

## **Evaluation and Investigation role of Nutrients and Hygiene on the growth and performance of pre-school children from Beed city of Maharashtra.**

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### **Abstract**

The preschool children's and toddlers are very susceptible to different type of diseases due to lack of proper hygiene and nutrients. Instead of taking balanced nutrients. They have many habits that promote the spread of disease such as putting fingers and other objects into their mouths frequently so that microbes can enter into body and be passed on to others.

In present investigation impact of nutrient and hygiene on growth and performance of preschool children and toddlers was carried out.

### **Introduction**

Muscular strength is recognized as an important component of health (Lamb et. al. 1988;) and it may be important for the performance of functional activities and quality of life (Stewart et al 1994). Caspersen and co-workers defined several health-related components of physical fitness] i.e. aerobic capacity, muscle strength and endurance, flexibility and body composition (Caspersen et al.1985).

Keeping in view the fact that childhood physical fitness has important health consequences during adulthood (Sallies et al, 1999) a large number of studies on physical fitness have been reported from different countries of the world. Data on the physical fitness children from Denmark (Knuttgen, 1961), England (Campbell & Pohndof, 1961) South Africa (Sloan 1966), Belgium (Hebbelinck & Borms, 1969), Israel (Ruskin, 1978), & Japan (Ishiko, 1978) are available in the literature. All these reports made the health planners realize the importance of the contribution of Nutrients, hygiene, health education & physical fitness in the development of total fitness. The practice of physical testing in children started thereafter in various countries.

Beed is one of eight district of Marathwada region of Maharashtra belongs backward category eighty percent of people cane cutters migrating throughout Maharashtra covers an area of 10615sq.km. It is located in Deccan Plateau and placed centrally in region. It is surrounded by Aurangabad and Jalana in North, Parbhani and Latur in the East. Ahemadnager in West and Osmanabad in the South direction. Godavari is the most significant river that flows on the borderline of Georai and Majalgaon tehsil.

#### Material and Methods

Twenty preschool children ten boys and ten girls were selected from slum type areas of Beed of Marathwada region of Maharashtra. Monitoring carried out once in month impact of hygiene nutrients and hygiene on height agility endurance and total health of preschool children analysis is carried out as per visit and survey reports Cataldo C.(1999)

#### Discussion

This study reveals that significant difference found in health of preschool children from slum type area due to lack of proper hygiene and Nutrients given to them they are very susceptible to different types of diseases. It is well recognised that preschool children are a nutritionally vulnerable segment of population and are also very susceptible to morbidity due to infections. Under nutrition is associated with impaired immune function and consequent increased susceptibility to infections; infections aggravate under nutrition; if this vicious cycle continues it can result in death of the child.

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