

KAMRANG ARO UARANGKO DAITO RAANIRANG

Panchayatni Representativerang

- Nutritionko cha-ani bidingo songni manderangna name ma-siataniko on-bo
- Bilsi 18 na skang darang me-chikkoba songo bia ka-e on-abe
- An-o donggipa songni sakanti me-chikrangko sepanggipa hospital ba health centre-chi institutional delivery kachina aganbo
- Songni manderangko pangnan paikanao kichina didiatbo aro songo Open Defecation Free (ODF) dakchina aganbo
- Songni manderangko noksamo tangsek-gipa mesu samjakrangko gechina didiatbo, jedakode nokdango gital gital mesu aro nutritious bijakrangko akke chana man-gen
- Sakanti mandeko rongtal-gipa ringani chiko ringna didiatbo aro clean environmentko ongatbo
- Somoi gita Village Health, Sanitation aro Nutrition Committee (VHSNC) baksa meetingna nangchongmota

Anganwadi Worker-rang

- Nutritionko name on-a gita uko on-gipa manderangna pangnan agan ku-patie on-bo
- Sakantinan bi-sana immunizationko on-a dongimin niam gita pangnan somoi gita on-a nangchongmota
- Bi-sani be-en bimang aro gisik tanningko name dalrroatna name simsakna nangchongmota
- An-o dongenggipa me-chikko aro bakgitchak bi-sarangko pangnan nokchi re-e nirokrongbo
- Pangnan bi-sarangni be-en jrianirangko aro uamangni weightko MCP Card-o register ka-bo, bi-sani jriani red category ongode, tarake bi-sako sepanggipa health centrechi refer ka-atbo

ASHArang

- An-o donggipa me-chikrangko Institutional delivery dakchina didiatbo aro uko pangnan ANCs, komigipa ANC chi changbri mesokchina aganbo
- Nokdang ge 8,9 chi re-ange atchigital bi-sa aro magipako name simsakrongbo
- Jaantian bilonggipa malnourished onggipa bi-sarangko aro jria komigipa bi-sarangko visit ka-rongbo, bi-sa sakantinan niam gita on-a nanggipa immunizationko somoi gita on-bo
- Sakanti bi-san somoi gita immunizationko niam gita mana nanga

School Management Committee

- Daldrobaenggipa me-chik aro mea bi-sarangna anemia ongani gimin agan talate ma-siatbo
- Bi-sarangko be-en bimangko an-senge rakiani aro rongtal antale dongani gimin ma-siatbo

Community Radio Station

- Nutritionni bidingo taribo aro uarango community radio stationrango watatbo
- Be-en bimangko an-sengbaljoke aro rongtale rakiani bidingo knatinsoenggipa ripengrangna ma-siatbo
- Nutritious local diet aro cha-anirangko ranta ka-ani bidingo ma-siataniko dakbo
- Local Nutritious food aro uarango song-a channani bidingo pangnan programmerangko ongatbo jedakode cha-ani calorie baridapgen

Panchayat representativerang songni gadango ku-cholsan pilak workerrang/ organizationrang baksa bakrime Indiako malnutrition-oniko jakgitel ongatgen. Indake dakanichi a-songko mikangchi mangrake rikna chingna dakchakbegipa onngen.



Har Ghar
Poshan
Tyohaar

POSHAN ABHIYAAN
JAN ANDOLAN



Ministry of Women & Child Development
Government of India

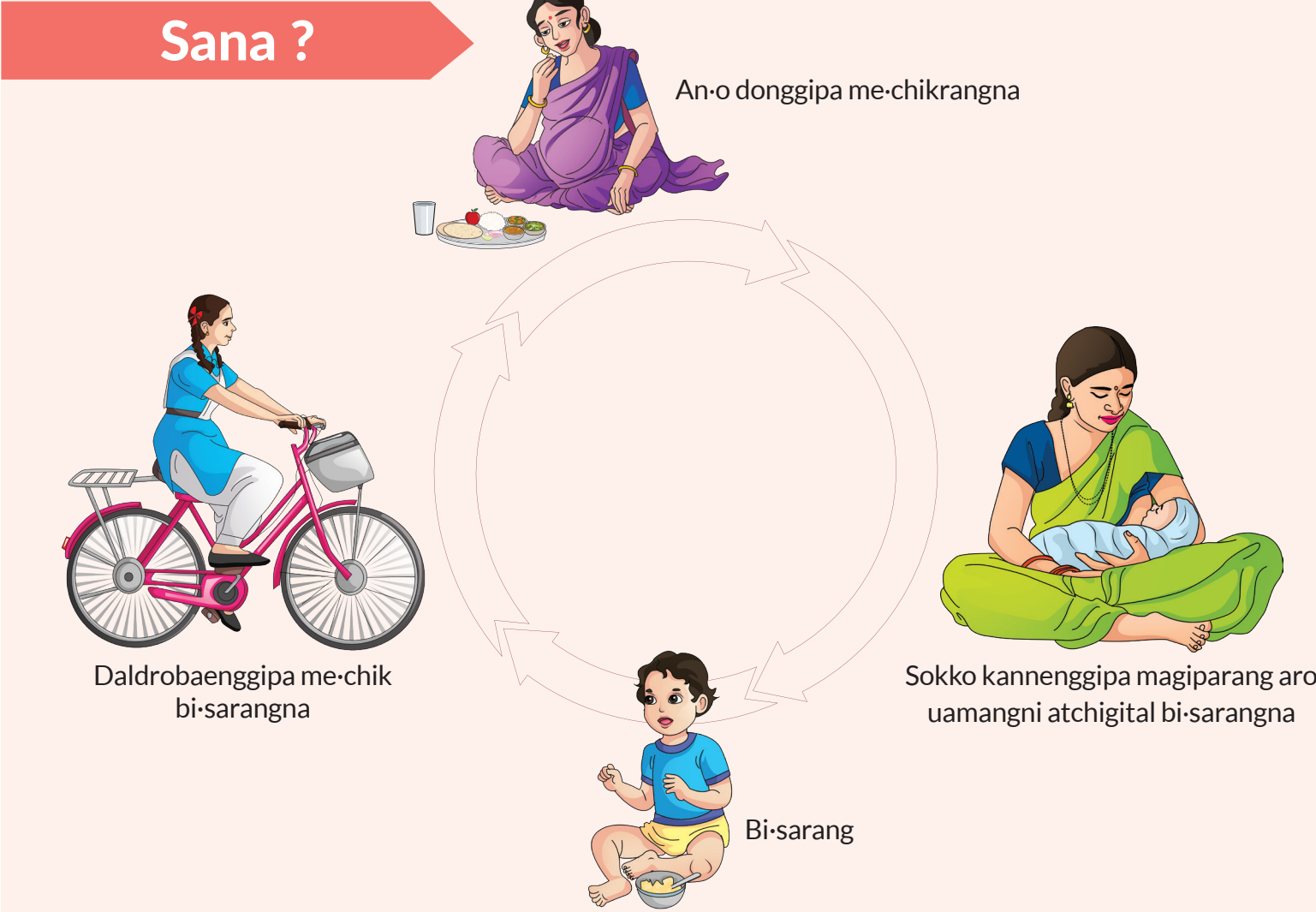


POSHAN Abhiyaan ian mingsa programme-san ong-ja indiba ge-sa Jan Andolan (A people's movement) onga jean India-ni manderangni apsan bakrimaniko nanga. Ia programme manderangni gisiko nange bakrimanio, songni dilgiparango, panchayatrangni bakrimanio, school management committee-rang, government departmentrang, social organizationrang aro public aro private sectorrangni bak raanio chu-sokgipa onga. The National POSHAN Month ian mingsa dingtangmancha POSHAN Abhiyaan-na on-kangani chol onga. **September 2018 ko National POSHAN month dake manigen.** Sakanti Indiani manderangko, public representative aro organizationrangko Indiaoniko Malnutritionko chel-atna gita gisiko nange bakrimchina mol-molatenga.

Nokantion POSHAN festivalko manibo. Sakanti bi-sa, daldrobaenggipa aro an-o donggipa magipa-na nutritional servicarangko on-a dakchakbo. Jensalo ia kamko na-a kana ja-ku dea unosa nang-ni song Malnutrition-oni jakgitel onngen.

Maina POSHAN Abhiyaan-ko nanga ?

Dingtang dingtang Government Ministryrang aro Departmentrang Malnutrition, Anaemia, aro jriani komie atchigipa bi-sarangko champengna ma-siatani kamrangko dakengaha. Indioba, miksonggipa nisan chu-soksrange onguja. POSHAN Abhiyan Indiani manderangna daily diets aro nutritional behaviourrangko on-e dingtangatchongmotgen. Ia technology-ni dakchakachi chu-sokchongmotgipa onngen.

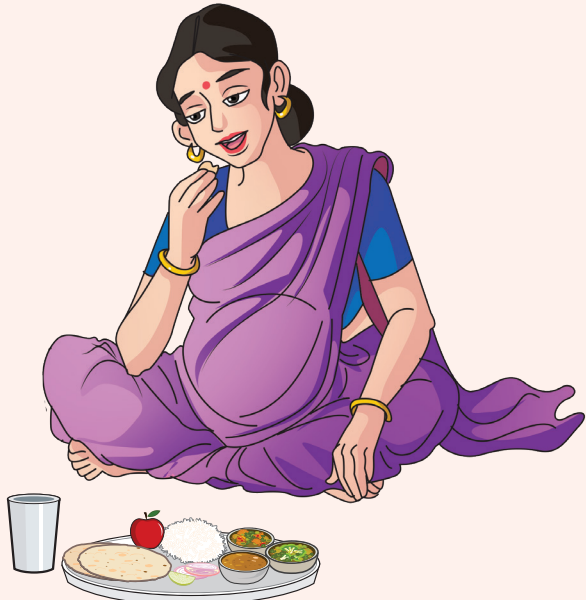


Panchayat Representative-ni kagni kam

Manderangni pal representative kagiparang, panchayati functionrangko ongate nutrition aro uni namgnirangni bidingo manderangna name agan ku-patie ma-siatgipa ongatna nangchongmota.

An-o donggipa me-chikrang

- Nutritious dingtang dingtang vitaminrang aro iron donggipako cha-bo
- Fortified dud,to aro iodized kari-ko cha-bo
- Rongsa red IFA goliko ja 4 oni sal 180 na salantian jakalna a-bachengbo
- On-gimin Calcium golirangni dose-ko ringbo
- Rongsa Albendazole goliko gnigipa jagittamni somoio
- Container-o gripe dongipa rongtalgipa chiko ringbo
- An-o dongmiting somoio komioba changbride ANCs, ANM ba doctorchi me-sokchongmotbo.
- Institutional deliveryko sepanggipa hospital ba health centre-o dakchongmotbo
- An-tangni be-en bimangko an-senge aro rongtale rakibo
- Pangnan chana skang jakrangko sabonchi jaksujringbo
- Pangnan paikana reani ja-man jakrangko sabonchi jaksujringbo
- Pangnan paikanaosa ki-rongbo



Sokko kannenggipa magiparang

- Nutritious dingtang dingtang vitaminrang aro iron donggipako cha-bo
- Fortified dud, to aro iodized kari-ko cha-bo
- Rongsa red IFA goliko ja 6 na (180 salrangna) bi-sa atchimanani ja-man salantian jakalbo
- Ongimin Calcium golirangni dose-ko ringbo
- Container-o gripe dongipa rongtalgipa chiko ringbo
- Ditchenggipa sokko bi-sa atchiani kontasani gisepo atchigital bi-sana kanachi colostrumko on-a. Colostrum ba ditchenggipa sok atchigital bi-sana immunization gita onga
- Atchiaoni ja 6 ona bi-sana magipani sokkosan kanna nangaia, bi-sana mamungkoba kanna nang-ja
- Pangnan mi songna aro chana skang jakrangko sabonchi name jaksujringbo
- Pangnan paikana reani ja-man aro nang-ni bi-sani ki-iko sugalani ja-man jakrangko sabonchi name jaksujringbo.
- Pangnan paikanao ki-rongbo
- An-tangko aro nang-ni bi-sani be-en bimangko an-senge aro rongtale rakijringbo



Bi-sarang

- Jensalo bi-sa jadok gapaha, dingtang dingtang cha-chapanirangko sok baksana on-a a-bachengbo
- Bi-sana dingtang dingtang iron aro vitamin donggipa cha-anirangko salanti on-bo
- Bi-sana binekgipa aro nomgipa cha-anirangko on-bo
- Fortified dud, to aro iodized kari-ko on-bo
- Nang-ni bi-sa IFA dose aro Vitamin-A supplementationko man-a nangchongmota
- Nang-ni bi-sa albendazole -ni adha goliko ja 12 aro ja 24 ni gisepo on-a nanga aro albendazole-ni rongsa goliko ja 24 aro ja 59 ni gisepo sepanggipa Anganwadi Centreoniko rana nanga. Ia golirangko jadokprako changsa worm infestationko champengna on-a nanga.
- Bi-sani dalroroaniko sepanggipa Anganwadi Centrechi rimange pangnan name dake nironngbo
- Bi-sani gisik taningko name dalroroatna Nutritious cha-aniko on-a nangchongmota. Bilsini kri kragipa cha-aniko AWW, ASHA, ANM ba doctor-chi ku-patie on-aha
- Bi-sana immunization samrangko niam gita on-a nangchongmota, mea ba me-chik bi-sana bilsil bong-aonade chu-gimik uarangko somoi gita on-a nangchongmota.
- Nang-ni bi-sako be-en bimangko an-seng baljoke aro rongtale dongna ranta ka-atbo
- Container-o gripe dongipa rongtalgipa chiko ringna on-bo
- Pangnan chana skang ba bi-sana cha-anirangko on-a skang jakrangko sabonchi name jaksujringbo
- Pangnan paikana reani ja-man jakrangko sabonchi name jaksujringbo
- Paikana reanio bi-sani ki-irangko safe disposalchi jakalbo
- Nang-ni bi-sa baksa gisik nange kalgrikbo aro agangrikbo



Daldrobaenggipa me-chik bi-sarang

- Daldrobaenggipa me-chik bi-sarangna nutritious aro dingtang dingtang vitaminrang aro iron donggipa cha-aniko on-bo. lachi jao bewal nikani iron komianiko mangrakatna dakchaka aro una chu-gimik bilakanirangko on-e dakchakgipa onga
- Fortified dud, to aro iodized kari-ko cha-bo
- Rongsa tangsingipa IFA goliko antio changsa ringbo
- Jao bewal nikanio rongtal antale dongna ranta ka-bo
- Rongsa Albendazole goliko bilsio changgniprak worm infestationko chel-chakna ringbo
- Container-o gripe dongipa rongtalgipa chiko ringbo
- Pangnan chana skang jakrangko sabonchi name jaksujringbo
- Pangnan paikana reani ja-man jakrangko sabonchi name jaksujringbo
- Pangnan paikanao ki-irongbo

