



Healthy Village







# Vision

*Ensure healthy lives and well-being for all at all ages*



Healthy Village



# 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



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# Local Goals

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



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# Pre-requisites for a Healthy Villages



**Clean Drinking Water**



**Supplementary nutrition for children and pregnant mothers through AWC and schools**



**Health infrastructure/ telemedicine**

**Access to Medical Facilities**

**Health Education for leading to healthy life**

**Kitchen Gardening for fresh fruits & vegetables**

**Sanitation/ management of wastewater and waste management**



**Good Road connectivity**



**Effective Public Distribution System**



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# Role of Gram 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)



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# 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.

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# 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

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# 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

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# Low Cost No Cost Activities



Campaigning through miking



Maintain cleanliness in the community



Organise Healthy Baby Show

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# 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

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# Low Cost No Cost Activities



Organise talk show / workshop  
on adolescent health



Wall Writing on  
preventive measures

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# Resources Panchayat can look for



- 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)

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# 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

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# 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

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# Healthy Village



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

