

Project Sampoorna : Bongaigaon's Response to Malnutrition

Why in news?

Project Sampoorna which was successfully implemented in Bongaigaon district of Assam is a model that can be easily implemented anywhere in reducing child malnutrition

What is the project about?

- The Bongaigaon district has 2,416 malnourished children, 246 cases of Severe Acute Malnutrition (SAM) and 2,170 instances of Moderate Acute Malnutrition (MAM).
- Project Sampoorna was launched to target the mothers of SAM/ MAM children with the tagline being '**Empowered Mothers, Healthy Children**'.
- It was based on the success of the community-based COVID-19 management model (Project Mili Juli).
- Under this project, the mother of a healthy child of an Anganwadi Centre was paired with the target mother and they would be **Buddy Mothers**.
- They were given diet charts to indicate the daily food intake of their children and would have discussions on all Tuesdays at the AWC.
- Since the major hindrance to the project was patriarchy, the mothers were enrolled in Self Help Groups (SHGs) under the National Rural Livelihoods Mission (NRLM).
- Meanwhile, 100 millilitres of milk and an egg on alternate days for the children for the first 3 months were provided so that their mothers could stabilise themselves in the newly found jobs.



How was it interlinked with other programmes?

- Sampoorna is in accordance with the UN Sustainable Development Goals and those set by the UN Secretary General António Guterres in the 2021 Food Systems Summit.
- It complements in achieving the '**Kuposhan mukt Bharat**' (Malnutrition Free India) and the National Nutrition Mission - **POSHAN Abhiyaan**.
- It was during **Poshan Maah** (Nutrition Month) in September 2020 that

2,416 children were identified to be malnourished in the district of Bongaigaon.

- The National Family Health Survey (NHFS)-5) has documented the stunted, wasted, underweight and the number of anaemic women and children in the district.
- **Project Saubhagya** that was designed to reduce the maternal mortality rate and infant mortality rate of the district was utilized to endorse these figures.
- A real time data sheet is updated by field-level doctors as and when a high risk pregnancy is identified, which is then followed up till safe delivery.

What was the impact of the Project Sampoorna?

- After three months of Project Sampoorna, out of 246 SAM children, 11% continued to be SAM, 11.4% improved to MAM and 76.8% became normal.
- By September 2021, 92.3% SAM and 98.9% MAM children were normal.
- Children who had not improved were checked and treated by doctors under the **Rashtriya Bal Swasthya Karyakram** (RBSK).
- Project Sampoorna had prevented at least 1,200 children from becoming malnourished over the last year.
- The National Nutrition Mission and the State government recognised the project in the 'Innovation Category'.
- This model is successful in both women empowerment as well as tackling the malnutrition.

Reference

1. <https://www.thehindu.com/todays-paper/tp-opinion/a-vital-cog-in-bongaigaons-response-to-malnutrition/article37389071.ece>