

## **Contours of the proposed ‘Swastha Balak Spardha’**

Swastha Balak Spardha is proposed to be conducted with the following objectives:

- To bring focus on the “Swastha Balak- Healthy Child”
- To identify healthy children in age group of 6m-3 years and 3-5 years
- To generate awareness and conduct campaigns for growth measurement of children under 5 years
- To generate a spirit of competitiveness for good health and nutrition
- To promote Breastfeeding and Complementary feeding practices
- To promote counselling regarding importance of diet diversity and age appropriate feeding
- To promote concept of peer educator (mother-to-mother/ family/ community)

### **Target Group**

Primary Beneficiary: Children (6m-3 years and 3-5 years)

Secondary: Care-givers (Parents, Other Family Members, Other local persons)

### **Evaluation Team**

1. ICDS Staff (Block Official (CDPO), Supervisor)
2. AWW/AWH
3. Local PRI representative / Ward members
4. Health Staff (PHC-MO/ANM/ASHA)
5. Local School Teachers

### **Marks based Selection Criteria**

Sl.No	Criteria	Marks
1	Monthly Growth Monitoring	5
2	Personal Hygiene of Child (Clean hands and nails, haircut, dress, hand wash, diarrhoea free status)	10
3	Nutrition status – constantly in the “normal” or migration from malnourished to “normal”	10
4a	Provision of HCM and Attendance for 3-5 year old children	10
4b	Provision and Consumption of THR for 6m-3 year old children	
5	Timely vaccination services	10
6	De-worming	5
Total		50

## **Recognition**

1. Ranking of children – 1st, 2nd and 3<sup>rd</sup>
2. Distribution of Certificate to Winning Child and Parent (especially mothers, to encourage spirit of positive competition) and reward like indigenous toys, hygiene kit, water bottle, fruit basket etc.
3. Small gifts like nutrition kit/ hygiene kit to all participating children
4. Locally available indigenous toys may be used to felicitate the children.

**Levels:** Block and AWC level

**Organizations:** Involvement of Organizations like Lions Club, Rotary Club, SHGs, NGOs for wider reach

## **Outline of the Program**

The actual Spardha will be a **one -day event**, in the nature of a celebratory tyohar / festival, wherein the children will be ranked and certificates / prizes distributed.

### **Indicative preparatory Events leading up to the actual day of the Spardha:**

- I. Preparing line list of the children at AWCs
- II. Activities for awareness and dissemination of information to the beneficiaries, parents / family members etc about the Spardha to ensure wide-spread participation
- III. Involvement of PRI members to ensure their presence and to mobilize and sensitise general public about importance of the health of children
- IV. Coordination with the Health department (Health check up of children)
- V. Cleanliness of the AWCs and availability of drinking water, hand hygiene and sanitation facilities (water, towel, soap)
- VI. Ensuring growth monitoring equipment, Growth charts and Community growth charts for counseling
- VII. Training of AWWs/AWHs for proper growth measurement and maintaining proper record of the Criteria for marking, including status of hygiene of the child, vaccination and de-worming records, records of HCM / THR consumption etc.
- VIII. Identifying the institutions /associations / organizations such as SHGs and Village Development Committee, Youth Clubs , Educational Institutions / Schools , ASHA, ANM, IMA, Paediatric Associations, Mahila Arogya Samitis , Sanitation Committees, organizations like Lions Club, Rotary Club etc that can facilitate awareness, mobilisation and sensitization of general public
- IX. Outreach/Media Plan: Ensure full and active participation by all stakeholders
- X. Devising a Plan for involvement of Local leaders / VIPs / Influencers/ sports personalities / Film Personalities to popularise the event and ensure participation of children and parents in huge numbers in the event.

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