

**Title : Effect of Nutrition Education on Anthropometric Measurements of Adolescent Girls in Mumbai****Author(s) :** Sneha Prakash Ambre, Dr Rupali Sengupta**Institution :** Dr. B.M.N College of Home Science, 338, R.A Kidwai road, Matunga, Mumbai, 400019**Keywords :** *Adolescent girls, Anthropometric measurements, Nutrition Education Program*

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**Introduction:**

Nutritional problem in adolescent age is common throughout the India. Poor knowledge on nutrition among adolescent can lead to unhealthy eating practices leading to inappropriate anthropometric measurements and an unhealthy community. The purpose of this study was to assess anthropometric measurement through Nutrition Education Programme (NEP) among adolescent girls.

**Methodology:**

300 adolescent girls were selected through purposive random sampling. Nutrition education was imparted through audio-visual aids, recipe demonstration and was assessed through Knowledge Attitude

Practice Questionnaire for three months in college settings. Anthropometric measurements were taken before and after Nutrition Education Programme.

**Results and Conclusion:**

Before and after imparting nutrition education, anthropometric measurements revealed that most of the samples were below normal standards when compared with ICMR standards.

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