RECOMMENDATIONS
There is a consciousness among the population to move from urban centres to the rural centres and urban slum centres. This is very essential for national development. A natural corollary of this is the simultaneous development of the environment and of the people in these predominantly backward areas.

Health and education are the prerequisites of development. An attempt has been made to look into the various aspects of nutrition of urban slum and rural people under study.

Education plays a vital role in the overall development of the urban slum and rural population. It was studied that the literacy rate of urban slum and rural population of Amravati district was better. There must be local teachers (who are accustomed to their culture, belief, and language) should be appointed. Facilities like, lodging, boarding, scholarships, should be provided. Education can also be given through adult education programmes, extension education programme.
education through doctors, nurses and through gramsevikas. Education could be given through the audio-visual aids like Television which is the most influencial aid to educate masses. Nutrition education programme is very important measure to improve the nutritional status, change in food habits and cooking practices. It was noticed that the beliefs and taboos can cause serious to human system and existence which also could be eradicating through education.

It was studied that most of the urban slum and rural people of Amravati district belonged to low income group which is one of the causes of malnutrition. Therefore, the improvement in economic status of urban slum and rural population is essential. Agriculture is main occupation of rural population, so as to raise their production, agricultural extension programmes can be planned to introduce the new methods of cultivation with the help of new resources and fertilizers.

Economic status of urban slum and rural population can also be improved by giving them the knowledge of dairy, poultry farming, goat farming,
through which they can also solve the consumption in small quantity of milk and animal food. We know that saving is as good as earning. Urban slum and rural people can cultivate their kitchen garden. This will also help them in improving their intake of vegetables.

The scarcity of water was observed. Their cultivation in rural area purely depends on rainy season. No irrigation facility was found in the surveyed area. There were few sources for drinking water. For better irrigation facilities the irrigation schemes must be planned and implemented, in order to satisfy their basic needs. More attention should be paid to the sanitary facilities because the finding of present study showed that poor sanitary facilities are available in urban slum and rural area of Amravati district. So proper disposal of animal and human waste, disposal of sewage can be solved by building soakpits and latrines. The absence of food hygiene in general reduces the advantages. If food remains a regular requirement for good human existence, then a stable programmes for reducing such unhygienic condition will be beneficial.
The present study reveals that the child mortality rate was high owning to the following factors. (1) Improper mother care (2) Improper management of child upto 3 years. (3) Ignorance of family planning programmes (4) limited available medical facilities.

Programmes based on child development and mother care, implementation of family planning programme, adequate medical facilities in every village and urban slum is a must.

Malnutrition and diseases caused by the inadequate consumption of various components like vitamin A, B, C, protein and calories could be met by encouraging the cultivation of cereals (other than wheat and jowar like ragi, rice, pulses, oil seeds, green leafy vegetables.

To improve the nutritional content of their diet attention would have to be paid to non-traditional agricultural cultivation and dairy development. Different cropping patterns and use of fertilizers for higher yield supplemented by sufficient intake of milk would be provided to bare minimum nutrients for a healthy living. This
would be possible only if the areas of adult education based on nutritional change in occupations (like venturing into cottage industries etc.) from traditional to more productive ones are resorted to. The work undertaken by Government Agencies, Nationalised banks could be of much help in this regard.

Awareness of the problem among the well to do families of the urban slum or rural population are not so fortunate and we cannot close our eyes to their problems. Much attention is to be focussed to their health and environment. These require whole hearted participation at the individual and at Government level. The beginning has to be made and there is hope to look forward to a fruitful results in the coming days that lie ahead.