

Ka kamram bad jingkitkhlieh jong ki

Rangbah Shnong bad ki nongkitkam shnong

- Hikai ia ki briew ha shnong shaphang ka jingmyntoi jong ki jingbam kiba tei
- Dei ban peit ba ki kynthei kim bit ban shong kurim hapoh 18 snem ka rta
- Pynshlur bad ai mynsiem ia ki kynthei armet ha shnong jongphi ban leit kha khyllung sha hospital lane CHC kiba don ha shnong lane jan shnong jongphi
- Hikai ia ki nongshong shnong ban leit oh hapoh painkhana bad pyllait i aka shnong na kaba leit oh pathar kat shaba lap
- Pynshlur ia ki nongshong shnong ban thung jhur ha kper khamtam ki jhur jyrngam khnang ba baroh shi iing kin ioh bam ki jhur kiba khuid bad kiba tei
- Hikai ia ki nongshong shnong ba ki dei ban dih ka um kaba khuid bad ki dei ban pynkhuid i aka mariang
- Pynthikna ban leit sha ka meetings jong ka Village Health, Sanitation and Nutrition Committee (VHSNC) kaba long na ka por sha ka por

Ki nongtrei Anganwadi

- Pynthikna ban ai counseling ia ki long kmie ba ki donkam ban bam ia ki jingbam kiba tei
- Pynthikna ba iwei pa iwei l khyllung ki dei ban ioh immunization katkum ka por ba la buh
- Pynthikna ba ki khyllung ki heh ki san ha ki dkhot met bad ki lah ban ithuh briew
- Pynthikna ba phi dei ban leit iakynduh sha iing ia ki kynthei armet bad ia leit peit ia ki khyllung ba dang shu kha
- Pynthikna ban thew ia ka jingkhia ki khyllung bad thoh i aka jingkhia jong ki ha ka MCP card

Ki nongtrei Asha

- Pynshlur ia ki kynthei armet ban leit kha khyllung sha hospital lane ki CHC bad pynthikna ba ki leit check – up tista ym duna i aka saw sien ha ka por ba ki armet
- Leit peit 8-9 sien ia ki khyllung ba dang shu dep kha sha iing bad leit peit ia ki kmie ruh ki long kumno
- Leit shisien shibnai sha iing jong kito ki khyllung kiba phi lap ba kim ioh ka jingbam kaba biang bad tei bad kiba duna jingkhia ha ka por kha
- Pynthikna ba iwei pa iwei ki khyllung ki ioh i aka immunization n aka por sha ka por katkum ka por ba la buh

School Management Committee

- Hikai bad batai ia ki khynnah shaphang ka jingma jong ka jingduna snam ha ka met u briew
- Hikai bad batai i aka jingdonkam ban pynkhuid bad ban bam ia ki jingbam kiba tei

Community Radio Station

- Pynmih ki program kiba hikai kumno b aka donkam bha ban bam ki jingbam kiba tei
- Hikai ia ki paidbah i aka jingdonkam jong ka jingkhuid bad kumno ki nongsngap ki dei ban pynkhuid ialade
- Pynphriang i aka jingtip shaphang ka jingtei ki jhur khlaw ba ki briew ki bam ha ki nongkyndong
- Na ka por sha ka por pynlong ki program kiba phi pule sani shaphang ka jingtei ki jhur shnong bad batai sha ki paidbah katno ki calorie ki don ha ki

Ka dei ka kamram jong ki Rangbah Shnong ban lum lang ia baroh ki seng bhalang ban trei lang bad ki ban pyllait iaka Ri jongngi na ka malnutrition. Kane kan iarap ia ngi ban ioh ka Ri bad ki pateng kiban wan iaba koit ba khiah.



Har Ghar POSHAN Tyohaar

**POSHAN ABHIYAAN
KA JINGIAKHIH PAIDBAH**



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



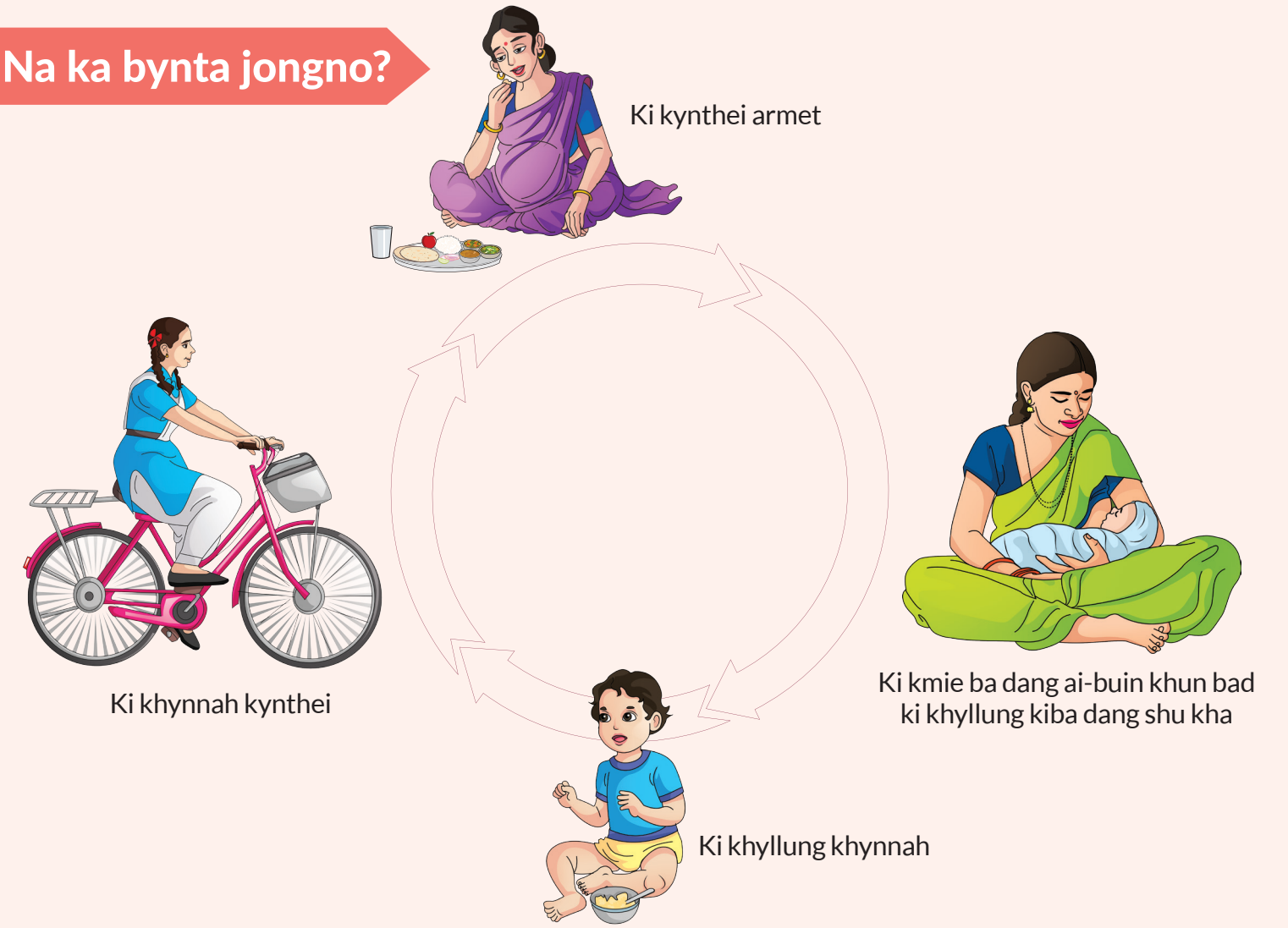
Ka Nutrition Campaign kam dei tang ka program hynrei ka dei ka Jingiakhih paidbah kaba donkam ia ki paidlang ban ia shim bynta lang, ka jingjop jong kane ka program ka shong ha ka jingiashim bynta jong phi ki paidbah, ki nongialam ha shnong ha thaw, ki rangbah shnong, ki school bapher bapher, ki govt department bad ki seng bhalang kiba trei n aka bynta ka jingbha ki paidbah nongshong shnong. Une u bnai ba la buh kyrpang bad kadei ka kabu ba phin noh synniang sha ka Nutrition Campaign. **U bnai September 2018 la buh kyrpang na ka bynta ka Nutrition Campaign.** La kyrpad ia baroh ki nongshongshnong, ki nongmihkhmat bad ki seng bhalang ban ia trei lang bad ngi ban pynlait ia ka ri jongngi naka malnutrition.

Ha man la ki thliw iing to ia leh kmen ba phi ioh ki jingbam kiba tei. Iarap ia ki khyllung, ki khynnah samla bad ki kynthei armet ban ioh ki jingbam ki tei ia ki dkhot met jongki. Ka shnong jongphi kan lait na ka malnutrition tang lada phi iatrei lang bad ngi ban poi sha ka thong.

Balei ka Nutrtnion Campaign?

Ki ministries bad department bapher bapher jong ka sorkar ki lah trei lypa naduh mynshwa ban peit ha kaba iadei bad ka jingduna ki jingbam kiba tei ia ka dkhot met u briew khamtam kiba ring swai bad kiba duna ka jingkhia ha ka por kha hynrei ngim lah pat ban ioh i aka jingjop. Ka Nutrition Campaign kan wanrah ka jingkylla kaba bha ha ka rukom bam jongki brewi ha ka ri jongngi. Ia kane lah ban ioh jingiarap lyngba ka technology
Ki bun ki ministries bad departments jong ka sorkar ki kular ban kyrshan i aka Nutrition Campaign. Ka jingkyrshan bad jingiatrei lang ha shnong ha thaw ka long kaba donkam bha ban pynlong ia kane ka pro-gram kaba siesoh. Ki rangbah shnong bad ki nongkitkam shnong ki don ka bynta kaba kongsan bha ban kren shaphang ka jingsniew jong ka malnutrition. Ma ki, ki long ki paia jong ka ri.

Na ka bynta jongno?



Ka kamram jong ki Rangbah shnong bad ki nongkit kam ha shnong

Kum ki nongmihkhmat na ka bynta ki paidbah, ki rangbah shnong bad ki nongkit kam shnong ki dei ban pynphriang i aka khubor shaphang ka rukom bam kaba biang kaba tei ia ka met ki nongbam

Ki kynthei armet

- Bam ki jingbam bunjait kiba don vitamins bad iron
- Dih ka dud, shet jingshet da ki umphniang ba bha bad pyndonkam da ka mluh iodized
- Dih u dawai IFA rong saw man ka sngi naduh ba don I khyllung 4 bnai hakpoh haduh ban da dap180 sngi
- Dih tista u dawai calcium katkum ka jingbthah ki doktor
- Dih uwei u Albendazole u dawai wieh da dap ka trimester kaba ar
- Ka umdih ba phi dih kadei ban long kaba khuid bad kaba phi tap haba phi buh ha jingbuh um
- Phi dei ban leit pyni ym duna i aka saw sien sha dispensary lane ki doctor ba sumar ia phi
- Leit kha ia ki khyllung sha hospital lane ki CHC kiba don ha shnong lane jan shnong jongphi
- Pynmlien ban pynkhuid ialade
- Barabor sait ki kti da ka sabon shwa ban bam
- Barabor sait ki kti da ka sabon man ba dep leit painkhana
- Barabor leit oh hapoh painkhana



Ki kmie ba dang ai-buin khun

- Bam ki jingbam bunjait kiba tei kiba don vitamins bad iron
- Dih ka dud, shet jingshet da ki umphniang ba bha bad pyndonkam da ka mluh iodized
- Dih u dawai IFA rong saw man ka sngi haduh 6 bnai (180 sngi) naduh ba dep kha ia I khyllung
- Dih u dawai calcium katkum ka jingbatai ki doktor
- Ka umdih ba phi dih kadei ban long kaba khuid bad kaba phi tap haba phi buh ha jingbuh um
- Ai buin ia ki khyllung khamtam ka dud ba mih nyngkong ha ka por dep kha ka long kaba tei bha ia ki khyllung
- Ai tang da ka buin haduh ba ki khyllung kin dap 6 bnai. Wat ai da kiwei kiwei ki jingbam ia ki khyllung
- Barabor thet ki kti da ka sabon shwa ban shet jingshet bad shwa ban bam
- Barabor sait ki kti da ka sabon man ba dep leit painkhana bad haba phi dep pynkhuid ia ka su bad ka oh ki khun
- Barabor leit oh hapoh painkhana
- Pynmlien ban pynkhuid ialade bad ia I khun jongphi



Ki khyllung khynnah

- Da ki khyllung ki tam ia ka 6 bnai, sdang ban ai jingbam ia ki ryngkat bad ka dud kmie
- Man ka sngi ai da ki jingbam kiba tei bad bunjait kiba don iron bad vitamins
- Khniet ni ia ki jingbam bad shet pynjem bha khnang ba ki khyllung kin lah ban bam
- Ai dud ia ki, shet jingshet da ki umphniang ba bha bad pyndonkam da ka mluh iodized
- Pynthikna ba ki khun jongphi ki ioh i aka IFA doses bad ki vitamins kiba biang
- Ai dawai wieh ia ki khyllung da ki don hapdeng 12 bad 24 bad sa ai biang da ki don hapdeng ka 24 bad 59 bnai ka rta na ki anganwadi centre kiba don hajan iing jongphi. Donkam ban ai dawai wieh ia ki khyllung shisien ha ka hynriew bnai
- Pynthikna ba ki khun ki heh ki san da kaba leit ialam ia ki sha ki anganwadi centre kiba don ha jan iing jongphi
- Ki khyllung ki donkam bha ban bam ki jingbam kiba tei ba kin heh kin san ha ki liang baroh. Ki jingbam dei ban ai katkum ka rta jong ki da ka jingbatai ki AWW, ASHA, ANM lane ki doktor
- Pynthikna ba ki khun ki ioh ia ka immunization kaba biang haduh ba kin da dap 5 snem ka rta katkum ba ki dei ban ioh
- Pynmlien ban pynkhuid ia ki khun bad hikai ba kin pynkhuid ialade
- Ai ia ki khyllung da ka um kaba shet bad buh ia ka um da kaba tap
- Barabor thet ki kti da ka sabon shwa ban bam bad ban ai bam ia ki khun
- Barabor sait ki kti da ka sabon man ba dep leit painkhana
- Bret i aka oh ki khun hapoh painkhana
- Pynmlilen ban ialehkai bad iakren bad ki khun jongphi



Ki khynnah kynthei

- Pynthikna ba ki khun kynthei ki dei ban bam ki jingbam kiba tei bad kiba bun-jait kiba bun vitamins bad iron Ki jingbam ba ki bam ka tei pat iaka iron kaba mih ha ka por ba ki poi jingpoi man u bnai bad kan pynlong khlain ruh ia ki
- Dih ka dud, shet jingshet da ki umphniang ba bha bad pyndonkam da ka mluh iodized
- Ai ia ki u dawai blue IFA shisien shi taiew
- Hikai ia ki kumno ban pynkhuid ialade haba ki poi jingpoi
- Ai dawai wieh ia ki arisien ha ka shisnem ban iada na ki wieh ba don ha ki jingbam
- Ka umdih ba phi dih kadei ban long kaba khuid bad da tap haba phi buh ia ka.
- Barabor sait ki kti da ka sabon shwa ban bam
- Barabor sait ki kti da ka sabon man ba dep leit painkhana
- Barabor leit su bad leit oh ha painkhana

