

POSHAN abhiyan -ANC Nutrition

Rural Health and Training Centre -Raghunadhapalem

22-09-22

Poshan Abhiyan is an overarching umbrella scheme to improve the nutritional status of pregnant, lactating mothers and under 5 children. On the eve of Rashtriya POSHAN maah - cluster level nutritional awareness programme was organised at Raghunadhapalem by department of women and child in collaboration with local administration.

Interns of Mamatha Medical college , Department of community medicine explained the importance of balanced diet for pregnant women. Participants were taught how to cope with day to day health problems. Daily intake of nutrients for normal weight, underweight and over weight was explained. It was told about need of regular intake of iron and folic acid tablets, exercise and yoga practices. It was advised to have locally sourced vegetables and fruits to include in the diet.

Anganawadi teachers and pregnant women total of about 100 members participated in the programme. The programme coordinated with Govt. sector by Dr.K.NitheshKumar Professor, UBA coordinator, Dept. of Community Medicine, Mamatha Medical College & team



