

MISSION SANJEEVANI, RAJGARH (MADHYA PRADESH)

In a nutshell: To build a malnourishment free Rajgarh district, by taking children out of severe acute malnourishment grade to normal weight grade. Further, improving the nutritional and health status of children in the age group of 0–6 years, laying the foundation for proper psychological, physical and social development of the child.

Nodal agency: District administration, Rajgarh

The NFHS-4 figures showed that that malnutrition in the Rajgarh district was a major cause of backwardness of the district. This set off the initiative, Mission Sanjeevani, with the aim of eliminating malnutrition.

The main objective of the mission was to take children out of the vicious circle of malnutrition and make the district free from malnourishment.

The following steps were taken to ensure the successful implementation of the mission

- Preparing the action plan and providing training: Training of nominated master trainers of all the projects was organized at the district level. A one-day Mission Sanjeevani training of Anganwadi workers and helpers was also organized in all 10 integrated child development projects.
- A child categorized as malnourished is 'adopted' by government officials and dignitaries. The children thus adopted by Sanjeevani parents and provided with personal attention and financial support for the next 3 months.
- To overcome malnourishment, the children were provided four meals a day. While breakfast and lunch were provided by SHGs based on a pre-decided menu, provision was made for providing two additional meals to complete their nutritional requirements. the third meal is made from jaggery, groundnut, gram, murmura and oil seeds, while the fourth meal is in the form of a nutritious "halwa".
- Massage using ayurvedic oil and ensuing intake of milk and fruits on daily basis.
- Providing 1ml Iron syrup to the children in the age group of 6 months to 6 years on certain days of the week, to ensure complete nutrition. Full immunization of the identified malnourished child was also ensured.
- Monitoring of weight and grade change by departmental officials through Sanjeevani card.

Impact

- Positive results of working according to the action plan laid out under Mission Sanjeevani have been documented. In December 2017, under the mission, a total of 2,748 severely malnourished children and 26,489 moderately malnourished children were included.
- These numbers reduced from 2,748 severely malnourished children to 1,526 and from 26,489 moderately malnourished children to 10,013 children within 8 months of implementation

Challenges

- Parents often move to other States in search of employment and for agriculture, often taking their children with them. As a result, the malnourished children are unable to benefit from the mission.
- The packet of nutritious food that was provided by the department for the consumption of the malnourished children and for their mothers was often shared among all the members of the family, thus leaving the child with little to no nutritional intake.
- Parents had to be convinced to send their wards to the Anganwadi centres 3-4 times a day for receiving the benefits of the mission.



Nutritious meal provided to a child under Mission Sanjivani