

Angni NAMGIPA CHA·ANI golpo tangona aro tangdoanirang

64 End

63 Skanggipa ja 6 na magipani ditchenggipa sokko bi'sana kanna gisik nang'jaode

62

61

60

59 Prescribed kagipa Albendazole dose ni goliko ringja ongode

58

57

49 An-o donggipa me-chikko institutional delivery-ko sepanggipa health centre ba hospital-o kajaode

51

52 Albendazole tablet

54

55 Jakrangko chi aro sabonchi mi songna, chana ba bi-sana cha-anirangko on-a skang jaksujringna guala ongode

43

41 Bi-sani ki-irangko disposalchi name galjaode

33 Hospital

34

46 Prescribed kagipa calcium dose-ko bi'sana sok kanmiting somoio ringna nanganiko watchanga ongode

37 Calcium dose

38 Jao bewal nikanio rongtal antalna simsakjaode

39

30 Container-o gripe name dongipa rongtala chikosan ringaibo

29

28

27

26

25 Bi'sana somoi gita on'a nanggipa immunisationko on'jaode

17 Pangnan paikanako jakalbo

18

15

14 Iodized kari

13 Ganggu mosariko jakalna simsakjaode

11 Chi, bija bitchi ba gripe water-ko bi-sana on'ode

10

9

8

7

6

4

3

2

1 Start

Dingtang dingtang nutritious cha-aniko cha-bo uasa bang-a vitamin aro iron-rangko ongata

An-o dongmiting somoio bi-sa atchina skang komigipa chang 4 de check uprangko ka-bo

Nang-ni ditchenggipa sok colostrumko bi-sa atchiani skanggipa kontasani gisepon kanbo

Janggitangani pilak gadangko chel-chakna IFA prescribed dose-ko jakalna nanga

Fortified dud, to aro iodized kari-ko cha-bo

Chippu aro jangkirangko kal·ani niamrang

- 1 la game-ko dice- chi kalna man-a.
- 2 Jean kal-anio bakko ra-a ia biap-oni skang a-bachenga. Kalenggipa mande dice-ko rokroko number 6 ko man-a ongode, ua me-chik ba mea ongbo, ua game-ko kalna a-bachengna man-a.
- 3 Dice-ni number 6 nakatani ja-man, kalenggipa mande dice-ko rokroko choi mantaia aro je number nakataia, ua number-o uko donna nanga.
- 4 Chippu aro jangkirangni game-ko kalmitingo, kalenggipa mande jangkirangko gadona cholkoba man-a.
- 5 lachi kalenggipa mandeko bon-kamgipa game-ni nisan-ona sokata aro ian namgipa nutritional cha-aniko me-sokani chin onga.
- 6 Minggipinara, kalenggipa mande rasong dongjaode chippu-chi cha-aniko manskaa. Indake ongon kalenggipa mandeko ka-machina tangonata, aro ian komigipa nutritional cha-aniko me-sokani chin onga.
- 7 Chippuni kusik ku-ange me-sokgipa box-ni kobor-ara namgija nutritional ranta onga, Chippuni kime-ni box-ara namgija nutritional rantako nambatatna talatani onga.
- 8 Komioba sak 2 aro batgipa sak 4 manderang ia game-ko kalna man-a.