RECOMMENDATIONS
The results of present study enables one to conclude that both the interventions i.e. dietary and nutrient supplementation for longer duration and NHHCC education through improved module of nutrition, health, hygiene and child care education improved the nutritional and health status of adolescent girls as well as their knowledge, attitudes and practices vis-à-vis nutrition, health, hygiene and child care.

Though the ongoing NAGS envisages to provide both the interventions to the most vulnerable girls but review of the ongoing scheme revealed certain limitations in respect of the qualitative and quantitative inadequacy of dietary supplement and its sporadic input as well as in terms of content, duration and mode of delivery of its educational package. Moreover, it is not feasible for a developing nation like India to provide dietary supplementation to all under nourished adolescent girls for such a long duration due to financial implications. Therefore, it is recommended that:

1. Initial screening of nutritional status of all eligible adolescent girls should be done through most sensitive indicators of nutritional status i.e. height and weight as well as through biochemical profile i.e. haemoglobin, which are practically feasible in field situations for quick appraisal. Girls, who are most vulnerable i.e. stunted and/or underweight should be given dietary supplement in adequate amounts. Though the recommendations for dietary supplementation call for providing 1/3 of calories and ½ of protein of total daily requirement but practically, it is not feasible. Thus, 100-125 gms of dietary supplement in a cereal- pulse combination in a proportion of 2:1 should be given regularly for at least 6 months, if not longer.

2. Dietary supplement to be given to girls should be acceptable in taste, locally available, easy to store, pack and distribute and ready to eat.
3. Girls, whose haemoglobin profile indicates severe anaemia of Grade II & III, should be given iron / folic acid supplementation for at least 120 days along with dietary supplementation to realize full benefit of dietary supplementation.

4. Deworming of all girls should be done before giving these girls dietary and nutrient supplementation so as to accrue full benefit of it.

5. Dietary and nutrient supplementation should be given prior to the median age of menarche; specifically 18-24 months before the onset of menarche for promoting optimum catch-up growth in adolescent girls.

6. Nutrition, health, hygiene and child care education should be given to all adolescent girls for a duration of at least one year in continuity. It increases the scope for more details, more repetition, more retention and hence more learning.

7. Content of educational package should include basic fundamental concepts of foods, nutrition and health. It should be prepared in a simple regional language. It should be easily understandable, meaningful and relevant in their daily life.

8. Use of participatory and interactive teaching methods along with audio-visual aids should be made as it sustains interest, promotes better understanding and motivates thinking and action.

9. Supervisors, who are supposed to deliver the educational package, are invariably matriculates or undergraduates and sometimes promoted from lower jobs, lack adequate knowledge of current nature and of teaching skills. Thus, they should be oriented formally regarding the content, methodology and mode of delivery of the educational package.
10. Resource persons from various fields having expertise in subject, experience of field situations and teaching skills should be involved as it promotes better learning through integration of efforts on a common platform.

11. Educational package should be delivered to girls at their doorsteps i.e. in the Anganwadi centers of their villages as it promotes better learning through lesser distraction of mind towards unfamiliar situations.

12. Girls, especially in younger age groups should be imparted education as they are more receptive, have impressionable minds and have less of negative learning. They are more attentive due to less distraction of mind due to less responsibility of family and home.

13. In order to enable these girls to practice what they learn, parents, especially their mothers should also be imparted education so as to enable them to utilize their resources fully. It will improve their own health and that of their future generations.