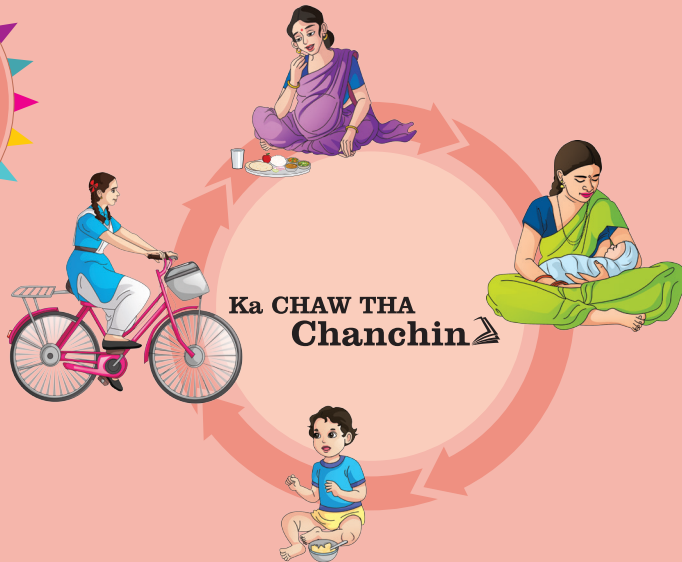


Har Ghar
POSHAN
Tyohaar



**Ka CHAW THA
Chanchin**



Chaw tha chungchang hriatna atan dialogue cards

Tangkai taka dialogue cards hman dan tur

- Card tin hian side hnih an nei. A hma lam, chu chu milem chuang hi chanvo neite tan lemziak nen sawi fiah a ni. A hnung lam, chipchiar zawka thu inziak nei hi Frontline Worker (FLW) ten an chhiara, chanvo neite hnena an hrilhfhiah tur a ni.
- Ahmasa berah chuan lemziak awm na lam hi FLW ten chanvo neite hmaah pholangin, heta tanga an hriatthiam an zawt hmasa anga
- Chumi zawh ah FLW ten thlalak kaihnhawih thuchah an sawifiah tur a ni
- Chanvo neiten zawhna eng pawh an neih chuan, FLW in a hnial tur anilo, an zawhna an ngai pawimawh tur a ni. An ngaithla anga, an hrethiam anga, dawhthei takin zawhna an chhang tur a ni.
- Dialogue card tin chipchiar taka sawifiah hnuah, FLW ten chanvo neite chu an hriatthiam chin an fiah tur ani.
- Session pumpui chhung hian FLW ten GATHER technique an hman ngei ngei tur a ni

G

GREET

(chanvo neite nen
inlaichinna siam)

A

ASK

(hriattur
lakkhawm)

T

TELL

hriattur
hrilhhriat

H

HELP

chanvo neite
tanpui

E

EXPLAIN

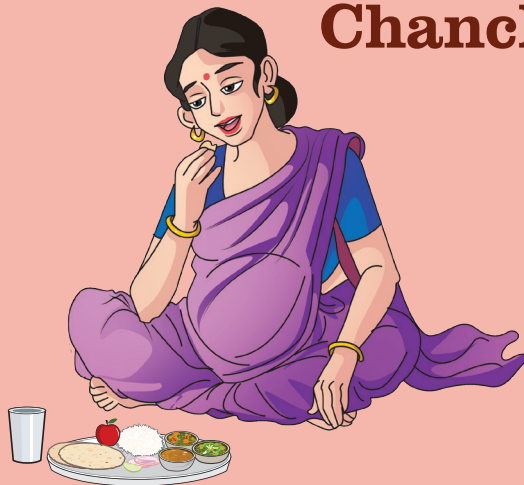
chanvo neite
hrilhfiah

R

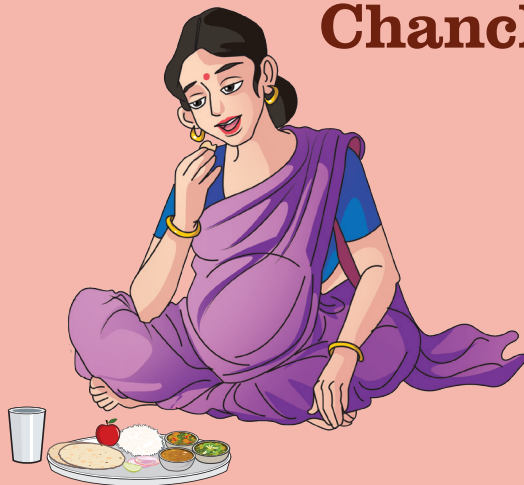
RETURN

REFER/CHHUI
ZUI

Hmeichhe nau pai POSHAN Chanchin



Hmeichhe nau pai POSHAN Chanchin



Hmeichhe nau pai POSHAN Chanchin

Fortified milk, hriak leh
lodine chi te hian
ka mamawh ang chaw
tha min pe

Vitamin leh iron tamna chaw
hrisel chi hrang hrang nitin ka
ei hian,
keimah leh ka naute hrisel
takin min vawng

Nau pai thla lina
atanga tan nitin IFA
sen mum khat zel ni
180 chhung ei hian
anemia a hnawt bo

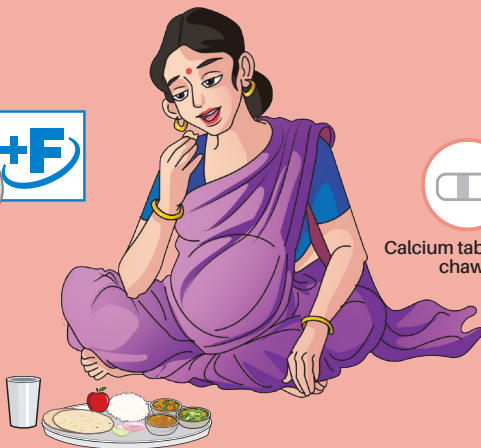
Calcium dose
min chawhte hi
nau pai himna
atan a ni

Second trimester
chhunga Albendazole
mum khat lek ei hian
rulhut paina lakah min
venghim

Bur chhin neia dahthat
tui thianghlim leh him,
hmun sanga dah chiah
in hian ka POSHAN
chanchin ati famkim

**Chaw hrisel chi hrang hrang ei
hi hmeichhe nau pai tan chuan
dam chhung atana thilpek a ni**

Hmeichhe nau pai POSHAN Chanchin



IFA sen mum khat



Calcium tablet dose
chawh



Albendazole tablet
dose chawh

Chaw hrisel chi hrang hrang ei hi
hmeichhe nau pai tan chuan dam
chhung atana thilpek a ni



Nau neih hmain alo berah
Antenatal Checkups (ANCs)
vawi li neih hian

hmeichhe nau pai leh a
naute venhimna famkim hlan
ani tih ati chiang

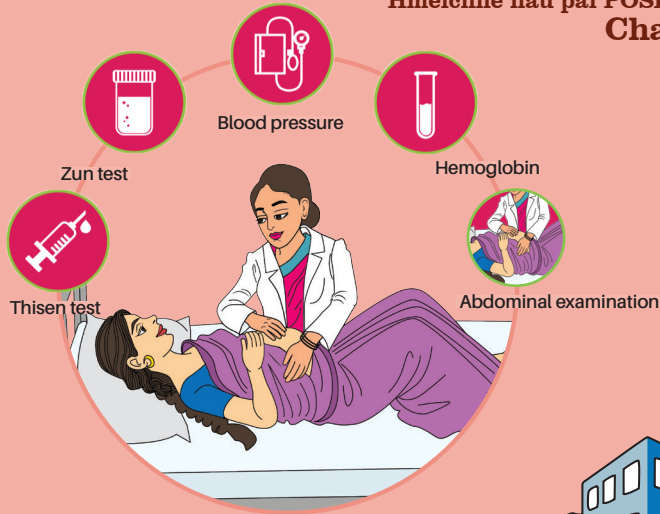
Awmna atanga hnai ber
damdawiin ngeia nau neih hian

nu leh nau pianghlim hrisel
takin a awmtir tih ati chiang

**Antenatal checkups leh damdawiin
ngeia nau neih – nu leh nau
pianghlim hriselna atana tih
makmawh**



Hmeichhe nau pai POSHAN Chanchin



**Antenatal checkups leh damdawiin
ngeia nau neih – nu leh nau pianghlrim
hriselna atana tih makmawh**



Tih thana neih atana tha tui leh
sahbawn hmanga kut silfai

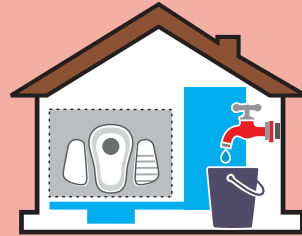
- Ei rawngbawl hma leh chaw ei hma
- Ek-In hman zawhah

Engtik lai pawha Ek-In
hman

Invawn faina tih fo thinna
hian ka POSHAN chanchin
ati famkim



Hmeichhe nau pai POSHAN
Chanchin 



Invawn faina tih fo thinna hian ka
POSHAN chanchin ati famkim



Nu hnute tui pe lai leh nau pianghlim POSHAN

Chanchin 



Nu hnute tui pe lai leh nau pianghlim POSHAN

Chanchin 



Nu hnute tui pe lai leh nau pianghlim POSHAN

Chanchin 

Fortified milk, hriak leh
Iodine chi hian

Fortified milk, hriak leh
Iodine chi hian

Chaw hrisel chi hrang hrang
nitin ei hian keimah leh ka
nautein hriselna tha leh
hlimna dam chhungin kan
nei dawn tih ati Chiang

Nau neih hnuah thla
6 (ni 180) chhung
nitin IFA sen mum
khat ei hian

iron tlakchhamna/
anemia a hnawt bo

Nu dinhmun himna
atan

calcium tablet dose
diktak

Bur chhin neia dahthat tui
thianghlim leh him,

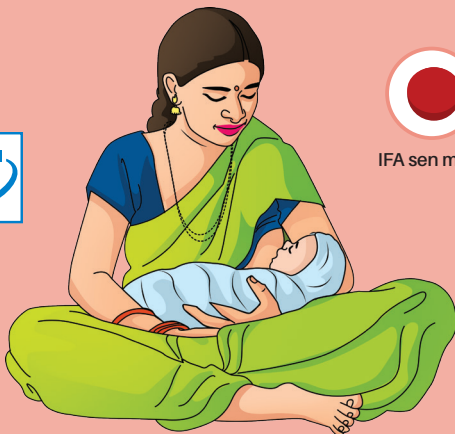
hmun sanga dah chiah in
hian ka POSHAN chanchin
ati famkim

**Chaw hrisel, IFA, Albendazole tablets
ei leh tui thianghlim him in hian ka
POSHAN chanchin ati famkim**



Nu hnute tui pe lai leh nau pianghlrim POSHAN

Chanchin 



IFA sen mum



Calcium tablet dose
chawh

**Chaw hrisel, IFA, Albendazole tablets
ei leh tui thianghlrim him in hian ka
POSHAN chanchin ati famkim**



Nu hnute tui pe lai leh nau pianghlim POSHAN

Chanchin 

Nau neih hmain alo berah
Antenatal Checkups (ANCs)
vawi li neih hian

Nau neih hmain alo berah
Antenatal Checkups (ANCs)
vawi li neih hian

Awmna atanga hnai ber
damdawiin ngeia nau neih
hian nu leh nau pianghlim

hrisel takin a awmtir tih ati
chiang

**Nu hnute tui tak leh thla 6 chung hnute tui chiah
pek hi hriselna tha, enkawlina tha leh natna hri
laka nun a fihlim na atana bulthut diktak a ni**



Nu hnute tui pe lai leh nau pianghlim POSHAN

Chanchin 



Pian atanga darkar 1 chhungin



Thla 0 atanga 6

Nu hnute tui tak leh thla 6 chhung hnute tui chiah
pek hi hriselna tha, enkawlina tha leh natna hri
laka nun a fihlim na atana bulthut diktak a ni

Nu hnute tui pe lai leh nau pianghlim POSHAN

Chanchin 

Tih thana neih atana tha tui leh
sahbawm hmanga kut silfai

- Ei rawngbawl, chaw ei leh chaw pek hma
- Naute ek himtaka theh thang hnuah
- Ek-In hman zawh

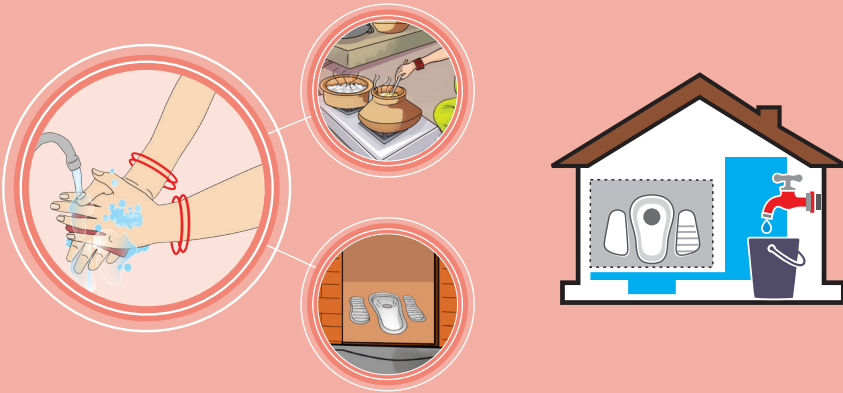
Engtik lai pawha Ek-In hman

Invawn faina tih fo thinna hian ka
POSHAN chanchin ati famkim



Nu hnute tui pe lai leh nau pianghlrim POSHAN

Chanchin 



Invawn faina tih fo thinna hian ka
POSHAN chanchin ati famkim

Naupang POSHAN Chanchin



Naupang POSHAN Chanchin



IFA syrup chawh kar
khata vawihnih ei hian

iron tlakchhamna/
anemia lakah min
venghim

Fortified milk, hriak leh
Iodine chi hian

chaw tha ka mamawh ang
min pe

Thla ruk ka tlin hnuah
buhhawp leh chaw nem
hmangin min hraila, nun

hrisel thatak ka neihna atan
bulthut tha ber siam ani ang

Albendazole tablet kum khata
vawihnih ei hian
rulhut paina lakah min venghim

- Thla 12 atanga 24: Mum chanve
- Thla 24 atanga 59: Mum khat

Vitamin A syrup dose
chawh hian
night blindness leh
natna kaihnawih
lakah min venghim

Bur chhin neia
dahthat tui thianghlim
leh him,
hmun sanga dah
chiah in hian ka
POSHAN chanchin ati
famkim

**Hnute tui bakah chaw hrisel
chi hrang hrang leh tui
thianghlim him hmanga
chawmna hian ka POSHAN
chanchin ati famkim**

Naupang POSHAN
Chanchin



IFA syrup



Vitamin A syrup



Albendazole tablet



Thla 12 atanga
24: Mum chanve



Thla 24 atanga
59: Mum khat

Hnute tui bakah chaw hrisel chi hrang hrang
leh tui thianghlim him hmanga chawmna
hian ka POSHAN chanchin ati famkim



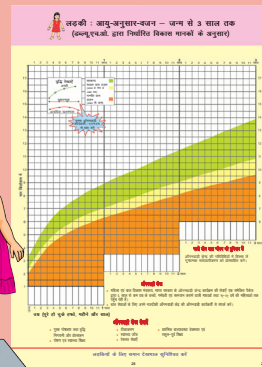
Hun bi neia hri danna lak hian,
natna kaihnawih leh natna lakah
dam chung atan mi a veng

Than lenna dan ang
taka enkawl hian

ka taksa leh rilru
hmasawna atan
kawng a sial

**Hun bi neia hri danna lak leh dan ang taka
than len dan enkawl hian naupang POSHAN
chanchin ati famkim**





8

Tih thana neih atana tha tui leh sah
bawn hmanga kut silfai

- Chaw ei hma
- Ek-In hman zawh

Engtik lai pawha
Ek-In hman

Invawn faina tih fo thinna hian ka
POSHAN chanchin ati famkim





Invawn faina tih fo thinna hian ka
POSHAN chanchin ati famkim

Hmeichhe tleirawl POSHAN Chanchin



Hmeichhe tleirawl POSHAN Chanchin



Hmeichhe tleirawl POSHAN Chanchin

Fortified milk, hriak leh
Iodine chi hian

chaw hrisel ka mamawh
ang a kengtel

Chaw tha vitamin leh
iron tamna chaw chi
hrang hrang ei hi
tleirawl tan chakna,
hriselna leh enkawl
thatna ani

IFA pawl kar khata
mum khat ei hian

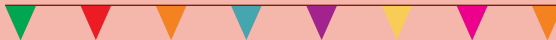
iron tlakchhamna/
anemia a hnawt bo

Albendazole tablet mum khat
kum khata vawihnih ei hian
rulhut paina lakah min
venghim

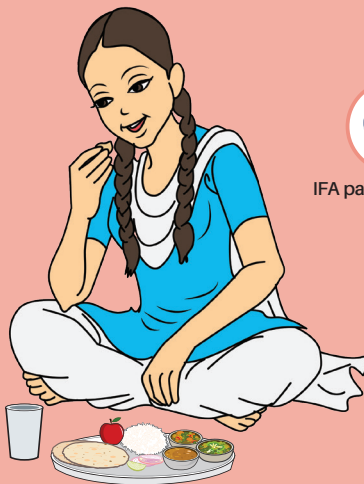
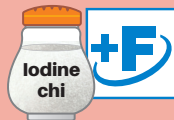
Bur chhin neia dahthat
tui thianglim leh him,

hmun sanga dah chiah in
hian ka POSHAN chanchin
ati famkim

**Chaw hrisel, IFA, Albendazole tablets
ei leh tui thianglim him in hian ka
POSHAN chanchin ati famkim**



Hmeichhe tleirawl POSHAN Chanchin



IFA pawl mum khat



Albendazole tablet

**Chaw hrisel, IFA, Albendazole tablets
ei leh tui thianglim him in hian ka
POSHAN chanchin ati famkim**



Tih thana neih atana tha tui leh
sahbawm hmanga kut silfai

- Chaw ei hma
- Ek-In hman zawh

Thi neih
laia invawn
thianghlimna uar

Engtik lai pawha Ek-In
hman

Invawn faina tih fo thinna hian ka
POSHAN chanchin ati famkim



Hmeichhe tleirawl POSHAN Chanchin



Invawn faina tih fo thinna hian ka
POSHAN chanchin ati famkim

