

Advancing Development: Community Swaraj

Madurai Symposium 2021



Workshop on

First 1000 Days Care: Empowering Women for Healthy Community Swaraj

Supported by

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Organized by

Sustainable Healthcare Advancement (SUHAM) Trust
(A Healthcare Initiative of DHAN Foundation)



DHAN Foundation



SUHAM Trust

DHAN Foundation
Madurai
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A unique window of opportunity – the First 1000 days of a Child

The first 1,000 days are a time of tremendous potential and enormous vulnerability. How well or how poorly mothers and children are nourished and cared for during this time has a profound impact on a child's ability to grow, learn and thrive. The 1,000 days between a woman's pregnancy and her child's 2nd birthday offer a unique window of opportunity to build healthier and more prosperous futures. This is because the first 1,000 days are when a child's brain begins to grow and develop and when the foundations for their lifelong health are built.

In their first 1,000 days, babies need:

- healthy food
- loving relationships
- safety and security
- time to play
- a healthy environment — including in the womb

The workshop proposes the new strategies and the roadmap for the demand, supply and enabling stream to address the

gaps in building resilience childhood to ensure intensive 1000 days care.

Nutrition, in particular, plays a foundational role in a child's development and her country's ability to prosper. Exclusive breast feeding during the first six months of the infant's life; provision of nutritious, safe and appropriate food to complement breast milk as the baby grows; availability of safe water; improved hygiene and sanitation practices; and regular monitoring to track growth and development. Poor nutrition in the first 1000 days can cause irreversible damage to a child's growing brain, affecting her ability to do well in school and earn a good living—and making it harder for a child and her family to rise out of poverty. It can also set the stage for later obesity, diabetes, and other chronic diseases which can lead to a lifetime of health problems. Keeping this in mind the present workshop is undertaken to intensify the knowledge and practice of the first 1000 days of a child among women for the realization of healthy community swaraj.

Return on Investment of First 1000 days Care

- Build a child's brain and fuel their growth
- Improve a child's school readiness and educational achievement
- Reduce disparities in health, education and earning potential
- Reduce a person's risk of developing chronic diseases such as diabetes and heart ailments later in life
- Save more than one million lives each year
- Boost a country's GDP by as much as 12%
- Break the intergenerational cycle of poverty
- Intensification of 1000 days care to build a resilient generation



The need of the Hour – Workshop focuses on

The workshop on “**First 1000 days care: empowering women for healthy community swaraj**” intends to discuss the identified gaps as factors hindering in accelerating the focus on first 1000 days care among expectant mothers, pregnant women and lactating mothers and also working out the strategies and mechanisms for converging with mainstream institutions for achieving the same. The workshop focuses on arriving at the strategies and mechanisms with action points and policy prepositions for intensifying the First 1000 days of care of a child.

The Workshop

The workshop on **First 1000 days care: empowering women for healthy community swaraj** will focus on the following aspects

- Sharing the experience by different stakeholders in various contexts
- Experience sharing by the community and community organizations
- Consolidating the learning and best practices as action points and policy prepositions

Objectives of the workshop

1. Understanding the challenges of healthcare providers of mainstream institutions in ensuring the First 1000 days care of children
2. Evolving supportive mechanisms to converge with the healthcare providers of mainstream institutions to cover the eligible community members under the First 1000 days care.



3. Refreshing and sharing the knowledge and best practices with the stakeholders on the First 1000 days care and its significance

Participants

Village Health Nurses, ASHAs, Anganwadi Workers and Health Coordinators & Health Associates from the Registered and Potential SUHAM Federations.

Programme Content and Structure

1. Lead paper presentation on the **First 1000 days care: empowering women for healthy community swaraj**
2. Presentation and address by the delegates
3. Experience sharing by healthcare providers of mainstream institutions
4. Sharing the support mechanisms for effective convergence

Date and Venue

The workshop (hybrid mode) will be held on October 25, 2021 Monday at DHAN Foundation, Madurai, Tamil Nadu from 12 noon to 5pm. The link will be shared to the participants.

For further information, please contact

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