

## **An evaluation of a project regarding the acceptance of value addition to nutrition in primary and higher secondary school children in Bairagarh, Bhopal, Madhya Pradesh**

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The quantitative and qualitative aspects of dietary intake are important factors influencing the nutritional status in young children in a developing country. The type of food pattern determines the dietary bulk and nutritional intake in young children. The need for care and value addition to the routine food pattern is increasingly felt as an important component in child health and nutrition. In a developing country like India, ensuring optimal food safety, healthy environment and availability of health services is a target still to be achieved. This project was done to understand the acceptance of low cost, effective & healthy dietary intervention among school children as they are the most vulnerable group to experience health problems related to under nutrition, malnutrition or simple childhood obesity.

The aim of study is to examine the acceptance of dietary intervention in primary and higher secondary school children. The value addition was done by providing a dietary intervention of sprouted green gram in quantity of 50 mg and 100 mg at a cost Rs. 2 and Rs. 4 respectively. The dietary intervention was implemented in schools after assessment of their nutritional status, eating habits environmental factor such as parent level of education, commonly preferred food types by children and their parents. 6 schools were identified and awareness campaign for a total population of 7200 students was conducted, following which and 2000 children consented to adopt this dietary supplement.

The program was monitored for the duration of 5 months. The result revealed that 1900 students were consuming sprouted green gram on the regularly by adopting it in daily routine with 95% adoption rate. These school children were interviewed by a team of 8 doctors from Sant Hirdaram Medical College of Naturopathy & Yogic Sciences over a period of 15 days. 45% children revealed their liking for consumption of sprouts because of its health benefits. 27% children revealed the motivation and monitoring of patents as the reason of their regular consumption, remaining 28% stated that they were partially influenced by their friends but were unable to describe correctly what influenced them to consume sprouts.

### **Biography**

Gulab Rai Tewani has completed graduation in B.N.Y.S. (Bachelor of Naturopathy & Yogic Sciences) from S.D.M College of Naturopathy and Yogic Sciences, Ujire, Dharmasthala, affiliated to Rajeev Gandhi Health University, Bengaluru. Presently, is working as a Lecturer in Sant Hirdaram Medical College of Naturopathy and Yogic Sciences, Bhopal as well working as a consultant at Yoga and Nature Cure Centre, Bhopal.

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