

**Introduction to Maternal Infant Young Children Nutrition**  
**Prof. Rupal Dalal**  
**Department of Biological Science**  
**Health and Nutrition**  
**Indian Institute of Technology, Bombay**

**Lecture - 5**  
**Session - 1**

**The story of urban and rural NGO and the story of Kailash**

Hello, everyone. So, now, we are going to be showing three movies, just a short movies, not too long. First one is about this organization, which I joined in 2007. When I joined FMCH had just preschool. And I joined as a founding medical director to start clinics for health and nutrition. And this is where my learning began. It was just amazing.

So much of learning, so many children, we must have seen, we started in Dhobi Ghat with one clinic and just in that same area we kind of expanded to three clinics, and all that learning we took to different slums of Mumbai. And then of course from there we went to different areas of India. So, just wanted to show a little bit about our FMCH. And it was just, I am very grateful that I had an opportunity to start clinics here. So, that is movie one.

Second movie is about Shrimati Malati Dahanukar Trust. So, once I finished my 10, 11 years, I would not say 11 years, I started Shrimati Malati Dahanukar Trust in 2013. And from 2013 till now I am the medical director over there. And this is in Shrirampur. And what we do is, basically, we have about seven team members.

And not only we have a central clinic, but we also go to remote areas nearby different villages and we basically see children once a week. And we go to that village six months. And once everybody is empowered with the knowledge and once we all the children are healthy, then we basically take five more villages. So, basically, we take five villages for six months and empower those villages. So, it is story about that.

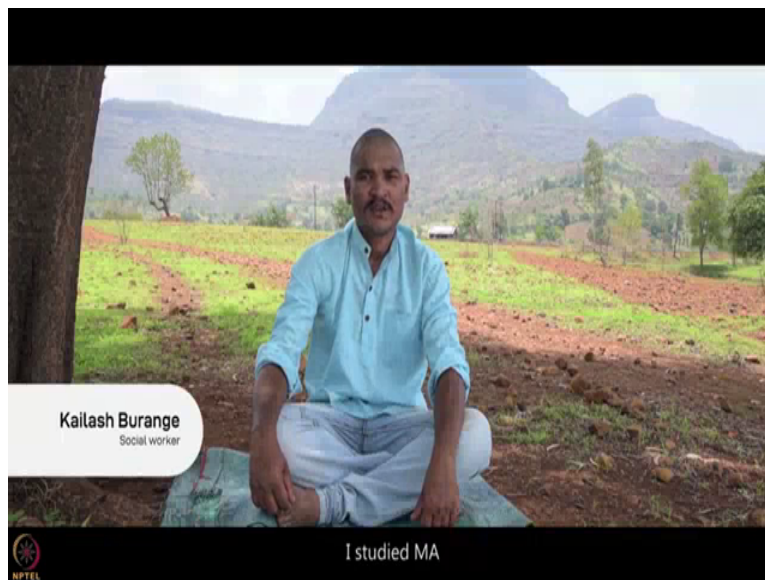
And the third movie is about Kailash. I met Kailash in 2016 in one of my training in Thalassery. And after the training he had come to learn about maternal infant young child nutrition from one

of the organization. And once that, once the training was over, he wanted to say something about his story.

And like just amazing story and this movie is about that story actually. So, do watch it and do let us know what you think about it. And from next session onwards, I will now deep dive into science and skills, art and science of breastfeeding, complementary feeding, maternal nutrition. I mean, obviously you would be interested how we achieved all these results. So, we will start that, but enjoy your movies now. Thank you.

Video playing from 3:13 to 15:00

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My name is Kailash. I got married five years ago. I studied MA. I work as warli paint artist. After I got married to Arti she got pregnant. She got pain by the sixth month. I took her to rural hospital. They told me she will deliver the baby now, but there was no facility to deliver the baby. They told me to take to district hospital in Jawar. They referred to this hospital. She delivered within two hours of reaching there. Our baby was born, but the doctor said to wait for a while as the baby had complications. They did not tell in detail.

They called me later and told me to take the baby to different hospital. My baby had heart problems and they were not equipped to deal with her condition. They did not have ventilators.

They referred to district hospital Nashik. Here also the doctors said they do not have ventilators and the hospital was full. They asked me to take to private hospital. I was worried about how I will manage the expenses of the private hospital. I told the doctor that I will manage till morning.

Next day doctor called me and told me that the baby was no more. They did not give us ambulance. Then we decided to take the baby in bus. So, we decided to take the baby in a plastic bag and took home. Kailash Burange lost his second child also the next year because of superstitious believes from village quacks. This is his journey from ignorance to awareness.

Palghar district has been in the news since 2013, situated just 100 kilometers north of Mumbai. It has become infamous due to high rate of child mortality called by malnutrition.

After this incident my wife was pregnant second time. This time we went to baba. Baba gave me instructions and I followed them. I followed everything he told. But the same happened again. She got pregnant after taking my wife to hospital for delivery I lost my second child also. Then I wondered if there was any hope in going to baba and he cannot help me in this situation. The I started working with an NGO. They trained us with child feeding practices. The training classes were conducted by Dr. Rupal Dalal.

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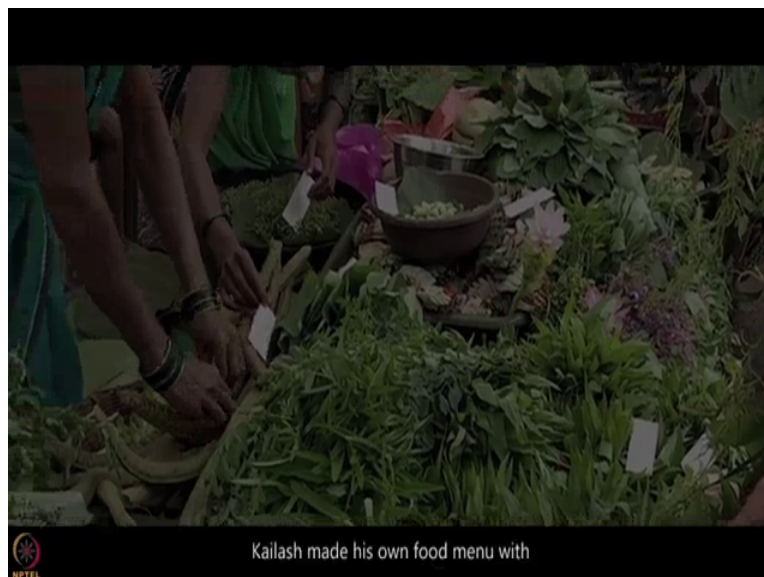
CTARA along with many helping hands has been working towards eradicating malnutrition from the ground. One such person is Dr. Rupal Dalal, a pediatrician and an expert in child and maternal healthcare. She trains people in the field of malnutrition. Here she shares her first experience with Kailash.

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I conduct maternal, infant and young child nutrition training in different states. Actually, we conduct with anganwadi workers, ASHA workers and local NGOs. And one of these training I am taking in Thalassery, Palghar, where Kailash had come and we had discussed about maternal nutrition, innovative techniques of breastfeeding. We had conducted workshops on complementary foods with the locally available foods.

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Kailash made his own food menu with the locally available foods and forest vegetables, forests being such an important resource. Here Mr. Milind Thatte, Head of Vayam NGO explains the role of a forest in the lives of tribal people.

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Forest has been the biggest, purest and the free source of nutrition of tribal people. Malnutrition is an effect of deforestation. Every year in monsoon we conduct the forest food festival in the villages, where people make a list of about 70, 75 edible species. They also cook delicacies of all

these vegetables in that festival. So, the knowledge of those edible vegetables from the forest is with the people. They know what kind of nutrients it provides.

They may not use the words like proteins and minerals and other, but they certainly know that after eating this your stomach will be clean. After eating this, this will give strength to your bones all that they know. And they have been eating this food for free for generations. After deforestation this has been vanished.

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We as a species having come from the forest to the digital age are now equipped to make any data drive decisions. Professor Agnihotri explains how they are bridging the gap between the resources and the needy.



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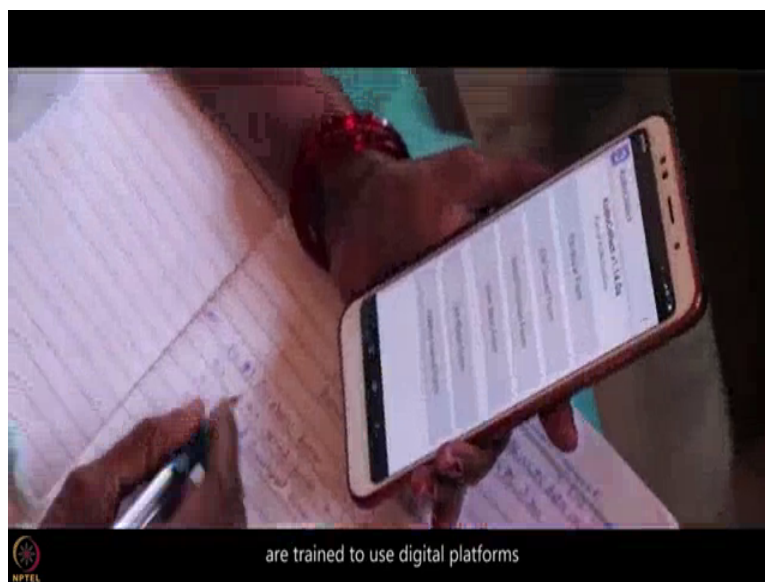


I think malnutrition reduction is possible. Palghar will be a predominantly tribal area. So, we will have to work out strategy very differently in Palghar. And in Palghar this getting good quality data, doing a geographical mapping, because as you know mapping tells you where does the shoe pinch. Data will only tell you does the shoe pinch or not.

And of them identifying best performing areas, of them find out areas which need to be supported and if you recollect our analysis of even a district like Kandhamal in Odisha, in Kandhamal we have identified three blocks which can probably have this ambition of checking malnutrition in quick time. So, similarly that exercise can be done in Palghar as well.



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As professor Agnihotri mentions about blocks, here in Palghar the beat supervisors and block level are trained to use digital platforms for ground level data collection by UNICEF.

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Two months after training Kailash called me and he gave me a good news on his wife being pregnant again. This was her third pregnancy and she weighted only 33 kg at the time when he called me. Knowing what they went through couple of times, I had to make sure that we did everything right to give them baby in Kailash and Arti's hands.

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We had already lost two children, third time my wife got pregnant. We had already experienced with babas and hospitals we never took precautions ourselves. We understood the importance of medicines like iron and folic acid then we decided to take care of ourselves and felt that this was very important. What Rupal ma'am taught us we should put that in practical use, because last time we tried superstitious beliefs and hospitals but never took care of ourselves.

Now, we will still go to hospitals, but also will concentrate on ourselves. What Rupal ma'am taught us will be put in use like making diet with available food materials at home using pulses, fruits and seeds that we can eat regularly and knowing what nutrients they provide like jeevan satva foods and the home cooked foods which are better than market foods. It is also less expensive is what we learnt from the training.

Vegetable seeds, melon seeds cucumber seeds, drumstick leaf, drumstick flowers all we included in our regular meals. Doctor assured us not to worry this time that we do not have to go through the same experience as before, because we are following the diet and having treatments regularly. He said there is no danger and we were also convinced and satisfied and we were able to trust the doctor. When our baby Sanskruti was born the doctor said our baby weighed 3.1 kg and in the whole year our baby was strongest.

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Sanskruiti was born with 3.1 kg birth weight which is above average for Indian child, but just healthy weight was not enough for her growth. She had to be exclusively breastfed successfully for six months and after six months she had to be introduced to complementary foods which are nutrient-dense and culturally appropriate.

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How happy you are after Sanskruti came into your life? The experience that I had cannot be expressed in words, because at that time I had tears in my eyes. I cannot express in words. When I come back from my whole day work tired on seeing Sanskruti I become very happy.

Kailash stood up for his family against a lot of hurdles and superstitions. His journey from ignorance to awareness saved his third child. On seeing a member of their own community succeeding, the villagers started following his path. Sanskruti's smile is a reward for all of Kailash's hard work we hope to see such beautiful smiles in each and every home.

I am sure you must have enjoyed the movies and I am sure you must be having a lot of questions, especially for Kailash when, he went through a lot and coming from tribal area and being healthcare worker himself he had little knowledge about maternal infant young child nutrition. But it is really kind of heartwarming also to see such beautiful girl child that she had and she just looks so beautiful. So, from next week, we will be starting session two, and that would be on the science of nutrition, science of nutrition and also basically science of malnutrition. So, see you next week. Bye.