

# *A Guidebook for Anganwadi Workers*



2016

*A step by step guide to initiate complementary feeding via Annaprashan Celebration*



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## FOREWORD

The first year of life is characterized by rapid growth and development. It is a well-recognized fact that the first 1000 days of life offer a “critical window of opportunity” for optimal growth and development of a child for healthy adulthood. Adequate nutrition during infancy and early childhood, therefore, is essential to help infants develop their full human potential.

While exclusive and on-demand breastfeeding alone is sufficient to meet the nutritional requirements of an infant for the first six months, additional food in addition to breast milk is required to meet the increased nutritional demands later. Initiation of age-appropriate complementary feeding will help in curbing undernutrition among infants. Thus, it is of prime importance that mothers, primary caregivers and other members of the family along with the community-at-large are informed about correct practices of complementary feeding by organizing an “*Annaprashan* Celebration” for all infants, completing six months at community-level, using AWC as a platform.

This *Guidebook* has been prepared to strengthen the capacity of AWWs to be able to conduct the *Annaprashan* Ceremony successfully and disseminate knowledge to mothers and primary caregivers about the importance of age-appropriate infant and young child feeding practices. Efforts have been made to make this *Guidebook* self-explanatory and interesting with use of ample examples from various cultural settings. It is expected that this *Guidebook* will enhance the knowledge base of frontline workers and act as a ready-reckoner for ICDS functionaries to realize the key parameters that need to be monitored.

This *Guidebook* surely will help inculcate a positive practice of timely initiation of complementary feeding among the caregivers across the country and contribute remarkably towards reduction of child undernutrition.

I acknowledge the efforts put in by Mrs. Meenakshi Jha, Research Assistant (Project In charge), and Ms. Rohini Saran, Curriculum Development Specialist, for successful and timely completion of the project with the assistance of Ms. Reema Chugh and Ms. Nupur Chaurasia, Project Assistants, who dedicatedly worked towards bringing this project to a successful culmination.

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**Director**

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## *Abbreviations*

ANM	Auxiliary Nurse Midwife
ARF	Amylase Rich Food
ASHA	Accredited Social Health Activist
AWC	Anganwadi Centre
AWH	Anganwadi Helper
AWW	Anganwadi Worker
DTF	District Task Force
ICDS	Integrated Child Development Services
IEC	Information Education Communication
IFA	Iron Folic Acid
IYCF	Infant and Young Child Feeding
LHV	Lady Health Visitor
MCP	Mother and Child Protection
MLA	Members of Legislative Assembly
MO	Medical Officer
NGO	Non-Government Organization
PRI	Panchayati Raj Institutions
SHGs	Self-Help Groups
VHSNC	Village Health Sanitation & Nutrition Committee
WHO	World Health Organization

# Introduction

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*Annaprāsana* is also known as ***Annaprashana vidhi, Annaprashan*** or ***Anna-prasanam***, is an important part of the Indian culture. The term *annaprashan* literally means "eating of food". This event marks a new phase in infant's life where he/she eats food for the first time with continued breast milk. *Annaprashana* is usually carried out on an auspicious date. It is performed when the child is six months old which is also the time to initiate complementary feeding.



*Annaprashana* ceremony is usually celebrated either in a temple or at home with friends and relatives which makes this event more exciting and special. In order to broaden the horizons of the involvement of the AWWs in the ICDS restructuring it can be foreseen that *Annaprashan* marks an event in which community can come together & celebrate this important event in the life of the child. The AWC is a place where the community can be called together to enhance community mobilization and participation.

## Importance of Celebrating Annaprashan Day

The first year of Infant's life is a period of most rapid physical and mental growth. The rate of growth at this stage is incomparable to that in later period of life. Most of the organs of the body grow rapidly, both structurally and functionally during the early years of life. In order to achieve optimum growth and development, there is an increased demand for a regular supply of better nutrition & care.

Furthermore, the steep rise in malnutrition in children during the first two years of life is indicative of poor infant feeding practices. The National Nutrition Policy

(1993) adopted by the Government of India under the aegis of the Department of Women and Child Development laid due emphasis on nutrition and health education of mothers on infant and young child feeding and efforts to trigger appropriate behavioural changes among mothers for reducing malnutrition in children.

In order to improve the complementary feeding practices the celebration of *Annaprashan* day in the community through a wide network of ICDS on a platform like AWCs is a step in the right direction as it will allow this positive practice to reach each and every corner of the country which may have a positive

impact on the status of health and nutrition of children in India. Further, the celebration of *Annaprashan* at AWCs does not only allows the members of the community to come out of their houses to enjoy and witness an important event of child's life but also provides opportunity to the AWWs to approach mothers and family members



of the young infants and counsel them on importance of timely initiation of age appropriate complementary feeding, preparation and management of nutritious foods for children, importance of hygiene and sanitation. While addressing the gathering during the ceremony, it is important that AWWs should emphasise the importance of celebrating *Annaprashan* when the child is 6 months old and not before 6 months of age, as it can adversely affect the amount of breast milk and may also be one of the reasons for infection. Also, this ceremony should not be delayed because delaying additional nourishment could lead to growth faltering in child's growth and development.

# Nutrition Requirements for Lactating Mothers and Infants

## *Nutrient Needs of Lactating Mothers*

Lactation is the term given to feeding of breast milk to the child. For an infant up to 6 months, mother's milk is the main source of nutrition. It is tailor made to meet all the nutritional requirements of the infant. However, poor state of health and nutrition of the mother may affect the quality and quantity of milk which in turn will not only hinder the growth of the infant but also deteriorate the health of the nursing mother. A well-nourished healthy mother on an average secretes about 850ml of milk/day, whereas in case of severely malnourished mother the level may go down as low as 400 ml/d. If the mother is not able to meet her own nutritional requirement adequately she draws on her reserves in the body to meet the increased needs of lactation as well as her own and this may adversely affect her health. The dietary deficiencies of water soluble vitamins like vitamin C and B complex leads to lower levels of these vitamins in the breast milk. The protein, carbohydrate and calcium content in mother's milk are not altered even when the mother is malnourished. Since the fat content in the milk is also depreciated, the fat-soluble vitamins are affected as well.



It is worth noting that during lactation, a nursing mother has to nourish not only her but also the dependent infant as a result of which daily requirements of nutrients increases. Nutrient needs during lactation are based on the composition and volume of breast milk being secreted daily. Various factors may influence the volume of milk produced by the mother such as age, parity, state of health, and nutritional status of the mother and the duration of lactation. The milk secretion

continues to increase in the early periods of lactation, reaching a maximum by about 6 months and declines gradually later.



During this crucial stage of life cycle, requirement for energy, protein, vitamins such as vitamin A, D, B-vitamins & vitamin C, and minerals like calcium, zinc, iodine etc. increase tremendously and therefore, a nursing mother should eat a well-balanced diet

containing large quantities of protein rich foods (milk and milk products/pulses/eggs/meat), energy giving foods (sugar, nuts, fats and oils), vitamin and mineral rich foods (dark green leafy vegetables, red and yellow fruits and vegetables) along with proper hydration to help the production of adequate milk.

**AWWs should keep following points in mind for counselling beneficiaries on nutrition during lactation:**

- A lactating mother requires to eat more than what she was eating during pregnancy.
- A lactating mother must eat main meals and two snacks atleast to meet the needs of production of breast milk for the new-born child. The feeding pattern should include 5-7 meals a day to make up for the dietary needs.
- Daily diet of a lactating mother should include foods from all major food groups i.e. cereals like (rice, wheat, *ragi*, *bajra*, millet, etc.), pulses like (whole pulses, sprouts, gram flour, etc.), milk and milk products (milk, curd, *paneer*, butter milk, etc.), seasonal vegetables (dark green leafy vegetables, pumpkin, tomato, etc.), fruits (seasonal fruits guava, mango, *mausmi*, etc.). Seasonal fruits and vegetables should be given preference.
- In between meals, snacks like roasted *channa*, nuts like (peanuts, cashewnuts, Almonds) and seasonal fruits such as orange, papaya, chikoo, *amla*, mango and banana can be taken.
- Eggs, meat, fish should be included in the diet if culturally acceptable and affordable.

- Traditional preparations or use of galatogogues like *panjiri laddoo*, sesame seeds, *jeera*, *saunth* are useful as they aid increase the production of milk.
- Include vitamin C rich foods such as *amla*, lemon, green coriander *chutney* etc. in diet as it helps improve absorption of iron from the diet.
- A lactating mother should take plenty of fluids.
- A lactating mother should not eat spicy and strong flavoured foods.
- All family food should be cooked using iodized salt.
- Breastfeeding done with a relaxed frame of mind is beneficial for both mother and the baby. Stress should be avoided at all cost.
- Take IFA tablets for first six months of lactation.
- A good nutritious diet prepared from low cost locally available foods, family support and care, and a pleasant atmosphere in the family helps improve lactation and ensures health of both the mother and the child.
- Excessive intake of calorie rich food must be avoided.

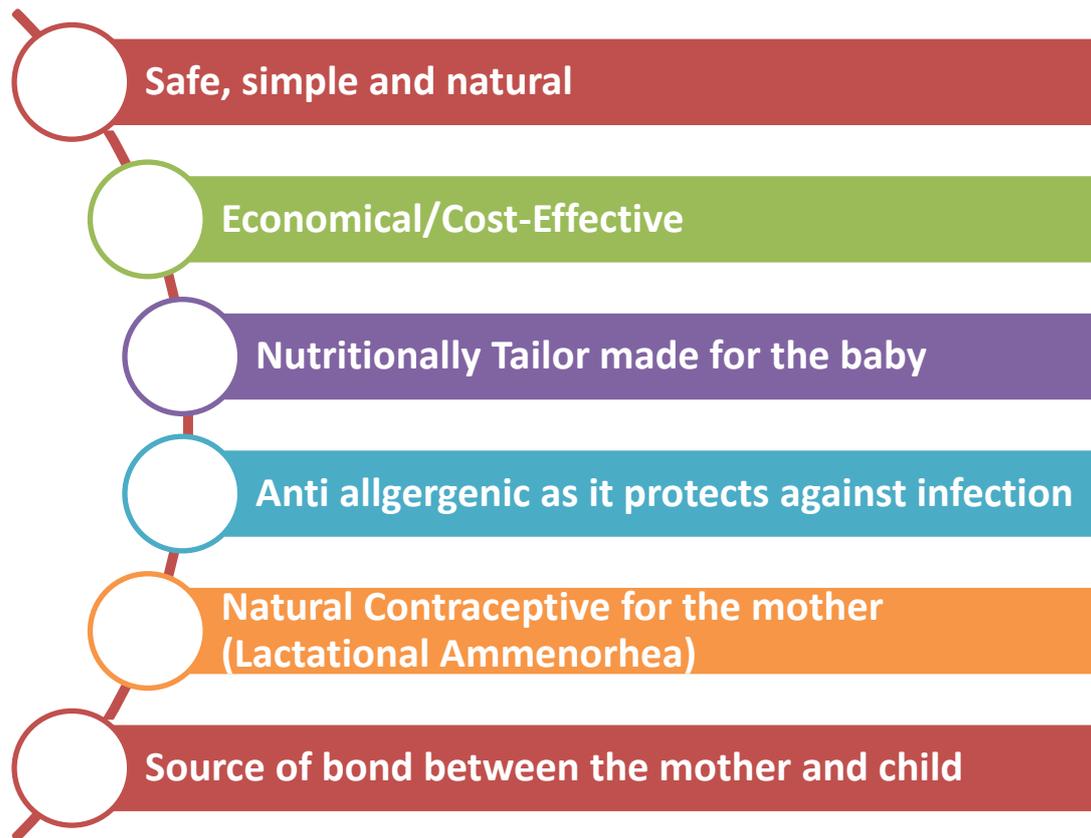


### ***Nutrient Needs of Infants***

Infancy is a period of rapid growth. During the first year of life, the infant grows and develops at a rapid pace. Physically, the weight of the child triples the birth weight and length doubles the birth length by first birthday. The attainment of developmental milestones along with emotional and psychological relationship with his near and dear ones also takes place during this period.

To meet the high nutritional requirements of an infant, good nutrition throughout infancy is very important. Exclusive breastfeeding for the first six months is sufficient for the child as it is best suited for the infant's growth and development. The advantages of the breast milk are many.





### **Advantages of Breastfeeding**

Recommendations for infant and young child feeding worldwide emphasize the importance of early initiation of breastfeeding as well as exclusive breastfeeding up to 6 months of age. However, after 6 months of age foods other than breast milk are required to meet the child's increased nutritional demands for growth and physical activities. Complementary feeding not only ensures the availability of nutrients needed by the child due to increase requirements but also introduce the child to normal family foods gradually. Therefore, complementary foods should be introduced after 6 months and foods prepared for the infants should be of age appropriate consistency, adequate i.e., energy and nutrient dense to satisfy the child's increased requirements of essential nutrients in the body. One of the best ways to judge if the infant is getting the required nutrition is the increase in the weight of the infant. Doubling the birth weight by about the beginning of fifth month may be regarded as optimal.

**Following points should be considered while preparing complementary foods for the infant:**

- Complementary foods should be rich in energy protein and adequate in good quality vitamins and minerals.
- It should include food from all food groups i.e., cereals (rice, wheat flour, *suji*, *ragi*, etc.) pulses (dehusked pulses, sprouted pulses, etc.), seasonal fruits (banana, mango, papaya, etc.), and vegetables (tender green leaves, pumpkin, bottle gourd etc.), fats (ghee, butter) and oils (oils, nuts such as *til* seeds, peanuts, etc.) and sugar, jaggery.
- It should progress from liquid, soft to semisolid consistency, low dietary fibre which enables a child to swallow properly. The consistency can be gradually increased from soft to finger foods to family food.
- Ingredients used to prepare complementary foods should be easy to cook and locally and seasonally available and cost effective.
- Eggs, lean meats, fish, chicken should be included in the diet if culturally acceptable and affordable.
- Infant should be fed small quantity of foods as per the age (6-8 months) i.e.  $\frac{1}{2}$  to  $\frac{1}{4}$  *katori*, 2-3 times which can be gradually increased to  $\frac{3}{4}$  to full as the child grows.
- Care should be given while preparing and feeding and the demand feeding should be practiced.

# Infant and Young Child Feeding

Infant and Young Child Feeding (IYCF) is a set of well-known and common recommendations for appropriate feeding of newborn and children under two years of age. Early and exclusive breastfeeding is now recognized as one of the most



effective interventions for child survival particularly to address morbidity and mortality related to three major conditions namely neonatal infections, diarrhoea and pneumonia. While exclusive breastfeeding can efficiently meet nutritional requirements of the child and prevents infections, the timely initiation and age appropriate complementary feeding can substantially reduce stunting and related burden of disease.

**Note:** Please refer **Annexure 1** containing some important definitions for better understanding of principles of complementary feeding.

## *Guidelines of IYCF*

### **Breastfeeding**

Breastfeeding is the best way to satisfy the nutritional and psychological needs of the baby. Mother's milk is designed for easy digestion and assimilation. Protein in mother's milk is in a more soluble form which is easily digested and absorbed by the baby also fat and calcium in human milk is easily absorbable. The milk sugar – lactose in mother's milk provides ready energy. In addition, a part of it is converted into lactic acid in the intestines which destroys harmful bacteria present there and helps in absorption of calcium and other minerals. The amount of vitamins such as thiamine, vitamin A and vitamin C found in mother's

milk depends on the diet of the mother. The human milk has inherent anti-infective properties which no other milk has and thus this protective function of human milk is particularly important in developing countries where there is much exposure to infection. Some of the advantages of breastfeeding are as follows:

- Breast milk is the best natural food for babies.
- Breast milk is always clean.
- Breast milk protects the baby from diseases.
- Breast milk makes the child more intelligent.
- Breast milk is available 24 hours a day and requires no special preparation.
- Breast milk is nature's gift to the infant and does not need to be purchased.
- Breastfeeding makes a special relationship between mother and baby.
- Breastfeeding helps parents to space their children.
- Breastfeeding helps a mother to shed extra weight gained during pregnancy.



**Early initiation of breastfeeding :** Early initiation of breastfeeding is extremely important for establishing successful lactation as well as for providing 'Colostrum' (mother's first milk) to the baby which is thicker and yellowish than later milk and comes only in small amounts in the first few days. Colostrum is all the food and fluid needed at this time – no supplements are necessary, not even water. Ideally, the baby should receive the first breastfeed as soon as possible and preferably within one hour of birth. In case of caesarean deliveries, new born infants can be started with breastfeeding within 4-6 hours with support to the mother.

**Exclusive breast feeding:** It means that only breast milk and nothing else (no other milk, food, drinks and not even water) should be given to the baby. Breast milk provides best and complete nourishment to the baby during the first six months and is alone adequate to meet the hydration requirements even under the extremely hot and dry summer conditions prevailing in the country.

### Complementary Feeding

After six months of age, breast milk alone is not enough to make an infant grow



well, other foods are also needed. This is because the infant is growing in size and its activities are also increasing. As a result the nutritional needs of the infant increase significantly at this age. Therefore, complementary feeding should be started at six months of age. The purpose of complementary feeding is to complement the breast milk and make certain that the young child continues to have enough energy, protein and other nutrients to grow

normally. It is important that breastfeeding is continued up to the age of two years or beyond as it provides useful amounts of energy, good quality protein and other nutrients.

**Frequency of feeding:** Infants and young children need to be fed 5-6 times a day in addition to breastfeeding. It must be remembered that inadequate feeding of infants and young children during the first two years is the main cause of malnutrition.

## Continued Breastfeeding

Breastfeeding must be continued up to the age of two years or beyond. Continuing breastfeeding while giving adequate complementary foods to the baby provides all the benefits of breastfeeding to the baby. In the beginning when the complementary foods are introduced after six months of age, the complementary food should be fed when the infant is hungry. As the child starts taking complementary foods well, the child should be given breastfeeding first and then the complementary food. This will ensure adequate lactation.



**Feeding during and after illness:** During the weaning period, i.e., from six months to two years of age, young children often suffer from infections like diarrhoea, measles, cold and cough etc. A sick child needs more nourishment so that he could fight infections without using up nutrient reserves of his body. Appropriate feeding during and after illness is important to avoid weight loss and other nutrient deficiencies. The cycle of infection and malnutrition can be broken if appropriate feeding of infant is ensured. Breastfed babies have lesser illness and are better nourished. A breastfed baby should be given breastfeeding more frequently during illness. For infants older than six months, both breastfeeding and complementary feeding should continue during illness.



## Feeding in Exceptionally Difficult Circumstances

Infants and young children who are malnourished are most often found in environments where improving the quality and quantity of food intake is particularly problematic. To prevent a recurrence and to overcome the effects of

chronic malnutrition, these children need extra attention both during the early rehabilitation phase and over the longer term. Continued frequent breastfeeding and, when necessary, lactation is important preventive steps since malnutrition often has its origin in inadequate or disrupted breastfeeding.

### ***Principles of Complementary Feeding***

Optimal complementary feeding depends not only on what is fed, but also on how, when, where, and by whom the child is fed. Some guiding principles of complementary feeding mentioned below can be used by the AWW. These will help counsel the mothers for better health and development of the child:

#### **1. Timely Introduction of Age Appropriate Complementary**

**Feeding:** Exclusive breastfeeding should be followed till 6 months and as



soon as child completes 6 months, foods other than breast milk should be introduced to the child to meet the increased nutritional requirements of the child. Foods with soft consistency, low in dietary fibre like mashed banana, boiled *dal*, curd etc. should be fed to the child in the beginning. The first cereal to be

introduced to the diet should be rice as it is light and easily digestible.

#### **2. Continued Breastfeeding:**

The mothers should be encouraged to do 'on demand' breastfeeding i.e., feeding the child as often as the child wants. Breastfeeding should be continued till 2 years of age and beyond along with complementary foods.

#### **3. Safe and Hygienic Preparation and Storage of Complementary**

**feeds:** Maintenance of hygiene and sanitation is crucial to complementary feeding. Complementary foods if not prepared and stored properly and



hygienically can lead to various infections and illness which can be fatal.

**The AWW should encourage mothers to follow these habits:**

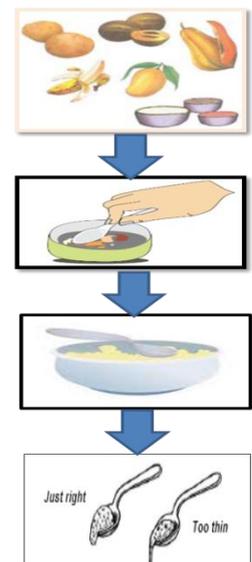
- Wash hands with soap and water before handling the food and before and after feeding the child.
- Utensils to be used in the cooking and feeding should be washed well, dried and kept covered in a neat place.
- The food prepared for the child should be cooked well to kill any germs present.
- As far as possible, freshly prepared foods should be fed to the child. In case, cooked food is required to be stored, it should not be stored for more than two hours in hot weather unless there is a refrigeration facility.
- Ingredients should be stored in closed or air tight containers so that they do not get contaminated.
- Avoid using feeding bottles for the child as they are difficult to clean and may result in infection.

**Other hygienic practices that must be followed are:**

- The area in and around the house should be kept clean.
- Care should be taken by the mother/caregiver to clean and dry the child after the child has urinated or defecation.
- Wash hands with soap after using the toilet and after cleaning the child.
- The child should only be fed boiled and cooled water as unclean water is a leading cause of diarrhoea. The drinking water should always be kept closed with a lid and a ladle or clean cup attached to a holding stick should be used to draw water.

**4. Adequacy and Consistency of Complementary**

**Food:** Complementary food should be adequate, meaning that the complementary foods should be given in such amounts, frequency, and consistency using a variety of foods that can meet the nutritional needs of the growing child. Since the stomach of the child is small, a child can be fed small amounts foods with soft to pureed consistency at



the start and gradually the quantity and consistency can be improved as the child gets older. Mother should make sure that they continue to breastfeed the child.

- **6 - 8 months:** A child should be fed complementary foods 2-3 times a day along with continued breastfeeding. Starting with 2-3 spoonful's per feeding and gradually increasing to  $\frac{1}{2}$  to 1 *katori*. The consistency of food for this age group should be pureed, mashed and semi-solid. By 8 months, child can be given finger foods as snacks for eg. Biscuits, potato fries, *mathri* etc.
- **9 - 24 months:** In addition to breastfeeding, a child should receive complementary foods 3-4 times a day along with a nutritional snack offered 1-2 times per day, as desired. At age 9-11 months,  $\frac{1}{2}$  of a 250 ml *katori* per feed should be given. A child aged 12-23 months can easily consume  $\frac{3}{4}$ <sup>th</sup> to full *katori* (250 ml) per feed.



To children aged two years and above at least 1 full 250 ml *katori* of food should be fed. By 12 months, most children can eat the same types of foods as consumed by the rest of the family.

***Variety in choice of foods is important. Children may object to taking some foods as such and therefore such foods should either be camouflaged or mixed with other foods and given.***

#### **5. Types of Foods to Feed:** Food given to infant should be of 3 types:

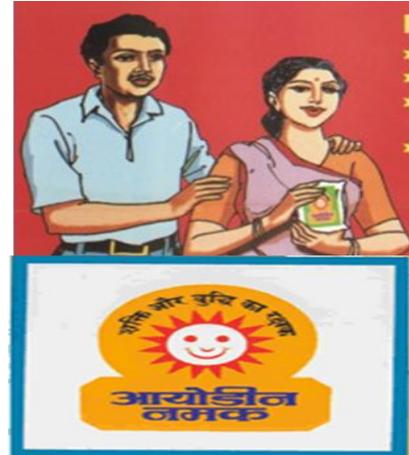


- **For strength:** Cereals such as rice, *chappati* from wheat whole/*makka*, *jowar*, *bajra*, potato/sweet potato, sugar, jaggery, *ghee* and oil.

- **For growth:** Pulses (*Moong*, *Arhar*, *Channa*, *Masoor*, *Urad*), Milk and milk products, egg, poultry,

fish. However, it has been observed that some children may develop food allergies towards egg, fish, soy etc. and hence it is advisable that these foods are introduced later when the child is older to prevent hindrance in growth.

- **For protection from illnesses:** Fruits and Vegetables especially dark green leafy vegetables and deep yellow orange vegetables and fruits e.g., carrots, pumpkin, papaya, mango, orange, *amla*, etc.
- Use only iodized salt, iodine is especially critical for the development of the child's brain **(Refer Annexure 4).**



**6. Energy and Nutrient Density of Complementary Foods:** As we know that the stomach capacity of child is small, therefore the complementary food prepared for child should be energy and nutrient dense to ensure optimal growth.



- **Use of oil, butter, ghee, sugar, jaggery:** For optimal gain in weight just increase the energy density of food by adding ½-1 tsp of oil/ghee, sugar/jaggery/3-4 tsp of roasted peanut powder.

- **Use of Pulses and Fruits & Vegetables:** Try not to give the staple foods (rice, wheat, *suji*, *ragi*, etc.) alone but also add small amounts of nutrient rich foods such as pulse and nut paste, seasonal vegetables like dark green leafy vegetables (mustard, spinach, *cholai*, etc.), red and yellow fruits and vegetables (pumpkin, papaya, tomato etc.) to improve the nutrient density of the complementary foods.

- **Use of Amylase Rich Foods (ARFs):** Flours of germinated cereals rich in the enzyme alpha-amylase are known as ARFs and small amounts of such food reduce the bulk of the cereal based diet. ARFs help increase the energy density of weaning gruels and in reducing bulk. **Refer Annexure 2** for the preparation method of ARF.
- Addition of locally available millets like *ragi*, *bajra*, etc. can improve the mineral content of the meal.
- Adoption of food diversity techniques like sprouting, fermentation and enrichment improves the content of vitamin B complex and Vitamin C and also makes food easily digestible.
- Inclusion of cereal and pulse/milk in the same preparation like *kheer*, *khichdi*, porridge etc. or in same meal can help improve protein quality of the meal.
- Premixes either ready-made or home-made (made from puffed rice-*channa* or wheat flour- *besan* etc.) are nutrient dense and they can be fed to the child upon reconstitution with milk/ water/ juice.
- Inclusion of animal food such as egg, and lean meats like fish and chicken in the diet (if the family is non-vegetarian) can improve the protein quality of the diet.
- However care should be taken in case of any malabsorption or diseases or allergies.

**7. Growth Monitoring:** As the growth of the child occurs at a rapid rate in



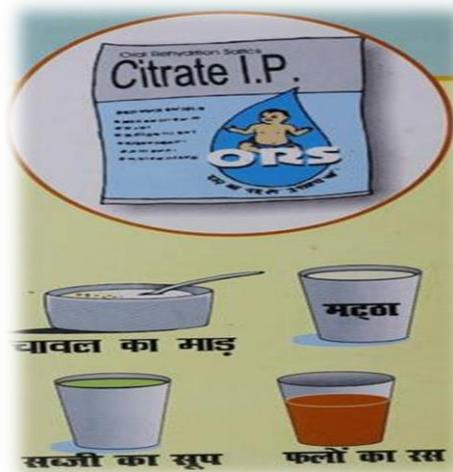
first 1000 days of life therefore growth monitoring is essential to detect early growth faltering. From birth to 3 year of age, a child should be weighed at least once every month. From 3-6 years of age the weight should be measured at least once in 3 months. The weight must be recorded by the AWW on the new WHO growth charts contained in their

weight book and Mother and Child Protection (MCP) Card at the AWC and

mothers should be counselled as per the change in weight of the child for correction of growth faltering, if any and thereby ensuring optimal growth of the child.

**8. Feeding During and After Illness:** Common childhood illnesses like fever, diarrhoea, pneumonia etc. are generally accompanied by decrease in appetite. AWWs should keep the following in mind and counsel mothers on the same:

- Increased fluid intake during illness, including more frequent breastfeeding, and ORS especially in case of diarrhoea, vomiting etc.
- The child should be fed soft, light and easily digestible food at frequent intervals with continued breastfeeding.
- Offer varied, appetizing, favourite foods for better acceptance.
- Small quantity of *ghee*, butter or coconut oil can be added, as it improves energy density and is easily digested.
- Never force feed the child. He/she should be persuaded gently to prevent risk of aspiration.
- Feed when the child is awake.



- After illness, extra food (1-2 nutrient dense meals extra than usual) should be given and the child should be encouraged to eat more to recover loss of nutrients, weight and strength.

- Child should not be given any, medication without consulting with a doctor.

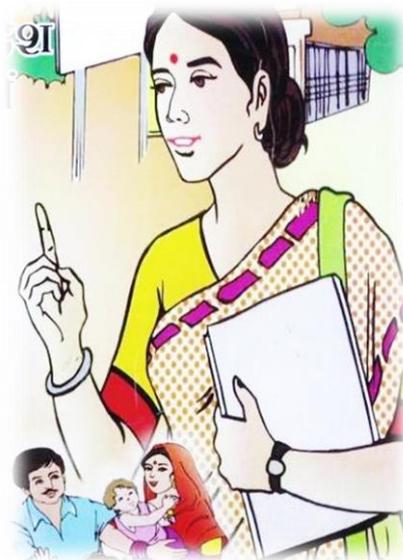
- If any of the following danger signs appear i.e., if the child is not alert, there is blood in the stool, difficulty in breathing, high uncontrollable fever, stops eating food then

immediately contact AWW/ANM/ASHA who must provide referral services as desired.

**9. Discuss Feeding Problems:** Mothers may face some problems while introducing complementary foods to their child. The AWW should be prepared with information regarding feeding problems and their solutions so that they can counsel mothers well to tackle feeding problem that they may encounter in course of the introduction of the feeding. Following are some of the problems that can be encountered during feeding:

- **Child does not want to eat complementary foods or is not hungry:** In the beginning the child may not develop taste for foods other than milk and therefore may refuse to eat. Mothers should not try and force feed the child but instead be remain patient and offer the child his/hers most favourite food. While feeding, play with the child or divert his/her attention to the things which attract him/her. If at all, child is fussy, mother will have to be more patient and persistent while feeding the child. Mothers should be advised to introduce only one food at a time and repeat it till the child starts liking the food.
- **Child spits out the food:** It is common problem with children. To prevent this mother should place the food to be given inside the mouth and not on tip of the tongue.
- **Child is not fed adequately (Underfeeding):** Underfeeding is suggested by restlessness and crying and by failure to gain weight adequately, as a result of the child's failure to take sufficient quantity of food even when offered. Constipation, failure to sleep, irritability and excess, crying can result due to underfeeding. In this case the AWW should advice mother to practice responsive feeding offering small quantities of food at each meal and increasing the meal frequency.

- **Tooth decay:** A pattern of tooth decay that involves the upper and sometimes lower teeth is common among children who are given sugar-sweetened beverages or fruit juice in a bottle at bed time or eat excessive sweet products. Mothers should take care that a child is fed, burped and put to bed without milk or juice bottle. Teeth to be cleaned every morning and night.
- **Feeding in case of malformations:** Children born with cleft palate or cleft lip are often difficult to feed. Parents of such children should be referred to a doctor to know about feeding technique. It is advised that while feeding the child is made to sit in upright position, so that the milk or feeds does not flow back into the nose area.
- **Feeding low birth weight babies:** Timely introduction of complementary food is furthermore important for low birth weight infants as they need more nutrition than the normal weight infants for their catch up growth. Efforts should be made to serve highly energy and nutrient dense foods with increased meal frequency atleast 1 additional meal and snack than normal weight infants.



## Responsive Feeding

It implies active care and stimulation, where the caregiver is responsive to the child's clues for hunger and also encourages the child to eat. Some of the points that the AWW should help the mothers practice are:

- Feeding of the child should be done with utmost care and with a lot of patience. The child may indulge in play during the feeding and hence the mother should be patient. The food should be resumed after a period of play.
- The mother should recognize her child's hunger cues. These cues should be immediately picked up on and the child should be offered food.
- If the child refuses any food, reintroduce it with different food combinations, tastes, textures and methods of encouragement or along with foods that he/she readily accepts.
- Talk to children during feeding, maintain eye contact as it may facilitate learning and strengthen the mother –child bond.
- Try and minimize distractions during meal time if the child loses interest easily. Avoid using television as a method to engage the child.
- Using clean and sanitized utensils (*katori* and spoon) to feed the infant. This also provides a measure to the mother on how much the child has eaten.
- Force feeding the child is not recommended so that the child does not feel stressed and this helps in avoiding negative association with the food.
- The child should not be fed when he/she is sleepy as it may decrease his/her interest in eating. There may also be issues like choking etc.
- In periods of illness and other problems, the child may have an altered or reduced appetite. The mother should approach the AWW/ ANM/MO for the same. She should continue to breastfeed the child during illnesses.
- Child may develop dislikes towards certain foods; these foods should be re-introduced in the diet after a couple of days, at the times when child is most hungry for acceptability. Variation in texture and consistency can also be tried.
- Child should be encouraged to eat all types of foods. The mother or caregiver feeding the child must be careful to avoid showing in any way a dislike for a food which is being given.
- Feeding quality and quantity should not be gender discriminated. Both girls and boys require the same attention, time and affection during feeding. Both the parents should be involved during feeding time.

# Guidelines for Anganwadi Workers

## *How to Celebrate Annaprashan Day?*

Celebration of *Annaprashan* Day like any other ceremony requires a good amount of prior preparation ranging from identification of infants completing 6 months and a central place for organising the ceremony to inviting community members and stakeholders for the event. It is the responsibility of AWWs and their helpers to organise the ceremony. AWWs can refer to following pointers for successful conduct of *Annaprashan* ceremony.

- **Pre-requisites for Annaprashan Day:**

- Visit all households and familiarise with the families and record details of the eligible beneficiaries in the survey register. Make a point to visit all poor and disadvantaged households.
- Identify and make a list of infants who have completed 6 months of age or nearing completion as their *Annaprashan* ceremony should be performed timely.
- Also make a list of infants who need immunization, who were left out or dropped out and undernourished children who need care, pregnant women and children who are required to be issued MCP card.
- Also consult with ANMs and ASHA to identify such families.
- Inform and motivate the mothers and families of the listed infants to attend the ceremony.



- Coordinate with ASHA, ANM, local NGOs, PRIs and VHSNC members to disseminate information about *Annaprashan* Day within the nearby community and to motivate mothers to participate in the *Annaprashan* ceremony.
- Prepare appropriate communication and IEC materials for display and discussions.
- Prepare a list of the recipes that will be discussed & demonstrated to the mothers.
- Collect all the raw materials and utensils (spoon and *katori*) that will be needed for food demonstration.
- Publicise the day, time and venue by word of mouth and use of media such as pamphlets, speakers, hoardings, etc. at one or two prominent places in the community.
- Also, remind all mothers to come to the AWC for *Annaprashan* Day celebration one day prior to *Annaprashan* day.
- Print and keep *Annaprashan* day certificate ready to be given by CDPO after the culmination of the ceremony.

### • **Organising Annaprashan Day:**

The sole purpose of organising *Annaprashan* is to inculcate a practice of timely initiation of complementary feeding, which should be adequate, appropriate and



safe among community members. Thus, it is important that AWWs should make all arrangements in such a way that mothers should take home positive messages. Further, AWWs should make sure that *Annaprashan* day is organised atleast once a month without fail. The ceremony can be a small celebration conducted at AWC or a big event depending on the number of children for whom the

ceremony is to be conducted. For a large scale event children can be selected from a cluster of 5-10 AWCs of an area and other functionaries like Medical

Officer (MO)/Lady Health Visitor (LHV)/ANM/District Task force (DTF) can be involved. This can also be used as a platform to promote *Beti Bachao Beti Pado* scheme, MCP card and other services offered under ICDS. A day of a month can be chosen and fixed for *Annaprashan* ceremony. The ceremony can be organised during morning hours or at evening depending on the convenience of the participants and stakeholders. A cake cutting ceremony can also be organized to mark this day as important as birthdays. Also, it should be ensured that there should be adequate arrangement for water; light, snacks, electricity, chairs, dustbins, etc. are made. AWWs can refer to the checklist given in the next section to ensure that *Annaprashan* is organised well.

### **Points to be considered while introducing food for the first time on Annaprashan Day**

Introduction of complementary food to the infant's diet is very crucial as this will mark the first step of gradual transition to family food. An AWW thus is required to be very careful and must ensure that the food is safe. Following points can be considered while introducing food for the first time on *Annaprashan* Day:

- Decide what to feed the child with the mother.
- Make sure that the hygiene and sanitation conditions are checked.
- Encourage the mothers to use *katori* and spoon to feed any liquid food to the baby and not by the bottle. For example Fruit juice, it should be fed only by *katori* and spoon.
- Give very small amounts of the new food at the beginning, for example, one teaspoon full or less. Make sure that the hygiene and sanitation conditions are checked.
- Encourage the mothers to use *katori* and spoon to feed any liquid food to the baby and not by the bottle. For example Fruit juice, it should be fed only by *katori* and spoon.
- Give very small amounts of the new food at the beginning, for example, one teaspoon full or less.
- At first strained fruits (like banana, papaya), vegetables and cereals (like rice) should be given.
- Provision of freshly prepared food should be there.
- Food should be only slightly seasoned. The addition of salt or sugar is not necessary in all foods.

- **Annaprashan Ceremony in Different Cultures**

In our country the customs differ from place to place and are heavily influenced by *Dharmic* religions. Every child has to undergo few rituals according to the religion conviction, faith, beliefs and customs of the society. And of these customs; *Annaprashan* is an important ceremony where the child is fed food for



the first time. This day is of great importance for the family and is celebrated throughout India in different forms. *Annaprasana* is an important *Sanskara* in the Hindu culture and is connected with the satisfaction of the nutritive and health needs of the child. The aim of this ceremony is to bless the child with good health.

*Annaprashana* is well-known by diverse names in different states but connotation of the celebration is same for every religion. This ceremony is celebrated before the first birthday of small child usually after six months. At this stage, children are ready to eat food in small quantity as per the incused requirements.

*Annaprashana* is celebrated on an auspicious day as may be suggested by the priest. Most of the parents buy new traditional clothes for their baby. The ceremony usually begins with *puja* for bringing good health and lots of happiness. After a small *puja*, parents feed food to the baby for the first time. In some cultures (Bengalis and South Indians), a game is played after this ceremony where a number of symbolic objects like books, jewellery, stationary, toys, etc. are placed on a silver tray. The child picks up one of the symbolic object that decides his profession in the future.

Examples of performing the *annaprashan* ceremony in different culture in India are as follows:

- **In Bengal**, the ceremony of *Annaprashan* day is called *Mukhe Bhaat* which means rice in the mouth. In the ceremony, the food is served in silver plates and bowls, with a silver cup for water and a silver spoon for the child. The centrepiece of the food is traditional rice pudding, a sweet dessert made of rice, milk & sugar and it is the first solid that is fed to the child.



The first 'solid food' fed to the child consists of a royal seven course meal including traditional rice pudding. This 7 course meal includes 5 kinds of *bhaja* (fries), i.e., *aloo bhaja* (potato fries), *begun bhaja* (eggplant fry), *kumro bhaja* (pumpkin fries), *ucche bhaja* (bitter-gourd fries), *saag bhaja* (spinach or other kinds of greens fry), and *machh bhaja* (fish fry) which are decorated around rice along with *luchi* (puffed wheat shell) on the silver plate. Then there is a bitter vegetable (shukto); a lentil soup (*daal*); mixed vegetables; fish dish; sweet *chutney* and desert (sweets or *mishit dahi*).

The ceremony is then followed by a game according to the tradition baby is offered a tray in which certain objects are placed like a lump of earth (symbolizing property, also signifies fertility and prosperity for girls), a book (symbolizing learning), a pen (symbolizing wisdom) and a silver coin, or a tiny silver box as pictured (symbolizing wealth). The baby then makes its choice by selecting any one object from the tray. It is believed that the object chosen by the baby represents his future.

- **In Tripura**, the annaprashan ceremony is performed in a unique way. The food is presented on a silver plate for the child and silver spoon is used to feed the child. Various traditional foods are cooked for the ceremony including *daal*, *Gudak* (cook with fermented fish), *chakhwi* (cook with



eatable soda), egg, fish, chicken/mutton and *kheer*. The first food introduce to the child during the ceremony is salt and *ghee* followed by other food listed as above which is followed by a simple game in which the child is asked to pick certain ritual objects like books, currency, grains, etc. each objects has its own significant meaning according to their tradition. The baby picks anyone an object which is considered to be his area of interest in the future.

- **In Kerala**, the *annaprashan* ceremony is called *Choroonu* which means giving first rice grain to the baby. According to their culture it is believed that kids are incarnation of god, therefore they are not taken to temples before 6 months of age. After completion of 6 months baby is taken to temple for the first time for *Choroonu* ceremony. In the ceremony a *pooja* is conducted and then vegetarian food, after *pooja* is served by the *Poojari* (main priest of the temple) in a traditional Banana leaf which contain Traditional meal like different curries along with salt, red chillies and rice or cooked rice, *payasam* (sweet preparation of rice and jaggery or *kheer*). Father is asked to serve the meal to the child which is followed by other ritual, *Thulabharam* (offering to temples ) where the father of the child offers Flowers, banana, *ghee*, sugar, rice, fruits or anything of devotee's wish to the temples.



These are some examples of different cultures. The AWW can prepare for the ceremony as per her community.

## • Checklist for AWWs/AWHs on Annaprashan Day

It would be useful to have checklists ready for AWWs to ensure that all the activities are planned before hand and conducted effectively. AWWs should keep following points in mind for successful conduct of the ceremony.

- Make sure that Anganwadi Centre/ place where the celebration is planned to be organised is clean and tidy.
- Ensure that there is enough space for all participants to sit and celebrate
- Ensure cooking area and cooking utensils are clean.
- Make sure that there is provisions for - Safe drinking water (a pot and ladle), and water and soap for washing hands.
- Ensure that the *Annaprashan* Day Banner is displayed outside the venue and community growth charts and *Annaprashan* Day poster is displayed inside the centre and IEC material is available for counselling.
- Ensure full attendance and coordinate with ASHA and local NGOs to ensure all listed mothers have come to the AWCs for participation.



- Most importantly, make sure that mothers of infants who had turned 7 months but had not attended the previous session, attend this session as well.
  - Ensure the availability of adequate number of Mother and Child Protection Cards, medicine kit in case of an emergency and supplementary nutrition.
  - Keep the certificates ready for the mothers.

- **Activities for Annaprashan Day**

AWWs must make sure that they plan a few activities for engaging mothers as knowledge retention is better when the learner is made to get involved in the activity. AWWs may follow pointers given below for conducting activities with mothers:

- Make mothers sit comfortably in the AWC before the start of the celebration and note the attendance of all the mothers and their children in an attendance register.
- Start by informing them about the *Annaprashan* and activities that will be performed during the session.
- Take help of some community members in organising the celebration.
- Ask them to come to the cooking area and request them to wash their hands as well as their children hands with soap and water before participating in the food demonstration activity. Make them understand the importance of hand washing and sanitation.
- Demonstrate the identified complementary food preparation and discuss various other recipes that can be prepared by mothers for their infants at home. (**Refer Annexure 3**).
- Encourage mothers to participate and suggest some recipes that they can make for their children. (**Refer Annexure 3**).
- Identify the mothers of 9-12 months old children who can also share the recipes with the community.
- Identify the key feeding problems that they might encounter while feeding their child and suggest remedies for the same (Refer principles of complementary feeding).
- Counsel the mothers on principles of IYCF practices and key complementary feeding practices using IEC materials.



- Immunise the children who have missed or not received some or any vaccines during the last months.
- Inform them about the Vitamin A and measles vaccines in advance.
- Use of audio visual aids can also be arranged.
- For better implementation of the *Annaprashan* day refer to the activity chart for morning celebration of the event placed at (**Annexure 5**).

### • Tips for Safe Annaprashan

In order to make the *Annaprashan* ceremony safe and exciting some handy tips are given below for AWWs:

#### ***At the start of the function/things to do before hand***

- The celebration should begin in the morning time or anytime convenience of both mother and child.
- The AWW must inform the mother about the timings of the ceremony well in advance and motivate both the mother and the secondary caregiver to attend the session.
- Also AWW must counsel the mother in advance to ensure that the child is well rested before the ceremony begins.
- Inform the mother in advance about the requirements for *Annaprashan*



Day and ask her to select comfortable clothes for her baby that should be soft and loose. Tight clothes may irritate the child.

- AWW must suggest to the mother to invite few close family and friends from the community if she wants.

- The AWW should make sure that the Anganwadi centre is clean and there is proper

sitting arrangement and water facility in the centre.

- The AWW should be extra careful with the food preparation as the child will eat it for the first time, it should be hygienically prepared.
- The complementary food prepared for the baby should not be made using lot of fat, high salt or high fibre ingredients.
- Keep all utensils used for feeding babies scrupulously clean.

### ***During the function***

- AWW must ensure that the hand of the person feeding the baby should be cleaned properly. So, proper arrangement for washing the hands should be there at the centre.
- The mothers must carry an extra clean wash cloth or towels to clean the excess food around the mouth of the baby. The worker may also arrange for the same well in advance.
- The AWW should not encourage everyone to feed the baby.



### ***At the end of the function***

- The AWW can coordinate with the village ladies to perform some cultural songs and dance to motivate the community.
- Distribution of the certificates to the mothers by CDPO (**Refer Annexure 8**).
- If the function is organised at evening hour. The stakeholders like NGOs, SHGs, etc. can help organise such events.



# *Check List for Other Functionaries and Stakeholders*

## *CDPOs and Supervisors Check-list*

The quality of services offered and available during *Annaprashan* day depends upon the quality of supervision and leadership so it is important that along with AWWs and helpers, supervisors and CDPOs must participate in the session. The CDPO and Supervisor should jointly visit and monitor the activities of *Annaprashan* day and submit the report at the District level. This review of *Annaprashan* Day will bring out positives of the event as well as the problems encountered during the celebration which will serve as the basis for further improvement. A checklist for the supervisor and CDPO for evaluation of the *Annaprashan* day is placed at **(Annexure 6 and 7)**.

### **Role of CDPO and Supervisor:**

- The supervisor and CDPO should be present in the AWC during the *Annaprashan* ceremony to see whether the session is being conducted properly or not.
- They should keep a check that all the arrangement for the sessions should be priority done like availability of essential supplies (seating arrangement, drinking water, cleaned utensils, etc.)
- They should see how the worker is conducting the session and encourage the worker to use IEC materials, audio-visual aids and other display materials like posters, banners, etc. for better understanding of the



mothers and should also guide the AWW on how to conduct the session properly and make it more interesting.

- The CDPO and supervisor should help the AWW to mobilize the mothers to the centre.

### ***Role of Stakeholders***

Stakeholders are the members from the community/ community leaders whose basic role is to help in encouraging community participation and mobilization. It includes *Panchayati Raj* Institutions (PRI's), Gram Sabah, *Mahila Mandal Pradhan*, religious and local leaders; and NGOs.



Role of Various Stakeholders is as follows:

- **Religious Leaders:** The religious leaders here can play an important role in mobilizing the community. A word of mouth from their end is enough to encourage the community to attend the session as they are considered as the messengers of God and people have strong belief in them.
- **Non-Government Organisations (NGOs) and Self-Help Groups (SHGs):** NGOs and SHGs can utilise their financial (in form of gifts or incentives) and human resources in helping identify participants for the sessions and persuading them to visit AWCs to attend the session and avail the services run by the government. They can also help assess community mind-set on Infant and young child feeding so that strategies on how to place a programme successfully can be built without hurting the sentiments of the community. Further, NGOs and SHGs can also help create awareness on importance of complementary feeding by conducting street plays on first

feeding of child, and further promoting it using folk songs and use of other media like banners, posters etc.

- **Local Leaders and Members of Legislative Assembly (MLAs):** Local leaders and MLA's can also help influence and encourage women (beneficiaries) to participate in community activities i.e., in *Annaprashan* sessions and utilise the services provided by ICDS (*Annaprashan* session) by making them aware that these services are for their benefit and are available free of cost at nearest AWCs.
- **Gram Sabha:** *Gram Sabha* can make it mandatory for the community to attend the sessions held at AWCs and to uptake the services provided by the ICDS. Further, members of *Gram Sabha* can provide support services to run such community specific programme effectively and thereby can help in mobilizing community.
- **District Magistrate and Government Employees:** They can help by informing the community about various programmes running by government and also about the benefits of the programme which can be utilized by the community. They can also encourage women to participate in the community based activities and can arrange *mahila mandals* to discuss about the issues.



# Role of Community Participation and Mobilization

## *What is a Community?*

Community refers to a village or a group of villagers with families inhabiting them, who are dependent on one another in their day to day transaction of mutual advantages. A community is a set of people living together with common interest sharing common territory, resources, administrative unit, language, religion, culture and occupation



## *Community Participation*

Community participation is active involvement of people in planning, implementing and monitoring of the programme which is for their own wellbeing. The decisions in our society are still being made by the extended family and community family/caregivers of the infants. So, it is important for the AWWs to promote healthy environment by spreading the awareness to the elders as well as to the other members of the community about complementary feeding. This will help gain social support for the sustainability of the *Annaprashan* at household level among the community members. Thus, the success of any community based programme depends on the community.



## ***Community Mobilization***

Community mobilization is the process of bringing together or empowering members of the community from various sectors to raise awareness on demand for a particular development programme. The AWW conducts a focus group discussion on *Annaprashan* day where the worker act as a facilitator and help the beneficiaries to share their views about feeding and clear myths and misconception if any come up during the discussion regarding infant and young child feeding. They should also counsel the mothers on complementary feeding and give guidance on various topics like consistency and quantity of food that should be fed to the infants, frequency of feeding complementary foods and consequences of delayed complementary feeding. Followed by other activities like food demonstration, discuss different recipes which the mothers can prepare, counsel mothers on key complementary feeding practices using *Annaprashan* poster, flipcharts, puppets, films, etc.



## ***How to Elicit Community Participation?***



The effective method to understand the community's traditions and practices is through informal discussion among community members about complementary feeding and promoting awareness among them to build healthy environment. The AWWs should disseminate information about *Annaprashan* day in their area and motivate and escort the mothers for the session. For active involvement of the community the AWW should know the community well and she should gather information about their existing belief and feeding practices. Since *Annaprashan* day will help motivate community for participation and encourage them to mobilise them for the better future of their children.

## ***Importance of Community Participation & Mobilization for "Annaprashan Day"***

*Annaprashan* day is important as the complementary food is fed to the child for the first time after 6 months of breast feeding.

Infancy is a very critical period for the child since the overall development of the child takes place during this period which is dependent on the feeding practices. Poor feeding at this stage may have severe consequences on child's growth and development. Most common reasons for poor feeding is ignorance of mothers and



caretakers within the family about benefits of appropriate feeding and caring behaviours and correct ways to practice them. So, it is very important for the mothers to know what type of food should be introduced to the child in order to prevent malnutrition which can be done through the medium of *Annaprashan* day.

The participation of the beneficiaries and other members of the community will not only help them to improve complementary feeding status in the society but also help the society to clear their myths and misconception in regard to feeding practices; which in turn help to promote healthy practices. This will encourage the beneficiaries to mobilize to the Anganwadi centres and improve awareness among them to promote healthy practices. Thus, help in reducing growth faltering and improve the overall development of the child.

## ***Techniques for Eliciting Community Mobilization***

Techniques and activities which can be used for community mobilization are mentioned below:

- **Role play:** In this technique the participants are given roles to play. Participants are given with some information related to description of the role,

concerns, objectives, responsibilities and emotions. Then, a general description of the situation and the problem that each one of them faces is given. For instance, situation could be early initiation of complementary feeding, results of early initiation of food to the child and management, etc. once the participants read their role description; they act out their roles by interacting with one another.

- **Demonstration:** It convinces the community more as they see things for themselves and it is not theoretical but is practical as practice gives more confidence. People learn through mutual interaction in a group discussion as they get opportunity to express their ideas, opinion and views.
- **Group Discussion:** In this the AWW must ensure that the discussion proceeds in a meaningful and constructive manner.
- **Nukad Natak:** It is a technique of mass communication used for creating awareness and transferring knowledge.
- **Other Techniques:** It include techniques like community meetings, door to door campaigns, electronic and print media, radio talks and television programmes, rallies, puppet shows, film and video shows, posters, pamphlets and handouts, etc.



# Myths and Misconceptions

Myths	Facts
<b>Colostrum (yellow coloured thick milk in first 2-3 days after delivery) should be discarded because it is stale and is not for the baby.</b>	Colostrum is not harmful for the baby. Colostrum contains a lot of infection fighting substances. It is rich in vitamins K and A. It is highly nutritious and must be given to the baby immediately after birth. It is the first immunization of child.
<b>Baby should be given honey, sugar water or jaggery water before the first breastfeed to welcome him to this world.</b>	Traditionally before the first breastfeed was given prelacteal feeds were given to the babies. They interfere with establishment of breastfeeding and can introduce infection into the newborn's vulnerable system.
<b>Small breasts produce less milk.</b>	Milk production depends on secretory glands in the breast that are same in number in all breasts. Its supportive fatty and connective tissue determine the size of a breast. Small breasts produce milk as efficiently as large breasts and are also influenced by the diet of the mother.
<b>If a pregnant mother breastfeeds then the baby in the womb may be harmed.</b>	Breastfeeding does not harm the baby in the womb. A normal mother can continue to breastfeed up to the last trimester of pregnancy, and if she so chooses, even after the birth of a new baby. She should however ensure good nourishment for herself. A pregnant woman with a risk of premature labour should not breastfeed during pregnancy.
<b>Malnourished mother produces lesser quantities of inferior quality milk.</b>	Breast milk is produced at the mother's expense. Even undernourished mother produce enough quantity of milk for optimal growth of their infants for six months. Food and nutrition of the mother does not affect the quality or quantity of her breast milk. However, it is a good idea to give a lactating mother extra calories in her diet.
<b>Mother should not breastfeed the baby when she is ill.</b>	During common illnesses like cough and cold, fever, diarrhoea and vomiting mother can breastfed her baby. She can even continue to take medications for these illnesses. In diseases like cancer or AIDS a healthcare provider should be consulted.

Myths	Facts
<b>If a child cries excessively it means that mother has less milk &amp; hence mother should start feeding top milk.</b>	Inadequate milk is only one of the many causes of excessive crying. One should look for other causes of excessive crying. The baby may be wet, or cold, or warm, or maybe running fever due to a hidden infection, or may have ear pain, or may simply want to be picked up. Excessive crying should not be the reason for starting top milk.
<b>Mother can produce milk only for one baby. Hence, twins need to be top fed in addition to breastfeeding.</b>	Twins can be fed simultaneously at both breasts, which will increase the supply of milk, as more suckling will make more milk. There is enough milk for both babies for atleast six months. A mother needs to be reassured and supported in breastfeeding her twins.
<b>Baby needs extra water in hot season in first six months of life.</b>	Exclusively breastfed baby does not need any water in first six months of life. It may lead to various infections. Mother's milk contains enough water to provide for baby's requirements even in hot seasons. Mother should hydrate herself.
<b>Mother should not breastfeed in lying down position because breasts can suffocate the baby.</b>	Mother can very well feed the baby in lying down position & there is no risk of baby being suffocated.
<b>Nipples &amp; breasts should be washed before every feed so that they remain clean.</b>	Frequent washing of breasts & nipples especially with soap & water removes the oil from the skin of areola & nipple thereby making it dry & cracked. It should be washed only during bath once a day.
<b>Breastfeeding mother should eat certain food items &amp; avoid some others.</b>	Mother need not eat the traditionally offered fat rich foods. Similarly, there is no need to avoid any specific dietary item unless the mother is definitely allergic to that food. She should eat a well-balanced diet (Cereals, pulses, vegetables, fruits & milk) and should avoid eating spicy or strong flavoured food. However, she should avoid eating outside to prevent infection.
<b>It is dangerous to breastfeed during menstrual period.</b>	It is completely safe to breastfeed during menstrual period. It cannot make the baby ill.

<b>Myths</b>	<b>Facts</b>
<b>Left breast produces drink for the baby while right breast produces food. Hence, baby should be fed from both the sides.</b>	Both breasts produce similar milk. However, both breasts in the initial part produce foremilk (rich in sugar & water) and in the later part produce hind milk (rich in fat). Hence, mother should feed completely from one side so that baby gets both foremilk & hind milk.
<b>A breastfed baby must move his bowels a few times daily.</b>	Infants have variable stooling patterns. While at one extreme, some may move their bowels 5 - 6 times daily, at the other extreme; some may move their bowels once in 4 - 5 days. Most breastfed infants have stooling patterns that fall within these extremes. These are all considered physiologic variations and are acceptable.
<b>A baby who cries even after feed may not be getting enough milk.</b>	There can be many reasons why your baby is suddenly demand feeding constantly. It might just be what is normal for your baby. It might be a growth spurt, where the increased nursing will increase your milk supply. Sometimes a sudden increase in nursing can precede a baby getting sick. Nursing more can provide valuable protection from illness, as the baby will be receiving more antibodies and immunities during this time.

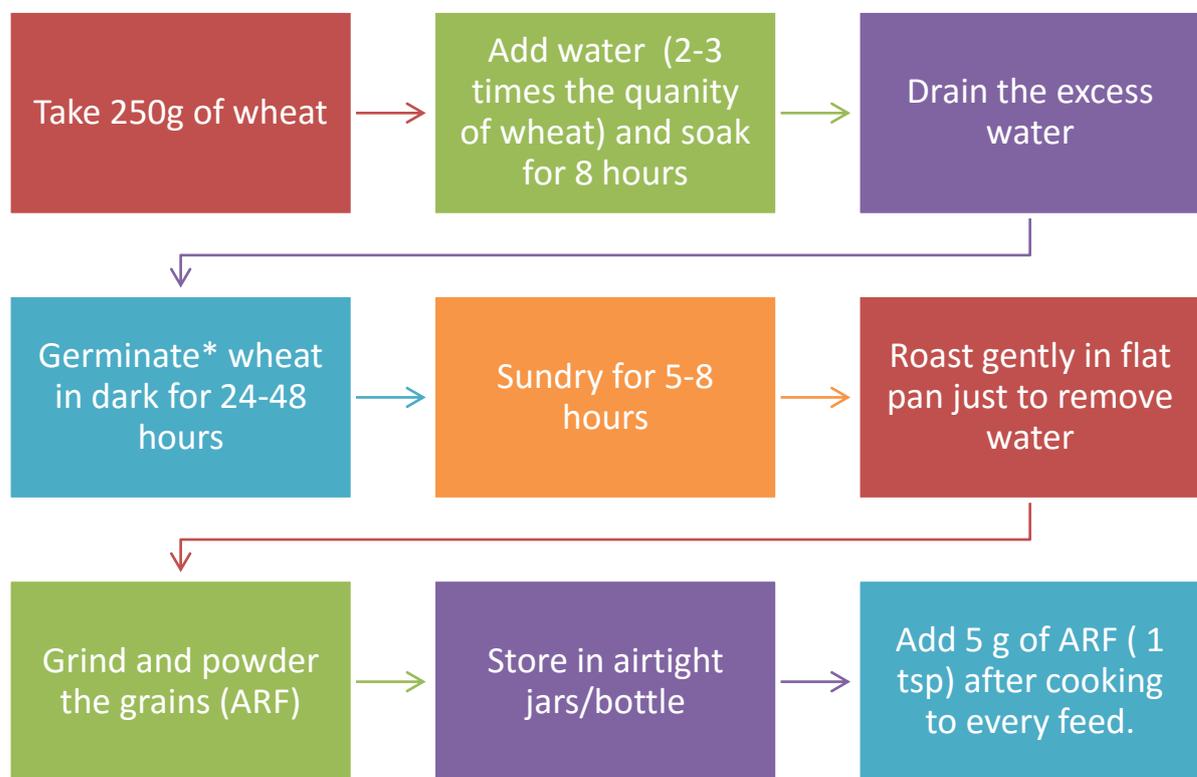
# ANNEXURES

## Some Useful Definitions

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<b>Snacks</b>	<i>Snacks are defined as foods eaten between meals-usually self-fed, convenient and easy to prepare.</i>
<b>Energy Density</b>	<i>'Energy density' is the amount of energy (or calories) per gram of food. For infant the energy density of complementary foods should be <math>\geq 0.8</math> kcal/g.</i>
<b>Nutrient Density</b>	<i>Nutrient Density is the amount of each nutrient per 100 kcal of food. Complementary foods should have high nutrient density which can be achieved with use of vegetables especially dark green leafy vegetables, fruits, pulses, eggs etc.</i>
<b>Amylase Rich Foods</b>	<i>Flours of germinated cereals rich in the enzyme alpha-amylase are known as ARFs</i>

# Preparation of Amylase Rich Foods (ARF)



\* Germination is when tiny seedling cracks through a seed casing and sprouts appears

## Suggestive Recipes

### Breakfast Items

#### 1) Dalia Porridge

##### Ingredients

- i. Dalia - 25 g
- ii. Moong dal (washed) - 20 g
- iii. Milk - 60 ml
- iv. Ghee - 15 g
- v. Sugar - 30g
- vi. Water - 90 ml



##### Method

- Heat ghee in a pan and then roast dalia in it.
- When half-done add dal and continue roasting till light brown.
- Add water to the above, cook till soft and slightly thick (semi solid).
- Add milk, sugar and ghee.
- Boil all the dalia for a few minutes, till it is cooked.

##### Nutritional Value per 100 g of serving

Energy: 223 Kcal

Protein: 5.3 g

Fat: 9.3 g

Iron: 1.1 mg

Calcium: 50 mg

#### Suji Porridge

##### Ingredients

1. Suji - 40 g
2. Green gram dal (washed)) - 10 g
3. Ghee - 10 g
4. Jaggery - 20 g
5. Cardamom - 1
6. Water - 200 ml



### Method

- Clean suji and green gram dal. Dry roast separately and mix.
- Boil water, add the above mixture and cook till it becomes soft.
- Add powdered jaggery and continue cooking till it dissolves.
- Add ghee and cardamom powder, mix well.

### Nutritional Value per 100 g of serving

Energy: 262 Kcal

Protein: 5.2 g

Fat: 8 g

Iron: 1.2 mg

Calcium: 23 mg

## 2) Wheat Lapsi

### Ingredients

1. Coarse broken wheat (daliya) - 100 g
2. Jaggery - 100 g
3. Ghee - 20 g
4. Peanuts - 10 g
5. Finely chopped coconut - 20 g
6. Water - 300 ml



### Method

- Dry roast daliya in kadai.
- Dry roast peanuts and remove their skin. Crush it coarsely.
- Break jaggery into small pieces.
- Add jaggery, coconut and water to daliya and cook.
- Add roasted peanuts to it.

### Nutritional Value per 100 g of serving

Energy: 220 Kcal

Protein: 3.24 g

Fat: 7.6 g

Iron: 1.9 mg

Calcium: 41.7 mg

### 3) Upma

#### Ingredients

1. Suji - 40 g
2. Oil - 15 ml
3. Tomatoes - 20g
4. Potato - 10g
5. Green Peas - 10g
6. Onion - 20g
7. Coriander leaves - A sprig
8. Curry leaves - A sprig
9. Carrot - 10g
10. Black gram dal (washed) - 10 g
11. Coriander powder - ¼ tsp
12. Mustard Seeds - ½ tsp
13. Water - 80 ml



#### Method

- Soak black gram dal in water for 10 min.
- Wash and chop all the vegetables into small equal size pieces.
- Heat oil in a pan. Add mustard seeds, black gram dal and curry leaves. Let it splutter. Add onions and cook till golden brown.
- Cook till golden brown.
- Add vegetables and cook till soft.
- Add salt and coriander powder.
- Add suji and water.
- Cook till all the water is absorbed.

#### Nutritional Value per 100 g of serving

Energy: 164 Kcal

Protein: 3.4 g

Fat: 8.3 g

Iron: 0.5 mg

Calcium: 27 mg

### 4) Rice Porridge with Banana

#### Ingredients

1. Rice flour - 80 g
2. Milk - 200 ml
3. Sugar - 15 g
4. Banana - 80 g



### **Method**

- Add milk and sugar to the rice flour.
- Cook on low flame while stirring continuously.
- After the porridge become thick remove from fire. Let it cool.
- Mash the banana and mix it with the porridge. .

**Feeding Suggestion** *A little bit of butter can be added to increase its energy density. Cooked pulses and Vegetables can also be added to add variety in taste.*

### **Nutritional Value per 100 g of serving**

Energy: 137 Kcal

Protein: 3.4 g

Fat: 2.6 g

Iron: 0.5 mg

Calcium: 80 mg

**Significance:** *Kol Pithaguri is a common weaning food adopted by almost all the communities of Assam. It is nutritious and has high carbohydrate content.*

## **5) Jowar Upma**

### **Ingredients**

1. Broken Jowar (Jowar Rava) - 50 g
2. Roasted Peanuts - 20g
3. Oil - 5ml
4. Mustard seeds - ¼ tsp
5. Water - 150 ml



### **Method**

- Heat oil in a kadhai. Put mustard seeds and let them splutter.
- Add broken jowar and cook till slightly brown.
- Add water and cook till soft. Add ground peanuts and cook till the water is absorbed by jowar.

### **Nutritional Value per 100 g of serving**

Energy: 223 Kcal

Protein: 6.9 g

Fat: 5.6 g

Iron: 1.7 mg

Calcium: 18 mg

## Lunch/ Dinner Items

### 1) Dalia Khichdi

#### Ingredients

1. Dalia - 100 g
2. Masur dal (washed) - 30 g
3. Moong dal (washed) - 20 g
4. Potato - 50 g
5. Pumpkin - 50 g
6. Amaranth (Chaulai) - 50 g
7. Onion - 10 g
8. Oil - 10 ml
9. Salt - 1 tsp
10. Haldi - ¼ tsp
11. Water - 300 ml



#### Method

- Wash and peel the vegetables and cut into medium size pieces.
- Wash green leafy vegetables thoroughly and chop finely.
- Wash dalia and dal.
- Heat oil in a pan. Add chopped onion and sauté them.
- Add vegetables and fry for some time
- Add dalia, dal and mix thoroughly.
- Add salt, haldi powder, warm water and cook till dalia, dal and vegetables become tender.

#### Nutritional Value per 100 g of serving

Energy: 131 Kcal

Protein: 5.2 g

Fat: 0.4 g

Iron: 2 mg

Calcium: 55 mg

### 2) Khichdi

#### Ingredients

1. Rice - 20 g
2. Moong Dal (Washed) - 60 g
3. Oil - 5 ml



4. Salt - ½ tsp
5. Turmeric - ¼ tsp
6. Tomatoes - 50 g
7. Onion - 30 g
8. Carrot - 40 g
9. Potato - 50 g
10. Green Peas - 50 g
11. Water - 200 ml

### Method

- Heat oil in pan.
- Add onions, tomatoes and turmeric and sauté the vegetables.
- Add the washed rice and dal along with other vegetables.
- Add salt and water.
- Cook till it becomes tender.

### Nutritional Value per 100 g of serving

Energy: 126 Kcal

Protein: 6.1 g

Fat: 1.7 g

Iron: 1.4 mg

Calcium: 35 mg

**Note:** - *This can also be cooked in pressure cooker as well.*

## 3) Sprouted Pulse Kheer with Banana

### Ingredients

- a. Green Gram (whole) - 50 g
- b. Water - 250 ml
- c. Milk - 150 ml
- d. Ghee - 20 g
- e. Sugar - 25 g
- f. Banana - 75 g



### Method

- Sprout the green gram.
- Grind the sprouted moong to a coarse paste.
- Roast it in ghee on a slow fire for 5- 7 minutes.
- Add water to the paste and let it cook till it thickens and becomes tender.
- Then add milk to it. Thicken it to the desired kheer consistency.
- Add sugar and cook for 2 more minutes, then remove from fire.

- Peel and mash banana and add to the kheer when it is lukewarm.

#### **Nutritional Value per 100 g of serving**

Energy: 115 Kcal

Protein: 3.9 g

Fat: 3.9 g

Iron: 0.5 mg

Calcium: 9.3 mg

#### **4) Bajra Khichri**

##### **Ingredients**

1. Bajra - 20 g
2. Moth - 10 g
3. Peanut (roasted) - 10 g
4. Salt - ¼ tsp
5. Water - 150 ml



##### **Method**

- Soak moth for one hour. Sprinkle water over bajra and grind it coarsely. Remove the husk.
- Dry roast peanuts and remove the skin. Pound them coarsely.
- In a pan, boil water and add soaked moth and ground bajra.
- Add salt and stir well.
- Cook on low flame for 15-20 minute. Add crushed peanuts.

#### **Nutritional Value per 100 g of serving**

Energy: 162 Kcal

Protein: 7.3 g

Fat: 5.1 g

Iron: 2.8 mg

Calcium: 36 mg

**Note:** While making bajra khichri you could also add seasonal vegetables like peas, carrot, cauliflower, potato according to the availability. This enhances the nutrient content and taste of the khichri

#### **5) Dal Palak**

##### **Ingredients**

1. Arhar dal (washed) - 50 g
2. Spinach - 50 g
3. Oil - 15 ml



4. Salt - ½ tsp
5. Turmeric powder - ¼ tsp
6. Coriander powder - ¼ tsp
7. Cumin seeds - ¼ tsp
8. Water - 175 ml

### Method

- Clean and wash dal. Soak for 1 hour in clean water. □
- Wash spinach well and chop it finely.
- Cook dal along with spinach and spices for few minutes till tender.
- Heat oil, add cumin seeds and let it splutter.
- Add this to cooked dal.

### Nutritional Value per 100 g of serving

Energy: 158 Kcal

Protein: 6 g

Fat: 8 g

Iron: 0.9 mg

Calcium: 36 mg

## 6) Rava Payasam

### Ingredients

1. Rava - 30 g
2. Green gram dal (washed )- 25g
3. Carrot - 20g
4. Milk - 200 ml
5. Sugar - 20 g
6. Water - 120 ml



### Method

- In a pan, add water and cook rava and green gram dal till soft
- Cook carrot separately using the milk and mix with cooked dal and rava
- Add sugar and boil till it dissolves completely.
- Remove from fire and let it cool.

### Nutritional Value per 100 g of serving

Energy: 165 Kcal

Protein: 5.9 g

Fat: 3.2 g

Iron: 0.74 mg

Calcium: 188 mg

## 7) Spinach Pongal

### Ingredients

- a. Rice - 50 g
- b. Roasted Green Gram dal (washed) - 25 g
- c. Spinach - 50g (Drumstick leaves or any other Green leafy veg may be substituted)
- d. Salt - ½ tsp
- e. Ghee - 10 g
- f. Water - 225 ml



### Method

- Soak rice and dal for 1 hour. Using the same water used for soaking, cook the rice and dal.
- Wash spinach leaves well. Chop and steam. Mash the leaves and sieve.
- Mix the sieve spinach soup with boiled rice and dal. Add ghee.
- Add salt to taste and mix thoroughly.

### Nutritional Value per 100 g of serving

Energy: 129 Kcal

Protein: 3.7 g

Fat: 3.9 g

Iron: 0.7 mg

Calcium: 21 mg

## 8) Pongal Sweet

### Ingredients

1. Rice - 100 g
2. Moong Dal (Washed )- 50g
3. Jaggery - 100g
4. Peanut - 20g
5. Coconut (dry) - 20g
6. Ghee - 20 g
7. Water - 300 ml



### Method

- Wash rice and dal well.
- Add water in a pan and bring to a boil. Add the rice and dal.
- When half-done add crushed jaggery, peanuts (roasted and crushed) and grated coconut.
- Cook on low fire till done. Pour hot ghee over it and remove from fire

### **Nutritional Value per 100 g of serving**

Energy: 218 Kcal

Protein: 4.3 g

Fat: 6.8 g

Iron: 1.2 mg

Calcium: 26 mg

## **9) Rice Dal Porridge**

### **Ingredients**

- a. Rice - 30 g
- b. Green gram dal (Washed) - - 10 g
- c. Spinach (or any other leafy vegetable) - 30g
- d. Peanuts - 15 g
- e. Jaggery - 30 g
- f. Water - 80 ml



### **Method**

- Cook rice.
- Roast peanuts, remove the skin and grind it into fine powder.
- Roast green gram dal and grind it into fine powder.
- To the cooked rice, add pulse and peanut powder.
- Steam spinach till soft and mash well. Strain through a clean cloth and add juice to the above mixture.
- Add water, jaggery and cook for few minutes.

### **Nutritional Value per 100 g of serving**

Energy: 173 Kcal

Protein: 4.5 g

Fat: 3.1 g

Iron: 1.1 mg

Calcium: 34 mg

*Feeding suggestion: The pulp of spinach can be used to make palak dough.*

## **Snack Items**

### **1) Maize Halwa**

#### **Ingredients**

1. Maize (Corn) - 30 g
2. Wheat flour - 30 g



3. Sugar - 50 g
4. Ghee - 20 g
5. Water - 180 ml

### **Method**

- Grind the maize coarsely.
- Fry maize and wheat flour in ghee till light brown.
- Mix water and sugar and bring to boil.
- Add sugar syrup to the mixture.
- Cook well in a kadhai till the ghee leaves the sides of the kadhai.

### **Nutritional Value per 100 g of serving**

Energy: 198 Kcal

Protein: 2.7 g

Fat: 8.5 g

Iron: 0.9 mg

Calcium: 6 mg

## **2) Paushtik Panjiri**

### **Ingredients**

1. Wheat Flour - 100 g
2. Besan - 50 g
3. Ghee - 20 g
4. Jaggery - 50 g



### **Method**

- Heat ghee in a karahi. Add wheat flour and roast. After a few minutes, add besan and roast till golden brown.
- Add crushed jaggery and mix well.
- Store in dry airtight containers.
- Serve as and when required.

### **Nutritional Value per 100 g of serving**

Energy: 373 Kcal

Protein: 10.4 g

Fat: 2.9 g

Iron: 2.9 mg

Calcium: 35 mg

**Note-***The panjiri can be stored for many days.*

### 3) Banana Peanut food

#### Ingredients

- a. Peanut - 10 g
- b. Banana - 30 g
- c. Jaggery - 30 g
- d. Milk - 30 ml



#### Method:

- Mash the banana.
- Dry roast and grind peanuts.
- Mix all the ingredients to form a smooth paste.

#### Nutritional Value per 100 g of serving

Energy: 227 Kcal

Protein: 4 g

Fat: 5.2 g

Iron: 1.26 mg

Calcium: 73 mg

### 4) Bajra Halwa

#### Ingredients

- a. Bajra flour - 50 g
- b. Moth flour - 10 g
- c. Sugar - 25 g
- d. Ghee - 20 g
- e. Water - 180 ml
- f. Cardamom - 1



#### Method:

- Roast moth flour and bajra flour in ghee until golden brown.
- Add water to it.
- Once the water is absorbed add sugar and cook it for 5 minutes or till the halwa leaves the sides of the pan.
- Add powdered cardamom to halwa.

#### Nutritional Value per 100 g of serving

Energy: 193 Kcal

Protein: 3.2 g

Fat: 8.9 g

Iron: 1.9 mg

Calcium: 16 mg

## 5) Paushtik Halwa

### Ingredients

- a. Soyabean - 50 g
- b. Washed Green gram Dal (Washed) - 25 g
- c. Grated Coconut (dry) - 20 g
- d. Oil - 30 ml
- e. Sugar - 75 g
- f. Water - 250 ml



### Method

- Soak soyabean and green gram dal separately.
- Remove soyabean skin by rubbing with hands.
- Mix green gram dal and soyabean.
- Grind to paste.
- Heat oil. Add dal and soyabean paste.
- Cook till golden brown.
- Add water, sugar, coconut and cook till oil separates.

### Nutritional Value per 100 g of serving

Energy: 236 Kcal

Protein: 6.8 g

Fat: 12.4 g

Iron: 1.8 mg

Calcium: 51 mg

## Health Benefits of Iodized Salt

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Iodine is required for formation of thyroid hormone.

Thyroid hormones are necessary for growth and development.

Iodine deficiency leads to goitre (Enlargement of Thyroid Gland).

Iodine deficiency during infancy leads to mental retardation, cretinism and dwarfism.

Use of iodized salt ensures adequate iodine intake.

## Sample Annaprashan Day Activity Chart for morning celebration

S.no	Time	Activity	Roles
1.	10:00 am – 10:15 am	Attendance	AWW/ AWH
2.	10:15 am – 10:45 am	Regional songs and dance to welcome the child/children	AWW/ASHA/AWH
3.	10:45 am – 11:30 am	Hand washing ceremony and cooking demonstration	AWW/AWH
4.	11:30 am – 12:00 pm	<i>Annaprashan</i> Celebration	Mother/AWW
5.	12:00 pm – 12:30 pm	Counselling session on complementary feeding	AWW/Supervisor
6.	12:30 pm – 1:00 pm	Distribution of certificate to the mother's	CDPO

The presence of ANM, PRI member and VHSNC representative will be mandatory during the celebrations.

**Note: If it is a cluster of AWCs, No PHC/PRI may distribute certificates.**

# Supervisor's Checklist

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Name of Supervisor: \_\_\_\_\_

Date of visit: \_\_\_\_\_

District: \_\_\_\_\_

Anganwadi No. : \_\_\_\_\_

1. Are both the Anganwadi worker and helper present during the session?
  - Yes or No
2. General information
  - Venue
  - Availability of Human Resources
  - Neatness
  - Tidiness of the Place
3. Availability of essential supplies and its quantities
  - Safe Drinking Water
  - Seating Arrangements
  - Soap for Hand Washing
  - Cleaned Utensils
  - Other Preparatory Materials Required For Cooking
4. Availability of
  - Communication & Counselling Material
  - IEC materials
  - Audio-visual aids
5. Display of
  - Posters
  - Annaprashan Day Banner
6. Distribution of Supplementary Nutrition to the beneficiaries
  - Yes or No
7. Food Demonstration at the site
  - Yes or No
8. Support of convergence partners for the day

- Yes or No

9. Distribution of MCP card

- Yes or No

10. Attendance of all the mothers and children (6-9months)

- Yes or No

11. Presence of any underweight children

- Yes or No

12. Counselling and discussion sessions

- Yes or No

13. Presence of dropouts of the last session in this present session

- Yes or No

14. Was the Annaprashan conducted for all the children present for the session

- Yes or No

15. Involvement of mothers

.....

16. Mother's response for the Day's activities

.....  
.....  
.....

**Name of Supervisor**

.....

**Name of AWW**

.....

**Signature of Supervisor**

.....

**Signature of AWW**

.....

## CDPO's Checklist

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Name of CDPO: \_\_\_\_\_

Date of visit: \_\_\_\_\_

Project: \_\_\_\_\_

Anganwadi No. : \_\_\_\_\_

- ✓ Total Sessions Held: \_\_\_\_\_
- ✓ Total Sessions Supervised: \_\_\_\_\_
- ✓ Total Sessions Reported: \_\_\_\_\_

1. Are both the Supervisor and Anganwadi worker present during the session?
  - Yes or No
  
2. Did the supervisor conduct the monitoring checklist by prepared the worker before the session?
  - Yes or No
  
3. Is the Anganwadi centre in which the session is taking place is clean and neat?
  - Yes or No
  
4. Is there provision for safe drinking water?
  - Yes or No
  
5. Distribution of Supplementary Nutrition to the beneficiaries
  - Yes or No
  
6. Is there arrangement for washing hands with soap and water?
  - Yes or No
  
7. Food Demonstration at the site
  - Yes or No

8. Support of convergence partners for the day

- Yes or No

9. Distribution of MCP card

- Yes or No

10. Attendance of all the mothers and children (6-9months)

- Yes or No

11. Presence of any underweight children

- Yes or No

12. Counselling and discussion sessions

- Yes or No

13. Presence of dropouts of the last session in this present session

- Yes or No

14. Was the Annaprashan conducted for all the children present for the session

- Yes or No

15. Display of

- Posters (Yes or No)
- Annaprashan Day Banner (Yes or No)

**Name of CDPO**

.....

**Name of Supervisor**

.....

**Signature of the CDPO**

.....

**Signature of the Supervisor**

.....

# Sample Certificate for Annaprashan Celebration

Annexure-8



The certificate is enclosed in a decorative blue border with white floral patterns at the corners. It features two logos: on the left, the NICRA logo with the text 'राष्ट्रीय जन सहाय्योग एवं बाल विकास संस्थान' and 'nicra'; on the right, a circular logo with a girl reading a book and the text 'बेटों बचाओ' and 'बेटों पढ़ाओ'.

**CERTIFICATE OF APPRECIATION**

***This is to certify that (Child's Name) , Daughter/Son of (Mother's name)  
from (Place) , has successfully participated in the Annaprashan Day  
Celebration held on (Date) , and is awarded this Certificate.***

\_\_\_\_\_  
CDPO  
(Block \_\_\_\_\_)

\*The certificate is to be filled and distributed by CDPO to the participants at the end of the celebration



## *CERTIFICATE OF APPRECIATION*

***This is to certify that \_\_\_\_\_, Daughter/Son of \_\_\_\_\_  
from \_\_\_\_\_ as successfully participated in the Annaprashan Day  
Celebration held on \_\_\_\_\_, and is awarded this Certificate.***

\_\_\_\_\_  
CDPO

(Block \_\_\_\_\_)