



National Centre of Excellence and Advanced Research on Diets, Lady Irwin College



RASHTRIYA POSHAN PAKHWADA

(MARCH 8-22, 2019)



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Background

With a vision and government's commitment to make India a malnutrition free (*Kuposhan Mukta*) nation, The POSHAN (PM's Overarching Scheme for Holistic Nourishment) Abhiyaan with the tagline *Sahi Poshan Desh Roshan* was launched on March 8, 2018 under the leadership of Hon'ble Prime Minister Shri Narendra Modi.

Poshan Abhiyaan aspires to reduce undernutrition, anemia, stunting and low birth weight and aims to accelerate improvement in nutrition among children, adolescent girls, pregnant women and lactating mothers.

A Jan Andolan or a mass social movement was observed with celebrations of Rashtriya Poshan Maah in the month of September 2018. Poshan Maah recorded participation of 25.4 crores with more than 22.5 lakh activities (across all levels), of which 1.2 lakh were at the National level. Twenty six types of ground level communication and mobilization activities were conducted by 12 Ministries/Departments on 11 Poshan Themes: 1) Antenatal checkup, 2) Anemia, 3) Adolescent education, diet, age of marriage, 4) Breastfeeding, 5) Complementary feeding, 6) Diarrhoea, 7) Early Childhood Care and Education (ECCE), 8) Food fortification and micronutrients, 9) Growth monitoring, 10) Hygiene, water, sanitation and, 11) Immunization.

In order to bring about a substantial behavioural change towards improving nutritional status and to deal with complex issues of malnutrition, improved service

delivery systems, inter-ministerial collaboration, role of academic research institutions, access to health facilities, social media and private sector involvement were utilized and strengthened.

With a remarkable reach in its first year, the Ministry of Women and Child Development celebrated the first anniversary of POSHAN Abhiyaan on March 8, 2019 by organising a Poshan Pakhwada across the country from March 8-22, 2019 to carry forward the momentum in the fight against malnutrition.

National Centre of Excellence and Advanced Research on Diets, Lady Irwin College

The National Centre of Excellence and Advanced Research on Diets (NCEARD), Department of Food and Nutrition, Lady Irwin College established at Department of Food and Nutrition, Lady Irwin College, New Delhi is a technical assistance resource centre for the Ministry of Health and Family Welfare, Government of India on research and policy formulation for women's nutrition. With its establishment in March 2018 with the support from UNICEF, significant developments have been made including the release of Janani Shishu Suraksha Karyakram diet norms guidelines in September, 2018 and development and ongoing pre-testing of draft maternal nutrition guidelines across Indian states with the objective of integrating maternal nutrition into routine antenatal care. The Centre has collaborated with the National

Centre of Excellence on Anemia (NCEAR-A) situated at All India Institute of Medical Sciences, New Delhi to work on test, treat and talk (T3) camps for anemia. Furthermore, the centre has collaborated with International Institute for Population Sciences (IIPS) for research on maternal nutrition, and capsular trainings on nutrition epidemiology along with support of other collaborators.

Activities conducted by NCEARD, Lady Irwin College

NCEARD, conducted activities during the Poshan Maah in September 2018. To

celebrate the *Rashtriya Poshan Pakhwada*, NCEARD with support of our collaborating partners conducted several activities at field sites from March 8-22, 2019. In brief, activities that were conducted included rally on nutrition, counselling sessions, screening and classification of pregnant women based on nutritional risk, community based events, poshan mela (Yuva Shakti Mela) and use of mass and social media.



Activity 01



Date: March 9, 2019



Locale: East Delhi

Site(s) visited: Lal Bahadur Shastri Hospital, Mayur Vihar Phase II, Delhi –Antenatal Care OPD (PMSMA day)



Number of people covered:
50-60 women



Course/Batch/Department/College:
NCEARD Team, Lady Irwin College, University of Delhi

Name of Faculty in-charge:
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

Activities conducted

Activities conducted were:

1. Screening of pregnant women by taking their anthropometric measurements including height and weight; blood pressure and haemoglobin, and asking their age.
2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.
3. Counselling women using the flipbook on 11 themes (Benefits of ANC Registration, Diet Diversity, Essential Nutrients, IFA and Calcium, Danger Signs during pregnancy, Personal Hygiene, Family support for pregnant women, Tips for Healthy Lifestyle, Family planning, Early Breastfeeding, Food security and entitlements (Integrated Child Development Services (ICDS), Janani Shishu Suraksha Karykaram (JSSK), Public Distribution System (PDS) and National Rural Livelihood Mission (NRLM)) and showing them thali models and recipe books for normal weight, obese, underweight and anemic pregnant women.
4. Individual counselling on select disease conditions (Undernutrition, Overweight and obesity, Anemia, Fluorosis, Importance of Iodine (Goitre), High Blood Pressure (Hypertensive disorders of pregnancy), Gestational diabetes mellitus (GDM), Tuberculosis (TB), Malaria, HIV, UTI/STI, physiological conditions and/or any other disease to those who are at-nutritional risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.
6. Recipe demonstration.





Activity 02



Date: March 11, 2019



Locale: Sashi Garden, Patparganj and Mayur Vihar, East Delhi

Site(s) visited:

1. Dispensory
2. Anganwadi Center 28,
Incharge - Ms. Lalita Sharma
3. Anganwadi Center 29,
Incharge - Ms. Dhanpati
4. Anganwadi Center 30,
Incharge - Ms. Rani
5. Anganwadi Center 36,
Incharge - Ms. Geeta



Number of people covered:
200-250



Course/Batch/Department/College:
PGDDPHN, Group-A, Lady Irwin College, University of Delhi

Name of Faculty in-charge:
Dr. Lalita Verma

Activities conducted

Activities conducted were:

1. Poshan Pledge with locality people
2. Drumming of Slogans on Health and Nutrition topics:
 - गर्भवती को पौष्टिक आहार, ध्यान रखे सारा परिवार।
 - मौसमी फल, हरी पत्तेदार सब्जियों का पोषण, स्वस्थ रखें करे जीवन रोशन।
 - दालें, दूध, अंडा खाएं, गर्भवती को स्वस्थ बनाएं।
 - आयोडीन नमक में ही खाना पकाना
आयरन-फोलिक एसिड गोली भूल ना जाना।
3. Counselling on themes including healthy diets, diet diversity, importance of micronutrients and personal hygiene across various age groups including children, adolescents, adults, pregnant and lactating women and elderly.
4. Rally with slogans on health and nutrition topics on the street along with locality people.







Activity 03



Date: March 11, 2019



Locale: South Delhi

Site(s) visited: Palika Maternity Hospital, Lodhi Colony, New Delhi - Antenatal Care OPD



Number of people covered: 50-75 women



Course/Batch/Department/College: NCEARD, Lady Irwin College, University of Delhi

Name of Faculty in-charge:
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

Activities conducted

Activities conducted were:

1. Screening of women based on nutritional status by obtaining the following information: age, obstetric history, clinical symptoms of the common illnesses, pregnancy related complications; measurement of height, weight, mid upper arm circumference (MUAC), neck circumference (NC) and blood pressure; and looking for signs of nutritional deficiencies.
2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.
3. Counselling women using the flipbook on 11 themes (Benefits of ANC Registration, Diet Diversity, Essential Nutrients, IFA and Calcium, Danger Signs during pregnancy, Personal Hygiene, Family support for pregnant women, Tips for Healthy Lifestyle, Family planning, Early Breastfeeding, Food security and entitlements (Integrated Child Development Services (ICDS), Janani Shishu Suraksha Karykaram (JSSK), Public Distribution System (PDS) and National Rural Livelihood Mission (NRLM)) and showing them thali models and recipe books for normal weight, obese, underweight and anemic pregnant women.
4. Individual counselling on select disease conditions (Undernutrition, Overweight and obesity, Anemia, Fluorosis, Importance of Iodine (Goitre), High Blood Pressure (Hypertensive disorders of pregnancy), Gestational diabetes mellitus (GDM), Tuberculosis (TB), Malaria, HIV, UTI/STI, physiological conditions and/or any other disease to those who are at-nutritional risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.





Activity 04



Date: March 12, 2019



Locale: Central Delhi

Site(s) visited: Yuva Shakti Mela, Lady Irwin College, University of Delhi



Number of people covered: 500 persons



Course/Batch/Department/College:

NCEARD Team, MSc. Previous, Department of Food and Nutrition and Department of Development Communication and Extension, Lady Irwin College, University of Delhi

Name of Faculty in-charge:

Dr. Anupa Siddhu, Dr. Manisha Sabharwal and Dr. Aparna Khanna

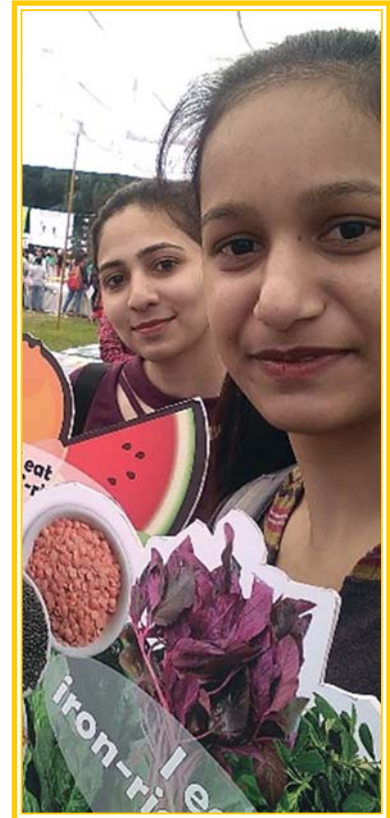


Activities conducted

The NCEARD team and students of Food and Nutrition department, Lady Irwin College put up a stall in Yuva Shakti Mela organized by Department of Development Communication and Extension, Lady Irwin College with an aim to create awareness among children, adolescents and caregivers regarding health and nutrition issues like obesity, underweight, anemia, HIV, diabetes, hypertension, tuberculosis and specifically focused on maternal nutrition.

Information was imparted using pamphlets, flip books, recipe books, dialogue cards on select themes like diet diversity, micronutrients and anemia, personal hygiene, benefits of breastfeeding and nutrient cards.







Women, who came up with issues of anemia, were made aware about the condition, the cause and prevention strategies by incorporating iron rich foods in their meals. They were also given Iron Rich Recipe book with variety of iron rich snacks. Children and adolescents on the other hand were made to play games and answer easy questions.

There were others stalls in the mela talking about maternal health, child-care, environmental issues, water pollution, health conditions, diseases and mental health. They used different audio visual aids to counsel the audience.

- A bioscope was designed through cardboards and papers, where the women were made to sit in front of it. Pictures on breastfeeding, exact position to feed the baby etc. was visible.
- A ludo game was designed with a positive direction and a negative direction, a decision was to be made by the one playing and according to her decision she moved forward to a negative way ultimately leading to death or a positive one with happy life. This game focused on better decisions while conceiving a child and a healthy pregnancy with good mental health (*Surakshit Matritva*).
- The stall for family planning showcased innovative flipbooks in which they



explained the importance of family planning along with all the government policies related to it. The game was to pick up the bangles which had family programmes written on it in a stipulated time with the help of a safety pin. Thus, the game was designed with an objective to check the knowledge of people about this topic and to create awareness and educate everyone about the need for family planning.

- Children were educated about the benefits of growing trees and healthy environment with the help of placards in a form of stories.
- There was a game of arranging words into slogans related to water pollution for children and children were excited to play that and were able to arrange the words into slogans like '*Jal Bachaye Apna Jeevan Bachaye*'
- Snake and ladder format game was played in a way to make layman understand the right way to live a healthy life or how the wrong dietary habits may lead to death.
- Speeches and games on mental health were also displayed to spread awareness on the same.
- A demonstration/play was also done focusing on road safety.









Activity 05



Date: March 13, 2019



Locale: Central Delhi

Site(s) visited: Lady Hardinge Medical College, New Delhi - Antenatal Care OPD



Number of people covered:
45-50 women



Course/Batch/Department/College:
NCEARD Team, Lady Irwin College,
University of Delhi

Name of Faculty in-charge:
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

Activities conducted

Activities conducted were:

1. Screening of women based on nutritional status by obtaining the following information: age, obstetric history, clinical symptoms of the common illnesses, pregnancy related complications; measurement of height, weight, mid upper arm circumference (MUAC), neck circumference (NC) and blood pressure; and looking for signs of nutritional deficiencies.
2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.
3. Counselling women using the flipbook on 11 themes (Benefits of ANC Registration, Diet Diversity, Essential Nutrients, IFA and Calcium, Danger Signs during pregnancy, Personal Hygiene, Family support for pregnant women, Tips for Healthy Lifestyle, Family planning, Early Breastfeeding, Food security and entitlements (Integrated Child Development Services (ICDS), Janani Shishu Suraksha Karykaram (JSSK), Public Distribution System (PDS) and National Rural Livelihood Mission (NRLM)) and showing them thali models and recipe books for normal weight, obese, underweight and anemic pregnant women.
4. Individual counselling on select disease conditions (Undernutrition, Overweight and obesity, Anemia, Fluorosis, Importance of Iodine (Goitre), High Blood Pressure (Hypertensive disorders of pregnancy), Gestational diabetes mellitus (GDM), Tuberculosis (TB), Malaria, HIV, UTI/STI, physiological conditions and/or any other disease to those who are at-nutritional risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.



Activity 06



Date: March 13, 2019



Locale: East Delhi

Site(s) visited: E-Block and Anganwadi Centre of Vasundhara Enclave



Number of people covered:
35-40



Course/Batch/Department/College:
MSc (Final), Group B, Department of Food & Nutrition, Lady Irwin College, University of Delhi

Faculty in-charge: Ms. Shristi Agarwal

Activities Conducted

- Awareness about maternal nutrition:**
Key messages on importance of maternal nutrition were conveyed to pregnant women and lactating mothers through a flip book which includes topics like increased requirement of nutrients and its importance during pregnancy and lactation.
- Awareness on dietary diversity:** Key messages on importance of diversity in diet were conveyed to the pregnant women and lactating mother through a flip book that provided information on various sources of energy, protein, vitamin and mineral rich foods. Number of meals to be consumed in a day were also told to the women.
- Importance of micronutrients:** Pregnant women were informed about benefits of iron folic acid supplementation and consumption of iron rich foods to prevent anemia; importance of calcium supplements and nutrient rich food sources; importance of Vitamin A and nutrient rich food sources; role of iodine; and about fluorosis.
- Sanitation and hygiene:** Beneficiaries were taught hand-washing techniques and were encouraged to take pledge to adopt good sanitation and hygienic practices.
- Infant and young child feeding practices:** Knowledge on importance of exclusive breastfeeding and correct time of introduction of complementary feeding were imparted among lactating mothers. Knowledge of home based complementary foods and premix recipes were given to the mothers. Lactating mothers were also taught about the frequency and consistency of complementary foods.
- Recipe books and thali models:** Recipe books and thali models were shown to pregnant women and lactating mothers.
- Slogans:** Slogans prepared and drummed in the community for awareness are given below:
 - गर्भवती को पौष्टिक आहार, ध्यान रखे सारा परिवार।
 - मौसमी फल, हरी पत्तेदार सब्जियों का पोषण, स्वस्थ रखें करे जीवन रोशन।
 - दालें, दूध, अंडा खाएं, गर्भवती को स्वस्थ बनाएं।
 - आयोडीन नमक में ही खाना पकाना, आयरन-फोलिक एसिड गोली भूल ना जाना।









Activity 07



Date: March 14, 2019



Locale: Gharoli Gaon, Kondli and Samera Basti

Site(s) Visited: Anganwadi Centre, Incharge - Kanchan Singh



Number of people covered: 150-200 persons



Course/Batch/Department/College:
B.Tech (Food Technology Honours),
IIInd year, Section- B, Lady Irwin
College, University of Delhi

Name of Faculty in-charge:
Ms. Shubhneet Kaur

such crucial phases. The students suggested them easy and nutrient dense snack recipes, which would fulfill their special nutrient needs. Pregnant, underweight and obese women were separately counselled regarding their diets. Women were also counselled on personal hygiene.

2. **Poshan Pledge with locality people:** As a part of the Poshan Pakhwada campaign, the counselling session was followed by an oath (shapath). Spreading wide the message of nutrition, the students of Lady Irwin College along with community people took the oath. The pledge emphasized on making the campaign a nation wide movement so that all people especially children, adolescents and women at all times have access to safe and nutritious food along with clean and safe drinking water and hence, nip the bud of malnutrition perpetually from the country.

Activities conducted

Activities conducted were:

1. **Counselling on themes including importance of balanced diet, diet diversity, personal hygiene among adults, pregnant and lactating women and elderly:** The ladies were explained the concept and importance of balanced diet. Pregnant and lactating women were personally counselled about the increased dietary requirements of the body during
 - गर्भवती को पौष्टिक आहार, ध्यान रखे सारा परिवार।
 - मौसमी फल, हरी पत्तेदार सब्जियों का पोषण, स्वस्थ रखें करे जीवन रोशन।
 - दालें, दूध, अंडा खाएं, गर्भवती को स्वस्थ बनाएं।
 - आयोडीन नमक में ही खाना पकाना, आयरन—फोलिक एसिड गोली भूल ना जाना।





Activity 08



Date: March 14, 2019



Locale: Central Delhi

Site(s): Lady Irwin College,
New Delhi



Number of people covered:
20 persons



Course/Batch/Department/College:
III year B.Sc. Home Sc. (Hons.), Lady
Irwin College, University of Delhi

Name of Faculty in-charge:
Dr. Swati Jain

Activities conducted

1. Introduction to National Nutrition Mission and Poshan Pakhwada through a video presentation
2. Beneficiaries taking Poshan Pledge
3. Jingles on Health and Nutrition:

जन जन को जगाना है पौष्टिक आहार ही खाना है।

घर का लें स्वस्थ संतुलित आहार, ये देगा आपके शरीर को ऊर्जा अपार।

तन को बलवान बनाओ जंक फूड को दूर हटाओ।

खान पान और स्वास्थ्य को दो पहला स्थान, तभी होगा बीमारियों का निदान।

साफ सफाई पर ध्यान दें, भोजन का संक्रमण होने न दें।

हाथ धो साबुन से तो रोग मिटेंगे जीवन से।

जन जन तक ये सन्देश पहुँचाना है, हमें स्वच्छता को अपनाना है।

4. Awareness generation on Balanced diet, Rich sources of macro and micronutrients, Healthy eating habits through a Power point presentation and Thali models for Indian women.
5. Power point presentation on low cost healthy recipes.
6. Role play on personal hygiene through flip book.
7. Awareness generation on the importance of hand washing, steps of hand washing through a video presentation.
8. WASH – dance enactment by the students for re-inforcement of the hand-washing steps.
9. Brief quiz and interactive session on the themes covered during the session.







Activity 09



Date: March 14, 2019



Locale: East Delhi

Site(s) visited: Lal Bahadur Shastri Hospital, Mayur Vihar Phase II, Delhi –Antenatal Care OPD



Number of people covered:
50-60 women



Course/Batch/Department/College:
NCEARD Team, Lady Irwin College, University of Delhi

Name of Faculty in-charge:
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

Activities conducted

Activities conducted were:

1. Screening of women based on nutritional status by obtaining the following information: age, obstetric history, clinical symptoms of the common illnesses, pregnancy related complications; measurement of height, weight, mid upper arm circumference (MUAC), neck circumference (NC) and blood pressure; and looking for signs of nutritional deficiencies.
2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.
3. Counselling women using the flipbook on 11 themes (Benefits of ANC Registration, Diet Diversity, Essential Nutrients, IFA and Calcium, Danger Signs during pregnancy, Personal Hygiene, Family support for pregnant women, Tips for Healthy Lifestyle, Family planning, Early Breastfeeding, Food security and entitlements (Integrated Child Development Services (ICDS), Janani Shishu Suraksha Karykaram (JSSK), Public Distribution System (PDS) and National Rural Livelihood Mission (NRLM)) and showing them thali models and recipe books for normal weight, obese, underweight and anemic pregnant women.
4. Individual counselling on select disease conditions (Undernutrition, Overweight and obesity, Anemia, Fluorosis, Importance of Iodine (Goitre), High Blood Pressure (Hypertensive disorders of pregnancy), Gestational diabetes mellitus (GDM), Tuberculosis (TB), Malaria, HIV, UTI/STI, physiological conditions and/or any other disease to those who are at-nutritional risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.



Activity 10



Date: March 14, 2019



Locale: Central Delhi

Site(s) visited: Lady Harding Medical College, New Delhi - Postnatal Care ward



Number of people covered: 45-50 women



Course/Batch/Department/College:
NCEARD Team, Lady Irwin College,
University of Delhi

Name of Faculty in-charge:
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

Activities conducted

Activities conducted were:

1. Screening of women based on nutritional status by obtaining the following information: age, clinical symptoms of the common illnesses; measurement of height, weight, mid upper arm circumference (MUAC), neck circumference (NC) and blood pressure; and looking for signs of nutritional deficiencies.
2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.

3. Counselling women on exclusive breastfeeding, diet diversity, galactogogues, importance of iron and calcium supplementation, personal hygiene and family planning methods.
4. Individual counselling to those who are at-nutritional and at-severe nutritional and/or medical risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.





Activity 11



Date: March 15, 2019



Locale: Gharoli Gaon

Site(s) Visited: Rajeev colony



Number of people covered:
42 women



Course/Batch/Department/College:
B.Tech (Food Technology Honours),
IInd year, Lady Irwin College,
University of Delhi

Name of Faculty in-charge:
Ms. Anjana Kumari and
Dr Dipesh Aggarwal

- Non-Communicable diseases
- Importance of proper diet specifically micronutrients
- Importance of personal hygiene

2. Identified key issues and discussed them.
3. Promoted healthy dietary practices.
4. Discussed knowledge about maternal health care and its importance.
5. Explained various healthy recipes for pregnant women for different conditions (Underweight/obese/anemic).
6. Pledged to follow and promote healthy practices. The pledge emphasized on making the campaign a nation wide movement so that all people especially children, adolescents and women at all times have access to safe and nutritious food along with clean and safe drinking water and hence, nip the bud of malnutrition perpetually from the country.

Activities conducted

Activities conducted were:

1. Created awareness about various health and diet related issues:







Activity 12



Date: March 15, 2019



Locale: East Delhi

Site(s) visited: Lal Bahadur Shastri Hospital, Mayur Vihar Phase II, Delhi –Antenatal Care OPD



Number of people covered: 50-60 women



Course/Batch/Department/College: M.Sc Final, Department of Food & Nutrition, Lady Irwin College, University of Delhi

Name of Faculty in-charge: Dr. Priti Rishi Lal

Activities conducted

Activities conducted were:

1. Poshan Pledge with doctors and the women who were there at the time of ANC.
2. Saying Slogans on Health and Nutrition topics: गर्भवती को पौष्टिक आहार, ध्यान रखे सारा परिवार, मौसमी फल, हरी पत्तेदार सब्जियों का पोषण, स्वस्थ रखें करे जीवन रोशन, दालें, दूध, अंडा खाएं, गर्भवती को स्वस्थ बनाएं, आयोडीन नमक में ही खाना पकाना, आयरन-फोलिक एसिड गोली भूल ना जाना।
3. Counselling on themes including healthy diets, diet diversity, importance of micronutrients and personal hygiene during pregnancy.
4. Saying slogans on health and nutrition topics along with women present at the time of ANC.











Activity 13



Date: March 15, 2019



Locale: Central Delhi

Site(s) visited: Lady Hardinge Medical College, New Delhi - Postnatal Care ward



Number of people covered: 45-50 women



Course/Batch/Department/College:
NCEARD Team, Lady Irwin College,
University of Delhi

Name of Faculty in-charge:

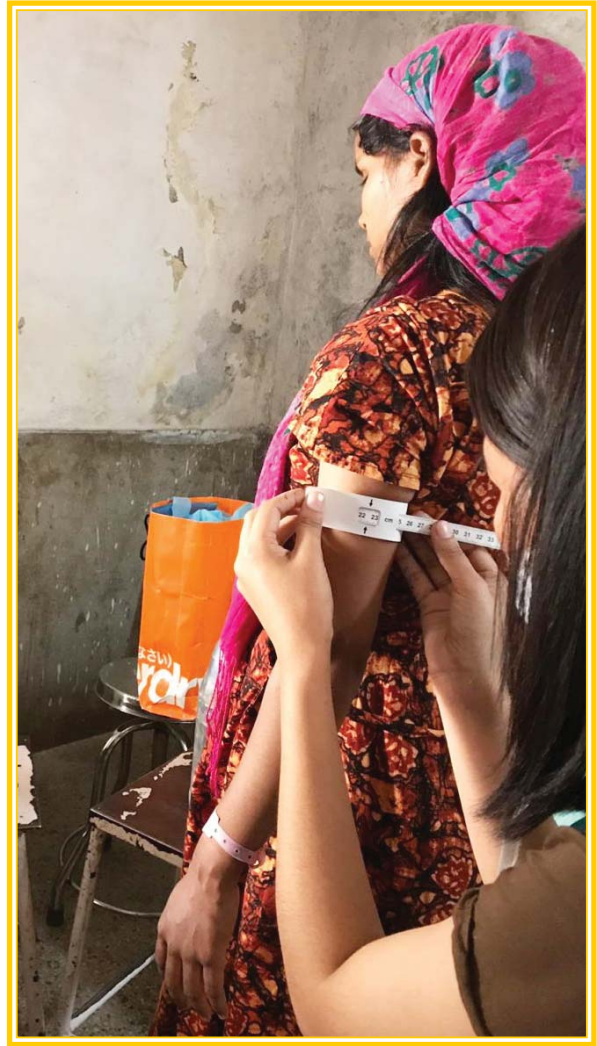
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.
3. Counselling women on exclusive breastfeeding, diet diversity, galactogogues, importance of iron and calcium supplementation, personal hygiene and family planning methods.
4. Individual counselling to those who are at-nutritional and at-severe nutritional and/or medical risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.

Activities conducted

Activities conducted were:

1. Screening of women based on nutritional status by obtaining the following information: age, clinical symptoms of the common illnesses; measurement of height, weight, mid upper arm circumference (MUAC), neck circumference (NC) and blood pressure; and looking for signs of nutritional deficiencies.



Activity 14



Date: March 22, 2019



Locale: East Delhi

Site(s) visited: Lal Bahadur Shastri Hospital, Mayur Vihar Phase II, Delhi –Antenatal Care OPD



Number of people covered: 50-60 women



Course/Batch/Department/College: NCEARD Team, Lady Irwin College, University of Delhi

Name of Faculty in-charge:
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

Activities conducted

Activities conducted were:

1. Screening of women based on nutritional status by obtaining the following information: age, obstetric history, clinical symptoms of the common illnesses, pregnancy related complications; measurement of height, weight, mid upper arm circumference (MUAC), neck circumference (NC) and blood pressure; and looking for signs of nutritional deficiencies.
2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.

3. Counselling women using the flipbook on 11 themes (Benefits of ANC Registration, Diet Diversity, Essential Nutrients, IFA and Calcium, Danger Signs during pregnancy, Personal Hygiene, Family support for pregnant women, Tips for Healthy Lifestyle, Family planning, Early Breastfeeding, Food security and entitlements (Integrated Child Development Services (ICDS), Janani Shishu Suraksha Karykaram (JSSK), Public Distribution System (PDS) and National Rural Livelihood Mission (NRLM)) and showing them thali models and recipe books for normal weight, obese, underweight and anemic pregnant women.
4. Individual counselling on select disease conditions (Undernutrition, Overweight and obesity, Anemia, Fluorosis, Importance of Iodine (Goitre), High Blood Pressure (Hypertensive disorders of pregnancy), Gestational diabetes mellitus (GDM), Tuberculosis (TB), Malaria, HIV, UTI/STI, physiological conditions and/or any other disease to those who are at-nutritional risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.





Activity 15



Date: March 22, 2019



Locale: Central Delhi

Site(s) visited: Lady Hardinge Medical College, New Delhi - Postnatal Care ward



Number of people covered: 45-50 women



Course/Batch/Department/College: NCEARD Team, Lady Irwin College, University of Delhi

Name of Faculty in-charge:
Dr. Anupa Siddhu and
Dr. Manisha Sabharwal

Activities conducted

Activities conducted were:

1. Screening of women based on nutritional status by obtaining the following information: age, clinical symptoms of the common illnesses; measurement of height, weight, mid upper arm circumference (MUAC), neck circumference (NC) and blood pressure; and looking for signs of nutritional deficiencies.
2. Classifying women based on nutritional risk according to the developed Maternal Nutrition Algorithm for facility level.
3. Counselling women on exclusive breastfeeding, diet diversity, galactogogues, importance of iron and calcium supplementation, personal hygiene and family planning methods.
4. Individual counselling to those who are at-nutritional and at-severe nutritional and/or medical risk.
5. Providing a referral to those at medical risk on confirmation of medical illnesses.



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