded that there was very little difference in the standard and measured B.M.I. value.

8. Following observation are made about the facilities provided to be students under the represent study

- a) According to the standard schedule should get non veg food once in a week but no non veg food was provided.
- b) I was found that the food provided hardly included cereal and green vegetables even though the food label showed are of thee.
- c) Ashram school children's were never provided seasonal foods and milk therefore these students do not get vitamins in correct preparation.
- d) Students under study were provided breakfast, lunch and dinner Instead at that they should get breakfast, lunch, snacks then dinner.

9. The calorie intake of all students was studied it was found that the calories provided to all age groups of students through their food were much below than the standards specified by I.C.M.R. (RDA)

From the above it is seen that Ashram school children get very less calories though their food. Because of this calorific need are not satisfied.

10. When the protein intake of all students. It was found that the Proteins provided to all age groups of students through their food were much below than the standard specified by I.C.M.R.

11 When the calcium intake of all students is found that calcium intake through their food was much below than the standard specified by I.C.M.R.

12 When the Iron intake at age group students was studied. It was found that the Iron intake through their food was much below than the standard specified by I.C.M.R.

13. During checking of blood hemoglobin levels of the all age group of students it was found that their hemoglobin levels were much lower than the standard of I.C.M.R.

14. Following drawbacks/ lacunae were observed in the facilities provided in the Ashram school.

- a) The students are made to sleep in the same room where classes are held during the day.
- b) Every Ashram school has a library. But students are not allowed to use this facility.
- c) There are laboratories in the school. However they have very little lab equipments therefore, students are unable to handle various equipments.
- d) The drinking water arrangement is not proper. The students face shortage of water in the summer and they are forced to under for water during this period.
- e) Computers are just kept as a show piece the students are not trained to use them.
- f) The school has playground. Howere, the sports material is inadequate. There is no facility for indoor game.

15. The main reason for all these health problems is that the diet at students was not balanced and resulted in deficiencies of various essential elements.