

**"ASSESSMENT OF NUTRITIONAL STATUS OF SANSKARKUNJ GYANPITH
PRIMARY SCHOOL CHILDREN (VIDYA NIKETAN)."**

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

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Abstract:

Background & Objectives: A cross-sectional study was conducted with the objectives to assess the nutritional status of primary school children (5-15 Years) of Sanskarkunj Gyanpith Vidyalaya, Surat; to determine effect of parental education, socio-economic status, lifestyle characteristics and to compare the nutritional status of boys and girls.

Methods: The study period was from December 2020 to March 2021. A total of 270 students from 1 Standard to 8th Standard comprise the study population. Probability proportional to size sampling method was used. Data entry and statistical analysis was performed with the help of percentage, arithmetic mean standard deviation, and t-test.

Results: The prevalence of boy was underweight, stunting and wasting are 15.8%, 9.9% and 7.6% respectively. This study found more growth in girls than boys. The mean height of boys was significantly higher as compared to the girls. The health status of girls was lower than boys. Majority of the children were consuming cereals and milk in daily, fruits and vegetables two to four days in a month.

Interpretation & Conclusion: The present study showed prevalence of underweight is 19%. In the present study, nutritional status was found highly related to the personal hygiene (especially brushing technique to prevent dental caries) and socio-economic status. Thus to reduce both form of malnutrition it is essential to improve knowledge and awareness about personal hygiene.

Keywords: Nutritional status, socio-economic status, Anthropometry, Dietary intake, primary school children.