

Involving local communities
women can prevent the malnutrition in the country effectively. Elaborate

Answer Acc. to NFHS survey the women are found to be ~~50%~~ anemic and also they lack with other beneficial and nutritional elements in body.

Local Communities:

→ Women play an important role at various levels

→ At local level the Anganwadi system needs to strengthen.. sp.

→ Can be done by providing:-

- interest-free loan when they req. from
 - Government, Commercial or SHG's banks

- Fuel allowance at some extent:-
 - fuel can be provided free at some level for 2-wheelers

- Skill development classes (activities)
 - Can help to enable in many skill development activities and programmes.
 - Help them to earn higher.

- Can provide various benefit like gas-stove, cylinders, pressure cookers etc.

→ All these help them boost their energy to get involve in local communities.

→ Apart also need to improve the infrastructure like build Anganwadi Building etc.

→ Nations areas like SHG's where women participate at local level can be encouraged

by providing such benefits similar to Anganwadi benefits

A Malnutrition:

→ Acc to NFHS, the women are found to have less hemoglobin, iron, and etc which may lead to various disease and infection like: low weak immune system etc

It is also claimed that the women more than 50% of women are more prone to Anemic disease due to less amount of B12 vitamin, etc.

A Solution:

- Need to involve Millets in their diet
- Increase the nutritional consumption
- Reduce the use of Junk food
- Need to provide many benefits like regular and free Medical checkup and Medicines.
- Millets along with other food grains from PDS.
- and etc

Way Forward:

The Nutritional health is very important for women empowerment and this can help in prevention in Malnutrition case. This can also help in improvement of child during the time of pregnancy.