

CHANVO LEH MAWHPHURHNA

Panchayat Aiawhte

- Khaw mipuite hnenah chaw tha ei nasa turin inhrilh bengvarna neih tur
- Khaw chhungah kum 18 tlin hmain hmeichhia tumah pasal nei an awmlo tih tihchian tur
- Khaw chhunga hmeichhe nau pai zawng zawngte chuan awmna atanga hnai ber damdawiin emaw health centre hmunah ngei nau an nei tih tihchian tur
- Khaw mipuite Ek-In hmgang ziah tura fuihphura, Open Defecation Free (ODF) khua an ni tih tihchian
- Khaw mipuite chu an in bulah thlai hring ching tura fuihphur tur, tichuan an chhungkaw pumpuiin thlai hring hrisel thar lam tak an ei ziah thei ang
- Mitinin tui thianghlum leh him an in ngei tih tihchiana, chenna hmun a thianghlum ani tih tihchian tur
- Village Health Sanitation and Nutrition Committee (VHSNC) ten ahuntakah meetings an nei ngei tih tihchian tur

Anganwadi Hnathawktute

- Chaw tha chungchang enkawltute hnenah regular taka hrilhfhah
- Hun bi ruat angin naupang zawng zawngin hri danna an dawng ngei tih tihchian
- Naupangin rilru leh taksa lamah hmasawna famkim aneih nana tanpui
- Hmeichhe nau pai leh nau pianghlum an chenna in ah tlawh ziah tur
- Hun bi neia naupang rih zawng Mother Child Protection Card ah vawnthat . Naupang rih zawng chu category senah a awm chuan , arang thei ang berin awmna atanga hnai ber health center ah kalpui tur.

ASHAs

- Hmeichhe nau pai hospital emaw health centre hmunah ngei nau nei tura fuihphur. Alo berah wawi li tal ANC ah a kal ngei tih tihchian
- Enkawlna tha pe turin nau pianghlum leh nu nau neihlum an chenna hmunah wawi 8-9 tlawh tur
- Naupang hriselna thalo tak leh piantirha rihna zang nausen hrisello thla tin an chenna in ah tlawh ziah
- Naupang zawng zawngin hun bi ruatah hri danna an dawng ngei tih tihchian

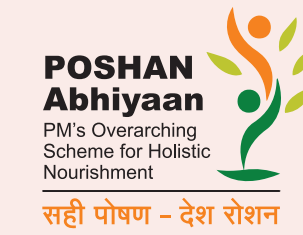
School Management Committee

- Hmeichhia leh mipa tleirawl zingah anemia chungchanga inhrilh bengvarna neih
- Invawn thianghlumna nun dan phung him chungchang naupangte hrilhriat leh chhawmtir

Community Radio Station

- Chaw tha leh a kaihnhawih chungchang buatsaiha community radio station a puanzar
- Ngaithlatute hnenah thianghlumna leh faina him chungchang inhrilh bengvarna kalpui
- Tualchhunga chaw hrisel ei thin chungchang hriattur pawimawh puandarh
- Chakna pai chaw, tualchhung eirawngbawl dan phung calorie awm tamna tih changtlun dan awmna programme regular interval a buatsaih

Village level ah Panchayat aiawh zawng zawngten workers/organizations zawng zawngte pumkhatin an siam tur a ni, malnutrition lakah India a fihlim ang . Hei hian chhuan lola awm turte tan ram hrisel leh chak siam turin min tanpui ang.



Har Ghar POSHAN Tyohaar

POSHAN ABHIYAAN
JAN ANDOLAN



**Ministry of Women & Child Development
Government of India**



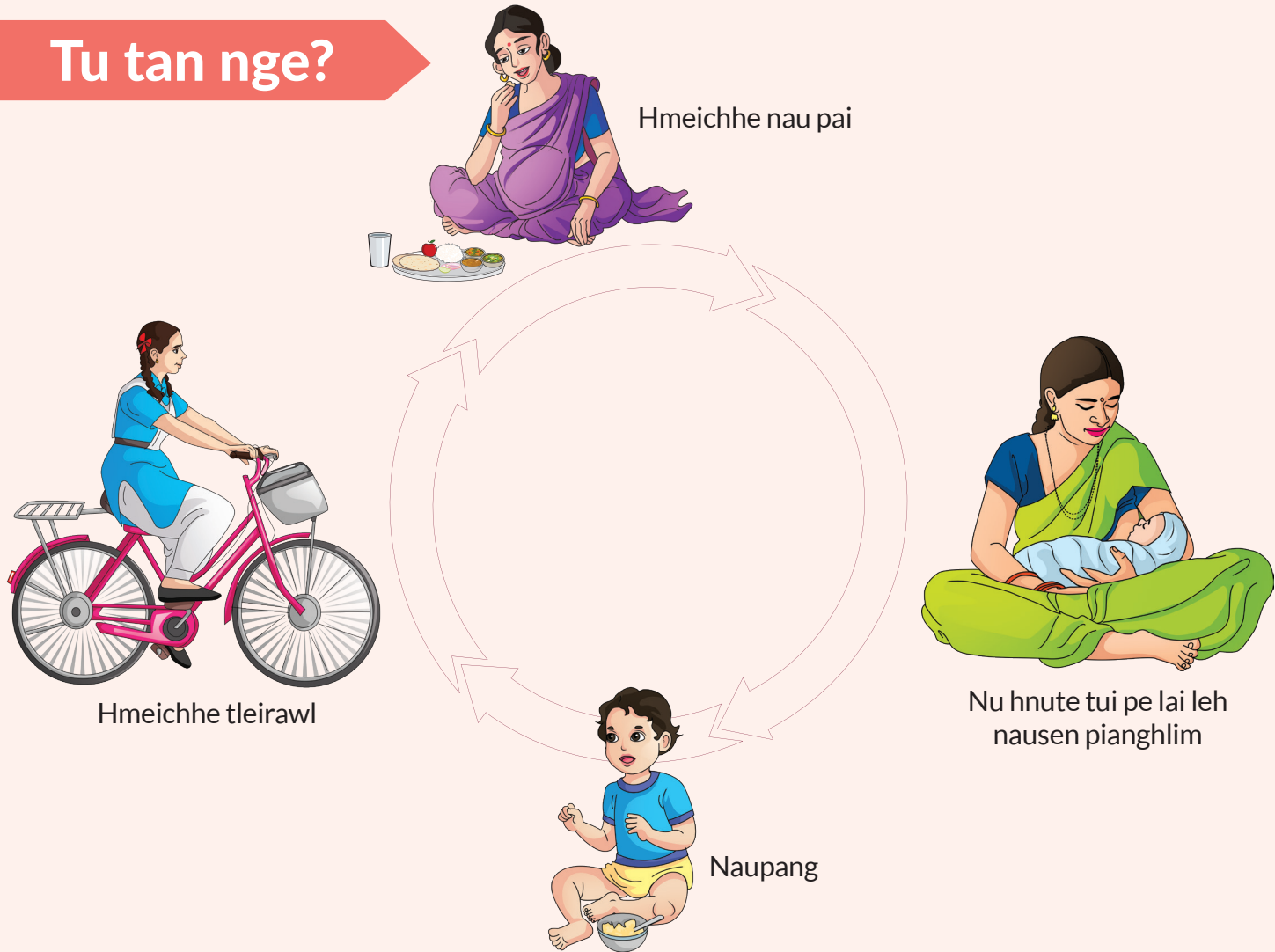
POSHAN Abhiyaan hi programme mai nilovin Jan Andolan (mipui chetna)a ni, chu chuan India mipui am thei ang ber telna a mamawh. He programme hlawhtlinna hi chu heng-mipui, tualchhung hruiute, panchayat aiawhte, school management committees, government departments, social organizations maibakah public leh private sectors hrang hrangte thatho taka telnaah a innghat. POSHAN Abhiyaan ah thawh hlauktak a awmna atan National POSHAN Month hian hun remchang dangdaitak a hlan ang. **September 2018 hi National POSHAN month atana serh ani ang.** Malnutrition laka India a fihlim theihna atan India mi , mipui aiawh leh organization zawng zawngte phur taka tel turin ngen an ni.

In tinah POSHAN festival lawm tur. Nutritional services chawh ang dawng turin naupang, tleirawl leh hmeichhe nau pai zawng zawng tanpui tur anni. Hemi kawngah thawk tura tum ruhna I neih hunah in khua chu Malnutrition lakah a fihlim ang.

Engvangin nge POSHAN Abhiyaan?

Naupang chung a thleng thin- thanthutna, malnutrition, anemia leh piantirh rihna zang buaina kawngah hian sawrkar leh ministry tam tak ten hna an thawk tan tawh. Amaherawhchu, thil tum bulpui ber chu avai a hlenchhuah angai thung. POSHAN Abhiyaan hian India mipui nitin ei leh in, chaw tha ei dan kawngah atha zawngin danglamna athlen ang. Hei hi technology tanpuina hmanga hlenchhuah ani ang. Lungual leh thataka POSHAN Abhiyaan chhawmdawl turin sawrkar ministry leh department hrang hrangte chuan intiamkamna an nei. He programme hlawhtlinna atan hian abiktakin Panchayat level ah thawhhona leh chhawmdawl na chak thatak a pawimawh em em a ni. Malnutrition ngaih pawimawhna kawngah hna pawimawhtak thawk turin Panchayat aiawhte ngen an ni, tichuan India leh a mipuite bulthut chak zawka siam ani ang.

Tu tan nge?

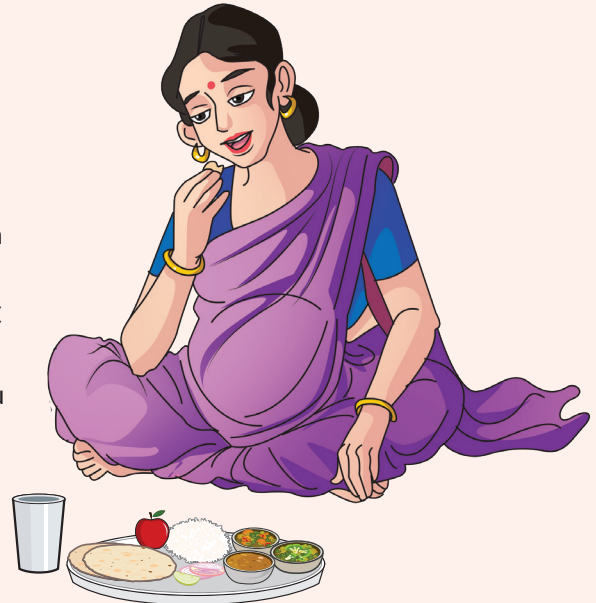


Panchayat Aiawhte Chanvo

Mipui aiawh an nih angin, panchayat kalpuitute chuan hamthatna dawngtuten chaw hrisel ei dan mumal leh nun dan phung tha an zawmna atan heng thuchahte hi an thehlar thin tur a ni.

Hmeichhe nau pai

- Vitamins leh iron tamna chaw hrisel chi hrang hrang ei tur
- Fortified milk, hriak leh iodine chi ei tur
- Thla li na atangin IFA sen mum khat nitin ni 180 chhung ei tur
- Calcium tablet dose chawh ei tur
- Second trimester ah Albendazole mum khat
- Hmun sanga dah bur chhin neia dahthat tui thianghlim leh him in tur
- Rai laiin alo berah vawi li tal ANM emaw doctor hnen atang ANC lak ngei ngei
- Thenawm hnai damdawiin emaw health centre hmunah ngei nau neih tur
- Mimal thianghlimna leh faina vawnthat
- Thil ei hma a sahbawn hmanga kut silfai ziah
- Ek-In hman zawha sahbawn hmanga kut silfai ziah
- Inthiarna atana Ek-In hman ziah



Nu hnute tui pe lai

- Vitamins leh iron tamna chaw hrisel chi hrang hrang ei tur
- Fortified milk, hriak leh iodine chi ei tur
- Nau neih hnuah nitin IFA mum sen pakhat thla ruk chhung (ni 180) ei tur
- Calcium tablet dose chawh ei tur
- Hmun sanga dah bur chhin neia dahthat tui thianghlim leh him in tur
- Hnute tui pek tan nghal tur, naute chu a pian atanga darkar khat chhungin hnute tui eng tak (colostrum) hnektir tur. Hei hi nau pianghlim tan hri danna hmasa ber a ni
- Pian atanga thla ruk chhung hnute tui chiah pek tur. Thil dang engmah pek loh tur
- Eirawngbawl leh chaw ei hmain sahbawn hmanga kut silfai ziah
- Ek-In hman zawh leh naute ek thenfai hnuah sahbawn hmanga kut silfai ziah tur
- Inthiarna atana Ek-In hman ziah
- Nangmah leh I naute faina leh thianghlimna ngai pawimawh rawh



Naupang

- Nautein thla ruk a pumhlum hnuah hnute tui bakah complementary food pek tan tur
- Iron leh vitamin tamna chaw chi hrang hrang nitin naute pe rawh
- Naute chu buhhawp, complementary food buhchiar pe rawh
- Fortified milk, hriak leh iodine chi pe rawh
- I fa chuan an chawh IFA leh vitamin A dose a dawng ngei ani tih tichiang rawh
- I fa chu thla 12 leh 24 inkar a upa anihin Albendazole mum chanve a dawnga, thla 24 leh 59 inkara upa anih hunah Albendazole mum khat in awmna atanga hnai ber anganwadi centre atang a dawng ani tih tichiang rawh. Heng damdawi mum te hi rulhut pai laka invenhimna atan thla ruk danah vawikhat zel pek tur
- Awmna atanga hnai ber anganwadi centre ah naute than dan regular taka endik ani tih finfiah rawh
- Nautein hmasawmna famkim aneihna atan chaw hrisel a ei ngei ngei angai. Chaw pek tam lam chu AWWW, ASHA, ANM emaw doctor te thurawn ang ani tur a ni
- Kum nga a pumhlum thlengin naute chuan hun bi ruat angin hri danna ala ngei ani tih finfiah ang che
- I fa rilruah thianghlimna leh invawnfaina tuh nghet rawh
- Hmun sanga dah bawm khuha dahthat tui thianghlim leh him intir rawh
- Chaw ei hma emaw naute hrai hmain sahbawn hmangin kut silfai thin tur
- Ek-In hman zawhah sahbawn hmanga kut silfai ziah tur
- Ek-In ah naute ek mumal taka thehthang tur
- I naute kha thataka infiampuiin, be thin rawh



Hmeichhe tleirawl

- Hmeichhe tleirawlin vitamins leh iron tamna chaw hrisel chi hrang hrang a ei ngei ani tih tichiang rawh. Hei hian thla tina thi an neih chhunga iron an channa a chhawk anga, an theihna sang bera hnathawk thei turin a tanpui ang
- Fortified milk, hriak leh iodine chi ei tur
- Kar khatah vawikhat IFA pawl mum khat ei tur
- Thi neih laiin invawn thianghlim tur
- Rulhut pai laka invenhimna atan kum khatah Albendazole mum khat vawihnih ei tur
- Hmun sanga dah bur chhin neia dahthat tui thianghlim leh him in tur
- Chaw ei hmain sahbawn hmanga kut silfai thin tur
- Ek-In hman zawhah sahbawn hmanga kut silfai ziah tur
- Inthiarna atan Ek-In hman ziah tur

