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Poshan Weekly is a knowledge dissemination tool intended to share research, evidence, policy and programme guidelines as well as tools on Maternal and Child Nutrition with colleagues around India.

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How Early Stimulation initiatives support healthy growth and well-being of children at community and facility level ?



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Dear Colleagues,

In India, 19% of children under 5 are suffering from wasting, including 8% from severe wasting (NFHS-5). Children under 6 months of age are not spared with 27% of them being affected by wasting and 13% by severe wasting (NFHS-5). Early childhood is when brain development happens rapidly and, by age two, it is at 75 per cent of its adult weight. Hence, wasting, if not timely detected and treated, not only increases the risk of mortality but can also aggravate the risk of impaired motor, cognitive, and psychosocial development. Therefore, to eliminate all forms of malnutrition among young children, several efforts by the Government of India under POSHAN 2.0 have been directed towards optimum infant and young child feeding practices and minimum diet diversity. Additionally, steady linkages between Anganwadi Centres and Nutritional Rehabilitation Centres (NRCs) are in place to screen children for severe wasting in the community and refer those with medical complication early on to the treatment facility (NRC).

National operational guidelines for facility-based management of children with severe wasting by the National Health Mission (2011) and global guidance from World Health Organization (2013) fully integrate sensory and psychosocial stimulation and structured play therapy in the care process. The benefits of early intensive intervention programs have been documented in several studies, with long-lasting improvement in outcomes in some. Undernourished children who received a combination of nutritional and early stimulation programs showed greater benefits than either alone. (The Lancet 2005). Hence, it is equally important to have a strong Early Childhood Development (ECD) component in both the facility and community-based management programmes because nurturing and responsive care is the key to supporting healthy growth and brain development. Strengthening the support of sensory and psychosocial stimulation and structured play will not only help children to survive, but also thrive and transform.

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sensory stimulation and play therapy developed by National Centre of Excellence (NCoE) for Management of Severe Acute Malnutrition (SAM) also known as National Nutritional Rehabilitation Resource and Training centre (NNRRTC) established in 2012 at Lady Hardinge Medical College, Associated Kalawati Saran Children's Hospital (KSCH), New Delhi.

We hope that these resources help you in furthering efforts for the holistic development of every child.

Kind Regards,
Arjan De Wagt,
Chief, Nutrition Programme | UNICEF India

Resources

- [Sensory stimulation and structured Play therapy activities, activity_guide, 2019](#)
- [Strengthening Psychosocial Stimulation in the Management of Children with Severe Acute Malnutrition: Experience From a Nutrition Rehabilitation Center](#)
- [Operational Guidelines on Facility-based Management of Children with Severe Acute Malnutrition](#)

Other resource links:

- [Sensory stimulation and play therapy: Benefits in the treatment of severe wasting in India?](#)
- [Brain Development in early childhood: the critical years](#)
- [Unpacking Care : Protecting Early Childhood](#)

Announcements

Workshop A Toolkit for Integrating Nutrition into Research

December 15 - 16, 2022

Venue: Lower Parel, Mumbai

Faculty Lead:



Dr Shilpa Bhupathiraju, PhD, MS

Assistant Professor of Nutrition,
Harvard T.H. Chan School of Public Health

This workshop aims to address the gap in the collection and usage of nutritional data within population-based research by exploring various methods and best practices.

Suitable for individuals interested in the use of nutrition data in research, with prior basic knowledge in the area, and a goal of learning how to read and utilize nutrition data appropriately.

Register here: bit.ly/nutritiondatairc

For details, click [here](#). Register [here](#).

Nutrition in the news

Date	News	Source
09/12/2022	WHO backs plan to turn Madhya Pradesh's Bhopal into a 'healthy city' (Reference to Nutrition)	Business Standard
09/12/2022	Ashok Gehlot Welcomes Supreme Court's View On National Food Security Act	NDTV
09/12/2022	In a first, hygiene rating for food outlets in Jalandhar	Tribune India

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08/12/2022	Breast milk sale or donations is a risk to the infant's health	Odisha Tv
08/12/2022	Health Minister Sudhakar calls for serious fight to tackle malnutrition in Bengaluru	New Indian Express
08/12/2022	India says GM technology important for food security, import reduction	LiveMint
08/12/2022	FSSAI's FOPNL will destroy traditional Indian foods, make western foods look good: Study	Economic Times Healthworld
07/12/2022	India will steer celebration of International Millet Year 2023: PM Modi	Money Control
07/12/2022	Millets Can Help Fight Nutrition Insecurity And Climate Crisis	Outlook India
07/12/2022	Screen children to prevent malnutrition and anaemia, introspect on statistics: K Sudhakar	The Print
07/12/2022	Odisha readies framework for faster reduction in malnutrition, stunting	New Indian Express
06/12/2022	Instead of Withdrawing Food Security, a Minimum Income Guarantee Is Needed	The Wire
06/12/2022	Eggs back in midday meal for Puducherry students; free school bus services resume	EdexLive
06/12/2022	India moves to develop its own growth standards for kids	Money Control
06/12/2022	Malnutrition And Stunting In Odisha Can Be Contained In Near Future: Chief Secretary	Ommcomnews
06/12/2022	Odisha Chief Secretary Suresh Chandra Mahapatra says, "Malnutrition & Stunting in Odisha can be contained in near future"	Orissadiary.com
05/12/2022	Telangana govt provides books, uniforms, midday meals to students	Lokmat Times
05/12/2022	'World's largest grain storage' scheme for food security soon: Report	Business Standard
05/12/2022	Recrafting India's nutrition initiative	Indian Express
04/12/2022	NITI Aayog CEO urges food processing sector to leverage focus on millet-based	ANI news

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04/12/2022	56% of Chandigarhians above 45 years are overweight	Indian Express
03/12/2022	India's hunger problem: Why the Global Hunger Index, FAO data aren't to blame	Indian Express
02/12/2022	Food processing sector critical for economy.. job creation: Niti Aayog CEO	Business Standard
02/12/2022	Why tracking migration is important for nutrition schemes	Indian Express
02/12/2022	Nutritional assessment, counselling and support are integral aspects of TB patient care	Economic Times

[Link to previous issues](#)

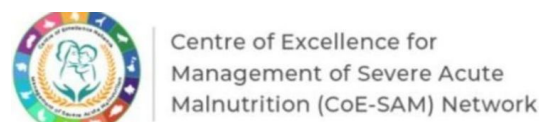
- 02/12/2022: [New video series on latest NFHS insights for states - Part I](#)
- 25/11/2022: [PoshanWeekly past issues 2021-2022 list now available!](#)
- 18/11/2022: [Celebration of World Toilet Day 2022](#)
- 11/11/2022: [One-stop guide to nutrition resources!](#)
- 28/10/2022: [NFHS Policy Tracker for Parliamentary Constituencies on Health and Nutrition indicators now available!](#)
- 14/10/2022: [Celebrating Global Handwashing Day in mission mode - towards improved health and nutritional status of children!](#)
- 10/10/2022: [Resource Toolkit from Rashtriya Poshan Maah 2022 now available!](#)
- 09/24/2022: [Poshan Maah- Women show the way in improving Water Management](#)
- 09/16/2022: [Poshan Maah - Poshan Bhi Padhai Bhi, Holistic Development for Every Child!](#)
- 09/07/2022: [Poshan Maah - Complete Toolkit for Women's Nutrition and Health!](#)
- 08/26/2022: [Catalyzing people's actions for nutrition: POSHAN 2.0 and Rashtriya Poshan Maah Guidelines released!](#)
- 08/19/2022: [Nutrition Situation in India during COVID-19 Pandemic: Synthesis of Evidence](#)

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One-stop guide for nutrition resources

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Government of India



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