Nutritional status assessment of 3-6 year children of Bhavnagar corporation

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Protein-Energy Malnutrition has by far been the most devastating cause responsible for mortality in school-going children in developing countries. In the world, during 2006-12 more than 15% of the world’s children under the age of 5 years were underweight for their age. This eventually brings me to the prime objective of my speech which is to assess the children of anganwadi for their nutritional deficiency based on clinical and anthropometric findings. My project is basically a cross-sectional study among 50 children of 3-6 years from the four selected anganwadis of Bhavnagar Corporation. The study is based on analysis of results of the questions of the pre-tested and structured questionnaires after acquiring the verbal consent of the children’s mother or relatives. I will begin my oral presentation with explaining the basic summary of the term Protein-Energy Malnutrition (PEM). I will then shed light on the incidence of PEM among different classes of society in developing countries, in my case India. This will be followed by addressing the variety of diseases as an outcome of deficiency of the important constituents of a ‘Balanced Diet’. Thereby, my speech will further highlight an array of diseases occurring due to deficiency of Vitamins and other essential macro-nutrients and micro-nutrients. Since the study emphasizes on a significant impact of Nutrition on the child’s overall physical, mental and social development, I will include in my speech the important causes and contributing factors for Protein-Energy Malnutrition, as well as its risk factors. Since, the perks of my study were having a small counselling talk with each child and his mother/relative/guardian who was being a part of the study and sessions of “What is a balanced Diet for a child of 0-6 years age” among small groups of them, regarding ‘Awareness of Child Nutrition in Mothers’. I will also share my experiences during conversations with them. This will eventually allow me to address the significant factors which were responsible for causing Malnourishment in children of the study group. Followed would be the results, discussion and analysis of my study and I would finally conclude my speech by mentioning the treatment of malnutrition in brief.

Biography
Mansi Rajesh Naik has completed her schooling from St. Francis of Asissi Convent High School, Navsari, India and 1st, 2nd and 3rd year of Med School (MBBS) from Government Medical College, Bhavnagar, India. She stood among the Top 500 students of the state among 2,00,000 students who appeared in the State Board and got admission in Medical School, India on the basis of Government Scholarship. She has participated in the IAPSM- World Health Day 2016 Quiz on “Beat Diabetes” organized by Community Medicine department of GMC, Bhavnagar. She has participated in the poster competition "From farm to plate" held on World Health Day-2015 by the Community Medicine department, GMC, Bhavnagar; attended the Medical quizzes & debates during the National Medical Organisation Conference held at Rajendra Institute of Medical Sciences, Ranchi, Jharkhand – 2014 and; worked as an active member of the Anti-Tobacco campaign held in GMC, Bhavnagar during 2012-13. She has participated in the fund-raising campaign for the "Care of the cancer patients" in 2008 & 2007 empowered by Global Cancer Concern Society, Gujarat, India under the guidance of teachers of SFA Convent High School, Gujarat. She interacted with the HIV-AIDS suffering patients during her school time and recorded their experiences under the “HIV Awareness Programme” conducted by National Aids Control Organisation (NACO)-2007 and also served the Leprosy patients for 2 months along with a team of 6 fellow students during her school time.

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