



# Take a pledge to prevent malnutrition

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## My pledge to prevent malnutrition

- Women pledge that when their daughter-in-law is expecting, they will take full care of her comfort, give her nutritious foods like green leafy vegetables, pulses, eggs, milk and fruits in good quantities. They will serve her food cooked with iodised salt and provide her with iron folic acid tablets.
- Young men pledge to take the utmost care of their wives during pregnancy. They will ensure that she eats on time and that she gets ample rest. From the seventh month onwards, they'll make sure that their child continues to be breastfed along with diversified home cooked nutritious foods.
- Women pledge that they will feed their new-born with their first thick milk (colostrum), and for the first six months they will only breastfeed their baby. When their baby enters the seventh month, along with their breastmilk, they'll include healthy home cooked food in the diet.
- A girl under the age of 18 is not physically and mentally ready and prepared for the responsibility of being a mother. In such a scenario, her child is always imperilled to the risk of malnutrition. That's why please don't even consider marrying your daughter till the time she is at least 18. Parents pledge that they will not marry their daughter off till the time she is 18 years of age. And with that they'll ensure her future child is safe from malnutrition. Young men pledge that they won't marry a girl below the age of 18 so that their future

Young men pledge that they won't marry a girl below the age of 18 so that their future child is safe from malnutrition. The Sarpanch (head woman of a village) takes a pledge to prevent the marriage of any girl below the age of 18 in her village, so as to ensure that no child in her village falls prey to and suffers from malnutrition.

## Objective

The purpose of this video is to create awareness about the importance of community commitment to prevent malnutrition. Various stakeholders It is intended for the community at large.

**Source: Ministry of Women and Child Development, Government of India with active support from UNICEF and other development partners.**

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Source: <https://data.vikaspedia.in/short/lc?k=qQewRpFhxXHyc5wB2Nt6gw>

