

1. Tackling the complex issue of Nutrition among adolescent girls is not just a health concern but also investment in Indian future. Analysis.

"Women's are not born but Made"

Adolescence is essential period of growth for both male and female - but Adolescent girls need more importance than boys because

NATIONAL

✓ 59.1 %

Anaemic

✓ 41 %

underweight.

FAMILY HEALTH SURVEY Reports:
of Adolescent girls are

of Adolescent girls are

Reason for poor health

- ① Low income and poor nutritent
- ② Growth of Adolescent girl loss more blood during menstruation led to Anaemia.

Consequence of Nutritional concern

- ① Undernourishment lead to chronic disease, pregnancy complication, frequent sickness, Low immunity etc. are health consequence
- ② Low level involvement of women in economy led to low productivity in economy which is economic consequence

Government Initiatives need to be taken:

- ① Mid day Meal Scheme
- ② Providing vitamin and folic acid tablets.
- ③ providing awareness about future consequence of Nutrient to Adolescent girls.
- ④ providing Medical camps to check up & get treatment help Low income group.
- ⑤ Allocating More resource and Budget for Adolescent because they are the future in hand of India.