

OFFICE OF THE COLLECTOR & DISTRICT MAGISTRATE:NUAPADA
TENDER CALL NOTICE

No. 863

Date 8/5/18

Sealed Tender are invited from the intending wall painters/Wall writers having valid Registration TIN No & GST for Wall Painting in four identified prominent location of 109 Gram Panchayat of Nuapada District on different theme as per prototype posted on the Department of Women & Child Development Website.

- 1.The date of obtaining of Tender paper document from 08.05.18 to 29.05.18 up to 1 P.M. of date 29.05.18 from the office of the Collector, Nuapada(District Social Welfare Office Section, Nuapada) on payment of Rs.2240/-(Rupees Two thousand two hundred forty)only including GST 12%(Non-refundable)in shape of Bank Draft/Fixed deposit Receipt, Account payee Demand Draft.
2. Last Date of receiving the completed Tender paper up to 1 P.M. on date 29.05.18 through Registered Post/Speed Post Only to the office of the District Social Welfare Officer, Nuapada.
- 3.Date of Opening on Dated 30.05.18 at 10 A.M at in the presence of the District Tender Committee with the Tenderers or their authorized Representative at (place) Conference Hall of Collectorate, Nuapada.
4. The details can be seen in the district website : <http://www.nuapada.nic.in>
- 5.The Tender Paper containing detail term and condition, EMD and other statutory requirement and sample copy of prototype of design on wall painting can be obtained from the Office of the District Social Welfare Officer, Nuapada
- 6.The Tender received beyond the schedule date and Time shall not be taken into consideration.
- 7.The Authority reserves the right to reject any or all the bid without assigning any reason thereof.

Memo no. 864

Date 8/5/18

Copy along with the soft copy on Tender document forwarded to the D.I.O.NIC. Nuapada for information and with a request to webhost the Tender Call Notice and Tender document in the Official website of Nuapada Dist. for wide publicity.

Memo no. 865

Date 8/5/18

Copy forwarded to the Project Director, DRDA. Nuapada/Sub-Collector, Nuapada/CDMO. Nuapada/All BDOs/All Tahasildar/All Executive Officer of NAC.Nuapada Dist/All CDPOs for information and necessary action with a request to display the Tender Call Notice in the Notice Board of their respective Offices.

Copy to the Office Notice Board, Collectorate, Nuapada/DSWO. Nuapada.

Memo no.

866

Date

8.5.18

Copy forwarded to the Director, ICDS & Social Welfare, Department of Women & Child Development and Mission Shakti, Odisha Bhubaneswar for kind information.

COLLECTOR
COLLECTOR, NUAPADA
Nuapada

Memo no.

867

Date

8.5.18

Copy to the Advertisement Manager, Sambat Daily Odia News Paper for information. He is requested to publish the Tender Call Notice in their all Odisha Edition newspaper for one day within the minimum fixed rate as per Govt. I & P.R. Deptt. Odisha.

COLLECTOR
COLLECTOR, NUAPADA
Nuapada

COLLECTOR
Nuapada

COLLECTOR
Nuapada

TERMS AND CONDITIONS FOR INVITING TENDER FOR WALL PAINTING IN FOUR IDENTIFIED PROMINENT LOCATION OF 109 GRAMPANCHAYAT OF NUAPADA DISTRICT IN DIFFERENT THEME ON ICDS PROGRAMMES.

Sealed Tender are invited from the intending wall painters/Wall writers having valid Registration TIN No.& GST No. for Wall Painting in four identified prominent location of 109 Gram Panchayat of Nuapada District on different theme as per prototype posted on the Department of Women & Child Development Website

Sl. No.	Name of the Work	Approximate value of work	Period of completion	EMD @ 5%	Cost of Tender document including 12% GST
1	2	3	4	5	6
1	Wall Painting in four identified prominent location of 109 Gram Panchayat of Nuapada District on different theme as per prototype posted on the Department of Women & Child Development Website. Size-8'x5.6" Unit- 4 Wall painting per Gram Panchayat (Rs.1000/-per Wall Painting-	4,36,000=00	3(Three Calendar month)	21,800/-	2,240/-

1-The Bid documents with all statutory requirement will also be available in the District website: <http://www.nuapada.nic.in> from dated 10.05.18 To 29.05.18

On payment of Tender cost in shape of DD/BD/FDR payable at any Nationalized Bank in favour of DSWO. Nuapada (Nonrefundable)

2-Tender Paper must be accompanied with EMD in shape of DD/BD/FDR of any Nationalized Bank duly pledged in favour of DSWO. Nuapada.

3-The sale of the Tender document shall obtained from Dt. 08.05.18 to 29.05.18 Up to 1 P.M. in the office of DSWO. Nuapada and District website. The Tender paper shall be received by this office up to Dt. 29.05.18 1 P.M. through Registered Post/Speed Post only. The authority will not be held responsible for any postal delay in delivering of the Tender document or not receipt of the same.

4-The Tender will be opened on dated 30.05.18 at 09.30 A.M. in the Office of the Conference Hall of Collectorate in presence of the District Level Tender Committee and the bidders or their authorized representatives.

Signature of the Tenderer

5-Bidder shall submit original affidavit regarding authenticity of their document and EMD along with the Bids. Bids shall be accompanied with attested true copy of valid registration certificate, valid GST clearance certificate and PAN card.

6-The selected Wall Painter/Wall writer will draw an agreement with the DSWO. Nuapada for completion of the work within the stipulated period.

7-No Tenderer will be permitted to furnish their tender in their own manuscript paper. No letter should accompany the tender.

8-The work is to be completed in all respect within the stipulated period as per Cl.4 as above from the date of issue of work order. Tenderers whose tender is accepted must submit a programme of work immediately after issue of work order for approval of DSWO. Nuapada.

9-If the work will be left incomplete, the EMD will be forfeited.

10-No bidder shall be allowed to withdraw his tender/earnest money until the tender is finalized. The EMD will be refunded to the unsuccessful tenderer on application after intimation is sent to rejection of their tender. The retention of EMD with the Department will carry no interest.

11- The rate quoted should be inclusive of all charges inclusive carriage of water required in connection with execution of the work. No claim whatsoever will be entertained for supply of machineries. No extension of time will be granted to the selected Tenderer under this ground under any circumstances.

12-Additional performance Security shall be obtained from the bidder when the bid amount is less than the estimated cost put to tender. In such an event the bidders who have quoted less bid price/rates than the estimated cost put to the tender shall have to furnish the exact amount of differential cost i.e. estimated cost put to tender minus the quoted amount as Additional Performance security in shape of Demand Draft/Term Deposit Receipt pledged in favour of DSWO. Nuapada in the sealed envelope along with the price bid at the time of submission of Bids.

13-The additional performance security in any other form will not be accepted. If the Tenderer fails to complete the work the amount so furnished as additional performance security will be forfeited in addition to other penal clauses, if any to be imposed.

14-The Tenderer after the award of Contract and on signing the agreement shall be furnished free of cost two copies of each of the drawing specification, descriptive schedules and other details necessary for execution of the work. All further drawing & details as may be prepared by the department from time to time for reasonable development of the work described in the contract document and reasonable necessary to explain and amplify the contract drawing and to enable to the Contractor to execute and complete the work shall also be supplied in duplicate to Contractor free of cost.

15.The Contractor shall keep one copy of all the drawing specification, price schedule of items and quantities at work site and the Engineer-in-charge or higher shall at all reasonable times have access to the same.

Signature of the Tenderer

15-Design: Prototype of Design for Wall Painting and themes as designed by Department of Women & Child Development and Mission Shakti, Odisha.

16-The payment towards Wall painting shall be made after due verification & certificate of Local Supervision Committee constituted for the purpose.

17-The Sealed Tender Cover should be super scribed "TENDER PAPER FOR WALL PAINTING WORK AT GRAM APNCHAYAT LEVEL IN NUAPADA DISTRICT" ADDRESSED TO District Social Welfare Officer, Nuapada, Collectorate, Nuapada.

Signature of the Tenderer


COLLECTOR, NUAPADA
COLLECTOR
Nuapada

TENDER DOCUMENTS FOR WALL PAINTING IN FOUR IDENTIFIED PROMINENT LOCATION OF 109 GRAM PANCHAYAT OF NUAPADA DISTRICT IN DIFFERENT THEME ON ICDS PROGRAMMES

SL. NO.	Description	
1	Name and address of the Tenderer in name of Wall Painter/Wall Writer(In Capital Letter)	
	Telephone Number	
	Mobile No.	
	Specimen signature of the authorized signatory	
2	DD/BD/FDR No.& Date for Rs.2240/-(Towards cost of Tender Paper)in favour of DSWO. Nuapada.	
3	Valid Registration Certificate of Painter/Wall Painter/Wall Writer(Attested copy should be enclosed)	
4	Attested copy of the up to date certificate on Income Tax, GST Regd. No. and PAN No.	
5	EMD of Rs.21800 /-(Rupees Twenty one thousand eight hundred) only in shape of FDR/POSB/NSC duly pledged in favour of District Social Welfare Officer, Nuapada.	
6	Experience in field of wall painting/wall writing if any(Self attested copies with testimonial)	
	Rate Quoted for wall painting as per prototype posted in website in the area of Size 8'x5.6" for each Board (As per specification)Both in figures and Words	
	Distempering /per sq. M.	
	Cement Paint/per Sq. M.	
	Weather coat/per sq. M.	

DECLARATION

I/We hereby certify that the term and condition, specification etc. given with the Tender Notice have been read carefully and acceptable to me/us and that the information furnished above is full and correct to the best of my knowledge.

Place:

Date

Signature of the Tenderer with 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, Annaprasanna 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 ଅତିତଃ 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 ପ୍ରଦାନିତାଳନା 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 ଭିତ୍ତସମ 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 ପ୍ରାକ୍ 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 ପ୍ରାକ୍ ବିଦ୍ୟାଳୟରେ ନିୟମିତ ଉପସ୍ଥାନକୁ ସୁନିଶ୍ଚିତ କରିବେ ।
- ଅଙ୍ଗନବାଡ଼ି କେନ୍ଦ୍ରରେ ସମସ୍ତ ଖାଦ୍ୟ କାର୍ଯ୍ୟକ୍ରମର ମାନକୁ ସୁନିଶ୍ଚିତ କରିବେ ।
- ମାତୃ କମିଟିର ସଭ୍ୟମାନେ ଅଙ୍ଗନବାଡ଼ି କର୍ମୀଙ୍କୁ ପ୍ରାକ୍ 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

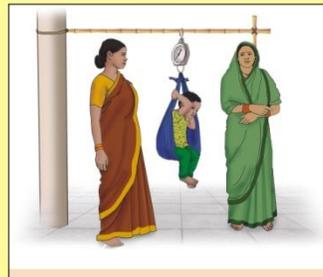
ଜନ୍ମ ପରେ ଶିଶୁକୁ ମା' କ୍ଷୀର

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	୦ ରୁ ୨ ମାସ ଶିଶୁ	- ୮୦୦ ଗ୍ରାମ୍
ହାରାହାରି	୩ ରୁ ୪ ମାସ ଶିଶୁ	- ୬୦୦ ଗ୍ରାମ୍
ଓଜନ ବୃଦ୍ଧି	୫ ରୁ ୬ ମାସ ଶିଶୁ	- ୪୦୦ ଗ୍ରାମ୍
ହୋଇପାରେ	୨ 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/ମିସିରି ପାଣି ଏପରିକି ପାଣି ଦେବା ଅନୁଚିତ୍ ।
- ୩ ଶିଶୁକୁ ଉତ୍ତମ ପୋଷଣ ଯୋଗାଇ ଦେବା ଓ ସୁସ୍ଥ ରଖିବା ପାଇଁ ଶିଶୁଟି ଯେତେଥର ଚାହୁଁଛି 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

