



Project Report Work

On

“Assessment of Nutritional knowledge, Personal Hygiene and Menstruation related Knowledge in High school going children of five selective school in Mongla”

Submitted To

Professor .Dr.Md Bellal Hossain
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Submitted By

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Submission Date: 23, December 2018



Letter of Transmittal

Date: 23 December 2018

Fouzia Akter

Senior Lecture

Department of Nutrition and Food Engineering

Daffodil International University

Subject: Submission of Project report Work

Dear Ma'am ,

It gives me pleasure to submit my project report work on “Assessment of Nutritional knowledge, Personal Hygiene and Menstruation related Knowledge in High school going children of five selective school in Mongla” at voluntary service overseas (VSO) associate with UKaid project. During this report, I even have tried to depict my expertise, venture work procedure and achievements so on. The task affects introduced here area unit finished with my genuinely and sincerely.

I will be deeply obligated within the event that you simply area unit sufficiently thoughtful to induce and provides your profitable judgment. If you have any longer inquiry regarding any extra data, i might be very happy to clarify that.

Sincerely yours,

A handwritten signature in blue ink that reads "Md. Marzanul Islam".

Md. Marzanul Islam

ID: 161-34-490

Department of Nutrition and Food Engineering

Daffodil International University



Letter of Authorization

23 December, 2018

Fouzia Akter

Senior Lecture

Daffodil International University

Subject: Declaration regarding the validity of the Project Work report

Dear Ma'am

This is my truthful declaration that the "Project Work Report" I actually have ready isn't a copy of any place Report previously created by the other students.

I conjointly express my honest confirmation in support to the very fact that i aforesaid this Project report has used before neither to meet my different course connected nor it will submitted to the other person in future.

Sincerely yours,

Md.Marzanul Islam

ID NO: 161-34-490

Department of Nutrition and Food Engineering

Daffodil International University



Certificate of Approval

I am happy to certify that the Project work report of Assessment of Nutritional knowledge, Personal Hygiene and Menstruation related Knowledge in High school going children of five selective school in Mongla, conducted by Md.Marzanul Islam, bearing ID No: 161-34-490 of the department of nutrition and food Engineering has been supported for presentation and defense /viva-voce.

I'm happy to bunny ensure that the knowledge and findings presented within the report are the authentic work of Md. Marzanul Islam, I powerfully suggested the report bestowed by Md. Marzanul Islam bears a powerful ethical character and a really pleasant personality. I want his all success in life.

Professor Dr. Md. Bellal Hossain
Professor and Head
Department of Nutrition and Food
Engineering
Daffodil International University

Fouzia Akter
[Senior Lecturer]
Department of Nutrition and Foo
Engineering
Daffodil International University



Certificate of Approval

This is to certify that MD. Marzanul Islam ID-161-34-490, Program B.Sc. in Nutrition & Food Engineering is a regular student department of Nutrition & food Engineering Faculty Allied health Science Daffodil international University. He has successfully completed his Project work report program 12 weeks in VSO-ICS. Project Location -Mongla, Bagerhat .Khulna on of Assessment of Nutritional knowledge, Personal Hygiene and Menstruation related Knowledge in High school going children of five selective school in Mongla, under my direct supervision. He has prepared this Report” of fulfilling the partial requirements of NFE program.

Md.Furkhan Uddin

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Acknowledgement

With the hearted appreciativeness, i might wish to acknowledgement the nice almighty Supreme Being loyal facilitate, that is that the most effective tool for every kind of achievements and researches of all time.

I am lucky that I had the type association in addition as supervisor of our honorable professor **Dr.Md.Bellal Hossain**, Head Department of Nutrition and Food Engineering, Daffodil International University whose hearted and priceless support with best concern and dedication acted as necessary resource and feedback to hold out Project program and thus complete this report.

I am deeply indebted to my Supervisor **Ms. Fouzia Akter**, Senior Lecture, Department of Nutrition and Food Engineering, Daffodil International University her whole – hearted supervising throughout my structure attachment amount. it might be terribly tough to organize this report up to the current mark while not her steering.

I would conjointly wish to impart at voluntary service overseas (VSO)-ICS Project manager **Mahabubur Rahman** & ICS Project organizer Feroze Ahmed for being patient and supporting ME throughout my placement times in project program.

My endless thanks head to my Team leader Istiak Nasir and Delia Draghici , My project officer **Sravasti Goswami** and team members. for his or her help i'm ready to fulfill my post journey .i am terribly grateful to those folks. while not them it absolutely was uphill to done the tasks with success .I would wish to thanks all the doctors, medic ,healthcare workplace, planning officer partner organisation stuffs of Ghohon and alternative partner organisation -RDRS, Proshika ,Banchte shekha ,shusilon their coaching .These coaching offer right motivation to try to do this project work smoothly.



*Dedicated
TO My Beloved Parents,
My Teachers
&
All participants of my project work*



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Abstract

The objective of the Assessment of Nutritional knowledge, Personal Hygiene and Menstruation related Knowledge in High school going children of five selective schools in Mongla is to improve health and nutritional status in the project area, particularly among underprivileged school students. By: promoting their health and nutrition practices, especially in the menstruation periods with emphasis on preventive care and education.

Its aims were to share knowledge on personal health care and adapting a successful lifestyle

Keywords:

Nutrition knowledge, Adolescent girls, School Session, SRHR Corner, Physical Fitness, Exercise, Menstrual hygiene.



Introduction:

Maintaining personal hygiene is crucial for quite one reason; social, health, personal, psychological or simply as the simplest way of life. Maintaining an honest standard of hygiene helps keep infections, sicknesses and unhealthy odors trapped. The importance of hygiene ought to be educated from an early age to assist cultivate smart habits. Personal hygiene may be outlined as an act of maintaining cleanliness and grooming of the external body.

Maintaining smart personal hygiene consists of bathing, laundry your hands, brushing teeth and sporting clean covering. To boot, it is conjointly regarding creating safe and sanitary choices after you are around others. Nutrition is crucial for growth and development, health and prosperity. Adapting a healthy diet contributes to prevent future ill health and rising quality and length of life. An individual's food selections rely on energy wants, nutrient wants and pleasure. Family, friends and private beliefs, together with cultural and environmental concerns, additionally play a significant role in people's food choice.

Many genetic, environmental, activity and cultural factors will have an effect on a human health. Understanding case history of illness or risk factors, like weight and fat distribution, pressure level and blood sterol, will facilitate folks create additional educated selections regarding a way to improve health. Creating smart food selections is among the foremost pleasant and effective ways in which of up health.

Healthful diets facilitate youngsters grow, develop and perform well in class. A healthy diet permits adults to figure fruitfully and feel their best. Smart food selections can also facilitate to stop chronic diseases, like cardio pathy, bound cancers, diabetes, stroke and pathology that are leading causes of death and incapacity among Americans. a correct diet may also scale back major risk factors for chronic diseases, like fat, high pressure level and high blood sterol.

People need energy and bound essential nutrients. These nutrients are essential as a result of the body cannot create these nutrients on its own and should get them from food. Essential nutrients embrace vitamins, minerals, bound amino acids and bound fatty acids.

Foods additionally contain fiber and different parts that are necessary for health. Every of those food parts contains a specific perform within the body and that they are all needed for overall health. As an example, folks would like atomic number 20 for sturdy bones, as an example, however several different nutrients additionally participate in building and maintaining bones.

The carbohydrates, fats and proteins in food offer energy, which is measured in calories. Carbohydrates and proteins give four calories per gram. Fat contributes quite doubly the maximum



amount -- nine calories per gram -- and foods that are high in fat are high in calories. Alcohol is additionally high in energy and provides seven calories per gram.

Energy wants vary by age. as an example, older adults would like less food than younger and additional active people. Those who are inactive or attempting to slim might eat little amounts of food and have problem meeting their nutrient wants in an exceedingly satisfying diet. Increasing the energy spent in daily activities will facilitate folks reach their health and weight goals whereas ingestion a additional alimental and satisfying diet.

Healthful diets contain the amounts of essential nutrients and energy required to stop nutrition deficiencies and excesses. Healthful diets additionally give the proper balance of saccharine, fat and super molecule to cut back risks for chronic diseases, and these diets will be achieved through a range of foods that are obtainable, cheap and gratifying. Menstrual hygiene is a difficulty that every woman and girls should deal inside her life; however, there is lack of awareness on the method of menstruation and correct necessities for managing discharge among adolescent girls.

The objectives of present study are to assess the information and therefore the practices of emission hygiene among the rural, Semi-rural & Some of urban going adolescent girls and to assess the restrictions practiced by adolescent school going girls throughout menstruation times. About my project location: Mongla (Bengali: মংলা) is an Upazila of Bagerhat District within the Division of Khulna, Bangladesh. Mongla Upazila with a section of 1461.22 km², borders Rampal Upazila on the north, the Bay of geographical area on the south, Morrelganj and Sarankhola Upazilas on the east and Dacope Upazila on the west. the most rivers area unit Pasur and Mongla.

Mongla (Town) stands on the watercourse Pashur. it's the second biggest harbor within the country. It consists of nine wards and thirteen mahallas. Mongla municipality was established in 1991. the world of the city is seventeen.79 km². The city features a population of 60561; male 57.27%, female 42.73%. The density of population is 2943 per km². The acquisition rate among the town's individuals is 53.6%.

The city has one dak-bungalow. Mongla thana was established in 1976 ANd was became an upazila in 1983. It consists of one municipality seven union parishads, thirty seven mouzas and seventy seven villages. The education rate is 42.80%, comprising 49.6% among males, and 34.2% among females. the academic establishments comprise four schools, twenty high colleges, a grade school, thirty two government primary colleges, twenty nine non-government primary colleges, five satellite colleges and eighteen madrasas, the foremost noted of that is St Paul's high school. For this project work I selected five schools which schools I taken session with some important topics such personal hygienic, nutrition knowledge and healthy menstruation practice. Here I include my project work schedules with topic and schools .



Selected School for school session are:

- Mongla Girls School
- Chadpai High School
- St Paul's high School
- Chalna Port School
- T.A.Faruk School And College
- Gothon Educator Center

Schedules of work with topics

- Two at Gothon Educator Center
20/10/2018: one-hour session at Gothon School on personal hygiene, with 140 students.
22/10/2018: one-hour session at Free Friendship School on personal hygiene, with 30 students.
- Two at Chadpai High School.
28/10/2018: one-hour session on menstrual health and hygiene, with 50 girls.
30/10/2018: One hour and a half session on Adolescents Health care with nutrition, 150 boys and girls.
- Two at St Paul's High School.
3/11/2018: one-hour session on menstrual health and hygiene with 70 girls
5/11/2018: one-hour session on Basic Nutrition knowledge with 85 students.
- Mongla Girls School
10/11/2018: One – hour session on Nutrition knowledge & Personal hygiene with 135 students
- 13/11/2018 : session on menstrual health and hygiene with 67 girls
- T.A.Faruk School and College
14/11/2018: one and half hour session on Nutrition knowledge & physical activity with 130 students
17/11/2018: one-hour session on menstrual knowledge with 38 girls
- Chalna Port School
19/11/2018: one and half hour session on Nutrition knowledge & physical activity with 130 students
22/11/2018: one-hour session on menstrual knowledge with 38 girls

At the primary school sessions, we provided soap for all the children, and at the high school sessions, we provided snacks and prizes, as our team thought this would be a good way of motivating the students.



We received good feedback from both students and staff all the schools. We are very happy with the reception and success of these sessions

Objective:

- The general aim of this report is to evaluate the understanding level of students on personal hygienic, nutrition knowledge and menstruation behavior. Also, do they put their knowledge during food selection, their learning of food sources, micronutrients such as vitamins, minerals, macronutrients -energy, protein, fat, carbohydrate.
- Increase the knowledge and practice for menstrual hygiene among adolescent girls.
- Evolution of the effect of the school session on knowledge/practices
- Improve nutritional knowledge, practices, intakes among high school going students.
- To train and utilize local peer educators.

Method:

To explore the knowledge, practices and sources of information regarding personal hygiene maintained in daily life based on menstruation and nutrition knowledge among adolescent girls in Mongla, Bagerhat, Bangladesh. **Methods:** A total of 139 adolescent girls of the 6th to 10th standard, age 13 to 18 years were found eligible for the study in the selected 5 rural, semi-rural government schools of Mongla in Bagerhat district, Bangladesh. These data were collected using a pre-tested questionnaire and analyzed using IBM SPSS statistics.

Result:

From all the participants **30.9 %** Urban, **55.4 %** rural, **13.7 %** Semi urban, for drinking **81.3 %** are collect water from reserve rain water, **17.3 %** taken filter plant water. Among five schools have **76.3 %** less facilities toilet conditions, only **23.7 %** good toilet condition, physical activity level is mostly moderate **69.8 %** and Light **28.8 %**. Around **75.5 %** participants were start using sanitary napkin during menstruation prior. After set up **SRHR corner** in Schools, and **mothers** were the source of got first information among all groups. For more concern **89.2 %** choose their female **School teacher** cause they all got training from professional doctors by VSO-ICS.

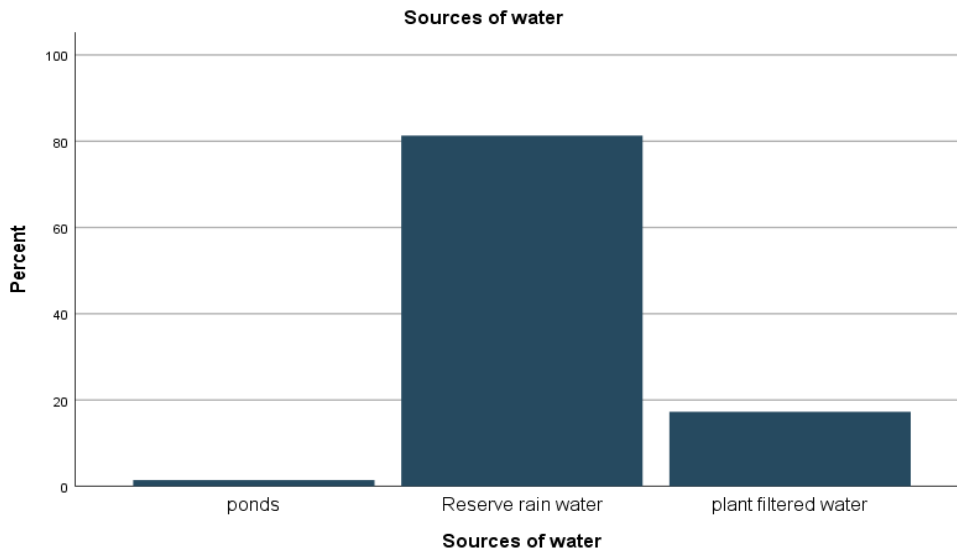


Result Discussion:

Here I include my project work result percentage with as per as questionnaire: -

Personal Hygienic Section Result:

All the Participants are known about personal hygienic, they brush their teeth every day After every meal **12.2 %** Brush their teeth and Once or twice day **87.8 %** and **95.7 %** change their toothbrush After start using brush to within three months. All are cut their nail weekly and very well maintain by PT teacher. **93.5 %** take bath / shower daily once. only **5 %** are taken three times in week. **95.7 %** are know How long should wash their hands. **98.6 %** use soap during hand washing also they have a very good knowledge when they should wash their hands.

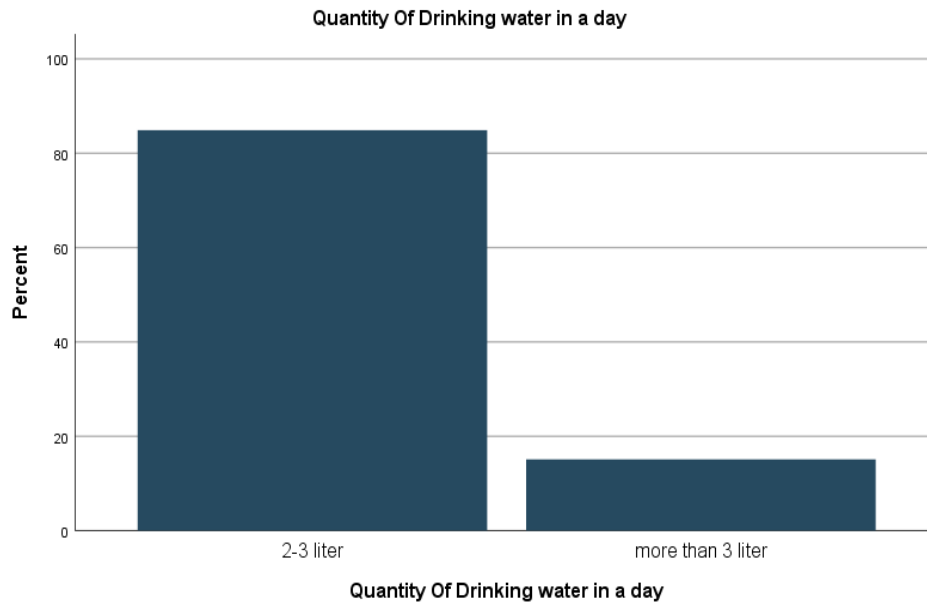


For dinking **81.3 %** are collect water form reserve rain water ,**17.3 %** taken filter plant water and **1.4 %** form ponds. mongla is a coastal area, the whole Upazilla has saline water, at this situation purchase the filter plant water is quite expensive cause their economic status is not so good. Alter all some government project is really work very sincerely to solve this water issue .in some water plant they supply water in a reasonable price.

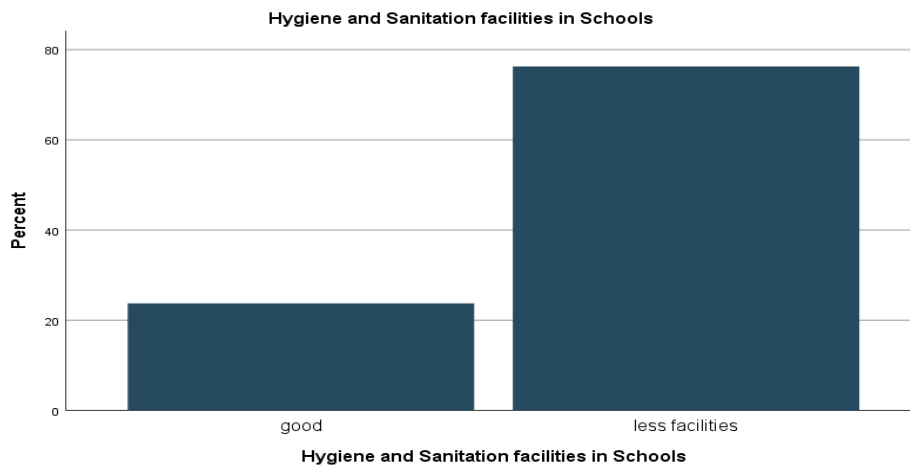


However, still with these water crises All of participants easily take water daily as per body requirements. **84.9 %** of 2-3 liter and **15.1%** of 3 liters.

Quantity of Drinking water in a day -



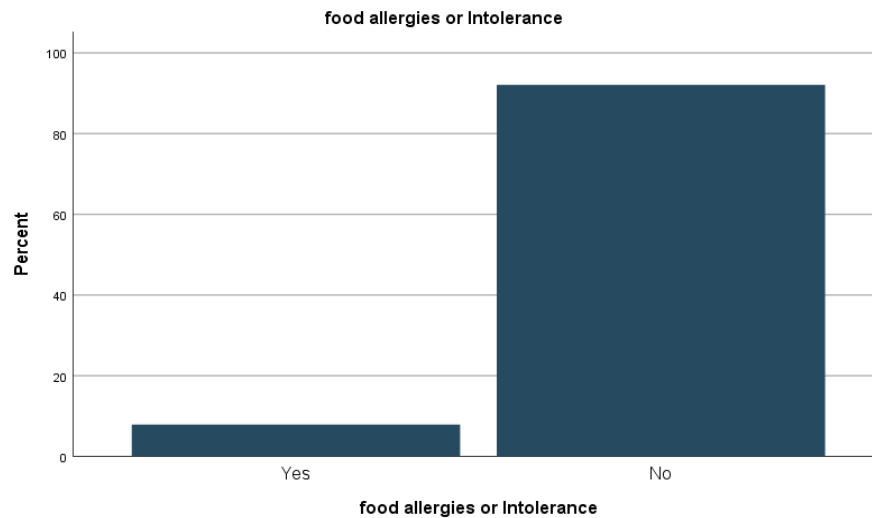
But among the five secondary school **23.7 %** has good toilet condition and **76.3 %** of less Hygiene and Sanitation facilities in Schools



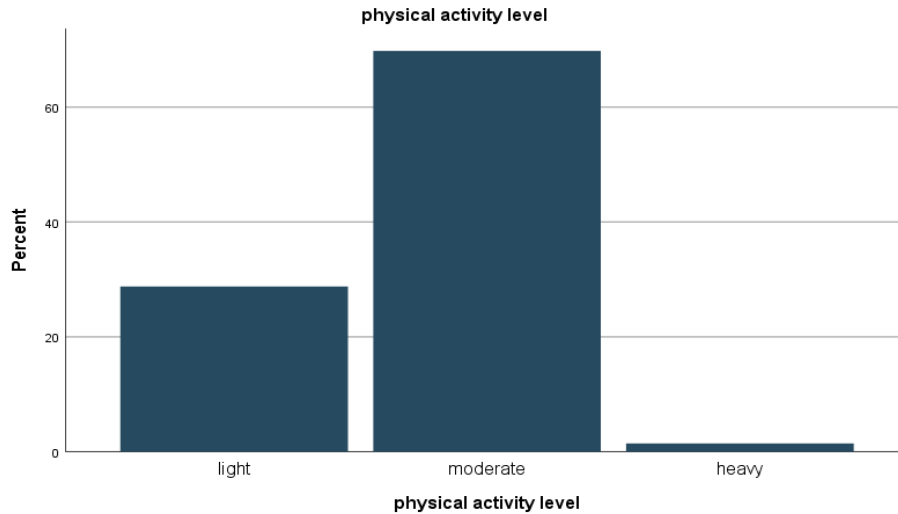


Nutritional knowledge Section Result:

All participants are taken daily breakfast before coming school, but **13.7 %** are take rice in three times in daily serving meal. **7.9 %** participants have food allergies and food intolerance. such Besella ,Beef, Brinjal, Milk, Prawn .



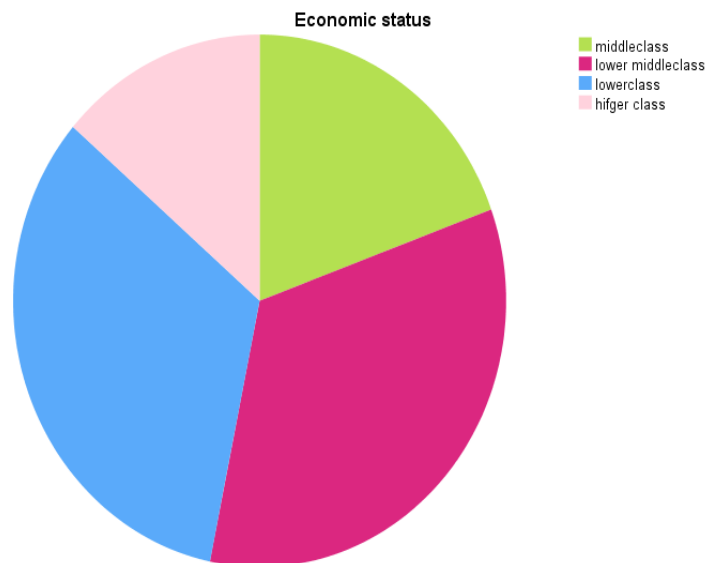
97.8% take Tiffin from Homemade. Nowadays fast food items found available in outside the school so, **92.8 % eat fried food** twice in week. And **5 %** take daily. School session times all students are very interested to know how to being healthy throughout the lifestyle. So, they all known the bad effect of soft drinks and excess salt intake, less physical activity the benefit of physicals exercise (**84.9 %** are play every day and **15.1 %** twice in a week) & sleep well. Most of the participants come from outside the town by walking also they are very much actively of household work so, their physical activity level **69.8%** are moderate, **28.8%** Light.



Also all participants known about some basic food nutrition knowledge like All nutrients such vitamin and minerals benefits, their types, amino acids. Some nutrition deficiency, Balance Meal, food pyramid, five food groups, some food items calories, select right food by understanding food levels.

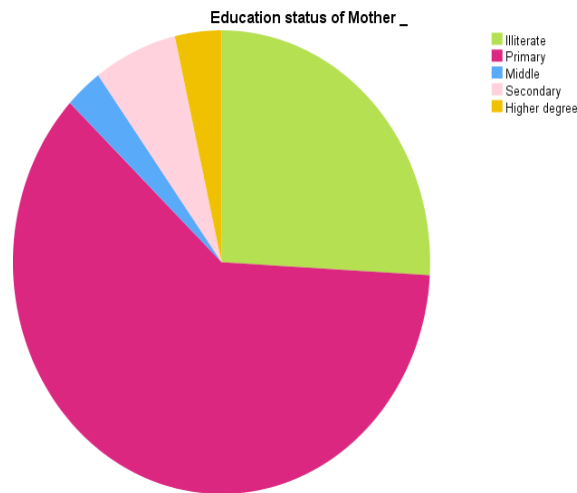
Menstruation related Knowledge:

139 numbers of participants their residential status - 30.9 % are coming from Urban, 55.4 % rural and 13.7 % Semi urban. their family types 36 % belong from joint family and 64 % are nuclear.





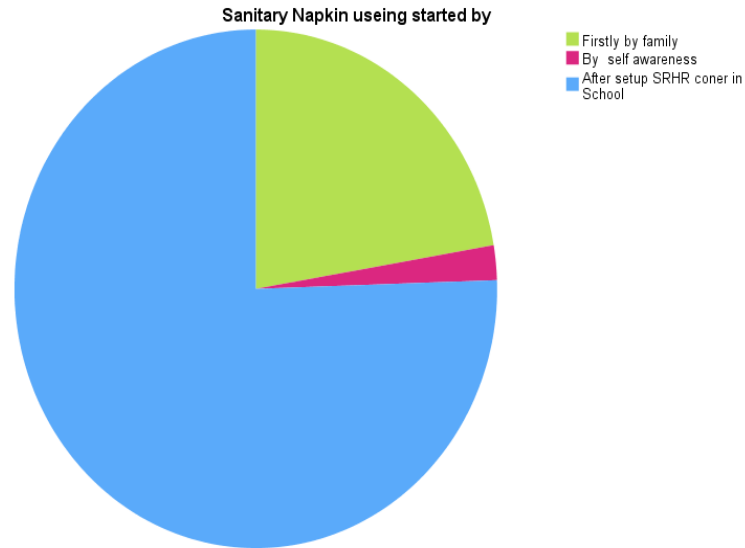
19.4 % middleclass, **33.8%** lower middleclass **33.1%** lower-class **13.7%** higher class. **3.6 %** parents are not give permission during menstruation period. **96.4 %** family are beehive friendly with participants. All participants are known the importance of using sanitary napkin and they all said its very necessary to continue their class during period times. Participants mother status of education **25.9 %** of Illiterate, **61.2 %** of Primary, **2.9 %** Middle, **6.5 %** Secondary, **3.6 %** Higher degree.



Here is a ratio when and how these girls are aware to start using sanitary napkin.

22.3% by family consult, **75.5 %**After taking school session through by SRHR comer in School, **2.2 %** by self-awareness.

Project work Report



5.8 % girls are left their School class once or twice because of Menstruation

For concern about period **89.2 %** participants are choose their female school teacher .and **10.8 %** are select community healthcare officer.

Conclusion:

Project work Report



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