

## Case Study- 4

Area- Malnourishment

Beneficiary Child Name- Payal Gurjar

Father's Name- Shankar Gurjar

Mother's Name- Lila Gurjar

Panchayat- Nagari

Payal Gurjar's was found to be 10 kg during the baseline survey in the target area Dhordia, which was less in proportion to her age. According to weight and age status, she was placed in the undernourished category. After this, special attention was paid to this family. A kitchen garden was installed in the courtyard of his house and they were also trained for its proper maintenance. Training was given to prepare nutritious food from local food resources, after which Leela Gurjar started preparing multigrain KHICHDI and powder of drum stick leaves at home and the children were also benefited by it. Apart from this, packets of dry fruits were also distributed to the family by PECSS. Also, all the facilities of ICDS reached the family regularly, this was also ensured by the project team. All these coordinated efforts have led to the development of the health of the baby girl Payal Gurjar and now her weight has increased to 12 kg which is 2 kg more than earlier. Along with this, the size of the child has also come up at 12.5 in the MUAC tape which was below 12 earlier. This has left the girl out of the category of SAM (Severe acute malnourished). The girl's mother Leela Gurjar looked very happy and satisfied with this, according to her- "Payal was very weak at first, there was too much of irritability, she used to get tired quickly but now she has become very energetic and active. I am very happy now for my baby girl. "

