



NEWSLETTER

State Center of Excellence for Nutrition Interventions, Department of Pediatrics, AIIMS Raipur

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Message from Chairperson



One of the most urgent challenges of our time is child malnutrition—a condition that affects millions, stunting growth, impairing cognitive development, and denying children the chance of a healthy and productive future. Malnutrition is not merely a byproduct of poverty; it is a complex, multi-dimensional issue, shaped by social, economic, and environmental determinants. While treatment remains critical, prevention is our most powerful tool. Strengthening families, improving access to healthcare, and enabling early detection are essential steps in this fight.

As we confront this issue, the importance of collective action cannot be overstated. Multi-sectoral partnerships allow us to combine resources, knowledge, and reach, making our interventions more sustainable and impactful. It is through such coordinated efforts that we can bring lasting change to communities most affected by malnutrition.

I am proud to see SCOEN working with commitment and compassion, scaling up the efforts of the State of Chhattisgarh in addressing malnutrition with a missionary zeal. These initiatives have been recognized and appreciated by both NHM and UNICEF. I remain confident that Team SCOEN will continue to lead with dedication and purpose, reaching every child who needs us the most.

Lt Gen Ashok Jindal (Retd.)
Executive Director, AIIMS Raipur Chairperson, SCoE4N



Message from Program Director



Ensuring proper nutrition for every child is not just a health priority—it is a moral imperative and a foundation for our nation's future. Improved nutritional status enhances a child's chances of survival, fosters healthy growth, and contributes to a longer, more productive life.

At SCOE4N, we are committed to integrating nutrition into every aspect of child health. Our approach encompasses community-based management of malnutrition, facility-based care for children with severe acute malnutrition (SAM) through Nutrition Rehabilitation Centers (NRCs), and the promotion of optimal Infant and Young Child Feeding (IYCF) practices.

The reality remains stark: children with SAM are nine times more likely to die than their well-nourished peers. Through the F-SAM programme and community-driven C-MAM interventions, we are working tirelessly to reverse this statistic. While India has made strides in economic development, the burden of malnutrition—particularly SAM—remains unacceptably high.

Through strategic partnerships, field-level innovations, and a dedicated team, we are determined to build a future where no child is held back due to malnutrition. Our mission is clear: to help every child not just survive, but thrive.

Prof. (Dr.) Anil K. Goel
HOD, Dept. of Pediatrics & Program Director,
SCOE4N,
AIIMS, Raipur, Chhattisgarh.

Message from Chief, UNICEF Chhattisgarh

As we continue our collective efforts to advance the rights and well-being of every child. I am besieged with a deep sense of urgency and responsibility, as we face the challenge of malnutrition. It is a silent crisis that affects millions of children across the globe, stealing away their potential and their right to a healthy, productive life. At UNICEF, we are deeply committed to tackling malnutrition in all its forms. It is not just about the lack of food—it is about the quality of food, the right nutrients, and access to health services, clean water, and sanitation.

One of the key areas where UNICEF is making a tangible difference is in the area of nutrition-sensitive interventions. We understand that nutrition is linked to many aspects of life—from healthcare and education to water and sanitation. Our integrated approach connects nutrition with other vital sectors, ensuring that children receive not only the nutrition they need but also the holistic care they deserve. In this endeavor, our partnerships with SCOE4N, AIIMS Raipur, is critical. We are encouraged by the progress we have made, but we know that much more needs to be done.

This project represents a critical step forward. It is a testament to what we can achieve when we come together, united by our shared vision of a world free from hunger and malnutrition, ensuring that every child has the opportunity to thrive. Every child who grows up healthy and well-nourished is a future leader, a future innovator, a future change-maker.

William Hanlon Jr
Chief, UNICEF Chhattisgarh Office, Raipur,
Chhattisgarh.

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Women & Child
Development

National Health
Mission

National Center
of Excellence,
KSCH, Delhi

MAJOR ACCOMPLISHMENTS

- **Tele-Monitoring & Tele-Mentoring:**
 - Successfully conducted tele-monitoring of **546** Nutrition Rehabilitation Centres (NRCs).
 - Facilitated **378** tele-mentoring sessions on IYCF (Infant and Young Child Feeding) for counsellors across **57** state-run health facilities.
- **Support to DWCD:**
 - Provided monitoring and implementation support to **1,791** Anganwadi Centres (AWCs) in collaboration with the Department of Women and Child Development (DWCD).
 - Assisted in training **50,321+** Anganwadi Workers on the use of Poshan Tracker and Hamar Swasthya Laika platforms.
- **Program Enrolment:**
 - Facilitated the enrolment of over **1,27,648** children identified with Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) into the program.
- **Recovery Outcomes:**
 - Among discharged SAM children, **33.5%** achieved full nutritional recovery.
 - For MAM children, **66%** recovered upon discharge.
 - An additional **30.6%** of SAM children improved to MAM status upon discharge.
- **Follow-up and Assessment:**
 - Ensured continuous 16-week follow-up for **10,241 SAM** children to track recovery progress.
 - Conducted concurrent assessments of **923** children to evaluate the impact and progress of the CMAM program.
 - Performed Body Impedance Analysis (BIA) for **188** children, with follow-ups every two months.
 - Carried out **1,528** home visits for counselling and follow-up of SAM children and their families.
- **District Nutrition Committees:**
 - In a significant step towards improving child nutrition, District Nutrition Committees have been established in **24** out of 33 districts across Chhattisgarh. These committees are led by senior district officials, including the District Collector, CEO Zila Panchayat, CMHO, DPO (WCD), and representatives from key departments.

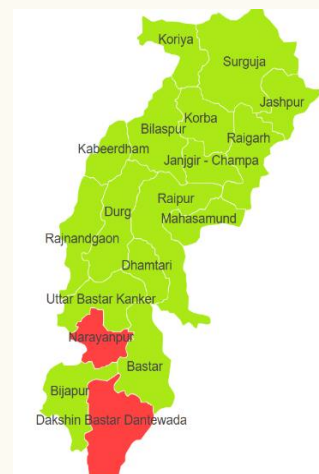
Chhattisgarh Expands CMAM Program with SCoE4N AIIMS Raipur's Support

The State Centre of Excellence for Nutrition (SCoE4N) is driving the CMAM program across Chhattisgarh's 31 districts, providing technical support to the DWCD and Health Department.

Working both directly and with NGOs, SCoE4N has helped scale up the program statewide under Hamar Swasthya Laika, expanding care for SAM and MAM children.

Aligned with global CMAM protocols, the initiative focuses on treatment, research, and evidence-based strategies, ensuring a stronger fight against malnutrition.

	Operational through SCoE4N
	Operation through NGOs



CMAM

Community-Based Management of Acute Malnutrition

CMAM Initiative Driving Improved Child Health & Nutrition Outcomes in Chhattisgarh led by DWCD.

The CMAM program is transforming child nutrition in Chhattisgarh, ensuring better nutrition and care.

- **Affordable Care:** Reduces treatment costs for families.
- **Improved Access:** More children receive timely malnutrition treatment.
- **Saving Lives:** Early intervention lowers child mortality.
- **Greater Awareness:** Educates beneficiaries and field staff for lasting impact.

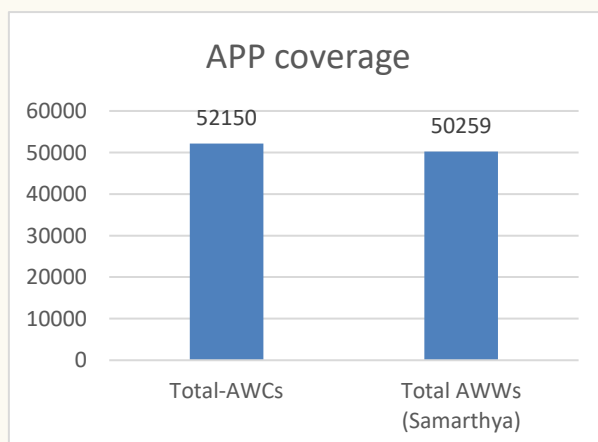
With its statewide reach, CMAM is making a powerful impact in the fight against malnutrition.



Technology Boosts Nutrition Tracking in Chhattisgarh

Technology is revolutionizing Chhattisgarh's nutrition programs. The Poshan Tracker (PT) monitors child nutrition nationwide, while the Samarthya app, developed by UNICEF Raipur and piloted by SCoE4N, tracks CMAM progress in the state.

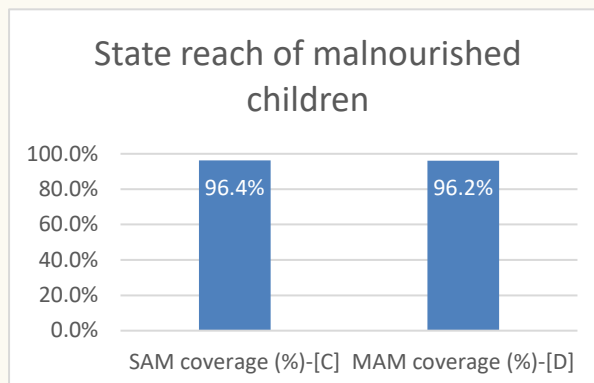
With 96.37% of Anganwadi Workers (AWWs) using *Samarthya* by March 2025, the app has proven to be user-friendly and effective. Backed by UNICEF and DWCD, it ensures real-time CMAM data is accessible on the DWCD website, enabling better monitoring and support for field workers.



Chhattisgarh Achieves Major Milestone in CMAM Enrolment

The CMAM program has made significant strides in Chhattisgarh, enrolling 96.36% of 30,471 SAM children and 96.16% of 1,00,360 MAM children into its care.

This ensures 29,364 SAM and 96,512 MAM children receive essential nutritional support through the government system. With the DWCD scaling up CMAM statewide, the program was fully implemented by March 2025, marking a major milestone in combating child malnutrition.



Regular Follow-Ups Strengthen CMAM Program in Chhattisgarh

A rigorous follow-up system is key to the success of Chhattisgarh's CMAM program, ensuring continuous care for enrolled children. BY March 2025, 82,784 children received at least a week of follow-up, with monitoring still ongoing.

The follow-up process includes:

- ✓ **Timely Medication** as per guidelines
- ✓ **Growth Monitoring** & NRC referrals if weight gain stalls
- ✓ **Parental Counselling** by field staff
- ✓ **Nutritional Support** with RTE, THR, and ATHR
- ✓ **Regular Health Check-ups**
- ✓ **Medical Screening** for appetite, oedema, and Z-score assessments

By ensuring consistent tracking and intervention, this system plays a crucial role in reducing malnutrition and improving child health across the state.

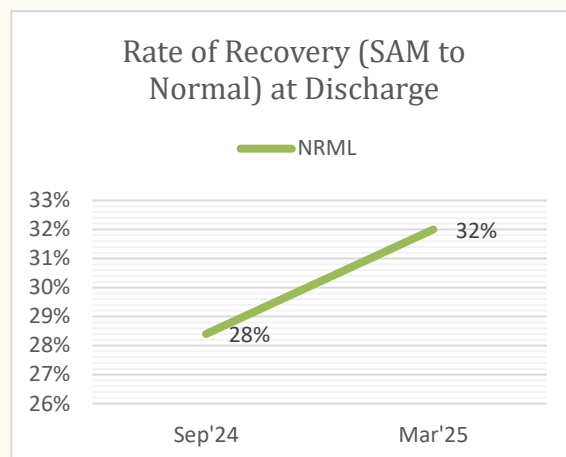
CMAM Program Achieves 59% Normal Discharge Rate

Chhattisgarh's CMAM program recorded a 32% normal discharge rate for SAM children and a 67% normal discharge rate for MAM children by March 2025, with 2028 SAM and 14,671 MAM children successfully recovering. Some districts achieved an over 60% cure rate, showcasing remarkable progress.



Children discharged as SAM are re-enrolled for continued care, ensuring sustained recovery. Some children with medical complications also referred to NRC. Further discharge data is awaited, which may boost recovery statistics.

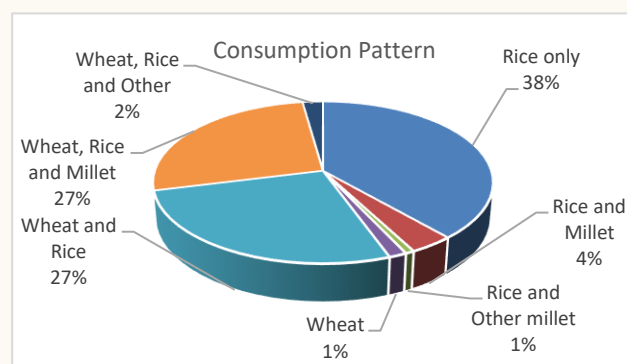
Committed to full recovery, SCoE4N plans to implement new strategies to increase cure rates and further improve child nutrition across the state.



Millet Consumption Trends in Chhattisgarh

Millet is an essential part of Chhattisgarh's food traditions, contributing to diet diversity and improved nutrition. To analyze their consumption, data was collected on how communities incorporate millets into their daily meals.

Traditional millet-based dishes include Arsha, Chila, Daliya, Laddu, Khurmi, Kheer, Khichdi, Paich, and Roti, reflecting the region's rich culinary heritage.



A comparative graph (below) showcases millet consumption alongside other grains, emphasizing its nutritional role. Promoting regular millet intake can enhance dietary diversity and overall health across the community.

Nutrition Leadership Witnesses Grassroots Impact: UNICEF's National Nutrition Head Visits Field Sites.

In a significant moment for local nutrition programs, the national Head of Nutrition at UNICEF conducted a field visit to observe ongoing community-based initiatives addressing child malnutrition.



FSAM

Facility-Based Severe Acute Malnutrition Management

Capacity building & Supportive Supervision

- ✚ SCoE4N has been involved in capacity building of health staff regarding management of SAM children at Facility as well.
- ✚ Supported SIHFW in conducting state level TOTs.
- ✚ Students from SPH and CFM were also oriented and hands on were given] on FSAM& IYCF programs.



Capacity Building

Medical Officers & (Paediatricians)	52
Staff Nurses	45
Feeding Demonstrators	42

SMART UNIT progress

- ✚ Till the date 192 SAM patients have been enrolled and managed in the SMART unit, whereas from (Sept 24- May 25: 97) patients have been managed.
- ✚ Till date, 321 patients have been linked, & in the previous time period (Sept 24- May 25: 141), SAM children who were discharged were followed and were linked to the nearest NRCs.
- ✚ Till date 923 counselling sessions were held in the paediatric ward, whereas previously (Sept 24- May 25: 543) and in the SMART unit office total number of 600 children were referred from OPD and counselled, whereas between (Sept 24- May 25: 365) were counselled.
- ✚ Children were screened in the Paediatrics OPD of AIIMS Raipur in the last 5 months, out of which 149 children were identified as SAM and 683 were identified as MAM, whereas between (Sept 24- May 25: 64 children were identified



as SAM). These children were counselled and linked to the nearest facility or Anganwadi centre (AWC). SCoE4N has been involved in capacity building of health staff regarding management.

Outreach activities through SMART Unit Kitchen

- ✚ Live demonstration of nutritious local recipes & Play therapy is done weekly twice at the SMART unit Kitchen with the mothers of children (under 6 years of age) who are admitted in the SMART Unit ward.
- ✚ Till date, 86 recipes have been demonstrated & 375 mothers have been counseled, whereas (Sept 24- May 25: 56 recipes were demonstrated covering 244 beneficiaries).

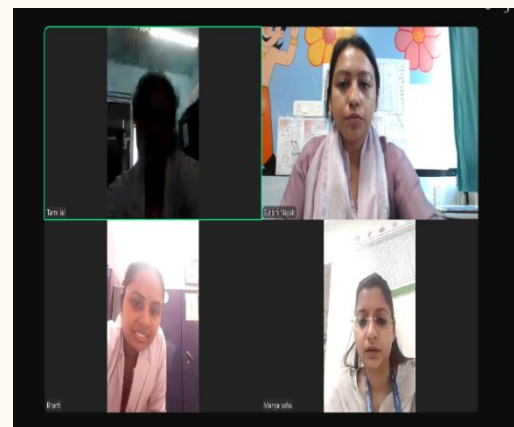


✚ A recipe book is also being developed by SCoE4N & will be provided as IEC material to the grassroots level.

✚ During the month of October 2024, through joint efforts SMART unit and UNICEF online training and a live demonstration for 800 Anganwadi Supervisors was held to demonstrate various recipes developed from Augmented Take Home Ration.

Telemonitoring of NRC's: Supporting the district NRCs virtually

- ✚ Tele-Monitoring of NRCs: Tele-monitoring of all NRCs in the state is being done through SCoE4N daily to provide support. Rosters are shared with districts in advance. This plays an important role in improving the recovery rates at the NRCs. Management for U6M SAM children has also been initiated during the session.
- ✚ Till date 567 NRCs are covered under Telemonitoring & so far and between (Sept 24-Aug 25: 204) telemonitoring sessions have been completed and support has been provided to the NRCs.



IYCF

Infant And Young Child Feeding

SCoE4N, AIIMS Raipur Strengthens Breastfeeding Support Through Tele-Mentoring and Counseling

To promote optimal infant feeding practices, AIIMS Raipur, in collaboration with SCoE4N, has scaled up tele-mentoring and comprehensive lactation counselling services.

Through the IYCF Skill Lab, a total of 109 tele-mentoring sessions

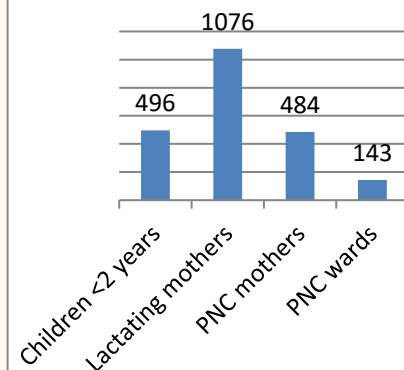


have been conducted till May 2025, supporting counsellors trained under SCoE4N to deliver effective lactation guidance in PNC wards, ANC clinics, and newborn care units. These sessions have directly benefited 124 mothers.

In addition, a robust counselling program at the ANC and PNC wards of AIIMS Raipur has reached 627 pregnant and postnatal mothers through one-on-one counselling and 1,080 mothers via group sessions. These efforts focus on early initiation of breastfeeding, exclusive breastfeeding, Kangaroo Mother Care (KMC), and milk expression.

Together, these initiatives are building a strong foundation for improved maternal and child health outcomes in Chhattisgarh.

Total Monitoring Visits done (Jan-May), 2025



4-Month-Old Gopesh Fights Severe Malnutrition with Timely Medical Support

Four-month-old Gopesh Chakresh from Gina Bahar, Jaspur, has shown remarkable recovery from severe acute malnutrition and anemia after a 7-day stay at the SMART Unit of AIIMS Raipur, supported by SCoE4N.

Born underweight at 1.9 kg and diagnosed with jaundice and sepsis, Gopesh was initially formula-fed due to the mother's inability to breastfeed. His condition deteriorated, leading to his admission on August 27, 2024.



At AIIMS, Gopesh was put on a structured therapeutic feeding plan. He began with F-75 milk, gradually progressed to F-100, and gained 350 grams during his stay. His weight improved from 3.35 kg to 3.70 kg, following standard malnutrition treatment protocols.

He was discharged on September 2 and referred to the nearest Nutrition Rehabilitation Centre (NRC) in Jaspur. The family continues to receive follow-up counselling, including guidance on complementary feeding.

Gopesh's case highlights the importance of early intervention, maternal nutrition education, and access to specialized care in preventing child malnutrition in rural areas.



Premature Twins Discharged in Good Health on Exclusive Breastfeeding

Sushma Verma, 27, delivered premature twins at 35 weeks, both with low birth weights (1.39 kg and 1.4 kg). The newborns were admitted to the NICU at AIIMS Raipur.

With counselling on breast milk expression (EBM) and Kangaroo Mother Care (KMC), the mother provided her milk to the NICU, ensuring the babies were exclusively breastfed even during hospitalization. Within 10 days, she began direct breastfeeding.



A day before discharge, the mother was heard discussing giving honey with “Om” written on the babies' tongues—a traditional belief. Lactation counsellor intervened, explaining the dangers of pre-lacteal feeds. The mother understood and committed to exclusive breastfeeding. Reassured and informed, the mother reaffirmed her decision to exclusively breastfeed. She also read the hospital's displayed IEC (Information, Education & Communication) materials, which reinforced her understanding.

The twins were discharged in good health, and telephonic follow-ups confirm they remain on exclusive breastfeeding. This case highlights the critical role of hospital-based breastfeeding support, timely counselling, and culturally sensitive communication in safeguarding newborn health, especially among premature and low birth weight infants.

Recent Research Endeavours

Assessing Nutritional Status of Children Under Five in Rural Chhattisgarh: A Concurrent Assessment Study.

The Bi-annual Concurrent Assessment conducted in August–September 2024 across the districts of Mahasamund and Mohla-Manpur-Ambagarh Chowki (MMAC), Chhattisgarh, provides a comprehensive understanding of the nutritional status of children under five. The report captures the prevalence of malnutrition and the extent of preventive and treatment interventions, offering valuable direction for strengthening POSHAN 2.0 and CMAM programs in the state. The program is ongoing and is planned in four phases.



Phase I	Aug - Sep 2024
Phase II	Jan - Feb 2025
Phase III	Mar - Apr 2025
Phase IV	June - Jul 2025

Effectiveness of Community-Based Management of SAM Using Augmented THR: A Prospective Longitudinal Study.

A recent prospective longitudinal study has brought encouraging news in the fight against child malnutrition. The research assessed the effectiveness of community-based treatment programs for children aged 6–59 months suffering from uncomplicated Severe Acute Malnutrition (SAM), using Augmented Take Home Ration (ATHR) as the core nutritional intervention. Conducted in rural settings, the study followed children enrolled in the program over time, documenting their recovery progress and nutritional outcomes. Unlike traditional facility-based treatment, this approach empowers caregivers by providing enhanced, nutrient-rich food supplements (ATHR) that can be administered at home.

Phase I	Dec - Jan 2024
Phase II	Mar - Apr 2025
Phase III	May - Jun 2025
Phase IV	Jul - Aug 2025



News Coverage

SCOEN has been actively supporting government programs at the district level, and its efforts have been prominently featured in local media coverage."



"With its continued support to government initiatives across the district, SCOEN's work has garnered significant attention and appreciation in the local media."



News Links

1. Bilaspur: <https://thebilasatimes.in/?p=18830>
2. Korea: https://x.com/KoreaDist/status/1915816055915552992?t=qPB758_eCNnRb1mI6Gj8DA&s=08
3. Ambagarh Chowki: <https://www.unicef.org/india/stories/geeta-didi-improved-health-malnourished-children-through-nutrition>
4. Mahasamund: <https://cgsandesh.com/Home/NewsDetails/98620>