



# DWCD NEWS

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## CELEBRATING



## glorious years

'Har Ghar Tiranga' campaign under the aegis of 'Azadi Ka Amrit Mahotsav' was celebrated at all anganwadi's across Goa. A week full of activities and drawing competition was organised for the children, and stories on the Independence day was read. The best drawing from each Anganwadi sector was selected and the final round was held at the office premises where prizes and refreshments were distributed.

To mark the 75<sup>th</sup> anniversary of Independence on August 15, the National Flag was hoisted at every Block, the Anganwadi workers, helpers, along with the children paraded through the streets of their sectors waving the National Flag up high. All these activities were conducted to inculcate feelings of patriotism in Children, their parents and, the beneficiaries.



## Breastfeeding: why it matters!

World breastfeeding Week was celebrated in all anganwadis in the state to generate awareness and support breastfeeding. The beneficiaries were sensitised on the health benefits of breastfed babies, breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, proteins and fat, everything your baby needs to grow healthy. A balanced diet for initial 1000 days was suggested to the mothers and ways on breastfeeding the child was demonstrated.

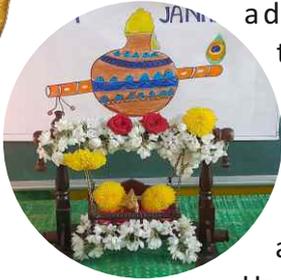
A nutritious thali prepared by the anganwadi workers and helpers was also served to the mothers and a healthy baby competition was held.



# Janmashtami Celebrations



The birth anniversary of Lord Krishna was held with great pomp and show across all Anganwadis. Dressed as Radha and Krishna, the little children added a traditional touch to the entire celebrations. The Anganwadi Workers and Helpers organized various activities like Dahi Handi, decorating the



curd pot, games, fancy dress and singing.

Celebrations of Krishna Janmashtami with children hold special significance as the childhood of Lord Krishna was full of enchanting events.



# Mother and Child Committee meeting



Mother Child Committee meeting was held at various anganwadi's recently. These meetings are held every month where the anganwadi workers take stock of nutrition and other factors benefiting the children and mothers. They assess the food given to the beneficiaries with more knowledge on nutrition. Comprehensive plan for communication on nutrition in consultation with experts. The various activities coming up are also discussed with the beneficiaries.



Besides that, tracking, monitoring of children to identify moderate acute malnutrition (MAM) and severe acute malnutrition (SAM), monitoring of pregnant, lactating and children beneficiaries, and coverage of beneficiaries to ensure 100 per cent enrollment are some of the main features of a mother child committee meeting.



# Nutrition for women and child

In order to improve the nutritional status of women and children, the Ministry of Women and Child Development is providing additional nutrition through the Supplementary Nutrition Programme. Supplementary Nutrition is provided to children below 6 years of age, pregnant and nursing mothers and adolescent girls.

Nutritious food cooked by Anganwadi workers is given to children as it plays a significant role in their formative years. Micronutrients is also distributed to mothers and adolescent girls as undernourished mothers can trigger cycles of under nutrition by passing on nutrient deficiency in children.



# Menstrual hygiene

Sanitary napkins are provided to 60,000 women of economically weaker sections entirely from the state fund, and the Department aims to cover more and more ladies of the weaker sections. Every month, Anganwadi workers distribute the sanitary packs to the beneficiaries for free. The sanitary napkins are manufactured with the help of self-help groups, which aims at teaching them entrepreneurial aptitude and giving them the boost to be self-reliant.

