

A comparative study of clinical examination of children in government and private-aided schools in Ghaziabad district

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■ **ABSTRACT** : The present investigation was undertaken to assess the comparative study of clinical examination of children in government and private aided schools. Research has been conducted to collect the data (n=300) of male and female children. Clinical examination method was used to analyze the health status of children. Statistically, significant differences has been observed in the age of the children ($p<0.05$). Private aided schools children reported better socio-economic status. Government schools children were getting lunch through mid day meal by NGO and private aided schools children were getting lunch from their homes. Health problem of children in government schools have been identified in hair (35.33% 'lack of luster' and 23.33% discolouration), teeth (20.67% mottled enamel), gums (10% spongy bleeding gums) and nails (8.67% brittle and spoon-shaped) whereas, health problems of children in private aided schools have been identified in hair (32.67% 'lack of luster' and 21.33% discolouration), teeth (16% mottled enamel) and nails (6% brittle and spoon-shaped). Statistically, significant differences have been observed in clinical examination of gums between children in government and private aided schools ($p<0.05$). Data analysis showed that <6 per cent of the children have almost same kind of health problems in face, eyes, lips, tongue, skin and skeletal system in government and private aided schools. Nutritional status of government schools children has been observed much improved and beneficial.

■ **KEY WORDS** : Clinical examination, Health status, Mid day meal

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Clinical examination is the process by which a doctor investigates the body of a patient for the signs of disease. It generally follows the taking of the medical history an account of the symptoms as experienced by the patient. It is a method based on examination for changes, and related to inadequate nutrition, that can be seen in superficial epithelial tissues especially skin, eyes hair, or in organs near the surface of the body. Nutrition is the most basic need, being a major determinant of health, labour productivity, and mental development. Nutritional problems in adolescents start during childhood and continue to adult life. Children's needs are multi-dimensional and therefore programmes for young children should cater to all their needs and seek integration, combining their health, nutrition, education and psycho-social well being (Sood, 2010). MDM provided by the NGO had no

better impact on growth of the primary school children, however, it reduced prevalence of vitamin deficiency significantly in comparison to the MDM run by Village Panchayats (Sharma, 2010). Deodhar (2007) had also pointed out that there is no guarantee that the children will get their rest of the 85 per cent of calories at home, and, that their out-of-school meals will have any significant amounts of nutrition. Hence, mid day meal scheme may want to provide much more than proportionate requirements of nutrition. Studies made by Agarwal *et al.* (1987) and Sethi, (2003) showed that the MDM programme and resulting increased nutritional health of children helped to increase the performance and reduce dropout rates. Therefore, current investigation is undertaken to assess the comparative study of clinical examination of children in government and private aided schools. Government