

Impact of IEC on nutrition knowledge of rural women in Uttarakhand

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■ **ABSTRACT** : The study was conducted in the five villages Anandpur, Bhamrolla, Netajinagar and Jainagar from Udham Singh Nagar district and Dogra from Nainital district. Twenty subjects from each village were randomly selected and socio-economic profile was recorded. Nutrition education regarding four selected topics was imparted. Scores for pre test knowledge and after imparting nutrition education scores for gain in knowledge and retention in knowledge were recorded. Findings indicated that nutrition education intervention was helpful in gaining knowledge in the selected subjects.

■ **KEY WORDS**: Nutrition education, Rural women, Knowledge, Retention, Information, Communication education

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