



Ensure healthy lives and wellbeing for all at all ages



Local Goals

- Eliminate stunting and wasting
- Eliminate anaemia amongst adolescent girls and women
- Low cost, highly nutritious and locally procured cereals, vegetables, fruits, eggs etc



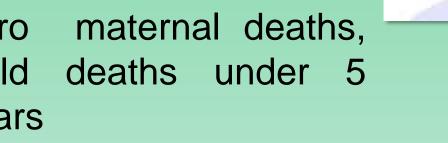
Local Goals

- · Preventive and curative for measures communicable diseases
- · Zero maternal deaths, child deaths under 5 years
- Provision for medical care and health facilities for all



if you are sick

Healthy Village





GOALS



Panchayats

- Awareness on age at marriage and pregnancy
- Adolescent health (Nutrition, counselling, use & safe disposal of sanitary napkins)
- Complete immunization of mothers' and children
- Prevention and treatment of communicable diseases (TB, HIV etc)





Role of Gram Panchayats

- Prevention and treatment of non-communicable diseases
 / lifestyle diseases (diabetes, cancer etc)
- Old-age care support and Nutritional to children and women
- Issues related to mental health and disabilities
- 24x7 Helpline at Panchayats
- Promotion and use of AYUSH







General Measures



Drink warm water throughout the day.



Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH

Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

Strengthening Committees

Capacity Building Ensure Participation for inclusive planning for healthy village

Standing Committees working for healthy village Local Committees / Institutions like Village Health Sanitation & Nutrition Committee / Village Water & Sanitation Committee /Anganwadi Monitoring Committee / SHG



Low Cost No Cost Activities



Organise Health Camp

Promote early identification, early diagnosis and timely treatment

Distribution of sapling in the name of the baby



Low Cost No Cost Activities



Campaigning through miking

Maintain cleanliness in the community

Organise Healthy Baby Show



Low Cost No Cost Activities



Identification of the vulnerable population through social mapping Organise Meeting with Frontline Grassroot level Workers

Organise social audit on different aspects of health



Low Cost No Cost Activities



Organise talk show / workshop on adolescent health Wall Writing on preventive measures

Resources Panchayat can look for

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- National Health Mission
- Intensified Mission Indradhanush
- National AYUSH Mission
- Umbrella ICDS
- Pradhan Mantri Matru Vandana Yojana (PMMVY)
- Poshan Abhiyan
- National AIDS Control Programme
- Swachh Bharat Mission (SBM) Rural
- National Health Protection Scheme (Ayushman Bharat)

Resources Panchayat can look for



- National Tuberculosis Elimination Program
- National Vector Borne Disease Control Program
- National Mental Health Program
- National Programme for prevention of Non-Communicable Diseases
- National Tobacco Control Program
- National Nutritional Anaemia Control Program
- Rashtriya Bal Swasthya Karyakram
- Janani Shishu Suraksha Karyakram

People who can Support Us

- Auxiliary Nurse Midwives (ANMs)
- Doctors
- ASHAs
- Anganwadi workers
- Teachers, government officials of various connected Departments

- SHGs
- VHSNC
- Anganwadi Monitoring
 Committee
- NRLM Community Resource Persons (CRPs)
- Rogi Kalyan Samiti
- Youth
- NGOs/CBOs







Health is a state of Complete Well-being of Body, Mind and Soul

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SUSTAINABLE DEVELOPMENT GOALS

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