CHAPTER - 6

Recommendations
The following recommendations are put forth so that they can be useful for the policy makers, administrators, researchers, scholars, health educators and others in health related issues, their causes, magnitude and prevalence. These are expected to be considered in formulation of future policies and programmes for the upliftment of health and nutritional status of primary school children and to remove deep rooted gender bias. Gender discrimination is an inbuilt phenomenon which one has to negate by various measures.

- General awareness should be made to remove gender discrimination.
- Media should play a positive role in creating awareness about positive image of a girl child.
- Promote better economic conditions and change in social attitude by holding seminars and symposia.
- Health and Nutritional services should be provided to the children including universal immunization.
- There is paramount calorie deficiency in the intake of food of primary school children, which have an adverse impact on their health. Therefore, food intake of these children needs strong interventions in form of nutritional supplements for deprived groups.
- Children be dewormed with broad spectrum of anti-helminthes.
- Special attention should be given to pregnant mother in terms of health and nutrition so that the new born is well nourished.
Proper breast feeding and weaning practices be followed since cultural and traditional taboos dominate the health and nutritional status of the population especially in rural areas.

The health problems of the girl child should be tackled not merely as a medical problem but as a social problem too. An integrated approach by the medical personnel, sociologist, psychologist, nutritionist and educationist is therefore, needed for the betterment of the health of the girl child.

Detection and correction of anaemia be identified as a part of school health check-up.

Primary co-education for school children should be given so that gender discrimination is not made at this level.

School children should be properly motivated and educated to become useful agents of change.

School lunch programmes should be started to improve the nutritional status.

School health clubs be formed compulsorily so that health check ups are regularly done.

Constant parent teacher meets be made for checking the drop outs.

Grass root level programmes as IRDP, TRYSEM should have specific components for improving heath and nutritional status and literacy of girl children in their areas of operation. This can include total literacy campaign.
Schools should be upgraded to provide vocational training after matriculation. Entrepreneurship development programmes for females to be started.

Free secondary education, uniforms, text books and other incentives be provided for girls. Improve the social acceptance of the female child through improving her social image and economic productivity.

School teachers should not allow children to go home during recess period in government schools as they tend to stay back home which affects their studies.

Day care (créche) should be provided at work places for young siblings so that elder daughters are relieved for attending school and not held to do baby sitting.

Removal of gender bias in the curriculum is also needed.

Eliminate all forms of discrimination which result in harmful and unethical practices such as prenatal sex selection, female foeticide and female infanticide.

Take appropriate measures to protect the girl in the society from physical, mental and sexual abuse; negligent treatment or exploitation of girl child be avoided.

Gender sensitization programmes should be undertaken for those who work for the welfare of the children like anganwadi workers, social workers, NGO’s, school teachers and who can also work as change agents.

Formulate policies and programmes to help the family in supporting education and eliminating discrimination within the family.
Parents be sensitized for treating both male and female children equally.

Birth of both male and female child to be welcomed equally.

The girl child must be nurtured in an environment of dignity and opportunity so that she grows into a skilled, healthy, active and confident woman.

The activity as proposed above will have a significant impact by coordinating the efforts of various institutions at national and international level viz department of women and child development, social welfare department, NIPCCD, NIN, UNICEF, WHO etc. Various institutions working for welfare of women and children at state level like department of social welfare, department of home science, department of women studies, department of health and medical education, departments of psychology, sociology, education, various NGOs, department of urban development, department of agriculture be networked in order to show their visibility to wards upliftment of women and children in general and girl child in particular. These should have a close liason with their concerned ministries at central level and other organizations working in this behalf at the international level. Recurrent evaluation can help in making changes whenever required. Such type of a programme can have an immense capability if coordinated properly and thus bring about desired changes.