A Report on

"Promoting Nutrition, Maternal Care and Healthy Child Development through Anganwadi Services"

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Introduction

MITS Community Radio 90.8, MITS Deemed to be University, Madanapalle, undertook a community awareness initiative under Poshan Abhiyaan to highlight the importance of nutrition, maternal care, healthy food practices, and early childhood development. On 10 September 2026, Program Manager Sri M. Narasimhacharlu and RJ Pavani visited the Kurabalakota Anganwadi Centre and interviewed Anganwadi employee Shankaramma about the nutritional services and community outreach activities carried out at the centre.

The interview focused on the role of Anganwadi Centres in supporting pregnant women, lactating mothers, infants, and young children through supplementary nutrition, freshly prepared meals, health guidance, home visits, and preschool education. The discussion helped communicate how

local Anganwadi workers contribute to improving awareness of nutrition and promoting healthy practices among families. Nutrition is essential for physical growth, immunity, brain development, and overall well-being. Adequate nutrition during pregnancy supports maternal health and fetal development, while appropriate feeding practices during infancy and early childhood help children grow and develop healthily. Similarly, lactating mothers require appropriate nutrition and care to support their own health and breastfeeding.

During the interview, Shankaramma explained that the Kurabalakota Anganwadi Centre provides freshly cooked meals and supplementary nutritional items to eligible beneficiaries. The centre also offers guidance on healthy eating, personal hygiene, regular health check-ups, and appropriate childcare practices.

The programme highlighted that Anganwadi services extend beyond food distribution. They also include nutrition counselling, preschool learning, parental guidance, and home visits to families requiring additional support. These integrated activities help create awareness about maternal and child health at the community level.Through this broadcast initiative, MITS Community Radio 90.8 sought to share practical information about Anganwadi services and encourage families to understand the importance of balanced nutrition, preventive healthcare, and early childhood education.

Freshly Cooked Meals and Daily Nutrition for Children

A major focus of the interview was the provision of freshly cooked and nutritious food to young children at the Anganwadi Centre. According to Shankaramma, meals are prepared daily, with attention to the nutritional needs of children at different stages of growth.

The food quantities described during the interview included approximately 100 ml of milk, 70 grams of eggs, 75 grams of rice, 15 grams of dal, and 5 grams of oil, as stated by the interviewee. The centre also prepares a variety of dishes to make meals nutritious and appealing to children.

The menu includes egg fry on Tuesdays and Saturdays, along with dishes such as paneer, sambar, seasoned preparations, and chutneys on other days. Vegetables such as carrots, beetroot, and green peas are incorporated to provide essential vitamins and minerals. Eggs and other protein-rich foods are included as part of the centre's efforts to support children's growth.

The interview also highlighted the importance of providing suitable supplementary foods to children from six months of age onwards. During this stage, children gradually require foods in addition to breast milk to meet their increasing nutritional needs. The Anganwadi employee explained that supplementary food is provided to support children's weight gain and healthy development.

For preschool children, meals are freshly prepared and served at the centre. Providing food in a familiar community setting also creates opportunities for children to develop regular eating habits and become familiar with different nutritious foods.

The interview emphasised that meals should be both nutritious and varied. Including different food groups can help children receive a broader range of nutrients, while appropriate feeding practices support healthy growth and development.

The centre's food-related activities demonstrate the importance of combining supplementary nutrition with awareness among parents and caregivers. Families can reinforce these practices at home by offering age-appropriate foods, maintaining food hygiene, and seeking advice from qualified health workers when concerns about a child's growth arise.

The discussion therefore presented the Anganwadi Centre as an important local resource for promoting child nutrition and encouraging families to make healthy food practices part of everyday life.

Nutrition Support for Pregnant Women and Lactating Mothers

The interview highlighted the importance of nutritional support for pregnant women and lactating mothers. Adequate nutrition during pregnancy is essential for maternal well-being and the baby's growth, while appropriate nutrition and healthcare during lactation support the mother's recovery and continued breastfeeding.

Shankaramma explained that pregnant women receive supplementary nutrition through the Anganwadi programme. The supplies described during the interview included 2 kilograms of ragi flour, 1 kilogram of flattened rice (poha), dates, jaggery, 250 grams of chicken, and 5 litres of milk per month. The interviewee also described the provision of 25 eggs over a 30-day period, distributed as 13 eggs during the first 15 days and 12 eggs during the remaining 15 days.

These quantities are recorded as stated in the interview and have not been independently verified against the applicable programme guidelines.

The Anganwadi employee also encouraged women to include green leafy vegetables in their diets. Examples mentioned included spinach, fenugreek leaves, sorrel leaves, and drumstick leaves. Such foods can contribute important nutrients as part of a varied and balanced diet.

In addition to providing nutritional supplies, the centre offers guidance on healthy practices during pregnancy. Pregnant women are encouraged to consume nutritious meals, take adequate rest, attend regular medical check-ups, and seek healthcare support when needed. The interview also highlighted the importance of preventing anaemia and avoiding strenuous activities where

medically advised.

The discussion stressed that nutritional care should continue after childbirth. Lactating mothers need appropriate food, rest, and health support to maintain their well-being while caring for their infants. Anganwadi workers also help families understand the importance of eating regularly, including diverse food items, and following guidance from healthcare professionals. Through counselling and communication, they can encourage mothers to recognise nutritional needs and seek timely support. This aspect of the programme demonstrated how community-level nutrition services can support maternal health and help families understand the relationship between nutrition, pregnancy, breastfeeding, and infant development.



Bal Amrutham, Supplementary Feeding and Home-Based Counselling

Another important topic discussed during the interview was the use of Bal Amrutham and other supplementary foods for young children. Shankaramma explained that theAnganwadi Centre provides Bal Amrutham and demonstrates different ways of preparing it for children.The interview highlighted the importance of introducing appropriate complementary foods after six months of age while continuing breastfeeding. As infants grow, their nutritional requirements increase, and suitable supplementary foods become necessary to support their development. The employee explained that Bal Amrutham contains nutrients, including carbohydrates and proteins, and that mothers are shown how to prepare it at home.

Demonstrations and counselling are useful because they allow caregivers to understand not only

which foods are provided but also how to prepare and serve them appropriately. Such practical guidance can help families continue nutrition-related practices beyond the Anganwadi Centre.

Home visits and nutrition awareness

According to Shankaramma, Anganwadi workers visit the homes of pregnant women and lactating mothers to provide nutritional counselling and health guidance. They also visit families of children identified as undernourished and advise parents to improve their children's diets by including fruits, vegetables, and green leafy vegetables.

During these visits, workers explain the importance of nutritious food, appropriate milk consumption, personal hygiene, and regular health check-ups. Home-based counselling allows workers to communicate directly with parents and understand the food practices followed within households.

Such visits are particularly useful for families who may need additional guidance on child feeding, maternal care, and healthy living. By communicating directly with parents, Anganwadi workers can reinforce messages shared at the centre and encourage families to seek medical advice when a child shows signs of poor growth or illness.

The interview showed that nutrition awareness is most effective when food support is accompanied by practical demonstrations, counselling, and follow-up communication. Families play an essential role in continuing these practices at home, while Anganwadi workers help provide information and connect beneficiaries with relevant health services.

Through supplementary feeding and home visits, the Kurabalakota Anganwadi Centre seeks to strengthen awareness of maternal and child nutrition and promote healthier practices among local families.

Early Childhood Education and Holistic Development

The interview also highlighted the educational role of Anganwadi Centres, particularly for children between three and six years of age. Shankaramma explained that the centre conducts preschool activities using games, songs, and play-based learning.

These activities create opportunities for children to develop communication skills, social behaviour, cognitive abilities, and early learning capacities. Through play, children can learn to interact with others, follow simple instructions, express themselves, and become familiar with basic concepts.

Early childhood development involves more than physical growth. Children's nutrition, health, emotional well-being, social interaction, and learning opportunities are closely connected. Adequate nutrition supports growth, while a stimulating and supportive environment helps

children develop their abilities.

The Anganwadi Centre therefore combines nutritional support with preschool activities and parental guidance. This integrated approach recognises that healthy development requires attention to children's physical, mental, and intellectual needs.

Community awareness through MITS Community Radio 90.8

The interview conducted by Program Manager Sri M. Narasimhacharlu and RJ Pavani helped document the services provided at the Kurabalakota Anganwadi Centre and communicate their importance to the wider community.

Community radio can make practical information accessible through familiar voices and local examples. By sharing the experiences of Anganwadi employees, MITS Community Radio 90.8 can help listeners understand the available services and the role families play in supporting maternal and child health.

The programme also reinforces the importance of collaboration among Anganwadi workers, parents, healthcare personnel, and community institutions. When these stakeholders work together, families are better positioned to seek nutritional support, follow health advice, and provide children with appropriate care and learning opportunities.

The interview conveyed a clear message: nutrition, healthcare, parental awareness, and early education are complementary elements of child development. Anganwadi Centres provide an important community platform through which these elements can be promoted together.



Programme outcomes

The interview documented several key services and awareness activities described by the Kurabalakota Anganwadi employee:

- Provision of freshly cooked meals and supplementary nutrition for eligible children.
- Nutritional support and counselling for pregnant women and lactating mothers.
- Promotion of appropriate complementary feeding and the preparation of Bal Amrutham.
- Home visits to families requiring maternal health guidance or additional support for undernourished children.
- Advice on personal hygiene, healthy food practices, and regular health check-ups.
- Preschool activities that support early learning and children's social, cognitive, and communication skills.

These are activities reported during the interview; the transcript does not provide independently measured changes in malnutrition rates, health outcomes, or beneficiary numbers.

Alignment with the United Nations Sustainable Development Goals

The programme supports awareness of several United Nations Sustainable Development Goals (SDGs).

SDG 2: Zero Hunger

The programme promotes awareness of nutritious food, supplementary feeding, and the importance of preventing malnutrition among young children and mothers.

SDG 3: Good Health and Well-being

Guidance on maternal nutrition, infant feeding, health check-ups, hygiene, and child development supports health awareness and preventive care.

SDG 4: Quality Education

Preschool activities involving songs, games, and play-based learning contribute to early childhood learning and development.

Conclusion

The Poshan Abhiyaan interview at the Kurabalakota Anganwadi Centre highlighted the importance of accessible nutrition services, maternal care, appropriate child feeding, home-based counselling, and preschool education. The discussion with Anganwadi employee Shankaramma provided practical information about the centre's activities and the role of families in supporting healthy development.

By conducting and sharing this interview, MITS Community Radio 90.8 demonstrated its role in

community awareness and public-interest communication. The programme helped bring attention to the work of Anganwadi employees and the importance of combining nutritional support with health guidance and early learning.

The initiative reflects the broader goal of promoting healthier mothers, better-nourished children, informed families, and stronger community participation in health and development.