

The highs and lows of my POSHAN story

64 End	63 Negligence in exclusive breastfeeding the child for the first 6 months	62	61	60	59 If not consuming the prescribed dose of Albendazole tablet	58	57
49 No institutional delivery of the pregnant woman at a health centre or hospital		51	52 Albendazole tablet	54		55 Failure in washing hands with water and soap before cooking, eating or feeding the child	
		46 Failure in taking the prescribed dose of calcium during the lactating period		43 Going for a minimum of 4 antenatal checkups during pregnancy		41 Improper disposal of child's faeces	
33 Hospital	34		37 Calcium tablet	38 Negligence in observing menstrual hygiene	39		
		30 Drink only safe potable water stored in a covered container kept at an elevated place	29	28	27	26	25 Negligence observed in taking the child for routine immunisation
17 Always use toilet	18					23	24
		15 Consumption of iodized salt always	14	13 Negligence in using a mosquito net	11 Giving water, honey or gripe water the infant	10	9
				4 Ensure regular growth monitoring of the child	6		
1 Start	2 Consumption of diverse nutritious meal that is rich in vitamins and iron						Consumption of fortified milk, oil and iodized salt

- Rules to play Snakes and Ladders**
- 1 This game can be played with a dice
 - 2 Any participant can begin this place. If the participant gets number 6 on the dice, then he/she can start playing the game
 - 3 Following number 6 on the dice, the participant will get a chance to roll the dice again and whatever number appears, he/she will have to place their counter on that number
 - 4 While playing the Snakes and Ladders game, the participant might be fortunate enough to climb up the ladder.
 - 5 This will lead the participant close to the end mark of the game signifying good nutritional practices.
 - 6 On the other hand, the participant might unfortunately be bitten by a snake. This will leave the participant to slide downwards, signifying poor nutritional practices
 - 7 The message box opening on the snake's mouth reflects bad nutritional habits. The box on the snake's tail is an illustrative correction of the bad nutritional habits
 - 8 A minimum of 2 participants and a maximum 4 participants can play this game.