

DISTRICT OFFICE, SUBARNAPUR
(SOCIAL WELFARE SECTION)
No. 2064 / SW Dt. 22/12/2018
(TENDER CALL NOTICE FOR WALL PAINTING AT G.P LEVEL ON IYCF)

Sealed tenders in the prescribed forms are invited from the intending Registered Firms/Agencies for "**WALL PAINTING AT G.P LEVEL ON IYCF**" for 96 nos. of G.P.s of the Subarnapur District.

The details of tender papers along with the terms and conditions, EMD other statutory requirement and specification & prototype regarding "**WALL PAINTING AT G.P. LEVEL ON IYCF**" can be downloaded from the website <http://www.subarnapur.nic.in> and while submitting such Tender paper a Demand Draft of Rs.2,000/- (Rupees Two Thousand) only in favour of "District Social Welfare Officer, Subarnapur" payable at SBI, Sonapur is to be submitted failing which the tender paper will be rejected. The tender cost of Rs. 2000/- (Two Thousand) only fixed is non refundable. Tender paper completed in all respect (Technical & Financial) along with all required documents are to be submitted superscribed for "**WALL PAINTING AT G.P LEVEL ON IYCF**" to the address of DSWO, Subarnapur on or before 8.01.2019 at 1.00pm by Registered and Speedpost only. The Tender will be opened on same day at 3.50 PM. By the Collector, Subarnapur in presence of the member of the tender committee and tenderers or their authorized representatives. The Tender received beyond the date and time mentioned above shall not be taken into consideration under any circumstances.

The undersigned reserves the right to cancel by modify fully or partially the invitation for bid or to reject one or more of the bids or cancel the entire quotation process without assigning any reason thereof.


Collector,
Subarnapur

Memo No. 2065/SW Dt. 22/12/2018
Copy to the Notice Board of D.S.W. Office, Subarnapur.


Collector,
Subarnapur

Memo No. 2066/SW Dt. 22/12/2018
Copy to P.D. DRDA, Subarnapur/ Sub-Collector, Sonapur/Birmaharajpur/ All BDOs/ All CDPOs of Subarnapur district for information and wide publicity in their Notice Board.


Collector,
Subarnapur

Memo No. 2067/SW Dt. 22/12/2018
Copy to District Informatics Officer, NIC, Subarnapur for information with a request to hoisted in the Official website of NIC, Subarnapur immediately for wide publicity.


Collector,
Subarnapur

Memo No. 2068/SW Dt. 22/12/2018
Copy to the Advertising Manager SAMBAD/DHARITRI for information with a request to publicity the Tender call Notice in Odia Daily Newspaper for one day. The cost of the advertisement is not to be exceeded of Rs.3000/- and submit the advertisement bill to DSWO, Subarnapur for payment.


Collector,
Subarnapur

Memo No. 2069/SW Dt. 22/12/2018
Copy submitted to Director, Social Welfare W&CD Deptt, Odisha, BBSR for kind information.


Collector,
Subarnapur

**DETAILED OF TERMS AND CONDITIONS FOR WALL PAINTING AT G.P LEVEL ON
IYCF FOR 96 G.PS OF SUBARNAPUR DISTRICT**

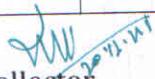
1. Sealed quotations in the prescribed forms are invited from the intending Registered firms/Agencies for **WALL PAINTING AT G.P LEVEL ON IYCF** for 96 nos. of G.P.s of the Subarnapur District.
2. The Tender paper containing details of terms and conditions, EMD, other statutory requirement and sample copy of specification & prototype of the WALL PAINTING AT G.P. LEVEL ON IYCF can be downloaded from web site <http://www.subarnapur.nic.in> And while submitting such tender papers a DD of Rs.2000/- (Rupees Two Thousand) only payable at SBI, Sonapur in favour of "District Social Welfare Officer, Subarnapur" must be enclosed with the quotation papers, the cost of which is not refundable. Failing which your tender paper will be rejected.
3. The tender paper complete in all respect (Technical and Financial) along with all required documents should reach to the DSWO, Subarnapur on or before 08.01.2019 up to 1.00 PM by Registered and Speed post only.
4. The Tender paper will be opened on 08.01.2019 at 3.50 PM by the Collector in presence of the member of the Tender Committee and Tenders and their authorized representatives. The Tender beyond the scheduled date and time shall not be taken into consideration.
5. The tender will be in two part i.e. Technical Bid (part-1) and Financial Bid (part-2). The Bidder should submit their Technical and Financial bid separately in two envelop and both the envelop should kept in a big envelop super scribed for Printing of "WALL PAINTING AT G.P. LEVEL ON IYCF".
6. Bidders who qualify Technical Bid will be eligible to participate in Financial Bid.
7. Successful bidder will have to execute the work of wall painting in 96 G.P. area of Subarnapur District basing on the intend placed the DSWO, Subarnapur.
8. The Successful bidder will have to deposit security deposit in shape of fixed deposit in favour of DSWO, Subarnapur at any Nationalize Bank for an amount of five percent of value of the contract.
9. The details of terms and conditions associated with the assignments of the tender is mentioned at Annexure A, B & C.

DETAILED OF TERMS AND CONDITIONS FOR WALL PAINTING AT G.P LEVEL ON IYCF FOR 96 G.P.S OF SUBARNAPUR DISTRICT

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Annexure-A

Sl. No.	Terms & conditions	Documents to be submitted
1.	The intending Firms/Agencies should be registered and having valid GST registration No.	Attested photocopy of the registration certificate to be submitted with GST clearance certificate as on 31.03.2018
2.	The organization should be a valid PAN/ TIN holder having up to date IT clearance certificate.	Attested copies of IT clearance Certificate as on 31.03.2018 And PAN card and TIN
3.	It must not be a blacklisted firm by any Government organization	An affidavit to be furnished.
4.	Rates should be quoted inclusive of GST charges and others etc,	To be furnished in financial BID (Tenders from part-2)
5.	The Tender paper should be filled in properly and legibly without any correction/over writing. The rates to be quoted should be written both in figures and words in the tender paper.	Tender call Notice along with detailed Term and condition and DD to be enclosed. An affidavit to be furnished that the bidders abide all the terms and conditions laid down in the tender.
6.	The CDPOs will identify four prominent locations per G.P. with consultation with representatives and supervisors. While selecting the location for Wall painting preference will be given to do it on the outside wall of the Angawadi Centres or nearby location of panchyat Offices or other prominent location for wider dissemination of the information.	
7.	The tender must accompanied with earnest money of Rs. 10,000/- (Ten Thousand) only in shape of Demand Draft pledged in favour of Collector, Subarnapur. Tenders without Earnest Money will be liable for rejection. The EMD of unsuccessful bidder will be returned without interest on finalization of bid. EMD of successful bidder will be turn into security deposit.	Draft to be enclosed. Rs.10,000/ as EMD for "WALL PAINTAING AT G.P. LEVEL ON IYCF"
8.	Conditional tenderers are liable to be rejected. The tenders, which is not as per our required specification, will not be considered.	
9.	If the successful bidder has to complete the stipulated period i.e. 30 days from the date of receipt of the indent order.	
10.	The District Administration will not pay any advance payment to the organization. The organization will have to carry out the entire job on its own and the amount will be paid only after satisfactory completion of the job and submission of bill in that regard subject to availability of fund in the proper head.	
11.	Under no circumstance shall the successful tenderer shall not appoint any sub-contractor or sublease the contract. If it is found that the successful tenderer has violated these conditions the contract will be terminated forthwith without any notice and security deposited by the Tenderer shall be forfeited.	
12.	Rates quoted against this tender shall remain valid up to twelve months after publication of approved rate. No request to increase in rates will be allowed or entertained during this period.	
13.	Part quotation of specified quantity of an items will be rejected	
14.	In no case, the wall painting should be redesigned or modified.	
15.	The CDPOs will verify the work of Wall paintings and will submit the report on completion of work.	
16.	Payment will be released by e-transfer after completion of work and submission of bill with bank details of the firm.	
17.	Certificates from any Govt. organization etc. about past experience if any, in similar work may be furnished along with the tender paper.	
18.	The authority reserves the right to reject any or all tenders without assigning any reason thereof and shall bear no liability what so ever consequent upon such decision.	


 Collector,
 Subarnapur

Tenders form

Part - I

TECHNICAL BID**TENDER FORM FOR WALL PAINTING AT G.P. LEVEL ON IYCF**

1	Name of the Firm / Agency (in Capital letters)	
2	Address of the organization	
3	Name of the authorized signatory (in Block letters)	
4	Specimen signature of the authorized signatory	
5	Telephone No. of the Firm / Agency	
6	Registration No.(Attach attested copy of registration certificate)	
7	GST Registration Number and GST clearance certificate as on 31.03.2018 (Attach attested copy)	
8	Copy of PAN submitted or not	
9	Copy of TIN submitted or not	
10	Demand Draft of Rs.2000.00 (Rupees Two Thousand) only in favour of DSWO, Subarnapur payable at subarnapur towards cost of tender paper is submitted or not.	
11	Demand Draft of Rs. 10,000/- (Ten Thousand) only pledged in favour of Collector, Subarnapur towards earnest Money deposit for WALL PAINTING AT G.P. LEVEL ON IYCF is submitted or not.	
12	Documents of any past experience on wall painting to the Govt. organization. (Attested copy to be submitted)	
13	Whether have any legal suit/criminal case pending against it for violation of any PF/ESI/MW Act. Or any other law.(submit affidavit of declaration that no case is pending)	
14	Affidavit of declaration that the tenderer agree to abide by all terms and conditions of the tender.	
15	Whether all documents submitted signed by the authorized signatory of the organization (Yes/No).	

DECLARATION

I /we hereby certify that the terms and conditions and specification etc. given with the tender notice have been read carefully and acceptable to me/us and that the information furnished above is complete and correct to the best of my/our knowledge. I /we understand that in case of any deviation in the above statement that at any state, the tenderers shall blacklist and will not have any dealing with in future.

Place & date

(Signature and Seal of the authorized signatory)

Part – II
(FINANCIAL BID)

TENDER FORM FOR WALL PAINTING AT G.P. LEVEL ON IYCF

Sl No.	Name of the items	Specification	No. of the wall painting to be made	Quoted rate per wall painting in Rs.(in figure and word)
	Wall painting at G.P. Level on IYCF	<ul style="list-style-type: none">• Size – 8' x 5.6"• Colour as per the prototype posted on the website of the W & CD and MS Deptt.• Unit- 4 no. of wall painting per G.P.	4 wall painting per G.P in 96 GPs of Subarnapur District	

Place

(Signature and seal of the authorized signatory)

Date

Guidelines for Wall Painting at the Gram Panchayat Level

Background: IEC plays an important role in generating awareness in the community. The Department implements IEC activities at periodic intervals on various themes to raise awareness in the community and to facilitate behavior change.

In the past, i.e. in 2013-14, wall paintings were done at the GP level on different themes such as 1000 Days approach, Arnabhasanna Diwas and on entitlements under decentralized SNP. The recently released NFHS-4 results reveal that the State is doing well on all nutrition indicators except Wasting where there is a marginal increase. With regards to the other indicators on child feedings practices, it is observed that there is a marked improvement on all indicators except Complementary feeding.

There is a felt need to strengthen interventions on IYCF so as to bring about a considerable improvement on the nutrition and child feeding indicators. Other than the print and electronic media, mass media in the form of wall paintings is a powerful medium to reach out to the community. Messages on IYCF shall be promoted among the beneficiaries through the wall paintings at the GP level.

Process to be followed:

- An agency would be selected at the District level through a district level committee headed by the District Collector for the above mentioned work.
- Agency may be finalised as per the procedure followed for other programmes of ICDS at the District level as per F.D OM No.4939/F dt.13.02.12.
- The agency may be asked to submit the sample of the design for consideration along with the other required documents while submitting tender.
- CDPO has to identify four prominent locations in the GP for Wall Painting in consultation with respective Supervisors and submit the list to DSWOs for her reference and necessary action.
- While selecting the location\Space for the wall painting, preference may be given to do it on the outside wall of the Anganwadi Centre or nearby locations, Panchayat offices and other prominent locations for wider dissemination of the information.
- Moreover Wall Painting should be done in those areas where the awareness level and practice related to above mentioned theme is low or poor.

Specifications:

Size: 8' X5.6"

Colour: As per the prototype posted on the "Department of Women Child Development Website"

Unit: 4 wall paintings per GP

Budget:

Rs 1000/-per Wall Painting (Rs 4000/- per GP) covering 6234 GPs in the State of Odisha.

The Budget would be met out of funds sanctioned for the purpose in Revised NOP PIP 2017-18.

Documentation and Monitoring:

Supervisor would collect the information from AWWs and send a consolidated report to CDPOs which would be compiled at DSWOs office and sent to Department for information and reference. Utilisation Certificate for the funds sanctioned should be sent to the Department within one month of expenditure. The district report should be submitted along with photographs of the Wall Paintings at prominent locations.

Budget for Wall Paintings			
Sl no	Name of the District	GPs in the district	Budget for wall paintings @ 4 per GP, unit cost Rs 1000/- per painting , Budget in lakhs
1	2	3	4
1	Angul	209	8.36
2	Balasore	289	11.56
3	Bargarh	248	9.92
4	Bhadrak	193	7.72
5	Bolangir	285	11.4
6	Boudh	63	2.52
7	Cuttack	342	13.68
8	Deogarh	60	2.4
9	Dhenkanal	199	7.96
10	Gajapati	129	5.16
11	Ganjam	475	19
12	Jajpur	280	11.2
13	Jharsuguda	78	3.12
14	Jagatsinghpur	194	7.76
15	Kandhamal	153	6.12
16	Kalahandi	273	10.92
17	Kendrapada	230	9.2
18	Keonjhar	286	11.44
19	Koraput	226	9.04
20	Khordha	168	6.72
21	Malkangiri	108	4.32
22	Mayurbhanj	382	15.28
23	Nawarangpur	169	6.76
24	Nayagarh	179	7.16
25	Nuapada	109	4.36
26	Puri	230	9.2
27	Rayagada	171	6.84
28	Sambalpur	148	5.92
29	Subarnapur	96	3.84
30	Sundergarh	262	10.48
	Total	6234	249.36

ଆମ ପିଲାକୁ ୨ମାସ ପୁରି ୭ ଚାଲିଲା ଆମେ ତା'ର ଖାଦ୍ୟର ସଠିକ୍ ଯତ୍ନ ନେବା ଦରକାର ।



ଯେମିତିକି.....

- ମାସର ଦ୍ୱିତୀୟ ଗୁରୁବାରରେ ଅଜାନଡ୍ୱାଡ଼ି କେନ୍ଦ୍ରରେ ଶିଶୁକୁ ଅର୍ଦ୍ଧକଠିନ ଖାଦ୍ୟ ଯଥା: ଜାଉ ବା ଖୁରୀ ଦେଇ ଅନୁପ୍ରାଣନ କରିବା
- ଅଜାନଡ୍ୱାଡ଼ି କେନ୍ଦ୍ରରେ ନିୟମିତ ଶିଶୁକୁ ଓଜନ କରିବା
- ସ୍ତନ୍ୟପାନ ସହିତ ଚକଟା ନରମ ଖାଦ୍ୟ ଖୁଆଇବା ଯଥା: ଭାତ, ଖେରୁଡ଼ି, ରୁଟି, ଆଳୁ ଚକଟା, ଚୁଡ଼ା, ମାଣ୍ଡିଆ ଖୁରୀ, ଛତୁଆ ଓ ଅଣ୍ଡା ଇତ୍ୟାଦି
 - ଖାଦ୍ୟରେ ଆୟୋଡିନ୍ ଯୁକ୍ତ ଲୁଣ ବ୍ୟବହାର କରନ୍ତୁ
 - ଦିନରେ ଅନ୍ତତଃ ଦୁଇରୁ ତିନିଥର ଦୁଇ ଗିନା ବା ୨୦୦ ଗ୍ରାମର ଖାଦ୍ୟ ଖୁଆଇବା
 - ଅଲଗା ଗିନାରେ ଶିଶୁକୁ ଖାଦ୍ୟ ଖୁଆଇବା
 - ଖାଦ୍ୟରେ ତେଲ ବା ଘିଅ ମିଶାଇବା
 - ସଫା ହାତରେ (ସାବୁନରେ ହାତ ଧୋଇ) ଖାଦ୍ୟ ପ୍ରସ୍ତୁତ କରିବା ଏବଂ ଖୁଆଇବା
 - ଶିଶୁର ଦେହ ଖରାପ ପରେ ଅଳ୍ପ ପରିମାଣ ଅଧିକ ଥର ଖାଦ୍ୟ ଖୁଆଇବା

ସଠିକ୍ ଯତନ ନେଲେ ଶିଶୁର, ହସି ଉଠିବ ଆମ ସଂସାର



ମହିଳା ଓ ଶିଶୁ ବିକାଶ ଏବଂ ମିଶନ ଶକ୍ତି ବିଭାଗ, ଓଡ଼ିଶା ସରକାର





ମହିଳା ଓ ଶିଶୁ ବିକାଶ ଏବଂ ମିଶନ ଶକ୍ତି ବିଭାଗ ଓଡ଼ିଶା ସରକାର



ଯାଞ୍ଚ କମିଟି

ସରକାରଙ୍କ ଦ୍ୱାରା ପ୍ରଦତ୍ତ ପୁଷ୍ଟିକର ଖାଦ୍ୟ ଓ ଅନ୍ୟାନ୍ୟ ସେବାଗୁଡ଼ିକ ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ରରେ ପୁପରିଚାଳନା ପାଇଁ ଗ୍ରାମ ସ୍ତରରେ ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ର ପାଇଁ ଗୋଟିଏ ଯାଞ୍ଚକମିଟି ଗଠନ କରାଯାଇଛି । ନିମ୍ନଲିଖିତ ସଭ୍ୟମାନଙ୍କୁ ନେଇ କମିଟି ଗଠନ କରାଯାଇଛି ।

<ul style="list-style-type: none"> ➤ ସରକାରୀ ବା ଅନୁଦାନ ପ୍ରାପ୍ତ ଫଣ୍ଡର ଅବସର ପ୍ରାପ୍ତ କର୍ମକର୍ତ୍ତା ➤ ଦୁଇଟି ଉତ୍ତମ (Best graded) ସ୍ୱୟଂ ସହାୟକ ଦଳର ସମ୍ପାଦକ/ ସଭାପତି ➤ ଜଣେ ଭିତ୍ତିଭାଗ ବ୍ୟକ୍ତି ➤ ମାତୃକମିଟିର ମୁଖ୍ୟ ➤ ଗ୍ରାମ୍ୟ ଶିକ୍ଷାକମିଟିର ସଭାପତି 	
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ଯାଞ୍ଚ କମିଟିର ଦାୟିତ୍ୱ ଓ କର୍ତ୍ତବ୍ୟ

- ସମସ୍ତ ହିତାଧିକାରୀ ଯଥା - ଶିଶୁ (୦-୬ ବର୍ଷ), ଗର୍ଭବତୀ ଓ ପ୍ରସୂତୀ ମହିଳା ପୁଷ୍ଟିକର ଖାଦ୍ୟ ପାଇବା ପାଇଁ ସୁନିଶ୍ଚିତ କରିବେ ।
- ସପ୍ତାହରେ ଥରେ ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ର ପରିଦର୍ଶନ କରି ସକାଳ ଜଳଖିଆ, ଗରମ ଖାଦ୍ୟର ପରିମାଣ ଓ ମାନ ଯାଞ୍ଚ କରିବେ ।
- ରନ୍ଧନ, ବନ୍ଧନ, ଭୋଜନ ଏବଂ ପାନୀୟଜଳ ଇତ୍ୟାଦିରେ ପରିଷ୍କାର ପରିଚ୍ଛନ୍ନତା ରକ୍ଷା କରାଯାଇଛି କି ନାହିଁ ତଦାବଳ କରିବେ ।
- ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ରରେ ଛତୁଆ ଗ୍ରହଣ ଏବଂ ବନ୍ଧନ ସମୟରେ ଉପସ୍ଥିତ ରହିବେ ।
- ଯାଞ୍ଚ କମିଟିର ସଭ୍ୟମାନେ ଗ୍ରାମର ଅନ୍ତତଃ ଗୋଟିଏ ଗୃହ ପରିଦର୍ଶନ କରି ହିତାଧିକାରୀ ଛତୁଆ ପାଇଛନ୍ତି ଏବଂ ଆବଶ୍ୟକ ପରିମାଣ ଛତୁଆ ଖାଇଛନ୍ତି ସୁନିଶ୍ଚିତ କରିବେ ।

ମାତୃ କମିଟି

ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ରରେ ପ୍ରାୟ ବିଦ୍ୟାଳୟ ଏବଂ ପରିପୁରକ ଖାଦ୍ୟ କାର୍ଯ୍ୟକ୍ରମର ସୁପରିଚାଳନା ପାଇଁ ଗ୍ରାମ ସ୍ତରରେ ଗୋଟିଏ ମାତୃ କମିଟି ଗଠନ କରାଯାଇଛି । ନିମ୍ନଲିଖିତ ସଭ୍ୟମାନଙ୍କୁ ନେଇ କମିଟି ଗଠନ କରାଯାଇଛି ।

<ul style="list-style-type: none"> ➤ ଗ୍ରାମର ମହିଳା ଓ୍ୱାର୍ଡ ମେମ୍ବର ଅଧିକା ➤ ୨ ଜଣ ସ୍ୱୟଂ ସହାୟକ ଗୋଷ୍ଠୀର ସଭ୍ୟା ➤ ସ୍ୱେଚ୍ଛାସେବି ଫାଉଣ୍ଡେସନର ଜଣେ ମହିଳା ପ୍ରତିନିଧି ➤ ଜଣେ ଗର୍ଭବତୀ ମହିଳା ➤ ଜଣେ ପ୍ରସୂତି ମହିଳା ➤ ୭ ମାସରୁ ୫ ବର୍ଷର ଶିଶୁର ମା' 	
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ମାତୃ କମିଟିର ଦାୟିତ୍ୱ ଓ କର୍ତ୍ତବ୍ୟ

- ଗୃହ ପରିଦର୍ଶନ କରି ଅଭିଭାବକମାନଙ୍କୁ ପ୍ରବର୍ତ୍ତାଇ ପ୍ରାୟ ବିଦ୍ୟାଳୟରେ ନିୟମିତ ଉପସ୍ଥାନକୁ ସୁନିଶ୍ଚିତ କରିବେ ।
- ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ରରେ ସମସ୍ତ ଖାଦ୍ୟ କାର୍ଯ୍ୟକ୍ରମର ମାନକୁ ସୁନିଶ୍ଚିତ କରିବେ ।
- ମାତୃ କମିଟିର ସଭ୍ୟମାନେ ଅଙ୍ଗନବାଡ଼ି କର୍ମୀଙ୍କୁ ପ୍ରାୟ ବିଦ୍ୟାଳୟ ପରିଚାଳନା ଏବଂ ଶିଶୁଙ୍କୁ ପରିଷ୍କାର ପରିଚ୍ଛନ୍ନତା ରଖିବାରେ ସାହାଯ୍ୟ କରିବେ ।
- ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ରରେ ଛତୁଆ ଗ୍ରହଣ ଏବଂ ବନ୍ଧନ ସମୟରେ ଉପସ୍ଥିତ ରହିବେ ଏବଂ ଛତୁଆର ବ୍ୟବହାର ଦ୍ୱାରା ପରିପୁରକ ପୁଷ୍ଟି ସମ୍ବନ୍ଧରେ ମା' ମାନଙ୍କୁ ବୁଝାଇବେ ।
- ଗୃହ ପରିଦର୍ଶନ ସମୟରେ ମା' ମାନଙ୍କୁ ଛତୁଆ ସେବନ ସମୟରେ ପରିଷ୍କାର ପାନୀୟଜଳର ବ୍ୟବହାର ଏବଂ ଛତୁଆ କେବଳ ହିତାଧିକାରୀମାନେ ସେବନ କରିବେ ବୋଲି ପରାମର୍ଶ ଦେବେ ।
- ମା' ମାନଙ୍କୁ ମା' ଓ ଶିଶୁ ସୁରକ୍ଷା କାର୍ଡ୍ (ଏମସିପିସି) ରେ ନିଜ ସନ୍ତାନର ଓଜନ ଦର୍ଶେଇବା ପାଇଁ ପ୍ରବର୍ତ୍ତାଇବେ ।



ମହିଳା ଓ ଶିଶୁ ବିକାଶ ଏବଂ ମିଶନ ଶକ୍ତି ବିଭାଗ ଓଡ଼ିଶା ସରକାର



ଆସ ଜାଣିବା... ଜାଣିଲେ ଜିଣିବା

ଜନ୍ମ ପରେ ଶିଶୁକୁ ମା' କ୍ଷୀର

ଶିଶୁଟି ଜନ୍ମ ହେବାର ଏକଘଣ୍ଟା ମଧ୍ୟରେ
ମା' କ୍ଷୀର ଦିଅନ୍ତୁ ।



- ସ୍ତନ୍ୟପାନ ଗର୍ଭଫୁଲ ଶୀଘ୍ର ପ୍ରତିବାରେ ସାହାଯ୍ୟ କରେ ।
- ଏହା ମା'ଠାରେ ଅଧିକ କ୍ଷୀର ହେବାରେ ସାହାଯ୍ୟ କରେ ।
- ମା'ର ପ୍ରଥମ ହଳଦିଆ ରଙ୍ଗର 'କଷ୍ଟକ୍ଷୀର' ଶିଶୁକୁ ରୋଗରୁ ରକ୍ଷା କରେ । ଏହା ଶିଶୁ ପାଇଁ ଅମୃତ ସଦୃଶ ଏବଂ ଶିଶୁର କଳା ଝାଡ଼ା ନିର୍ଗତ କରି ପେଟ ସଫା କରାଏ ।
- ଜନ୍ମର ଏକ ଘଣ୍ଟା ମଧ୍ୟରେ ଶିଶୁକୁ ସ୍ତନ୍ୟପାନ କରାଇବା ଦ୍ୱାରା, ପ୍ରସବ ପରବର୍ତ୍ତୀ ରକ୍ତସ୍ରାବ କମ୍ ହୋଇଥାଏ ।
- ଗୁଡ଼ପାଣି, ମହୁପାଣି ଓ ମିଶିରି ପାଣି ଆଦି ନବଜାତ ଶିଶୁକୁ ଦିଅନ୍ତୁ ନାହିଁ । ଏହା ମଧ୍ୟ ଉତ୍ତମ ସ୍ତନ୍ୟପାନ ଅଭ୍ୟାସକୁ ପ୍ରତିହତ କରିଥାଏ ।

ଶିଶୁ ଅଭିବୃଦ୍ଧି ନିରୀକ୍ଷଣ



- ପ୍ରତ୍ୟେକ ମାସରେ ଶିଶୁର ଓଜନ ବଢ଼ିବା ତା'ର ଅଭିବୃଦ୍ଧି ଓ ବିକାଶର ଲକ୍ଷଣ ଅଟେ
- ଅଜ୍ଞାନତାରେ ପ୍ରତ୍ୟେକ ମାସରେ ଶିଶୁର ଓଜନ ନିଅନ୍ତୁ (୦ ରୁ ୫ ବର୍ଷ)
- ମା' ଓ ଶିଶୁ ସୁରକ୍ଷା କାର୍ଡ (MCP Card) ରେ ଶିଶୁର ଓଜନକୁ ଚିହ୍ନିତ କରି ଶିଶୁର ଅଭିବୃଦ୍ଧି ତଦାରଖ କରନ୍ତୁ
- ଶିଶୁର ପୁଷ୍ଟି ସ୍ଥିତି ସବୁଜ ଘର ମଧ୍ୟରେ ରହିବା ସୁସ୍ଥ ଶିଶୁର ଲକ୍ଷଣ ଅଟେ

ପ୍ରତି ମାସରେ ହାରାହାରି ଓଜନ ବୃଦ୍ଧି ହୋଇପାରେ	୦ ରୁ ୨ ମାସ ଶିଶୁ	- ୮୦୦ ଗ୍ରାମ୍
	୩ ରୁ ୪ ମାସ ଶିଶୁ	- ୬୦୦ ଗ୍ରାମ୍
	୫ ରୁ ୬ ମାସ ଶିଶୁ	- ୪୦୦ ଗ୍ରାମ୍
	୭ ମାସ ରୁ ୩ ବର୍ଷ ଶିଶୁ	- ୨୦୦ ଗ୍ରାମ୍
	୩ ମାସ ରୁ ୫ ବର୍ଷ ଶିଶୁ	- ୧୨୫ ରୁ ୧୫୦ ଗ୍ରାମ୍

ପାଞ୍ଚୋଟି କଥା ମନେରଖୁଥା



- ୧ ଶିଶୁ ଜନ୍ମ ହେବା ପରେ ତା'କୁ ମା'ର 'କଷକ୍ଷୀର' ଦେବା ଦରକାର ଯେଉଁ କଷକ୍ଷୀରରେ ରୋଗ ପ୍ରତିରୋଧକ ଶକ୍ତି ଭରି ରହିଛି ।
- ୨ ଏମାସ ଯାଏଁ ଶିଶୁକୁ କେବଳ ମା' କ୍ଷୀର ଦେବା ଉଚିତ୍ । ଗାଈ କ୍ଷୀର, ଢବା କ୍ଷୀର, ମହୁପାଣି, ଚିନି/ମିଷିରି ପାଣି ଏପରିକି ପାଣି ଦେବା ଅନୁଚିତ୍ ।
- ୩ ଶିଶୁକୁ ଉତ୍ତମ ପୋଷଣ ଯୋଗାଇ ଦେବା ଓ ସୁସ୍ଥ ରଖିବା ପାଇଁ ଶିଶୁଟି ଯେତେଥର ତାହୁଁଛି ତା'କୁ ମା' କ୍ଷୀର ଦିଅନ୍ତୁ ।
- ୪ ଶିଶୁର ଅସୁସ୍ଥତା ଏପରିକି ଚରଳ ଝାଡ଼ା ହେବା ସମୟରେ ମଧ୍ୟ ମା' କ୍ଷୀର ଚାଲୁ ରଖନ୍ତୁ, ଏହାଦ୍ୱାରା ଶିଶୁ ଶରୀରରେ ଜଳୀୟ ଅଂଶ କମେ ନାହିଁ । ମା' ଅସୁସ୍ଥ ଥିଲେ ମଧ୍ୟ ଶିଶୁକୁ କ୍ଷୀର ଦେଇପାରିବ ।
- ୫ ଶିଶୁକୁ ଏମାସ ହେବାପରେ ୨ବର୍ଷ ହେବା ପର୍ଯ୍ୟନ୍ତ ଅନ୍ୟ ଖାଦ୍ୟସହିତ ମା' କ୍ଷୀର ରଖନ୍ତୁ ।



ମହିଳା ଓ ଶିଶୁ ବିକାଶ ଏବଂ ମିଶନ ଶକ୍ତି ବିଭାଗ, ଓଡ଼ିଶା ସରକାର

