

Problem of Nutrition in Rural Indian Economy and Role of Physical Education

Mrs. Savita,

Assistant Professor-Economics,
I.G.Government P.G.College, Bangarmau, Unnao,
Email-savita.kirti@rediffmail.com

Neha Singh,

Assistant Professor-B.B.A.,
JNMPG College, Barabanki, U.P

Abstract:

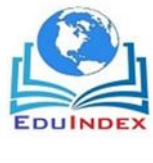

India is a country of beliefs and faiths. Indian people believe that “Clean mind resides in clean body.” Lack of Knowledge of access to nutrition and balanced diet remains a major hurdle to the health and well-being of people living in rural areas. Balanced diet is that food which gives all the nutrients to our body does work properly in which fruits, vegetables, grains, nuts are included. This has led to both under and over nutrition in particular affecting children under 5 years. Major cause of child mortality in India as per SRS (Sample registration system) report 2010-13 is that malnutrition is a contributory factor in 45% child deaths. Basic causes of nutrition problem are poverty, inadequate food intake, nutrition insecurity. Growing children are suffering from depression because of poverty which is an obstacle in their development.^[1] Poor people have not enough money to take care of their health and it is also a problem but Investment of time on physical fitness is free to poor people which make them productive to our country. Physical education subject is one of the sources of knowledge to make most of the people healthy and productive minds.

Keywords: Nutrition, Physical Education, Rural India.

Introduction

Nutrition problem like protein Energy Malnutrition, Anemia and vitamin deficiency continue to plague a large portion of Indian children. High prevalence of malnutrition among young children is also due to lack of awareness and knowledge regarding their food requirements and due to irresponsible parents.^[2]

As per latest UNICEF report one in three children is not growing well because of malnutrition. In many children there are three forms of malnutrition- Under nutrition, Hidden hunger, and Overweight. All these triple burden that threaten the survival, growth and development of children, economy and society. Children who live in extreme poverty in India are more likely to be underfed and malnourished. They are least to have access to safe water, sanitation and healthcare.^[3]

	<p style="text-align: center;">Think India (Quarterly Journal) <i>ISSN: 0971-1260 Vol-22, Special Issue-08</i> in collaboration with</p> <p style="text-align: center;">Indira Gandhi Government Post Graduate College,</p> <p style="text-align: center;">Bangarmau, Unnao-209868, Uttar Pradesh, India</p>	
--	--	--

The diet and nutritional status of slum people in rural areas of India is not being satisfactory. The nutritional status of people is worst among the urban group and is even poor. Another stressful feature is the lack of substantial improvement over the years in this population. Most common source of malnutrition are defective infant feeding practices, reduced utilization of nutrition due to infection and parasites, inadequate food and health security, poor environmental conditions and lack of proper child care practice. Improving nutritional status of rural poor requires a more dedicated, more focused, and more integrated strategy.

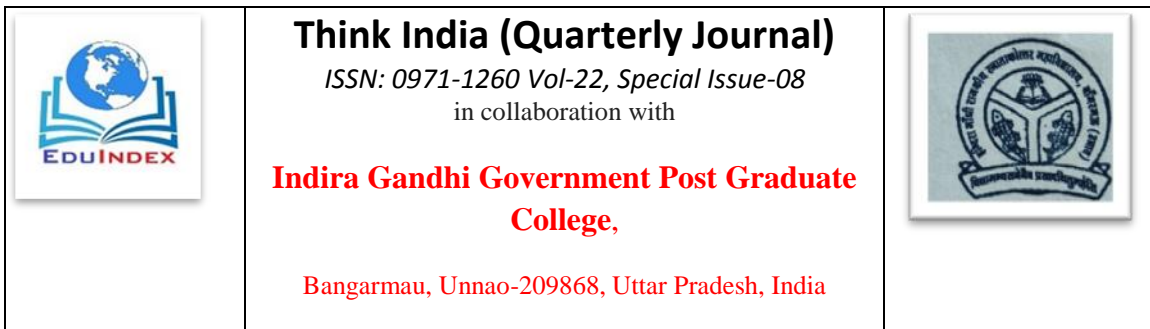
Problem of Nutrition

The major nutrition problems in India are protein energy malnutrition (PEM), vitamin A deficiency (VAD), iron deficiency anemia (IDA) and iodine deficiency disorders (IDD). The reason behind these problems are poverty, food insecurity, limited access to healthcare facility, low level of education, inadequate food intake and so on. PEM is the most widely prevalent form of malnutrition among children. Severe PEM accompanied by infection often leads to the death of children, when not given proper treatment. Proper dietary intake of the children must be ensured, most importantly in neonatal period and infancy. Proper feeding from the time of birth is essential for brain and body development of children. Other supplementary foods also have significant effects on child's health.

Role of Nutrition and Physical Education

Nutrition has played vital role in rural as well as urban economy in the way that a person getting optimum nutrition can perform his/her job to the highest potential. Therefore, a well-nourished population can be turned into a productive workforce. In case of rural India, the major economic activity is agriculture, one of the most labors absorbing activity. According to the annual report PLFS 2017-18 in the rural area 55% of working men and 73.2 % of working women is involve in agricultural activities.^[4] A third of women of reproductive age in India is undernourished.^[9] Physical activity is beneficial for rural worker's outcome; physically active peoples are more useful at work place.^[10] Therefore, the role of nutrition becomes even more significant. A well-nourished person would be able to cultivate his/her land more intensively than otherwise, which would result in higher yield and would ensure economic growth of the village and result in the improvement in the condition of economy of the village and eventually in the growth of overall economy of the country. Though nutrition is a vibrant component in the economy, the problem of nutrition still prevails.

Therefore it is advisable that for at least 20 minutes we are very much required to exercise physical exercise in rural areas where the public is not aware of catering in addition to strengthen immunity. Research shows that people who do workout even half



an hour in the morning get increase chances of fighting diseases. If Nutrition and exercise are both regular and balanced, so the body provides 10 times the ability to fight against disease.

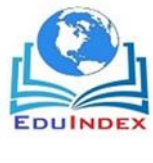

The national Rural Health Mission (NRHM) was launched on 12Th April 2005 with the aim of providing accessible, reasonable and active health facilities in the rural areas of the country, especially to the poor and weaker section of the population. NRHM focuses on reproductive, maternal and new-born health services. The emphasis here is on strategies for improving maternal and child health through a care.^[5] An evaluation of an integrated nutrition and health program that aimed to improve nutrition status of children offered by government of India.^[6] According to economic survey 2007-08 India's total public health expenditure rose to 1.4% of GDP in 2008. Only 28% doctors are serving in rural area to 74% population of India. By this statistics too much rural population is not getting proper doctor services for them.^[8]

Conclusion:

The prevalence of under nutrition declined over the period despite the increase in food and nutrition intake. It was attributed to improved health care services. Future efforts are needed to improve the literacy of parents, environmental and personal hygiene, along with the food security through public distribution system.^[7] Physical activity is beneficial for rural workers outcomes, physically active peoples are more useful at work place, they don't need to exit from heavy work load so there absents will be less. The monetary return is that physically active peoples earn higher income and lower expenditure in medical costs that gives savings to invest in productive areas with this help economy's growth rate can increase.

References:

1. <https://www.who.int> (Accessed on 19.10.2019).Web
2. A review of selected Nutrition & health Survey in India writer Komal Rathi, Preeti Kamraj published in The Journal of Medical Research (Accessed on 10.10.2019).Web
3. unicef.org, The changing face of malnutrition, feature.unicef.org/state-of-the-world-children-2019-nutrition (Accessed on 11.10.2019).Web
4. the annual report PLFS 2017-18 (Accessed on 08.10.2019).Web
5. upnrhm.gov.in (Accessed on 13.10.2019).Web
6. Singh M. Et. Al. Plops one 2017, <http://www.ncbi.nlm.nih.gov> (Accessed on 13.10.2019).Web
7. II Meshram, MR Kodavanti, HK rachkulla, B Nagalla, SR Kakani, National Nutrition Monitoring Bureau Study Group, Year:2017, Volume:63, Issue:2,

	<p style="text-align: center;">Think India (Quarterly Journal) <i>ISSN: 0971-1260 Vol-22, Special Issue-08</i> in collaboration with</p> <p style="text-align: center;">Indira Gandhi Government Post Graduate College,</p> <p style="text-align: center;">Bangarmau, Unnao-209868, Uttar Pradesh, India</p>	
--	--	--

page:84-91 Article published On www.jpgmonline.com (Accessed on 13.10.2019).Web

8. Health and nutrition in rural India by Dr. T.Sundararaman, Dr Garima Gupta (Accessed on 06.11.2019).Web
9. Health and nutrition Issues of Rural women in India By Pratibha Joshi, Nishi Sharma, B.K.Singh, J.P.S. Dabas, Nafees Ahmad, S. CHakravorty and Mahinder Singh' Research paper Published in Journal of Agricultural Engineering and Food Technology, p-ISSN:2350-0085;e-ISSN: 2350-0263; Volume 3, Issue 2;January-March,2016pp.87-90, Krishi Sanskriti Publications (Accessed on 05.10.2019).Web
10. The economic "return on investment" in Physical education, physical activity and sport, Final report, Univ.Prof.Dr.Christoph Breuer, PD Dr. Pamela Wicker, Soren dallmeyer- M.Sc.,Prof.Dr.med.Jiri Dvorak, German Sport University Cologne, 27 April 2016(Accessed on 07.10.2019).Web