



# DWCD



NEWS

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**“MAHILA AUR SWASTHYA”**

**“BACHA AUR SHIKSHA”**



# POSHAN MAAH 2022

The Rashtriya Poshan Maah is being celebrated during the month of September every year under POSHAN Abhiyaan (PM's Overarching Scheme for Holistic Nourishment), which was launched in 2018.

POSHAN Abhiyaan was launched as a multi-ministerial convergence mission, with the overarching vision to make India malnutrition free by 2022. In order to ensure community mobilization and bolster people's participation, every year, the month of September is celebrated as POSHAN Maah across the country. Poshan Abhiyaan overall intends to increase nutritional awareness and responsiveness among mothers of young children, adolescent girls, pregnant and lactating women, family members including husbands, father, mothers-in-law and community members, health care providers (ANM, ASHA, Anganwadi worker) about vital nutrition behaviours.

This year, Goa celebrated 8,281 number of events focusing on nutrition and the holistic well-being of women and children. With the wide array of events the Department reached out to over a lakh beneficiaries. The efficiency and well-connectivity of the anganwadi workers helped to track down many cases of mal-nutrition and rectify them.

Here are a few glimpses of the myriad events held in the whole month of September...

## MONITORING CHILDREN



Glimpses of Children being monitored for Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) by the Anganwadi workers.



The first step to reduce the burgeoning burden of malnutrition is to ensure early identification and treatment of SAM and MAM. A health card is maintained for every child at the Anganwadis to monitor the health and nutrition status of the child.

## LEARNING MADE FUN



*Children seen engrossed in playful teaching material in the anganwadis.*

As a part of the Community Centre Events, Learning was made entertaining by adding teaching aids. Variety of toys, hand puppets, animals and flash cards were used to bring to life stories, songs and games. Props are important as they get students attention, they make lessons taught memorable and they provide an anchor for knowledge recall.



## AMMA KI RASOI

*Glimpses of grandmothers cooking tradition recipes*

'Amma ki Rasoi' or 'Grandmother's Kitchen' is one of the main activities of Poshan Maah celebrations, where traditional nutritious recipes cooked by Grandmothers was served to the children. Traditional authentic food, however, is not only healthy, but is also incredibly tasty with a lot of health benefits.



## WATER CONSERVATION AND HARVESTING

The Anganwadi's were buzzing with activities due to the on-going 'Poshan Maah' celebrations. Amongst the different informative activities planned 'Water conservation' held a significant focus.

Water Management and generating awareness about the importance of water conservation and promoting rainwater harvesting structures were taught to the beneficiaries.



## MATRU VANDANA SAPTAH

Matru Vandana Saptah under Pradhan Mantri Matru Vandana Yojana (PMMVY) was celebrated with great enthusiasm on the occasion of Poshan Maah celebrations. A host of activities, including awareness on Matru Vandana Saptah, demonstration on nutritious foods, breast feeding for pregnant and lactating women, prenatal and post natal care, rallies, etc were undertaken.



## AWARENESS ON BREASTFEEDING

During the 'Poshan Maah' celebrations the Anganwadi workers aimed to raise awareness about breastfeeding and its advantages to the beneficiaries.

They also spoke about optimal breastfeeding and its benefits to lifelong good health and wellbeing of women and children.



## FIGHTING ANAEMIA

Sensitization programmes under Poshan Maah was conducted for the beneficiaries to curb Anaemia and to promote Antenatal and Prenatal care. Iron deficiency has been identified as a leading cause of Anaemia in over 52 per cent of pregnant women, posing serious health risks for mothers and children. Mother Child Committees were also involved during the awareness sessions.



## CLEAN AND HYGIENIC SURROUNDING

To keep our surroundings clean, awareness and responsibility of the people is a must requirement. Keeping this in mind, as a part of Poshan Maah Celebrations, the AWW sensitised the villagers about the importance of cleanliness. Our surrounding forms a part of our environment and it is a place where we have our homes, keeping it clean and hygienic is important. Hygiene is one of the basic requirements to maintain a good health and prevent any illness, hence it's each one's responsibility to keep our areas clean.



## RECIPE COMPETITION

Recipe competition was organised for children, adolescents and beneficiaries as a part of the 'Poshan Maah' celebrations. The main aim behind these activities was to highlight the locally available nutritious food for children and pregnant women. The beneficiaries were sensitised about how healthy, nutritious food improves the immune system, preventing one from falling sick easily.



## POSHAN VATIKA

Literally translating to nutri-gardens, as a part of Poshan Maah celebration, Anganwadis all across the state decided to set up Poshan Vatikas with an aim to produce and provide the children with fresh nutritious vegetables. The idea is to make sure that all in the family specially children and women should not become victims of mal-nutrition.



## PRACTICING YOGA



Yoga sessions were organised for children, pregnant women, lactating mothers, and beneficiaries by the Anganwadi Workers and Helpers as a part of the Poshan Maah celebrations. The benefits of a regular yoga practice and its wide-ranging health benefits were explained to the beneficiaries, the AWW also urged the beneficiaries to practice yoga regularly.



## HEALTH CHECK-UP



Health check-ups and awareness campaign were conducted at Anganwadis across the state as a part of Poshan Maah celebrations. The weight and height of children between 6 months to 6 years was also monitored.



ANM from Health centres were invited to sensitise the people on anaemia, nutrition, deworming tablets, IFA tablets, micronutrients churna, etc.. Regular Health check ups are conducted for beneficiaries and children not only to detect medical issues but to also identify risk factors before they start to cause problem.

## MEDICINAL PLANT DISTRIBUTION WATER CONSERVATION AND HARVESTING

Medicinal plants like tulsi, ginger, ajwain, bitter leaves, curry leaves, turmeric, neem, aloe Vera and more were distributed to the beneficiaries. The Anganwadi workers explained the importance and benefits of each plant distributed.

Medicinal plants are useful for maternal and child health care, as essential herbal drugs in food, nutrition and for common illness.



## DISTRIBUTION OF NUTRITION SUPPLEMENTS



ORS, nutrition churna and IFA syrups was distributed to the children and beneficiaries at the Anganwadi centres.

Supplementation is an approach towards improving anaemia rates amongst adolescents and dehydration amongst children.



## DOOR-TO-DOOR HEALTH CHECK-UP

AWWs along with health workers visited homes of pregnant women and lactating mothers for a general health check-up.

The doctor checked the health status of both the mother and the child along with their vaccination details.



## KNOWING YOUR VEGGIES

Awareness on locally grown vegetables and pulses was conducted at all Anganwadi centres by the Anganwadi workers. Locally grown food is more fresh, nutritious and provides many health benefits. The beneficiaries were encouraged to use more of locally available foods.



## REVIVING TRADITIONS



Our country is known for its traditional, flavourful food packed with nutrients and many health benefits.

As a part of the Poshan Maah celebration, the AWWs demonstrated a few forgotten traditional recipes to the beneficiaries so that they could include it into their diet.

Traditional regional food has many benefits and can help build a healthy society.



## IMPORTANCE OF HANDWASHING



Good hand washing is the first line of defence against the spread of many illnesses, from common cold to serious infections. The AWW sensitised the beneficiaries on the importance of maintaining hand hygiene.

## EARLY CHILD CARE EDUCATION

Early Childhood Care Education (ECCE) activities were organised at anganwadi centres as a part of Poshan Maah celebrations. ECCE helps to ensure children are provided with opportunities for holistic learning and growth.



## VILLAGE HEALTH, SANITATION AND NUTRITION DAY



Keeping 'Poshan Maah' in mind, Village Health, Sanitation and Nutrition Day (VHSND) was celebrated at all Anganwadi centres in collaboration with Health Centres.

Pregnant women, lactating mothers along with children and adolescent girls were provided a need-based integrated health and nutrition solutions on village, sanitation, nutrition, hygiene and more by Health workers from different Health Centres.



## FANCYING VEGETABLES



With a mission to get children familiar with their vegetables and fruits, a Fancy dress competition was organised for the children as a part of Poshan Maah celebrations in the Anganwadis.



The children dressed up as different fruits and vegetables and spoke on the importance of their respective costume. Fruits and vegetables are an important part of the diet for children, they are brimming with vitamins and mineral required to establish and maintain good health.



## TAKE HOME RATION

Nutritious food and THR was distributed to the beneficiaries by the Anganwadi workers. The parents were sensitised on the importance of nutrition for the holistic development of their child. The best way to prevent malnourishment is to eat a healthy and balanced diet. Eating fortified foods that contain extra nutrients can help curb the issue of malnutrition.



## QUIZ COMPETITION

A fun filled evening with games and a Quiz competition was organised for the Beneficiaries at the Anganwadi centres.

Focusing on 'Poshan Maah' celebrations, the themes of the Quiz competition was based on Malnutrition, Nutrition benefits, Anaemia and more.

Prizes were distributed to the winners.



## VILLAGE, HEALTH, SANITATION AND NUTRITION DAY (VHSND)

Village, Health, Sanitation and Nutrition Day (VHSND) was organised in collaboration with Health Centres at the Anganwadis. A basic health check-up for pregnant women, lactating mothers along with children and adolescents girls was done. The beneficiaries were made aware on nutrition issues, survey on nutritional status, nutritional deficiency and importance of locally grown food by the Health Workers. Besides, awareness on dengue, malaria and COVID-19 and precautions were also discussed



Germes from unwashed hands can be transferred into the body causing infections. Removing germs through proper hand-washing therefore helps

prevent diarrhoea, respiratory infections and skin infection.

## HAND WASHING HABITS



## SOLID WASTE MANAGEMENT

As a part of Poshan Maah celebrations, children and Anganwadi workers were taught about the importance of waste management. Waste management is beneficial for both children and adults. When children are raised in an environment where people know the importance of waste management, they grow up being responsible towards nature.



## Swastha Balak Balika Spardha



Swastha Balak Balika Spardha contest was held at the Anganwadi centres, the healthy girl and boy selected were rewarded with gifts.

Swastha Balak Balika Spardha Is nationwide campaign to promote value of nutrition and good health of children upto 6 years of age.



## Closing ceremony of POSHAN MAAH 2022

