

Childhood Malnutrition in India

Dr. Ranjani kumari*

Abstract :

Malnutrition occurs when the body does not get enough supplements, meaning there by inadequate consumption or absorption or excessive loss of nutrients. Malnutrition refers to deficiencies and imbalance in a person's intake of energy and/or nutrients. The term malnutrition addresses three broad groups such as under nutrition which includes wasting. Stunting and under weight. Secondly micronutrients related malnutrition which includes micronutrients deficiencies that is lack of importance to nutrients and other minerals and lastly third category comes as overweight obesity and diet related non-communicable diseases such as heart diseases, strokes, diabetic etc. As per global nutrition report 2018 about 46.6 million stunted children are in India which is 1/3rd of the world of total stunted children. The mortality in India is almost 1/2 due to under nutrition. It is important that any country cannot achieve economic development as well as social development without addressing the issue of malnutrition. Malnutrition in children occurs as a complex interplay of various factors like poverty, literacy knowledge, environment dietary practices, hygiene etc. Low birth weight, occurrence of diarrhea within the early days of child and the deficiencies are often related to malnutrition of developing country including India. Here it is a small attempt to capture the state of malnutrition in India specially with respect to Jharkhand state and shall try to get solution to overcome the problem. The issues and challenges for not obtaining the diseased nutritional outcome through the different programmes run by government of India and other states. It provides an sight that how the issue can be addressed by adopting compressed, co-ordinate and holistic approaches with good governances the help of NGO's and civil societies as a whole.

OBJECTIVE :

To find out the chronic basic factors of malnutrition in the schedule tribes population even though there are a number of schemes/ prgrammes launched by the government of India and what are the ways to overcome it. Simultaneously to find out the remedies so that it may give boost to India'economy.

**Ex Assistant Professor, Ranchi University, Ranchi, Email. Ranjani.kumari.1972@gmail.com*