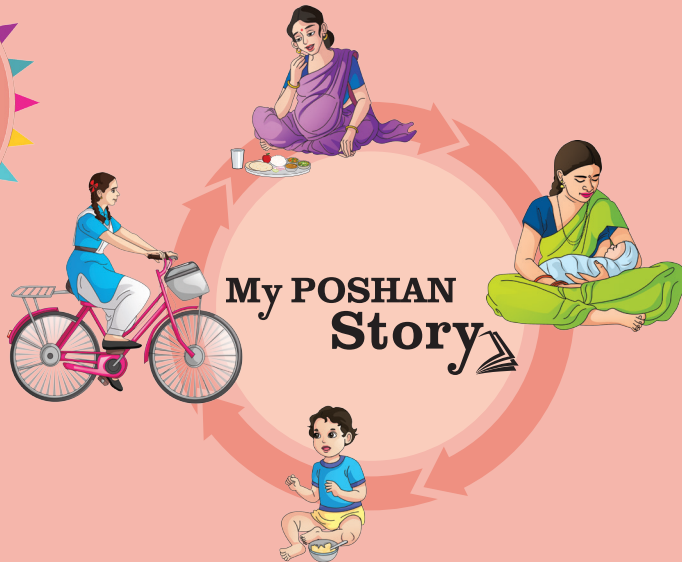


Har Ghar
Poshan
Tyohaar





Dialogue cards on good nutrition

Rules for effective use of dialogue cards

- Each card has two sides. The front, which is pictorial, is illustrated for the participants. The back, which has descriptive messages, is for the Frontline Worker (FLW) to read and explain it to the participants.
- The FLW must display the pictorial side to the participants first and get an understanding of what they understand from it.
- After that, the FLW should explain the message related to the picture.
- In case a participant raises any query, the FLW must not object, but address the query. The FLW should listen, understand and answer the queries patiently.
- After a detailed explanation of each dialogue card, the FLW should check the understanding among the participants.
- The FLW must use the GATHER technique during the entire session

G
GREET the
participant
(establish rapport)

A
ASK
(gather information)

T
TELL
(provide information)

H
HELP
the caregiver

E
EXPLAIN
to the caregiver

R
**RETURN/
REFER/
FOLLOW UP**

A pregnant woman's POSHAN Story



A pregnant woman's POSHAN Story



A pregnant woman's POSHAN Story

Fortified milk, oil and iodized salt,
give me required micronutrients

Daily consumption of diverse nutritious meal that is rich in vitamins and iron, keeps me and my child healthy

One red IFA tablet daily starting from the fourth month of pregnancy for 180 days,
to keep anemia away

Prescribed dose of calcium,
for safe pregnancy

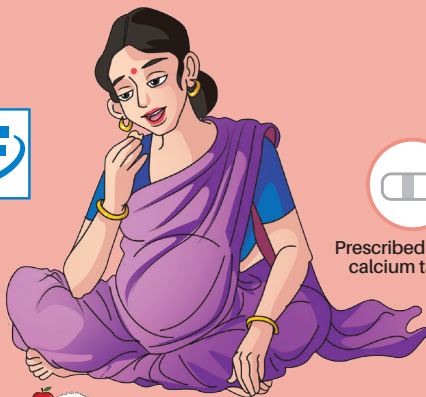
Just one Albendazole tablet in the second trimester,
protects me against worm infestation

Drinking safe water stored in a covered container,
kept at an elevated place completes my POSHAN story

Consuming diverse nutritious meals is a lifetime gift for a pregnant woman



A pregnant woman's POSHAN Story



One red IFA tablet



Prescribed dose of calcium tablets



Prescribed dose of Albendazole tablet

Consuming diverse nutritious meals is a lifetime gift for a pregnant woman



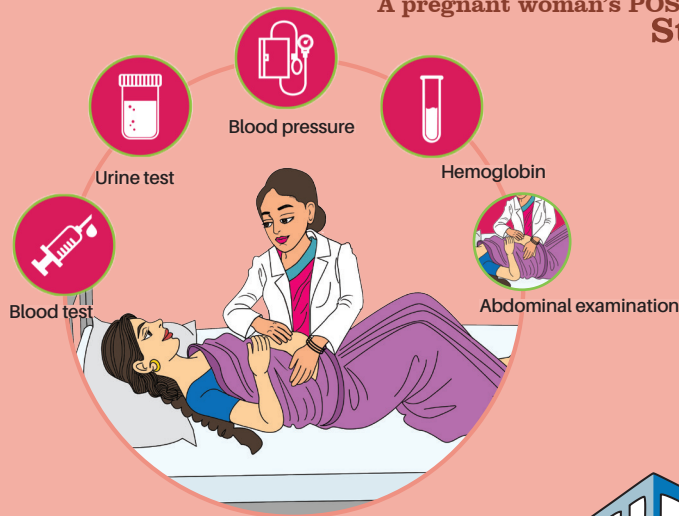
A minimum of four
Antenatal Checkups
(ANCs) before delivery,
ensure full protection of
the pregnant woman and
her child

Institutional delivery at
the nearest hospital,
ensures a healthy mother
and newborn

**Antenatal checkups and institutional
delivery – a necessity for a healthy
mother and newborn**



A pregnant woman's POSHAN Story



Antenatal checkups and institutional delivery — a necessity for a healthy mother and newborn



A pregnant woman's POSHAN Story

Good habit of washing my hands with soap and water

- Before cooking and eating
- After using the toilet

Using a toilet at all times

**Good sanitation practices complete
my POSHAN story**



A pregnant woman's POSHAN Story



Good sanitation practices complete
my POSHAN story

Breastfeeding mother and newborn's POSHAN Story



Breastfeeding mother and newborn's POSHAN Story



Breastfeeding mother and newborn's POSHAN



Fortified milk, oil and
iodized salt,
give me required
micronutrients

Daily consumption of
nutritious diverse meal,
ensures lifelong health
and happiness for me
and my child

One red IFA tablet
every day for 6
months (180 days)
after delivery,
keeps iron
deficiency/anemia
away

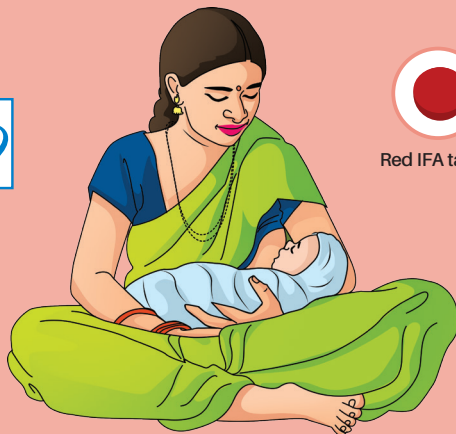
Prescribed dose
of calcium tablets,
for a safe
motherhood

Drinking safe
water stored in a
covered container,
kept at an elevated
place completes my
POSHAN story

**Consuming nutritious food, IFA and
calcium tablets and drinking safe water
complete my POSHAN story**



Breastfeeding mother and newborn's POSHAN Story



Red IFA tablet



Prescribed dose of calcium tablets

Consuming nutritious food, IFA and calcium tablets and drinking safe water complete my POSHAN story



Breastfeeding mother and newborn's POSHAN

Story

Breastfeeding the newborn
with colostrum within the
first hour of birth,

is the first immunization for
my newborn

Feeding only breast
milk for the first six
months,

is the best nutrition
for my growing child

**Mother's colostrum and exclusive breastfeeding for
the first 6 months sets the right foundation for a
healthy, nourished and disease-free life**



Breastfeeding mother and newborn's POSHAN Story



Within 1 hour of birth



0 to 6 months

**Mother's colostrum and exclusive breastfeeding
for the first 6 months sets the right foundation for
a healthy, nourished and disease-free life**

Breastfeeding mother and newborn's POSHAN

Story

Good habit of washing my hands with soap and water

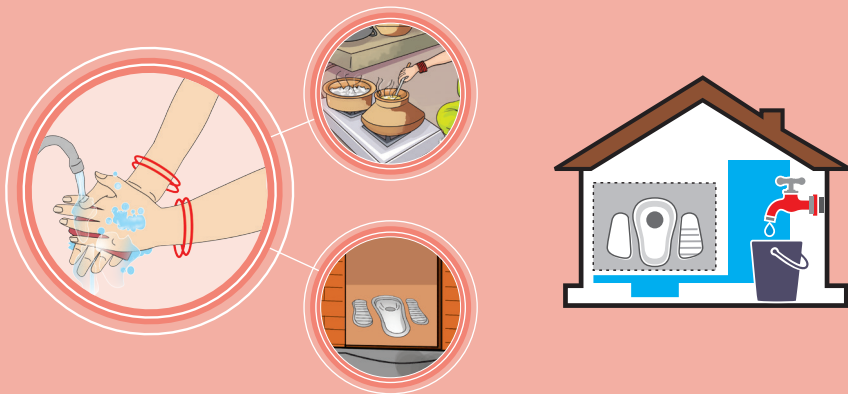
- Before cooking, eating and feeding
- After safe disposal of my child's faeces
- After using the toilet

Using a toilet at all times

**Good sanitation practices complete
my POSHAN story**



Breastfeeding mother and newborn's POSHAN Story



6

Good sanitation practices complete
my POSHAN story

A child's POSHAN Story



A child's POSHAN Story



A child's POSHAN Story

Fortified milk, oil and iodized salt,
give me required micronutrients

Feeding me mashed and semi-solid food along with breastmilk after I complete six months, sets the best foundation for my nourished life

Prescribed dose of IFA syrup twice a week,

to protect me against iron deficiency/anemia

Albendazole tablet twice a year,
protects me against worm infestation

- 12 to 24 months: Half a tablet
- 24 to 59 months: One tablet

Prescribed dose of Vitamin A syrup,
protects me against night blindness and infections

Drinking safe water stored in a covered container,

kept at an elevated place completes my POSHAN story

Complementary feeding and safe drinking water, along with breastfeeding complete my POSHAN story

A child's POSHAN Story



IFA syrup



Vitamin A syrup



Albendazole tablet



Between 12
and 24 months:
Half a tablet



Between 24
and 59 months:
One tablet

**Complementary feeding and safe drinking
water, along with breastfeeding complete
my POSHAN story**



Routine immunization
as per schedule,

reduces the possibility
of infections and
diseases for a lifetime

Regular growth
monitoring,

keeps a track on my
physical and cognitive
development

**Routine immunization and regular growth
monitoring complete the child's POSHAN story**

A child's POSHAN Story

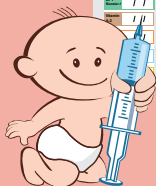
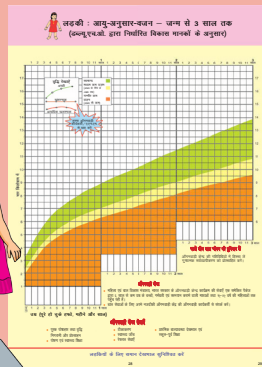


Figure 1 displays 15 small charts and diagrams illustrating various data visualization techniques:

- Chart 1:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 2:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 3:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 4:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 5:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 6:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 7:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 8:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 9:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 10:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 11:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 12:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 13:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 14:** A bar chart showing "Days of the Week" with bars for each day.
- Chart 15:** A bar chart showing "Days of the Week" with bars for each day.



Routine immunization and regular growth monitoring complete the child's POSHAN story

Good habit of washing my
hands with soap and water

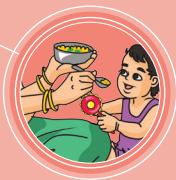
- Before eating
- After using the toilet

Always using the toilet

**Good sanitation practices complete
my POSHAN story**



A child's POSHAN Story



Good sanitation practices complete
my POSHAN story

An adolescent girl's POSHAN Story



An adolescent girl's POSHAN Story



An adolescent girl's POSHAN Story

Fortified milk, oil and
iodized salt,
give me required
micronutrients

Consuming nutritious
and diverse meals rich in
vitamins and iron,
for an active, healthy
and nourished
adolescence

Consuming
one blue IFA
tablet once a
week,
keeps iron
deficiency/anemia
away

One Albendazole
tablet twice a year,
protects me against
worm infestation

Drinking safe water
stored in a covered
container,
kept at an elevated
place completes my
POSHAN story

**Consuming nutritious food, IFA and
Albendazole tablets and drinking safe
water complete my POSHAN story**

An adolescent girl's POSHAN Story



One blue IFA tablet



Albendazole tablet

**Consuming nutritious food, IFA and
Albendazole tablets and drinking safe
water complete my POSHAN story**



Good habit of washing my hands with soap and water

- Before eating
- After using the toilet

Practicing menstrual hygiene

Using a toilet at all times

Good sanitation practices complete my POSHAN story



An adolescent girl's POSHAN Story



**Good sanitation practices complete
my POSHAN story**

