

## **CONCENTRATE TO SURVEY THE PHYSICAL DEVELOPMENT AND DIETARY STATUS OF SCHOOL GOING CHILDREN IN CHOSEN REGIONS OF SAGAR, MADHYA PRADESH**

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### **ABSTRACT**

Children comprise a noteworthy extent of the worldwide population today. Children establish the most significant and powerless section of our population. They are really the establishment of India. The eventual fate of our country relies upon the manner in which we sustain our youngsters today. In any network youngsters and moms comprise a need gathering? They contain around 70% of the creating nations. Wholesome status is a Major determinant of the wellbeing and prosperity of Children. Development is a principal highlight of youngsters; Children development absolutely relies on the satisfaction of his fundamental needs and should be fulfilled for higher development. Exact estimation at the ordinary interims is fundamental to evaluate the development. Development alludes to an expansion in physical size of the entire body or any of its parts, and can be estimated in inches or centimeters and in pounds or kilograms. Concentrates on tyke development and advancement have constantly involved a significant position in the logical research educational program and are important to the scientists. The development of kids in a population mirrors their nourishing status and in a roundabout way decides their way of life.

**KEYWORDS;- Nursing , BMI , Nutrition , Growth , Health, Community**

### **INTRODUCTION**

Development is a major element of youngsters; tyke's development absolutely relies on the satisfaction of his fundamental needs and should be fulfilled for higher development.

Exact estimation at the normal interims is fundamental to evaluate the development. Development alludes to an expansion in physical size of the entire body or any of its parts, and can be estimated in inches or centimeters and in pounds or kilograms. Moms' job in raising youngsters is significant; moms should express their genuine love for their kids, just as give them the proceeded with help. It is significant that mothers of babies should act naturally guaranteed with order, through control youngster learns practices which are satisfactory.

A well-adjusted sustenance is required for appropriate development and improvement of babies, there is a solid connection between physical development and dietary admission. Moms' learning with respect to appropriate dietary satisfaction is imperative to guarantee typical development of babies.

Little children are totally reliant on their folks particularly upon their moms for the satisfaction of their essential needs and moms are the people, who dependably go with their babies more often than not and witnesses the development and improvement, so they have to obtain learning of typical development and advancement and furthermore varieties in the ordinary development and advancement, achievement of achievements at fitting age and any deferral in accomplishment. The kid's development status relies on the strength of the

family and the guardian's financial, instructive, social and passionate foundation. It is discovered that the present changes in social and family structure that is industrialization, urbanization, family unit framework, working moms and so forth influences the development status of little children. Solid marriage is a significant component of help since it underpins both the mother and the mother tyke relationship. A solid stable condition likewise assists with the child's mental health.

Moms have explicit thoughts for helping a kid to create proficiency aptitudes, which incorporate presenting a tyke to books when he is a little child. Peruse and chat with him pose him basic inquiries, for example, what is that? which encourages him in improving the aptitudes. Moms' poor information particularly with respect to development of the youngster and neediness may result in low development for the whole development time frame bringing about hindered stature.

The investigations led on evaluation of development example of kids uncovered that numerous kids are strayed from the ordinary development and advancement design due to financial and social variables and so forth.

An examination was directed to evaluate the learning of moms in regards to relationship of supplements on development among pre-younger students. An impressive extent of moms detailed that due to poor learning of nourishment there is an attribution to an absence of weight and encouraging issues for their youngsters. Among the low salary mother contemplated, sustenance related expectant direction was not reliably reviewed.

A pediatric wellbeing medical caretaker is a compelling specialist to teach the network with respect to different components that impact the development of little children. Since family is the main social condition for the baby and later for little child, mother is a

significant essential human services supplier and depending to the nature of this connection will develop the grown-up. Poor learning of moms in regards to development and advancement of a kid may meddle with youngster's ordinary development and improvement. Henceforth the specialist wanted to evaluate the information of moms in regards to development and formative example of their babies' and thus to set up a self-guidance module for moms dependent on their adapting needs which will manage them to distinguish the ordinary examples of development and improvement and deviations in typical development and advancement of a youngster in its beginning time.

## REVIEW OF LITERATURE

An examination was led by **Temsumongla Longkumer(2012)** on "Physical Growth and Nutritional Status among Ao Naga Children of Nagaland, Northeast India" It attempted to discover the physical development agreeing to the tallness and weight and nourishing status as per the weight list (BMI) think about uncovered that the young ladies were taller than young men till 13 years and the young men ended up taller from that point. With respect to weight, the young ladies were heavier during 10 to 14 years. The mean stature and weight expanded as the age progressed in both young men and young ladies.

An investigation was directed by **Prabir Kumar Manna et al(2011)** on "Anthropometric Assessment of Physical Growth and Nutritional Status among School Children of North" The examination was done on 4457 grade school going children to research the physical development just as wholesome status of Darjeeling and Jalpaiguri areas (some portion of North Bengal) of West Bengal.

An investigation was directed by **Cheal .W.L (2009)** in Malaysia and dependent on "the

advancement of poll for the investigation of lack of healthy sustenance and development relationship of school going children" An observational investigation by *Vashist (2009)* was done "to discount physical development and wholesome status of 214 schools going children in PiuriGarhwal locale of Uttaranchal." Physical development was estimated by standard anthropometric estimations, for example, tallness weight head boundary and upper arm circuit, biceps skin folds, triceps skin crease were taken to survey the nourishing status weight, It was been seen that Indian young ladies were progressively affected with ailing health.

A investigation was directed by *AnjumFazili et al.(2012)* on "Wholesome Status of School Age Children (5-14 years) in a Rural Health Block of North India (Kashmir)" Using WHO Z-Score System the examination uncovered that Both mean weight and tallness were higher in females than guys. The general commonness of under sustenance was 19.2%. The pervasiveness of underweight was most minimal in multi year female (0.0%) and most astounding in multi year male (21.5%). For Stunting multi year guys recorded the most reduced (0.0%) and multi year guys the most elevated (28.5%) predominance. The most elevated and least commonness of squandering was recorded in multi year old females (2.56%) and multi year old guys (24.6%) individually. Predominance of slenderness was most minimal in multi year old females (14.2%) and most noteworthy in multi year old guys (47.1%). The general commonness of slimness was 29.0% with 31.9% guys and 26.2% females falling underneath the remove, the distinction being measurably unimportant.

## BACKGROUND OF THE STUDY

Physical development of children is broadly perceived as a standout amongst the most touchy and solid marker of wellbeing and wholesome status in the human population.

Development and development are kept up by the connections of qualities, hormones, and supplements, and it gives a circuitous estimation of the personal satisfaction of a whole population Nutrition is the procedure by which living beings get and use the material fundamental for the support of their capacity just as restoration of their capacity. The evaluation of the dietary status of children is helpful for comprehension the wellbeing status of a network as well as for the national and provincial strategy arranging.

## NEED OF THE STUDY

Children comprise a noteworthy extent of the worldwide population today. Children establish the most significant and powerless fragment of our population. They are really the establishment of India. The fate of our country relies upon the manner in which we support our children today. In any network children and moms establish a need gathering. They include around 70% of the creating nations. Nourishing status is a Major determinant of the wellbeing and prosperity of children. Nourishment of the preschool children is of principal significance on the grounds that the establishment forever time, wellbeing quality and scholarly essentialness is laid during that period. In spite of the fact that many target projects have been situated in our nation, focal dimension and state level, to control the Malnutrition among the helpless gatherings in India, Malnutrition among children keeps on being a reason for genuine concern. Lack of healthy sustenance is progressively perceived as a predominant and significant medical issue in many creating nations. This issue has genuine long haul ramifications for the youngster and antagonistically impacts their improvement. Poor sustenance or ailing health is brought about by not getting the best possible supplements required for typical development and advancement. Undernourished children do develop to their

maximum capacity of physical and mental capacities.

## RESEARCH METHODOLOGY

The technique embraced for evaluating the physical development and nourishing status of school going children. It incorporates the depiction of research approach, inquire about structure, setting of study test and inspecting method and improvement of information gathering, instruments, observational program, strategy for information accumulation and plan for information examination. Further the examination is likewise intended to decide the expectation for everyday comforts, training of dad and mother, control of mother and father, salary, disease of youngster, spot of conveyance, period of children, sex, inoculation, inclination to go to class, number of children ,diet, nourishment choice, complete number of children in home, duties of encouraging, work out, individuals in family.

## RESEARCH DESIGN

The examination configuration is the foundation of the structure of study. It gives a system that supports the investigation and holds it together. Polit and Hungler 1995 expressed the examination configuration fuses the most significant methodological plan that make in directing an exploration ponder. In the present examination the agent chooses the non trial research configuration to watch the physical development and healthful status and its relationship and direct a self-instructional module to evaluate the addition in information with respect to development and sustenance of school going children (9-12yrs). The agent chose the center and elementary school of Government and tuition based school, that are Pre-Primary Training Institute of Sagar region of (MP).

The setting is selected because of availability of sample, feasibility of conducting and ethical clearance.

## AIMS AND OBJECTIVES

1. Assess the physical development of school going children in Sagar district .
2. Assess the wholesome status of school going children in Sagar district.
3. Association physical development and wholesome status of school going children with the socio-statistic factors Sagar district.
4. Develop and test self instructional module on physical development and nourishment of school going children.

## LIMITATION OF THE STUDY

1. Present examination is a non exploratory investigation so there is no control gathering and trial gathering
2. Study of different elements identified with learning of despot care, for example, practice dispositions of guardians about the tyke care couldn't be contemplated because of time compels. In this manner the speculation of discoveries are constrained
3. Limited time was assigned for information gathering

## HYPOTHESES

- a) There will be noteworthy relationship between physical development and wholesome status of school going children with kind of family.
- b) There will be noteworthy relationship between physical development and wholesome status of school going children with family pay.
- c) There will be noteworthy relationship between physical development and

wholesome status of school going children with period of children.

- d) There will be noteworthy relationship between physical development and wholesome status of school going children with weight of children.

## DATA ANALYSIS AND INTERPRETATION OF DATA

The investigation and understanding of the information assembled to connect the encouraging practices of moms and wholesome status of their children. Conventionally the measure of information gathered in an investigation is too costly to even think about being dependably depicted by insignificant interest.

Information 1 Indicates recurrence, level of demographical factors of school going children, in which dominant part of understudies 302 have a place with the family unit, larger part of moms 159 were house spouse, and lion's share of dad 122 out of 500 are work, family salary lion's share have a place with more than 10000/- Rs. month were the training of guardians 165 have a place with center school and greater part 186 children treated by govt. Specialist, spot of conveyance of kid 250 in home and 250 in medical clinic, out of 500 children 125 has a place with 9 years, 125 (10 yrs.) , 125 (11 yrs.) And 125 (12 yrs.), 476 children are vaccinated, were 409 children go to class cheerfully, the majority of the children 265 are non veggie lover, most extreme family have 2 children.

Information 2 Indicates kind of family, 60.4 % (n=302) have a place with family unit in that lion's share (n=83) are of 11 years; 39.6% (n=198) have a place with joint family, in that dominant part (n=60) are of 9 years.

Information 3 Indicates control of mother, moms of 11.4% (n=57) work in horticultural fields, in that lion's share of children (n=23)

are of 10 years; moms of 9% (n=45) fill in as works, in that dominant part of children (n=15) are of 11 years; moms of 31.8% (n=159) don't work, in that lion's share of children (n=41) are of 9 years and 11 years separately; moms of 21% (n=105) have their business, in that larger part of children (n=32) are of 9 years; moms of 26.8% (n=134) work in private, in that greater part of children (n=43) are of 9 years.

Information 4 Indicates control of dad, fathers of 24.6% (n=123) work in horticultural fields, in that lion's share of children (n=34) are of 9 years; fathers of 24.4% (n=122) fill in as workers, in that dominant part of children (n=33) are of 12 years; fathers of 2.8% (n=14) don't work, in that larger part of children (n=5) are of 10 years; fathers of 24% (n=120) have their business, in that lion's share of children (n=33) are of 10 years; fathers of 24.2% (n=121) work in private, in that lion's share of children (n=32) are of 9 years.

information 5 shows mid arm perimeter male, 11.6% (n=58) are beneath between 14.5cms-15.5cms, in that larger part (n=17) are of 9 years; 14% (n=70) are between 15.5cms-16.5cms, in that dominant part (n=27) are of 9 years; 9.8% (n=18) are between 16.5cms - 17.5cms, in that lion's share (n=18) are of 11 years; 2% (n=10) are more prominent than 17.5cms, in that greater part (n=2) are of 9 years and 11 years individually.

information 6 shows mid arm perimeter female, 18% (n=90) are under 16cms, in that larger part (n=30) are of 9 years; 24.6% (n=123) are between 16.5cms-17.5cms, in that dominant part (n=33) are of 9 years; 15.6% (n=78) are between 17.5cms - 18.5cms, in that lion's share (n=27) are of 11 years; 4.4% (n=22) are more prominent than 18.5cms, in that greater part (n=7) are of 10 years and 11 years individually. the learning and practices of moms of school going children (9-12 years) as an agenda.



It was surveyed for 100 moms and the answers were as 'yes' or 'no'. 66% of moms knew about the administration plans for children and 34% did not think about the administration plans for children. 18% of moms thought about the nutritious sustenance for the typical development of children and 82% did not think about the nutritious nourishment for the ordinary development of children. 54% of moms had made nourishment timetable for their children and 46% did not have any sustenance timetable for their children. 21% moms state, they have learning in regards to the sustenance supplements and 79% did not have information with respect to the nourishment supplements. 100% of moms put on weight during pregnancy. 14% of moms experienced iron deficiency during pregnancy and 86% of moms did not experience the ill effects of weakness during pregnancy. 23% of moms had standard antenatal checkups and 77% did not experience customary antenatal checkups. 33% of moms had adjusted eating routine during pregnancy and 67% did not have adjusted eating regimen during pregnancy. 45% of moms had ordinary weight child and 55% of moms had not conveyed typical weight infant. 84% of moms said their infant cried following birth; 16% of moms said their infant did not cry following birth. 75% of moms said they needed to hospitalize the kid for certain reasons after the birth. 84% of moms breastfed their tyke for a half year and 16% of moms did not breastfeed the infant for a half year. 98% of moms began weaning at a half year and 2% did not begin at a half year. 14% of moms recorded the heaviness of the kid and 86% did not record the heaviness of the kid. 74% of moms had given nutrient enhancements between 9 months to 3 years. 26% of moms had not given nutrient enhancements between 9 months to 3 years. 75% of moms gave breakfast as indicated by the youngster's decision and 25% couldn't give breakfast as indicated by kid's decision. 91% of moms said sustenance is set up in a sterile

technique. 73% of moms said that the tyke takes supper with the family and 27% of moms said that the tyke doesn't take dinners with the family. 67% of moms use sanitized water and 33% of moms did not utilize cleaned water. 88% of moms said that their tyke washed hands before having the sustenance and 12% of moms declined saying that their tyke does not wash hands before nourishment. 82% of moms said that the kid takes the nourishment at appropriate time and 18% of moms said that their kid does not take sustenance at legitimate time. 80% of moms utilized iodine salt in nourishment and 20% did not utilize iodine salt in sustenance. 46% of moms gave their kid some milk or milk thing day by day and 54% of moms did not give some milk or milk things day by day. 61% of moms knew the significance of kid nourishment and 39% of moms did not know the significance of kid sustenance. 89% of moms satisfied the necessities of sustenance required by the kid and 11% of moms couldn't satisfy the prerequisites of nourishment required by the youngster. 71% of moms said that the youngster had regular nourishment and 29% of moms said that the kid does not have occasional sustenance. 80% of moms had their kid's eyes looked up and 20% did not have their kid's eyes looked up. 69% of moms said that their tyke is frail and 31% of moms said their kid isn't pallid. 39% of moms said that their tyke had cold, hack and fever 61% of moms said that their tyke did not have cold, hack and fever 68% of moms said that their tyke had stomach hurt and heaving or looseness of the bowels and 32% of moms said that their youngster did not have stomach throb and regurgitating or the runs.

## **SUMMARY**

Synopsis incorporates the goal, speculation, apparatus utilized for study. Human development from early stages to development includes extraordinary changes in body size and appearance. The development procedure is

certainly not an enduring one: at certain occasions development happens quickly, at others gradually. Individual examples of development shift broadly as a result of contrasts in heredity and condition. Children will in general have bodies like those of their folks or of prior ancestors; in any case, condition may change this propensity. Living conditions, including sustenance and cleanliness, have impressive impact on development. Development and improvement goes next to each other, and both have significant impact upon one another. At the point when a youngster is conceived, he goes through different stages and at last an entire image of an individual develops. Development alludes to an expansion in physical size of the entire body or any of its parts. It is just a quantitative change in the youngster's body. It tends to be estimated in Kg, pounds, meters, and inches. The appraisal of development and advancement is useful in discovering the condition of wellbeing and nourishment of a kid. Constant ordinary development and advancement show a decent condition of wellbeing and sustenance of a tyke. Irregular development or development disappointment is a manifestation of malady. Consequently, estimation of development is a basic segment of the physical examination. The procedure by which living life forms acquire nourishment and use it for development, digestion, and fix. The phases of nourishment incorporate ingestion, processing, retention, transport, absorption, and discharge. A fair eating routine for children ought to incorporate an assortment of refreshing leafy foods, grain items, lean proteins and dairy items. A less than stellar eating routine can cause a few physical issues in children. An eating routine excessively high in fat and calories can prompt corpulence, which meddles with physical wellness, yet in addition raises the danger of coronary illness, diabetes and malignant growth. An eating routine ailing in appropriate sustenance can likewise result in hindered

development and bone issue. Absence of a nutritious eating routine additionally impacts vitality for physical interests. Subsequently, the present examination was directed on "An investigation to evaluate the physical development and dietary status of school going children in chose territories of Sagar (M.P)."

## **CONCLUSION**

After the gritty investigation the examination prompts the accompanying ends. Physical development of school going children legitimately impacts the wholesome status of school going children. The observational profile of the tyke uncovers that the vast majority of the children were under weight and nourishment was not satisfactory. It was discovered viable when data was given without anyone else's input instructional module and the mother's reacted well. The affiliations were done between the physical development and nourishing status with the statistic factors by factual techniques

## **NURSING PRACTICE**

Nourishment is a fundamental part of nursing care. It is as essential as prescription and different kinds of treatment. Medical attendants ought to guarantee that patients in their consideration have the correct nourishment at the ideal time. Through powerful administration, authority and expert advancement, and by sharing best work on, testing poor practice and working in association with patients, families and professions, medical attendants can over come what obstructs magnificence. Children ought to eat the appropriate sum and the correct kinds of sustenance on the grounds that their eating regimen influences development and improvement. A solid adjusted eating routine can forestall malady in adolescence, for example, frailty, dental rot and youth corpulence. In the long haul, a great eating

routine can secure against sicknesses in later life, for example, coronary illness, stroke, osteoporosis, The significance of great nourishment in children and grown-ups can't be overestimated. Sustenance under pins wellbeing, adds to development and improvement and can impact recuperation from sickness and inability (Bradley and Rees 2003). The point of this article is to distinguish the key wholesome issues for nursing practice in UK. While the key standards of sustenance continue as before, the difficulties for grown-up and pediatric attendants can be unique. This article tends to grown-up and pediatric issues independently, empowering perusers to think about suggestions for their own training.

Evaluation of physical development and nourishing status and related learning of mother is a successful activity which can be securely incorporated into the administration and counteractive action of wholesome issue of the younger students in the rustic network.

## NURSING EDUCATION

Nursing training is growing quickly in India and attendants are discovered all over world giving consideration and instruction.

The instruction educational program must incorporate bestowing information about the utilization of broad media helps and different techniques.

Presently multi day's much significance is given to mindfulness and advancement of wellbeing than the healing viewpoints. As the need of the general public are persistently changing, new part should be fused in the nursing educational program. Nursing instruction must accentuations on preventive and rehabilitative viewpoints

Approaches ought to be built up in the nursing organizations to assist understudies with improving the learning about sustenance of

school going children for physical development.

Sufficient learning ought to be given to understudies with the goal that they can give data to network about the effect of nourishing admission on development in younger students Instruction has the chance to assume a significant job in the changing the conduct of the student. There is have to build up an occasional program for the appraisal of physical development and healthful status of school going children Nursing educators can utilize the aftereffect of the investigation as a data representation for understudies. Nursing training should help in instilling worth and awareness of other's expectations in understudies. This is a fundamental piece of nursing

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