

## Impact Report : Malnutrition Sadaiv Niramaya Scheme

### **Project : Malnutrition \_ Sadaiv Niramaya Scheme**

Malnutrition rate of Gujarat is higher than in any other states of India, especially in Dist Panchmahal.

As a sequel to MMU Visits, finding that Malnutrition does exist, we have initiated ‘**Sadaiv Niramaya scheme**’ from **November.2019** for nullifying malnutrition in the villages we visit.

It was decided to first focus on the 21 Villages where our Mobile Medical Unit Visits.

A scheme “Sadaiv Niramaya” was formed where 21 Health Mobilizers have been nominated – one from each of the 21 Villages.

Post their Selection they underwent a two days full-time Training Programme, wherein topics related to health were covered. Doctors, Yoga Teachers, CDPO, THO, MO gave a wide coverage, both practical & theoretical.



Beneficiaries are in three Categories ...

1. Would be Mothers
2. Children of 0 to 5 year age group
3. Children of 6 years to 19 years age group.

Daily routine for Children ( 0 -5 years) encompasses, visits to homes, checkups such as height , weight and any health related issues. Guiding for nutritious food for their daily life and to report to our Medical Team. Health mobilizers are the backbone as they give suggestions & report where individual action needs to be taken. They assist the **Doctor & Nurse** & work under their supervision.

Our Health Mobilizer also monitors health of Would-be Mothers also on daily basis and brings her to our MMU Doctor for routine checkup. Doctor guides them for daily caring during the pregnancy.

Beginning to take care from the time of Conception is good idea as it lessens the chance of malnourishment amongst the new-borns.

A special drive has been taken up for children from 6 years upto 19 years. Not much attention is given to these Children. As a first step, a Diagnostic Drive has been done wherein the Hb, Height & Weight of Children has been done, Medical Cards made, & corrective actions taken if any. This is an Annual feature.

In the Beginning, Aug-2020 there were 13 Children ( in age group of 1 to 5yrs) in Red Zone & 68 in Yellow Zone. Gradually through our regular intervention, we reduced 13 children in Red Zone to Zero and 61 children in Yellow.

As of now there are 0 in Red & 8 in Yellow

For the Children in Age group of 6 years to 19 years, none were reported as per the Malnutrition Standard.

Would – be Mothers are also a healthier lot with less mortality rates, & also less number of Malnutrition Kids.



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