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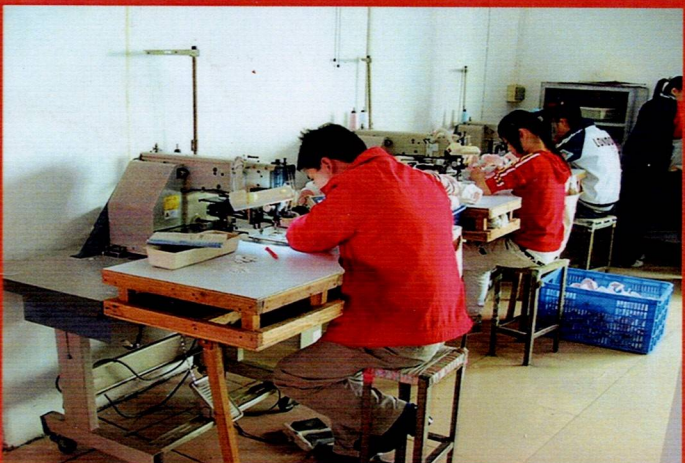
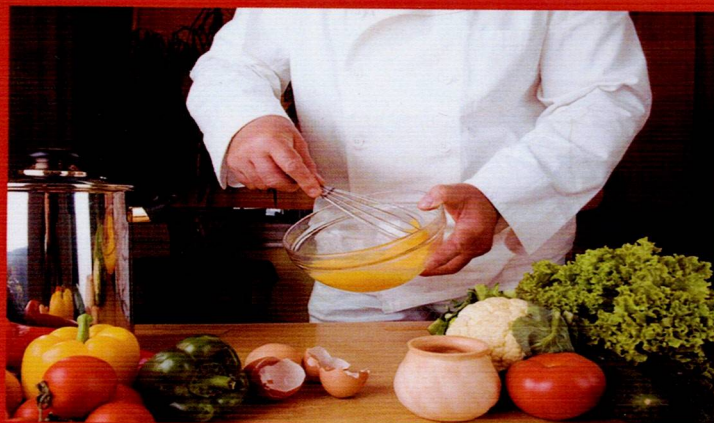
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- Past Issue

## Side Bar

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- Indexing and Abstracting
- Instructions to Author
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- Contact Us
- Peer Review and Publication Policy
- Publication Ethics

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## International Journal of Home Science

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International Journal of Home Science considers review and research articles related to: **Child Development, Community Living, Family Resource Management, Family Health and Nutrition, Food Packaging and Storage, Clothing and Textiles, Home Economics, Home Management, Human Resource Development, Home Science Extension and Education, and other topics related to Home Sciences.**

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### A comparative analysis of nutritional status of infants: Collision of nutrition education

**Author(s):** Dr. Sarojini Jamadagni and Dr. Sunita Madaan

#### Abstract:

The objective of this study is to assess the significant difference of imparting nutrition education to mothers on nutritional status of infants. Multistage sampling technique was used for the selection of the sample. Five urban slums of Kurukshetra District of Haryana were selected on random basis. Total 286 mothers of infants (0-24 months) were selected purposively on random basis. Data was collected using a pretested interview schedule and observation checklist. The length/height was taken by infant meter for small infants and ordinary tape for infants above 12 months (before imparting NE and after





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#### Abstract

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**Keywords:** NE –nutrition education, infant

#### Introduction

Several dietary and clinical surveys carried out in different parts of our country have revealed that malnutrition is rampant. Nutrition education assumes special significance in the Indian context because the problem of malnutrition in India is mainly due to ignorance, poverty and lack of knowledge regarding the value of foods. Dietary practices especially in children, pregnant and lactating mothers, are often governed by social taboos based on food fads. Nutrition Education is the foundation for improvements in the dietary habits of this vulnerable set of population. Rigid dietary habits need correction and only systematic nutrition education programmes can bring changes in dietary habits and creating nutrition awareness entirely depends on education and training.

#### Reasons for Imparting Nutrition Education to Mother

- Evaluate the personal nutritional intake
- Persuade everyone to make the correct choices of foods for the family.
- Use appropriate methods of cooking to get optimum nutrition.
- Make judicious use of local food resources.
- Discourage food wastage.
- Promote the health of Infants.

Assessment of nutritional status can be done by anthropometric data. If infants and children do not get sufficient food they fail to grow properly.

Nutritional anthropometry is measurement of human body at various age and levels of nutritional status. It is based on the concept that an appropriate measurement should reflect any morphological variation occurring due to a significant functional physiological change. For example, a significant reduction in fat fold measurement reflects a shift in the individual's energy balance.

#### Methodology

Multistage sampling technique was used for the selection of the sample. Five urban slums of Kurukshetra District of Haryana, India were selected on random basis. Total 286 mothers of infants (0-24 months) were selected purposively on random basis.

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