

Achievements:

This 25-day-old baby has gained 1 kg since birth and measures 55 cm in length. The mother received training in the CC hold from AWW Pinki Shihare of Sheopur.



As the baby gains weight, there's a noticeable increase in length as well! In just one month, we've seen excellent growth in height, thanks to the monitoring by Sushila Gurajjar from Sheopur ICDS.



If you're a hospital, government agency or an NGO and would like to implement our programme, write to us at: health@spoken-tutorial.org



Website:

<https://health.spoken-tutorial.org/>

YouTube channel:

www.youtube.com/@healthspokentutorial

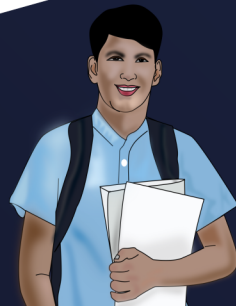
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Combating Malnutrition in India through Health Spoken Tutorials, developed at IIT Bombay

Together, let's build a healthier India.



Introduction:

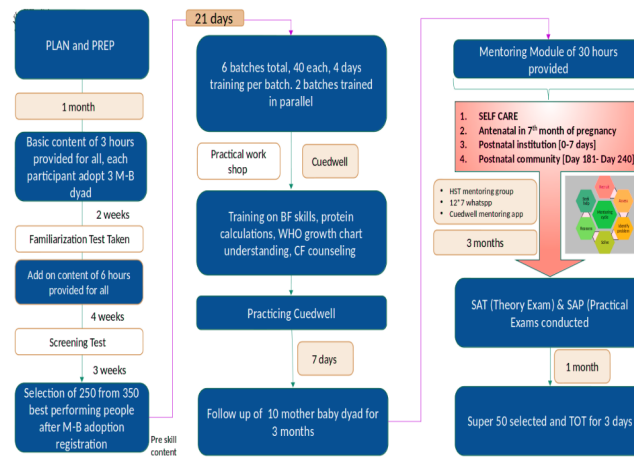
The first 1,000 days of life, from conception to age two, are crucial for a child's physical and cognitive development. NFHS-5 data on children revealed that 36% are stunted, 32% are underweight, and 21% are wasted.

Health Spoken Tutorials Training:

Health Spoken Tutorials (HST) are 10-minute self-learning audio-video tutorials on 105 topics, available online and offline in English, 10 regional languages, and 8 tribal languages to train district-level and state health workers on effective ANC protein counselling, breastfeeding, and complementary feeding.

This training has been implemented in Nashik, Nandurbar, Washim, Nanded and as phase 1 in Jashpur district (Chattisgarh). It is currently being implemented as phase 2 in Jashpur district (Chattisgarh) and seven districts of Madhya Pradesh. Soon, it will be implemented in Meghalaya and Jharkhand. The reliability of the underlying method has been verified in a quasi-experimental study conducted in Banaskantha, Gujarat between August 2020 and September 2021. It involved 576 exclusively breastfed infants from 0 to 14 weeks. The prevalence of underweight was three times lower in the intervention group (5.3%) compared to the standard of care group (16.7%) at 14 weeks.

The key steps involved in implementing the district-level training programme:



Testimonials:

"Speaking of breastfeeding, to a layperson like me the only image and explanation that conjured up is that of a mother holding her child to her breast, until I came across Health Spoken Tutorials that can be easily termed 'mechanical engineering' on the phenomenon of breastfeeding. These tutorials helped us simplify the 'hold and latch' in a manner so effective that we started getting positive and good results with corresponding proportionate weight gain in children. While the National Nutrition Mission guidelines recommend 28 grams weight gain per day, the Health Spoken Tutorials have helped us achieve weight gain of 35-40 grams and even 50 grams per day."

- Minal Karanwal, Sub Divisional Officer, Project Officer, Nandurbar district (Maharashtra), 2019 batch IAS officer.

Since 2018, we have trained around 15,000 health workers across the country on breastfeeding and complementary feeding using Health Spoken Tutorials

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