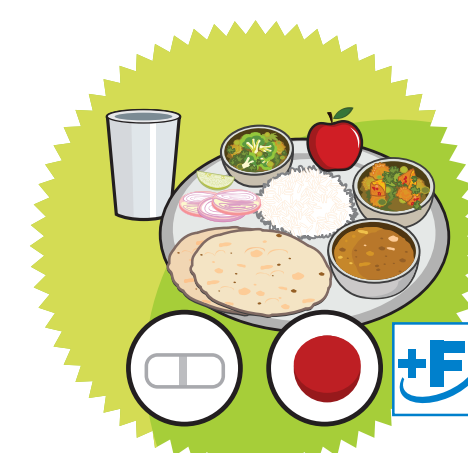


KA KHANA SHAPHANG KI JINGBAM BATEI JONGNGA



Nga 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 I khyllung I don 4 bnai hakpoh. Dih haduh 180 sngi
- ✓ Dih tista u dawai calcium katkum ka jingbthah ki doktor
- ✓ Dih uwei u Albendazole u dawai wieh da dap ka trimester kaba ar



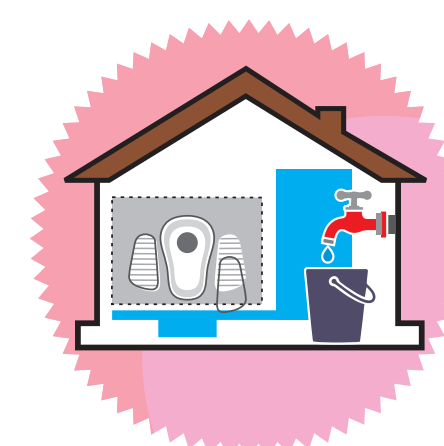
Nga Dih

- ✓ Ka um kaba khuid kaba buh ha ka jaka kaba khuid bad kaba tap bha



Nga leit

- ✓ Nga leit doktor ym duna ia ka saw sien ha ka por armet
- ✓ Nga leit kha ia I khyllung ha ki hospital lane ki CHC kiba don ha shnong



Nga pynmlien

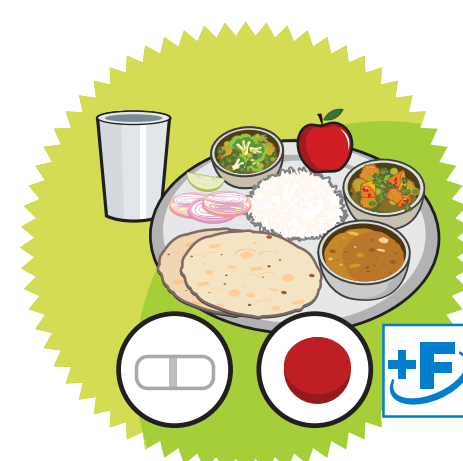
- ✓ Barabor ban sait ki kti da ka sabon shwa ban shet, ban bam, bad da dep leit painkhana
- ✓ Leit su bad leit oh hapoh painkhana

Kaei ka jongphi?

Bam ki jingbam kiba tei ba ka Ri kan phyrnai
Bad kan duh jait ka malnutrition



KA KHANA SHAPHANG KI JINGBAM BATEI JONGNGA



Nga 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
- ✓ Da dep kha ia I khyllung nga diu u dawai IFA rong saw haduh hynriew bnai (180sngi)
- ✓ Nga diu tista u dawai calcium katkum ka jingbthah ki doctor



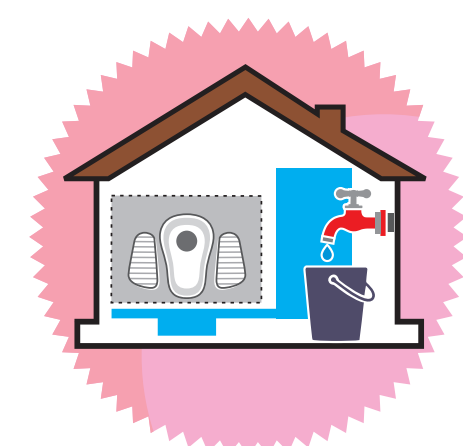
Nga diu

- ✓ Ka um kaba khuid kaba buh ha ka jaka kaba khuid bad kaba tap bha



Nga ai buin

- ✓ Ia I khyllung hapoh shi kynta naduh ba nga dep kha ia i da ka dud ba mih nyngkong
- ✓ nga ai tang da ka buin haduh ba I khyllung I dap hynriew bnai
- ✓ da I lah dep dap 6 bnai nga sdang ai bam ia I ryngkat bad ka dud kmie



Nga pynmlien

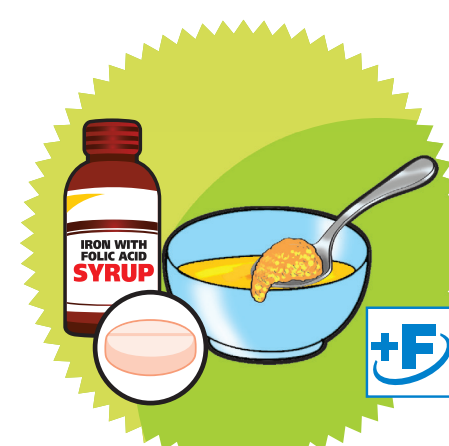
- ✓ Ban sait ki kti da ka sabon shwa ban shet, bam, ai jingbam ia ki khyllung bad da dep leit painkhana
- ✓ Leit su bad leit oh hapoh painkhana bad nga bret ka oh khun hapoh painkhana

Kaei ka jongphi?

Bam ki jingbam kiba tei ba ka Ri kan phyrnai
Bad kan duh jait ka malnutrition



KA KHANA SHAPHANG KI JINGBAM BATEI JONGNGA



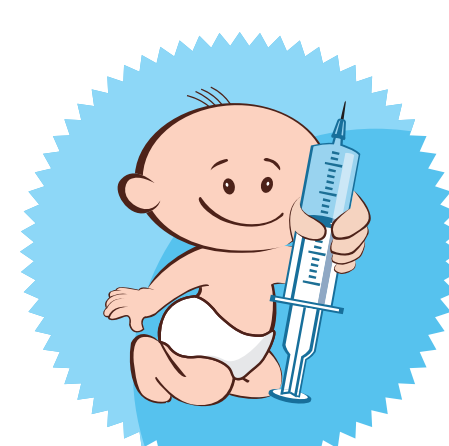
Nga ioh

- ✓ Ka dud kmie ryngkat bad ki jingbam bunjait kiba la khniot pyn-ni bad kiba la shet jem bha
- ✓ Ka dud, shet jingshet da ki umphniang ba bha bad pyndonkam da ka mluh iodized
- ✓ Dih ka dawai IFA arsien ha ka shitaiew
- ✓ Nga dih u dawai Albendazole arsien ha ka shisnem ban iada na ki wieh ha kpoh



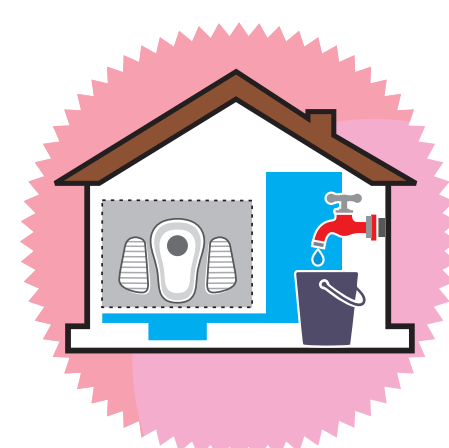
Nga ioh ban dih

- ✓ Ka um kaba khuid bad kaba buh bha ha ka jaka kaba khuid bad kaba lah tap bha



La ialam leit

- ✓ Ban leit ai immunization katkum ka por ba lah buh haduh ba nga da dap 5 snem ka rta
- ✓ La pynthikna ba nga heh nga san ha ki liang baroh kum ha ka met bad ki jingmut jingpyrkhat



Nga leh kine na ka bynta ialade

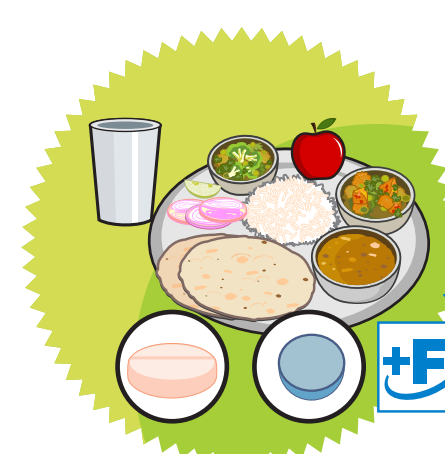
- ✓ Barabor nga sait ki kti da ka sabon bad ka um
 - Shwa ba nga shet jingshet bad shwa ban bam
 - Haden ba nga dep leit painkhana
- ✓ Barabor nga leit su bad leit oh hapoh painkhana

Kaei ka jongphi?

Bam ki jingbam kiba tei ba ka Ri kan phyrnai
Bad kan duh jait ka malnutrition



KA KHANA SHAPHANG KI JINGBAM BATEI JONGNGA



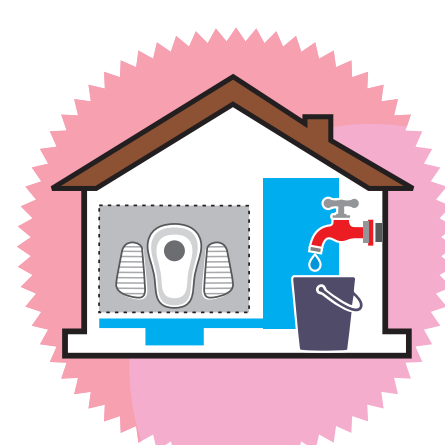
Nga bam

- ✓ Ki jingbam bunjait kiba don vitamins bad iron
- ✓ Dih dud, shet jingshet da ki umphniang ba bha bad pyndonkam da ka mluh iodized
- ✓ Nga dih uwei u dawai IFA rong blue shisien shi taiew
- ✓ Nga dih u dawai Albendazole arsien ha ka shisnem ban iada na ki wieh ha kpoh



Nga dih

- ✓ Ka um kaba khuid bad kaba buh bha ha ka jaka kaba khuid bad kaba lah tap bha



Nga pynmlien

- ✓ Ban sait ki kti da ka sabon bad ka um shwa ban bam bad da dep leit painkhana
- ✓ Nga pynmlien ban pynkhuid ialade da poi jingpoi
- ✓ Barabor nga leit su bad oh hapoh painkhana

Kaei ka jongphi?

Bam ki jingbam kiba tei ba ka Ri kan phyrnai
Bad kan duh jait ka malnutrition

