

Pictures	SOCIAL, FAMILY AND NATURAL ENVIRONMENT	Photographs by
Introduction text when looking at the whole wall	The home environment is where infants spend most of their time during the first 2 years of life, therefore playing a key role in determining their chances for survival and development. The physical and material circumstances at home influence air pollution and contamination risks to infants. The family environment and interpersonal relationships between caregivers impacts the infants' social and emotional development. Social norms and stigmas within the community environment shape childcare practices and behaviours. A positive social, family and natural environment surrounding infants during the early years is key for optimal physical, social and emotional child development.	
 <p data-bbox="161 1077 477 1115">IMPORTANCE OF INTERACTING WITH YOU BABY / CHILD</p>	Interacting and communicating with young children is important. As they grow up, they begin to understand language, nurture relationships with the family, develop responsive skills, trust adults and are able to sense gestures, facial expressions and words well before they are able to verbally express themselves. They develop a sense of love and affection and respond accordingly.	Dhruv star communication (Film team in PANChSHEEL)
	Due to the nuclear family culture in tribal areas, the mother needs to carry her child with her to the field where she works so that she can supervise her child and feed the child when he/she is hungry. This means less time for mother child interaction and for the child to develop through play and also puts pressure on the mother to do work and take care of the child at the same time.	P.C – Dhruv star communication (Film team in PANChS)
	When a mother is working, she is expected to play two important roles in addition to her existing ones - that of a nurturer as well as a provider. Caring for a baby is something that has always been believed to be a woman's role. Hence, immediately after returning from work she is expected to carry on her domestic chores and look after her child irrespective of how tired she may be.	Dhruv star communication (Film team in PANChSHEEL)



Traditional marriage counselling has a success rate of 70 to 80 percent.

Indian families are traditionally patriarchal and orthodox in their nature. Religious and family orientation, joint and interconnected systems and high interdependency among the members can lead to conflict which leads to stress on the mother and child. Indian family therapists have made contributions in developing tools for exploring family and marital issues. This includes the Family Typology Scale, the Marital Quality Scale, and the Measurement of Family Violence Scale etc. There have also been efforts from practitioners in the development of intervention models. Marriage counselling improves the overall process that increases marital satisfaction, reduces or eliminates ineffective patterns such as predictable arguments and poor conflict resolution and increases parenting skills.

#### **Does anybody care**

Poem by Monica Lakhanpaul

I hear a bang  
He makes her cry  
Another bruise  
I have to pry

She picks me up  
Puts down her dress  
Another day  
Just to impress

He rings the bell  
I hide away  
Another slap  
He makes her pay

We run away  
How do we dare  
Another try  
Does anybody care?

Dhruv star communication (Film team in PANChSHEEEL



It is important to acknowledge the role of Fathers for babies and children by providing helpful education on pregnancy, birth, postnatal period and parenting, and how they can create a happy, supportive environment. Dads make the world of difference!

Dhruv star communication  
(Film team in PANCHSHEEL)

Education and support can also extend to incorporate the wider family i.e. siblings and grandparents.





### Perinatal Maternal Mental Health

Several studies have shown that about 13%–26% of postpartum women in India may be suffering from postpartum depression. A global systematic review by Stein et al., found evidence that perinatal depression is associated with negative effects on child behavioural, cognitive and emotional development, and mixed evidence for negative effects on birth outcomes (i.e. pre-term and birth weight) and physical growth. From India-based studies, a range of risk factors for perinatal depression are demonstrated in areas related to sociodemographic and economic status; child gender preference; and family and marital characteristics. Identifying women for treatment of depression has the potential to lead to direct health benefits for women and indirect benefits for their children.

In India, the launch of the National Mental Health Policy and Mental Healthcare Act and increased priority accorded to mental health programs, mean that there is now an opportunity to reduce the population-level burden of perinatal depression.

Dhruv star communication (Film team in PANChSHEEEL








IMPORTANCE OF PLAY

Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. Play is important for the development of a healthy brain. Its importance is often under recognised. It is through play that children at a very early age engage and interact with the world around them. Early childhood play improves the child's language skills and promotes higher intelligence later in life. It also promotes impulse control and emotion regulation. Playing is crucial in enhancing social development competencies and empathy in children.

Children learn creativity using the local available objects as their toys especially in rural and tribal areas.

Dhruv star communication (Film team in PANChSHEEEL

Pictures	NUTRITION AND CARE PRACTICES	Photographs by
	<p>Optimal nutrition in the first 2 years of life is crucial to a child's development. Optimal breastfeeding and complementary feeding practices can prevent up to a fifth of deaths in children under-5. Yet, in India, less than 10% of children under the age of 2 are fed optimally (as per the recommended guidelines) and up to 35% are stunted before they reach their 5<sup>th</sup> birthday. The POSHAN Abhiyan flagship programme recognised the need for the development of convergent action plans to improve child nutrition, where an integrated multisectoral effort will be essential to achieve the mission goals.</p>	<p>Hemant Chaturvedi (PANChSHEEEL)</p>
	<p>India has 30% of the world's stunted children and nearly 50% of severely wasted children under the age of five. Stunting is a sign of malnutrition which would also affect brain development and therefore future education potential in a child.</p>	<p>Hemant Chaturvedi (PANChSHEEEL)</p>
	<p>Pregnant women need to ensure that their diet provides enough nutrients and energy for the baby to develop and grow appropriately. They also need to make sure that her body is healthy enough to deal with the changes that are occurring. Nutrition is equally important for an infant's overall development.</p> <p>A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind of both the child and mother strong and healthy. Eating well can also help ward off numerous diseases and health complications, as well as help maintain a healthy body weight.</p> <p>Mothers are often not able to access nutritious foods. Families also reported cultural and social issues as barriers to improving nutritional practices. A lack of clear, factual information on what makes a healthy diet, combined with taboos regarding what pregnant women should or should not eat, makes it difficult for mothers to know what is best for their families' health.</p> <p>Thereby education on nutritious food is crucial along with education on hygiene, sanitation and hand washing practices, all in an effort to ensure optimal health for children.</p>	<p>Hemant Chaturvedi (PANChSHEEEL)</p>

	<p>Potential interventions include projects such as Locally-based Community Nutrition Facilitators who lead mother's groups across participating districts, teaching families the importance of protein, micronutrients, and vitamins for improved nutrition and health. Together, the groups grow and cook with nutrient-rich foods - including red beans for protein, leafy greens for iron, and a new variety of orange flesh sweet potatoes for vitamin A - to enrich staple diets and improve health.</p> <p>In addition to these mother's groups, the projects can provide home visits to families to reinforce these messages and share knowledge with the larger family. Families are shown how to plant and maintain basic home and community gardens and are provided with training on how to grow diverse nutrient-rich crops to supplement their diets. Educational messages are also provided at the same time.</p>	<p>Dhruv star communication (Film team in PANChSHEEL</p>
	<p>Breastfeeding is very important for child brain development, nutrition and prevention of infection and so it is essential we give enough time for a mother to do this vital role.</p>	<p>Dhruv star communication (Film team in PANChSHEEL</p>



**A Mother's Cry**

Poem by Monica Lakhanpaul

Dhruv star communication  
(Film team in PANCHSHEEL)

I hear my mother cry at night  
Watching the morning sun catch light  
She walks to the field  
Barefoot and tired  
To fill my belly  
Whilst squeezing me tight

No time to play, no time to sing  
She leaves me home  
With an empty tin  
She fetches the water  
From the well far away  
Balanced on her head  
As she comes home to pray

She coughs by the fire  
Whilst preparing the food  
So tired is she  
But never shows her mood

She sweeps the floor  
As she makes our bed  
No time to rest  
Or lay down her head

So I ask myself, can this be fair  
And actually, does anybody care?

**Pictures**

**INFECTIONS**




**Photographs by**

Introduction text when looking at the whole wall

Pneumonia and diarrhoea infections remain the top major killers of young children worldwide. Together, they result in the loss of 2 million young lives every year, despite being treatable and preventable. Vaccines, oral rehydration salts, improving water, sanitation and hygiene conditions at home, and reducing household air pollution are interventions of proven efficacy. India's efforts under its flagship programmes (like the Swachh Bharat Abhiyan) have achieved great progress, but a challenge remains to close the gap for those children that are hardest to reach.

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	<p>Nearly 86% of all the medical visits in India are made by rural inhabitants, with a majority still traveling more than 100 km to access a healthcare facility, of which 70%–80% is born out of pocket, landing them in poverty. The family doctor provides primary and continuing care to the entire family within the community; addresses physical, psychological, and social problems; and coordinates comprehensive healthcare services with other specialists, as needed. He or she is the first-level contact for the patients and their family. Family medicine is the ideal solution to growing rural healthcare challenges. There is a need for adequately trained and properly qualified general practitioners to deliver a range of acute, chronic, and preventive medical care services. In addition to diagnosing and treating illness, they also provide preventive care, including routine checkups, health risk assessments, immunisation and screening tests, and personalised counselling on maintaining a healthy lifestyle.</p>	<p>Hemant Chaturvedi PANChSHEEEL</p>
	<p>It is important for children to be reviewed regularly by the community health workers so that they can pick up health issues early, prevent illness, malnutrition and the child entering the malnutrition - infection cycle. We have all heard of the saying - prevention is better than cure.</p>	<p>Hemant Chaturvedi PANChSHEEEL</p>



	<p>A WHO report states that 44% of India's population defecate and urinate in open spaces, leading to greater risk of infectious diseases such as diarrhoea and acute respiratory infection along with malnutrition.</p> <p>Under the National Rural Health Mission, the Village Health, Sanitation and Nutrition committee (VHSNC) has been formed to take collective actions on issues related to health, sanitation and its social determinants at the village level. Community engagement and ownership is key to success.</p>	<p>Hemant Chaturvedi PANChSHEEEL</p>
		
 <p>HAND WASHING / HYGIENE</p>	<p>“We tell the students about good hygiene practices like hand washing, taking a bath every day, cutting nails. They then go and tell their family. Spreading messages through children are very effective.” School Teacher, Ghatol</p>	<p>Hemant Chaturvedi PANChSHEEEL</p>
<p><b>Pictures</b></p>	<p><b>EDUCATION AND DEVELOPMENT</b></p>	<p><b>Photographs by</b></p>
<p>Introduction text when looking at the whole wall</p>	<p>The early years, known as the critical window of opportunity, is an exceptional period during which the child’s brain develops at the most rapid pace. The foundations for learning are laid during this critical time. Optimal early child education results in better learning outcomes at school later on. The role of caregivers and Anganwadi Centres is therefore key to provide interactive play methods and ensure optimal levels of school readiness before children start primary school. Setting the right educational foundations during the early years is key for prosperous societies and economic growth.</p>	



PRENATAL EDUCATION AND PARENTING SUPPORT

The early years, known as the critical window of opportunity, is an exceptional period during which the child's brain develops at the most rapid pace. The foundations for learning are laid during this critical time. Optimal early child education results in better learning outcomes at school later on. The role of caregivers and Anganwadi Centres is therefore key to provide interactive play methods and ensure optimal levels of school readiness before children start primary school. Setting the right educational foundations during the early years is key for prosperous societies and economic growth.

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EQUALITY

Games are extremely useful and can be used as a support tool to complement traditional teaching methods. This would improve the learning experience of the students while also teaching other skills such as following rules, adaptation, problem-solving, interaction, critical thinking skills, creativity, teamwork, and good sportsmanship to children.

Hemant Chaturvedi  
PANChSHEEEL

To encourage discussions about equality, teachers can be encouraged to use a variety of literature that portrays diverse people and families. It is important for teachers to create a safe space to ask questions and share feelings about these topics, by engaging with their students in a positive way. To further highlight equality, education materials should be free from gender stereotypes and males and females should be shown in equal measure.

Children exposed to this school of thought could be catalysts of change - especially in rural India where gender norms are quite rigid.



### **We are not the same**

Poem by Monica Lakhanpaul

Hemant Chaturvedi  
PANChSHEEL

They came into this world  
With no expectations  
No religion, no name  
They all seem the same.

They came from one place  
With their cry and their smiles  
No religion, No name  
We should be the same

But soon it all changed  
The world with its glory  
No warmth, no food  
We can't be the same

Only animals to play with  
Dirty air to inhale  
No warmth, no food  
We won't be the same

Mum cooks all day  
No place to recline  
No song, no dance  
Can we all be the same?

Dad cries through the night  
Tears filling his eyes  
No song, no dance  
He prays we're the same

But the rich throw away  
Their clothes and displays  
They can and they have  
So, we just aren't the same!