

Training Program  
on  
**STRATEGIES FOR IMPROVING  
NUTRITION AMONG WOMEN AND  
CHILDREN IN INDIA.**

(05th – 09th February, 2018)

**nutrition**  
the right balance of real foods



Centre for Gender Studies and Development  
School of Development Studies and Social Justice

**National Institute of Rural Development and Panchayati Raj**

(Ministry of Rural Development, Govt. of India)

Rajendranagar, Hyderabad – 500030

## Need

Nutrition constitutes the very foundation of human development by imparting immunity and, thus, reducing morbidity, mortality and disability. In addition, it promotes lifelong learning capacities and enhanced productivity. Poor health and nutrition are two of the greatest barriers to overcoming poverty. Young girls often enter their reproductive years in an undernourished condition, and a staggering 75 percent of them are anemic. National nutritional surveys show that the majority (60–80 percent) of India's poor, rural and socio-economically marginalized populations have a 20–40 percent shortfall in their protein-energy intake. This is even greater for pregnant and lactating women and young children. Expectant mothers put on less weight during pregnancy than they should - 5kgs on average compared to the worldwide average of close to 10kgs.

In 2015, the UN Sustainable Development Goals enshrined the objective of ending all forms of malnutrition. This was a call for all nations to think and act differently on malnutrition; focus on all of its faces and work to end it for all people by 2030. Global Nutrition Report-2016 clearly indicates how India still lags behind in tackling malnutrition effectively. In terms of stunting, India ranks 114th out of 132 nations (incidence: 38.7%) while for wasting, it is 120th among 130 countries (incidence: 15.1%). Regarding anaemia prevalence among women of reproductive ages, India ranks 170th out of 185 countries (incidence: 48.1%) – and this is a matter of grave concern as well. Recently published studies in India and abroad have drawn attention to the country's poor ranking, in respect of malnutrition among children below the age of five years, despite the country's impressive economic growth since the 1990s.

Therefore interventions seeking to provide preventive health care in rural India needs to respond to these differences, by developing appropriate strategies addressing both women and men, and young boys and girls and targeting them appropriately. Though, over the years, the Government has accorded the highest priority to combat malnutrition among its people, however, there is a lack of multi-sectoral coordination which is most essential to address the inter-generational and multifaceted nature of malnutrition.

In view of the above, NIRD&PR proposes to organize a national training programme on strategies for improving nutrition among women and children with the following objectives:

### Objectives

1. To sensitize the stakeholders on gender perspective of health, nutrition, and development.
2. To develop effective nutrition sensitive approaches and strategies towards health and development of the community.
3. To equip the participants with hands on experiences through best practices/case studies/video films/field visit and IEC Strategies.

## **Contents of the programme**

- Gender Concepts and gender analysis of health care and nutrition in rural India
- Best strategies/interventions of improving and promoting nutrition among women and children
- Gender stereotypes influencing health and nutrition behavior in rural areas
- Behavioral change communication for improvement in implementation of nutrition development programs.

## **Training Methods**

Lecture cum Discussion method, Small group discussions, class room interactions, Participatory Group Exercises, Quiz, Case presentation & analysis, audio visual presentations and field visits.

## **Participants**

Senior and middle level officials from the following departments....

- Health & Family Welfare Department
- Officials working in School Health Program
- ICDS Officials
- Women and Child Development
- Faculty from SIRD /SCERT/Dept. of Women Studies from Universities
- Elected Representatives at the District Level

## **Duration**

February 05th – 9th, 2018 (Both days Inclusive)

## **Venue**

National Institute of Rural Development and Panchayati Raj, Rajendranagar, Hyderabad-500030

## **Last date of Receiving Nomination**

***25th January 2018 (Requested to send the Nominations via Email only)***

## **Course Team**

Dr Sucharita Pujari, Assistant Professor, CGSD

Dr Ruchira Bhattacharya, Assistant Professor, CGSD

Dr NV Madhuri, Associate Professor & Head (I/C) CGSD

## **Fee**

The programme is residential. There is no course fee for the participants sponsored by the central and state governments. Boarding and Lodging facility are provided free of cost in the premises of the Institute

## **Travel**

The cost of travel of the participants has to be borne by the sponsoring organisation. NIRD&PR may provide transport facility to receive the participants from the Airport, Secunderabad and Nampally Railway station subject to prior intimation.

## About NIRD & PR

The NIRD&PR is an apex organisation under the Ministry of Rural Development, Government of India (GOI) for training, research, action research and consultancy in rural development. It is the think tank of the Government of India on issues pertaining to rural development. The Institute serves as a forum for discussion and debate on issues of common concern, attracts academics and development practitioners from all over the country and abroad. It is recognised nationally and internationally as a “Centre for Excellence in Rural Development” in general and “Centre for Excellence in HRD research and Training” by the UN-ESCAP in particular and has been actively engaged in international training, workshop and consultancy during the last four decades. NIRD &PR trains more than 5000 senior level administrators, planners and rural development functionaries every year. NIRD&PR has conducted more than 800 research studies in various issues related to rural development since its inception and has brought out more than 300 publications.

## Location

The Institute is located in the serene rural surroundings of Rajendranagar, about 15kms away from historical city of Hyderabad in Andhra Pradesh in the southern part of India. It is well connected by road, rail and by air.

## Facilities

The Institute has a well-organised and fully computerised library with a collection of over 90,000 volumes. To meet the growing management and research needs, the Institute has a fully equipped computer lab with the state –of – the-art technology.

All the training programmes of the Institute are residential and boarding and lodging facilities are provided in the Institute’s well-furnished Guest Houses. The Institute has a Health Centre with two resident doctors and auxiliary services, a community health club, with modern equipments as well as facilities for Yoga. Recreation facilities like Table Tennis, Badminton and a number of indoor games are also available for the participants.

## The City

Hyderabad, the capital of Andhra Pradesh, is located about 1700 km to the south of New Delhi, and nearly 800 km to the east of Mumbai, the commercial capital of India. It is situated at 536.6 meters above sea level and enjoys pleasant climate almost throughout the year. The city has many majestic historical monuments, mosques and marvelous minarets. The world famous monument Charminar, is an attraction of the city. On the western outskirts of the city the historical Golconda Fort is located.

The Salar Jung Museum, the world’s largest one man collection, displays around 35,000 antique and art objects. The Nehru Zoological Park was set up in 1959, as a natural habitat of all types of birds and animal species. Its Lion Safari park is the first of its kind in South Asia. The city also has one of the world’s largest monolith statues of Lord Buddha, the incarnation of peace.

## Correspondence

Please send the nominations in the enclosed proforma to:

**Dr. Sucharita Pujari (CGSD)**

**Course Director**

**National Institute of Rural Development and Panchayati Raj**

**Rajendranagar, Hyderabad – 500030**

**Tel No. 040 – 24008523 (O)**

**Tele Fax- 040-24008456, 24016500**

**Email: [pujarisucharita1976@gmail.com](mailto:pujarisucharita1976@gmail.com)**

**(Requested to send the Nominations via Email only)**

## Nomination Form

National Institute of Rural Development and Panchayati Raj

Rajendranagar, Hyderabad - 500030

Training Programme on Strategies for Improving Nutrition among Women and Children in India

05th – 09th February, 2018

Last Date : Nomination to reach on or before 25th January, 2018

Dr Sucharita Pujari, (CGSD) Course Director  
NIRD&PR, Rajendranagar, Hyderabad – 500030

Tel No. 040 – 24008523 (O)

Tele Fax – 040-24008456, 24016500

Email: pujarisucharita1976@gmail.com

1. Name (in Capital):
2. District & State:
3. Designation with Office Address:
4. Contact No :
5. Email:
6. Age :
7. Educational Qualifications :
8. Whether any Trainings Attended at NIRD&PR

Signature of the Sponsorer  
with Office Seal

Signature of the Nominee  
with date