

राष्ट्रीय कृमि मुक्ति दिवस

1-19 वर्ष के सभी बच्चों को

स्कूलों और आंगनबाड़ी केंद्रों में एल्बेंडाजोल कृमि नाशक गोली खिलाई जाएगी।



स्कूल जाने वाले बच्चे (5-19 उम्र के बच्चे):

सुनिश्चित करें कि आपका बच्चा 2025 को स्कूल जाये और स्कूल के शिक्षक द्वारा प्रदान की गई डीवर्मिंग गोली को चबाकर फिर निगले।



1-5 वर्ष की उम्र के बच्चे / स्कूल न जाने वाले बच्चे / नवयुवत और नवयुवती:

सुनिश्चित करें कि आपका बच्चा 2025 को नजदीकी आंगनवाड़ी केंद्र पर जाए और आंगनवाड़ी कार्यकर्ता द्वारा प्रदान की गई डीवर्मिंग गोली को चबाकर फिर निगले।



महत्वपूर्ण निर्देश:

- सुनिश्चित करें कि डीवर्मिंग गोली को पीस कर 1-3 वर्ष के बच्चों को दिया जाए।
- सुनिश्चित करें कि 3 वर्ष से अधिक आयु के बच्चे हमेशा गोली को चबाकर, साफ पीने के पानी के साथ निगले ताकि सही रूप से अवशोषण हो सके।
- अधिक जानकारी के लिए अपने स्वास्थ्यकर्मी / आंगनवाड़ी कार्यकर्ता / शिक्षक से संपर्क करें।

**आइए
मिलकर एक
स्वस्थ भविष्य
का निर्माण
करें!**

REMEMBER NATIONAL DEWORMING DAY

All Children Aged 1 – 19

Will be administered Albendazole deworming tablet at schools and Anganwadis.



School-enrolled children (5-19 years)

Ensure your child attends school and chews and swallows the deworming tablet provided by school teacher.



Children aged 1-5 years / Out-of-school children / adolescents

Ensure your child visits the nearest Anganwadi Centre & chews & swallows the deworming tablet provided by the Anganwadi Worker.



IMPORTANT INSTRUCTIONS:

- Ensure the deworming tablet is crushed and administered to children between 1-3 years.
- Ensure children aged above 3 years, always chew the tablet and swallow it with clean drinking water for proper absorption.
- For more information contact your healthworker/ Anganwadi worker/ teacher.

**Let's Build
a Healthier
Future
Together!**

DID YOU KNOW THAT WORMS CAN AFFECT YOUR CHILD'S HEALTH?

What are intestinal worms?

Intestinal worms are parasites that can live in the human intestine.

Children can be at risk due to:



Playing Barefoot



Open Defecation



Dirty Hands

How do worms spread?

1. Infected children's stools contain worm eggs.
2. Eggs mix with soil, grow, and spread.
3. Uninfected children get infected through contact.

Malnutrition

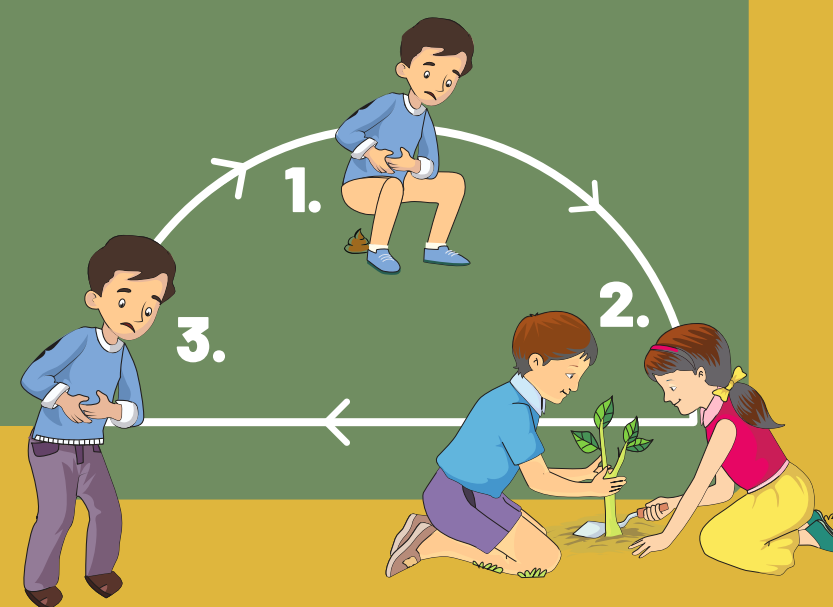
Anemia

Lack of appetite

Stomach pain, nausea, vomiting, and diarrhea

Weakness

Weight loss



Benefits of Deworming in Children:

✓ Better energy enhancing play activities

✓ Healthy and worm-free community

✓ Improved attendance and learning in schools

✓ Improved anemia

✓ Better nutritional status



Be a Super Parent! Bring Your Child on Deworming Day, let's create a worm-free community together!

Healthy Children, Healthy Nation

Join the Celebration: National Deworming Day



Did you know that little worms can sometimes sneak into our tummies and cause trouble?
When we play barefoot or forget to wash our hands, we might pick up worm eggs.

These eggs can grow into worms and make us feel sick!



Why Deworming Matters:

It makes you feel better:



No more feeling
tired and weak!

Say goodbye to
stomach pain and
tummy troubles!



It can give you school superpowers:



Attend school
regularly & become a
learning champion!

Boost your energy
and enhance your
play activities!



Your Role in National Deworming Day:

- ✓ Tell your parents about the special day
- ✓ Remind them to bring/send you to school on the National Deworming Day
- ✓ Chew the medicine to make it work better
- ✓ Drink clean water provided at school
- ✓ Encourage your friends both in and out of school to take the deworming tablet
- ✓ Keep your tummy happy by washing hands and keeping clean

“Healthy Children, Healthy Nation”

National Deworming Day 2025

HEALTHY HABITS, HAPPY KIDS

PROTECT YOUR CHILDREN FROM WORMS

Remember to:



Keep your nails clean
and short



Wash your hands with
soap, specially before
eating and after using
the toilet



Always drink clean
water



Always use a toilet and
not defecate in the
open



Keep food covered



Wear shoes



Wash fruits and
vegetables with clean
water



Keep your
surroundings clean

Children with worms always feel tired due to malnutrition and anemia and can suffer from impaired physical and cognitive development.

Remember, Prevention is Key!

NATIONAL DEWORMING DAY FIRST ROUND 2025

Venue:
Your child's school
or nearest
Anganwadi Centre

Benefits of Deworming

Reduced
anemia and
improved nutrition



Improved
mental
development



Improved
physical
development



Better
learning and
activity



Enhanced
school
attendance



**Don't miss the opportunity to
give your child a healthier and
brighter future.**