

Purvi Anjali's Journey from Severe Malnutrition to Good Health

Malnutrition has been a long-standing challenge in tribal areas like Narnoor Mandal. However, through early detection, special food interventions, and dedicated care, children suffering from Severe Acute Malnutrition (SAM) are now recovering at a faster rate. One such inspiring case is Purvi Anjali, a three-year-old girl from Umri N Anganwadi Centre, who transitioned from a severely malnourished child to a healthy toddler in just three months—a remarkable achievement made possible by timely intervention and continuous support.

A Critical Condition: The Need for Immediate Action

When Purvi was first identified, she was in a very severe stage of malnutrition:

- Weight: 11.6 kg
- Height: 98.9 cm
- Mid-Upper Arm Circumference (MUAC): 13.5 cm (SAM Diagnosis)- September 2023

Her condition required urgent intervention. However, her parents were unaware of the risks associated with malnutrition and were hesitant to accept help. The Anganwadi teacher, Jamuna, along with the ASHA worker, immediately stepped in to counsel the family, explaining the risks and the importance of specialized nutritional support.

The Recovery Plan: Intensive & Targeted Intervention

- **Daily Monitoring & Special Care:** The Anganwadi teacher took special care of Purvi, ensuring she received proper meals at the center and conducted daily follow-ups with her family to check if she was eating well at home.
- **Special Nutrition Program - GIRI Poshan in Kollam Habitation-** Purvi was given a nutrient-rich diet under the GIRI Poshan initiative, which included:
 - Special Food- Multi Grain Sweet meal, P.S Chikki, Jowar meal etc.
 - Mahua Laddoo – A traditional superfood for strength & energy
 - Bala Amrutham Laddoo – A protein-rich supplement for growth
 - Eggs, Bananas, and Jaggery Rice – To boost iron levels & prevent anaemia
- **Medical Supervision & Monthly Assessments:** The Medical Officer conducted monthly check-ups to monitor her weight, height, and MUAC, ensuring steady progress.
- **Parental Counseling & Home Visits:** Anganwadi and ASHA workers conducted frequent home visits, ensuring her parents followed the recommended diet. Cooking demonstrations were also held at the Anganwadi center to help mothers prepare nutritious meals using locally available ingredients.
- **Strengthening Immunity & Health Support:** Purvi was given IFA (Iron and Folic Acid) tablets, deworming medicine, and Vitamin A supplements, which helped her fight infections and regain strength.



Figure: Journey of Purva Anjal: From SAM to Healthy

A Remarkable Transformation: Visible Progress in 3 Months

Month/Year	Nutritional Status	Weight (kg)	Height (cm)	MUAC (cm)
September 2023	SAM Diagnosis	11.6	98.9	13.5
October 2023	Transition to MAM	12.0	99.5	13.7
November 2023	Achieved Normal Nutritional Status	12.8	100.5	15.0
December 2023	Maintained Normal Status	12.8	100.6	15.5
January 2024	Sustained Improvement	13.0	101.0	15.7

Within just three months, Purvi's weight and MUAC improved significantly, moving her out of the dangerous SAM category. By three months, she had achieved a healthy nutritional status, proving that timely intervention, specialized care, and proper nutrition can save lives.

A Model for Success: Scaling Up the Initiative

This case is not just about Purvi—it represents the larger impact of targeted interventions in Narnoor Mandal.

- Drastic Drop in SAM Cases
- Due to early detection & intervention, SAM cases have reduced from 2.06% to 0.5%.
- 100% growth monitoring is now being done for all Anganwadi children.

Stronger Collaboration Between ICDS & Health Department

- Joint monthly assessments by Medical Officers, ASHAs, and Anganwadi teachers.
- Special Nutrition Programs like GIRI Poshan & Special food Distribution improving child health.
- The same Standard Operating Procedure (SOP) is now being followed for all SAM/MAM children, ensuring every child gets the care they need.
- Purvi's story is now a model for other Anganwadi Centers to replicate successful interventions and save more lives.