



HAPPY CHILD CARE

Parents dream of having intelligent, healthy, strong children who do not fall sick. As per figures every year Tonics worth of Rs1000 crores are being purchased by parents of our country to help their children grow strong. Sadly in spite these expensive efforts children fail to meet the growth standards.

Dr. Hemant and Archana Joshi suggests that instead of tonics give your children simple snacks like grams, puffed rice, peanuts, coconut pieces throughout the day and help them grow strong.

Food Corner is a new concept introduced by the Joshi couple which states that every child should have access to food throughout the day.



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Edited by Chitra Sawant



Table of Contents

Preface		Diseases/Illness			
1.	Enjoy Child Birth	4	24.	Danger Signals	40
2.	Six-months Maternity Leave	6	25.	Asthama	41
3.	Importance of Colostrum	8	26.	Diarrohea	43
Child Care		27.	Heatstroke	44	
4.	There is no substitute for Grandparents	10	28.	Malaria	47
5.	Neo-Natal Care	11	29.	Measles	49
6.	Baby Enemy Cots	12	30.	Accidents: Kerosene (Hydrocarbon Poisoning)	50
7.	Banana leaves for dressing injuries	13	Tips for Hospitals, Clinics and Health Workers		
8.	Dental Care	14	31.	Tips for Clinics	51
9.	Measuring Growth	15	32.	Tips for Intensive Care Units	51
10.	Vaccination	21	33.	Tips for Parents	52
Diet		Story Therapy			
11.	All about Diet	23	34....And Pappu became a Hero	53	
	Diet Plan	24	35. Jungle Race	55	
12.	Breakfast is must for kids	25	36. Krushna Katha improves children	59	
13.	Food Corner-AKSHAYAPATRA	26	Appendix		
14.	Do not give Milk as a Drink	30	1.	Bio-Data of Dr. Hemant and Dr. Archana Joshi	63
15.	Importance of Oil	31	2.	six-months maternity leave: Dr. Joshi's ideas	64
16.	Importance of Solid Food	32			
Stay Fit					
17.	Stay Healthy	33			
18.	Exercise	34			
19.	Watch your TV watching child	35			
20.	Personal Hygiene	36			
School Health					
21.	Little Doctor	37			
22.	Lunch Box	38			
23.	Measures to be taken by School Management	39			





“Children are the world’s most valuable resource and its best hope for the future”

John Fitzgerald Kennedy

Preface

This book is written to make readers understand the basics of child care. It includes child nutrition, guarding children from sickness and accidents. It can help you avoid common mistakes, make healthy choices, and teach your kids healthy eating habits.

This book presents a framework for systematically addressing issues of children.

We have special messages for school children, authorities and doctors and nurses.

Current Genetic studies have shown that Genes of Indians, Africans and Europeans are same. If Indian children are fed well they can even become 6 and half feet tall and more intelligent.

If parents introduce proper nutrition since childhood it can reinforce lifelong eating habits. This can contribute to children’s overall well being. It can also help them to grow up to their full potential and lead a healthy life. There is no need to force your child to eat foods they don’t like. As parents work to avoid junk food, they often struggle to find alternative foods for their kids to eat. But there are lots of healthy foods which kids like. We have suggested a healthy eating plan that you can use to help your kids get the required nutrition.

Growth assessment is the single most useful tool for defining health and nutritional status. Children whose growth is extremely abnormal are easily recognised. The aim of growth monitoring is to identify children with less obvious but treatable growth disturbances. Cheap, accurate, self calibrating equipment such as simple thread can ensure that children are measured accurately.

We want you to become a master in the field of child care. We wish you all the best for this endeavour.

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Thanks to ALL staff Joshi children's Hospi-
tal

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Enjoy Childbirth

To prepare for a successful and easy delivery, would-be mothers require basic knowledge. We intend to educate you through this piece of information.

In India many mothers and children die during child births. According to the figures five women amongst every 1000 deliveries die during child birth.

The reasons are:

Sick and undernourished mothers give birth to weak babies. These weak babies die soon if they don't receive proper food and nourishment.

During pregnancy mothers should consume grams and groundnuts every two hours, i.e., before they feel hungry. The measurement of her arm should reach 23.5 cm.

Maternal health and low birth weight.

A woman whose measurement of circumference of middle of arm is below 22.5 cm. can be defined as a weak woman. Chances are such woman deliver weak or premature babies. Concrete efforts should be made to ensure that by the time girls reach 18-years of age the measurement of their mid-arm is 23.5 cm.

If a woman is malnourished during pregnancy, the child's physical and mental growth and development may be slowed. This cannot be made up when the child is older – it will affect the child for the rest of his or her life.

Working mothers undergo lot of stress both Physical and mental. Many times they do not

get enough food and rest. Result? Working pregnant women have a very high number of abortions. Those who do not abort, have very high rates of pre term deliveries. Many of these women who complete term have small seized babies due to intra uterine growth retardation caused by job induced starvation, stress, sleeplessness etc.

Many of the pre term and IUGR babies are handicapped in some way or the other.

Some of them have delayed milestones, learning disabilities, deafness, visual problems, fits, etc. Then to care for such handicapped babies many women leave job and stay home. Had they taken adequate rest and proper food and care during pregnancy, these problems might have never occurred.

Lesson: For those who can afford must be asked to go on leave on becoming pregnant. She should join back after the child is born and is one year old, or at least six months old.

Just as all do not afford cardiac bypass, but it must be suggested when needed similarly all should be informed about the benefits of a pregnant mother's staying home.

Prolonged labour is one of the reasons for India being one of the highest neonatal morbidity and mortality in the world. When a woman goes to labour in squatting position, the



delivery is quick. It shortens period of labour. This reduces incidence of prolonged labour, which is a major cause of neonatal asphyxia. It makes delivery less labourious. It improves child survival. It reduces maternal fatigue, suffering, morbidity and mortality and need for LSCS too.

Lying down position:

There are incidences where a lady in labour delivers when she uses toilet.

A breathless patient breaths more comfortably in a propped up position or a sitting position because diaphragmatic movements are assisted by gravity. Similarly deliveries have to be more comfortable with

the

help of gravity.

No amount of muscular force applied by the mother or the force of muscles of the doctor applied by using vacuum or forceps can equal the force of gravity. There are occasions when mother gets tired and fails to expel the baby. At times it becomes labour in vain resulting in neonatal and maternal morbidity or death.

Prolonged labour is the cause of a large number of Caesarean sections that have to be performed. Deliveries done in sitting posture can reduce the number of caesarean sections and the attendant maternal and neonatal morbidity, mortality, inconvenience and expenses.



Newborn's song:

Give me some warmth,
Give me some rub
Give me another breath
I want to cry again.



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Vote for grass root worker
Vote for multilingual
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Six-months Maternity Leave



Motherhood is a truly a special experience for every woman. Sadly many working women have to resume work immediately after few weeks the child birth. As very few organizations provide 6-months maternity leave to their women employees, many working women are deprived of enjoying this experience. They are not able to take care of their babies and more importantly they cannot breastfeed them.

The idea of compulsory six-month maternity leave was mooted to promote exclusive breastfeeding in the country.

It is highly important that the mother and child should be in close proximity for 6-months. It encourages breast-feeding, which is vital for the child's growth. Infant mortality in India is largest in world. Exclusive breastfeeding helps reduces infant mortality. Breastfeeding ensures that babies are protected against deadly disease such as Diarrhoea and pneumonia. It helps for speedy recovery of the baby during illness. It is found that Breastfed infants and children do not suffer as many illnesses as those infants and children who are

not breastfed.

During illnesses generally a child refuses to eat food, but it can easily be fed on it's mother's milk.

Lack of breast feeding opportunities causes malnutrition amongst children. Research shows that breast milk is the perfect brain food, essential for normal brain development. It affects particularly, those brain processes associated with depression, violence, and social and sexual behaviors.

When mother's milk does not suffice the baby, the sugar level in it blood drops and it affects the development of brain and eyesight.

A newly born baby gets its food and water from mother's milk. Generally every baby gets jaundice but if it is not able to get sufficient milk or water jaundice increases. Breastfed babies are more active. Basically breastfeeding is an important investment in the child's future.

Unicef and the World Health Organisation says that breast feeding exclusively for 6 months achieves optimal health results for babies.

Breast milk is recommended as babies' main food for the first year of life. Breast milk is nutritionally balanced and it costs nothing. It is customized according to the baby's needs. Breast milk provides the primary source of nutrition for newborns before they are able to eat and digest other foods. Every time the baby gets fresh milk. Even if the mother lacks nutritious factors in her diet the milk suffice the baby's need.

It is difficult for germs to enter mother's milk. The longer the paid leave, the better chance



there is of establishing breastfeeding. Though milk can be pumped and then fed to the baby close proximity between mother and child is of utmost importance.

Maintaining highest level of hygiene while feeding through bottle becomes difficult. Hence when a child is bottle-fed, there are major chances of the baby suffering from dysentery and other illnesses. Mother's milk is the first ever vaccine which any child receives. Any milk other than of a mother is expensive. Mother's milk suits the baby's requirement.

While feeding her baby the mother can find some time for relaxation. Mother's milk is readily available and she does not have to take efforts for feeding the child whereas, lot of time is consumed for boiling the milk and cleaning the bottles.

Lack of opportunity to establish successful breastfeeding not only increases ill health among babies but their mothers are affected as well. Breastfeeding contributes to the health and well-being of mothers as well. It helps to space children. Incidence of breast and ovarian cancer, anaemia and osteoporosis tends to be lower in women who have breastfed. It reduces the risk of obesity, helps the mother to lose weight and encourages her uterus to contract to its normal size and position.

Six months paid maternity leave will help working women balance work and personal life.

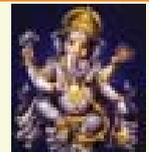
Another problem facing women returning to work after delivery is entrusting their children's care to someone else. When women resume work following few weeks of delivery, they are unable to concentrate on work. The child falls sick more often. This forces the women to take leaves more often. It affects her productivity at her work place as well. It has been found in

research in the United States that when women resume early to work it has negative effects on the child.

When a child is breastfed, it is observed that the quantity of milk in a nursing mother increases. However, when the child is supplied with outside milk the flow of mother's milk decreases and eventually the milk dries up. If the baby does not get sufficient mother's milk it affects the baby's physical, mental and psychological development.

We need to ensure our children grow strong after all children are future citizens.

Paid six-months maternity leave should be granted for women working in all the sectors. The Government should ensure that paid maternity leave is not just for the civil servants but should also be extended to private sector and in unorganized sector. It is especially a concern that mothers in lower socio-economic groups are significantly less likely to breastfeed beyond the early weeks. Those families on low income or where the woman is the sole breadwinner six-month maternity leave without pay cannot be possible.



Hon. Journalists

Once Ganpati Idol drank milk.

Thanks to media, the whole world knew it same day.

Request: Please read this. If you like something, reach it to 1 billion Indians with power of your pen, in all

Indian languages.





Importance of Colostrum

Colostrum is the initial secretion produced from the mammary gland. This milk is in thick form and is extremely nutritious. Every mother should feed it for the better development of the baby.

Call Colostrum as Piyush & save neonates.
Sms, tell all

Breast milk secreted by mother in first few days after child birth is called as Colostrum in English and Piyush in Sanskrit.

Ask if the mother has fed Colostrum to the newborn. Based on which you can predict the future of the baby, whether the baby will live, if the baby will have illnesses and if the baby will grow well. If the mother feeds colostrums to the baby, it is more likely to survive, have less illnesses & grow well. If she does not feed colostrum, the baby is more likely to have illnesses, can even die and if it survives it can have problems in growing well.

India has world's largest childhood deaths, highest of them in first month of life. In spite of all efforts, this has not changed much in last 60 years. Teaching 100 % mothers to give colostrum to their babies will reduce child deaths at minimum costs.

Feeding Colostrum to neonates improves their survival & growth & development. Even today many people still do not feed Colostrum to neonates. They give top feeds to babies. This adds to sickness and deaths of newborns. These babies can become hungry, get fits due to less sugar in blood.

If all mothers feed Colostrum to their babies, more babies will live, they will have less



problems and will grow well.

For this we have to teach all mothers to feed Colostrum to all babies.

Using popular terms for mass education, makes communication easy, and more effective. Piyush is the Sanskrit name for colostrum. Piyush also meant Amrut, that drink which avoids death. So true for mother's milk of first few days, the colostrum.

We should use the term Piyush for colostrum for following reasons.



Piyush is Indian name, colostrum is foreign. Human brain studies show that what ever is your own is remembered, loved better than what is foreign.

Piyush is so popular that many people name their son as Piyush. The most glittering example is the name of honorable editor of Indian pediatrics, Dr. Piyush Gupta. Piyush is popular milk based sweet highly popular drink in India.

Ask any ordinary people what they find easy Piyush or colostrum, to understand, communicate, remember and you will find that all find Piyush easier. Piyush is a common simple Indian name. Easy. Not as complicated as colostrum to say, hear write, understand and remember.

Take example of Japanese Sony corporation. They could have given a complicated Japanese name to their company. They did not. They gave a simple English name Sony that their target customers would find easy to remember. (They wanted to call it Sunny but spelt the name wrong).

Let us popularize the term Piyush, teach 100% mothers to give Piyush to all babies, and save lives of babies at zero cost. Kaizen is Popular Japanese management term for improvements made at zero cost.

Calling colostrum as Piyush is Kaizen. Let us do it. Let us all pass on this sms to all so that it reaches 1 billion Indian this Diwali. Let us reach it to 100 crore Indians with help of t.v., radio, newspapers, speeches, articles, gossip & email. Please forward this email to all.

Learn from animals. Their babies, as soon as they are born start suckling. Similarly the

Breast crawl cd. By BPNI (breast feeding promotion network of India) shows that a baby put on mother's chest immediately after birth moves & crawls. The baby's mouth finds and reaches mother's nipple & baby starts suckling. This must happen 100% times every where babies are born.

Pappu does not vote yaar.

Pappu is very smart.

But Pappu does not vote yaar

When the vote comes

photo id xerox is not there yaar

when xerox comes vote

vote paper is not there yaar.

If voting is done ,

posting is not done yaar

Pappu does not vote yaar.

But things are changing yaar

pancard xerox is in purse yaar

voting posting instant yaar.

: Dr Hemant Joshi

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There is no substitute for Grandparents

Grandparents can make life more wonderful for children. With their knowledge and experience they can be light in children's life.

Development of cities has paved way for smaller families. Though they may have some benefits it is often found that a home without grandparents may lack vital elements.

Remember the most important lessons children learn can come from their grandparents. They have a wealth of knowledge. Children are often more keen to learn from their grandparents. Primarily, because it is mostly taught in a very loving manner, but there could be exceptions.

Grandparents help in building a strong bond in the family. The bond between children and their grandparents is a very special one. If there is a problem between the children and their parents or siblings, they can turn to their grandparents for help

Grandparents are very important people in the formation of their grandchildren's character and perspective on life. Grandparents also usually have more free time than parents and so they can spend more quality time with their grandchildren.

Children often turn to their grandparents for advice. Because of their knowledge and there is a level of comfort with them.

Parents should encourage their children to bond with their grandparents by setting up times for them to visit their grandparents. They should invite grandparents during festivals, holidays, etc.

Every effort should be made to establish a close bond between the children and their grandparents because studies have shown that grandparents can have a very positive influence over the behavioral and social development of children.

But a line of caution is that one should not expect grandparents to be personal daycare specialists.

If there are no grandparents in a family, Parents can adopt older persons. Older persons in neighborhood can be invited at home so that children can get their insight.

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Neo-Natal Care



From child-birth till the baby is one and half month old, the mother and the new-born should not be allowed to mingle with other family members.

Persons suffering from cold, cough, fever should be made to stay away from the duo

Before handling the baby every family member including the mother should wash hands properly.

During winter and rainy season when the weather is cold, precaution should be taken to keep the room warm.

Immediately after the birth baby should be wiped with a cloth and kept in a warm place. The best place is mother's lap.

Newspapers can be used to wipe blood spilled over during the delivery and also to clean the baby. Newspapers absorb blood quickly. They can be sterilized by putting in pressure cooker before use.

Generally baby's head is big and wet so it should be wiped properly.

Babies turn cold after birth. If the baby is weak there are more chances of it dying due

to cold.

Mother's can keep their babies in a cloth and tie it across their shoulder. The baby remains warm, this method is used worldwide.

The first baby should be planned after the mother completes 21 years of age. And the second baby while the elder baby enters standard first.

Pregnant women should undergo medical check-up every month

After confirmation of pregnancy registration should be done immediately with the doctor.

There should be provision made for the new-born in the monthly budget

A special corner should be made for the baby which may have all the things required for the baby.

Training on how to save the babies when their life is in danger should be given to family members and such person should be available during delivery.

If the baby is in critical condition it should be shifted immediately to bigger hospital quipped with better facility.

Birth and death should be registered with government agency immediately.

Regular medical check-ups by medical practitioner of the baby should be done.

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Baby Enemy Cots

Cots in hospitals should be big enough to accomodate both mother and baby. As Cosleeping encourages breastfeeding and helps in developing bond between mother and child.

Many baby friendly hospitals ideal in many respects abound with “Baby enemy Cots”. These cots are less than four and a half feet long. The width of the cots is not wide enough to accommodate both mother and child. This deprives baby of the benefits of cosleeping.

The baby who comes with a physical illness suffers from a psychological trauma of being deprived of the cozy comfort of sleeping close to its mother.

A visit at late hours to these hospitals shows many vacant cots. The mother and the sick baby sleeping on the floor, or a restless baby or the cot and a half asleep tired mother sitting next to the baby.

Hospitals spending huge sums to buy expensive instruments and services to serve the baby must have cots which accommodate the baby and the mother. What the sick restless baby needs most is mother.

WESTERN infants are more likely to become victims of so-called crib deaths because they are far more frequently left alone to sleep than Asian children, a British study shows.

Crib deaths — known formally as sudden infant death syndrome (SIDS) — is a phenomenon involving the unexpected and unexplained death of an apparently healthy

baby while it is asleep. It is the single most important cause of death in the UK of infants in their first year.

The researchers note infants sleeping alone are deprived of such external sensory stimulation as rocking, noise and touch, associated with people who are nearby, and which help to stabilise breathing. Their study suggests that SIDS deaths occur because of failure of respiratory control in infants when they are at a vulnerable stage in their development, leading to sudden death.

Golden Minute

We help a newborn to take breath in first golden minute. We keep oxygen etc. ready.

**Similarly Vote in the first golden minute of getting ballot papers by post. Be prepared. Keep xerox copy of photo i.d. in purse today.(like pancard-needed in bank/travel)sign it & enclose it with vote.Send for posting the same minute.Tell all.thanks.
hemant Joshi.**



Banana leaves for dressing injuries

The pain and anxiety experienced by the burn-wound patients during and after dressing changes can be reduced. We suggest use banana leaves for dressing the wound. It helps in making the pain tolerable or minimal.



Children often get hurt while playing. The common practice while dressing the wound includes applying antiseptic lotion on the wound and using gauze before dressing with a bandage.

But often it is found that on the second day of the dressing the wound becomes a painful experience. When we try to open up the bandage skin often gets pulled along with the gauze. It delays the healing process.

According to the research conducted by few doctors from Coimbatore, a piece of banana leaf can be used instead of gauze.

The successive dressing sessions can be painless as banana leaf does not stick to the skin and thus get pulled while removing it. It is also found that banana leaves helps in healing the wound faster.

Banana leaf dressing (BLD) is being used by some doctors attached with the KEM hospital in Mumbai for the same purpose.

Following procedure should be followed before using banana leaves. Banana leaves should be washed made small holes for passage of air. These leaves should be then steamed. Steaming increases durability of these leaves.

Banana leaf dressing is an excellent, non-adhesive, pain-free, cheap and easily available dressing material.

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Dental Care

We all love to have a fresh and bright smile. And we will teach you how to have that smile. This can be done only if you have bright white and healthy teeth. All you need is common salt.

According to studies more than 85 percent Indians suffer from oral problems. Bleeding gums, tooth decay, bad breath are common dental problems faced by Indians. Some have rotten teeth i.e, caries teeth., some smell bad, some have bleeding gums ,some have spoiled their mouth with tobacco chewing & smoking.

Following measures should be taken to ensure healthy teeth and gums:

Strepto coccus are the bacteria present in our mouth. These bacterias cause decays.

Science describes Strepto coccus as "Halophobic" which means one that is killed by Sodium chloride. (Sodium chloride is scientific name of common salt).

Hence clean teeth using common salt. It kills bacteria present in the mouth. It also reduces bad breath.

Rinse mouth thoroughly after eating

Limit intake of sugar or sugar-based drinks or food items

Chew fresh fruits or salad after each meal. They help in cleaning teeth.

Visit a dentist regularly

Reduce intake or avoid using sugar

Eat raw stuff at the end of any eating session. Be it fruit or vegetable salad. Fibers containing in raw vegetables and fruits clean teeth thoroughly.

Eating tamarind or other sour things can cause damage to teeth.

Eating chocolates leads to tooth decay.

Children drink milk containing sugar, this also is one of the major reasons of tooth decay in children.

Till the age of eight years children are not able to brush teeth properly so parents should help children clean their teeth.

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Measuring Growth

We need to evaluate our child's development by measuring their growth. Getting accurate figures about your child's height and weight is important. We suggest simple methods like a thread which can be a useful tool in the entire process.

Tips for improving and monitoring growth of children Every well fed child grows all the time daily till 18 years of age and has the potential to grow 6 feet tall. Along with nutritional diet introduction of growth charts for monitoring growth can help achieve maximum benefit for improving health of children. Monitoring growth can be at minimum cost.

Work not supervised is work not done. Likewise if the growth is not monitored it can be a major cause of growth failure in most children.



Height, weight and circumference of head are measured to analyse growth of a child.

The child's growth can be measured by tying a simple thread round its waist and left arm. As the child grows, the gap between the thread and the waist/arm decreases. It ensures that the child is growing. Thus the thread can be used to ascertain the change in

the child's growth pattern.

Along with this ready-made growth charts available at various paediatrics clinics can be filled. These charts are standard barometers to measure a child's growth in terms of his weight, height and brain.

Govt. of India along with 121 countries has signed the "rights of children" document. This document gives every Indian child a right to grow well. This can be done only by monitoring growth with the help of growth charts.

We must take following steps to ensure every child's growth is well monitored:

Parents should regularly monitor height weight of their children for 18 years of age.

Also monitor height weight of the child on date of birth every 3 months for 18 years.

Monitor height, weight and head circumference every month on date of birth for first three years. Do it at least alternate month or quarterly.

Make growth chart compulsory and important document as ration card, birth certificate, election card, 7/12 record of land.

Make filling of growth charts compulsory

part of school health examination, and every doctors' every child examination..

Just as Government spends funds of election Intermediate –cards, It should also spend on giving growth chart to every child to be filled till 18 years of age.

All local self government bodies including every Gram Panchayat, Zilla Parishads, Municipal Councils, Municipal corporations have funds for mother and child welfare. These funds can be used for growth charts.

Make every one aware that children make 40% of population. So half the government's budget should be for children. Govt. should use this money to give one growth chart to every child per child.

Currently ICDS uses growth charts. But these are kept with ICDS worker. And people do not know them. ICDS Anganwadi workers should be taught to teach importance of these charts to parents.

Government should be asked to use latest IAP charts in place of the old charts they use.

Growth can be measured at home as well by tying simple thread around waist and around arms. Keep a watch, as the thread gets tighter on the waist and arm it is indication that the child is gaining weight. But if it loosens, the child needs more nutritious diet and care.

Use growth charts and BMI charts mentioned in this book. These latest Indian charts are developed by Pune based Dr. Waman Khadilkar and his team. They are extremely useful in monitoring growth of your children.

Growth Chart is Passport to Health

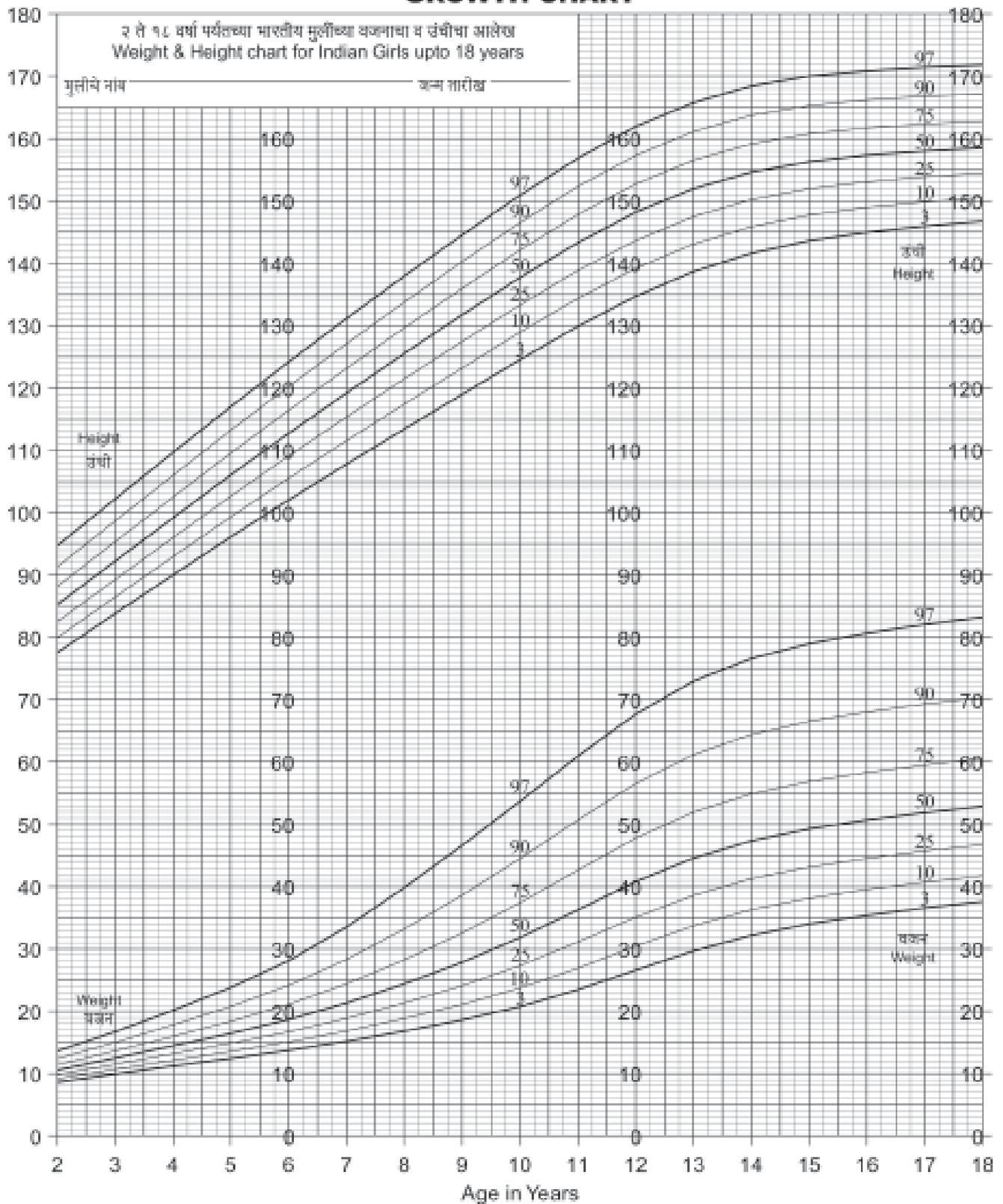
- **Make it Compulsory**
- **Give with birth certificate**
- **Add vaccination chart.**
- **Give it to every school student.**
- **More Important than clothes an ornaments**
- **Give in mother tounge**

Kerala State's Rural Health Mission, on recommendation of the very active members of IAP Kerala state in India gives to all school students.

Growth chart is the most cost effective tool for monitoring and ensuring proper growth of children.

On birthdays all parents should gift growth charts to all children who do not have them.

GROWTH CHART



भारतीय मुलांमुलींच्या उंची व वजन यादीचा आदर्श आलेख २०१० साली डॉ. खाडीकर, पुणे यांनी बनविलेला आहे. आपल्या मुलांमुलींच्या उंची व वजनाचा आलेख या आदर्श नोंदीस सादर करता येणे गरजेचे आहे.

Indian standard Height & Weight growth graph chart prepared in 2010 by Dr. Khedikar, Pune. Your child's Height & Weight should grow according to this graph. If this is not, meet Doctor.

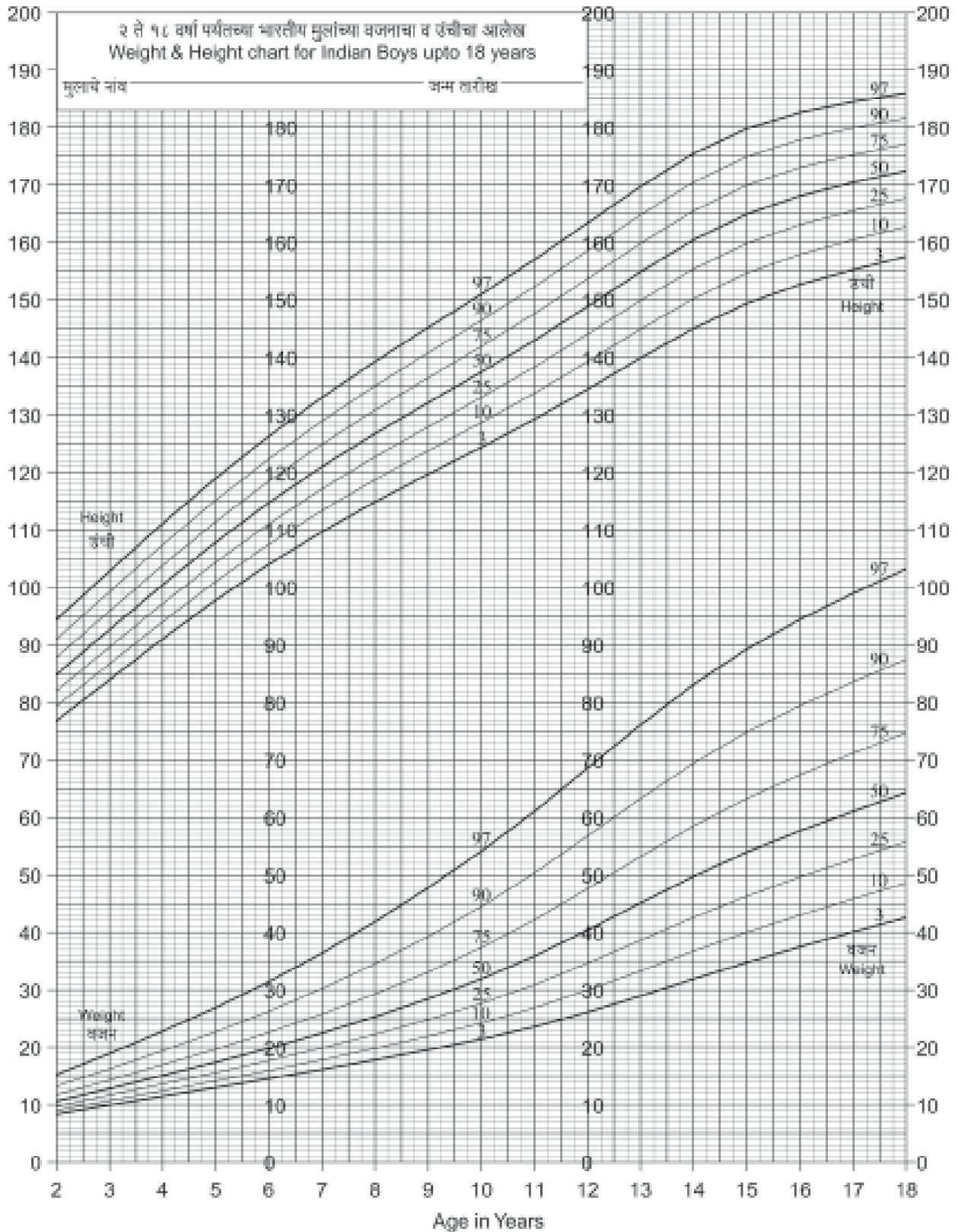
भारतीय मुलां मुलींच्या उंची व वजन यादीचा आदर्श आलेख २०१० मध्ये डॉ. खाडीकर यांनी बनविला आहे. | याला आपले मुले वा मुली यांच्या उंची व वजनाचा आलेख या आदर्श नोंदीस सादर करता येणे गरजेचे आहे.

यशांतून दोन वेळा हा आलेख भरून घेणे हा सर्व मुलांमुलींच्या जन्मसिद्ध हक्क आहे.

Filling this chart twice in every year is birth right of each child.

साल मध्ये दोन वेळा हा आलेख भरून घेणे हा सर्व मुलां मुलींच्या जन्मसिद्ध अधिकार आहे।

GROWTH CHART



भारतीय मुलामुलींच्या उंची व वजन वढीचा आदर्श आलेख २०१० साली डॉ. खाडीकर, पुणे यांनी बनविला आहे. आपला मुलामुलींचा उंची व वजन या आलेखा वाचणे व बरेच वेळा तार उभारणे गरजेचे आहे.

Indian standard Height & Weight growth graph chart prepared in 2010 by Dr. Khadikar, Pune. Your child's Height & Weight should grow according to this graph. If this is not, meet Doctor.

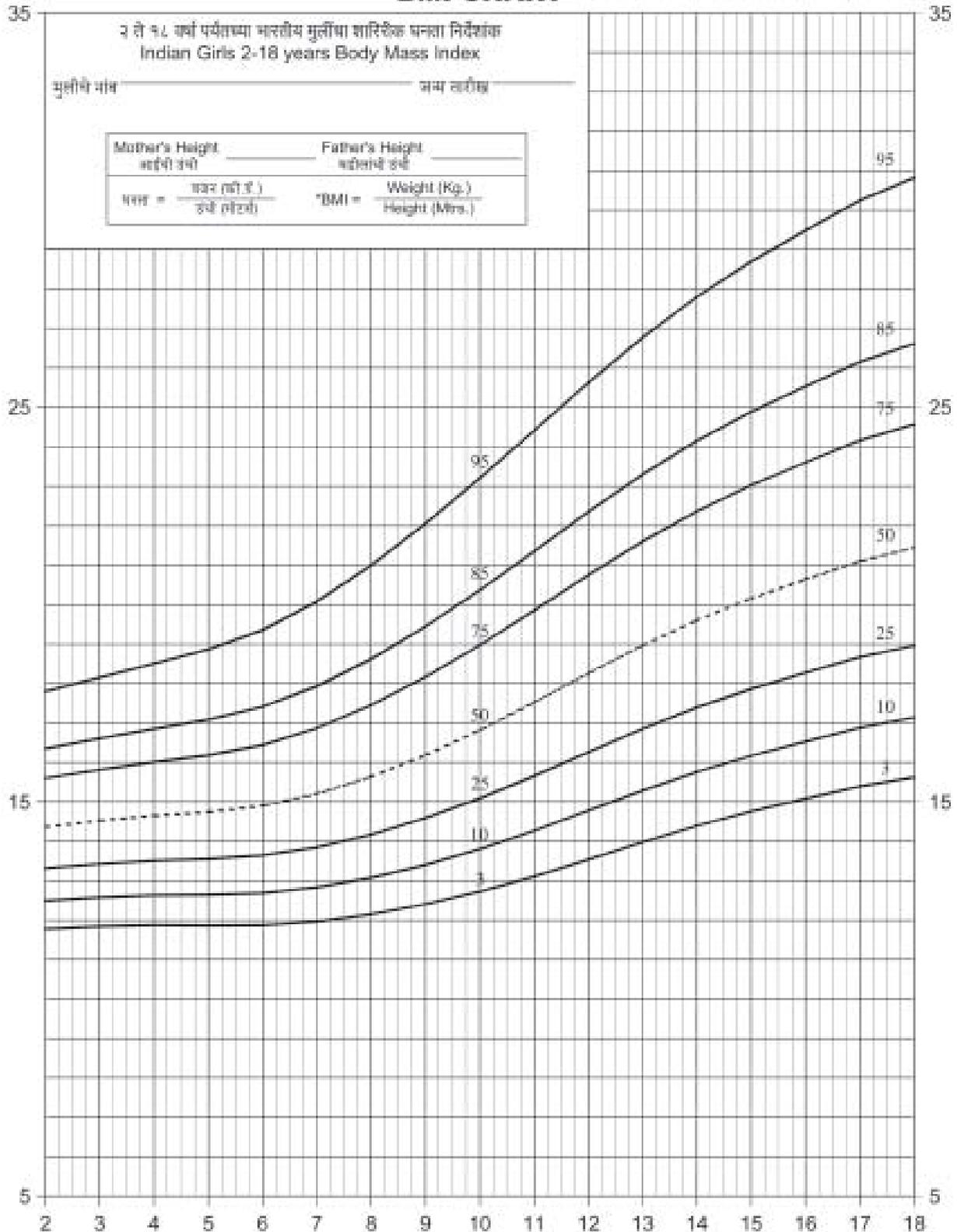
भारतीय मुलांची उंची व वजन वाढणे का चार्ट २०१० मं पुणे ये डॉ. खाडीकर ने बनवा है । यदि आपने अपने का बिलव इस चार्ट के मुताबिक नहीं हो रहा है तो तुरंत डॉक्टर से संपर्क करें ।

वर्षातून दोन वेळा हा आलेख भरून घेणे हा सर्व मुलामुलींचा जन्मदिन हक्क आहे.

Filling this chart twice in every year is birth right of each child.

साल म दो बार इस चार्ट को भरवा के लेवा हर बच्चे का जन्मदिन अधिकार है ।

BMI CHART

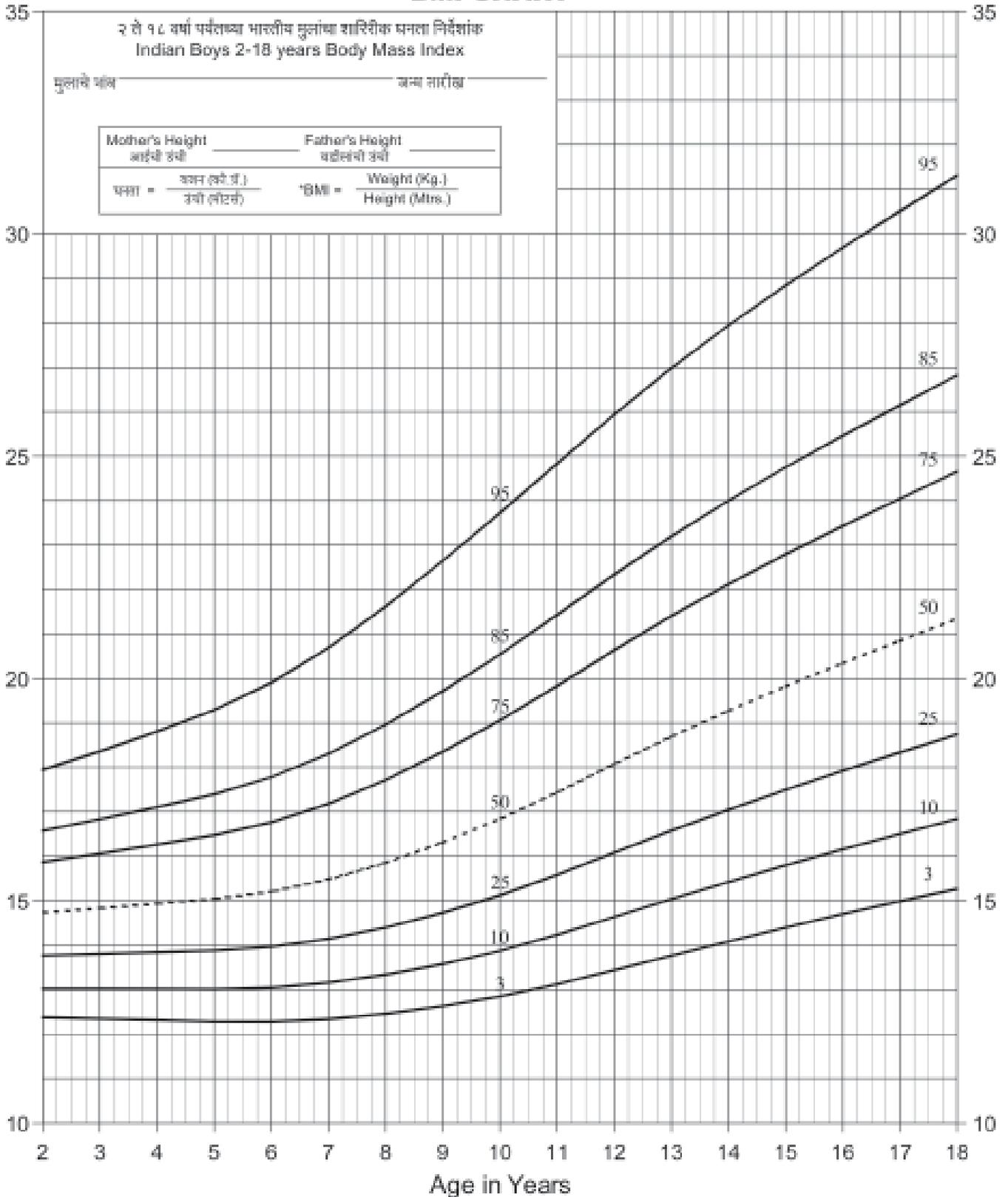


भारतीय मुलमुलींच्या उंची व वजन यादीचा अद्यतन आवृत्ती 2010 साली डॉ. खाडीकर, पुणे यांनी बनविलेला आहे. आपला मुलमुलींच्या उंची व वजनाचा आलेख या प्रमाणानुसार तराईत घ्यावा. Indian standard Height & Weight growth graph chart prepared in 2010 by Dr. Khadikar, Pune. Your child's Height & Weight should grow according to this graph. If this is not, meet Doctor.

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वर्षालून दोन वेळा हा आलेख भरून घेणे हा सर्व मुलामुलींचा जन्मसिद्ध अधिकार आहे. Filling this chart twice in every year is birth right of each child. सालात दोन वेळा हा आलेख भरून घ्यावा हे होना हर वयचे का जन्मसिद्ध अधिकार हे।

BMI CHART



भारतीय मुलांमुलींच्या उंची व वजनाची यादी आरबी आलेख २०१० यादीची डॉ. खाडीकर, पुणे यांनी बनविलेली आहे. आरबी मुलांमुलींच्या उंची व वजन या आलेख वाचताने नवीन वार उभारताना घेता.

Indian standard Height & Weight growth graph chart prepared in 2010 by Dr. Khadikar, Pune. Your child's Height & Weight should grow according to this graph. If this is not, meet Doctor.

भारतीय मुलांची उंची व वजन वाढणे काय चाईत २०१० मीं मुले डॉ. डॉ. खाडीकरने ने बनवला हे । यदी आरबी मुलां का वजन इस चाईत वे मुलांमि नही हो यदा हे वे मुलां आरबी वे चाईत करे ।

वर्षांतून दोन वेळा हा आलेख भरताना घेणे हा सर्व मुलांमुलींया जन्मसिद्ध हक्क आहे.

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साल मीं दो वार इस चाईत को भरवा के लेवा हर बच्चे का जन्मसिद्ध अधिकार हे ।

Vaccination

Many new useful ideas



Dr. Sivaprakasham V. from Chidambaram in south India recently studied nearly 12,000 11th standard students of various schools. He observed that maximum absenteeism in schools was due to typhoid. These students who remained absent became back benchers. This affected their studies and led to their academic failure. Such cases can be avoided.

Vaccination is most cost effective way of improving child health. Means it gives maximum benefit in minimum cost. Our nation should be "Vacci"nation. Develop Hindustan into "Vaccinaisthan".

Establish Indian Vaccine Research Organization (IVRO). Give a fund of Rs 5000 crore annually to it for developing vaccines. China manufactures all vaccines and we import it from China. For every dose We pay Rs.1700 for chicken pox vaccine, Rs. 1000 for every dose of Hepatitis A vaccine, and Rs. 4000 per dose of pneumonia (Pneumococcus) vaccine.

If we make them in India single vaccine will cost just one rupee or one cent. Government can give these vaccines free to all children.

All vaccines should be available daily and if possible. Vaccination centres should become 'Vaccine Malls'.

For example we need inject able polio vaccine. Sabin, who invented polio inject able vaccine, did not take patent for his invention. So it can be afforded by the poor. Any Vaccine manufacturers can develop it.

But ironically the government has closed down three profit-making vaccine manufacturing units owned by the government like Mumbai based Haffkine institute.

Every day every minute 5 children die in India today. More that all the soldiers killed in all wars India ever had faced. If we give all vaccines to all children on war footing, it will reduce child deaths significantly at minimum cost.

It is important to act now. Every minute's delay means 5 more child deaths.

Make birth date of every child his/her vaccination date, Parents should treat it as the most important date.

Benefits: 1.100 % compliance.

2. work divided over 30 days of month. Good for growth monitoring and filling of growth chart.

Feed before vaccination:

Increases pain threshold



HAPPY CHILD CARE

Feed after vaccination.

reduces crying and gives 15 minutes for post vaccination observation.

Give injection after the applied alcohol or spirit dries. It makes the process painless. Personal experience shows that the modern disposable needles are almost painless. The pain is caused by the spirit.

Give IM injections to the baby who is comfortably settled in mother's lap.

Give vaccine to a sleeping child.

Hospitals should be made into vaccine mall by starting 24-hour vaccination centre. It improves child survival.

Hospitals should display huge vaccination chart on wall in waiting room in all local languages.

Suggest people to Gift vaccines to all children.

Possibly Give one Vaccine to every child on discharge from hospital.

Make typhoid vaccination mandatory before school entry.



Malnutrition is national health problem. A snack filled pocket is vaccine that prevents malnutrition. It also treats malnutrition.

Yogasana is vaccine against aging and related illnesses like joint pains, back pains, dementia, hypertension, heart disease etc. Learn and experience yourself.

Health Education is the only vaccine that helps to avoid maximum illnesses. It also hastens recovery in all illnesses. Develop information leaflets on health issues for parents in local languages.

**Make our nation
“Vacci-nation”
Convert our
country-Bimaristhan
into Vaccinisthan.**



**Vote for a change
Vote for new ideas
Vote for grass root worker
Vote for multilingual
Dr.Hemant Joshi**



All about Diet

How should you plan your child's diet?

Following factors should be considered while planning your child's diet

It should fulfill his hunger.

It should be easily available to the child any time , Ensure putting healthy snacks in their pockets.

It should consist of all the required proteins and vitamins and should not require tonics.

It should be clean and wholesome

It should be easily digestible

The child should be able to eat it properly

Do not use food as a reward or punishment

You need to remember to keep feeding in perspective. It provides the nourishment that your child will need to grow. Feeding should not be used in place of love, nor should it ever be used as a reward for good behavior or a bribe for doing something. We must make sure that we do not teach our children how to use food as a manipulative tool.

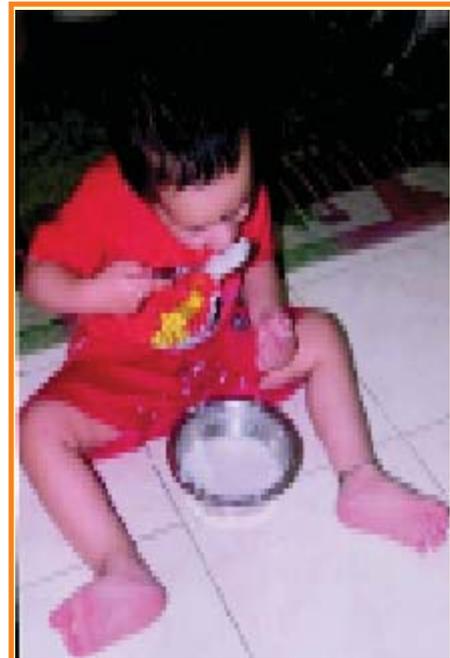
Children are forced to consume food which the parents feel their children should eat irrelevant of the fact whether the child likes it or not. The children are forced to eat fast whether they are hungry or not. Parents hardly consider the fact whether their children are chewing the food properly or not.

When children try to rebel against their unnecessary force exerted by their parents, they are subjected to beating, scolding and even humiliation.

It was found in a research conducted in Scotland that children who feel insecure are not able to gain weight in spite of having a good diet.

Avoid forcing children to eat food by wrong means like threatening, blackmailing, beating, etc. In such cases even if the child eats food it does not get digested well.

Scientific research conducted says that forced food does not necessarily enter the throat, even if does, it does not get digested. Such food which is not digested properly does not help the children grow strong.





HAPPY CHILD CARE

Day /Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Banana	Papaya/ Musk Melon	Chickoos/ Water- melon	Berries	Banana	Oranges /Sweet Lime	Pineapple/ Pome- granate
Mid- morning	Suji Ka Halwa	Idli/ Fresh Fruits	Dhokla/ Bread Pakoda	Sabudana wada/ Apam	Upma /French Toast	Misal/ Dosas/ Uttapa/ Sambhar	Omlette Bread
Afternoon	Bajra Roti, Veg- etables/ Cereals, Pulses, Rice and Salad	Paratha, Leafy veg- etables, salad, Pulses and Rice	Pav bhaji, Salad, Pickle, Papad	Kulcha, Rajma, curd, Rice, Pulses, Salad	Roti, Paneer, Salad, Papad	Roti, Salad, Vegetables, Rice, Dal-Fry	Chole Bhature/ Puris, Raita, Rice, Sambhar
Evening	Bread Butter/ Boiled Egg/ Bread Chutney	Sand- wich/ Cutlet/ Pakodas	Ladoos/ Rava Dosa/ Sweet Puris	Poha/ Kheer/ Khakara	Burger/ Pizzas/ Pasta/ Thepla	Scrambled Eggs/ Medu Wada	Bhel
Mid Evening	Roasted grams	Roasted ground- nuts	Puffed Rice	Roasted Corn/Nuts	Fresh Fruit salad	Chiwda	Roasted Moong dal
Night	Roti, Salad, Rice, Pulses, Leafy, Veg- etables	Sprouts, Roti, Dalia, Pulses, Tomatoo- Salad	Leafy Veg- etables, Roti, Mixed Salad, Dahi curry, Rice	Veg- etables Pulav, Salad, Spourts, vegetable, Papad	Roti, vegeta bles, Chutney, Papad, Rice, Sambhar	Dal Khicdi, Salad, Roti, Sprouts, Leafy Vegetables	Vegetable biryani, sprouts salad



Breakfast is must for kids

Breakfast is extremely vital. A day begun without it can make the child unenergetic and unenthusiastic.



In order to start a day in a right manner we need to have a Breakfast. Breakfast indeed is the most important meal of the day. It simply means to break the fast.

The reasons to have breakfast in the morning have been

mentioned below:

Our body stores up glucose or sugar in your blood. This sugar ends up in the liver and then the liver releases it as energy in bursts throughout the day in the form of glycogen. If we skip breakfast the body runs out of glycogen by the middle of the morning which means no more energy bursts. When this happens your body is like a car that runs out of gas.

So if children skip their breakfast there are chances they feel tired, they find difficulty in concentrating and are more irritable.

According to various research studies done Breakfast consumption make a significant contribution to the child's daily nutrient intake. The average total energy intake is significantly lower for children who do not consume breakfast.

Children who skip breakfast do not make up the differences in dietary intakes at other meals. According to some research studies children who skip breakfast are more likely to become inactive, unfit and obese. Thus Breakfast holds key to good health of children.

There are a number of reasons why children don't eat breakfast. For some it is due to a lack of time in the mornings. It generally happens because children get up late in the morning as they go to bed late. Rising early by just fifteen minutes can solve this problem.

Some children often miss breakfast because they think it can help them lose weight. But remember missing breakfast can lead to cravings for sugary snacks and drinks.

It appears that children who regularly eat breakfast are thinner, more active and even fitter than those who don't.

If children have choice they can have fresh fruits for breakfast. Likewise eggs are extremely nutritious can be an excellent option for breakfast.

Please see our Diet plan section, which has various options one can have for breakfast.





FOOD CORNER / AKSHAYAPATRA

Make food available to your child and reduce malnutrition



The most common and frequent worry of modern mothers' is how to make their children eat. Though mothers are fully aware that nutrition is important for the physical and mental growth of a child, they fail to pursue them to eat. Mothers even resort to threatening and adopting inhuman practices such as punishing the child with candle burns, blackmailing or even humiliating. But very few things work to get their children to the dining table. Nutrition today is a serious problem posed by children.

It is a common myth that malnutrition exists only in urban slums and rural areas. In fact it is very much common amongst children coming from middle-class and well to do families as

well. This problem can be easily solved but patience and persistence efforts are needed.

The best way to make children eat is to make food available at liberty. Also, food should be kept within reach of children and where it is easily visible for them.

It can be done by garlanding children with fruits and sweets, filling their pockets with snacks or creating a food corner and maintaining 'Akshayapatra'. If these techniques are followed by every household it can be an easy cure for malnourished children.

To elaborate further on this, you can include a non-perishable snack in your child's pockets. Raw rice, Puffed rice, peanuts, almonds, roasted grams, nuts, raisins, ready-to-eat breakfast cereals, a piece of fruit, crackers, pieces of dry coconut, laddoo, chikki, piece of Khakara can help fuel your child through out the day. Snacks can vary as per the age of the children, puffed rice or raw rice are safe snacks for smaller children.

Children should be encouraged to eat on their own. This can be done at an early age when they are infants and just beginning to pick up things. Please let your children choose the kind of food they want in their pocket/ food corner be it fruits or snacks.

Food Corner is another such concept which can be easily maintained at every home. Food can be kept at a corner, which is easily accessible to the child. Snacks can be kept in see-through containers which will attract their attention. While choosing the contents to be kept at the food corner preference should be



given to the likes and dislikes of the child. Offer him/her several options, as children get bored with eating same kind of food. If you want your child should generate interest in eating start with introducing food of his choice. This food corner should also have a bottle filled with clean drinking water. Seasonal fruits can be an added attraction in this food corner.

Suji ka halwa is a simple to cook food and high in nutritional value it can be stored for a while as well. Even a month-old baby can easily digest it and can be excellent way to start the day. Chocolates, toffees and candies should be avoided as they don't have nutritional value and they cause tooth decay.

The easy and simple way to ensure that your child gains weight is by maintaining **Akshayapatra**. Akshayapatra is basically a term used for see-through bottle filled with snacks. A simple mixture of 100 gms of roasted groundnuts and grams each can be filled in this Akshayapatra. Grams or groundnuts can be replaced with 150 gms of puffed rice. All these food items are easily available and can be afforded even by the poor.

The composition of contains in Akshayapatra are as follows:

100 grams of roasted groundnuts provides 570 calories and 26.5 grams of proteins

100 grams of roasted grams provides 570 calories and 26.5 grams of proteins

150 grams of puffed rice (Kurmura) provides 570 calories and 26.5 grams of proteins



Akshayapatra

Energy provided by mixture of grams and ground-nuts

Description	Energy needed	Protein needed
Pregnant women	300	6
Lactating mother	600	12-15
15% Deficiency in an average child	450	17
Akshayapatra Mixture provides	570	26

Comparative Chart -

Energy provided by following food items of same cost in India today.

Food Items	Energy (K calories)	Proteins (Grams)
Soybeans - 100 gms	420	42
Groundnuts - 50 gms	260	11
Grams – 67 gms	250	15
Rice - 150 gms	450	10
Milk - Undiluted 100 ml	67	4
Milk - 1:1 dilution 100 ml	35	2
Milk without cream -100 ml	20	2

A child fed with these contents of Akshayapatra gets 570 calories and 26.5 gms of proteins.



Following this method a child can gain weight continuously. Thus it helps in reducing malnutrition in simple and effective way.

So if Akshayapatra is kept on floor preferably at a Food Corner, children have easy access to food when ever they feel like. As children get into the habit of eating the mixture every now and then, mothers can rest assure their children are getting all the required nutritional value added food.

This mixture of grams and ground-nuts can easily filled in pockets as well so that children can eat when they are on their way to school or elsewhere. This highly beneficial mixture can also prove effective for malnourished adults, pregnant and lactating women.

This concept of Akshayapatra has been evolved and developed to tempt children to eat food. Unlike other containers, Akshayapatra is not just meant for preserving food items. But the focus primarily lies on making food visible and easily available to the child. Food seen through the bottle tempts children to eat. In Indian homes food is stored safely and kept out of reach of children. Hence the gap between children and food is vast. It is high time we change this pattern and set food on floor so that children get easily attracted towards it. This will bridge the food gap which deprives the child of nutrition and thus hinders the growth of the child.

The problem is not that children are unwilling to eat, but it lies with the non-visibility & non availability of food at the time when they need it. Children may not follow the eating habits of adults who have large meals twice or thrice a day. They like to nibble food continuously throughout the day. Snacking is helpful in meeting calorie and nutrient requirements

Chickens gain one-kg weight in just a period of one-month by pecking grains every-now and then. It is vital to respect the hunger patterns of children and teach them to follow this natural course. Set them free and allow them to eat as per their wish.

The amount of food that a child needs varies according to height, build, gender, and activity level. Left to themselves, most children will usually eat the amount of food that's right for them; however, it is up to the parents to make sure that their children have the right foods available to choose from. Don't fall into the age-old trap of forcing them to eat more food than they want or need.

There is evidence that nibbling is better than eating fewer, larger meals. Compared to the gorging eating pattern, the nibbling eating pattern is preferred by children.

The best way to help child is eat make food easily available to them. So that they can have it leisurely while reading, writing, chatting, playing, riding, dancing, watching television, etc.

Senior Paediatricians Dr. Hemant and Dr. Archana Joshi have been maintaining Akshayapatra since past twenty-five years. In the year-1996 they had implemented a pilot project in the district of Thane in the state of Maharashtra. They experimented with 500 malnourished Tribal children studying at temporary school run by Shramajivi Sanghatana which is headed by noted social activist Mr. Vivek Pandit. These children belonged to migratory workers working in brick kilns. Malnutrition is a common phenomena amongst the Tribals in Maharashtra. Large number of deaths are registered amongst Tribal children due to malnutrition and this problem is persistent since past many years. Several agencies have been involved in trying



to curb this menace but little progress has been so far.

For over a period of one-month these tribal children were fed on this mixture of Akshaypatra. The results showed that every single child had gained weight ranging from half to one-and-half kg.

Some of these children had skin lesion/diseases which were not being cured. On getting the required nutrition these tribal children were cured of their illnesses.

Dr. Joshi who has treated over 2 lakh children in the past 25 years says that they are yet to meet a single child who has refused to eat the mixture.

It is often observed that sick children refuse to eat no matter how much we cajole them. This mixture proves beneficial with sick children as well. When a sick child is deprived of food, the child starves, becomes malnourished and irritable. This can lead to more pain and agony. As the mixture has a unique taste it can generate interest in the sick child to munch it. As a result it reduces starvation in the child, subsequent malnutrition and irritability. Thus there are chances that this child recovers faster.

When one has cough and cold constant munching of roasted groundnuts, grams and puffed rice causes salivation and cleaning of throat. This reduces throat irritation, coughing and vomiting. The Eustachian tube also opens and helps patients of otitis media.

While treating Diarrhoea, food and fluid forms major part of the treatment. The mixture of salted and roasted groundnuts, grams and plenty of water provides the same benefits as Oral Rehydration Solution. Children when they take to munching this mixture at regular intervals they become energetic and more playful. They are less irritable and cause less of menace.

Infants and toddlers can be fed with puffed rice and as the child grows up an addition of groundnuts and grams.

Once children are put on this diet mothers can measure the child's growth by tying a simple thread round its waist and left arm. As the child grows, the gap between the thread and the waist/arm decreases. Thus the thread can be used to ascertain the change in the child's growth pattern. Along with this the mother can fill up ready-made growth charts available at various paediatrics clinics and weigh child. These charts are standard barometers to measure a child's growth in terms of his weight, height and brain.

It has been our experience that when mixture from Akshayapatra is offered to children visiting the clinic, they open up fast with the doctor and cooperate during the treatment. They gel with doctor so well in fact they become friends and also insist on being treated from him/her the next time they are ill.

The staff of Joshi hospital and parents of the children admitted are also offered with contents of Akshayapatra. It has been found that when mothers help themselves with the mixture when they are unable to have meals on time. The mothers remained calmed and it was observed that 'Hypoglycemia induced' irritability was reduced. In case if peanuts are not available one can use raw rice as well. Raw rice gets digested and does not cause any side effect.

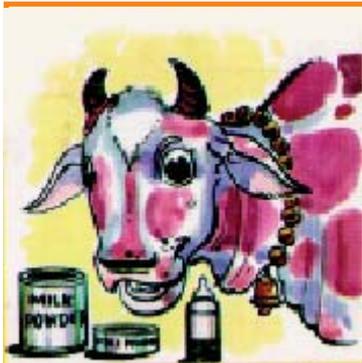
Akshaypatra should never be left empty. It can be filled with any snacks not necessarily grams or peanuts.

Akshaya patra & Snack filled pocket prevent weakness.

Akshaya patra & Snack filled pocket treat weakness. Try. Tell all.



Do not give Milk as a drink



Cow Milk in its natural form contains 90% water. Milk is contaminated by adding further water to it. It would be indeed difficult to label milk as food since it contains 96% of water.

Milk is 10-20 times more expensive compared to food items having same nutritional value.

It is not necessary to consume milk for the entire life. Even animals drink milk only during their infant stage. When solid food is introduced after babies develop teeth mother's milk automatically gets dried up.

Milk is banned in the United States of American. Ayurveda has innumerable instances depicting ill effects of milk.

The components in milk of every animal differs, the per cent age of proteins in a mice is 8 while in mother's milk it is 1. The components of mother's milk suits the babies needs.

Mother's milk contains large per cent age of Lactose sugar which is essential for the development of the brain.

Milk kills hunger. Parents add expensive supplements so to make their children drink milk.

Milk is expensive and it affects the monthly budget, the same money can be used for nutritional food.

Milk should not be consumed with any other food item. Milk lacks Iron and it removes iron from other food we consume.

If children are deprived of Iron it affects development of their brain and leads to anaemia.

When we try to forcefully make children drink milk and while they resist to it the milk can accidentally enter their nostril.

When sick children are fed milk they find breathing difficult and they die.

Milk leads to constipation children may urinate more times after drinking milk but it leads to constipation. Children find difficulty in passing stool it pains and they pass blood

Milk and sugar retain on teeth which leads to increases bacteria followed by tooth decay.

British Dental Association has banned candies made of sugar and milk.

We get calcium from pulses, cereals, fruits so there is no need to drink milk for the same. For the above mentioned reasons the American Academy of Paediatrics recommends that Cow's milk should not be given to infants below one year.

Golden Minute

We help a newborn to take breath in first golden minute. We keep oxygen etc. ready.

Similarly Vote in the first golden minute of getting ballot papers by post. Be prepared. Keep xerox copy of photo i.d. in purse today.(like pancard-needed in bank/travel)sign it & enclose it with vote.Send for posting the same minute.Tell all.thanks. hemant Joshi.



Importance of Oil

Our body is made up of 75% of water the remaining is made up of oil, rest of protein and very little part of carbohydrates. Oil is required for building every tissue. Lack of oil in our diet makes us weak. Diet of weak children should consist of oil-seeds.

Oil intake help in developing fat in our body. When fat is less than required than the person grows weak and when it more than required than the person grows fat.

Refined oil is colourless, odourless and colourless liquid. It can be easily consumed by babies of any age even by the newborn babies. If 10 ml oil is taken three times in a day we get 300 calories energy. If children below the age group of 5 years consume oil in this manner they can gain weight in 1 kg weight in one month.

We get 20 gm oil in 100 gms of peanuts.

Oil seeds such as soyabeans, til, peanuts should be consumed more to fulfill the need of oil

100 grams of oil gives 900 calories. Call oil as 900 rupees note. (In market palm oil is Rs 50 per kilo)

100 grams of milk gives 67 calories. Call it 67 rupees note. (In market milk is 30 rs. Per liter)

100 grams of cooked rice gives 100 calories. Call it 100 rupees note 100 grams of milk gives 67 calories. Call it 67 rupees note.

To give maximum calories, give more oil to children.

Add a spoon or two to what ever they eat.

Each child can easily eat 30 to 60 grams

oil daily. Oil is most economical source for weak poor children.

According to the research conducted by the National Nutrition Survey Institute, the food we fed our children lacks 90% of oil. As per research conducted world wide it was noted that till the age of 4-6 months Indian children are ahead of children from United States and Europe. However, as they grow Indian children are not able to compete with these children in mental growth, obviously because of lack of proper nutrition.

Due Precautions should be taken while giving oil to infants.

OIL MASSAGE

Loving Massage preparing –head, neck, arms, legs, feet and toes, massage bonding get used to handling baby, soothe an unhealthy baby calm nerves. sensual experience for both of you. Oil gets absorbed in the body within two hours.

- 5 ml oil needed at 1 time.

It is absorbed.

- This oil



disappears in less than 2 hrs.

- You can do massage 2 hrly
- Sion hospital & LTMG medical college

Mumbai studies have shown that this oil is absorbed and benefits growth of serum lipids, brain growth, growth of head circumference.

Study by R.H. Gobbur

(Professor of Pediatrics, Shri .B. M. Patil Medical College, Bijapur-586103 India. email : rhgobbur@gmail.com) shows that using 5 ml. coconut oil every time and massaging it 4 times daily doubles the weight gain rate.



Importance of Solid Food

Liquid diet is 85% water hence it is not food. While, solid food is extremely nutritious and is vital for child growth.

National family health survey shows that 54% do not get solid food till the age of nine months. While only 46% children get it.

A research was conducted in United States over 400 children who were not gaining weight. Children feel hungry after every 2-3 hours. These children were offered fruit juice once in a day as form of a meal. Researchers noted that even if once children are fed on liquid diet during the day they loose weight. Take a look at our homes our children are always on liquid diet. Either we offer tea, milk or soup etc.

After six months the child needs more nutrition than provided by the mother's milk. Every child starts sucking his fist or licking his fingers. He tries to pick up every object he finds readily and puts in his mouth to check whether it is food and that he can eat it.

The child opens his mouth automatically when he picks up an object. He even turns around, lies on stomach and tries to push ahead to see if he finds any such objects lying on the floor. As he starts eating on his own in this manner he manages to eat some food while some food particles are spilled on the floor.

But when mother's try to feed their child liquid such as milk by making the baby sleep on the lap there are chances that the liquid passes into the wind pipe. Such accidents can prove dangerous and can even prove fatal. The

child should be made to sit on the lap providing ample support to him while feeding liquids.

When you first begin to feed your baby you must start out slow. Start by placing a small amount on a spoon. Gently touch the spoon to the baby's lips to help encourage them to open their mouth. When their mouth is open, you should then try to place the cereal on the back of the tongue.

Serve your baby a variety of foods. Giving your baby different foods will expose her to different flavors. This will encourage her desire to try new foods and make it less likely that she will become a picky eater. Serving your baby a variety of foods is also a good way to be sure that she gets all of the vitamins and minerals that she needs.



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HOW TO STAY FIT AND HEALTHY



Avoid eating outside food. Develop a habit of carrying home made food or snacks.

One should not eat outside food as it can be cooked or served by sick people. Their illness can be transferred to you through food.

Avoid eating food kept in open even if it is at a fine restaurant

Eat food at places known to you personally

Early recognition of illness is important

Avoid eating salads in restaurants, chances are the vegetables may not be washed properly. When cut in pieces fruits reduce their nutritional value

Eat cooked food or preferably hot food instead of cold food while eating in a restaurant

Drink hot water or mineral water if you are unable to carry water with you

Avoid diseases by keeping distance with

sick persons

Ensure you get Vaccinisation

Maintain Personal Hygiene

Diseases arrest growth. Awareness regarding health and diseases is vital

Encourage your child to eat home made food.

People who cook and serve food should follow strict rules of hygiene, like having bath daily, washing hands after using toilets, cutting nails, keeping hair clean

Children should receive all vaccines. The centre and state Governments should take adequate measures that all children receive vaccines as per schedule.

One should not get close to those having cough, cold and fever. These air bound illness get transferred when you go closer or when you shake hands with them. Avoid having cold drinks and ice creams. A cold throat catches cough, cold easier.



More importantly a medical check-up on child's every birthday is necessary. Visiting a doctor for preventive check-up and monitoring growth will make children taller, stronger and smarter.



Exercise

Exercise keeps muscles stronger, increases flexibility. It makes them feel better. It helps children to develop social skills such as sharing, taking turns, cooperating and learning about winning and losing



Parents should encourage their children to exercise as it keeps them fit. Regular exercise increases their work capability and it reduces risk of contracting diseases which affects heart and blood veins.

It effects mental growth and social status. It controls weight, blood pressure, diabetes and types cancer.

It also helps in developing their personality.

Simple forms of exercise such as running etc also proves beneficial.

Children should be discouraged from watching television, playing computer games, chatting phones for longer period.

Dancing, Playing outdoor games, Yoga, Cycling, Swimming are excellent form of exercise.

Regular exercise helps:

Build tissues and bones strong

Burns Fat and keeps body in shape

Helps in maintaining weight

Helps in controlling severe diabetes

Increase disease resistance power

Increase overall wellness

Increases concentration

Helps in development of social skills

It doubles life span and quadruple daily happiness.



Watch your TV watching child

Most children are hooked for hours together to the cartoon entertainment dished out on various channels. Cartoon mania has gripped this generation like never before.

The majority of cartoons are filled with violence and bad language. These cartoons therefore have a negative impact on a child's developing mind.

Studies have been done by various scholars over few decades in this area. These studies have tried to find out what it is about television violence that makes it such a big influence on the way kids act and behave.

Research has shown that based on the quality and quantity of cartoons a child watches it will have an impact on a child's behavior.

Television is make-believe. Children fail to understand that a cartoon is not real. The people in the stories are make-believe. They are actors and the story is not true. Young children are unable to realize that when a character attacks someone it is not real and should not be imitated.

Children tend to act out the violent scene they have seen in the cartoon. They tend to copy these actions like fighting, hitting, using bad words, etc.

By converting popular English cartoon channels into Hindi medium, the cable industry in India has done incalculable harm to children.

Set a time limit of one hour for watching television. Parents should also monitor the cartoons they are watching. Become aware of the cartoons that contain violence and replace them with powerful learning programs.

Another highly influential action parents can take is to examine and regulate their own viewing behaviour, since children are highly influenced by their parents' viewing habits.

Television should not be violent because it acts as an educator and has a responsibility to the children it educates. We need to change television programming. Together we can be a voice. We can raise our voice against violence. We can write to the various cartoon channels and register our concern about the content shown on these channels.

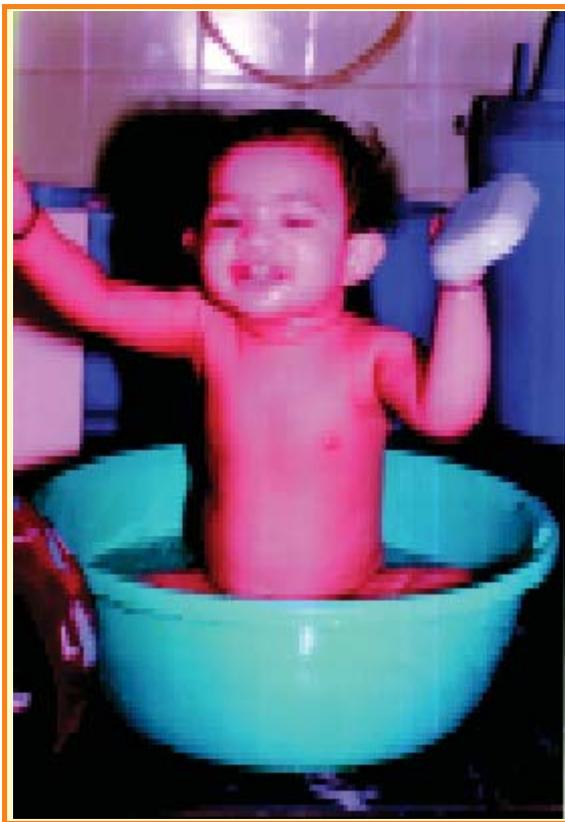


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Personal Hygiene

Practicing proper personal hygiene helps you stay away from disease and infection. It keeps you healthy and makes you feel good.



Personal Hygiene is of utmost importance. It helps to stay away from illness and sickness. No one likes to get close to a person who is unclean or smells bad.

It is responsibility of Parents to teach good personal hygiene to children.

Have bath twice daily.

Often wash your face, hands and legs.

Clean your teeth properly twice and remove food items hidden between teeth

Wash your teeth twice in a day, rinse your mouth. Cleaning teeth before going to bed is important.

Use common salt while cleaning teeth. You can add it to the toothpaste. It kills germs that cause tooth decay.

Tongue also should be cleaned with common salt.

Do not touch unhygienic items.

Wash hands properly before having food

Habits such as often cleaning nose using fingers or often touching face should be avoided.

Hairs should be washed regularly to avoid boils and dandruff.

Soak your nails in warm water at least once in three weeks. Ensure that nail polish does not get transferred in food while cooking.

Likewise, importance should also be given to wearing clean and neat clothes.

Footwear should be clean as well.



Little Doctor

*“While we try to teach our children all about life,
our children teach us what life is all about.”*

By Anonymous

Children are best teachers and this can be explained better in a novel experiment carried by Indonesia based Dr. Hardy Waton. Once Dr. Waton's daughter asked him whether he would be alive till she gets her degree course, surprised by her query Dr. Waton asked her why she felt so.

To this Dr. Waton's daughter replied that her teacher had informed during one of her lectures that the teacher's husband died an early death due to excessive smoking. And since Dr. Waton smoked heavily his daughter feared whether he will live till she gets a degree.

Dr. Waton being a doctor himself was aware of the ill effects of smoking yet he could not give up his habit. But with this question raised by his daughter Dr. Waton realized his grave mistake and gave up his habit from that day.

Dr. Waton further realized the fact that children can be good communicators and thus can be good teachers in propagating health issues. Children can be good leaders and can bring in revolution in the society.

Dr. Waton brooded over the idea that if intelligent students are picked up and taught about illnesses and medicines in simplified manner they can take care of their family members, friends and people around them as well. Dr. Waton resigned from his government job and started teaching young intelligent school students about common diseases and health care at large.

These school students were given the title of 'Little Doctor'. These little doctors would check if there are any sick children in their class. And then would take these sick children to doctor for further treatment.

This programme proved successful in Indonesia following which the World Health Organisation has approved this programme developed by Dr. Waton.

Few doctors in Tamil Nadu liked the idea and implemented programme in the state. Later one IAS officer from Andhra Pradesh implemented this programme in his district.

Students who are good at both studies and sports and are willing to become Little Doctors are chosen for this programme. They are taught every day for ten minutes for ten days during their school hours about common illnesses and health care. Then these little doctors take care of their fellow students and family members as well. This programme can prove valuable in rural and urban slum areas where parents are illiterate or unaware about illness. Once this programme is implemented first aid facilities can be readily available in case of emergency. Students cannot learn at an optimal level if they go to school tired and sick.

Students with bad habits such as chewing ghutka, tobacco, etc can be traced at earlier stages and counselled. This can reduce such bad behaviour amongst children. It reduces school absenteeism. This will lead to awareness of health amongst students



We often find students are tired and have hardly any energy left in them by the time they return from schools. Students are used to remain hungry for a longer period. But in reality it should be avoided. Schools should make it compulsory for students to carry lunch-boxes.

It is vital to give children a healthy lunchbox that is nourishing and enjoyable for them to eat.

Instead of wholesome homemade food busy parents are found many times opting for easier solution. They give money to their children to buy food during or after school. Naturally they spend money in buying snacks which lack nutritional value. Children often buy road-side food which can prove harmful. These snacks sold in open can be invitation for serious illness like Dysentery, Worms, Typhoid, Jaundice, etc.

Thus parents should take the time for preparing lunch boxes. It is such an important part of raising a healthy child. What you put in your body is what fuels you for the rest of the day. Good food gives good energy.

If you equip them with healthy food to eat at school, they will be better prepared to study and learn. There is popular saying A Healthy Mind in a Healthy body. Brain can function efficiently in a healthy body. And to build a strong body it is important children should eat as per their requirement and should not remain hungry. The functioning of the brain gets affected when it does not receive the required amount of sugar from blood.

Lunch Box

According to the details provided by the National Nutritional Monitoring Bureau most of Indian children do not get the required food. It is also true amongst financially sound families.

According to the findings of a study conducted by a retired School Principal, the grasping power of students is excellent in the first three hours while attending school. After two hours of ten minutes of recess the power reduces to medium. The grasping power reduces to minimum in last part of the day. It was also observed during the study that those students who had started carrying lunch-boxes maintained the same grasping level during their last lecture as well.

Students should have two recesses during school hours. They should be made to carry two Tiffin boxes.

It is important to offer healthy lunch box choices. Chapathis or Parathas are ideal for the lunch box. They do not become messy and remain soft for a long time. You can add methi, palak, jeera, cauliflower to them. Thus it can be made more nutritious and tasty.

Kids simply love variations and surprise. So you can also include idlis, dosas, pulav, vegetable cutlet which are healthier options than fired snacks.

Making healthy lunchbox meals helps in developing healthy eating habits for your kids.

Involve your child in making the lunch-box if it's convenient to you. As kids are more likely to enjoy the food they have made.

You can also be creative and write some beautiful messages for your children. It can be anything but needs to be right from your heart. Children will definitely feel your warmth in your message.



Measures to be taken by School Management

School management should ensure that they provide Child-friendly schools to children.

First period should be of sports or physical training. One hour compulsory exercise doubles their learning capacity.

School has nearly 100 teaching and non-teaching staff. If Parents-Teachers meeting is conducted on working days parents have to take off from work. Hence such meetings should be conducted on Sunday or any holiday.

Small muscles of hands which are used for writing are not developed till the age of six. Hence students should not be forced to write before this age.

A research conducted children don't like sitting in a classroom. Childhood is an active phase.

Learning should become playful and joyous
Make them efficient with awareness.

School bags should not be too heavy as they can cause back injuries in future

NO capital punishment should be imparted to children.

Provide clean toilets

Safe Terraces should be developed as ground for playing

Carrying lunch-box to school should be made compulsory

Physical activities specially sports help increase in height and weight and development of brain

Classrooms should be well light and airy.

Children often get injured so first aid facility should be easily available. Regular inspection of first aid box is necessary. Teachers should be well versed with medical aid facilities

Children should walk to school or ride a bicycle instead of traveling by bus.

Make use of You tube for learning K.G. to P.G. movies on every topic. Bring the world in your classroom/home. Joyful learning. Go to www.keepvid.com for down loading you tube movies

Teachers should be fit. They should be able to Run one km in six minutes and ten pull-ups at stretch .

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Danger Signals

When the baby gets sick, there's no reason to be tensed, visit a doctor. We inform you about signals you need to look for to identify a sick child.



Often young parents are unaware as when should the baby should be taken to the doctor. Below mentioned are symptoms when the doctor should be consulted.

The baby which breathes 50 times in a minute has Pneumonia. Everyone of us breath, but the activity of breathing is not seen by others. But when breathing in a child is visible it can be concluded it has pneumonia. The baby should be taken to the doctor immediately.

When a baby passes stool more than three times a day or passes loose motions should be taken to the doctor

If the baby cries in an unusual manner and for more than hour, doctors' advice should be sought in such cases.

When the baby refuses to drink milk
If the baby gets fits
If the baby is too cold or is running high fever
If the baby's skin colour has turned blue
If the baby keeps crying while pulling its ear or if it is impatient

When the baby meets with an accident. Cases of Babies Drinking kerosene are reported on large scale in India.

When a baby remains stiff most of the time

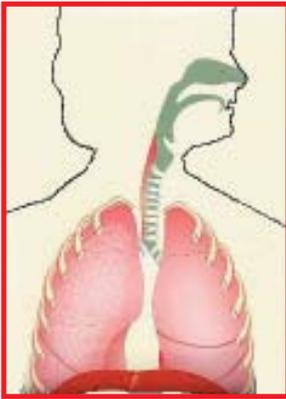
When the baby does not walk on time



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Asthma



All Asthma patients have easy Fatiguability.

Their air-pipe [carburettor] is choked. Asthmatic may not wheeze or cough but he/she has easy fatigueability. Do PFT/PEFR and check yourself.

SINGLE DIAGNOSTIC FEATURE OF EVERY PATIENT OF ASTHMA

Asthma is a clinical diagnosis.

A clinical diagnosis has 2 issues.

1. Objective: One that the doctor sees.
2. Subjective.: One that patient feels.

He /She always has easy fatigueability.

Ask patients to keep daily fatigue chart.

They can make a mark on the calendar when they get tired earlier than usual days.

chart helps you to tell severity of asthma. Put one dot for mild attack, 2 dots for moderate and 3 dots for a severe attack.



Mimosa pudica
(touch me not) plant

This way you can develop a PATIENT'S OWN CHART LIKE A PEFR CHART.

Asthmatics are like "Touch me not plants." When they come across an offending substance/allergen, their air-pipe shrinks like the a mimosa plant does.

The Asthma attack can occur like the sudden showers of Rain after a gap of several days without notice.

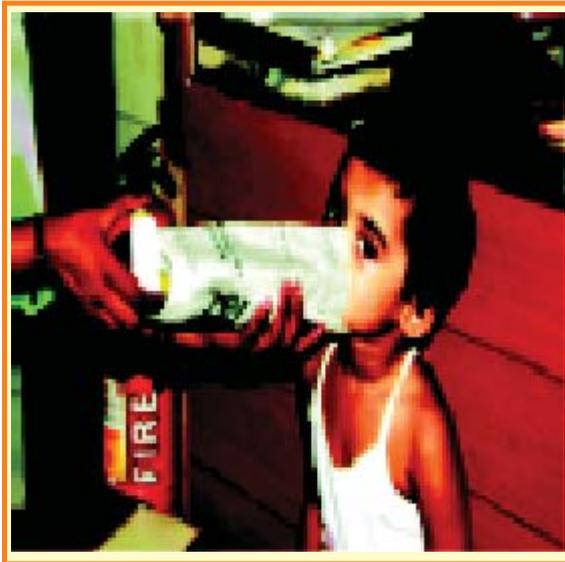
Every dehydrated child must get fluids. Every hypoxic child must get oxygen. Asthmatics are breathless due to Hypoxia. Every child with acute attack of asthma must get relief with Oxygen immediately and every-time.

In children, half the asthma attacks are induced by viral upper respiratory illnesses. If children are taught to keep themselves away from those children and adults having cough, cold and fever. They will have fewer illnesses and fewer asthma attacks.

Even if a single sick child goes to school, this child can spread illnesses to several other



IN this photo Upper eye is normal. Lower eye is red swollen and watery. Airways in allergic rhinitis and asthma are like this red eye.



students.

If school authorities decide on not to allow sick children to school, rate of school-going children falling sick will go down.

And this will subsequently reduce asthma attacks.

Asthma patients should avoid going in crowds. As there are chances that sick people would be amongst the crowd. And there are grave chances of asthma patients get affecting due to these sick persons.

Knowing is believing. Let everyone hear rhonchi with a stethoscope. Let them diagnose asthma for themselves. Give a stethoscope to parents to carry it home and auscultate SOS. Empower parents and patients with tools that we use.

OPD AREA: Keep computer in waiting room of your consulting room. Run asthma education programme in patient's language. Create your own in power point. Share it with IAP. Keep stethoscope, Spacer, Metered drug

inhalor, etc. as toys for kids in the waiting area. Let them play with them. Their fear will go. They will accept is more easily.

Yogasans and Pranayam reduce body's excitability. It reduces response to histamine from 4+ to 3+. Shuddhikriya of yoga teach how to clean the nose by putting saline lukewarm water in nose. It helps reduce allergic rhinitis, improves lung function [personal experience. I have Asthama]

Computerised PFT[spirometry] is priced at around Rs.50000, it costs less than a car or a X ray machine and is more useful. Buy it as charity for your patients it will give you great returns. It helps in diagnosis, and to monitor progress and thus manage Asthma patients. 10 % population has tendency to have asthma. You must take measures to satisfy needs of this 10% population.

Why dilute 1 ml. Respirator solution with 10ml. Saline? You want to give medicine or s a l i n e nebulization?

Roll of newspaper makes an instant portable d i s p o s a b l e u n i v e r s a l l y available free of cost spacer.

Even a 5 day course of oral prednisolone

causes gastritis in many children. That short course of prednisolone has no side effects is a myth.





Diarrhea



This diapered infant got diarrhoea and got severely dehydrated



He was put on saline and saved

Reducing Diarrhea deaths the simple way.

Diarrhea is one of the most common causes of death amongst children in India.

These deaths can be saved provided we take simple measures. Let's take a simple example. When rats are affected by diarrhea they suffer from dehydration. Same is the case with babies. Babies too get dehydrated and thirsty like the rats.

The rat when affected finds his way out. It hunts for water, drinks it and survives.

Water is kept away from the baby. It is unable to search for water. She cries for it, nobody understands. The baby dies not because of Diarrhea but because of lack of water.

If the water would have kept on floor she could have sourced, drank it and survived.

Diarrhea deaths are caused as patients are not able to quench their thirst.

Water should be easily available for the patients.

Dear Brother , Sister

Can you please translate this in your mother tongue and give us for putting on net for free use of all. Give it to people in your name with help of press .

Thanks.

Drs. Hemant & Archana Joshi

e: haj2007@gmail.com



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Heat stroke

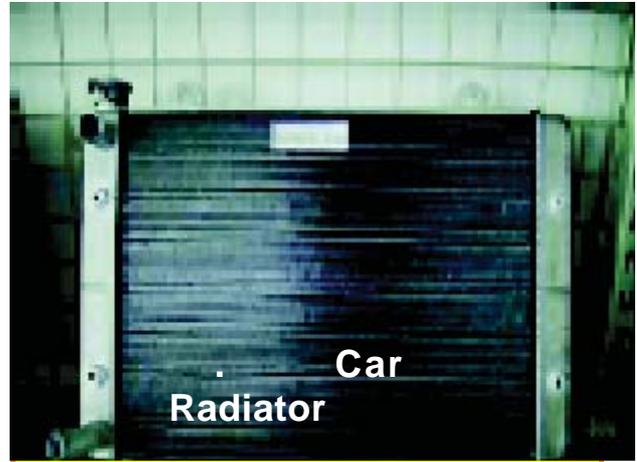
Every summer many Indians die of sunstroke or Heat stroke. And people get tired early. This all is eliminated if one drinks plenty of water frequently ensuring that he never feels thirsty.

Our body becomes warm due to excessive heat during summer. During summer the water percentage in our body reduces. It is because we sweat due to excess heat in the atmosphere. Sweat contain lot of water and some salt. This water evaporates and cools our body.

The percentage of water from body reduces due to sweating. One gets dehydrate and feels thirsty. If one drinks adequate water, the water stocks are replenished. As the thirst is quenched one feels comfortable. The body continues to generate sweat.

If one does not get adequate water, the process of sweating reduces. If we do not drink water our body is not able to generate any sweat. The cooling mechanism in the body fails. It becomes hot. One gets fever.

Human skin works like car radiator. Car engine generates heat, it needs to be cooled, else it fails. Car radiator contains water. It helps in keeping engine cool. Imagine a car radiator



without water. It generates more heat without the radiator. In the same manner we get fever and subsequent heatstroke when the required amount of water is not available in the body. Heatstroke can prove fatal and so it should be treated immediately.

If temperature rises above 106 degrees Fahrenheit, It affects the brain. One can becomes giddy delirious and can even die.

A person is said to be suffering from Heatstroke if the fever is caused by increase in air temperature. Heat stroke can be identified when a person is running high fever and feels very thirsty, passes less urine and sweat less. Considering the rising temperatures in summer it is natural for people to sweat more.

It is important to note that a person's working efficiency reduces when he/she sweats. People feel more tired. In order to prevent fatigue and tiredness one can resort to simple clothing. One can wear hat, long sleeves cotton clothes, sandals instead of shoes or any footwear offering maximum protection and allowing free circulation of air. White hosiery and cotton fabrics should be preferred whereas black





should be avoided completely. Frequent baths helps to control the body temperature.

It is important to eliminate thirst. One must drink water before getting thirsty. Water should be consumed at regular intervals to ensure one passes adequate urine every 3 hours. This should be followed by sick persons. It prevents heat stroke and subsequent deaths.

Continuous consumption of water is vital. Drinking clean water is important, avoid drinking water from canteens, where it is often seen that waiters dip their fingers inside glasses instead of holding it from outside. Carrying personal water-bottle or mineral water should be preferred.

Hot beverages and irregular diet habits leads to acidity. It is better to avoid these during all seasons specially in summer. Babies, patients and old persons who depend on others for getting them drinking water are more prone to heat stroke.

Sick people are at more prone to get heat stroke.

Sick people who already have fever and who tend to drink less water are more likely to get heat stroke.

For example if a person has cough cold and fever due to flu. He tends to drink less water. He also vomits and loses water. He is more likely to get heat stroke.



It increases the severity of fever.

A person suffering from cough, cold n fever may run a temperature up till 100 or 101.

A person with heat stroke may have fever till 100. But a patient suffering from

Cough, cold, fever and heat stroke fever may rise to much more than 101.

This is how heat stroke increases the severity of all illnesses. This fever won't go unless the person gets plenty of water by mouth or as saline through vein. Cooling him by bathing, sponging, using air conditioners or desert coolers helps.

A Person with heat stroke is dehydrated. His system function sub optimally. Only after he is well hydrated he will recover well. A well hydrated person passes adequate urine and is not thirsty.

Measure Mouth and Axilla temperature to diagnose Heatstroke.

(One may take rectal temperature in place of oral temperature)

Table

Dr. Joshi's grades of Heat stroke:

Normal or in any illness skin temperature is less than oral temperature by 1 degree

Grade 1 heat stroke skin temperature is less than oral temperature.

Grade 2 heat stroke skin temperature equals oral temperature. The difference is less than 1 degree.

Grade 3 heat stroke skin temperature is more than oral temperature

We all wear in invisible coat of water. It keeps skin moist and cools. We have to preserve it. As it thins our with warmth we sweat. As we sweat we feel thirsty. We must drink water even before getting thirsty to ensure liberal water supply to the water coat. When this does not



happen the water coat disappears. The skin warms up and we get heat stroke.

Check the wet skin of your neck. Then check the skin of the person having fever. If it is dry he has heat stroke. In summer when air turns hot, it heats the skin. So skin becomes warm. Body makes sweat. Sweat dries and keeps skin and body cool.

To make sweat body needs water. If we do not drink enough water, and if body water reduces, body can not make sweat. So skin warms up. We get fever. This is heat stroke.

How to identify whether a person has heat stroke?

1. thirsty dry hot crow.
2. not sweating
3. Fever not subsiding with medicines given for regular fever
4. skin dry hot (compare with wet skin of our neck.
5. skin hotter than mouth.
6. room air temperature above 30 degrees Celsius.

Breast feeding mother herself is the best thermometer for the baby.

Babies are in constant touch with the mother. If baby's skin dries and warms up mother can know immediately. If baby gets ill and baby's core temperature rises, baby's mouth becomes warm. Mother know this while breast feeding. She can also tell if only skin has become warm first g that it is a heat stroke or if mouth became warm first telling that it is an illness like viral fever.

Sponging, giving breast milk or water, fluids treats heat stroke.

Newborns do not sweat. So they become hot soon.

Avoid wrapping them in clothes during summer. Use minimum loose



cotton clothes if at all. "No clothes" is best for all especially neonates & children if temperature is above 30 degrees Celsius.

As newborns get dehydrated, they look more yellow. Their jaundice increases. This jaundice decreases by exposing babies to sunlight. This light often creates more humidity and add to the problem. Keep these babies in cool rooms. Give plenty of water orally or as saline through veins.

Clothes obstruct airflow. Each layer increases obstruction. Tighter the clothes lesser is airflow. Wear minimum clothes.

Wearing a tie obstructs air flow. Avoid wearing it. It should not be worn by students round the year in India as the climate is hot here. It reduces comfort and studying capacity of students. It should be avoided by marketing persons as well who have to travel frequently.

Air temperature: More is the air or room temperature more is the sweating and discomfort. Have well ventilated houses and offices.

Use room temperature thermometers. If you have a choice, stay in coolest room of the house. For example in morning rooms facing east will be warmer while in the evening rooms facing west side will be warmer.

Use desert coolers or air conditioners. More the humidity more is sweating and discomfort. Air conditioners reduce it.

Our forefathers used to bathe 5 times a day. That must be their way of keeping themselves cool.



Wrapped babies get fever. Keep them open.



Malaria

Malaria is a major cause of death worldwide. It is a serious disease caused by a parasite, called plasmodium. This parasite is spread by infected mosquitoes. It is a single cell like amoeba. It is called as parasite, as it lives on our blood.

If one survives Malaria, it makes you weak too.

Symptoms of Malaria include chills, flu-like symptoms, fever, vomiting, diarrhea and jaundice. It can be life-threatening. However, you can treat malaria with medicines. You need medicines from 2 groups A and B. A: Chloroquine or quinine or artesunate group medicine, and B primaquine.

Follow these instructions to prevent mosquito bites and subsequent Malaria.

1 Use mosquito nets, simple or impregnated with deltamethrin that kills mosquitoes.

2 Cover entire body with clothes

3 Use mosquito repellents

4 Use fans to blow away mosquitoes

A doctor friend who was a pathologist felt feverish. She thought next day she will test her blood to know what was wrong. Unfortunately she became serious at night and died. The blood taken at night subsequently proved that she died of malaria.

In spite of all the measures taken by the government W. H. O., UNICEF in the last 25 years malaria is considered as dreaded disease. Malaria is a major national health



problem. "Every fever is malaria unless proved otherwise". That is the dictum.

Primaquine are used for treatment of Malaria.

First the India government had launched National Malaria Eradication Programme (called NMEP). We know that malaria cannot be eradicated. So now it is called National Malaria Action Programme (called NMAP).

Whenever one has fever NMAP advises that we must check a drop of our blood for malarial parasite. All NMAP workers do it free of cost at all government hospital and dispensaries in villages as well. The figures given here are taken from NMAP website.

On an average NMAP examines 80-90 million fever cases. That is about 1 crore. Of these about 20 lakh (2 million) samples show malaria parasite. Thus every fifth fever patient seen by NMAP had malaria.

Figures of the Majority of large population taking treatment from private doctors are not included in this.

On August 20th, 1897, Ronald Ross, a British officer in the Indian Medical Service, was the first to demonstrate that malaria parasites could be transmitted from infected patients to mosquitoes. In further work with bird malaria, Ross showed that mosquitoes could transmit malaria parasites from bird to bird. This necessitated a sporogonic cycle (the time interval during which the parasite developed in the mosquito). Thus, the problem of malaria



transmission was solved. For his discovery, Ross was awarded the Nobel Prize in 1902..Incidentally this work was done in Hyderabad.

How do we get malaria?

Mosquitoes spread Malaria. When a mosquito bites a man having malaria, and sucks his blood, along with the blood, the malarial parasites also reach the stomach of the mosquito. Some of these parasites are male and some are female. Here the male and female parasites unite and give birth to many parasites. When this mosquito bites another person, these parasites enter our blood stream. They are picked up by liver cells. These parasites multiply in our liver cells. When the liver cell breaks, they enter in the blood & red blood cells. Here they multiply again and these red cells break. This is the time person gets fever with chills thus can be said that the person has malaria.

Red blood cells carry oxygen for us. Malarial parasites break them. Without them we can die. The red blood cells loaded with malarial parasites become bigger in size. These enlarged red blood cells block body's smallest blood carrying pipes called capillaries. As blood supply to various parts like brain is affected one can die.

Malarial parasite called as Plasmodium has 4 subtypes or species. Of these one named Vivax causes 50-55% and another named falciparum cause 48-52% of total cases currently in India.

Plasmodium Vivax that may cause relapsing malaria but seldom death. It gives fever again and again till treated well with chloroquine and primaquine or till the patient dies.

P. falciparum that causes malignant is dreadful malaria and may lead to death.

There are 2 ways of killing a goat. One in a clean sweep with a sword or other way by cutting the neck slowly over a period of time (called Halal).

.Falciparum kills patients over a small time. Whereas Vivax makes one sick and weak over long time before killing. Both kill and must be treated fully with chloroquine & primaquine.

The P.falciparum species is spreading wider due to migration of population from endemic to non endemic areas and has increased tremendously.

One of the reasons attributed to rise in P.falciparum is resistance to drug chloroquine, which is being used as a first line of treatment for malaria cases.

If we get fever we should consult a doctor. If he diagnoses that you have say cough cold and fever and not malaria, you need not worry. Do enquire if it is necessary to check your blood for malaria. Government hospitals & primary health centers have a malaria worker who tests a drop of blood of all patient shaving fever, for malaria.

A rapid diagnostic kit is also available.

Symptoms :Typical: One suddenly gets high fever. With chills and sensation of extreme cold followed by feeling of burning, leading to profuse sweating. Then fever suddenly goes. This is called as remission of fever by crisis. The fever comes every alternate day. Headache, body ache, nausea, etc. may be associated features.

Atypical: In atypical cases, classical presentation as mentioned above may not be there. Hence, any fever case may be considered as malaria.



Measles

Measles is major killer disease of Children in India even today.

WHO says that during the outbreak of Measles epidemic all the children starting from the age group of 6 months should be given measles vaccine. But in India children above 9 months are given this vaccine when the epidemic is not there.

Many countries are measles free. India can become measles free if Measles vaccine is given to all children on war footing level,

Measles vaccine can be given along with polio vaccine

Since past 20 years the government has

been giving measles vaccine free of cost. But not even half the children below 5 years get it. It is we who have to be blamed for this chaos.

All children below 5 years of age should be taken to the government clinic for measles vaccination.

Private clinics offer single doses of vaccine. In Government hospitals single as well as 5 dose (multiple doses) should be made available. So every baby gets the vaccine.

Measles vaccines should be provided daily and not on weekly basis. They should be made available round-the-clock if the government clinic is operating 24x7.

Baby' Malaria fully cured.

Baby gets Vivax malaria
Baby gets chloroquine
But baby not fully FINE..

Chloroquine kills not liver parasites
It kills not gametes.
They die only with Primaquine

Malaria needs 2 queens .
Cloro"queen" & Prima"queen"
That makes baby 100 % fine.

Baby gets Falceparum
it hates chloroquine .
It needs "NINE QUEENS"
So give "QUI-NINE"
or
It needs Artesunate +Lumefantrine.
&
of course
Primaquine .
That makes baby fine.

Primaquine:
Dose:Falceparum 45 mg.
in adults once
for Vivax: adults: 15 mg. daily for 14 days.
Mixed: day one 45 mg.
2 to 14 day : 15 mg. daily.
Artemether+Lumefantrine
Dose 3.2 mg./kg. artemether daily for 3 days.



KEROSENE POISONING

Daily about 100 children are hospitalized in Mumbai city in India alone with kerosene poisoning.

About 1 00 000 women & children die of Burns due to kerosene stoves in India annually.

To avoid this let us teach safe use of Kerosene to every one.

Kerosene / Petrol cause chemical Pneumonia on aspiration.\

It has low viscosity. It spreads over large areas of lining of Lungs.

It destroys surfactant & causes alveolar collapse, ventilation perfusion mismatch & Hypoxia. It directly damages capillaries. Kerosene is not absorbed thorough G.I. tract. Pneumonia does not occur on inhalation of fumes.

Signs & Symptoms.

Irritation of mouth, throat & stomach causes coughing, choking, vomiting.

The Breath smells of kerosene. Respiratory difficulty with breathlessness, in drawing of chest bronchospasm wheezing & crepts appear. If there is no breathlessness there is no toxicity.

Severe breathlessness is a bad sign. Hypoxia can cause brain & other multiple organ failure & death.

Fever comes in 6 hrs. due to tissue damage. Antibiotics & Steroids are not needed to mild & moderately toxic patients. Lung damage is highest 3 days after ingestion..

Management: take X-ray after 6 hrs. X-ray shows diffuse chemical Pneumonia.

Discharge: asymptomatic patients with normal X-ray.

If X-ray is abnormal but patient is Asymptomatic case for follow up. Admit if good follow up is doubtful.

Admit symptomatic patients for observation & supportive care prophylactic antibiotics steroids are not recommended.

Do X- ray, Sa O₂, ABG if possible ABG shows hypoxemia,hypercarbia & respiratory acidosis.

Write a letter to Petroleum Minister. Ask him to educate the people on safe care of kerosene.

Mortality : Most children recover. If child becomes comatose due to hypoxia he has risk of life.

Ref : Pediatrics in Review in Pediatrics Jan. 2002.

Vote for a change
Vote for new ideas
Vote for grass
root worker
Vote for multilin-
gual
Dr.Hemant Joshi





Tips for Clinics



Have God's idol or photo.

Receive sick babies under radiant warmer

Blow a whistle during an emergency.

Giving oxygen to two babies from one cylinder

Emergency room should be like operation theatre.

Bath a child before hospitalization if possible

Hospital bed should be 3.25 feet wide and 6.25 feet long.

Fans often give air to passages.

Air thermometer should be placed in hospital.

Make booklets on instrument information in the local language..

Give all vaccines to staff like typhoid,

Every one should have a name plate in the state's language

Letter of Honor For Nurses & clinic/hospital staff.

Tips on Intensive Care Units

1. Painless I.V. set: Ask your I.V. set manufacturer to make an IV set with a latex rubber tubing in the tubing between the i.v. bottle and the air chamber. Always add medication through this latex rubber tubing with the help of a needle. This ensures that medicine is diluted 10- 20 times before it enters a vein. This eliminates pain of i.v. injections and delay thrombophlebitis.

2. Use tubing of a stethoscope to give oxygen to 2 patients from one cylinder:

Use it as Y connection or three way distributor, with the chest piece limb bringing oxygen from cylinder and the two tubings that normally go to two ears can give oxygen to 2 tubes going to 2 patients.

3. During an emergency everyone should announce loudly what he/she is doing: This avoids duplication of works.

4. Maintain an error book: Document all the errors made by staff while working without mentioning their name and solutions to these errors. This will reduce errors and improve the quality of work.

5. Teaching staff all possible skills ensure that your staff becomes as good as you are. This improves survival efficiency and happiness.



Tips for Parents

Make food easily available to your child

Give a patient hearing to your child

Love and accept them as they are with their limitations

Appreciate their efforts this will help them gain confidence to excel further

When possible encourage children to make choices

Encourage them to share responsibilities, start with things like making own bed, making sandwiches, etc

Take interest in their studies

Be a responsible parent by providing a warm and supportive family relationship

Don't give too much importance on rankings

Don't compare your child with other children

Have positive attitude towards failure and success

Have dialogues with their teachers

Express your love for your child and make it clear that your love is unconditional and does not depend on their success or failure

Create a tension free atmosphere at home so that your child feels free to share his/her ideas or thoughts with you

Help children express their aggression in a constructive manner rather than destructive manner

Help them when they seek your help

Have an assertive conversation

Don't keep brooding after children

Don't keep criticizing them for every other thing they do

Don't interfere with them when they are relaxing

Don't expect things which are beyond their capacity

Don't interfere in their schedules

Don't over react over mistakes

Don't fight with your spouse in front of children

Don't call children by names or use abusive language

Don't be an overprotective parent

Don't take out your frustration on children

Don't preach a child instead become their role model

Encourage children to watch educational programmes instead of family dramas etc.

Don't allow your children to watch programmes aired late in the evening.

Encourage children to sleep early at night



Story Therapy

...And Pappu became a Hero

Children enjoy read-aloud sessions. They learn that stories written in books can introduce people and ideas. Listening and talking helps children build their vocabularies. They have fun while learning basic literacy concepts.

Hence we have developed this story with an intention to offer suggestions to difficulties faced by both parents and children.

It's a common practice to call children by pet names. Pappu is a common pet name in India. In this story Pappu represents an average child.

Pappu was born to educated parents. They often cribbed that Pappu was weak and lacked enthusiasm towards studies.

Pappu's routine was dominated by watching television programmes. He was hooked to the cartoon entertainment dished out on various channels. Cartoon mania had gripped him. As happens in most homes, his entire family used to congregate before the television to watch serials and movies at night. They used to sleep late and Pappu used to feel lazy while going to school.

But fortunately his family realized that the majority of cartoons are filled with violence and bad language. These cartoons therefore have a negative impact on a child's developing mind.

Pappu's family decided to help Pappu break this habit. They developed a new routine for him. They discontinued with the cable services. His family went to bed at 9 pm. Pappu could get up early in morning feeling fresh, energetic and happy.

Pappu seldom enjoyed meals. His parents used to ask him several questions. And he used to get bored answering them. The result was he used to finish eating as fast as he can to avoid questions.

So one day Pappu's nanny explained to his parents that Mealtime is important to children's development. She told them to use mealtime to relax, socialize, and share food.

It should not be a battle-ground to solve crises. She told them that if children feel comfortable, they will talk about their friends and school.

Nanny suggested that Pappu can even invite a friend for a meal.

Pappu's parents decided to show interest in what he has to say during meals. Now they were also comfortable with silence or little conversation. They soon understood that there are days when children do not feel like talking, and that is perfectly fine.

Also, they made a Food Corner for Pappu, wherein he could eat food whenever he was



hungry. Food corner had a huge Container which had stocked nuts, raisins etc. Pappu need not had to wait for food till his mother to make her meal.

Pappu's family was keen that he maintained a normal weight. He developed healthy habits. They decided to encourage him to participate in regular physical activity. This included one hour's physical education class in school or extracurricular sports at school.

Pappu started walking to school.

He used bicycle instead of traveling bus for longer distance. He started taking a walk with friends. His family decided to use stairs instead of escalators or elevators.

Increase in physical activities helped Pappu to grow stronger and healthier.

Pappu's mother provided clean and neat place for him to study. His study corner was quiet and uncluttered, well-lit and peaceful.

She made sure the house was conducive to studying. Nobody interrupted him while studying. TV or music wasn't too loud generally. But she also accepted that some children actually studied better with background music.

His mother worked out a revision timetable for each subject. She broke revision time into small chunks. The hour-long sessions had short breaks. This worked well.

Both his parents went through school notes with Pappu. They listened while he revised topics. Latter these topics were discussed in a playful manner.

Pappu decided that he should have a Graffiti Wall at his home. His parents were overjoyed with his idea. As they knew the power of having important messages, lessons, stories, ideas, etc written on wall was amazing. They decided to decorate walls according to his ideas.

The idea that his thoughts and comments will get public attention was appealing to Pappu. The concept of Graffiti wall became successful and it reflected in his mark sheet.



Pappu started using computer and broadband for his studies at home. He was too keen to learn new things on YouTube. There are topics of various subjects developed using videos in wonderful way. Pappu was extremely happy with these new developments. It had positive impact on his overall development.



Jungle's Race

Story therapy is an excellent way to teach children good habits. We have developed a short story which will be useful in inculcating good habits in children.

Children listen to this interesting story as it happened in the remote jungles of our country many many years ago. The king of this jungle had announced a running race between school going kids.

On the day of competition the whole of jungle wore a competitive look. Banners of slogan to cheer children all were over and motivational songs were heard in the air.

As the king took sat on his throne every participant took their respective positions. The spectators enjoyed the race as it was interesting. A chubby rabbit who was very active won the race.

Suddenly every one was attracted towards two chickens who were seen crying loudly. The king got down from his throne and moved towards them. He asked them the reason for their sadness. To which both the chickens replied that they were unhappy because they could not even complete the race forget about winning it. The organizers of the race interrupted "both the chickens were too weak to complete the race," they said.



Hearing it the king ordered the organizers to look into the matter. Acting on the orders the

organisers wolf and fox took the chickens to a shop which had various eatables.

The shop was owned by a nanny who new tricks of making children grow strong.

But when the organisers reached Nanny's shop they were surprised as the shop was guarded by Nanny favourite parrot while she was not to be seen.

The wolf said to the chickens you can have these lovely chocolates. Television advertisements show that children grow strong after eating chocolates. They look delicious. Meanwhile one rabbit came forward and said chocolates or sugar based toffees are injurious to health.

Let me explain he said while narrating an interesting story of a Chocolate Demon who lived several years ago. The Demon was very cruel and loved to eat meat & bones of children but failed to get it everyday.

So he thought of an idea to make children's meat available to him daily. He started manufacturing attractive chocolates & toffees. Children loved eating these chocolates and started eating them daily.

But in the bargain these children destroyed their teeth. As these children had no teeth they could not eat food. Subsequently these children died of hunger.





HAPPY CHILD CARE

The demon was happy to feast on these children's bones and meat.

While he started eating these children's bones he too got attracted towards chocolates. He also lost his teeth and he too died of hunger. Thus rest of the children were spared.

But unfortunately even now multinational firms manufacture these chocolates which are responsible for tooth decay in 95% of kids.

Stop gifting children chocolates, chewing gums, toffees, bubble gum on various occasion as they have no nutritional value warned the rabbit.

The wolf latter suggested eating vada pav, burgers pizzas, pani puri for growing strong. Meanwhile a horse who was listening the conversation interrupted. "Don't think of eating such snacks these are like enemies hiding in the Trojan horse," said the horse adding further that I will narrate a story of Trojan horse.

There was a kingdom of Troy near Turkey. Helen, the beautiful princess of Greece was abducted by the people of Troy. The Greece soldiers followed their Princess Helen to the kingdom of Troy, they surrounded the kingdom of Troy. The war between the two countries continued for ten long years. But nobody won, the Greece soldiers accepted their defeat and returned home. While going home they gifted one Trojan horse to the people of Troy. It was a huge horse made of wood and it moved on wheels.

After celebrating their victory the army of Troy slept at night. At this moment the Greece soldiers who were hiding inside the horse moved out and



killed the entire army of the kingdom of Troy. They took their princess back home to Greece.

Germs, Worms & harmful bacteria enter our stomach when we eat outside food like vada pav etc. These harmful germs are responsible for many diseases including jaundice, typhoid, malaria, dysentery etc. Have you ever thought when we eat food kept in the open we often suffer from illnesses like vomiting, diarrhea, typhoid, cholera, jaundice etc.

Every one agreed with the fact that food kept in open is harmful. The fox further said that actors are seen on TV doing amazing stunts after drinking soft drinks. A deer came forward and said these soft drinks are expensive and contain no nutritional value. In fact these drinks are plain water with added colour. These drinks are responsible for many diseases like cough, cold, pneumonia, measles & mums in children. They also destroy teeth, u can watch it by putting a tooth in any of these soft drinks. The tooth melts in the soft drink within minutes.

'Fine,' said the fox adding further 'no soft drinks, no food kept in open, no chocolates can these chickens have cold milk. But they say milk is nutritious.'

Hearing this conversation Nanny who was sleeping inside came outside. "Who said milk is nutritious in fact milk is injurious to health. Milk contains more water and less food. Milk and any food in the liquid form destroy health of children. Children remain hungry if they eat liquid food. Milk kills hunger. Parents add expensive supplements so to make their children drink milk.

Milk is expensive and it affects the monthly budget, the same money can be used for nutritional food.

Milk should not be consumed with any other food item. Milk lacks Iron and if absorbs iron from other food we consume.



If children are deprived of Iron it affects development of their brain and leads to anaemia.”

A squirrel came forward pushing aside others, “Nanny why these famous sportsperson and actors lie in commercials.”

Simple because they get lot of money yelled everyone.

Nanny who is against feeding children with wrong food said children should not follow advertisements blindly. Companies blatantly lie to sell their products.

If you have seen tennis players resting between two games you could have observed they don't drink energy drinks but instead have a banana.

I will narrate a story to you said nanny, “One man who was hungry for several days was caught while stealing bread. The king offered him a job & was pardoned for this crime. The next day the minister was caught red handed while misappropriating funds. The king sends him to rope. Many advertisements of chocolates, soft drinks are full of lies, are misleading and should not be taken seriously. These famous and influential people have no business to mislead poor Indians with wrong information.”

The two chickens who hearing the entire conversation keenly said together we agree all these packed food is injurious but then what should we eat. Keep munching almonds, peanuts and other oil seeds like til, soya beans, coconut, they are good source of oil, said the parrot. Oil or ghee can be added in every food item and it will help children grow strong.

One of the chicken said but I come from a poor family my parents won't afford such things. Nanny said you can eat any kind of food like

puffed rice, raw rice, grams, these are easily available.

The wolf who had not spoken for long said, “How about the term an apple a day keeps the doctor away. Lets us put these chickens on diet consisting of expensive fruits like apple and grapes.’

Parrot said, “I eat guavas daily and grow healthy and strong. Eat any fruit you have so many choices, like papaya, chickoos, amla, bananas but have at least one fruit in a day.”

How about delicious non-vegetarian food said the fox they said it helps you to make strong. Look at me roared the elephant I don't eat non-veg but all of you envy my health. You see friends the WHO in its technical report series no 724 said that you get the best of proteins in two bowls of rice and one bowl of cereals.

The chickens worriedly asked eating rice and cereals throughout the day would be difficult. No problem said Nanny raising her head. Just think of puffed rice and roasted grams are nothing but rice and cereals. Keep munching throughout the day you will grow strong and healthy.

Have a heavy breakfast and keep munching snacks you will gain weight. But remember don't include liquid based food it kills hunger and makes you weak.

If you wish to grow healthy and strong you should eat food regularly and continuously. You should not wait for lunch or dinner but should consume food as soon as and when hungry.

Fruits, vegetables healthy snacks like peanuts, grams, puffed rice, almonds, raisins, suji ka halwa are good for health. Along with this to complete the diet a bowl of salad of sprouts, green vegetables, tomatoes, cucumber should be included.



Nanny yelled listen kids one more important thing your so called high proteins tonics are not sure way of reaching daily requirement of protein. And even if it does suffice the protein requirement then in absence of carbohydrate and fats it will be useless. These proteins do not replace requirement of fats and carbohydrate.

Parrot cried for attention as he wanted to focus on important issue. Listen friends 85% of the Indian population suffers from tooth decay. Rice, wheat contains Gluton and like chocolates remains on our teeth. Bacteria called Streptococcus thrives on these substances which remain on our teeth causing tooth decay. Tooth decay can lead to acidity in future. Common salt kills germs and harmful bacterial which cause tooth decay. Use common salt for cleaning teeth. Salt should be used immediately after meals and after getting up in the morning.

Nanny said you children must be bored by now let's sing these rhymes on diet

Everyone came together to follow nanny's advice. They sang loudly.

Ringa Ringa Roses

Pocket full of snacks

Eat here, now and regularly

And each of you grow well

Eat while you play

Play while you eat

That is the way to be happy and gay

At six months of age

Humpty Dumpty was chubbiest amongst all

Then his weight had a great fall.

And all the world's tonics

Could not make Humpty Dumpty chubbiest again

Close the food gap and stop giving liquid food

Keep pockets filled with snacks

Eating regularly made Humpty Dumpty chubby again

Everyone thanked Nanny for her advice and their returned home.

This entire conversation was heard by some fat youngsters from the city who had come to the jungle on a picnic.

Nanny we have a problem one of them said we eat junk food and have grown so fat, we are not able to play and feel very lazy. Nanny looked at them and said immediately change your life-style.

Food in liquid form like lime juice, kokum juice should be consumed often. Intake of solid food should be limited.

Fruits & salads should form major portion of diet. Cooked food should not be consumed in large quantities.

Oil & ghee intake should be reduced. One should remain always active. Use staircase avoid elevators.

Food should be taken only when hungry. Eat betel leaf with lime stone after meals it helps in digestion

Return home from play by 7 PM

Go to bed early.

Rise early in the morning.

Perform yoga; soorya-namaskar and other form of exercises

Revise your studies daily.

Pray to God daily for 5 minute twice a day.

Have breakfast consisting of fruits and nuts.

Meditate and on how to reduce mistakes.

Increase good deeds.



Story Therapy

Use Krishna katha & improve child survival

“Make your child like child lord Krishna”.

In Maharashtra and in many states of India, at the time of marriage, an idol of child Lord Krishna is given to bride, hoping that her son will be like lord Krishna..

Vaishnavs begin and end their day saying “Jai Srikrishna.” When they meet anyone they greet saying “Jai Srikrishna”. Jagannath Puri’s God Jagannath is child lord Krishna. Many classical dances in India are based on Krishnakatha and Krishna is a popular God. Krishnakatha is liked by all and is a very good tool to teach child care.



7 girls born before Krishna were killed by Mama Kans. But 8th child Krishna survived. This incidence has following lessons.

1. A history of death of previous babies at birth, is called as bad obstetric history. It worries every one whether next baby too will die. Tell this story and give them hope.

2. Lord Krishna survived because his father was present at birth to transfer him to the safe place Gokul. In any delivery there can be risk to the life of the mother and the baby. Today in India about 1000 women die during child birth/abortion. So the father and the head of the family must be present at the time of delivery to help & consent for emergency procedures like caesarian section, or transfer of baby or at the time of birth. Tell this story to ensure presence of father /head of the family at the time of delivery.

3. Lord Krishna was born at midnight. He had risk of life. Studies show that quality of services at midnight is not the best, increasing the morbidity & mortality of babies born late in the night. Extra efforts are needed to change this scene.

4. Lord Krishna’s story also draws attention to the fact that even today neonatal mortality is many times more than maternal mortality. Neonatal mortality about 50, & maternal mortality 5 per 1000 live births. Ob-

stetricians fear neonatal morbidity & mortality most. Neonates deserve at least as much if not more care, attention, space and resources, than the mother. Those assisting delivery need as much good training in care of newborn as they get for care of mother.

5. Lord Krishna was born at midnight. It was a dark night. It was raining heavily, River Yamuna was in full spate. But Mama Kans would have killed lord Krishna next day. So Krishna’s father shifted him to a safe place at midnight. He did not wait for sunrise. The baby was transferred immediately and safely.

When a newborn with risk of life needs transfer to another place tell this story. Ensure safe transfer. Stabilize the baby, prevent hypoglycaemia, hypothermia, shock, infection during transport. Use a transport incubator. Ensure that every ambulance in your area has a transport incubator & functional oxygen cylinder. When sophisticated transport incubator is not available Dr. S.R. Daga recommends use of thermocol box as a transport incubator.

6. Krishna’s mother Devaki was in Jail. He was reared by Yashoda & Nand. He grew on Yashoda’s breast milk. Use this story to give milk of one mother to baby of another mother with less milk. Use it to promote wet nursing and breast milk banking.

7. Nand had numerous cows. But Krishna did not grow on cow milk. He was not bottle fed either. **Putana** was a demon who tried to kill Krishna with poisoned milk. Milk feeding bottle is a modern Putana mausi, that causes diarrhea, infections & kills babies. For educating masses, Indian Medical Association at Virar Maharashtra & at Gandhidham Gujarat publicly put feeding bottle in HOLI (fire) in the holi festival. You too should do the same and educate people.



A custom of “SOYAR” was observed. “SOYAR” AVOIDS “SOOTAK”

“Soot” in Sanskrit means Son. The grief of death of a son is called “Sootak”. To avoid Sootak, they followed “Soyar”. “Soyare” means relatives.” Soyar”



means keeping all relatives away from the



Child lord krishna with laddoo: Give each child a laddoo round the clock. He will eat & grow healthy. India will become malnutrition free.

baby & the mother for 45 days. This is important even today as India, s maximum child deaths today occur in first month of life. Many of them occur due to infections like diarrhea, pneumonia. Most infections are unknowingly given by

relatives who come to see the baby and carry the germs. Isolating the mother and baby from flood of visitors will help mother & baby. All maternity homes should have a board saying “No entry to sick people near baby & mother”

Kardhani Good qualitative growth monitor

On 5th day of life they tied a thread around the waist of baby Krishna. It is called as Kardhani, kardoda etc. Even today this thread can be used as a good growth monitoring tool. Teach parents that as a baby grows the thread becomes tight and needs change. If baby becomes weak, it becomes loose. If the thread ever becomes loose they should consult doctor as the child is getting malnourished. He is either starving or sick or both. All including illiterate grand mother notice this change. Thus it is a very good qualitative marker for growth monitoring. This is important as Growth monitoring is not done, height weight are not measured & growth charts are not used for most of the 40 crore Indian children.

This thread around the waist can help us fight syndrome X, Indian’s biggest forthcoming epidemic. Every one should wear a thread around the waist. Neither too tight, nor too loose. If one gets central obesity, the abdomen grows and the thread around the waist becomes tight and warns to reduce food intake and increase exercise.

Thus thread around the waist is a good LAXMANREKHA that we all should have lifetime.

Krishnakatha helps us to fight malnutrition

as follows.

Annaprashanam sanskar at 6 months.

Like all children, child Lord Krishna had Annaprashanam Sanskar at 6 months. Annaprashanam is a Sanskrit word. Anna means food. Prashanam means eating. San means good Karya is work. Sanskar means good work. There are 16 sanskars. Marriage is one. Annaprashanam is another. At the age of 6 months soft mashed home food like sheera,sooji halwa or soft rice,dal with ghee or oil,mashed fruit, is fed ceremonially for the first time to a baby. This is called annaprashanam. There after every time the baby is hungry before breastfeed he is fed soft mashed home food a little,and then baby is breastfed. Adding little breastmilk to every spoon of this food makes it more tasty and acceptable to the babies. Acceptance of breast milk added medicines also is always better. Gradually the amount of home food increases, the need of breastmilk reduces. Like a relay race, the child gradually shifts from breast milk to solid home made food and learns to eat everything from the family pot.

Tell this story and introduce home made solid food at 6 months. Ensure that every child is fed homemade food like Sheera,rice dal etc before each breastfeed. Some oil or ghee must be added to each feed. A hungry baby may taste sheera or any home made solid food. A fully breastfed and satisfied baby may not open mouth to taste anything.

Since last many years we give sheera to every child who comes to our hospital or clinic. In our clinic, we do public function of annaprashanam & give 1st sheera to every baby at 6 months of age.

This has significantly reduced malnutrition in our practice. The growth failure that occurs in second half of infancy is avoided by this practice. Annaprashanam is vaccine against growth failure in second half of infancy.

We must promote annaprashanam so that people know and improve introduction of home foods, and reduce malnutrition.



In Satyanarayan puja idol of child lord Krishna is worshipped,Prasad of sheera is made.In every home, the child in family is true lord Krishna of the family. Ask parents to



make sheera daily and feed it to the baby before every breast feed.

Give him/her sheera daily, as many times as he/she wants, say 6-8 times a day till 18 years of age. Children like variety. So different dishes can be made in place of sheera. This is good complimentary feeding.



Lord Jagannath, Balaram & Subhadra of Jagannath Puri.

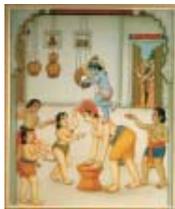
Lord Jagannath of Puri, Orissa, is actually Lord Child Krishna. He is given food 6 times daily. 56 tasty dishes are made for him every day. If we ask everyone to do this for our children, malnutrition will disappear.

1 Krishna & Sudama ate poha

Learn from this story. Have a pocket to each dress of every child. Keep it filled with poha (puffed rice), roasted grams (chana), roasted groundnuts, or any available snack round the clock. If there is nothing else keep rice, roasted, sweetened or just raw. Our experience shows that children eat raw rice well, digest it well and have no problem, no stomach pain. *(photo 9)

A gap between food & children causes malnutrition. Close the food gap with food corner & food/snack filled pockets

Food/snack filled pocket is treatment of malnutrition. Food/snack filled pocket is vaccine against malnutrition.



Lord Krishna ate Makkhan.

This has 2 lessons.

Lesson 1 This story helps us to increase oil & fat consumption in weak, malnourished babies. Tell parents as follows. "Lord child Krishna" ate makkhan. Your child is "your lord Krishna, give makkhan or add oil or ghee to everything he eats." Parents will happily listen to you.

And will add a spoon of oil to each weaning feed that a baby takes.

Lord Krishna is called as Makkhan chor. He & his friends had to steal Makkhan. Mumbai's biggest festival of Dahi handi is celebrated on Janmashtami, the birthday of Lord Krishna. It reflects the sad shocking

unbelievable truth that Lord Krishna, King's son, God Himself had to steal food. This explains why 85% of Indian Children are malnourished. It reflects the sad truth that in most of our houses the food and the water are beyond the reach of our children. They do not get food and water ad lib, i.e. at liberty, i.e., when they want. They have to depend on others. And any one who has to depend on others, fails & suffers. In our homes, the children are on the ground, and the food is on the table. Drinking water is on the table, Makkhan in fridge. We keep food & water, beyond the reach of children. Let us keep food and water within the reach of children in all houses.

Fortunately children are not required to ask for air. They take air as they want. So there is no malnutrition of air in children. Like air if food and water are made liberally available to the children within their reach malnutrition & diarrhoea/sunstroke deaths will decline.

In Satyanarayan pooja in Maharashtra idol of child Lord Krishna is worshipped. The idol is kept in one corner of a room. All fruits, Prasad of Sheera (also called sooji halwa) & water etc are kept in front of the idol. The child in the home is true child Krishna of that family. For him, the family should keep a corner of the house. Name the corner as "baby corner or Krishna corner." The family should always keep snacks, fruits, water etc. which the child can reach & take independently, ad lib. and can feed himself.

This may spoil the floor. But it is good to have good children in a spoiled house than having spoiled children in good house.

In Gujarat every house terrace has a corner for birds called CHABUTARO. It has food and water kept for birds.

We need similar food corner for children on the floor in every house.

This child corner / Krishna corner eliminates hunger, thirst and malnutrition and majority of child deaths in 2 ways.

Chicken in poultry farm live in bondage. But are free to eat at liberty. They grow 1 kg. per month. Children are born free but are not free to eat at liberty. They have to eat what parents give, when parents give. This is one reason for malnutrition. Make a child corner in each house & eliminate malnutrition. Children, like chicken should eat round the clock.



When a child gets free access to food, he feeds himself. If he does not get food, he remains hungry. He starves & then gets malnourished. Give free access to food to children. This eliminates hunger, starvation and malnutrition.

If a dog's or cat's baby gets thirsty it goes to the water hole and drinks water. If it is more thirsty in summer or due to diarrhoea, it has the option of drinking more water. This eliminates dehydration. Each house should have a waterhole or a water bottle on the ground which a thirsty child can access independently at lib.

When a child gets diarrhea, he loses water, and becomes thirsty. If he gets enough water to drink he does not get dehydrated. A diarrhoea child gets thirsty first, dehydrated next and dies last. Keep water within reach of a child. If he is thirsty he will drink water himself. Thus if thirst is eliminated, dehydration and diarrhoea deaths are reduced..Water kept in the baby corner/Krishna corner does this job.

In summer children get dehydration fever & heat stroke.If water is available with in reach,they will drink it and sunstroke & dehydrataion fever will decline. Dr.Babasaheb Ambedkar said each village should have one water source for every one. We want one water source for a child in every house within the reach of children.

Dr.Babasaheb Ambedkar doing Satyagrah

Use Krishnakatha to promote exercise & dance : Krishna & Balram did wrestling,exercise and went to gymnasium. Promote exercise that we & children sadly miss

Dance is the best exercise. Our dances are based on Krishna katha T.V.is the best dance teacher available in every house. Lord Shankar , Lord Krishna, Lord Ganesh are all "DANCING GODS"

Use Krishnakatha to teach music: Krishna's flute(MURALI) is famous Use it to teach music and instruments to children.

Promote adoption with Krishnakatha: Krishna's parent were in jail.He was adopted by Yashoda & Nand.So he survived.India's census 2001 shows that every 10th family has no baby .On one hand childless families live miserably. On the other hand babies in orphanages live miserably and many die.Let us use Krishnakatha and promote adoption.Let

us Make adoption laws simpler.Let us Make "give baby take baby club / Krishna club & promote adoption.

Krishna & Karna both were adopted at birth. So they survived. Use this example for early adoption ,as soon after the birth as possible, because risk of death is highest in unwanted babies.

Learn Chivalry from Krishna

Krishna liberated many women from jails of Narakasur. He helped Draupadi.. This should teach chivalry .He helped his friend Arjun. May every one help his friend in need.

Learn Evidence based medicine from ..Krishnakatha: Krishna's famous dialogue, "This is Sun and this is Jayadratha" reminds us of evidence based medicine. It reminds us to get necessary evidence with tests like cultures while treating patients.

Learn saving patients from Krishna: We battle to save every serious patient.We should follow Krishna's advice given in Geeta, "Do your best, not worrying about the results,or returns."

Like Krishna become Puroshottam, the best man .May every one become Purushottam like him.He told Geeta and taught principles of living. Gandhiji, Lokmanya Tilakji, Vinoba Bhawe etc. lived Geeta. May each one of us understand and live Geeta.

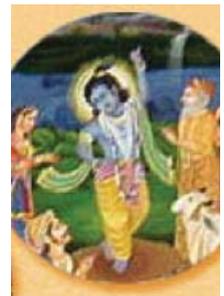
Krishna lifted Gowardhan.

We have to lift the Gowardhan of childcare taking each one's help.

Reach Krishna katha to all in all languages of the help sms /email/story telling t.v., radio, newspapers and improve child health.

Lord child Krishna's photo with "bal devobhava" written below it is the logo of our hospital.

Use Krishnakatha to reduce neonatal and childhood morbidity,mortality and malnutrition. Use krishnakatha to improve baby care at birth, to transfer babies, promote breast milk, burn bottles in holi, keep water and food on ground within the reach of children, keep pockets filled with snacks, promote exercise, dance, chivalry, friendship and good moral values, making all children into very good human beings.





Information related to Dr Hemant and Archana Joshi's work

Dr. Hemant and Dr Archana Joshi are both practising Paediatricians at Virar, Dist. Thane (Near Mumbai) Maharashtra. since past 25-years

Major Achievements:

Popularisation of Primaquine tablets for Malaria cure. These tablets have proved beneficial to cure Malaria patients. Earlier Primaquine tablets were not available with the chemists, it was only used by the Army and for the Malaria eradication programme by the government. Now these tablets are subscribed by medical practitioners across the country.

Suggested new and easy ways to eliminate Malnutrition amongst children and adults

Proposed filling of Growth-charts BMC school children this, is now being updated regularly. This has now been also proposed for the entire country.

Dr. Joshi strived hard to get names of medicines printed in regional languages

Implementation of Six-month maternity leave facility to promote exclusive breastfeeding by the government came after Dr. Hemant and Archana Joshi's efforts. It was this doctor couple who mooted the idea to ensure the every child gets mother's milk at least for first six-months.

Dr. Joshi's 6 original research papers have been published in Indian Pediatrics the internationally indexed journal of Indian Academy of Pediatrics.

Ideation: Suggested free-education for the girl child till graduation.

Honours: James Flett Award - **Gold medal by the Indian Academy of Pediatrics in the year 1982** for their research paper.

Publications: Aarogya Dnyaneshwari magazine published every year on Health care since last fourteen years.

Book on child care published in Marathi, Hindi, English, Gujarati and Urdu Health literature in more than 13 languages including German.

Have been Editor of Journal of Continuing Medical Education for the past ten years.

Other Contributions: Having been writing several feature articles on health care for Marathi dailies Loksatta, Sakal and other regional dailies. Contributed information to news agencies UNI and PTI.

Contributed towards weekly column in Marathi daily Maharashtra Times

Interviewed by various news channels on health care

Gave talks on Aakashwani on Health care Instituted Aarogya Dnyaneshwari awards for people working on health care and education

Extensive use of mythological stories to convey various messages of child care

Positions Held by Dr. Hemant Joshi : Executive Member of Indian Academy of Pediatrics

President- Indian Medical Association, Virar.

Dr.Hemant & Archana Joshi at International Pediatric Congress August 2010 Johannesburg. South Africa Presented 4 research papers.





Six-months maternity leave: Dr. Joshi's idea

The Joshi couple stressed on the importance of 6-months maternity leave to ensure breastfeeding.

In the year 1988, while Dr. Hemant Joshi was practicing as a child specialist at Virar, he realized that six-month maternity leave will ensure mothers breast feed their babies for a longer period. This will improve child survival rates in the country and will control malnutrition.

So at a plenary session of IAP annual conference held at Bangalore, Dr. Hemant Joshi put forth the idea that working women should be granted 6-month maternity leave for the first time.

Later during the Annual General Body meeting of IAP held at Annual conference at Hyderabad Dr. Hemant Joshi and Dr. Archana Joshi proposed that IAP should recommend maternity leave for 6 months instead of three months.

However, some members of IAP felt that instead of sanctioning 6 months maternity leave employers will prefer terminating women and instead will offer the same jobs to men candidates. Respected Dr. Ramesh Potdar intervened and said that a resolution in this regard should not fail at IAP meeting. He further suggested that the proposal on breast feeding should be studied by the committee of experts.

Following which experts consisting of stalwarts like the then IAP president Dr. Kumtha, Dr. R.K. Anand etc. deliberated on

this topic for the entire day. The outcome was obvious the experts strongly recommended 6-month maternity leave.

In 1992 in the subsequent annual IAP annual general body meeting at Nagpur, on the recommendations of this committee, IAP unanimously passed the resolution that the time span of maternity leave should be of 6-months.

Within one week the state governments of Haryana and Punjab granted 6 months maternity leave to their staff members.

Leaflets informing benefits of 6-months Maternity leave were distributed amongst all news papers and trade unions. Dr. Uday Bodhankar and many other pediatricians worked to sensitize politicians and government officials on this issue.

Meanwhile, Dr. Arbindo Mohanti & colleagues also wrote to the government.

When the recommendations of 5th pay commission were implemented, trade unions asked for increasing maternity leave from 3 months to 6 months. During negotiations the government agreed four and a half months maternity leave. However, soon the 6th pay commission sanctioned 6-months maternity leave. All nationalized banks, Life Insurance corporation of India etc. sanctioned maternity leave of 6 months.

In 2004 the UK gave maternity leave for 6 months.
