Objectives of the study

Keeping in mind the above points a survey was conducted with the following objectives.

1. To assess the knowledge regarding nutrition and nutritional needs in maintaining good health
2. To gain an insight into adolescent’s eating behavior and practices.
3. To identify the socio demographic profile of the adolescent (girls and boys) in the Children’s in govt. School of Nasik
4. To assess the adolescent girls’ and boys’ awareness on developmental changes in adolescence
5. To assess the self-esteem of the adolescent girls and boys in the Children’s School
6. To assess the effectiveness of the intervention package on the adolescent girl’s- boys awareness on developmental changes, subjective well being, self-esteem, and adolescent adjustments