

## **IMPACT OF NUTRITION EDUCATION PROGRAMME ON LACTATING WOMEN (0-12 MONTHS) OF BARAN DISTRICT OF RAJASTHAN**

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### **ABSTRACT**

The present study was conducted with an objective to assess nutritional status of lactating women and the impact of nutrition education programme on maternal nutritional knowledge. The study was conducted at Kishanganj and Shahbad panchayat samities of Baran district of Rajasthan. One twenty participants ranging between 18-45 years lactating women (0-12 months) were selected for the present study. 120 lactating women were selected for imparting nutritional education, respectively. Total 120 lactating (0-12 months) women from both the Panchayat samities were selected for judging the impact of nutrition education, as per the objective. Pre-testing was done, which revealed a poor knowledge level of respondents i.e. 81.66% (0-6 months) and 68.34% (6-12 months). In post test, nutrition education was imparted to the lactating women, which showed marked improvements, with obtaining high scores of (56.67% in 0-6 months), (63.34% in 6-12 months), and there was a significant difference in pre and post knowledge of lactating women. The nutrition education programme made a significant impact on nutritional knowledge of lactating women (0-12months), as the post test knowledge was found high in all aspects.

**KEYWORDS:** Lactating Women, NPNL, Nutrition Education Programme