

# Control of malnutrition among adolescent through intervention of 4 months residential camp

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■ **ABSTRACT :** Malnutrition is one of the greatest challenges that India is facing today. Some estimates indicate that India loses as much as \$35 billion every year because of the long-term impacts of malnutrition among the Indian population. Despite many government initiatives, India's children still struggle to get enough nutritious food to eat. The present study was undertaken with the objective of controlling malnutrition through intervention of nutritive diet in the residential camp of 4 months. The study was undertaken in Pisangan block of Ajmer district of Rajasthan. The sample of the study was 50 adolescent girls, who were attending the 4 months residential camp organized by Doosra Dashak. All the respondents from deprived community and purposively selected for the study. For the assessment of nutritional status height and weight of the respondents were recorded at the time of joining the camp and leaving the camp. In between same measurement were also recorded monthly. Body mass index was calculated and on this basis malnourished respondents were labeled. The result of the study shows that there was marked improvement in the nutritional status of adolescent girls after completion of such intervention of nutritive diet/ balanced diet for 4 months residential camp. The improvement was higher among severely malnourished adolescents as compare to those who were in normal nutritional status after the intervention of nutritive diet for 4 months residential camp.

■ **KEY WORDS:** Adolescent girls, Anthropometric Measurement, BMI, Malnutrition

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