

**Prevalence of Undernutrition among the Children
aged 2-10 Years of Nawagarh Village Bemetara,
Chhattisgarh**



Dissertation

Submitted By

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M.Sc. IV Semester

Anthropology & Tribal Development

Under the guidance of

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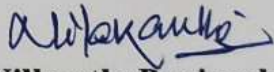
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Year-2023

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CERTIFICATE

This is to certify that the project dissertation entitled **“Prevalence of Undernutrition among the Children aged 2-10 Years”** A study in Nawagarh Village Bemetara, Chhattisgarh is an authentic record of work done during M.Sc.Semester , by Aayush Raj Patrey of the department of anthropology and tribal development GGV , Bilaspur Chhattisgarh.

 11/8/23
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Chapter-1

Introduction

Statement of Problem

Child malnutrition is a major public health problem that has adverse short-term and long-term health effects. It is an important risk factor for death and disease globally and often results in compromised cognitive development and physical capabilities, poor school performance, and low productivity. Child growth failure (CGF), measured as stunting, wasting and underweight, is a subset of undernutrition characterized by insufficient height or weight against age-specific growth reference standards. The international commitment to reduce and ultimately eliminate child malnutrition in all its forms was strengthened in 1990 with the World Declaration on the Survival Protection and Development of Children, accelerated during the Millennium Development Goals era, and gained further momentum with the adoption of WHO global nutrition 2025 targets, the UN Sustainable Development Goals 2030, and the WHO/UNICEF 2030 nutrition targets.(World Bank 2010)

The nutritional status of a population determines the overall health status which affects the growth and development of a society (Lokeesan, V. et al., 2015). Children decide the future of a nation and hence a lot of importance should be given to childhood nutrition. School age is the crucial period during which body's nutritional status is built (Vinoth, S. et al., 2016). The best global indicator of child health is growth. Poor growth attributes to a range of factors closely linked to overall standards of living and ability of a population to meet their basic needs such as access to food, housing and health care (Kamath, R. et al., 2015). Malnutrition literally means poor nutrition- and theoretically includes both under nutrition and over nutrition. In the context of developing countries, under nutrition is mainly the issue of concern. Although industrialization, modernization and the change in eating habits has increased the prevalence of over nutrition among children. Malnutrition can result from a lack of macronutrients (carbohydrates, Proteins and fat) and/or micronutrients (vitamins and minerals). Micronutrient deficiencies in the body tends to reduction in micro nutrition intake by corresponding decrease in the activity and an increase in use of reserves of energy (muscle and fat) or decrease growth consequently (Saroj, R. K. et al., 2014). Malnutrition among school children is a major public health problem, especially in developing countries and countries in transition, which has been a negative effect on their well-being, academic performance and productivity later in their life

DISSERTATION
ON
THE MENSTRUATION AND IT'S IMPACT ON EDUCATION OF UNIVERSITY
STUDENTS

SESSION – 2022-23



GURU GHASIDAS VISHWAVIDYALAYA

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Koni Bilaspur (C.G.) 495009

Dissertation submitted

To

Department of Anthropology and Tribal Development

For partial fulfilment of award of Master Degree in Science

Under the Guidance of:

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Assistant Professor
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CHAPTER:- 1

INTRODUCTION

STATEMENT OF PROBLEM

Many girls and women get cramps, low back pain, fatigue, or discomfort with their periods. But some have pain so bad they miss days of work or school every month. Others experience such heavy bleeding that it exhausts them. These are things that may signal a bigger issue. But some women find talking about menstrual issues embarrassing.

INTRODUCTION:-

Menstruation is a natural biological process that occurs among most adolescent girls, women and other people of reproductive age who were assigned female at birth (UNICEF, 2019). Research on menstruation has historically been confined to understanding its cultural significance or the clinical management of menstrual abnormalities (Chandra-Mouli et al., 2019). However, since the mid-2000s, there has been prolific research into understanding and addressing the impact of menstruation on educational outcomes, particularly for adolescent schoolgirls in low- and middle-income countries (Sommer et al., 2015). This mounting body of evidence suggests that difficulties managing menstruation can pose adverse consequences to educational engagement, performance and attainment, and has mobilised policy and programmatic responses to improve menstrual management in school settings across the world (Sommer et al., 2015). In contrast, there is insufficient evidence on the menstrual experiences of university students and potential educational impacts, as understanding and meeting their menstrual needs has received disparate prioritisation among global menstrual health agendas and initiatives. Attainment of a university education is associated with improved health and wellbeing outcomes over one's life course (Gil-Lacruz et al., 2020). If university students' menstrual experience negatively impacts their education, this can potentially hinder their educational attainment and livelihoods. However, this hypothesised relationship needs to be tested. Menstrual experiences are multifaceted (Hennegan et al., 2019), and whether there are higher educational impacts, and the nature of these impacts (i.e. positive or negative), requires further research. 22 This thesis therefore explores university

**ASSESSMENT OF KNOWLEDGE ON HYPERTENSION AMONG THE
ADULT PEOPLE AGED 35-59 YEARS OF RAIGARH CITY,
CHHATTISGARH**

DISSERTATION

Submitted in the partial fulfilment for the award of the degree of
Master of Science in Anthropology



Session: 2022-2023

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1.1 INTRODUCTION

A living being's health is defined as its level of functional or metabolic efficiency. It is the general state of a person's mind and body in humans, usually referring to the absence of illness, injury, or pain. Health is defined as a complete state of physical, mental, and social well-being, rather than simply the absence of disease or infirmity (World Health Organisation, 1946).

The cardiovascular system is in charge of delivering blood, which carries oxygen and other nutrients to the body's tissues. Cardiovascular disease is the leading cause of death worldwide, though cardiovascular mortality rates have been declining in many high-income countries since the 1970s. Simultaneously, cardiovascular deaths and disease have increased rapidly in low and middle-income countries. Every year, it kills 17.3 million people (American heart association, 2019).

The causes of cardiovascular diseases are diverse but the most common is hypertension. Previously, hypertension was defined as blood pressure greater than 140/90 mm Hg. Blood pressure is the pressure of blood pushing against the walls of our arteries. Arteries carry blood from our heart to other parts of your body. our blood pressure normally rises and falls throughout the day. Hypertension, another name for high blood pressure, is elevated blood pressure. Depending on your activity, your blood pressure changes throughout the day. A diagnosis of high blood pressure may be made if blood pressure readings are frequently higher than normal (or hypertension).

As the blood pressure rises, the risk for severe health issues like heart disease, a heart attack, and stroke increases. By examining systolic and diastolic blood pressure readings and comparing them to values contained in certain guidelines, The medical team can diagnose high blood pressure and decide on a course of therapy (Centers for disease control and prevention 2021). The criteria used to diagnose high blood pressure may vary from one medical specialist to another: When a patient's blood pressure is continuously 140/90 mm Hg or greater, some medical experts diagnose them as having high blood pressure. This limitation was set up in keeping with a 2003 guideline. When a patient's blood pressure is continuously 130/80 mm Hg or greater, other medical professionals diagnose them as having high blood pressure.

A significant percentage of the world's population suffers from hypertension, also referred to as high blood pressure (National heart, lung, and blood institute 2020). It is characterised by very strong blood flow through the arteries, which can cause a variety of health issues,

**NUTRITIONAL STATUS OF PRIMARY SCHOOL GOING
CHILDREN (AMONG 6 TO 12 YEARS) OF DEVNAGAR
VILLAGE, KONI BILASPUR, CHHATTISGARH**



Dissertation submitted

To

Department of Anthropology and Tribal Development

For partial fulfilment of award of Master Degree in Science

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This is to certify that Miss Anisha Dewangan, M.Sc. IVth Semester in Anthropology (Biological Anthropology) has successfully completed her dissertation under my supervision. The title of her work is , NUTRITIONAL STATUS OF PRIMARY SCHOOL GOING CHILDREN (AMONG 6 TO 12 YEARS) OF DEVNAGAR VILLAGE, KONI BILASPUR, CHHATTISGARH. She has collected various data and prepared her research report. She has used all the required scientific methods in her work. My best wishes are with her at his successful attempt of this work.


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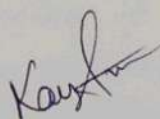
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CHAPTER 1- INTRODUCTION

INTRODUCTION

India is 2nd most populated country in the world and the literacy rate is very low we rank 172th position among 208 countries (World Population Review 2022). Literacy directly affects the economic status of any country; it helps to create job opportunities, and other options to earn money, respect, position in social hierarchy and also in administrations etc. As we all know children are the future of any developing country and it is very essential to improve the nutritional status of children. According to the constitution of India, all the children have the right to get primary education. Although it was not hundred percent successes, it has shown up a constant tremendous developing (Kumari and Sinha, 2020). To fulfil this objective government has launched a scheme called Mid-Day Meal (MDM) in year 1995, by P.V. Narasimha Rao. Under the National Program of Nutritional support to Primary Education, the mid day meal program was started with a view to enhance enrolment, retention and attendance and also to improve the nutritional status of children (Kabra and Azeem, 2018). Several international development organizations and foundations are partnering with the Indian government through public-private partnerships schemes to achieve the objectives of this program (Assan, 2020). It is centrally governed program with the help of 75% of the cost and free food grains to states (Tiwari, 2017). The school lunch programme is not a recent phenomenon. At the global level, Victor Hugo introduced the lunch programme in France in 1885. Since then, the school lunch programmes have been introduced in various parts of the world, e.g., US 1946, UK 1945, Japan 1947, China 1964-69, Australia 1950, Switzerland 1946, and Singapore 1975. The school lunch programme also received attention in some of the developing countries like Indonesia 1967, Thailand 1970, and Korea 1973 (Menezes, 2015). Children are the most vulnerable segment that suffers from various kinds and grades of malnutrition and nutritional deficiency. Childhood inadequacies will certainly have irreversible and serious consequences in the adulthood. Under nutrition during any period of childhood, even for relatively short term episodes, can have negative effects on the cognitive development thus leads to poor school performance among children (Alim et al., 2012). The nutritional status of a population determines the overall health status which affects the growth and development of a society (Lokeesan et al., 2015). As per the

**Nutritional Status of Adolescent Girl of Chirimiri,
Chhattisgarh**

For partial fulfilment of requirement for the award of master degree



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This is to certify that Ms Shakshi Birha, a student of M.Sc II semester, Department of Anthropology and Tribal Development, Roll No. 21055111 of 2022-23 has undertaken field work on "*STUDY OF NUTRITIONAL STATUS OF ADOLESCENT GIRLS OF CHIRMIRI*" under the guidance of Dr Subal Das, Assistant Professor for her field work (Paper V: Field Work Report). She has also prepared a field report as per prescribed syllabus of Department of Anthropology and Tribal Development, Guru Ghasidas Vishwavidyalaya, Koni-Bilaspur, C.G.

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CHAPTER:1

INTRODUCTION

NUTRITIONAL STATUS OF ADOLSCENT GIRLS

Adolescence is a time when the body prepares itself for the nutritional demands of pregnancy, lactation, and heavy workloads that girls will soon experience. Adolescent girls are, thus, particularly vulnerable to the effects of malnutrition. Underweight adolescent girls may not achieve potential before their first pregnancy and are likely to give birth to a smaller baby than their counterparts aged more than twenty, due to poorer placental function and competition for nutrients between the their growing adolescent and the growing fetus. The urban slum adolescent girl is subjected to more physical and mental challenges on a day-to-day basis due to ever increasing pressure of modernization as compared to the rural set up. They need to earn to cope with the future demands of life. Hence they have to work hard physically as well as mentally as compared to the rural adolescent girls. Thus we found it imperative to study the nutritional status of adolescent (K. Prashant and C. Shaw,2009).

Adolescent has typically being considered as low risk of poor health and often receive few health care source and scant attention. However, this approach ignores the fact that many health problems later in life can be improved by adapting health life style habit in adolescents. Nutritional difficulties have consequences specially, on adolescent girls. If the nutritional need was not meet, they are likely to givebirth undernourished children, thus transmitting undernourished to future generation. One way to break integration cycle of malnutrition is to improve adolescent girls prior to conception; the vicious cycle of malnutrition, if not broken will go on resulting in more and more severe consequences . Studies had showing childhood under nutrition, continues to persist throughout adolescence but little attention has been given to under nutrition of adolescents perhaps for the belief that adolescents are a low-risk group (Wolde T et al., 2014).

World Health Organization (WHO) has defined 'adolescence' as the period between 10 and 19 years. Adolescent girls, constituting nearly one tenth of Indian population, form a crucial segment of the society.² Their current nutritional status will decide the well being of the present as well as the future generations. Under-nutrition among these girls is associated with reduced lean body mass, lack of muscular strength and decreased work capacity. Moreover, under-fed girls are at risk of being stunted mothers who are likely to suffer obstetric complications and to deliver low birth weight babies. In the absence of effective nutritional interventions, the low birth weight girls

**NUTRITIONAL STATUS AMONG THE ADOLESCENT GIRLS(10-19 YEARS)OF
URBAN SLUM AREAS OFBILASPUR CITY, CHHATTISGARH**

DISSERTATION

Submitted in the partial fulfilment for the award of the degree of
Master of Science in Anthropology



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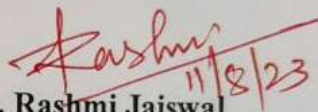
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This is to certify that Miss Swati Patel of M.Sc.IV semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out PG field work Report entitled "Nutritional status among the adolescent girls (10-19yrs) of urban slum area Bilaspur, Chhattisgarh" under my supervision during his PG Course of academic session 2022-2023. The work presented by him is an authentic and has not been submitted anywhere else for the award of this or any other degree.

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CHAPTER -1

INTRODUCTION

1.1 NUTRITIONAL STATUS AMONG THE ADOLESCENT GIRLS (10-19yrs)

Nutrition plays a crucial role in maintaining the body's health and function throughout all stages of development and proper nutrition is essential for the body to function optimally and to maintain good health(Alhames et al,2020).As we all know children are the future of any developing country and it is very essential to improve their nutritional status. Nutritional status is the current body status of a person or a population group related to their state of Nourishment.

(The consumption and utilization of nutrient)(Shekhawat,2014).

Adolescents are individuals between the ages of 10 to 19 years old, with over 1.0 billion adolescent worldwide and In India, adolescent make up approximately 21% of the population and they require a balanced diet that includes macronutrients and micronutrients to support rapid growth and increased physical activity (Dewagan& phuljhele,2021). According to UNICEF good nutrition during this period fuels growing brains and bodies, and improves school enrolment, educational achievement and cognition, nutritious diet also allow some children and adolescents to experience catch up growth after stunting in early childhood.

According to WHO Nutritional Status means "A physiological state of an individual, which results from the relationship between nutrient intake and requirement, and from the body's ability to digest, absorb and use these nutrients. Education is a Basic human rights that is crucial for the development of children, communities, and countries. Malnutrition particularly undernutrition, is a major health issue that affects the academic performance of children in many developing countries and it is also the primary cause of illness and premature death among children (Katoch & Sharma,2017)

**ASSESSMENT OF FOOD HABIT USING THE ADOLESCENT FOOD HABIT
CHECKLIST AMONG THE ADOLESCENT AND THE YOUNGER ADULT GIRLS
(10-19 Years) OF URBAN SLUMS OF BILASPUR CITY,
CHHATTISGARH**

DISSERTATION

Submitted in the partial fulfillment for the award of the degree
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SESSION- 2022-23

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This is to certify that Miss Pooja Sahu of M.Sc.4th semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out PG field work Report entitled "Assessment of adolescent's food habit checklists using "The Adolescents Food Habit Checklists" Bilaspur, Chhattisgarh" under my supervision during his PG Course of academic session 2022-2023. The work presented by him is an authentic and his not been submitted anywhere else for the award of this or any other degree.

Dr. N. Panigrahi

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Dr. Rashmi Jaiswal

Assistant Professor

CHAPTER -1

INTRODUCTION

Food pattern

The Quantities, proportions, variety, or combination of different foods and drinks in diets, and the frequency with which they are habitually consumed'.

A great example of a dietary pattern is the Mediterranean diet which includes high consumption of fruits, vegetables, bread and other cereals, beans, nuts and seeds.

The dietary pattern analysis approach has gained popularity over more traditional methods like single food or nutrient analysis because of the recognition that no single nutrients are consumed in isolation but are part of a larger diet. Studying the whole diet therefore provides a better way to explore correlations between different dietary components and the interactions between diet and health.

Eating habits play a crucial role in your overall health, and opting for the best food for yourself needs proper planning. Healthy eating habits prevent various ailments like diabetes and high blood pressure. In addition to this, making constant small and periodic changes to your diet can help you eat healthier food and develop healthy lifestyle habits. Let's read some facts about healthy eating.

The scale presented here, the Adolescent Food Habits Checklist (AFHC), aims to provide a measure of adolescent healthy eating behavior with reference to those situations in which young people are likely to have a degree of personal control. It addresses areas in which adolescents may be able to affect how closely their diets conform to guidelines on healthy eating, with reference to the avoidance of specific energy-dense foods, selection of low-fat alternatives, consumption of fruit and vegetables and snacking behavior. In order to assess the convergent validity of the AFHC, number of hypotheses were generated with regard to the associations between AFHC score and scores on other related measures. It was predicted that girls would score more highly on the AFHC than boys, since young women are known to involve themselves in healthy eating to a greater degree than young men (Anderson et al, 1994; Prescott-Clarke & Prima-test, 1998).

The development of a measure of healthy eating habits designed specifically for use with adolescents is likely to be a useful complement to existing methods of dietary assessment.

**KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING MATERNAL HEALTH
CARE SERVICES AMONG THE FEMALES OF URBAN SLUMS OF BILASPUR CITY,
CHHATTISGARH
DISSERTATION**

Submitted in the partial fulfilment for the award of the degree of
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SESSION- 2022-23

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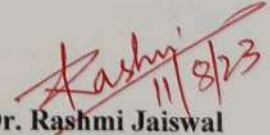
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This is to certify that Miss Sayantani Gupta of M.SC IV semester, Department of Anthropology and Tribal Development, GGV, Bilaspur has carried out PG field work Report entitled *"knowledge, attitude and practice regarding maternal health care services among the females of urban slums Bilaspur city, Chhattisgarh"* under my supervision during his PG Course of academic session 2022-2023. The work presented by him is an authentic and his not been submitted anywhere else for the award of this or any other degree.

Dr. N. Panigrahi

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Dr. Rashmi Jaiswal

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CHAPTER 1

INTRODUCTION

1.1 Maternal Health Care

WHO states that “Health is a state of complete physical, mental and social well- being and merely the absence of disease or infirmity”.

WHO defined “maternal mortality as the annual number of female deaths from any cause related to or aggravated by the pregnancy and its management during pregnancy and childbirth or within 42 days of termination of pregnancy and by excluding the accidental and incidental causes.”

According to UNICEF the major complications that account for nearly two-third of all maternal deaths are severe bleeding (mostly bleeding after childbirth), many of them get affected by pre-eclampsia and eclampsia during pregnancy. Total estimated annual maternal deaths declined from 33800 in 2016 to 26437 deaths in 2018. Pregnancy related complications are the number of cause of death among girls between 15 and 19 years of age. because adolescent girls are still growing themselves, they are at greater risk. Child brides are likely to receive proper medical care while pregnant or to deliver in a health facility, compared to women married as adults.

UNICEF works with the MoHFW, MWCD, NITI Aayog and state governments to support planning, budgeting policy formulation, capacity building, monitoring, and demand generation. UNICEF supports the implementation of various interventions by government of India including – reaching every mother, continuum of care, antenatal care.

Women have distinct nutritional requirements throughout their life, especially before and during pregnancy and while breastfeeding, when nutritional vulnerability is greatest. Women’s diets in many countries contain limited fruits, vegetables, dairy, fish and meat. During pregnancy poor diets lacking in key nutrients- iodine, iron folate, calcium and zinc, can cause anaemia, pre-eclampsia, hemorrhage and death in mothers. They can also lead to stillbirth, low birthweight, wasting and developmental delays for children.

UNICEF estimates that low birthweight affects more than 20 million newborns every year. worldwide women’s diets are influenced by various factors especially food access and

INTER-GENERATIONAL DISPARITY IN MENARCHIAL AGE OF
FEMALES OF BIRKONA VILLAGE, BILASPUR- DISTRICT,
CHATTISGARH: A CROSS SECTIONAL STUDY

SESSION:2022-23

DISSERTATION

SUBMITTED IN

DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT
*TO THE FULFILLMENT OF AWARD OF THE MASTER DEGREE IN
ANTHROPOLOGY & TRIBAL DEVELOPMENT*

TO

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(A CENTRAL UNIVERSITY) KONI, BILASPUR (C.G)



Department of Anthropology and Tribal Development
Guru Ghasidas Vishwavidyalaya

(A central university established by central university Act 2009 No.25 of 2009)

CERTIFICATE

This is to certify that **Ms Dipanjali Shukla**, a student of **M.Sc IV** semester, Department of Anthropology and Tribal Development, **Roll No. 21055103** of 2022-2023 has undertaken field work on **“INTER-GENERATIONAL DISPARITY IN MENARCHIAL AGE OF FEMALES OF BIRKONA VILLAGE, BILASPUR- DISTRICT, CHATTISGARH: A CROSS SECTIONAL STUDY”** under the guidance of **Dr. Subal Das** Professor for her field work (Paper V: Field Work Report). She has also prepared a field report as per prescribed syllabus of Department of Anthropology and Tribal Development, Guru Ghasidas Vishwavidyalaya, Koni-Bilaspur, C.G.

Dr. N. Panigrahi

HOD

Dr. Subal Das

Professor

CHAPTER - I

INTRODUCTION

Menarche is defined as the first menstrual period in a female adolescent. Menarche typically occurs between the ages of 10 and 16, with the average age of onset being 12.4 years. The determinants of menarche At age are continuously being researched; socioeconomic conditions, genetics, general health, nutritional status, exercise, seasonality, and family size are thought to play a role. Menarche tends to be painless and occurs without warning. The first cycles are usually anovulatory with varied lengths and flow. Menarche signals the beginning of reproductive abilities and is closely associated with the ongoing development of secondary sexual characteristics. Menarche occurs in the setting of a maturing hypothalamic-pituitary-ovarian (HPO) axis and relies on the following processes: normal hypothalamic and pituitary function, normal female reproductive anatomy, normal nutrition, and the general absence of other intervening chronic illnesses. It is a marker of normal female reproductive health and wellness. Most females recognize menarche as their body's critical declaration of fertility. The absence of normal menstrual periods, unrelated to pregnancy, is termed amenorrhea. Primary amenorrhea is the complete absence of menstruation by 15 years of age in the setting of normal growth and secondary sexual development or the absence of menses by age 13 in the absence of normal growth or secondary sexual development. Secondary amenorrhea is the absence of menses for greater than three cycle intervals or six consecutive months in a previously menstruating female .Of specific concern is when menarche occurs too early, too late, or not at all, as these scenarios have future adverse outcomes. Menarche is considered early if it occurs at or before ten years of age and late if it occurs at or later than 15 years of age.

1.1 What is the difference between menstruation and menarche?

Menstruation is just one part of the menstrual cycle, a monthly sequence of events that prepares the body for a potential pregnancy. Female body shed their uterus lining through their vagina each month when they don't get pregnant. Menarche refers to their first-time menstruating, and

NUTRITIONAL STATUS OF CHILDREN: A STUDY IN ICDS
CENTERS OF KONI, BILASPUR, CHHATTISGARH, INDIA



Session 2022-23

Fieldwork Report Submitted

To

For Partial Fulfilment Of Degree Of Master In Science
Department Of Anthropology And Tribal Development
GGV, Bilaspur, Chhattisgarh

Under the supervision Of

Mr. KAUSTUV DEBSARMA

Assistant Professor (Adhoc.)

Department Of Anthropology And Tribal
Development

GGV, Bilaspur, Chhattisgarh

Submitted By

TRIPTY VERMA

M.Sc. 4th Semester

Enroll NO-GGV/17/3336

Roll No 21055113

CERTIFICATE

This is to certify that Miss. Tripty verma of M.SC. 4th Semester in Anthropology Hons. has done dissertation under the supervision of Mr. Kaustuv Debsarma, Assistant Professor(Adhoc.), Department of Anthropology & Tribal development, Guru Ghasidas Vishwavidyalaya. The title of her work is "**Nutritional Status Of Children: A Study In ICDS Centers Of Koni, Bilaspur, Chhattisgarh, India**". She has collected various Primary data and prepared her field report. She has used all the scientific methods in her work. My best wishes are with her at her successful attempt of this work.

Mr. Kaustuv Debsarma

Assistant Professor (Adhoc.)

Dept. of the Anthropology &

Tribal development.

G.G.V. Bilaspur, (C.G.)

Dr. Nilakantha Panigrahi

(Hod)

Dept. of the Anthropology &

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G.G.V. Bilaspur, (C.G.)

INTRODUCTION

CHAPTER-1

➤ STATEMENT OF THE PROBLEM

Nutrition:-

Nutritional Status :- Nutrition may be defined as the science of food and its relationship to health. It is concerned primarily with the part played by nutrients in body growth, development and maintenance. The word "Nutrient" or "food factor" is used for specific dietary constituent such as proteins, vitamins and mineral. Good nutrition means "maintaining a nutritional status that enable us to grow well and enjoy good health (K. Park, 2002).

Nutrition may be defined as the science of food and its relationship to health. It is concerned primarily with the part played by nutrients in body growth, development and maintenance (WHO, 1971). Therefore it is quite evident that a balanced nutritious diet is required for proper functioning of the body. Protein Energy Malnutrition (PEM) and growth retardation are probably the most widespread health and nutritional problems of the developing countries including India (Mehta, 2000). Malnutrition contributes to between 3.5-5.0 million annual deaths of children under five years of age. UNICEF estimates that there are nearly 195 million children suffering from malnutrition across the globe. Malnutrition therefore is technically a category of disease that includes under-nutrition, obesity and micronutrient deficiency due to improper and inadequate dietary habits. WHO, UNICEF and United Nations World Food Programme recommended community management of severe acute malnutrition with ready to use therapeutic foods. The state shows a striking contrast between rural and urban health infrastructure. The initiatives of the Government to improve health conditions in various aspects have proved to be inadequate. In 1975, the Integrated Child Development Services (ICDS) was first implemented. It is a major programme to tackle malnutrition and the ill health of mothers and children which followed the adoption of a National Policy for Children (Dawan, 2014).

India has a sizeable child population. The 2011 census in the first one in many decades which counted less absolute number of children in the 0-6 years age group compared to 2001 census count of 164 million children, there were 159 million children in 2011. This is evident in the share of children in the population which declined from 16% in 2001 to 13.1% in 2011. Early childhood (first 6 years) constitute the most crucial period of life, when the foundations are laid for cognitive,

**HEALTH STATUS OF URBAN SLUM MALES AGED 35-59 YEARS
OF BILASPUR CITY, CHHATTISGARH**

Submitted to

DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT

For partial fulfillment of requirement for the award of master degree



Session 2022-2023

SUBMITTED BY

DEEPANKAR MANAS

M.A. fourth semester

Under the Supervision of

Dr. Rashmi Jaiswal

Assistant professor

DEPARTMENT OF ANTHROPOLOGY AND TRIBAL DEVELOPMENT

GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR, (C.G)



Department of Anthropology & Tribal Development
Guru Ghasidas Vishwavidyalaya Bilaspur , Chhattisgarh

CERTIFICATE

This is certify that Mr. Deepankar Manas of M.A.II Semester , department of anthropology and tribal development , GGV , Bilaspur has carried out PG field work and field work report entitled "**Health status of Urban slum males in Bilaspur district**". A study in Bilaspur Slum Areas Chhattisgarh .under my supervisor during his PG course of acadmic section 2023 . The work presented by him is an authentic and has not been submitted anywhere else for the award of this or any other degree.


Dr. Rashmi Jaiswal

(Assistant Professor)

Introduction:

Health status refers to the overall condition of an individual's physical, mental, and social well-being. It reflects how well a person is functioning in different aspects of life and is influenced by a range of factors such as genetics, lifestyle, environment, and access to healthcare.

Bioculture is a concept that recognizes the interdependence between biology and culture and how these factors shape the experience of health and illness. The bioculture concept of health and illness takes into account the complex interplay of biological, cultural, and environmental factors that contribute to the development and experience of disease.

A good health status means that an individual has a high level of physical and mental fitness, is able to perform daily activities without limitations, and has a positive outlook on life. On the other hand, a poor health status can be characterized by the presence of diseases, chronic conditions, disabilities, or mental health issues that affect an individual's quality of life and ability to function.(Beland D., 2010,)

At its core, bioculture recognizes that health and illness are not solely determined by biological factors but are also influenced by social, cultural, and environmental factors. These factors include lifestyle choices, cultural beliefs and practices, social and economic status, and access to healthcare. By recognizing these factors, the bioculture concept of health and illness seeks to provide a more holistic understanding of health that encompasses both biological and cultural perspectives.

Maintaining a good health status is important for preventing illnesses, improving longevity, and enhancing overall well-being. It involves making healthy lifestyle choices such as eating a balanced diet, engaging in regular exercise, getting enough sleep, managing stress, avoiding harmful substances like tobacco and alcohol, and seeking appropriate medical care when needed.

One of the key features of the bioculture concept of health and illness is its emphasis on cultural diversity. Different cultures have their own unique beliefs, values, and practices surrounding health and illness. For example, in some cultures, mental health issues may be stigmatized, while in others, they may be viewed as a normal part of the human experience. By taking into account these cultural differences, healthcare providers can provide more culturally sensitive care that respects the beliefs and practices of their patients.by Michael H. Crawford and David Marsh(2014).

Another important aspect of the bioculture concept of health and illness is its focus on social determinants of health. Social determinants of health refer to the conditions in which people are born, grow, live, work, and age, and how these conditions influence their health outcomes. For example, individuals from lower socioeconomic backgrounds may experience higher rates of chronic disease due to factors such as limited access to healthy foods, safe housing, and healthcare.

The bioculture concept of health and illness also recognizes the importance of considering the environmental factors that contribute to health outcomes. Environmental factors can include

**PREVALENCE OF MANUTRITION AMONG THE SATNMI CASTE FEMALE (11-19 YEARS) OF DEVNAGER
VILLAGE BILASPUR (C.G.)**



GURU GHASIDAS VISHWAVIDYALAYA

(A central university established under the central university Act,2009)

Koni Bilspur (C.G) 495009

SESSION 2022-23

Dissertation submitted

TO

**Department of Anthropology and Tribal Development For Partial fulfilment of award Of Master
Degree in science**

GUIDED By

Mr. Kaustuv Debsarma

Assistant Professor (Adhoc.)

Submitted

kusum yadav

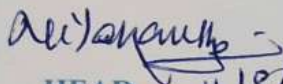
Enrol.No-GGV/18/3125

Roll No: 21055105

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CERTIFICATE

This is to certify that **Ms. Kusum Yadav** of M.sc.4th semester in Anthropology (Biological Anthropology) has done dissertation under my supervision. The title of her work is **PREVALENCE OF MALNUTRITION AMONG THE SATNAMI CASTE FEMALE (11-19 YEARS) OF DEVNADER VILLAGE BILASPUR, CHHATTISGARH**. She has collected various data and prepared her research report. She has used all the required scientific methods in her work. My best wishes are with her at her successful attempt of this work.


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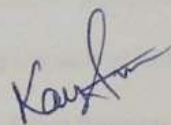
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CHAPTER 1- INTRODUCTION1

STATEMENT OF PROBLEM

Food is one of the most vital necessities of life. That's why man's deep concern in food began Before the dawn of civilization and has continued to grow throw out the ages to the present time And has finally resulted in the growth of the science of nutrition on the qualitative and Quantitative assessment of nutrients which could not be possible prior to the development of Modern chemistry and biochemistry. Nutrition is the intake of food required for the body dietary Needs Nutrition and health are synonymous as without good nutrition proper health cannot be Ensured .The world health care organization has defined the concept of health of as not merely The absence of disease but as a state of complete physical, mental and social well-being in order To promote the highest level of physical and mental health throughout one's life it is necessary to Get the essential nutrients in correct amount and proper balance .Good ,adequate and optimum Are terms applied as prefixes to indicate the quality of nutrition. Nutrients are the component of the food that are needed by the body in adequate amounts in order to grow, reproduce and lead a Normal healthy life. Nutrients include carbohydrate, protein, fat, mineral vitamins, water and Roughage. However, all nutrients are not available in specifically prescribed food. Since each Nutrient has its specific role in the body , therefore all the nutrients should be available in proper Proportions .The same nutrients are required in varying amounts depending on age ,sex , size of The body ,type of activity and state of health. The malnutrition is described as the insufficient intake of certain nutrients and the inability of the body to absorb or use these nutrients (world Health Organization (WHO) report from the WHO 2014 inadequate nutrition in children 11 to19year reduces their ability to reach their full physical and mental potential.

MALNUTRITION

It refers to an undesirable kind of nutrition which leads to ill health. Normally this result from a Lack, excess or imbalance of nutrients in the diet. Both under nutrition and over nutrition refers to an excessive intake of one or more nutrients and creates a stress in the body functions.

MEANING AND CONCEPT

NUTRIENT- A substance or ingredient that promotes growth, provides energy, and maintains life

NUTRITION- Nutrition is the study of how food and drink affects our bodies with special regard to the essential nutrients necessary to support human health. It looks at the physiological and biochemical processes involved in nourishment and how substances in food provide energy or are converted into body tissues. These nutrients, which are the source of energy for our bodies, are classed as: carbohydrates, fats, fiber, minerals, proteins, vitamins and water. Good nutrition means obtaining the right amount of nutrients from healthy foods in the right combinations. An important

**FITNESS AWARENESS AMONG STUDENTS
OF
GURU GHASIDAS VISHWAVIDYALAYA**



GURU GHASIDAS VISHWAVIDYALAYA

Dissertation presented in fulfilment of degree of Master in Science

**Under the Guidance
of:
Mr. Kaustuv
Debsarma
Assistant Professor
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Submitted By:
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SESSION- 2022-23

CERTIFICATE

This is to certify that Master Jindal Bhardwaj of M.Sc. 4th Semester in Anthropology (Biological Anthropology) has done dissertation under my supervision. The title of his work is **Fitness awareness among students of Guru Ghasidas Vishwavidyalaya, Bilaspur, Chhattisgarh**, he has collected various data and prepared his research report. He has used all the required scientific methods in his work. My best wishes are with him at his successful attempt of this work.

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CHAPTER 1

INTRODUCTION

Nutrition may be defined as the science of food and its relationship to health, nutrition anthropology is the study of part which is very essential for our body in the way of body development making body physically and mentally fit from sources of food components like vitamins, fat, minerals, carbohydrates etc. Nutrition is that essential thing which has been required by the human being and other being and other being organisation and also protected use from many diseases. Nutrition also improves their ability to learn communicate analytically social effect and adapt to new environment and peoples. Nutrient are the organic and inorganic compounds required for the prepare growth development and maintenance of the body like vitamins fat protein, minerals, water, carbohydrates, etc.

Nutrition status: it is a sensitive indicator of community health and nutrition. It assesses whether an individuals or group of people of a community are well- nourished or malnourished. Nutrition status opted effect overall health status work performance and the over potential form economic development for any given group of people.

Malnutrition: -It is the intake of less and excesses amount of nutrition or malnutrition refer to the deficiencies, excesses or imbalance in a person intake of energy and nutrients or lack of sufficient nutrition in the body or it is a condition that result from eating a diet in which one or more nutrients are not enough or too much such that the diet causes health problems it may ideals calories protein. Carbohydrates, vitamins, minerals etc. malnutrition is higher as many under the age of five years. It not only causes childhood mortality and mobility but leads also to primates impairment of physical mental and emotional growth and development of the body malnutrition need special attention for health hygiene practices.

Types of malnutrition: - there are three types of malnutrition:

- A. Under nutrition:** - low intake of food and nutrition it is defined as in take of energy and nutrition to need individuals to maintain good health. It is lack of proper nutrition caused by not having enough food or not eating enough food containing substances to maintain good health of an individual. It occurs during pregnancy before 2 years of age. Not enough nutritionist is called under nutrition or under nourishment.