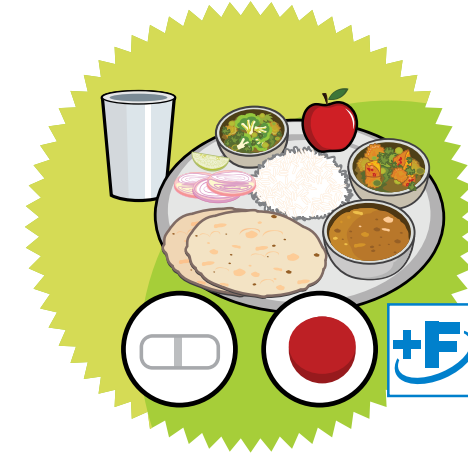


My POSHAN Story



I consume

- ✓ Nutritious diverse meal rich in vitamins and iron
- ✓ Fortified milk, oil and iodized salt
- ✓ One red IFA tablet every day from the fourth month for 180 days
- ✓ Prescribed dose of calcium tablets
- ✓ One Albendazole tablet in the second trimester



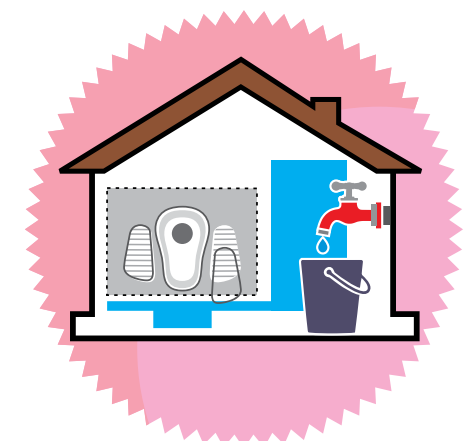
I drink

- ✓ Safe water stored in a covered container



I undergo

- ✓ A minimum of four antenatal check-ups during pregnancy
- ✓ Institutional delivery in a nearby hospital or at a health centre



I practice

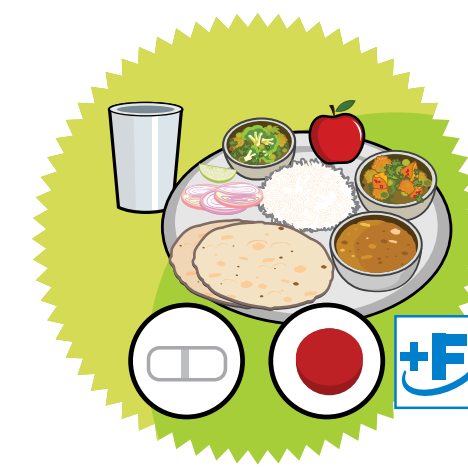
- ✓ Always washing my hands with soap and water before cooking, eating and after using the toilet
- ✓ Always using the toilet

What's Yours?

Sahi Poshan Desh Roshan
Nahi Rahe Kahi Kuposhan



My POSHAN Story



I consume

- ✓ Nutritious diverse meal rich in vitamins and iron
- ✓ Fortified milk, oil and iodized salt
- ✓ One red IFA tablet every day for six months (180 days) post-delivery
- ✓ Prescribed dose of calcium tablets



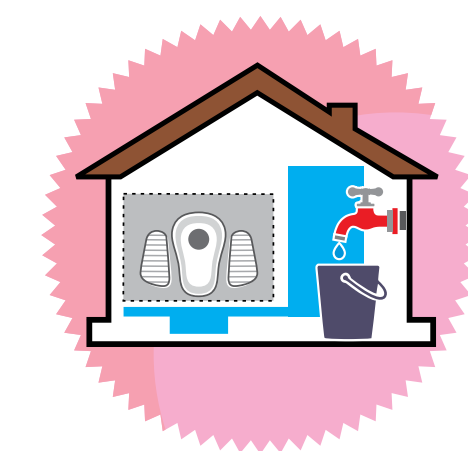
I drink

- ✓ Safe water stored in a covered container



I breastfeed

- ✓ My newborn with colostrum within the first hour of birth
- ✓ My child exclusively for the first six months
- ✓ And start complementary feeding after my child completes six months



I practice

- ✓ Always washing my hands with soap and water before cooking, eating, feeding and after using the toilet
- ✓ Always using the toilet and also for disposal of my child's faeces

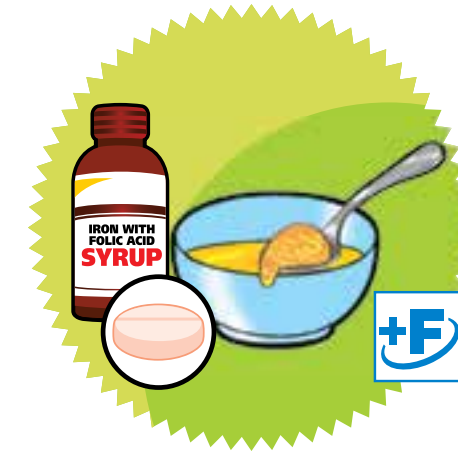


What's Yours?

Sahi Poshan Desh Roshan
Nahi Rahe Kahi Kuposhan



My POSHAN Story



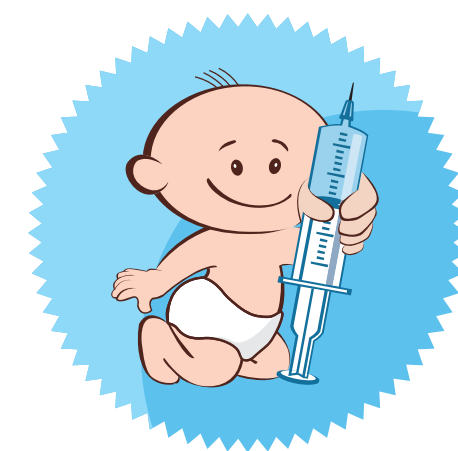
I am given

- ✓ Breastmilk along with mashed and semi-solid complementary food
- ✓ Fortified milk, oil and iodized salt
- ✓ IFA syrup twice a week
- ✓ Prescribed dose of Albendazole tablet every six months to prevent worm infestation



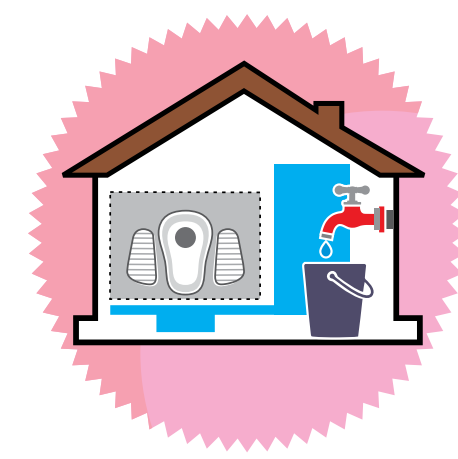
I am given to drink

- ✓ Safe water stored in a covered container



I am taken for

- ✓ Full immunization as per schedule till five years of age
- ✓ Regular monitoring of my overall physical and mental growth



Practiced for my well being

- ✓ Always washing hands with soap and water:
 - Before cooking and feeding me
 - After cleaning my faeces
- ✓ Safe disposal of my faeces in the toilet

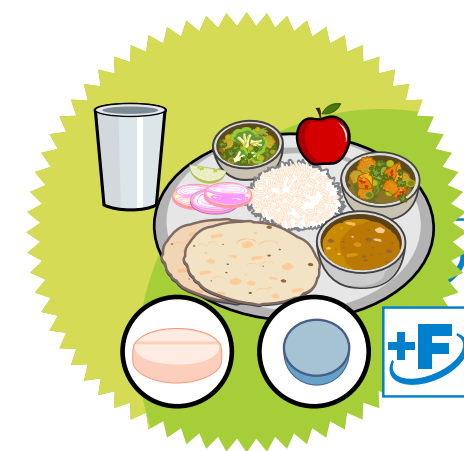


What's Yours?

Sahi Poshan Desh Roshan
Nahi Rahe Kahi Kuposhan



My POSHAN Story



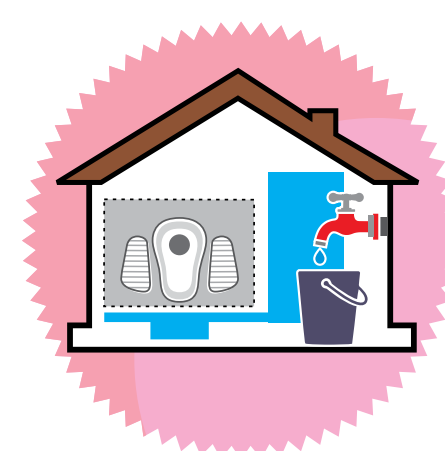
I consume

- ✓ Nutritious diverse meal rich in vitamins and iron
- ✓ Fortified milk, oil and iodized salt
- ✓ One blue IFA tablet once a week
- ✓ One Albendazole tablet twice a year to prevent worm infestation



I drink

- ✓ Safe water stored in a covered container



I practice

- ✓ Always washing my hands with soap and water before eating and after using the toilet
- ✓ Menstrual hygiene
- ✓ Always using the toilet

What's Yours?

Sahi Poshan Desh Roshan
Nahi Rahe Kahi Kuposhan

