



D.O. No.11/5/2016-ND-Tech

Date : 24<sup>th</sup> November, 2017

**Dear Chief Secretary,**

As you are aware, under-nutrition in young children continues to be a major public health problem in India. Although the level of malnutrition has slightly decreased as per the NFHS-4 survey but the decline is not sufficient to eradicate the menace of malnutrition in a time bound manner. Malnutrition is a multi-faceted problem and the key reasons for malnutrition setting in early life are faulty and sub-optimal infant and young child feeding practices, childhood illnesses, poor vaccination coverage, low birth weight, child care, and lack of awareness.

2. Government of India has accorded high priority to the issue of nutrition especially among the women and children. The interventions to bring about improvement in the nutritional status and survival of children are delivered by two key frontline workers of the Ministry of Women and Child Development and Ministry of Health and Family Welfare, i.e., Anganwadi Worker and ASHA.

3. To address a very important issue of child care and counseling, it has been decided to lay more emphasis on home based care of infants by implementing two monthly home visits of ASHAs from a child attaining the age of 4-months onwards, with an objective to ensure counseling for complementary feeding, growth monitoring, vaccinations and sickness related counseling.

4. To effectively reduce the level of malnutrition, it is necessary to address the issue in the districts having high burden of malnutrition. Therefore, it is necessary to give priority of implementation in the 201 identified high burden districts (List attached). For this, a set of core interventions have been identified and enclosed which may be prioritized and to be delivered by ASHA/ANM, supported by the Anganwadi Worker, through intense home contacts.

5. In order to achieve the desired results, it is also imperative that a mechanism may be devised for regular monitoring and supervision. We would be grateful if you could take-up the matter on priority basis in your State/UT so as to strengthen the efforts of the Government of India in tackling the problem of malnutrition in the country.

With regards,

  
(Preeti Sudan)

Yours sincerely

  
(Rakesh Srivastava)

**Chief Secretary of all States/UTs**

- Copy to: 1. Shri Amitabh Kant, CEO, NITI Aayog.  
2. Ms. Debashree Mukherjee, JS to PM.  
3. Principal Secretary/Secretary (in-charge ICDS) in the States/UTs.  
4. Principal Secretary/Secretary (in-charge NHM) in the States/UTs.

**Core interventions**

1. Counseling support for optimal Infant and Young Child Feeding practices.
2. Growth monitoring
3. One to one counselling on complementary feeding
4. Counseling and lactation support
5. Monthly health and nutrition education sessions
6. Education on improved caring practices – feeding, health and hygiene and psychosocial
7. Organization of regular fixed monthly Village, Health, Sanitation and Nutrition Days.
8. Regular health checkups for all children.
9. Primary immunization
10. De-worming as per guidelines
11. Counseling to ensure proper nutrition during sickness.
12. Referral of sick children.



ANNEXURE						
Sr. No	District	Sr. No	District	Sr. No	District	Sr. No District
Andhra Pradesh		27	Nawada	53	Narmada	79 Koppal
1 Kurnool		28	Aurangabad	54	Surendranagar	80 Yadgir
Arunachal Pradesh		29	Supaul	55	Kheda	81 Gulbarga
2 East Kameng		30	Muzaffarpur	56	Dohad	82 Bellary
Assam		31	Purba Champaran	57	Vadodara	83 Bagalkot
3 Dhubri		32	Kishanganj	58	Valsad	84 Davanagere
4 Darrang		33	Bhagalpur	Haryana		
5 Goalpara		34	Munger	59	Mewat	85 Bijapur
6 Karimganj		35	Sheikhpura	60	Panipat	86 Haveri
7 Barpeta		36	Saran	Jammu & Kashmir		
Bihar		37	Jamui	61	Udhampur	87 Bidar
8 Sitamarhi		38	Begusarai	Madhya Pradesh		
9 Nalanda		39	Saharsa	62	Jharkhand	88 Sheopur
10 Kaimur (Bhabua)		40	Buxar	63	Pashchimi Singhbhum	89 Barwani
11 Vaishali		41	Pashchim Champaran	64	Godda	90 Burhanpur
12 Sheohar		42	Bhojpur	65	Pakur	91 Tikamgarh
13 Gaya		43		66	Sahibganj	92 Datia
14 Purnia				67	Chatra	93 Sidhi
15 Jehanabad			Patna	68	Hazaribagh	94 Alirajpur
16 Madhubani			Chhattisgarh	69	Giridih	95 Shivpuri
17 Madhepura		44	Narayanpur	70	Gumla	96 Khargone (West Nimar)
18 Lakhisarai		45	Rajnandgaon	71	Garhwa	97 Shajapur
19 Arwal		46	Bijapur	72	Palamu	98 Morena
20 Khagaria		47	Dakshin Bastar Dantewada	73	Saraikela Kharsawan	99 Bhind
21 Banka		48	Mahasamund	74	Deoghar	100 Bhopal
22 Katihar			Gujarat	75	Latchar	101 Ratlam
23 Samastipur		49	Sabarkantha	76	Jamtara	102 Dindori
24 Darbhanga		50	Bhavnagar	77	Dumka	103 Raisen
25 Rohtas		51	Anand	78	Kodarma	104 Jhabua
26 Araria		52	The Dangs	Karnataka		
				79	Lohardaga	105 Katni
				80		106 Khandwa (East Nimar)
				81		107 Guna

ANNEXURE (contd)							
Sr. No	District	Sr. No	District	Sr. No	District	Sr. No	District
108	Damoh	134	Baugh	161	Sant Ravidas Nagar	191	Firozabad
109	Gwalior	Rajasthan		162	Etah	192	Allahabad
110	Chhattarpur	135	Dhaulpur	163	Chitrakoot	193	Kanpur Nagar
111	Dhar	136	Banswara	164	Hardoi	194	Auraiya
112	Ashoknagar	137	Bharatpur	165	Sant Kabir Nagar	195	Chandauli
113	Panna	138	Udaipur	166	Kannauj	196	Bulandshahr
114	Dewas	139	Dungarpur	167	Kaushambi	197	Ambedkar Nagar
Maharashtra		140	Pratapgarh	168	Faizabad	198	Bijnor
115	Nandurbar	141	Karauli	169	Shahjahanpur	199	Gorakhpur
116	Yavatmal	142	Jalor	170	Farrukhabad	West Bengal	
117	Parbhani	143	Pali	171	Mirzapur	200	Puruliya
118	Jalna	144	Sirohi	172	Aligarh	201	Murshidabad
119	Buldana	145	Alwar	173	Basti		
120	Nashik	Sikkim		174	Jaunpur		
121	Osmanabad	146	West Sikkim	175	Banda		
Meghalaya		Uttar Pradesh		176	Unnao		
122	Ri Bhoi	147	Bahraich	177	Mainpuri		
123	West Khasi Hills	148	Shrawasti	178	Rampur		
124	Jaintia Hills	149	Balrampur	179	Sonbhadra		
125	East Khasi Hills	150	Siddharthnagar	180	Kanpur Dehat		
Nagaland		151	Gonda	181	Sultanpur		
126	Kiphire	152	Sitapur	182	Jalaun		
Odisha		153	Budaun	183	Bareilly		
127	Subarnapur	154	Kheri	184	Moradabad		
128	Nabarangapur	155	Maharajanaj	185	Kushinagar		
129	Malkangiri	156	Etawah	186	Varanasi		
130	Kendujhar	157	Fatehpur	187	Jyotiba Phule Nagar		
131	Balangir	158	Kanshiram Nagar	188	Agra		
132	Rayagada	159	Pilibhit	189	Mahoba		
133	Mayurbhanj	160	Bara Banki	190	Mahamaya Nagar		