ABSTRACT

Climate change has increased rates of malnutrition, allergies and exposure to vector borne diseases and emerging infectious diseases. We live in a world in which greater and more frequent environmental extremes are likely.

The WHO 2013 states that childhood malnutrition is the most widespread and pervasive primary risk factor for the major diseases of children. The research report of UNICEF added to produce the state of world’s children 2011 on the district challenges, adolescence phase today in protection, education and health. Psychological health issues or problem, account for a large proportion of the disease burden among young people in all section.

Research in complete aspects of psychological and physiological at childhood level in alternative therapeutic intervention for children early and later childhood is need of the hour. The present study has focused on not only preventive but also solution based intervention through school and take steps in the direction towards healthy lifestyle based secured future.

The intervention has taken an attempt on early, later childhood and puberty on age by Naturopathic way i.e. drugless life style by intervene them in M.K.E.S English School (Malad), Mumbai.

Researchers has intervene by focusing on physical fitness and mental fitness through Suryanamaskar and Pranayama and suggested life style diet as per their height, age, body parameter, weight, BMR(basal metabolic rate). Vital parameter being measured by using laboratory instrument i.e. oxymeter test (SPO2), FDA 510 (k), Incentive spirometer test (IFEV) Hudson cc/sec, Peak Flow meter test (PFEV), Personnel Best full range Peak flow meter (60-80 s /min), psychological parameter by selecting tool constructed by Dr.Jagdish and A.K Srivastava i.e. MHI Mental health inventory which integrate the personality, autonomy group oriented attitudes and environmental study.

Children are from Sr. kg. to 7th std. i.e. divided age wise in three group i.e. 5-7 years (Early childhood ), 7-9 yrs 9later childhood ) 9-12 yrs (on set puberty). Total no. of participant was 575 from primary section and secondary section.