## 7. Village Health and Nutrition Day (VHND)

VHND is a common platform for allowing the people to access the services of the ANM and the male health worker and of the Anganwadi Centre (AWC). It is held at the AWC once every month. The ANM gives immunisation to the children, provides antenatal care to pregnant women and provides counselling and contraceptive services to eligible couples. In addition, the ANM provides a basic level of curative care for minor illness with referral where needed.

The VHND is an occasion for health communication on a number of key health issues. It should be attended by the members of the PRI, particularly the women members, pregnant women, women with children under two, adolescent girls and general community members. The VHND is to be seen as a major mobilisation event to reinforce health messages. You should provide information on the topics given below during the VHND. These topics can be taken up one by one and completed over a period of one year.

## Topics for Health Communication during the VHND

- Care in pregnancy, including nutrition, importance of antenatal care and danger sign recognition.
- Planning for safe deliveries and postnatal care.
- Exclusive breastfeeding and the importance of appropriate complementary feeding.
- Immunisation: the schedule and the importance of adhering to it.
- Importance of safe drinking water, hygiene and sanitation, and discussion on what actions can be taken locally to improve the situation.
- Delaying the age at marriage, postponing the first pregnancy and the need for spacing.
- Adolescent health awareness, including nutrition, retention in school till high/higher secondary level, anaemia correction, menstrual hygiene and responsible sexual behaviour.
- Prevention of Malaria, TB and other communicable diseases.
- Awareness on prevention and seeking care for RTI/STI and HIV/AIDS.
- Prevention of tobacco use and alcoholism.

## What should you do for a successful VHND?

- Make a list of the following and ensure their presence during the VHND meeting:
  - Pregnant women for their antenatal or postnatal care.



