

"ഭരണഭാഷ-മാതൃഭാഷ"

നം:ICDS.B3-7/18

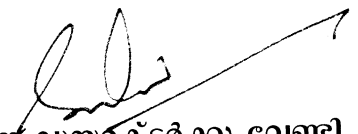
വനിതാ ശിശു വികസന ഡയറക്ടറേറ്റ്,
പുജപ്പുര, തിരുവനന്തപുരം.
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പരിപത്രം

വിഷയം :- വനിതാ ശിശു വികസന വകുപ്പ് - ഏപ്രിൽ14, അംബേദ്കർ ജയന്തി - "പോഷൺ ദിവസ്" - ആചരിക്കുന്നത് - സംബന്ധിച്ച്.

സൂചന :- MWCD സെക്രട്ടറിയുടെ 3/4/18ലെ DO No.NNM/15/2018-WBP നമ്പർ കത്ത്.

മേൽ സൂചന കത്ത് പ്രകാരം April 14 അംബേദ്കർ ജയന്തി "പോഷൺ ദിവസ്" ആയി ആചരിക്കണമെന്നും NNM ഒരു ജൻ ആന്തോളൻ ആകുവാനായി 14/4/18 മുതൽ 24/4/18 വരെ പഞ്ചായത്ത് തലത്തിൽ വിവിധ പരിപാടികൾ ആസൂത്രണം ചെയ്യണമെന്നും വനിതാ ശിശു വികസന മന്ത്രാലയം അറിയിച്ചിരിക്കുന്നു. ഇതോടൊപ്പം ഉള്ളടക്കം ചെയ്തിട്ടുള്ള മാർഗ്ഗനിർദ്ദേശങ്ങൾ പ്രകാരമുള്ള പരിപാടികൾ ഏപ്രിൽ 14 മുതൽ 24 വരെ പഞ്ചായത്ത്/മുനിസിപ്പാലിറ്റി/അങ്കണവാടി തലങ്ങളിൽ സംഘടിപ്പിക്കേണ്ടതാണ്. ഇതു സംബന്ധിച്ച അറിയിപ്പ് ബന്ധപ്പെട്ട എല്ലാവർക്കും നൽകേണ്ടതും കേന്ദ്ര മന്ത്രാലയത്തിന്റെ നിർദ്ദേശങ്ങൾ പാലിച്ചിട്ടുണ്ടെന്ന് ഉറപ്പാക്കേണ്ടതുമാണ്. ഇത് സംബന്ധിച്ച റിപ്പോർട്ടും ഈ കാര്യാലയത്തിൽ ലഭ്യമാക്കേണ്ടതാണ്.


വനിതാ ശിശു വികസന ഡയറക്ടർക്കു വേണ്ടി.

- പകർപ്പ്:-
- 1) എല്ലാ പ്രോഗ്രാം ഓഫീസർമാർക്കും
 - 2) എല്ലാ ശിശു വികസന പദ്ധതി ഓഫീസർമാർക്കും
 - 3) വെബ്സൈറ്റിൽ പ്രസിദ്ധീകരിക്കുന്നതിന്

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Guidelines for meetings of Gram Panchayat on Nutritional aspects (from 14th April - Ambedkar Jayanti to 24th April - National Panchayati Raj Day)

Hon'ble Prime Minister has formally launched POSHAN *Abhiyaan* (NNM) from Jhunjhunu, Rajasthan on 8th March 2018. The aim of the POSHAN Abhiyaan (NNM) is to improve the nutritional status of Children up to 6 years of age, Pregnant Women and Lactating Mothers through specific targets for reduction in Low Birth Weight, Stunting, Under-Nutrition and prevalence of Anaemia over next three years. Hon'ble Prime Minister has desired that the mission should be converted into JAN ANDOLAN.

The problem of malnutrition is dependent on multiple factors which, inter-alia, include optimal Infant & Young Child Feeding (IYCF) practices, Immunization, Institutional Delivery, Early Childhood Development, Food Fortification, De worming, access to safe drinking water & proper sanitation, Dietary diversification, ORS-Zinc and other related factors. Therefore, in order to address the problem of stunting, under-weight and wasting, especially in children, there is a need to take-up sustained efforts requiring grass-root synergy and convergence.

Objectives

- To sensitize and create awareness among Pregnant Women(PW), Lactating Mothers (LM) and Mothers of children below 6 years of age and their key influencers on key health, nutrition and child care practices in order to strengthen positive practices related to survival, growth and development of children;
- To create awareness about the benefits available to pregnant woman and lactating mothers (PW & LM) under Pradhan Mantri Matru Vandana Yojana (PMMVY) and Janani Suraksha Yojana (JSY);
- To improve health seeking behaviour amongst the Pregnant Women (PW) and Lactating Mothers (LM). To enhance community participation in promoting good nutrition and health behaviors.

Venue, Duration:

- Venue can be any place available in the community such as Panchayat Ghar/ Bhawan, Mahila Mandal Bhawan, Anganwadi centre, Choupal, school /college campus etc.
- Duration can be 2.00 to 3.00 hrs flexible timing, convenient for the community to participate.

Expected participants

- PRI members, Community leaders and members, VHSNC members
- Members of SHGs and other local committee/women
- All Pregnant Women(PW), Lactating Mothers(LM), Mothers of children below 6 years of age in the community their Husbands Mother In Laws and Adolescent girls and boys
- AWW, ASHA, ANM and ICDS Supervisor as Facilitators /Resource Person
- Gram Panchayat shall remain as nodal agency for organising the event and ensure the community participation

Key activities during the event

1. Welcome all participants and explain reasons for celebrating this event and communicate key messages that participants need to remember and practice.
2. Observe Village Health, Sanitation and Nutrition Day (VHSND). Discuss Importance of VHSND in their village and encourage villagers to take active part in VHSND every month.

3. Weigh, and record the weight of all pregnant women; weigh and record the weight of all children up to 6 years. Ascertain under-weight children and pregnant women; discuss the reasons and mechanisms to address the same. Those found to be in red zone or in yellow zone with illness should be referred to Hospital or Nutrition Rehabilitation Centre (NRC) and without illness can be treated at community level with proper care.
4. The National De-worming campaign is on 10th February / 10th August every year. Intake of de-worming tablets to avoid worm infestation for Infants , Children, Adolescents girls, Pregnant Women and Lactating Mothers
5. Distribute IFA and Calcium tablets for Pregnant Women (PW), Lactating Mothers (LM), adolescent girls, and children (below 6 yrs of age). Ensure intake of minimum 100 Iron folic acid (IFA) and Calcium tablets during pregnancy and lactation period. Intake of IFA tablets can cause symptoms like black stool, nausea, etc. Guide them to take it after food. Sufficient water intake and vitamin C intake is very important.
6. A discussion on social audit should be done to make them aware of gaps between vision/goal and reality.
7. Download the audio clips available on the website of POSHAN *Abhiyaan* (<http://icds-wcd.nic.in/nnm/home.htm>) under the link **Media ->Audio Spot**. Select regional language and play it in the gathering
8. Observation of Oath taking Ceremony: All villagers shall take an oath/pledge to make their villagers healthy and Suposhit before departing.

Other Important activities helps to reduce Malnutrition

- Full Immunisation of children up to 2 years.
- Taking care of infants and children during and after illness
- Access to safe drinking water
- Due attention towards hand washing
- End to open defecation and Use of toilets
- Family planning