



Little Lives India

TOGETHER TOWARDS HEALTHY CHILDHOOD

Support Our Mission



@littlivesindia



littlivesindia.com

Introduction

Every child deserves the opportunity to grow up healthy, happy and reach their full potential. Yet, many children continue to face preventable health challenges simply because early signs of illness, developmental delays, disabilities, deficiencies, and birth defects often go unnoticed.

As a student deeply passionate about child health and community service, I founded **Little Lives India** with a simple vision : to create awareness, empower parents, and support the early identification of childhood health concerns. Through education, community outreach, and collaboration with healthcare professionals, I aim to ensure that every child receives the care they deserve at the right time.

This booklet serves as a practical guide for parents, caregivers, teachers, and community health workers. It provides simple, reliable information on recognizing early warning signs, understanding available government support, and taking timely action.

At **Little Lives India**, we believe that awareness is the first step towards prevention, early intervention, and a healthier future for every child. Together, we can build a stronger support system where no child is left behind and every family has access to the knowledge and resources they need.



Navya Mundhra

Founder, **Little Lives India**

About Little Lives India



Our Vision

Little Lives India envisions a future where no child is left behind because of preventable diseases, nutritional deficiencies, birth defects, developmental delays, or lack of awareness. We strive to create communities where every family is empowered with knowledge, every child receives timely care, and every healthcare journey begins with hope.

We believe that healthy childhoods are the foundation of a healthier nation. By strengthening awareness, promoting preventive healthcare, supporting early diagnosis, and connecting families with available government services, we aspire to transform child health outcomes across India.



Our Commitment

At Little Lives India, we are committed to transforming awareness into action. By combining education, community engagement, preventive healthcare, and partnerships with public health systems, we aim to ensure that every child receives the care, support, and opportunities needed to lead a healthy, fulfilling life.

Because every little life matters.
Every child deserves the best start.
Every future begins with a healthy childhood.



Our Core Beliefs

At Little Lives India, we believe that:

- Every child deserves a healthy start in life.
- Early detection saves lives and changes futures.
- Prevention is more effective than cure.
- Informed parents make healthier families.
- Every family should have access to quality healthcare information.
- Every child, regardless of background or ability, deserves equal opportunities to grow and thrive.
- Strong communities are built through awareness, compassion, and collective action.

Why Early Detection Matters ?

Early Diagnosis Can Prevent Lifelong Disabilities

Many childhood conditions can be treated successfully when detected early.

Examples include:



Hearing loss



Iron deficiency



Vision problems



Autism



Congenital heart disease



Vitamin deficiencies



Cleft lip



Speech delay



Clubfoot



Learning disability

Healthy Child Journey



Pregnancy



Birth



Vaccination



Growth
Monitoring



School
Health
Camps

The earlier the diagnosis, the better the outcomes.

Growth Milestones (Birth-6 Months)

Your Baby Should

- ✓ Lift Head
- ✓ Roll Over
- ✓ Smile
- ✓ Recognize Parents
- ✓ Grab Objects
- ✓ Begin Babbling



Nutrition

- ✓ Exclusive breastfeeding for 6 month
- ✓ No honey
- ✓ No water
- ✓ No animal milk

Visit Doctor If



- Poor feeding
- No smile by 3 months
- Doesn't respond to sound
- Doesn't follow faces
- Poor weight gain

Growth Milestones (6-12 Months)

Your Baby Should

- Sit without support
- Crawl
- Stand with support
- Respond to their name
- Wave goodbye
- Say "Mama" or "Dada"



Nutrition

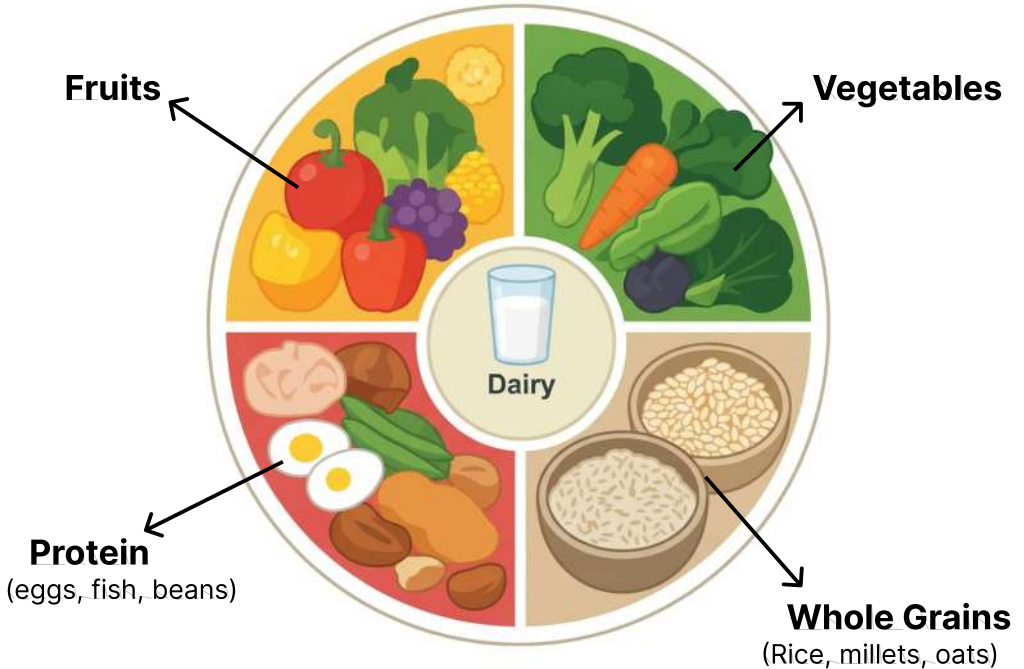
- Start complementary feeding
- Include fruits, vegetables, dal, rice, eggs, khichdi, curd.
- Continue breastfeeding

Warning Signs

- Cannot sit by 9 months
- No bobbing
- Doesn't recognize parents

Nutrition Plate

Build a Healthy Plate



Nuts & Seeds



Drink Plenty of Water

AVOID



**Sugary
Drinks**



Chips



**Processed
Foods**



**Excess
Chocolate**

Iron Deficiency

Why Iron is Important

Iron helps make healthy blood and supports brain development.

Symptoms



Pale skin



Fatigue



Poor Concentration



Frequent Infections



Delayed Development



Iron-rich Foods



Spinach



Jaggery



Dates



Lentils



Beans



Ragi



Eggs



Chicken



Liver

Pair with Vitamin C rich foods like oranges and lemon to improve iron absorption



Vaccination Saves lives

Vaccines Protect Children from Dangerous Diseases

Vaccinate your child according to the Government of India Immunization schedule

Diseases prevented include:



Tuberculosis



Polio



Hepatitis B



Diphtheria



Pertussis (Whooping cough)



Tetanus



Rubella



Rotavirus



Japanese Encephalitis



HPV (for eligible adolescents)



Never miss a scheduled vaccine.
Be wise! Immunize!



Health Checklist for Parents

Every Month, Ask Yourself

- ☐ Is my child gaining weight?
- ☐ Is my child growing taller?
- ☐ Is my child eating well?
- ☐ Can my child hear normally?
- ☐ Can my child see properly?
- ☐ Is speech developing normally?
- ☐ Is my child active?
- ☐ Is my child's vaccinations up-to-date?
- ☐ Does my child enjoy playing?
- ☐ Have I visited my doctor if noticed any concerns?



Birth Defects (Prevention and Early Detection)

Common Birth Defects



Cleft Lip



Congenital Heart Disease



Clubfoot



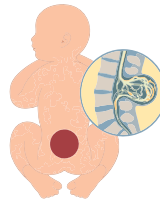
Congenital cataract



Hearing Loss



Down syndrome



Neural Tube Defects



Hip dysplasia

Warning Signs

- Limb Deformity
- Breathing difficulty
- White pupil
- Feeding difficulty
- Poor hearing response

Treatments

Many birth defects can be treated with surgery, medicines or therapy.

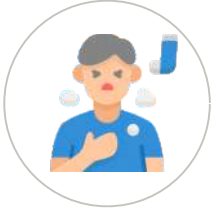
Early treatments can help children lead a normal, healthy life.

Preventive Measures

To prevent birth defects most women who are planning to become pregnant are suggested to take 400 micrograms or 0.4 mg folic acid till the first 12 weeks of pregnancy. They must take regular iron, iodine, vitamin D and calcium rich foods intake.

Diseases (Can be Detected Early)

Common Conditions



Asthma



Congenital
Hypothyroidism



Sickle Cell
Disease



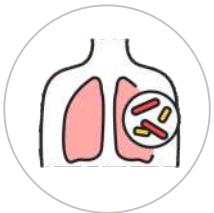
Thalassemia



Heart Disease



Epilepsy



Tuberculosis

Why Early Detection?

- Better treatment outcomes
- Prevents complications
- Improves quality of life
- Reduces healthcare costs
- Minimize the Organ damage risk



Nutritional Deficiencies

Common Deficiencies

Iron Deficiency (Anaemia)



Sign / Symptoms -
Pale Skin & Lips,
Tiredness, Weakness
and spoon shaped nails

Vitamin D Deficiency



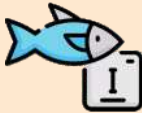
Sign / Symptoms -
Bone Pain and tenderness,
Bowed legs

Vitamin A Deficiency



Sign / Symptoms -
High blindness
Dry eyes, Bitot spot

Iodine Deficiency



Sign / Symptoms -
Swelling in front neck (Goiter)
Fatigue & weight gain,
Poor growth

Protein-Energy Malnutrition



Sign / Symptoms -
Sever weight loss,
Thinning arm / legs,
edema, poor hairs

Zinc Deficiency



Sign / Symptoms -
Poor growth,
delayed wound healing,
Loss of Appetite, skin rash

How Parents Can Help



Provide a
balanced diet



Schedule
regular health
check-ups



Iron & vitamin
supplements
(if advised)



Ensure regular
de-worming
(as advised)

Developmental delays & Disabilities

Areas Covered



Autism
Spectrum
Disorder



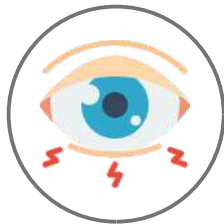
ADHD



Speech delay



Learning
Disability



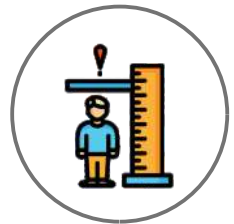
Vision Problems



Hearing
Impairment



Cerebral
Palsy



Developmental
delay

Warning Signs

- Does not make eye contact
- Does not respond to their name
- Delayed sitting or walking
- Delayed speech
- Difficulty in learning
- Behavior problems

Remember

Early identification and therapy can change a child's life.

Don't wait, consult a healthcare provider early.

When to See a Doctor ?

(Red Flags)



High fever



Fits or seizures



Difficulty in breathing



Refusal to feed



Persistent vomiting



Diarrhoea with dehydration



Persistent cough



Ear pain or discharge



Poor vision



Does not respond to sounds



Delayed development milestones



Sudden weakness

**Do not ignore these warning signs.
Seek medical help immediately**



Child Safety

Keep Your Child Safe



Road Safety

Use a helmet & seat belt.
Traffic rules are made for safety



Burn Prevention

Keep hot liquids & sharp
objects away.



Poison Prevention

Keep medicines & chemicals
out of reach.



Drowning Prevention

Always Supervise children
near water.



Screen Time

Limit screen time.



Internet Safety

Monitor online activity.



First Aid Basics

What Parents Can Do



For Fever: Give paracetamol (as advised), sponging with lukewarm water.



For Cuts : Wash with clean water dry the wound & apply antiseptic.



For Burns: Run under cold water, do not apply toothpaste/oil.



For Choking: Give back blows and chest thrusts (if trained).



For a Nosebleed : Sit upright, lean forward, press soft part of nose.

Lay them down on their left side

If in doubt, seek medical help.





PARENT HANDBOOK

Government Schemes,
Scholarships & Support
For Children With Disabilities



Emergency Numbers

Services	First action	Use
Ambulance	108	Emergency ambulance where operational
Patient Transport	104	Pregnant women/children and patient transport where operational
Women Helpline	1090/91	Women needing support and referral
Disability helpline	14456	Disability information and support
Child Helpline	1098	Children in distress
PM-JAY	14555	Eligibility, card and hospital guidance
TB Helpline	1800-11-6666	TB services and Ni-kshay support

Nearest Hospital No. _____

ASHA Worker No. _____

Pediatrician No. _____

ANM No. _____

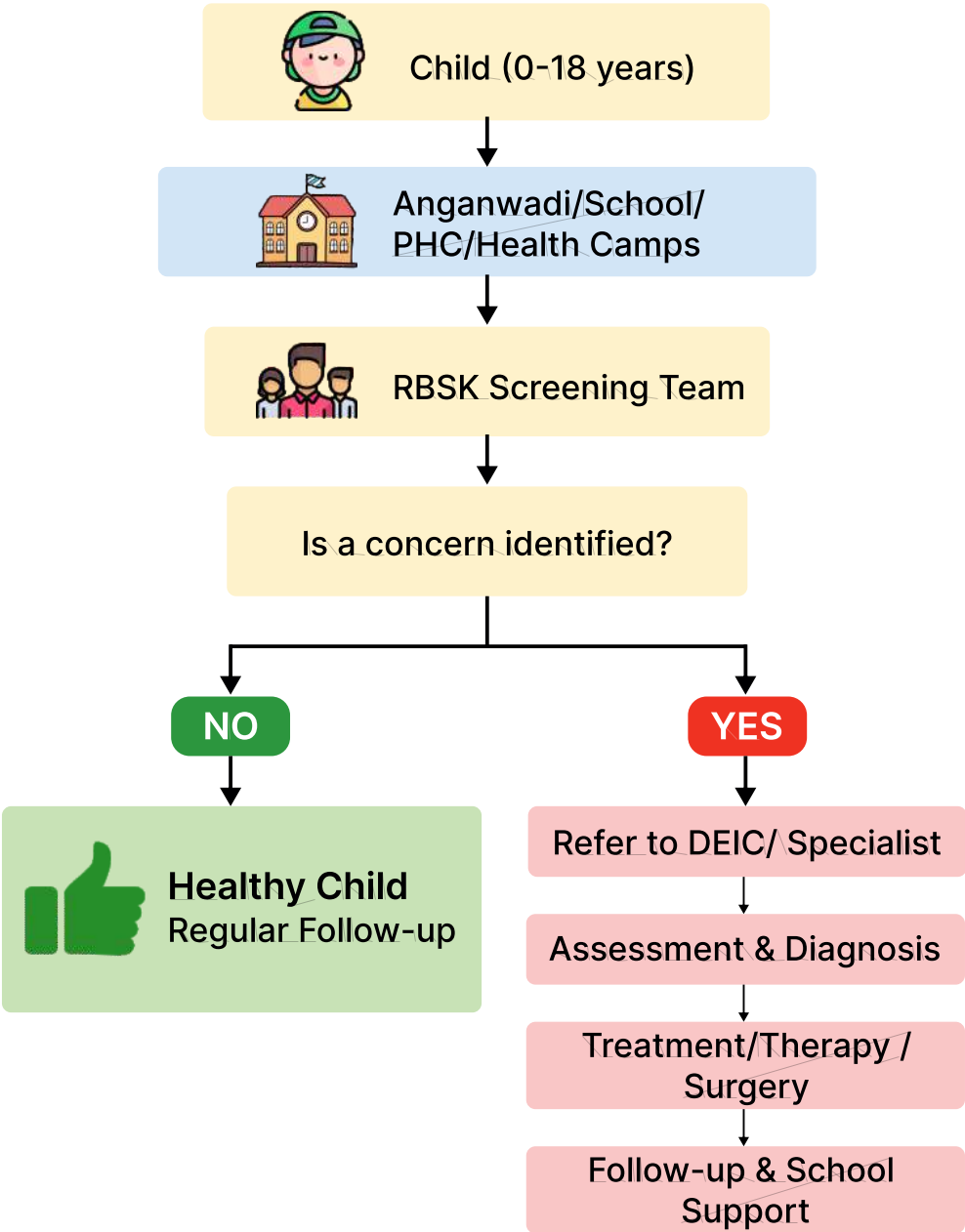
Save these emergency numbers. They can save life.



Where to Start

Your situation	First action
Pregnant woman or child under 6	Contact the ASHA, ANM and local Anganwadi centre.
Need hospital treatment and cannot afford it	Check AB PM-JAY eligibility at 14555 or an empanelled hospital.
Need routine screening or medicines	Use an Adolescent Friendly Health Clinic; for mental health call 14416
Disability certificate or assistive device	Apply for UDID and contact the district disability office/14456.
Unsure which scheme applies	Use the Government myScheme portal and contact the relevant district department.

Screening & Referral Pathway



Important Services



DEIC (District Early Intervention Centre)

Early assessment, therapy & referral services for children (0-6 years)



CRC (Composite Regional Centre)

Assessment, therapy, aids, guidance and referral services.



DPO (Disabled Persons Organization)

Support for rights, schemes & community inclusion.

Early Intervention = Better Outcomes

The earlier we act, the better the child can develop.



Disability Certificate - Process



Visit Government Hospital/ District
Disability Rehabilitation Centre



Medical Assessment by
Authorized Medical Board

Benchmark Disability?

NO

YES



Counselling
& Guidance



Disability
Certificate (Valid
for 5 years -
Lifetime for some)



Apply for UDID Card



Access to Schemes, Scholarships,
Concessions & Benefits

UDID Card (Unique Disability ID)

One Nation - One Disability ID

- ✓ Online Application
- ✓ Valid Across India
- ✓ Lifetime Identification
- ✓ Access to All Benefits



Unique Disability ID
Government of India



UDID Number	XXXXXXXXXXXXXX
Name	ABC
Disability	Locomotor Disability
% of Disability	40% (Forty Percent)
Date of Issue	01/01/202X



Apply Online: swavlambancard.gov.in

Scholarships for Children with Disabilities

PRE-MATRIC SCHOLARSHIP

For Classes 1 to 10

For day scholars & hostellers Income limit:

Up to ₹2,50,000

POST-MATRIC SCHOLARSHIP

For Classes 11, ITI, Diploma, Graduation Income limit:

Up to ₹2,50,000

TOP CLASS EDUCATION SCHEME

For higher studies in India & Abroad Income limit:

Up to ₹6,00,000

MERIT-CUM-MEANS SCHOLARSHIP

For Professional & Technical courses Income limit:

Up to ₹8,00,000



Apply on: scholarships.gov.in

Social Justice Department Hostel Facilities

Hostel Facilities Available for Children with Disabilities for Education and Training.



**Pre-Matric Hostels
(Classes 1 to 10)**



**Pre-Matric Hostels
(Classes 11 to Graduation)**



Hostels for Vocational Training



Hostels for Girls with Disabilities

Check with your State Social Justice Department or District Social Welfare Office for availability and admission.

Other Important Scholarships



National Fellowship for Students with Disabilities (Higher Studies)



Central Sector Scheme of Scholarships for College & University Students



Scholarship for Students with Specified Disabilities (CSSS)



**State Government Scholarships
(Varies by State)**

Tip: Always keep UDID Card and Disability Certificate ready.

ADIP Scheme - Assistive Devices

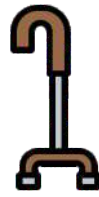
Assistance for Purchase/Fitting of Aids & Assistive Devices.



Wheelchairs



Hearing Aids



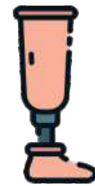
Smart Canes



Tricycles



CP Chairs



Artificial Limbs



Spectacles



Braille Kits



More Devices

Apply through District Social Welfare Office
or Authorized NGOs.

National Trust Schemes



DISHA

Early Intervention & School Readiness Grant for 0-18 years



VIKAAS

Day Care, Therapy & Training



SAMARTH

Respite Care for Caregivers



GHARAUNDA

Shelter Home for Adults



NIRBHAY

Protection & Safety



Website: thenationaltrust.gov.in

Education Support



Samagra Shiksha - Inclusive Education

Support for children with disabilities in mainstream schools.



Accessible Infrastructure

Ramps, Railings, Accessible Toilets, Transport Support.



Resource Teachers & Special Educators)

Support in learning, therapy & assessments.



Examination Concessions

Extra time, scribes, separate seating & exemptions.

Every child can learn in their own way.

Composite Regional Centre (CRC)

CRC provides assessment, therapy, training aids, guidance and referral services.

Services Include:

- Physiotherapy
- Speech Therapy
- Occupational Therapy
- Psychological Assessment
- Special Education
- Vocational Training
- Guidance & Counselling
- Assistive Devices



Find your nearest CRC or visit: depwd.gov.in

Find your Nearest CRC (Example)

State/UT	City	CRC Name	Contact
Maharashtra	Mumbai	CRC Mumbai	022-2646 9623
Delhi	New Delhi	CRC Delhi	011-2436 5234
Karnataka	Bengaluru	CRC Bengaluru	080-2356 1478
Tamil Nadu	Chennai	CRC Chennai	044-2852 8071
Uttar Pradesh	Lucknow	CRC Lucknow	0522-272 3131
West Bengal	Kolkata	CRC Kolkata	033-2337 2915



For complete list of CRCs: depwd.gov.in
(Go to: Services > CRC Directory)

National Institutes



NIEPID (Secunderabad)
For Intellectual Disabilities



NIEPMD (Chennai)
For Physical Disabilities



NILD (Kolkata)
For Learning Disabilities



NIEPVD (Dehradun)
For Visual Impairment



AYJNISHD (Mumbai)
For Hearing Impairment



SVNIRTAR (Cuttack)
For Rehabilitation Professionals



These Institutes provide training, research, services & capacity building.

Document Required (Most Schemes)

- ☒ Aadhaar Card of Child
- ☒ Birth Certificate
- ☒ Residence Proof
- ☒ Disability Certificate
- ☒ UDID Card
- ☒ Passport Size Photos
- ☒ Bank Account Details
- ☒ School/College Bonafide Certificate
- ☒ Marksheets/Previous Certificates



Keep digital and hard copies safely

Application Process - Flow



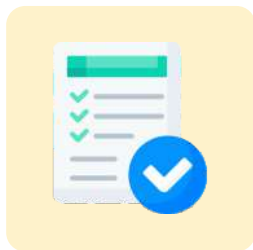
Check Eligibility



Collect Documents



**Apply Online
or Offline**



Verification



Approval



**Benefit
Credited**

**Track your application regularly
on the official portal.**



Remember



Early identification changes lives.



Every child is unique.



Never stop supporting your child.



Include; Encourage; Empower.



Together, we can build an
Inclusive India.



Government of India

Health Schemes

Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB PMJAY)

Hospitalisation cover for eligible families and all citizens aged 70 years or above under the senior-citizen expansion

What is it?	A Government of India health assurance scheme providing cashless secondary and tertiary hospital care at empanelled public and private hospitals.
Who can join?	Eligible families identified under the applicable PM-JAY beneficiary database and state convergence rules. Citizens aged 70 years and above may be covered under the seniorcitizen component, subject to current enrolment rules.
What do you need to do?	Check eligibility on the official beneficiary portal/app, through an Ayushman Mitra, Common Service Centre or empanelled hospital. Complete e-KYC and obtain an Ayushman card.
What do you get?	Cashless hospital treatment up to the notified annual family limit (commonly Rs 5 lakh), for covered packages, including specified pre- and post-hospitalisation services.
Department & helpline	National Health Authority (Ministry of Health & Family Welfare). PM-JAY helpline: 14555. Hospital helpline: 14413.

Ayushman Bharat Health Account (ABHA)

A voluntary digital health identity for citizens.

What is it?	A unique digital health account that helps people link and share health records with consent across participating health facilities.
Who can join?	Any resident who voluntarily chooses to create an ABHA.
What do you need to do?	Create an ABHA using the official portal/app or at a participating health facility using mobile number and accepted identity verification.
What do you get?	A unique ABHA number and easier consent-based access to digital prescriptions, reports and health records where services are integrated.
Department & helpline	National Health Authority. ABDM support is available through the official portal help section; PM-JAY/NHA general helpline: 14555.

Pradhan Mantri Matru Vandana Yojana (PMMVY)

Maternity cash benefit for eligible pregnant and lactating women.

What is it?	A centrally sponsored maternity benefit scheme providing direct cash support linked to specified maternal and child health conditions.
Who can join?	Eligible pregnant and lactating women under PMMVY rules. Current provisions include benefit for the first child and an additional benefit for the second child when the second child is a girl, subject to conditions and exclusions.
What do you need to do?	Register through the Anganwadi worker/ASHA or the official PMMVY system. Provide Aadhaar, bank/post-office account, pregnancy registration and required maternal-child health records.
What do you get?	DBT cash benefit as per current instalment rules (official guidance currently describes Rs 5,000 for the first child and Rs 6,000 for an eligible second girl child).
Department & helpline	Ministry of Women & Child Development. Contact Anganwadi centre, Child Development Project Officer, District Programme Officer or Women Helpline 181 for guidance/referral.

Mission Saksham Anganwadi and POSHAN 2.0

Nutrition, growth monitoring and early childhood services.

What is it?	An integrated nutrition support programme delivered mainly through Anganwadi Services, focusing on children, pregnant women, lactating mothers and eligible adolescent girls.
Who can join?	Children below 6 years, pregnant women, lactating mothers and adolescent girls in notified categories/areas.
What do you need to do?	Register at the local Anganwadi centre and participate in growth monitoring, nutrition counselling, health check-ups and referral.
What do you get?	Supplementary nutrition as applicable, growth monitoring, nutrition and health education, early childhood care and education, health check-up and referral linkages.
Department & helpline	Ministry of Women & Child Development / State ICDS Department. Contact the Anganwadi Worker, CDPO or district programme office; Women Helpline 181 where

Rashtriya Kishor Swasthya Karyakram (RKSK)

MAdolescent-friendly health services for ages 10-19.

What is it?	A national adolescent health programme addressing nutrition, sexual and reproductive health, mental health, injuries and violence, substance misuse and noncommunicable diseases.
Who can join?	Adolescents aged 10-19 years, including girls and boys, married and unmarried, in and out of school.
What do you need to do?	Use Adolescent Friendly Health Clinics, school/community sessions, peer educator services or seek referral through ASHA/ANM. Health & Wellness ambassador or messenger
What do you get?	Counselling, clinical services, health education, screening, referral and programme commodities/services as locally available. Nearest Ujala Clinic
Department & helpline	National Health Mission, Adolescent Health Division. Contact nearest AFHC, ASHA/ANM or state health helpline 104. For mental health support call Tele-MANAS 14416.

Anaemia Mukh Bharat

Life-cycle approach to prevent and treat anaemia.

What is it?	A national strategy using iron-folic acid supplementation, deworming, testing and treatment, behaviour change and fortified foods.
Who can join?	Children, adolescents, women of reproductive age, pregnant women and lactating mothers in specified age groups.
What do you need to do?	Take age-appropriate IFA and deworming as advised; attend haemoglobin testing and nutrition counselling at school, Anganwadi or health facility.
What do you get?	Preventive supplementation, screening, treatment and referral through public programmes.
Department & helpline	Ministry of Health & Family Welfare / National Health Mission. Contact ASHA/ANM, Anganwadi/school health team or state helpline 104.

Janani Suraksha Yojana (JSY)

Cash assistance to promote institutional delivery.

What is it?	A safe-motherhood intervention under the National Health Mission encouraging pregnant women to deliver in health institutions.
Who can join?	Eligibility depends on state category, age, parity, poverty status and notified JSY rules. ASHA workers help identify eligible pregnant women.
What do you need to do?	Register pregnancy early with an ASHA/ANM or government health facility, complete antenatal care and deliver at an eligible institution. Provide bank and identity details for payment.
What do you get?	Cash assistance to eligible mothers and incentives/support for ASHA workers; amounts vary by rural/urban area and state category.
Department & helpline	National Health Mission, Maternal Health Division. Contact local ASHA/ANM, block medical office, district health society or state helpline 104

Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA)

Fixed-day quality antenatal check-up, usually on the 9th of every month.

What is it?	A programme offering assured antenatal assessment by trained providers, with special attention to high-risk pregnancy
Who can join?	Pregnant women, particularly in the second and third trimesters, attending designated public facilities.
What do you need to do?	Visit a designated PMSMA facility on the notified day with the MCP card and reports. Ask the ASHA/ANM about the nearest site. Day _____ Facility Name
What do you get?	Clinical examination, essential investigations, counselling, risk classification, treatment and referral where needed
Department & helpline	Ministry of Health & Family Welfare / National Health Mission. Local ASHA/ANM, facility help desk or state health helpline 104.

Universal Immunization Programme (UIP) and Mission Indradhanush

Free vaccination for pregnant women and children under the national schedule.

What is it?	The national programme providing vaccines against specified vaccine-preventable diseases; Mission Indradhanush focuses on children and pregnant women who are unvaccinated or partially vaccinated
Who can join?	Pregnant women, infants and children in age groups specified in the National Immunisation Schedule.
What do you need to do?	Register at a government health facility or vaccination session, carry the MCP/immunisation card and complete doses on schedule.
What do you get?	Free vaccines listed in the national schedule, vaccination records, counselling and follow-up for missed doses.
Department & helpline	Ministry of Health & Family Welfare / National Health Mission. Contact ASHA/ANM, nearest public facility or state health helpline 104.

Rashtriya Bal Swasthya Karyakram (RBSK)

Child health screening for the 4 Ds.

What is it?	A child-health screening and early-intervention programme covering Defects at birth, Diseases, Deficiencies and Developmental delays including disabilities.
Who can join?	Children from birth to 18 years through public facilities, Anganwadi centres and government/government-aided schools as covered by programme guidelines.
What do you need to do?	Ensure newborn screening, attend Anganwadi/school screening, and follow referral advice to a District Early Intervention Centre or higher facility.
What do you get?	Free screening, referral, early intervention and management support for notified conditions within the public system.
Department & helpline	National Health Mission, Child Health Division. Contact ASHA/ANM, school health team, District Early Intervention Centre or state helpline 104. Contact No. of MHT _____

National Tuberculosis Elimination Programme (NTEP)

Free TB testing, treatment and patient support.

What is it?	India's public programme for TB prevention, diagnosis, notification, treatment, adherence support and contact management.
Who can join?	Anyone with possible TB symptoms, persons exposed to TB, and diagnosed TB patients.
What do you need to do?	Visit a public health facility or authorised provider for testing. Diagnosed cases are registered in Ni-kshay and should complete the prescribed treatment.
What do you get?	Free diagnostics and anti-TB medicines, adherence support, contact screening/preventive treatment where eligible, and nutrition support under applicable DBT rules.
Department & helpline	Central TB Division, Ministry of Health & Family Welfare. Ni-kshay Sampark helpline: 1800-11-6666.

National Leprosy Eradication Program (NLEP)

Free diagnosis and multidrug therapy for leprosy.

What is it?	A national programme for early detection, complete treatment, disability prevention, contact examination and stigma reduction.
Who can join?	Anyone with suspicious skin patches, sensory loss, nerve symptoms or diagnosed leprosy.
What do you need to do?	Visit a government health facility for examination; take multidrug therapy exactly as prescribed and attend follow-up.
What do you get?	Free multidrug therapy, counselling, disability prevention and referral for complications/reconstructive care where indicated.
Department & helpline	Directorate General of Health Services / State Health Department. Contact nearest PHC/CHC/district hospital or state helpline 104.

Weekly Iron and Folic Acid Supplementation (WIFS) Programme

Free iron and folic acid supplements, deworming, and anaemia prevention support for adolescents.

What is it?	India's national programme to prevent and reduce iron deficiency anaemia among adolescents through weekly iron and folic acid supplementation, biannual deworming, and nutrition and health education.
Who can join?	School-going adolescents (10–19 years) in government and government-aided schools, and out-of-school adolescents (10–19 years) through
What do you need to do?	Receive and consume the weekly Iron and Folic Acid (IFA) tablet as directed through your school or Anganwadi Centre, participate in scheduled deworming activities, and attend nutrition and health education sessions.
What do you get?	Free weekly Iron and Folic Acid tablets, periodic deworming tablets as per programme schedule, nutrition education, and support to prevent and manage iron deficiency anaemia.
Department & helpline	Ministry of Health & Family Welfare, Government of India, in coordination with State Health Departments. For information, contact your nearest Health & Wellness Centre, Primary Health Centre (PHC), or Anganwadi Centre.

National Deworming Programme (NDD)

Free deworming tablets to protect children and adolescents from intestinal worm infections.

What is it?	India's national programme to reduce the prevalence of soil-transmitted intestinal worm infections among children and adolescents through periodic mass deworming and health education.
Who can join?	Children aged 1–19 years, including preschool children through Anganwadi Centres and school-going children and adolescents in government, government-aided, and private schools.
What do you need to do?	Receive and consume the deworming tablet (Albendazole) on National Deworming Day or Mop-up Day through your school, Anganwadi Centre, or designated health facility, as per programme guidelines.
What do you get?	Free Albendazole tablets, protection against intestinal worm infections, improved nutritional status, and support for healthy growth, development, and school attendance.
Department & helpline	Ministry of Health & Family Welfare, Government of India, in collaboration with State Health Departments. For information, contact your nearest Health & Wellness Centre, Primary Health Centre (PHC), Anganwadi Centre, or school health authorities.

ADIP Scheme - Assistance to Persons with Disabilities for Aids and Appliances

Assistive devices for eligible persons with disabilities.

What is it?	A central scheme providing durable, scientifically manufactured assistive devices to improve independent functioning and reduce disability impact.
Who can join?	Indian citizens with benchmark/eligible disability who meet income and other current ADIP conditions.
What do you need to do?	Apply through an authorised camp, implementing agency, ALIMCO channel or relevant portal with disability certificate/UDID, income proof and identification.
What do you get?	Assistive devices such as wheelchairs, hearing aids, prostheses, orthoses and other notified aids, free or subsidised according to eligibility.
Department & helpline	Department of Empowerment of Persons with Disabilities, Ministry of Social Justice & Empowerment. National disability helpline: 14456; UDID helpdesk through official portal.

National Programme for Control of Blindness and Visual Impairment (NPCBVI)

Eye screening, cataract services and prevention of avoidable blindness.

What is it?	A national programme supporting eye screening, cataract surgery, school eye health, corneal blindness services and management of visual impairment.
Who can join?	People with visual problems, cataract or other eligible eye conditions; schoolchildren may be screened under linked activities.
What do you need to do?	Visit a public eye clinic, district hospital, medical college or approved camp for assessment and referral.
What do you get?	Screening, spectacles for eligible children, cataract surgery and other services as provided under state programme arrangements
Department & helpline	Directorate General of Health Services / State Blindness Control Society. Contact district hospital eye department or state health helpline 104.

National Programme for Prevention and Control of Deafness (NPPCD)

Early identification and management of hearing loss.

What is it?	A programme for awareness, screening, diagnosis, treatment and rehabilitation of hearing impairment.
Who can join?	Children and adults with suspected hearing loss, ear disease, speech delay or risk factors.
What do you need to do?	Register at a government health facility or vaccination session, carry the MCP/immunisation card and complete doses on schedule.
What do you get?	Screening, diagnosis, medical/surgical care and linkage to hearing rehabilitation or assistive devices where eligible.
Department & helpline	Ministry of Health & Family Welfare / State Health Department. Contact district hospital ENT/audiology service or health helpline 104.

National Programme for Palliative Care (NPPC)

Relief from pain and serious illness-related suffering.

What is it?	A programme supporting palliative-care services for people with cancer and other serious chronic or life-limiting illnesses.
Who can join?	Patients with serious illness who need pain relief, symptom control, psychosocial support or end-of-life care.
What do you need to do?	Ask the treating hospital, district hospital or medical college for referral to a palliativecare clinic or home-care service.
What do you get?	Pain and symptom management, counselling, caregiver support and coordinated referral, depending on local service availability.
Department & helpline	Ministry of Health & Family Welfare / State Health Department. Contact district hospital/medical college or state health helpline 104.

MILESTONES

INTELLIGENCE 'COGNITIVE'	MOVEMENT/PHYSICAL DEVELOPMENT	TAKE TO YOUR DOCTOR IF
• Pays attention to faces • Begins to follow things with eyes and recognize people at a distance • Begins to act bored (cries, fussy) if activity doesn't change	• Can hold head up and begins to push up when lying on tummy • Makes smoother movements with arms and legs	• Doesn't respond to loud sounds • Doesn't watch things as they move • Doesn't smile at people • Doesn't bring hands to mouth • Can't hold head up when pushing up when on tummy
• Lets you know if he/she is happy Responds to affection. • Reaches for toy with one hand • Uses hands and eyes together, such as seeing a toy and reaching for it • Follows moving things with eyes from side to side • Watches faces closely • Recognizes familiar people and things at a distance	• Holds head steady, unsupported • Pushes down on legs when feet are on a hard surface • May be able to roll over from tummy to back • Can hold a toy and shake it and swing at dangling toys • Brings hands to mouth • When lying on stomach, pushes up to elbows	• Doesn't watch things as they move • Doesn't smile at people • Can't hold head steady • Doesn't coo or make sounds • Doesn't bring things to mouth • Doesn't push down with legs when feet are placed on a hard surface • Has trouble moving one or both eyes in all directions
• Looks around at things nearby • Brings things to mouth • Shows curiosity about things and tries to get things that are out of reach • Begins to pass things from one hand to the other	• Rolls over in both directions (front to back & back to front) • Begins to sit without support • When standing, supports weight on legs and might bounce • Rocks back and forth, sometimes crawling backward before moving forward	• Doesn't try to get things that are in reach • Shows no affection for caregivers • Doesn't respond to sounds around • Has difficulty getting things to mouth • Doesn't make vowel sounds (ah, "oh", "oh") • Doesn't roll over in either direction • Doesn't laugh or make squealing sounds • Seems very stiff, with tight muscles • Seems very floppy, like a rag doll
• Watches the path of something as it falls Looks for things he/she sees you hide • Plays peek-a-boo • Puts things in her mouth • Moves things smoothly from one hand to the other • Picks up things like cereal a/s between thumb and index finger	• Stands, holding on • Can get into sitting position • Sits without support • Pulls to stand • Crawls	• Doesn't bear weight on legs with support • Doesn't sit with help • Doesn't babble ("mama", "baba","dada") • Doesn't play any games involving back-and-forth play • Doesn't respond to own name • Doesn't seem to recognize familiar people • Doesn't look where you point • Doesn't transfer toys from one hand to the other
• Explores things in different ways, like shaking, banging, throwing • Finds hidden things easily • Looks at the right picture or thing when it is named Copies gestures • Starts to use things correctly; for example, drinks from a cup, brushes hair • Bangs two things together • Puts things in a container, takes things out of a container • Lets things go without help • Pokes with index (pointer) finger • Follows simple directions like pick up the toy"	• Gets to a sitting position without help • Pulls up to stand, walks holding on to furniture ("cruising") • May take a few steps without holding on • May stand alone	• Doesn't crawl • Can't stand when supported • Doesn't search for things that he/she sees you hide. • Doesn't say single words like "mama" or "dada" • Doesn't learn gestures like waving or shaking head • Doesn't point to things • Loses skills he/she once had
• Knows what ordinary things are for; for example, telephone, brush, spoon • Points to get the attention of others • Shows interest in a doll or stuffed animal by pretending to feed • Points to one body part • Scribbles on his/her own • Can follow 1-step verbal commands without any gestures; for example, sits when you say "sit down"	• Walks alone • May walk up steps and run • Pulls toys while walking • Can help undress himself/herself • Drinks from a cup • Eats with a spoon	• Doesn't point to show things to others • Can't walk • Doesn't know what familiar things are for • Doesn't copy others • Doesn't gain new words • Doesn't have at least 6 words • Doesn't notice or mind when a caregiver leaves or returns • Loses skills he/she once had

MILESTONES

INTELLIGENCE 'COGNITIVE'	MOVEMENT/PHYSICAL DEVELOPMENT	TAKE TO YOUR DOCTOR IF
• Pays attention to faces • Begins to follow things with eyes and recognize people at a distance • Begins to act bored (cries, fussy) if activity doesn't change	• Can hold head up and begins to push up when lying on tummy • Makes smoother movements with arms and legs	• Doesn't respond to loud sounds • Doesn't watch things as they move • Doesn't smile at people • Doesn't bring hands to mouth • Can't hold head up when pushing up when on tummy
• Lets you know if he/she is happy Responds to affection. • Reaches for toy with one hand • Uses hands and eyes together, such as seeing a toy and reaching for it • Follows moving things with eyes from side to side • Watches faces closely • Recognizes familiar people and things at a distance	• Holds head steady, unsupported • Pushes down on legs when feet are on a hard surface • May be able to roll over from tummy to back • Can hold a toy and shake it and swing at dangling toys • Brings hands to mouth • When lying on stomach, pushes up to elbows	• Doesn't watch things as they move • Doesn't smile at people • Can't hold head steady • Doesn't coo or make sounds • Doesn't bring things to mouth • Doesn't push down with legs when feet are placed on a hard surface • Has trouble moving one or both eyes in all directions
• Looks around at things nearby • Brings things to mouth • Shows curiosity about things and tries to get things that are out of reach • Begins to pass things from one hand to the other	• Rolls over in both directions (front to back & back to front) • Begins to sit without support • When standing, supports weight on legs and might bounce • Rocks back and forth, sometimes crawling backward before moving forward	• Doesn't try to get things that are in reach • Shows no affection for caregivers • Doesn't respond to sounds around • Has difficulty getting things to mouth • Doesn't make vowel sounds (ah, "oh", "oh") • Doesn't roll over in either direction • Doesn't laugh or make squealing sounds • Seems very stiff, with tight muscles • Seems very floppy, like a rag doll
• Watches the path of something as it falls Looks for things he/she sees you hide • Plays peek-a-boo • Puts things in her mouth • Moves things smoothly from one hand to the other • Picks up things like cereal a/s between thumb and index finger	• Stands, holding on • Can get into sitting position • Sits without support • Pulls to stand • Crawls	• Doesn't bear weight on legs with support • Doesn't sit with help • Doesn't babble ("mama", "baba","dada") • Doesn't play any games involving back-and-forth play • Doesn't respond to own name • Doesn't seem to recognize familiar people • Doesn't look where you point • Doesn't transfer toys from one hand to the other
• Explores things in different ways, like shaking, banging, throwing • Finds hidden things easily • Looks at the right picture or thing when it is named Copies gestures • Starts to use things correctly; for example, drinks from a cup, brushes hair Bangs two things together • Puts things in a container, takes things out of a container • Lets things go without help • Pokes with index (pointer) finger • Follows simple directions like pick up the toy"	• Gets to a sitting position without help • Pulls up to stand, walks holding on to furniture ("cruising") • May take a few steps without holding on • May stand alone	• Doesn't crawl • Can't stand when supported • Doesn't search for things that he/she sees you hide. • Doesn't say single words like "mama" or "dada" • Doesn't learn gestures like waving or shaking head • Doesn't point to things • Loses skills he/she once had
• Knows what ordinary things are for; for example, telephone, brush, spoon • Points to get the attention of others • Shows interest in a doll or stuffed animal by pretending to feed • Points to one body part • Scribbles on his/her own • Can follow 1-step verbal commands without any gestures; for example, sits when you say "sit down"	• Walks alone • May walk up steps and run • Pulls toys while walking • Can help undress himself/herself • Drinks from a cup • Eats with a spoon	• Doesn't point to show things to others • Can't walk • Doesn't know what familiar things are for Doesn't copy others • Doesn't gain new words • Doesn't have at least 6 words • Doesn't notice or mind when a caregiver leaves or returns • Loses skills he/she once had

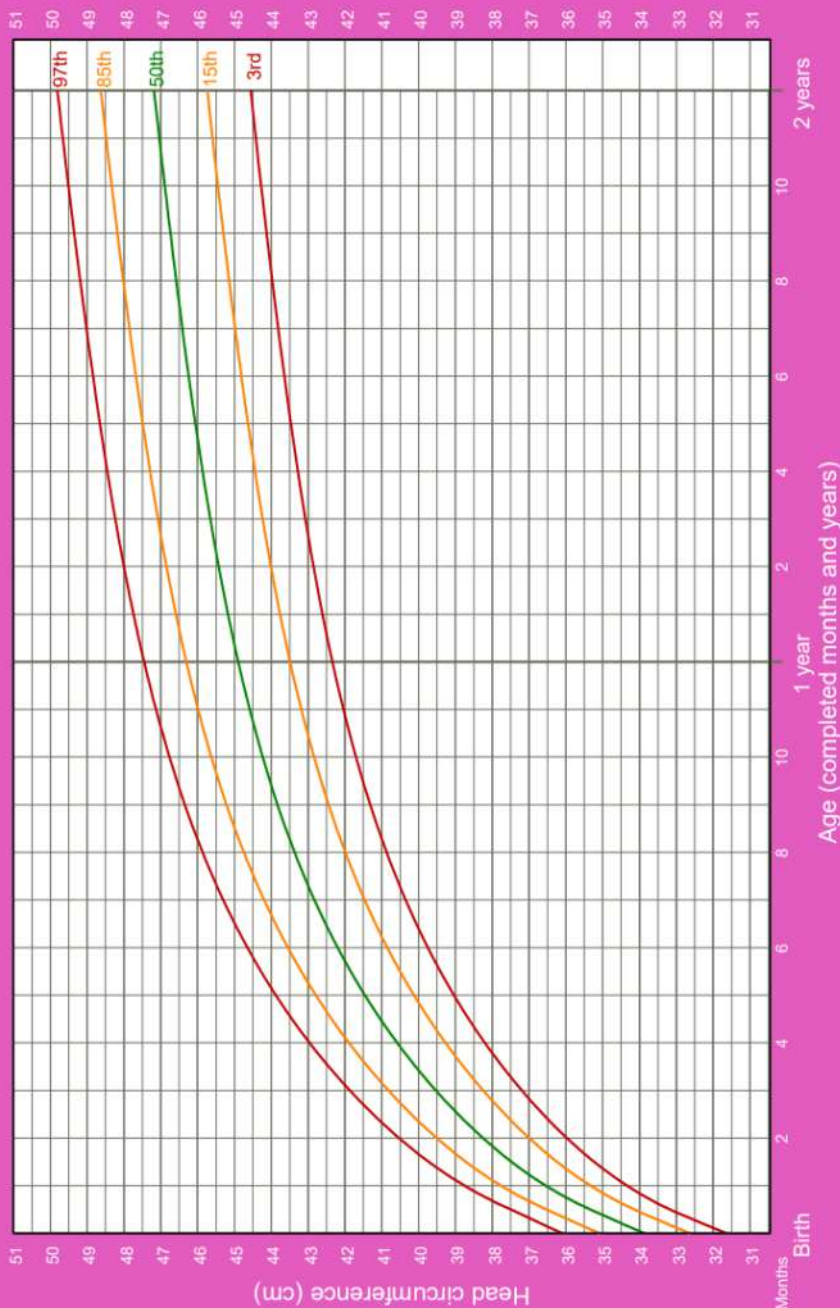
	SOCIAL & EMOTIONAL	LANGUAGE & SPEECH	
24 MONTHS 2 Years	• Copies others, especially adults and older children • Gets excited when with other children • Shows more and more independence Shows defiant behavior (doing what he/she has been told not to) • Plays mainly beside other children, but is beginning to include other children, such as in chase games	• Points to things or pictures when they are named • Knows names of familiar people and body parts • Says sentences with 2 to 4 words • Follows simple instructions • Repeats words overheard IN conversation • Points to things in a book	
3 YEARS	• Copies adults and friends • Shows affection for friends without prompting • Takes turns in games • Shows concern for crying friend • Understands the idea of "mine" and "his" or "hers" • Shows a wide range of emotions • Separates easily from mom and dad • May get upset with major changes in routine • Dresses and undresses self	• Follows instructions with 2 or 3 steps • Can name most familiar things • Understands words like "in," "on," and "under" • Says first name, age, and sex • Names a friend a • Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats) • Talks well enough for strangers to understand most of the time • Carries on a conversation using 2 to 3 sentences	
4 YEARS	• Enjoys doing new things • Plays "Mom" and "Dad" • Is more and more creative with make-believe play • Would rather play with other children than by self • Cooperates with other children • Often can't tell what's real and what's make-believe • Talks about what he/she likes and what he/she is interested in	• Knows some basic rules of grammar, such as correctly using "he" and "she" • Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus" • Tells stories • Can say first and last name	
5 YEARS	• Wants to please friends • Wants to be like friends • More likely to agree with rules • Likes to sing, dance, and act • Shows concern and sympathy for others • Is aware of gender • Can tell what's real and what's make-believe • Shows more independence (for example, may visit a next-door neighbor by him/her self (adult supervision is still needed)) • Is sometimes demanding and sometimes very cooperative	• Speaks very clearly • Tells a simple story using full sentences • Uses future tense; for example, "Grandma will be here." • Says name and address	

MILESTONES

INTELLIGENCE 'COGNITIVE'	MOVEMENT/PHYSICAL DEVELOPMENT	TAKE TO YOUR DOCTOR IF
• Finds things even when hidden under two. or three covers • Begins to sort shapes and colors • Completes sentences and rhymes in familiar books • Climbs onto and down from • Plays simple make-believe games • Builds towers of 4 or more blocks • Might use one hand more than the other • Follows two-step instructions such ask "Pic up your shoes and put them in the closet. • Names items in a picture book such as a cat, bird, or dog	• Stands on tiptoe • Kicks a ball • Begins to run • Climbs onto and down furniture without help • Walks up and down stairs holding on • Throws ball overhand • Makes or copies straight lines and circles	• Doesn't use 2-word phrases (for example, "drink milk") • Doesn't know what to do with common things like a brush, phone, fork, spoon • Doesn't copy actions and words • Doesn't follow simple instructions • Doesn't walk steadily • Loses skills he/she once had
• Climbs well • Runs easily • Pedals a tricycle (3-wheel bike) • Walks up and down stairs, one foot on each step	• Can work toys with buttons, levers, and moving parts • Plays make-believe with dolls, animals, and people • Does puzzles with 3 or 4 pieces • Understands what "two" means • Copies a circle with pencil or crayon. • Turns book pages one at a time Builds towers of more than 6 blocks • Screws and unscrews jar lids or turns door handle	• Falls down a lot or has trouble with stairs • Drools or has very unclear speech • Can't work simple toys (such as peg boards, simple puzzles, turning handle) • Doesn't speak in sentences • Doesn't understand simple instructions • Doesn't play pretend or make-believe • Doesn't want to play with other children or with toys • Doesn't make eye contact Loses skills he/she once had
• Hops and stands on one foot up to 2 seconds • Catches a bounced ball most of the time • Pours, cuts with supervision, and mashes own food	• Names some colors and some numbers • Understands the idea of counting • Starts to understand time • Remembers parts of a story • Understands the idea of "same" and "different" Draws a person with 2 to 4 body parts • Uses scissors • Starts to copy some capital letters • Plays board or card games • Tells you what he thinks is going to happen next in a book	• Can't jump in place • Has trouble scribbling • Shows no interest in interactive games or make-believe • Ignores other children or doesn't respond to people outside the family • Resists dressing, sleeping, and using the toilet • Can't retell a favorite story • Doesn't follow 3-part commands • Doesn't understand "same" and "different" • Doesn't use "me" and "you" correctly Speaks unclearly • Loses skills he/she once had
• Stands on one foot for 10 seconds or longer • Hops; may be able • Can do a somersault • Uses a fork and spoon and sometimes a table knife • Can use the toilet on own • Swings and climbs	• Counts 10 or more things • Can draw a person with at least 6 body parts • Can print some letters or numbers • Copies a triangle and other geometric shapes • Knows about things used every day, like money and food	• Doesn't show a wide range of emotions • Shows extreme behavior (unusually fearful, aggressive, shy or sad) • Unusually withdrawn and not active Is easily distracted, has trouble focusing on one activity for more than 5 minutes • Doesn't respond to people, or responds only superficially • Can't tell what's real and what's make-believe Doesn't play a variety of games and activities • Can't give first and last name • Doesn't use plurals or past tense property • Doesn't talk about daily activities or experiences • Doesn't draw pictures • Can't brush teeth, wash and dry hands, or get undressed without help • Loses skills he/she once had

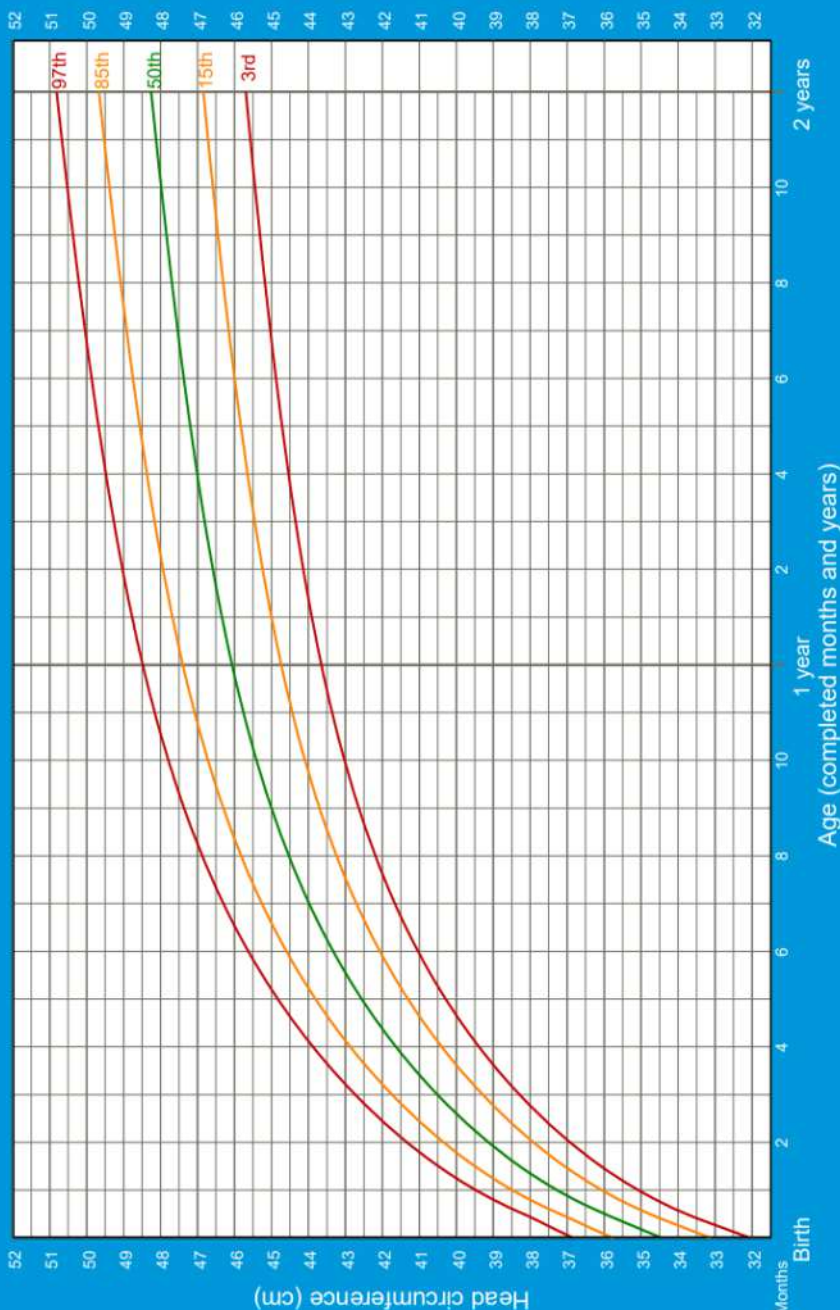
Head circumference-for-age GIRLS

Birth to 2 years (percentiles)



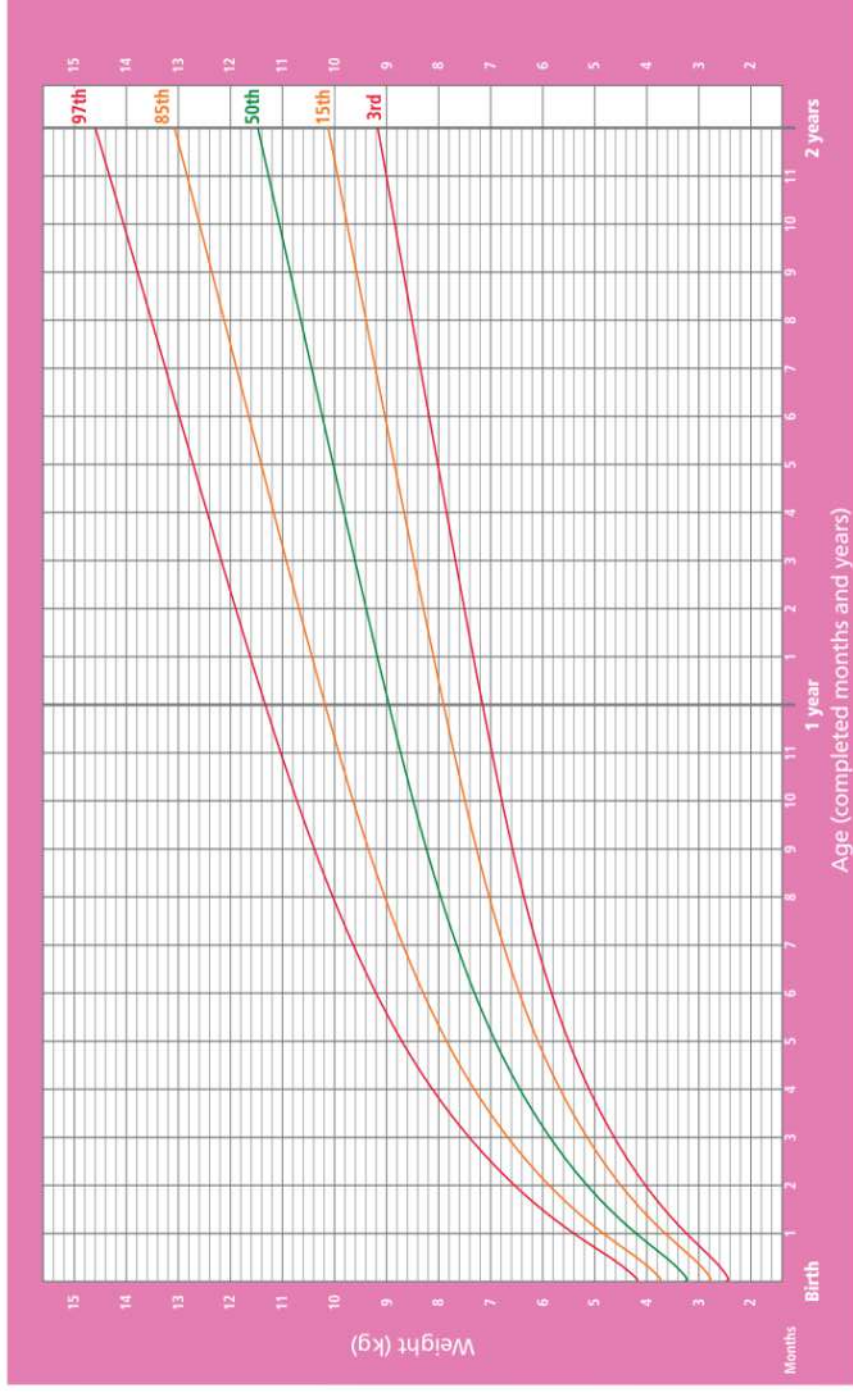
Head circumference-for-age BOYS

Birth to 2 years (percentiles)



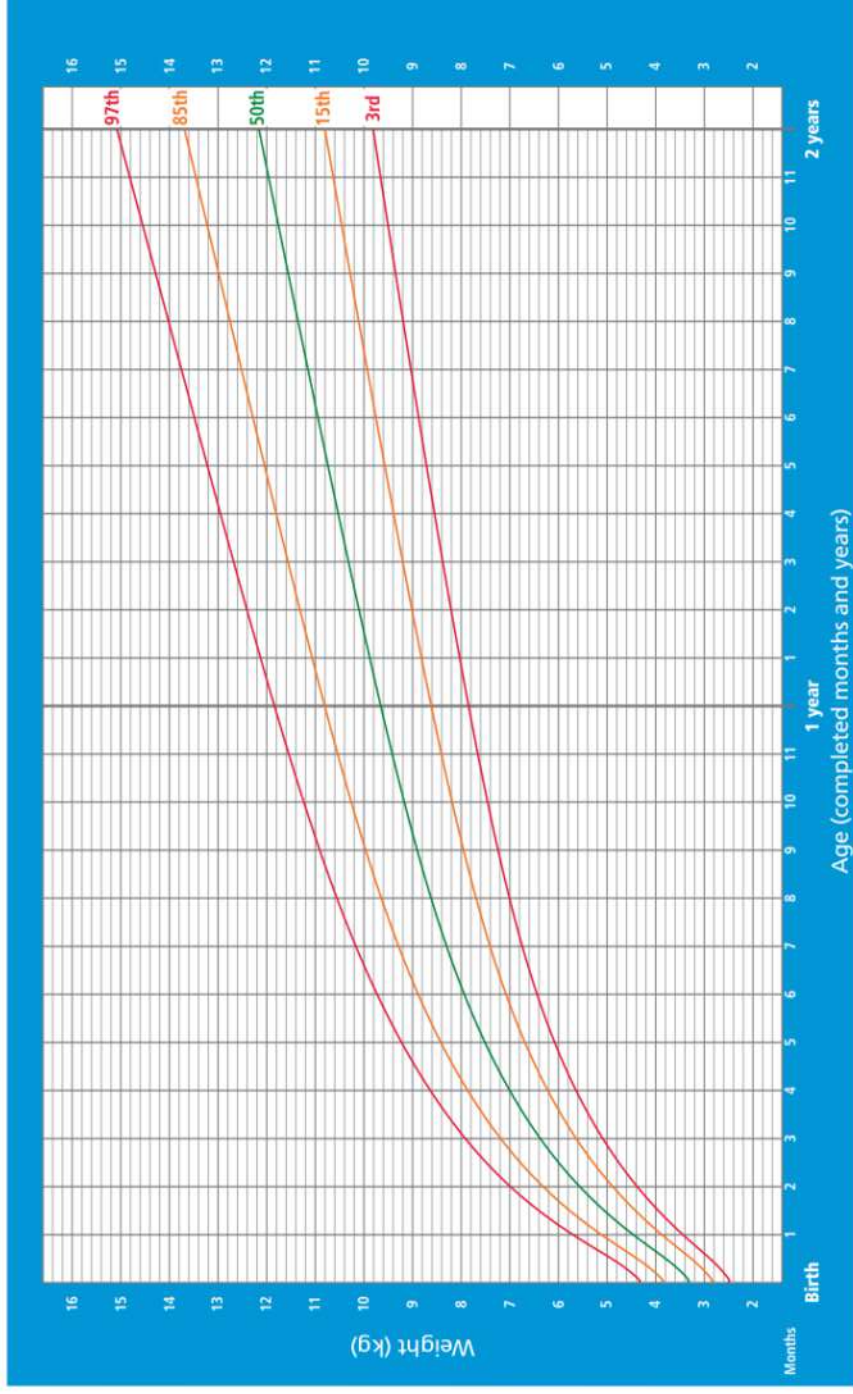
Weight-for-age GIRLS

Birth to 2 years (percentiles)



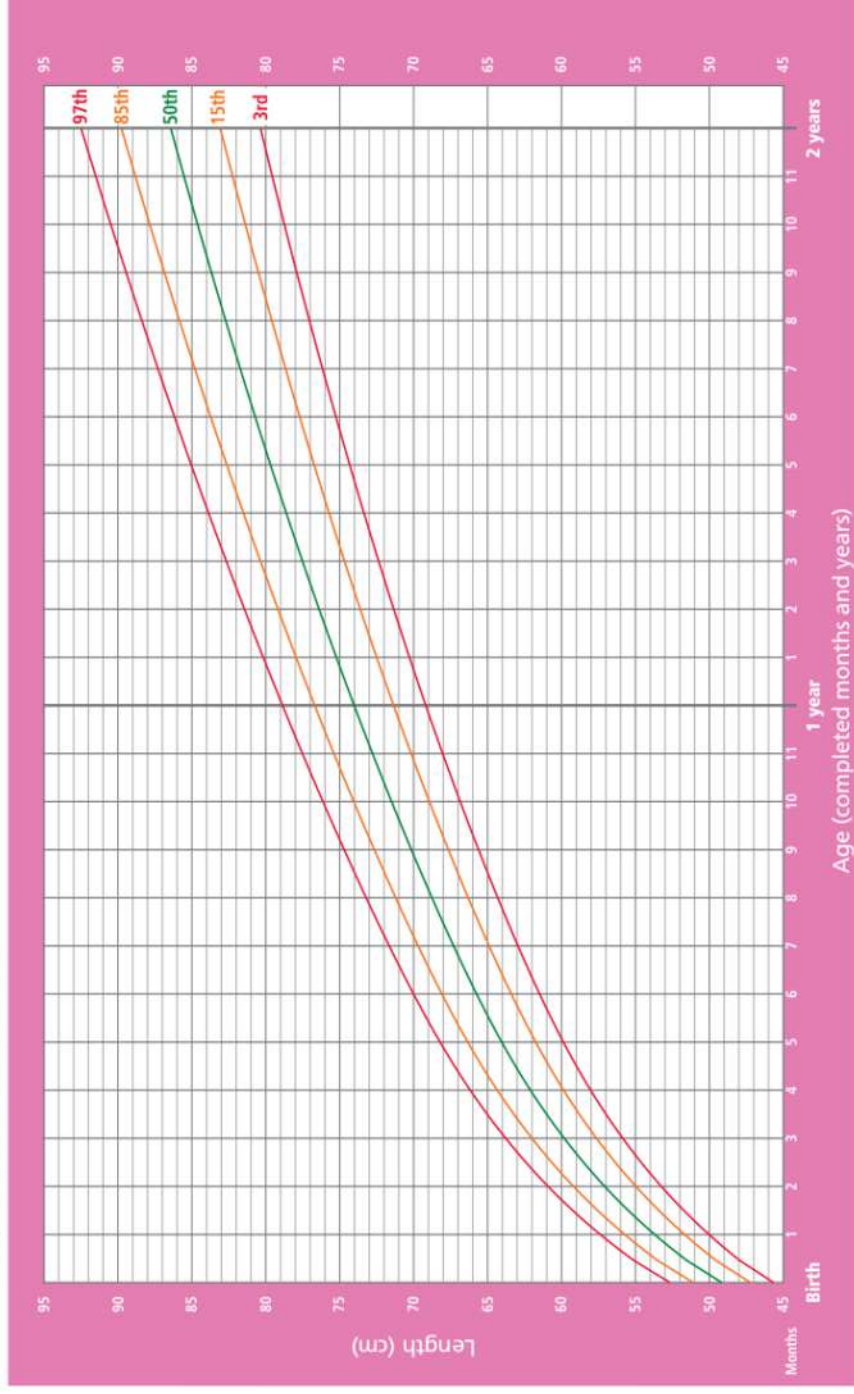
Weight-for-age BOYS

Birth to 2 years (percentiles)



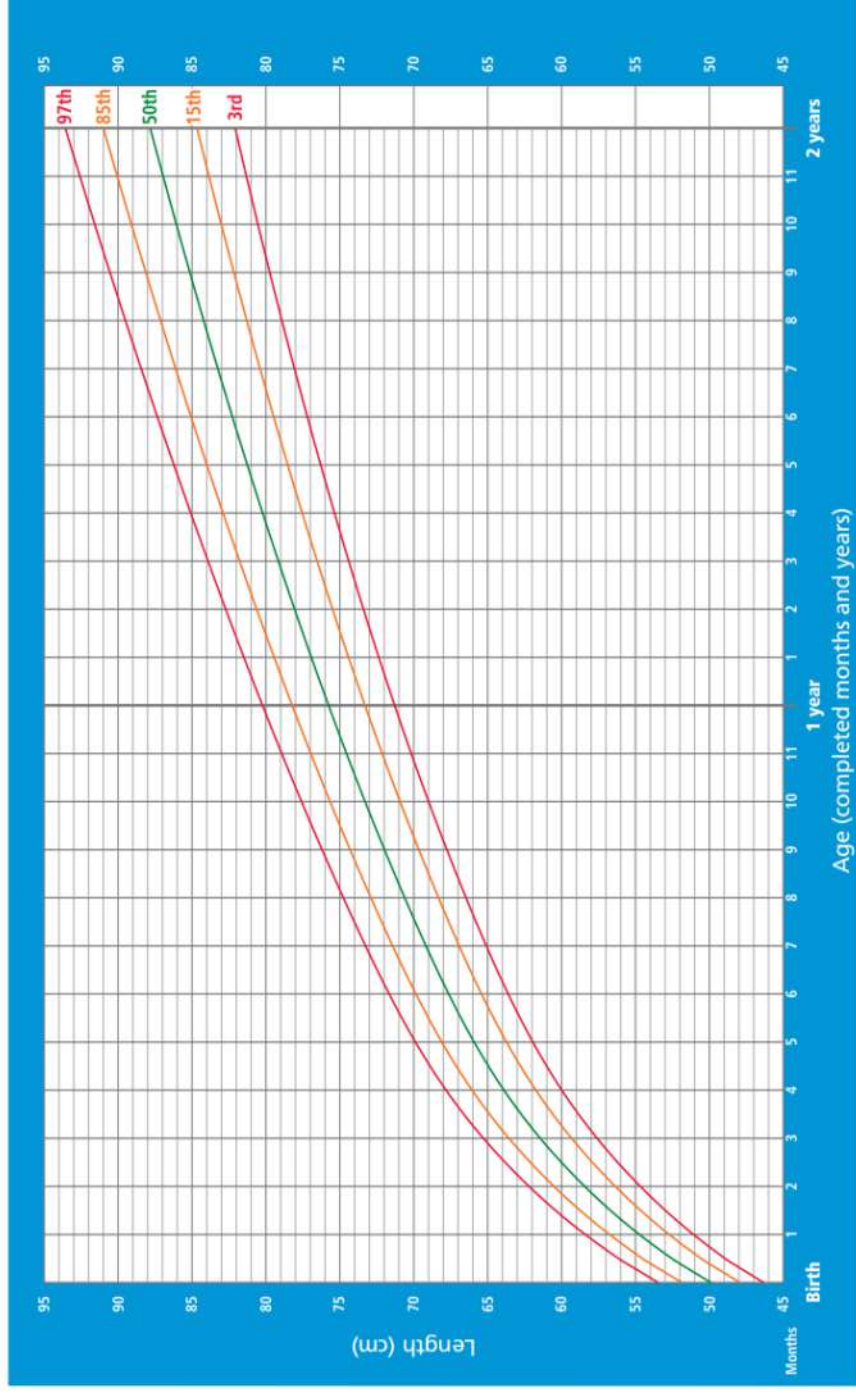
Length-for-age GIRLS

Birth to 2 years (percentiles)



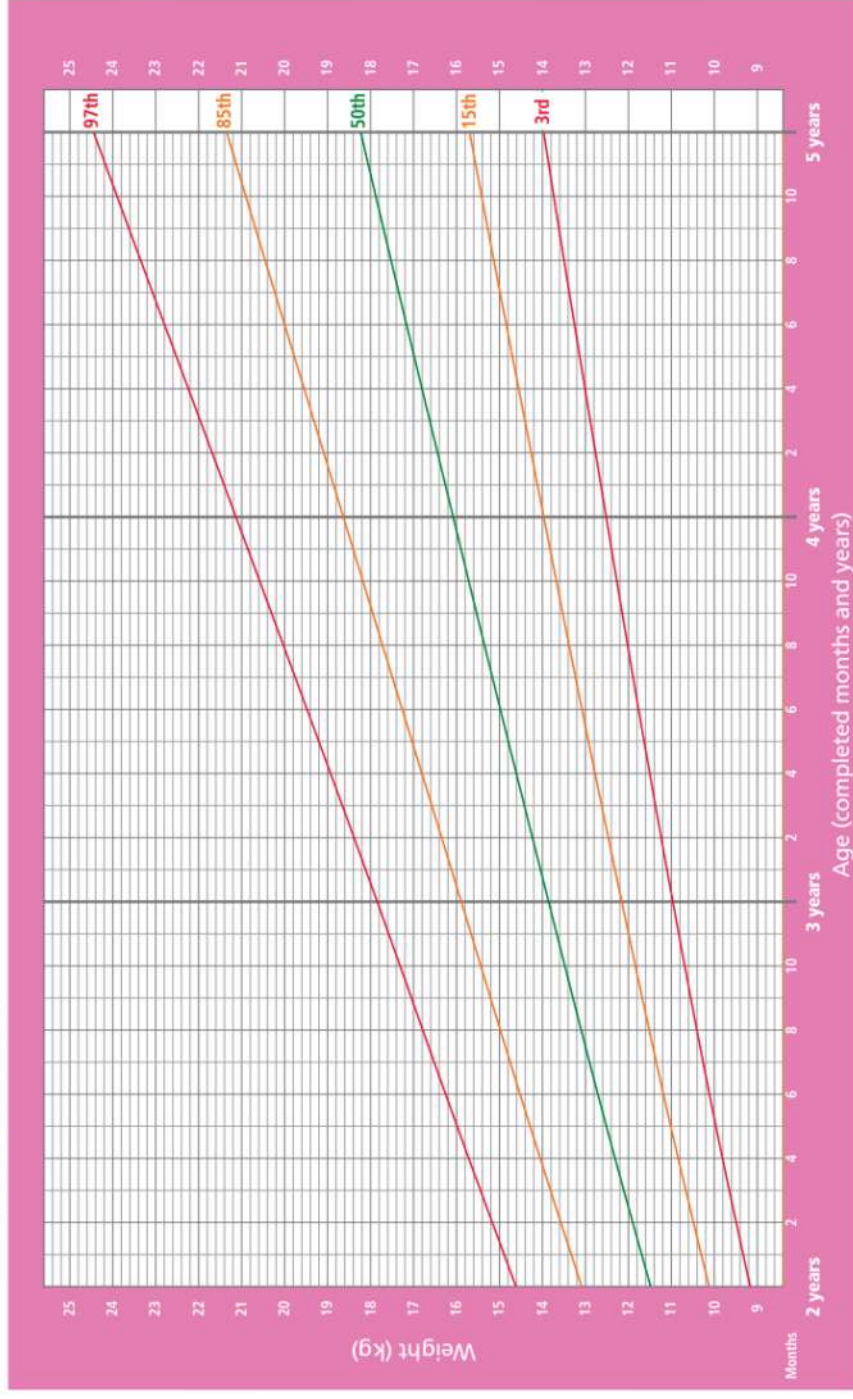
Length-for-age BOYS

Birth to 2 years (percentiles)



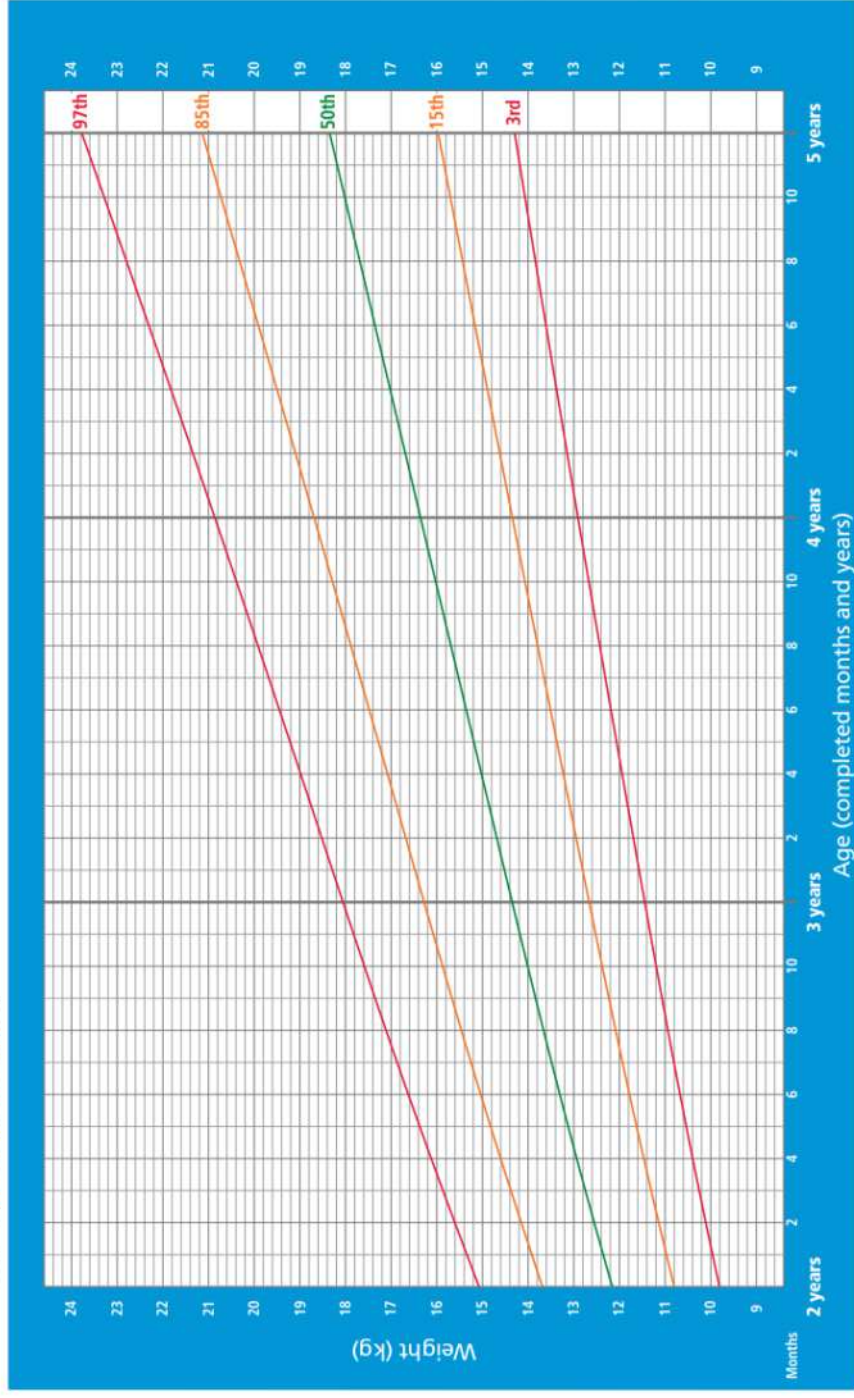
Weight-for-age GIRLS

2 to 5 years (percentiles)



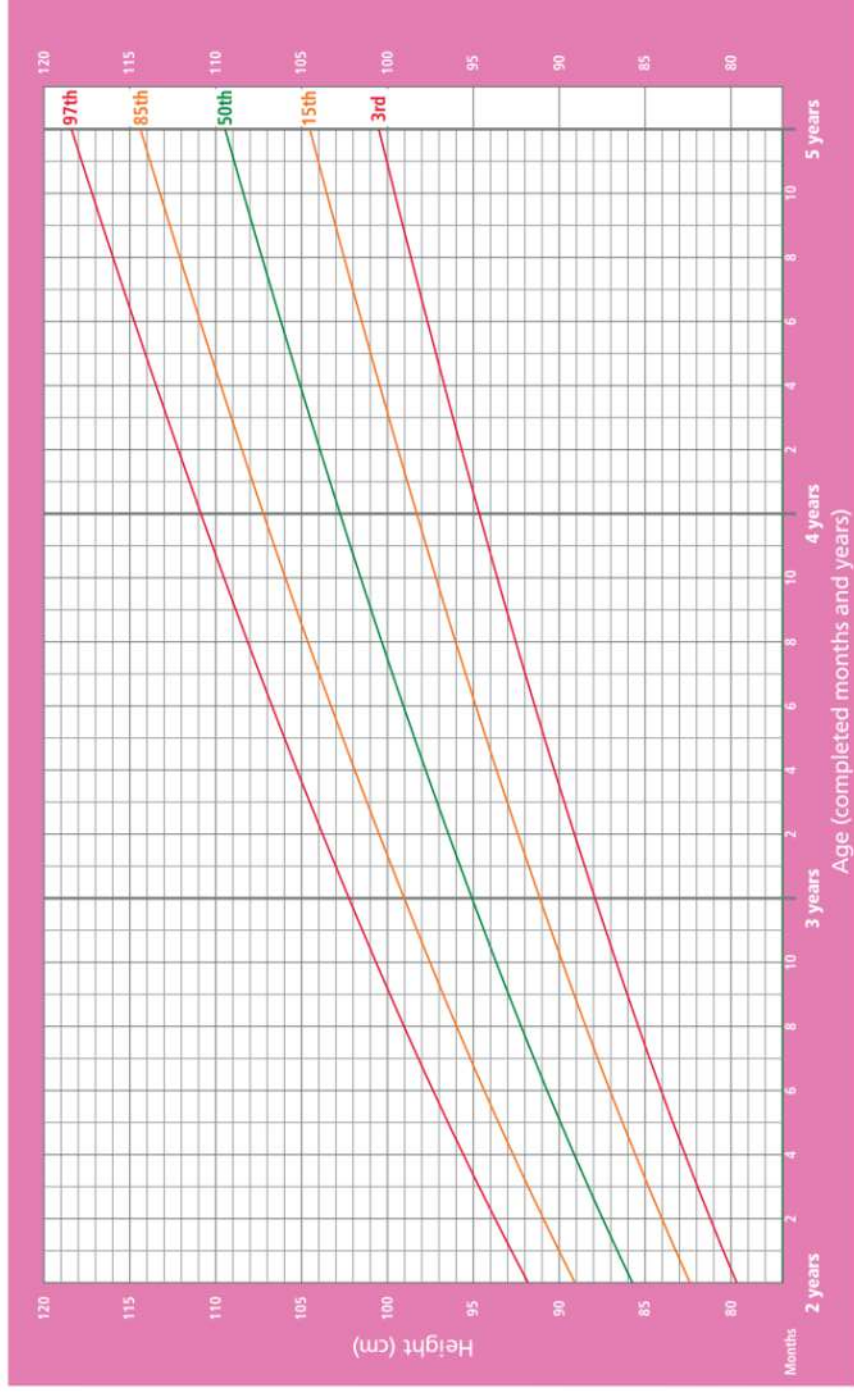
Weight-for-age BOYS

2 to 5 years (percentiles)



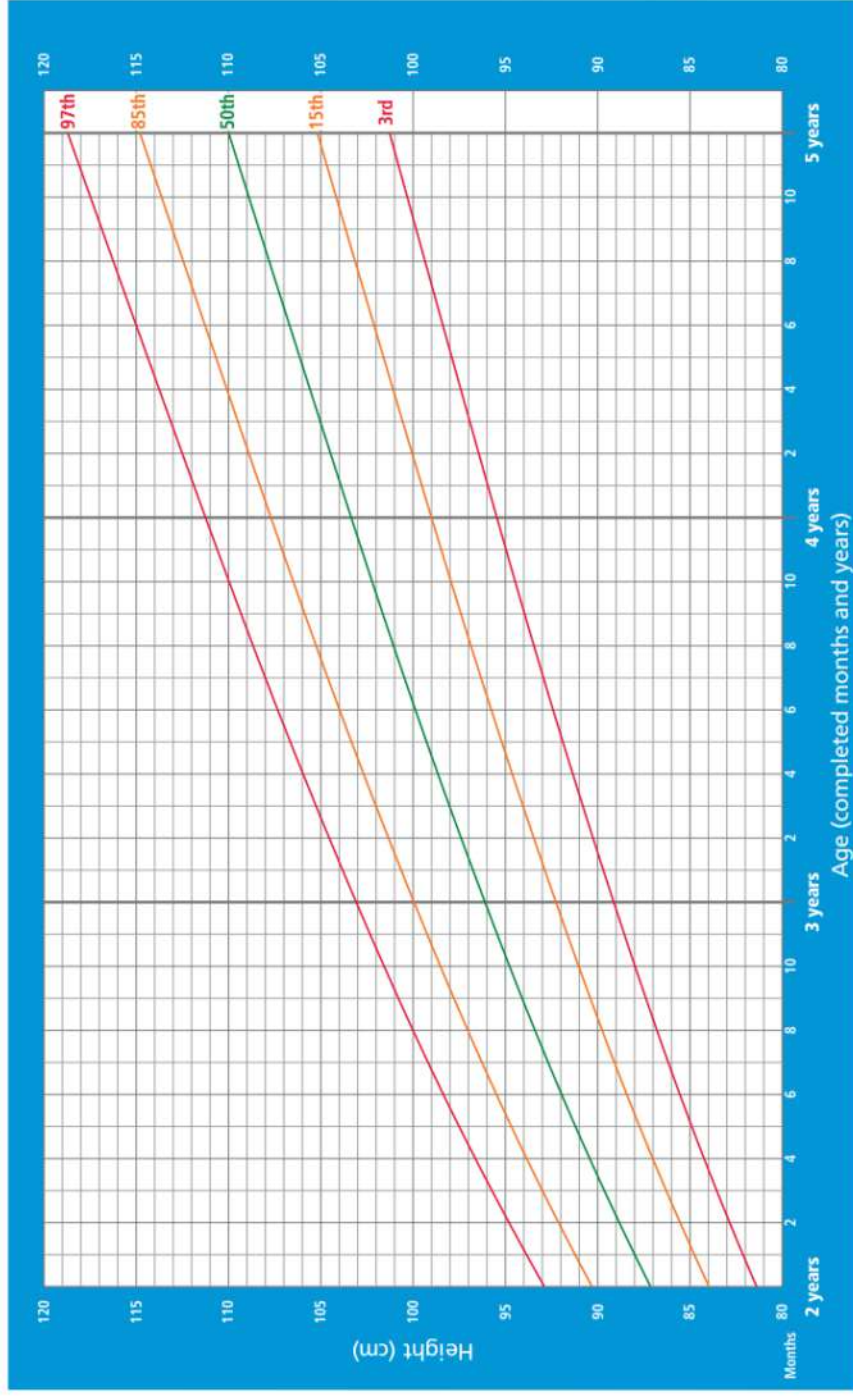
Height-for-age GIRLS

2 to 5 years (percentiles)



Height-for-age BOYS

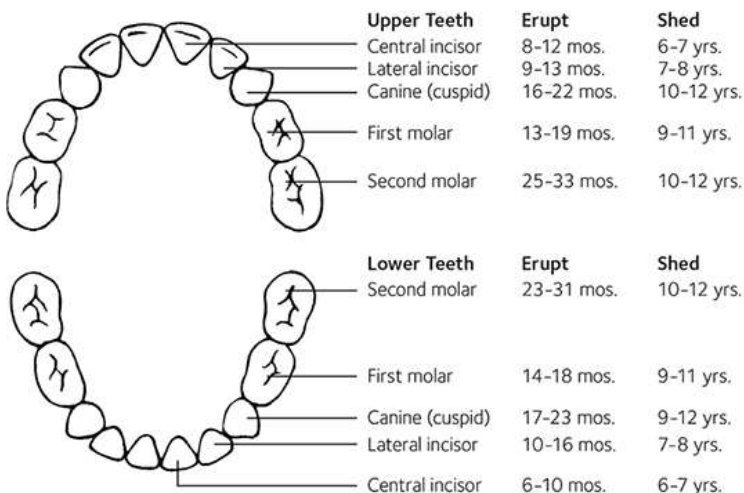
2 to 5 years (percentiles)



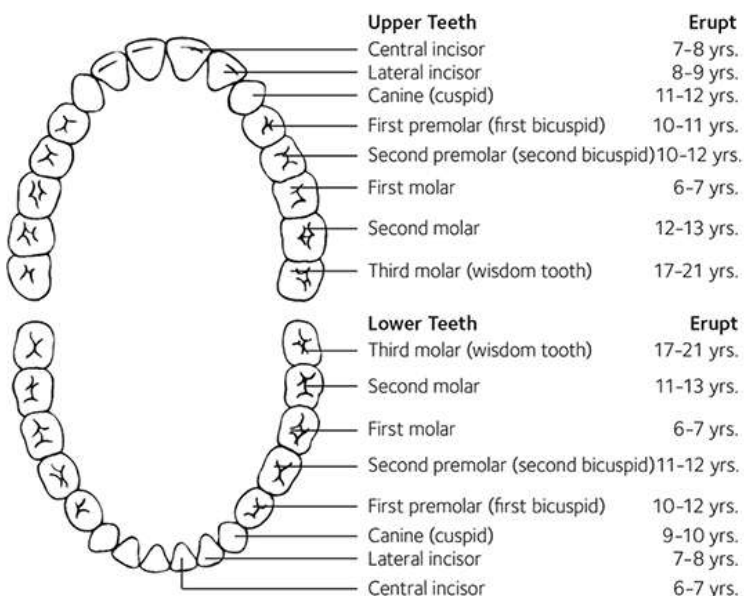
The Developing Smile: Tooth Eruption Charts

Healthy teeth are important to your child's overall health. Looking after your children's oral health from early age will minimize their risk of developing conditions such as tooth decay and erosion. It will also encourage the healthy development of their permanent adult teeth

Baby Teeth Eruption Chart



Permanent Teeth Eruption Chart



Immunization Record

Age	Vaccine	Due On	Given On	REMARKS
Birth	BCG			
	OPV			
	Hepatitis B (1)			
4 to 6 weeks	Hepatitis B (2)			
6 to 10 weeks	OPV / IPV (1)			
	DTwP (1) / DTap (1)			
	Hib (1)			
12 to 16 weeks	OPV / IPV (2)			
	DTwP (2) / DTap (2)			
	Hib (2)			
18 to 22weeks	OPV / IPV (3)			
	DTwP (3) / DTap (3)			
	Hib (3)			
24 weeks	Hepatitis B (3) + OPV			
9-15 months	MMR (1) + OPV			
18-24 months	OPV / IPV (B1)			
	DTwP / DTap (B1)			
	Hib Booster			
5 years	OPV / IPV (B2)			
	DTwP (1)/ DTap (B2)			
15 months - 6 years	MMR (2)			
10 years	Tdap /Td /TT			
20 years (Every 10 years)	Td /TT			

Immunization Record

Age	Vaccines	Due On	Given On	REMARKS
2 - 3 months	Rotavirus (1)			
4 - 5 months	Rotavirus (2)			
5 - 8 months	Rotavirus (3)			
2 months to 2 years	Pneumococcal Conjugate (1)			
	Pneumococcal Conjugate (2)			
	Pneumococcal Conjugate (3)			
	Pneumococcal Conjugate (4)			
15 months	Varicella (1) (Chicken-Pox)			
4 to 6 years	Varicella (2) (Chicken-Pox)			
1 to 2 years	Hepatitis A (1)			
	Hepatitis A (2)			
9 Months - 2 years (Re-Vaccinate after 3 years)	Typhoid			
	Typhoid			
	Typhoid			
9 to 14 years	HPV (1)			
	HPV (2)			
After 15 years	HPV (1)			
	HPV (2)			
	HPV (3)			

Immunization Record (For Special Situations)

Vaccines for	Vaccines	Given On	REMARKS
Influenza After 6 Months (Yearly)			
Streptococcus pneumoniae			
Rabies			
Meningococcal			
Yellow Fever After 9 Months (Valid for 10 Yrs)			

Illness Record

[illegible]

Dental Record

[illegible]

Eye Record

[illegible]

Injuries, Accidents and Surgeries

[illegible]

Allergies

[illegible]

[illegible]

Screening Date						
Height						
Height Age Classification						
Weight						
Weight Age Classification						
MUAC Reading						
MUAC Classification						
Head Circumference						
Head C. Age Classification						
Birth Defect (Yes/No)						
Disease any (Yes/No)						
Deficiency (Yes/No)						

Delay in Development					
Malnutrition (Sever thinning / wasting)					
Any Deformity in Limbs					
Functional Disability (Cognitive or Motor) Vision / Hearing / CP Other					
Any Syndrome					
Write Name of Identified 4D					
Referred (Yes/No)					
Referred To Facility					
Screened By					
Signature					



Child Record

Child Name			
Date of Birth		Birth Weight	
Delivery Type (Full Term / Pre Term / Normal / C-sec)			
PCTS ID No.		ABHA No	
Father Name		Mother Name	
Mobile No.			
Name of Anganwadi		AWC Code	
Name of AWC Worker			
Ward No. / Sector / Address			

Support Our Mission



@littlivesindia



littlivesindia.com

Name : _____
