



POSHAN BHI PADHAI BHI

LAUNCH EVENT
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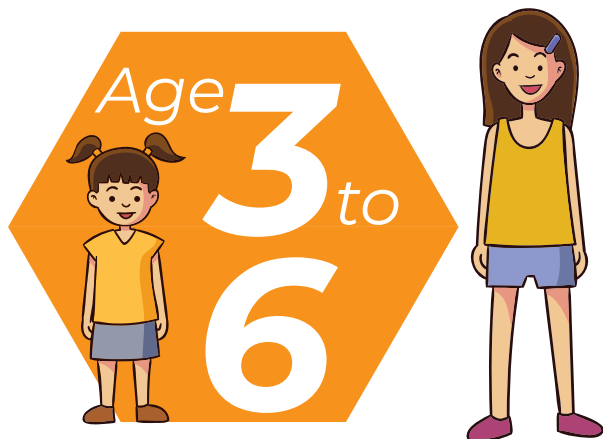
Understanding the needs of children in the earliest years

The first six years of a child's life are truly critical and lay the foundation for lifelong well-being, and overall growth and development across all dimensions - physical, cognitive, and socio-emotional. The pace of brain development in these years is more rapid than at any other stage of a person's life. Research from neuroscience informs us that over 85% of an individual's brain development occurs by the age of 6. This indicates the critical importance of appropriate nutrition, care and stimulation in a child's early years to promote sustained and healthy brain development and growth.



From birth till age 3, children benefit greatly from simple activities such as playing, listening to stories, and singing, which improve their ability to think, communicate, and connect with others. Sensory activation is vital to the development of brain pathways - for example visual stimulation through primary colours and shapes; hearing, identifying and imitating different voices, music, and sounds; stimulating touch through different textures like smooth, rough, bumpy, etc; tasting different types of food, from salty to sweet to bitter, soft or crunchy; and smell, aroma/smell of food to various smells from the environment. Such stimulation improves memory, attention span and ability to learn, calming a child and encouraging joyful play, creativity and fun, enabling them to engage with the world around them.

For the first two years, attention to nutrition in general and breastfeeding in particular, is of utmost importance. Mothers must begin breastfeeding in the first hour of life, continue exclusive breastfeeding for the first six months and continue with complementary feeding from 6 months to 2 years of age. It saves lives, protecting children from disease, boosting brain development and guaranteeing a safe and nutritious food source. Children must be fed frequently and adequately, with diverse and nutrient-dense food, prepared in a clean environment. Poor nutrition in the early days can lead to micronutrient deficiencies, which can weaken children's immunity and lead to death from common childhood diseases like diarrhoea - infant and young child feeding practices (IYCF) are therefore crucial to reducing under-5 mortality rates. The first 1000-day period, from pregnancy till a child's second birthday, are critical, requiring good nutrition and early stimulation for holistic development.



From age 3 to age 6 as well, playing is learning. Together with early literacy and numeracy, i.e. exposure to alphabets and numbers, it is important for children to engage with different toys, experiencing both structured and unstructured play, i.e. games with and without rules.

Studies show that imaginative play is associated with increased divergent thinking, which improves problem-solving skills. Putting on plays and performances helps with language development, and involvement of adults while pretending improves impulse control and emotional regulation. These skills are all necessary, not just learning the alphabet, to ensure school-readiness among children. All these activities must be undertaken by care-givers, both parents and Anganwadi Workers, at home and in centres across the country.

Regulatory Framework of ECCE in India



National Education Policy (NEP) 2020:

The NEP 2020, adopted by the Ministry of Education, recognises foundational literacy and numeracy as the highest priority, as the major portion of a child's brain development occurs before the age of 6 years. It notes that quality Early Childhood Care and Learning (ECCE), at present, is not available to crores of young children. To ensure all students entering Grade 1 are truly ready for school, NEP 2020 proposes the preparation of an initial cadre of high-quality ECCE Teachers by training current Anganwadi Workers.

National ECCE Policy 2013:

National Early Childhood Care and Education Policy 2013, housed in the Ministry of Women and Child Development, provides a detailed operational framework for universal ECCE implementation in the Anganwadi system.

National Curriculum Framework (NCF):

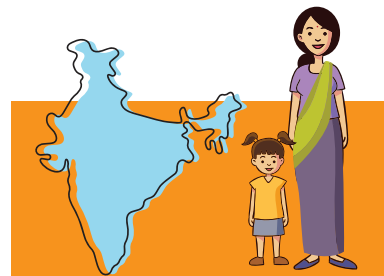
NCF, created to operationalize NEP, is the first ever integrated Curriculum Framework for children between ages 3-8 in India. It is a direct outcome of the NEP's 5+3+3+4 curricular and pedagogical structure for School Education.

ECCE Taskforce Report:

The Ministry of Women and Child Development constituted an ECCE Task Force, which submitted its report in 2023. Its recommendations included capacity-building through a 3-day in person training, follow up refresher training, fresh Teaching Learning Material (TLM) including activity books and toys, and a workshop on usage and creation of toys, etc. Together with State-level planning and monitoring, it also calls for community involvement in a Jan Andolan through monthly ECCE days and other activities under Poshan 2.0.

Saksham Anganwadi and Poshan 2.0

It is expected and hoped that the aspirations outlined will be met for children across the country through the Anganwadi Services Scheme under Mission Saksham Anganwadi and Poshan 2.0.



Anganwadis play a crucial role in our nation's communities through the development of our youngest children – they set the early foundations with children aged 0-3 years, and then provide education and development from age 3 to 6. Around 13.9 lakh operational centres around the country currently provide both nutrition and education to 9.9 crore beneficiaries, including close to 8 crore children under the age of 6, one of the world's largest public provisioning systems for early childhood care. Since 1975, the scheme has grown from 5000 AWCs to 14 lakh sanctioned centres, working to provide important basic services to young children and mothers across the country.

Saksham Anganwadi and Poshan 2.0 is an Integrated Nutrition Support Programme, together with early childhood care, that serves to strengthen and modernize the Anganwadi system. It seeks to address the challenges of malnutrition in children, adolescent girls, pregnant women and lactating mothers through a strategic shift in nutrition content and delivery, and by creation of a convergent ecosystem to develop and promote practices that nurture health, wellness and immunity.



Poshan 2.0 focuses on Maternal Nutrition, Infant and Young Child Feeding Norms, Treatment of MAM/SAM and Wellness through AYUSH. It rests on the pillars of Convergence, Governance, and Capacity-building. Poshan Abhiyan is the pillar for Outreach and covers innovations related to nutritional support, ICT interventions, Media Advocacy and Research, Community Outreach and Jan Andolan. Poshan 2.0 is working to modernize and upgrade Anganwadi infrastructure by identifying, creating and then scaling up model Anganwadi centres as Saksham Anganwadi.

In addition, adequate health care, nutrition, security, safety, responsive caregiving and opportunities for early learning are essential for children to achieve their full human potential. Therefore, Early Childhood Care and Education (ECCE) is an integral component of the programme. Recognizing that early childhood care constitutes the foundation of human development, the Scheme is designed to promote holistic development of children under six years of age through improved ECCE content and delivery of cognitive, emotional, social and intellectual development of the child to make all pre-schoolers school ready and for seamless integration of children in the age group of 5-6 in Grade I under the National Education Policy, 2020. The programme is specifically designed to reach disadvantaged and low-income groups, for effective disparity reduction.



While the extensive focus on nutrition is clear and necessary, early childhood care and education must not be left behind.



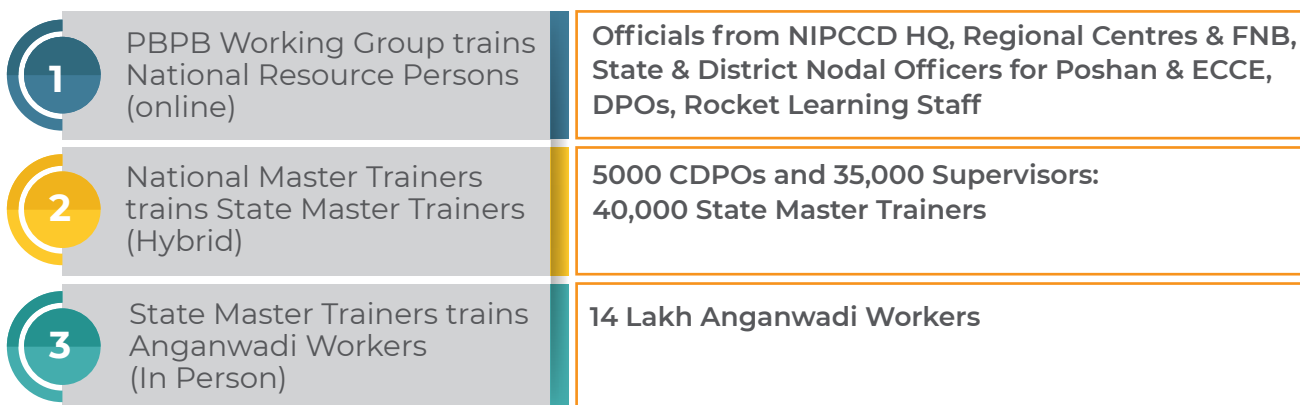
PBPB Training Programme

In order to sharpen the focus and build the capacity of the Anganwadi system to deliver early childhood care and education, **MWCD has planned a 3-day training workshop for 14 lakh Anganwadi workers across the country.** The training is being planned in alignment with the recommendations of the Ministry-constituted Taskforce on ECCE.

Objectives of the Training Programme:

- 1 To promote early stimulation for the first thousand days and Early Childhood Care and Education for the 3 to 6 year age group
- 2 To develop the capacities of Anganwadi workers with a basic understanding of the ECCE curriculum and pedagogical approaches, to enable them to provide high-quality play-based ECCE at the last mile
- 3 To ensure Anganwadi workers focus on the domains of development (physical and motor, cognitive, socio-emotional-ethical, cultural/artistic), and the development of Foundational Literacy and Numeracy (FLN), as well as related assessments
- 4 To reinforce Anganwadi workers' understanding on nutrition, including Poshan 2.0 and Saksham Anganwadi, innovations in Poshan, Poshan Tracker, feeding practices, SAM/MAM management, micronutrient deficiencies etc.

Training Methodology: 3 Tier Implementation Model



AWWs Training conducted by State Master Trainers and monitored by National Resources Persons

Programme Schedule for ECCE Training of Anganwadi Workers

Training to be conducted on Day-1: ECCE Focus

	Day-1
	Registration, Expectation Setting & Pre-test on learning outcomes
Session: I	Introduction to Early Childhood Care and Education (ECCE)
Session: II	Parental Engagement & Community Mobilization for ECCE
Session: III	Activities & Structures for ECCE in each AWW
Session: IV	Recap and Test

Training to be conducted on Day-2: Poshan Focus

	Day-2
Session: I	Introduction to Saksham Anganwadi and Poshan 2.0 and best practices for Anganwadi Workers
Session: II	Need for and Importance of Community Mobilization: Methods & Techniques
Session: III	Salient features of POSHAN Tracker
Session: IV	Growth Monitoring of Children, essential elements of Infant and Young Child Feeding (IYCF) & and; Importance of food safety
Session: V	Micronutrient Deficiencies among children: Causes, Symptoms, Prevention and Management of SAM

Training to be conducted on Day-3: Poshan Bhi Padhai Bhi

	Day-3
Session: I	Recapitulate previous learnings
Session: II	Support for home-visit based stimulation and caregiver training for 0-3 age group
Session: III	Changing the perception of Anganwadi as a “learning center”
Session: IV	Learning Monitoring and Assessment
Session: V	Practices to imbibe diverse and community-based support for Divyang Children
Session: VI	Summary of key points from the three day training
Session: VII	Reflection & closing