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## **Children in Tribal Areas are a At Risk of Malnutrition**

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### **ABSTRACT**

*The area where tribals live is still remote. Due to inadequate transport facilities and lack of health facilities, tribals cannot take full advantage of them. Healthy food cannot be obtained due to insufficient means of employment. This causes malnutrition of mother and child. The problem of unsanitary, impure water is always felt in the places where tribals live. In hilly areas like Melghat, there is a big problem of water. At such times, these tribal women are wandering wild for water. Improper farming practices and misplanning of crops do not yield the expected income. Due to lack of health and education, the born baby is neglected. As tribal women are more addicted to alcohol and tobacco, pregnant women consume these things. As a result, the child born is malnourished. Not only this, there is a lot of superstition among tribals. When a child gets a disease, it is treated by a doctor. A child's illness is completely ignored as he is being treated by a doctor. And in such a condition the child dies. Tribals live in the hilly areas of Jivati and Korpana talukas in our region. In those areas, a girl gets married when she is in seventh to eighth grade. Children are also married off at a very young age and the children born to those couples are malnourished. Therefore, malnutrition increases. If the serious problem of malnutrition among tribals is not addressed, it is necessary to take timely measures as the children born to them will perish and their number will decrease. They are given nutritious food through Anganwadi, but due to corrupt policies, it is not seen that they are getting enough benefits from the tribals. Therefore, the rate of malnutrition increases and child Death occurs.*

**Keyword :-** *Child, malnutrition, infant mortality, healthy diet, superstition*

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### **Objectives**

1. To review why tribal children are malnourished
2. To find out whether tribalism is influenced by customs tradition

3. Tribals believe in superstitions
4. To know whether tribal pregnant women consume a healthy diet

### **Introduction**

When the rainy season starts, the traffic in the tribal areas is stopped and the tribals lose their connection with the outside world. During this season, the tribal community faces the problem of health and food supply. Malnutrition and infant mortality never fail to occur in tribal areas during the rainy season. Tribals have to face this problem from time to time. Although malnutrition and child mortality have wreaked havoc in sensitive areas for the past twenty years, it cannot be said that malnutrition and child mortality are not a problem in other tribal areas because in many places the news of child mortality does not reach the newspapers, so it does not come before the outside world. This cycle of death goes on forever in tribal areas as the situation settles down and reoccurs on the other side. For the past several years, the problem of hunger strike is not known to be over.

Today in the twenty-first century India has made spectacular progress in the field of science and technology. This spectacular progress in science and technology has made the life of man happy and prosperous. Various measures are being taken at the government level to solve all the problems that have created many social problems, but among these many problems that do not seem to be solved, malnutrition of children in the tribal areas living in the remote areas of the forest valleys in India is an important problem. Despite 73 years of independence in India today, tribal children are dying due to malnutrition, the real picture can be seen in the tribal areas of Gadchiroli and Melghat. The rate of malnutrition and infant mortality among tribals is more than other communities. There are many reasons such as lack, apathy towards children, malnutrition of girls and mothers, child marriage, birth of more children. Grandfather has the right to take all the decisions in the family, so due to old customs, children do not get proper food and treatment. In Gadchiroli, the women of the Gond tribe not only express the first milk of the mother for two days after giving birth, but also give the baby jaggery water. Due to the wrong behavior of the family, the basic right to life and health of the child is deprived. Most of the tribal parents ignore the illness and nutrition of the children, they do not listen to the staff on time, so if the illness of the children worsens, they run away and sometimes the children die. As nutrition and health services are

already scarce and they are not utilized properly, the District Child Protection Committees need to focus on this issue and find a way with the help of local panchayat institutions.

Even today, most of the tribal villages and padas have not started water supply schemes; wherever they are, they are half-baked or in poor condition. The power center of the teacher has become the main base. The grain agriculture scheme is only on paper. Although the responsibility of control and coordination of Navsanjivani scheme lies with the collector and commissioner, it is being implemented by the senior officer. This is the real regret, so the big roars of the government are starting to fade into water. Khichdi scheme for nutrition for tribal children Khichdi business will not improve without breaking the unbreakable relationship of officials and contracts involved in khichdi business. Adivasis' hill farming cannot be economically viable as a result of which they have to spend their days in poverty, so they are unable to provide nutritious food to children. Village Anganwadi workers who take care of the primary health of children have many problems of their own. Habits are different Children walk around freely with a piece of bread in hand Running water around the house - Garbage Spreads diseases through fish and germs All these factors cause high child mortality in tribal areas Malnutrition due to poverty Lack of health facilities Unemployment, lack of food, superstitions It is a fact that malnourished children die for reasons like these.

## **Causes of Malnutrition**

### **1. Lack of health facilities**

Tribal people live far away from the city so they don't get access to health facilities Government has built clinics in tribal division but there is lack of highly educated doctors Highly educated people are not willing to live in tribal areas Many times medicines are not available in the primary health center started by the government They can afford to go to town for treatment If not, their children die

### **2. Unemployment**

As the tribal people are not very educated, they do not get jobs as skilled workers and they do not have the mindset to leave the village to work in other places, so there is no increase in income. Death is feared

### **3. Lack of healthy food**

Food is the basic need of human being. Similarly, in any welfare state, food is also the basic need of human being and it is the responsibility of the government. Today in the world especially in the developing countries there are a large number of people who are physically weak and blind due to lack of healthy food. In India too many people are living in poverty. Due to lack of regular employment, tribals are unable to provide healthy food to their children and therefore their children. They die of malnutrition

### **4. Superstition**

Superstitions are more common in the tribal society, which has been deprived of education for years. These people rely more on luck and divine power. Some tribal women do not breastfeed their babies after birth. From the time she becomes pregnant till the time she gives birth, she has to follow many rituals. A pregnant woman should not consume too much food because it will harm the baby. In case of fever, they take the child to the doctor instead of taking him to the hospital for treatment. Also, because the child is pregnant, the woman is kept in a hut outside the house for a month and a half and she is left to do any work in the house. Due to this, due care is not taken for her and the baby, the baby and the mother sometimes die.

### **Remedial plan**

In order to prevent malnutrition, it is necessary to have complete nutrition of the baby, that is, some measures can be taken to prevent malnutrition.

1. Boys and girls should not be married at an early age. First child birth should be after the age of 20 years
2. Pregnant mothers should be taken care of. She should have a healthy diet and she should get nutritious food from Anganwadi as per requirement. Pregnant mothers should rest more.
3. When a tribal woman is pregnant, she should go to the hospital for regular check-ups. Childbirth should be done in the nearest government hospital Mothers should be registered on RCH portal of Govt of India
4. Milk should be given to the baby within the first hour of birth. Milk is the first immunization of the baby. This milk increases the immune system of the baby

5. Breast milk should be given to the baby till six months. Baby's clothes Keep the baby's sleeping area clean
6. Keep the house and its surroundings clean.
7. Hands should be washed while feeding the baby. Fresh food should be given to the baby.
8. Breast milk along with complementary foods should be given periodically till the baby reaches two years of age.
9. Do not give bottle milk to the baby. It may cause diarrhea.
10. The baby's weight and height should be checked periodically by a doctor or by visiting the nearest Anganwadi.

According to the report of the Rajmata Jijau Maternal and Child Health Nutrition Mission, the proportion of moderately and severely underweight children in the Integrated Child Development Project area of about twenty-five tribal and rural areas of the state is more than 26 percent. The project is located in the districts of Thane, Nashik, Nandurbar, Amravati, Gadchiroli, and for the past several years, the malnutrition situation in this area has not changed much compared to other areas, the data shows. To overcome the vicious cycle of malnutrition, Rajmata Jijau Arogya va Poshan Abhiyan was implemented, focusing more on children up to two years of age and aiming to bring all children up to the general category. Despite spending crores of rupees on malnutrition and child mortality, these schemes did not receive much response. Due to the influence of customs and traditions on the tribals, it was found that these people were not taking advantage of them and the government provided huge funds through the National Rural Health Mission. Even though the Janani Suraksha Yojana is working in tribal areas, malnutrition and infant mortality rates of tribals do not seem to decrease. Some tribals have been found making full use of the food provided in Anganwadi.

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