



Nutrition and Health Program (NHP)

JANPATH

B-3, SAHAJANAND TOWERS, JIVRAJPARK CROSS ROAD, AHMEDABAD, 380051.

Email: janpathnetwork@gmail.com Website : www.janpathindia.org



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Introduction

- **Location Context:**

- Danta (Banaskantha) and Poshina (Sabarkantha) are marginalized tribal blocks with limited employment opportunities.
- Communities: Tribes, SCs/STs, Nomadic & Denotified Tribes, and OBCs.

- **Challenges in Governance:**

- Weak administrative presence; key positions are often vacant.

- **Economic Hardships:**

- Small landholdings, reliance on casual labor, single-crop agriculture.

- **Social Conditions:**

- Low-quality Anganwadi services, poverty, educational barriers, and poor FRA implementation.

Problem Identification

Post-COVID Realities:

- Worsened economic conditions and increased migration for work.
- Decline in education and Anganwadi attendance due to prolonged closures.
- Poor awareness of government schemes (e.g., Poshan Sudha Yojana, Matru Vandana Yojana).

Survey Findings:

- Irregular Anganwadi operations.
- Limited awareness and poor distribution of entitlements.

Program Objectives and Strategy

Philosophy

Solutions require community collaboration and addressing root causes.

Key Objectives

1. Improve child and maternal nutrition.
2. Strengthen Anganwadi services and community participation.
3. Enhance access to government entitlements.

Strategic Approach

Multidimensional intervention focusing on poverty, exclusion, and isolation.

Mobilization for
Anganwadi services
(children and mothers)

Support for Anganwadis
with supplementary
nutrition

Activities Undertaken

Advocacy and awareness
campaigns for entitlements
(Pension, Scholarships etc.)

Stakeholder engagement
(Anganwadi workers,
community leaders)

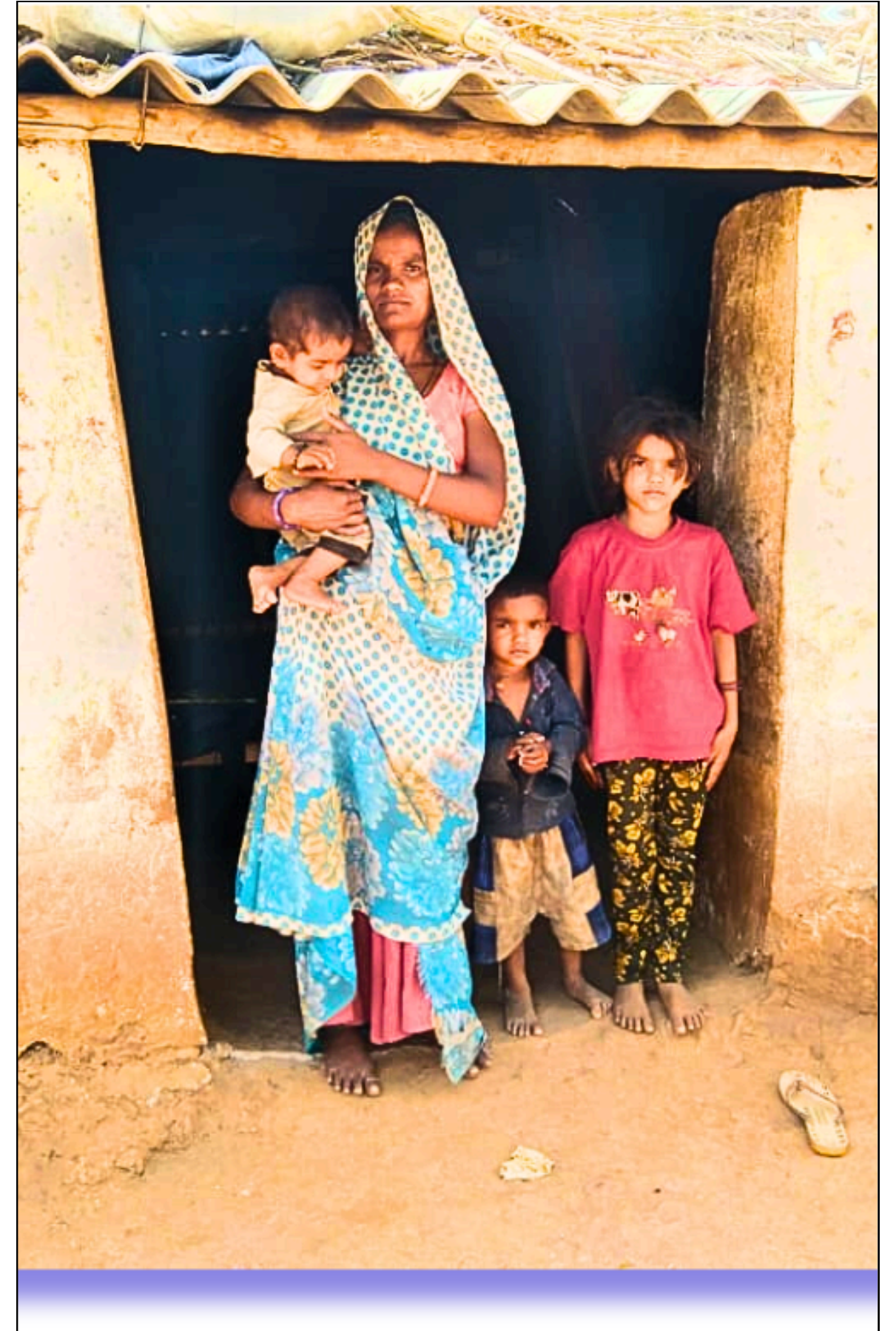
Community Engagement Highlights

Arogya Sakhi Interventions:

- Household visits to educate mothers and motivate participation.
- Interactive sessions with videos and charts on vaccination, health, and nutrition.

Meetings at Hamlet Level:

- Focus on ICDS schemes and feedback collection.
- Coordination with Anganwadi workers for transparency.



Key Events

1. Mamata Day Celebrations:

- o Health checks and vaccinations for pregnant women.
- o Distribution of healthy snacks (e.g., Chana, Fruits).

2. Faliya Nasta Program:

- o Hot cooked meals (Khichdi, Sheera) provided to children and mothers.



Addressing Peripheral Issues

- Assistance in accessing documents (Aadhaar, Ration Card).
- Debt-relief programs to reclaim land.
- Emergency ration kits for the most vulnerable.





Addressing Peripheral Issues





“ Challenges ”

1. Geographic isolation and scattered settlements.
2. Shortage of local workers (Arogya Sakhi).
3. Passive administrative support.
4. Social issues: migration, early marriages, and alcoholism.

Impact

1. Anganwadis operational 90% of the time.
2. Increased community trust and participation.
3. Better quality and regularity of ICDS services.
4. Improved awareness about hygiene, nutrition, and debunking food myths





What Next ...

1. Expand nutrition support to more hamlets.
2. Introduce "Kitchen Gardens" for select families.
3. Promote local food crops like millets and seasonal produce.
4. Strengthen advocacy efforts with state-level authorities.

“ Conclusion ”

- Sustained community involvement and holistic interventions are critical.
- The program highlights the need for systemic change, community empowerment, and collaborative efforts.

