



Ri"ix Ae`vq †QvU wki i Lv`"



Ri"ix Ae`vq Îvb Kgx©
†cMôg g`v†bRvi†`i Rb`
Acv†i kbvj vb†`Kv



cŕZ Ki†b IFE †Kvi Môc



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cUfiwq :

Ri“ix Ae-vq tQvU wki Lv“i Dcti Acviti kb wbt`Kv 2001 mvtj Avštms-v Kvhrix Móc KZR cQg`Zix Kti | GB Kvhrix Móc RwoZ wQtj b hviv Ri“ix Ae-vq tQvU wki Lv“i (IFE) tKvi Móc m`m` | GUv GKUv Avštms-vi mnthvMx Móc hviv Ri“ix Ae-vq tQvU wki Lv“i Ges RwoZ msukó bwiZgvj v Ges cKkFY mvgMx`Zix Kti | 2006 mvtj i tg gvfm IFE tKvi Móc m`m`e, fvmB 2.0`Zix Kti (UNICEF, WHO, UNHCR, WEP, IBFAN-GIFA, CARE-USA, Fondation Terre des hommes and Emergency Nutrition Network (ENN), GB KvRwU ENN mgšq KtiwQj | GB Abjev`wUz (2.1, tde`qvi 2007) gvW chfQ ev`erqtb i AwfÁZvi wfEzZ tmKkb 6.0 cbMwZ Kiv ntqtQ| IFE tKvi Móc GB wbt`Kv Ges cteP ms`iY mgfn Dct`k`v`vbi Rb` mKtj i cQZ KZÁ |

g`v`f`U :

GB wbt`Kv wU Ri“ix Ae-vq tQvU wki Lv“i wel tq cwi Pvj bvKZ gj bwiZ mgfni ev`e cQqM (WHO, (1)), bwiZ I tKšKj, (ENN) (2), Ges gvZ...» weKí Lv“i bwiZgvj v Ges cieZi`ekj`v` m`šj`b (WHA) (3) cieZi`m`vš-mgfn mnvqZv Kti | GB wbt`Kv wU t`úqvi cR± (4) Ges Ab`v` AvšRwZK Ri“ix Ae-vi gv`U tg`b Pj mwiZ GKgZ tcvl b Kti` | Bnv m`vš-M`b, cwi Kí bvKvi xMb, `vZv ms`v mgfni`wqZi` cjt`b mnvqZv Kti hviv UNICEF/WHO Global Strategy on Infant and Young Child Feeding^b wki c`AwKvi Kbtfbkb Gi 24 Abt`Q` 2005 Gi BtvtmwU wKv`i`k`b AS^c wki t`i Livi wel qK Ki bxq wel q, cieZi`Z 2006 mvtj i wekj`v` m`šj`b WHA^d mef`šj`Z μtg MpxZ nq |

j`q` :

GB wbt`Kv wU j`q` ntj v Ri“ix Ae-vq wKfvte wki i Lv“i wvDZ nte Zvi msu`f`B, ev`e (wKš`Kwi Mix bq) wbt`Rbv t`qv | GQvovl`v`fweK Ae-vi Rb`l wKQy c`hvR` Dcv`vb AvtQ |

Uv`f`M` Móc :

Ri“ix Ae-vq 2 eQt i Kg eqm` wki Ges Zv`i cwi PhKvi xt`i` qwZM`i` K_v wefepbv Kti wefkl fvte g`bvt`vM t`qv ntqtQ | Ri“ix Ae-vq Kg`Z mKj GtR`Yx, RvZxq, mi Kvix, RvwZmsN ms`v mgn, RvZxq I AvšRwZK, mi Kvix I temi Kvix (GbwRI) Ges `vZv ms`v mgfni w`vj d Kgr`Ges t`cM`g g`v`bRvi Gi D`x`k` GB wbt`Kv wU`Zix ntqtQ | mKj t`k`i Ri“ix cwi w`wZ Ges `v`fweK Ae-vq wefkl Kti Ri“ix Ae-vq ce`c`v`Zg`j`K e`e`v`tbqvi Rb` wbt`Kv wU e`e`Z nte |

bKkv :

gj welta mvi msta c 0vivi i", GB wbt` fKwUtz 6 wU ev` e avc, ti dvti Y bva vi mn (tmKkb-7), cAbv thvMthvMi wKvbn (tmKkb-8), msAv mgn (tmKkb-9) 0vivi tkl Kiv ntaqtQ| wKfvte GB wbt` fKwU ev` ewaqZ nte Zvi mnvqK Z` mgfni ti dvti Y mgM (1-30) WKtgUm-G Daj L AvtQ| cPvi gra`g Ges mavi b RbMtb i Rb` cPvi mvgM Dcv` vb (2.8) cvl qv tttZ cvti | gvivZK Acjo wki t` i hvPvB Ges e`e`vcbv GB wbt` fKwUtz Daj L Kiv nq w| (GB Z` Rvrbv Rb` 9 Ges 24 Gi we (Zt` i mY) t` Lp)

wdW e`vK :

IFE tKvi Mbc GB WKtgU m`u`K`dWe`vK Ges gvW chqG Gi ev` evqtb th tKvb gZvgZ `vbi Rvbt`Q Avnevb RwbttqQb| G0vovl GB wbt` fKwUtzK mnvqZvi Rb` Avgiv GKwU mnvqZv ms`v `vcb Ki wQ| Avgiv GtR`Yx mnvqZv ZLbB ewj thLvtb GB Acvti kb wbt` fKwU Avcbvi wR`^ms`vi bwiZgvj vi mtt/2 / Avcbvi ms`vi wP`Sxavi GK nq Ges Ggb Ae`v thLvtb Avcbv KvR Ki tZ AvMbx | GB Acvti kb wbt` fKvi GtR`Yx mnvqZvi Rb` Avcbv ti wRovi Ki tZ cvti b Ges eZgvb mnvqZv c0 vbKvi x GtR`Yx mgfni Zwj Kv Abj vBtb t` l qv AvtQ <http://www.ennonline.net>

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wki t` i Lvl qvtbvi Dci Ges fvj Lv`vfv`mi Ges mnvqZvi Dcti Lvm `w0 w` tj wki i Rxeb i qv cvq| e`K i `ja Lvl qvtbv msi qY i aygv` Ri`ix mgtaqi Rb` bq wtkl Kti Bnv wki i mvi v Rxtbi `v`i Dcti Ges gvnj v` i `ja Lvl qvtbv welta q fivel`r wmx`S-welta q Ae`vb i vLte| c0Z`K tkbxi gvbt`l i gta` wki t` i Lvl qvtbvi welta q wKQywbqq Ges c0v Pvj yAvtQ| Bnv eSv AZ`S` i`Zcb`Ges wki i fvj Lv`vfv`m cPvti i mgtaq `i`Zi e`S` `ukRvZi fvte Zvt` i mtt/2 KvR Ki tZ nte|

cāvb wēl q mgr	5
e'envi K avcmgr (1 - 6)	
1 bxiZgvj v %Zix A_ev Abtgr` b	6
2 KgKZPI KgPvi x` i cākŋY	6
3 Kvhmgm mgšqb	7
3.1 Ri`ix Ae`vq mgšqb	7
3.2 ŋIgzv eix Ges Kwii Mi x mrvqZv	7
4 hvPvB I gvbUi	8
4.1 cāvb Z`mgm	8
4.2 Zvor hvPvB	8
4.3 AvZwi ³ cāvb Z`	8
bMZ (4.3.1) I cwi gvb MZ (4.3.2)	
5 mgvšZ eūglx j ŋ'wfiEK KvhPvtgi wfiE+z iki t` i	
miWK Lvevfi i , mg_θ Dbqb I msi ŋb	10
5.1 tgsij K j ŋ'wfiEK KvhPvg	10
mvaib tikb (5.1.1), eiowZ Lveri Ges Abjv` (5.1.2-5.1.5), beRvZtKi	
wbejUKib (5.1.6 - 5.1.7.), cwi PhKvixi mrvqZv (5.1.8, 5.1.9)	
5.2 Kwii Mwi KvhPvg	11
cākŋY (5.2.1), tmeri Dbqb Ges AšPw ³ Kib (5.2.2-5.2.5),	
HIV Ges AIDS Gi weteP` wēl q mgr (5.2.7, 5.2.8)	
6 KwĪg Lv` i Sūk Kvgtq Avbv	13
6.1 gvtqi `tjai wēKĪ Lv` i Tvb Ges mieivn cwi Pvj bv Kiv	13
6.2 Lv` wēZib I e'envi Gi kZmgm `vcb Ges ev`emqZ Kiv	14
6.3 msMōni Dci w bqšY	15
`vZv GtRYx mgtni `wqZj (6.3.1), Bbd`vU dgi ŋ cKvi I Dm mgm	
(6.3.2), tj tēwjs (6.3.3), mi evi tni kZmgm (6.3.4) Ges tevZj	
Ges tevZtj i evU (6.3.6)	
6.4 e`vcbv I wēZitbi w bqšY	16
7 t̄hvMvthvMi cāvb wKvbn mgr	17
8 ti dvfi Y	19
8.1 cwj um GŪ MvBWj vBb	19
8.2 GWt̄fv̄Kmx	20
8.3 U`vKwb̄Kj Bbd i t̄gkb	20
8.4 cākŋb mvgMō	22
8.5 Gtmmg`vU, gvbUwi s GŪ Bfvj t̄qkb	22
9 msAv	23

1. Ri "ix Ae-vq (IFE) wki t i Lvl qvtbvi wel tq mwVK Ges mgqgtZv mrvqZv `vb wki i Rxeb i qv Kti |
2. c0Z'K ms-v IFE bmxZgvj v c0Z Ges Mhb Abtgv` b Kiv DvPr | GB bmxZgvj v ms-vi mKj KgRZPI Kgpvix` i gvtS we-wi Zfvte c0vi Kiv DvPr Ges msuk0 ms-vi wdaq tgit bmxZgvj v ev-evqb Ki tZ nte (tmKkb-1) |
3. ms-v, t j v Zv` i Kwii Mix I mvavi b Kgpvix` i tK IFE wel tq c0qvRbxq c0k qv b mvgMx e`envi ceR c0k qv b wbu0Z Kiv (tmKkb-2) |
4. RvZmstNi wfZti (UN) Avstms-v ÷ wUs KwguU (Inter-Agency Standing Committee IASC) „0 Gvvtc0P gvbnEK mrvqZvi Rb` wqZj cvj b Kti | UNICEF gvVch0q RvZ msN ms-v IFE mgstqKix | Avi I Ab`vb` RvZmsN ms-v, temi Kvix ms-v, t j v mi Kvti i mnthvMxq `wqZj cvj tbi mthvM i tqtQ (tmKkb-3) |
5. wki t i Lvl qvtbvi wel tq chavb Z` wj `Z wdaqZ hvPvB Kgpvixi gta` AšF3 Kiv c0qvRb | c0qvRtb mpcwi kKZ cxwZ e`envi Kti Avt v avivewnK hvPvB Kiv th tZ cvti | wba0 bx Rvi c Pj v t b v ` i Kvi (tmKkb-4) |
6. Ri "ix Ae-vi c0wqK ch0q gv Ges wki i c0qvRb wbu0Z Kti e`ev t bqv DvPr | Ab`vb` cwi PhvKvix Ges wetkl fvte hv` i c0qvRb thgb: GwZg I wbtm½ wki t i mrvqZv c0Zw0Z Kiv DvPZ (tmKkb-5) |
7. gv I wki t i Ab`vb` tmevi Kgpvixi gta` ejKi `ja Lvl qvtbv I wki t i Lvl qvtbvi mrvqZv AšF3 Ki tZ nte (tmKkb-5) |
8. evoš-I Kgeqmx wki t i cym`ub0Lvevi mvavi b ti ktbi Avl Zvfj3 Kiv DvPr, th mKj RbmsL`v t vbKZ Lv` i Dci wbf0kxj | (tmKkb-5)
9. TvbKZ (webig t j) A`ev fzRixKZ gvtqi `ja weK i Lv` D`nvib: (Bbd`wU dg0v) eR0 Kiv DvPZ nte | Ri "ix Ae-vq `vbKZ tevZj I tevZtj i evU eR0 Kiv DvPr | fvj gtb Lvivc Dc` kKZ `vb thgb: tKvb gvtqi `jai weK i Lvevi, tevZj Ges tevZtj i evU i agv t GKwU ms-vi wdaqstb vKv DvPZ (tmKkb-5) |
10. Ri "ix Ae-vi gvtqi `jai weK i Lv` Mhb, msMh, e`envi I weZitbi t q t t tKvb Kwii Mix e`w3 i mst½ civgk0Kti mnthvMx ms-v chavb Kwii Mix ms-v I mi Kvti i wdaqbmxZ Abymib Kti cwi Pj bv Kiv DvPZ (tmKkb-6) |
11. mvavi b weZibKZ ti ktb gvtqi `jai weK i Lv`, `ja RvZxq Lvevi, tevZj Ges tevZtj i evU KLt bvl AšF3 Kiv DvPr bq | wetkl Kti gvtqi `jai weK i wki Lv` I `ja RvZxq Lvevti i tKZ KtVvi `ewk0` Abymib ceR i agv t th mKj gv I hZ0Kvix, hviv wki t i j j v b Kti Zv` i tK weZib Ki tZ nte | Ri "ix Ae-vi t q t t tevZj I tevZtj i evU mmpqfvte cwi Z`vM Kiv evAbxq (tmKkb-6) |

1 bwiZgvj v %Zix A_ev Abtgv`b

1.1 c0Z`K ms`vq, tKw`q chv`q bwiZgvj v` %Zix A_ev Abtgv`b KitZ nte hvvtZ vbawj wLZ vel q Dtj L_vKte|

- Ri`ix Ae`vq wki`i Lvl qvtbvi vel tq, e`Ki `ja Lvl qvtbvi msi`q|b, c0vi bv l mnvqZv Ges mgqgZ ch0B evowZ Lvev`i i Dci tRvo w`tZ nte|
- gvtqi `jai weKi Lvevi (Breast Milk Substitute (BMS)) Gi mSMb, weZib Ges e`enwi, `» RvZiq Lv`, embwR`K fite `Zix wki` Lv` Ges wki`tK Lvl qvtbvi DcKi b Ges AvS`RwZK tKw` c0qvM Ges WHA resolution.

1.2 bwiZgvj v mgn wek` fite c0vi Kiv, Ab`vb` ms`vi bwiZgvj vi AS`P`3 Kiv Ges cxwZ_vj v me`ti vbqg Abtgvq cwi eZ0 l cwi ea0 Kiv|

2 KgRZPI KgPvixt` i c0k`q|b

2.1 c0Z`K ms`v Zvt` i mKj msuk0 KgPvixe` tK (RvZiq Ges AvS`RvZiq chv`q) Ri`ix Ae`vi mgvq wki`i Lvl qvtbvi vel tq gj c0k`q|Y c0 vb Kiv DwPZ| Gi mt1/2 mvs`wZK AvKv`Lv l KgPvixt` i e`w`MZ Avr`AZv wki`i (0-23 gvm) Lv`i PPtK eStZ Ges c0`q Af`vm ev`evwqZ KitZ c0ZeUKZv mjo KitZ cvti mZivs BvtK`j KitZ nte| vbtge mgM0 c0k`q|tbi Rb` mcvwi k_vj v Kiv ntjv - `ZSjms`vi c0vj Z bwiZmgn, GB Acv`tkbj MvBtWY G0 w` BbUvi GtRwY Bbd`vU wdlwS Bb Bgvi tRwY gwWDj -1 Gi 2 (24G Ges 24we)

2.2 GZ`mt1/2 `v` l c0Kgv` i vbtai Dcv`vb_vj v e`enwi Kti Kwii Mix c0k`q|Y t` l qv c0qvRb, thgb- w` BbUvi GtRwY Bbd`vU wdlwS Bb Bgvi tRwY gwWDj - 2 Gi 2 (24we) thLv`b c0k`q|tYi Rb` Kwii Mix vbt`Kv AvtQ| (7-21), Wne l GBPI/BDvbtmd te`v wdlwS KvDtYvj s: G tU0bs tKvm`26) G0 wj j`vKtUkb wi tmv`mfi (16)

2.3 mjb0 o wekltAi gva`tg e`Ki `ja Lvl qvtbvi civgk` mnvqZv`vb A_ev c0k`q|tYi `vexvi RvZiq chv`q `v` gSjYj q, UNICEF, WHO, ILCA (The International Lactation Consultant Association) f A_ev IBFAN M0c Ges AvS`RwZK chv`q - tRtbfv wki` Lvl qvtbvi ms`v (Geneva Infant Feeding Association (GIFA)) g|

3 Kvh⁹mgā mgšq̄b

3.1 RvZxms̄t̄Ni Ašf̄³ (UN) Avštms̄v ÷ w̄Ūs Kvḡw̄ K_v-vi Giv̄t̄c̄ĪP (IASC) gvb̄ek Abf̄yZ cvj b K̄ti Zvi ḡt̄a UNICEF ḡwch̄t̄q UN `ḥ⁹ḥ⁹M w̄k̄i t̄ i Lvl qv̄t̄bvi w̄l̄t̄q mgšq̄Kvi x ms̄v w̄nmv̄t̄e KvR K̄ti | ḥL⁹ḥ⁹b UNICEF b̄vB ḥmL⁹ḥ⁹b c̄ŌqvRbxq w̄t̄k̄l̄Ā mn Ab̄t̄Kvb ms̄v t̄K mgšq̄Kvi x ms̄v w̄nmv̄t̄e w̄t̄q⁹M w̄ t̄Z n̄t̄e | Ri“ix Ae⁻vq w̄t̄æv³ mgšq̄ c̄ŌqvRb:-

- b̄w̄Zgvj v mgšq̄ - t̄Kvb w̄b̄⁹ ms̄v | RvZxq b̄w̄Zgvj v mḡn̄i mgšt̄q c̄wi eZ⁹ c̄wi ea⁹ Kivi w̄f̄w̄Ēt̄Z GK̄w̄ gj b̄w̄Zgvj v e⁻eni K̄ti `ḥ⁹ḥ⁹M t̄gvKv̄t̄ej v Ki t̄Z n̄t̄e |
- Avšt̄w̄ef̄w̄M mgšq̄- b̄w̄Zgvj v, t̄j v e⁻vq̄t̄bi t̄q̄t̄⁹ ms̄v mgā m̄s̄k̄ó kvL⁹vq b̄w̄Zgvj v e⁻vq̄t̄b mgšq̄ m̄f̄v Kiv D̄w̄Pr | (̄v̄“/c̄j⁹, Lv⁻“ m̄vnh⁻“, c̄w̄b | c̄q̄t̄b⁹v̄kb Gi m̄vḡw̄RK ḥm̄vmgā)
- ms̄v w̄i `w̄qZj Ges `w̄qZj m̄w̄v̄ t̄bi c̄šv (accountability) w̄P̄w̄yZ K̄ti Ri“ix Ae⁻v t̄gvKv̄t̄ej vq Rb“ GK̄w̄ Kg⁹c̄wi K̄i bv `Zix Kiv D̄w̄Pr |
- b̄w̄Zgvj v Ges Kg⁹w̄i K̄i bv e⁻vq̄bKvi x | Ae⁻vq̄bKvi x ms̄v, `vZms̄v, m̄sev` ms̄v (ḥgb- m̄vnh⁻“ c̄wi enb | `vb AvšRw̄iZK t̄Kw̄w̄ gvb | Acv̄t̄i kb w̄t̄`⁹ K̄v Ab̄yni b w̄b̄w̄Z Kiv D̄w̄Pr |
- Ri“ix Ae⁻vq Kvh̄p̄g t̄kl nl qvi ci w̄k̄i t̄ i Lvl qv̄t̄bvi Kvh̄p̄t̄gi gj `vq̄b Ki t̄Z n̄t̄e |

3.2 mgšq̄Kvi x ew̄wi m̄vnh⁻“ e⁻vq̄bKvi x ms̄v, t̄j vi q̄lgZv e⁻v̄t̄bv | `q̄Zv gj `vq̄b Kiv D̄w̄Pr | ḥt̄_ó A_ḥ⁹s̄v̄b bv n̄t̄j w̄k̄i Lv̄t̄“i w̄P̄w̄yZ Kvh̄p̄g w̄glv̄t̄bv ḥv̄t̄ebv | mgw̄šZ Ges gvbMZ t̄QvU w̄k̄i t̄ i Lv̄t̄“i Kvh̄p̄g gvi vZK f̄t̄e e⁻nZ n̄t̄e |

4 hvPvB Ges gvbU

4.1 KvhKvvi Zv Ges djvdġi AMwaKvġi vfiwġZ wbaŋY Kivi Rb^o wkiġi Lv^o i cāvb Z^o mgn hvPvB Kivi mgq RvbġZ nġe| hvPvB wUġg AšZt GKRB m^o m^o vKġZ nġe hvi Ri^o ix Ae^o vq wkiġi Lv^o i Dci cĀwgK avi bv AvġQ (ġ^o Lġ 2.1)| hvPvBi djvdġ mswkó mevBġK RvbġZ nġe Ges mgšġ KiġZ nġe |

4.2 cāvb Z^o wj cĀwgK chġq cvl qvi Rb^o `Z Ges wġqwgZ hvPvB/ chġqġb Avġj vPvbi ġta^o wġġe^o wġq^o wj Ašġ^o KiġZ nġe :

- wġġe^o ġ^o wj i Kg A^o ev tekx cwi ġvġb RbmsL^o vi weei bġġZ Dc^o wġZ ġġb: ġwġj vi v, wki^o, MfġZx ġwġj vi v, wġtm^o wkiġi i Z^o tekx ev Kg ej v nġġġQ wKbv ġ^o LġZ nġe^o |
- mviav b Lv^o v^o v^o v^o Rġbi ci hZ ZvovZw^o m^o e^o i ġvġġ eġKi^o `ġ Lv^o qvġbv i i^o Kiv Ges `ġv^o cġj b AvġQ wKbv ġ^o LġZ nġe |
- Ri^o ix ġj vKvq Av^o v^o s^o RġMw^o ġZ mieivnKZ cġb^o i ġta^o `wġAvKl B^o Kvi x mnRj f^o BMS, `ġRvZ mvgM^o, tevZj, tevZġj i eU Ges te^o cv^o |
- wkiġi i Lv^o qvġbvi cġB mġm^o vi cĀZte^o b, wġġkl fiġe eġKi^o `ġ Lv^o qvġbi mġm^o w Ges Dch^o evovZ Lveġi i ġ^o Zv |
- msKU cġe^o ġwZg ġQvU wkiġi i Lv^o v^o v^o m^o ūġK^o RvbġZ nġe |
- ġwġj v l wkiġi i wbi v cĒv S^o K |

4.3 `Z hvPvB ġj^o vqġbi ci hw^o ġ^o Lv hvq Avi l hvPvB ġi cġqvRb nq, Acġi Kvi b^o wj wġġklġbi ġva^o ġg AwZwi^o cāvb Z^o mgn cvl qv thġZ cvġi (1)

4.3.1 ġbMZ c^o wZ cġqvM KiġZ t

- mviav b ġi kb l Uvi ġMġUW Lv^o Kvhġġġg wkiġi i evovZ Lveġi i Rb^o h^o v^o Lveġi i cġBZv hvPvB Kiv |
- ġ^o v^o MZ Ae^o v^o m^o ūġK^o Aev^o Z n l qv thġb: cwi bi cwi ġvb Ges ġbMZ ġvb, Rj^o vbx, cq: w^o v^o kb e^o v^o, evm^o v^o b, Lv^o cġġ Ges i v^o v^o mġġvM mġeav |
- ġ^o v^o ġK^o ġ^o ġ^o K Mfġe^o vq cġġeKj^o xb, cġġeci eZ^o ġes wkiġi i hZ^o wK tmev ġ^o q l mnqZv ġ^o q hvPvB KiġZ nġe | eġKi^o `ġ Lv^o qvġZ evav mġ^o Kġi ġġb th ġKiv wġq wPwġZ Kiv |

- eḏKi ḏja Lvl qrtbi tḏḏi hvi v mntḏwMzv w̄ tZ cwi Zvḏi i ḏḏgZv hvPvB Kḏi wPuyZ Kiv thgb: eḏKi ḏja Lvl qrtbv gv, cḏkḏḏb cḏḏ ḏḏKḏḏ cḏkḏḏb cḏḏ KvḏḏYj i Ges ḏḏgZv Kvgḏḏḏi AwfA gḏj v |
- Mn̄vj x, KvgḏḏḏḏZ Ges ḏḏvbx ḏḏḏ tKḏḏ chḏḏq hvi v ḏḏḏi ḏi Lv̄ Af̄vm fvgKv i vḏL Ggb wḏvš-cḏZKvi K ēw̄eMḏḏḏḏZ Kiv |
- mvgwRK evan cḏi vq eḏKi ḏja %Zix, Mvj vḏbv eḏKi ḏja Ges ḏja gv t̄tK ḏja Lvl qrtbv th Kvḏḏ Dcḏḏ k t̄ l qv nq |

4.3.2 msL̄vMZ cḏw̄zi ēenvi A_ev eZḏḏḏ ḏḏḏ cwi msL̄vḏbi gvaḏḏḏ ḏbi “cb Ki tZ nḏe :

- 2 eḏḏi i bḏḏP m̄x Ges ḏb: m̄ ḏḏḏi ḏi msL̄v (0-<6 gvm eqm, 6-<12 gvm, 12-<24 gvm eqḏḏi ḏḏḏi ḏi msL̄v w̄w̄EK Z_ ḏbi cḏb) ḏḏḏi ḏi eqm 24-<60 gvm (2-5 eḏi), Ges MfḏḏZx Ges cḏḏḏZ gḏj v |
- eivl̄ KZ Lvḏḏḏ cḏḏi chḏḏZv |
- tḏḏḏ ḏḏḏi i AmȳZv Ges gZi nvi i
- ḏḏḏi t̄K Lvl qrtbvi Af̄vm Ges t̄Kḏḏj (Kvc, ḏḏḏi i Lvl qrtbvi t̄Kḏḏj mn Lv̄ f̄vm / tevZj : ḏḏḏi t̄K evḏḏZ L̄evi Lvl qrtbvi Rb̄ DrmḏvN Kivi t̄Kḏḏj mḏḏ (W̄lv msMḏḏi Rb̄ m̄vK m̄PK l̄ t̄Kḏḏj w̄w̄i Z 28,29 Ges 30 t̄ qv Avḏḏ) |
- msKU Kvj xY mgḏḏi cḏēLvl qrtbvi Af̄vm (w̄w̄ḏḏ gub W̄lv Drm t̄tK Ges t̄Kvb mvgcḏḏZK cwi eZḏḏ)
- chḏḏḏḏ, Avḏḏ vPbv Ges cwi exḏḏḏi (gubUḏi) BMS Kvc, Lvl qrtbvi tevZj Ges tevZj i evU mnRj f̄Zv, ēēvcbv Ges ēenvi | (D̄vni b ḏḏḏc 24b t̄Z GKḏḏ cwi exḏḏḏi di g t̄ qv Avḏḏ)

4.3.3 t̄cḏḏḏḏ f̄vel t̄Z w̄t̄kl̄ḏḏi Rb̄ ti KWḏḏvL̄tZ nḏe | tḏḏḏ ḏḏḏi ḏi t̄cḏḏḏḏ Rvbḏḏḏ Ges D̄bz̄ Ki tZ mḏvḏḏ Kivi Rb̄ ēenvi w̄w̄a, AwfÁZv w̄w̄bḏḏḏ Ges Ab̄vb̄ ms̄v l̄ t̄bU l̄ qrt̄K̄Rvbḏḏḏ ev RvbḏḏZ nḏe | (thMḏḏḏḏḏ Rb̄ t̄mKkb 7.0 t̄ Lḏb) |

tḏḏḏ ḏḏḏi ḏi L̄evḏḏi msiḏḏḏ, cḏḏi l̄ mg_ḏḏ mḏvšZ eḏḏḏ Kvhḏḏḏḏ mḏḏḏ hḏḏ Kiv |

5 tgšij K Kvħeḡ

5.1 tgšij K Kvħeḡ

5.1.1 mvavi b RbMṭbi cḡoi cḡqvRbxq Pwñ`v vbwōZ Kti, evoš-wkiṭ`i Dchḡ evowZ Lvevi wnmṭe Lv` mvgMṭi cḡekwaKvi vbwōZ Kiv`| thLvṭb cḡoi Pwñ`v cjb nqbn ṭmLvṭb Dchḡ, mṭWK cwi gvb Ges ḡbMZ gvbṃúwē ṭi kṭbi Rb` cḡvi PḡvṭZ nṭe | Ggb cwi w`wZṭZ thLvṭb mṃúj K Lvevi ḡṭ_ó wKš`mvavi b RbMṭbi Rb` chḡḡ bq, ṭmLvṭb Mf@Zx I cḡḡZṭK vbw`@`j wēṭePbvq AvṭṭZ nṭe |

5.1.2 ṭhLvṭb cḡomḡx Lvṭ`i Afive Ges hZḡḡb chš-ḡṭ_ó bn nq ZZḡḡb Mf@Zx, cḡḡZ ḡḡḡvṭ`i Ges wkiṭ`i (6-59) ḡṃ eū AbLv` wḡkṭZ Lvevi ṭ`qv DṭPZ¹. ḡṃṭv ṭṃvK, ḡṭṭj wḡqv cḡKvc ḡj vKṭZ wkiṭ`i vbcḡḡZ Avḡib Ges ḡḡj K ḡṃw ḡḡ Lvevi ṭ`l qvi ṭKvb ḡṃwḡ k ṭbB | wkiṭ`i Rb` evoxṭZ `Zix evowZ Lveṭi vbi v` fṭe Avḡib ḡḡx Kib Kiv ḡḡ ṭḡb: cḡDwḡi, ḡov Kiv ewo, Pḡḡḡ Zḡj Lv`, Zṭe chḡḡ Mṭel bv Ges AvfÁZvi Afṭeṭi Kvi ṭb Bṃv AvbwōZ | eZḡvb wṭ` wKv Abḡḡḡḡ ḡṭṭj wḡqv Ges iṭmí Zvi wḡḡKṃvi Rb` ḡṃwḡ k Kiv nṭṭṭQṃ |

5.1.3 6 ḡṃṭi Dcṭi wkiṭ`i Ges evoš-wkiṭ`i ḡṭ`i eqm (12- <24) ḡṃ Ri`ix Ae`vq wṭḡḡ³ evowZ Lvevi ṭ`qv ṭṭṭZ cvṭi:

- eiví KZ tgšij K Lv` mvgMṭi mṃN Z Kg`vḡḡ Ges memḡḡ cvl qv ḡḡḡ Ggb ṭ`vbxq Lv` ḡḡ KṭZ nṭe |
- AbLvṭ`i wḡkb ṭḡb: fḡḡḡ mḡvi wḡkb, Mḡ mḡvi wḡkb (mvavi b ṭi kṭbi Ask wēṭkl, A_ev mēvi Rb` mṃúj K Lv`) |
- mṃúj K Lvṭ`i ṭcḡMṭḡ ḡṭ_ó AvZwi³ cḡo ḡḡx Lv` ṭ`l qv |

5.1.4 mKj cwi w`wZṭZB, ṭQvU wkiṭ`i wēZibKZ Lvṭ`i cḡḡḡṭbi Dci wēṭkl ḡṭṭṭḡM w`Z nṭe, ṭh mKj wkiṭ`i eiví KZ Lvṭ`i ḡṃṭḡ cḡoi Pwñ`v cjb nq bv. mṃṭe` AbLvṭ`i AfiveRḡbZ Ae`vi ṭḡṭṭ ṭm mKj wkiṭ`i Rb` cḡomḡx Lv`, ḡḡḡ A_ev Amḡx Lvevi cḡ` Kiv DṭPZ |

5.1.5 ṭhLvṭb RbMb ṭvbKZ Lvṭ`i Dci wḡfḡkḡ ṭmLvṭb wkiṭ`i Rb` ṭi kṭbi Lvṭ`i mṭ_ AbLv` ḡḡx Lvevi Ašḡ³ Kiv DṭPZ. Acḡoi e`e`vcbvq cḡZKZ ṭ`i wēDṭḡK Lv` Ready to Use Therapeutic Foods (RUTF) Lv` evowZ Lvevi wṭṭṭe wkiṭ`i Rb` Abḡḡḡ³ | (mšAv ṭ`Lḡ)

- 5.1.6 Ri“ix Ae“iq embwR“K wki Lv“ weZitbi AvtM (msAv t Lp), GKB cypogvb mgx“ vbxq Lv““i gqj“i mvt_ Zj bv Kiv Ges SmKcYqMZvbMhZK evowZ Lvevfi i PPFwetePbvq Avbv DnPZ | Ri“ix Ae“iq uboq Abhvqx Zj bvgj Kfite `vqx embwR“K wki Lv“ Tvb wmvte t`qv DnPZ bq |
- 5.1.7 2 eQtii bxtPi wki t` i Rbwguz wfvEK tkbweb`vtmi gva`tg ubeUb wbowZ Kti eqm Abhvqx wbow o Mtct fvm Kiv: 0-<6 gym, 6-<12 gym, 12-<24 gym Ges wki i eqm 24-<60 gym / 2-5 eQi), Dckvi t`fvm t` i msLv mbv³ Kiv |
- 5.1.8 Rthfi 2 msvtni gta“ beRvZtKi wbeWUKib | `y` vbKvix gvtqt` i Rb“ Lvbvi AwZwi³ eivl KZ ti kb mgqgZ cvl qv wbowZ Kiv Ges cOqvRtb efiKi `pa Lvl qvtbvi e`vcti gvtK Avi l mnvqZv t`qv (wefkl Kti cOqvRtb kpgv t` efiKi `pa Lvl qvtbvi t`qt t`)
- 5.1.9 ki Yv_PGes `vbswi Z RbMtbi t`qt t`, hv t`vKvj xb mgtg Ges Mn`vj xtZ wekt`gi RvqMv wbowZ Kiv, thLv b efiKi `pa Lvl qvtbvi Rb“ KyoMZfvte Dchp, wRb RvqMv `vKte | AvMŠKt` i evQvB Kti mbv³ Kiv Ges th t`Kvb gv A_ev wki hv t` i gvivZK Lvl qvtbvi mgn`v AvtQ Zv t` i Zrv`wK mnvth`i Rb“ ti dvi Kiv gvtqi mt`/2 gvtqi mnvqZv fiv fite cOZwZ Kiv | hv` Gj vKvq ht`vctvhp nq | hZekvi xt` i Rb“ cwb, cq:wb`vkb e`e`v, Lv“ Ges cOqvRbxq wRubmc t` mnRj f` Kiv |

5.2 Kwi Mwi Kvhqg

- 5.2.1 Ri“ix Ae“vi ci hZ ZvovZvwo mae wki Ges evoš-wki t` i Lv t`“i msi`Y Ges mnvqZvi Rb“ `v`Kgp/ cypKgx` KvgDwbuw Kgx` i cOq`b t` qv | Avb l `qZv w`tg gv / hZekvi xt` i efiKi `pa Lvl qvtbv Pwj tq hv l qv, PPF evovbv A_ev wj `vktUktbi gva`tg gvtqi `pa Lvl qvtbv cp:cOZv Kiv | cOqvRtb efiKi `pai mnvtgUvi (2, 18, 24b) e`envi Kiv thtZ cvti hv` KyoMZfvte Ges hv` cwi `vi cwi`Obzv wbowZ Kivi e`e`v `vK | (tmKkb 6.2 t` Lp) | hv` cOZ gvtqi Oviv efiKi `pa Lvl qvtbv Amae nq Zte ht`vchp weK l Levi cO` Kiv thgb: `pa gv, wge`e`vsk t` t`K efiKi `pa msMh Kiv, e`vU Ovov wki Lv“, `vbxqfvte μqKZ embwR“K wki Lv“, evortZ cwi ewZ cOxi `pa (2, 24b) |
- 5.2.2 mKj `v`Kgpri gta“ mgwšZ efiKi `pa Lvl qvtbv GestQvU wki t` i Lvevfi i cOq`b Ges mnvqZv cOvb mgwšZ Kib thgb: cO`bb `v`tmevi n minZ Mfve`vq tmev l c`neceZ`tmev, cwi evi cwi Kí bv, `vB Ges gvZZKvj xb tmev Rb“ mdj fvte efiKi `pa Lvl qvtbvi Rb“ (10w wki evÜe

c`†¶c) Ri`ix Ae`vq gvZZKvj xb tmevi GKUJ Ask nI qv DvPr (2)), uJKv, tM0_gmbUwi s, Ges Dbqtb, wbi vqg tmev, evQvBKZ Lvevi Kgmpx (m`uj K Ges t_iwcdUUK) Ges RbtMwó i `†`tmev mKj †¶†† e†Ki `¸a Lvl qrtbv Ges tQvU wki i Lvevi m`utK`mgšq Ašfš Kiv | mKj `vbq G†RÝx†K Ašfš Kiv thtZ cv†i GB mKj KvR Kivi Rb`|

5.2.3 e†Ki `¸a Ges wki† i Lvl qrtbvi e`vc†i Gj vKv†Z gvtq† i Ges hZæ Kvix† i e`w³MZ mnvqZv† qv | Gj vKv†Z hv` Kw†g wki Lv†`i mnvqZv† qv nq Zv thb e†Ki `¸ai mnvqZv† Z wfbnq tm e`vc†i wvDZ nI qv | bZb `wqZcB cwi PhKvix† i cDZ w†kl g†b†hvM w†Z nte Ges wj`vK†Uk†bi mgq th mKj gunj viv e†Ki `¸a Ges Kw†g Lvevi Dfqb Lvl qvq tmB me gunj v† i `¸a `Zixi Rb` w†kl e`v Kiv Ges Zv Z`vi wK Kiv |

5.2.4 GuZg Ges wbtm½ wki† i Rb` `Z c†ó Ges hZæm`uMkZ tmev cDvb Kiv `i Kvi |

5.2.5 dW tcdMvtgi gra`tg cDß wki i Acwi wPZ evowZ Lvev†i i w†tq cDqvRbxq Z` I mnvqZv† qv Ges mKj Lvevi thb `†`m`šZfvte c`¸z nq tm e`vc†i wvDZ Kiv | hZæKvix† i evoš-wki† i Lvl qrtbvi e`vc†i mnvqZv cDvb Kiv |

5.2.6 KbW†gi gra`tg cD_wgKfvte GBP AvB w† cDZ†iva Kivi Rb` ,i Z†` qv |

5.2.7 †hLv†b gvtqi GBP AvB w†i Ae`v ARvbn A_ev tbtMwUf, AbKj tQvU wki i Lvev†i i (optimal IYCF) mcvwi kgjv Abhvqx gv Zvi wki†K e†Ki `¸a Lvl qrtbvi e`vc†i mnvqZv Kiv DvPZ | (msAv†`Lp)°

5.2.8 GBP AvB w† c†RwUf gunj v† i wki i Lv†`i e`vc†i Zv†K wvš`tbl qvi †¶†† Z` w†tq mnvqZv Kiv DvPZ | Ri`ix Ae`vq tekxi fvM gunj viv hviv Zv† i wki† i cwi evZL Lvevi Lvl qrtbv A_ev mg†qi Av†MB e†Ki `¸a Lvl qrtbv t`†K wei Z tbq, (msAv†`Lp) Zv† i Rb` GuU Mbt†hvM, ev`-em`Z, e`qvvi enb†hvM wUwKqv_vKv I wbi vc`_vKvi (Acceptable Feasible, Affordable, Sustainable, and Safe (AFASS)) m†hvM_vK†Z cv†i | e†Ki `¸ai gra`tg GBP AvB w† mspvg†bi S†K i†tq BMS e`env†i i dtj Ac†ó I mspvg†bi S†K eü_b teto hvq | ZvB, Ri`ix Ae`vq wki† i tetP_vKvi met†tq eo m†qvM nj ,hZ ZvovZwio m`e R†b† 1 NvUvi g†a` gvtqi `¸a Lvl qrtbv i i` Kiv, c†% gvm chŠ-i agv† e†Ki `¸a Lvl qrtbv, Ges 2 eQi chŠ-e†Ki `¸a Lvl qrtbv Pwj†q hvI qv | gunj v† i cwi cwK† Ae`vi w†v†Z ZUv wetePbvq Av†Z nte thgb: `†`tmev thb

h_t_0 nq, KvDfYij s Ges wK ai tbi mnvqZv tctZ cvti tm _wj eo wetePbvi
 welq | wqk^Llevi, thgb: efiKi `pa | BMS metPtq Lvivc wetePbv i agvT
 efiKi `pa Lvl qvfbvi tPtq Guv tekx msugtbi SxK enb Kti | mKj
 Ae^vq, Avgv^i i we`gvb Mtelbv Ges AvfAZvi i b^Zvi Kvi tb DbEi
 Dct^tki Rb^mskó vmbqi / etqvRô KgRZ^ i mnvZ Avtj vPbv Kiv |
 (t`Lp 6,7,13,14 Ges 25 | tekxi fVM Avc- Uz^WU `eÁvbk Cgvb, ti dvi :
 http: // www.who.int/child-adolescenthealth/NUTRITION/
 HIV_infant.htm)

6 th tKvb ai tbi Kwlg Lv^i SxK Kwgtq Avbv

AvSRwZK AvBb I weli `v^ m^sj tbi (4) (WHA Resolution - 4) Gi
 vnv^S-Abni Y Kwv qv Ri^ix Ae^vq UvMOKZ BMS, `pRvZ Llevi, tevZj
 Ges tevZtj i evU Gi e`envi Kwv Mix Dct^k Gi gva^tg KtVvi fite wqšp
 Kiv DvPZ | tmKkb 6.1 BMS Lv^i i Tvb cvi Pvj bv Ges th me GtRYxi GB
 me Lv^i Ab^t i tK mi eivn Kti Zv^i i `wqZj m^utK^Avtj vPbv Kiv ntqtQ |
 tmKkb 6.2-6.4 gvftqi `jai wKí Lv^i i mi eivn wK fite wqšp (mKZ
 Lv^i) Kitz nq Zvi GKwv msv^B ifc ti Lv^i qv AvtQ |

6.1 BMS Lv^i i Tvb Ges mi eivn cvi Pvj bv Kiv

6.1.1 Ri^ix Ae^vq Tvb wntmte BMS cgvRbxq b^n Ges Bnv wki i RxbtK
 SxKcb^Ae^vq tdj tZ cvti | GB Z_ m^e mKj `vZv^i (mi Kvi x I
 wqjv Uvi x) Ges wqWqvZ t^qv DvPZ, wtkl Kti Ri^ix wfwE^tZ mrov t^l qvi
 cte^Ges Ri^ix Ae^vq c^vz Mhb Dfq Ae^vzB |

6.1.2 cgv^z A_ev Acgv^z BMS `vb Mhb eRb Kiv DvPZ | Gi cvi etZ^
 A_`s `vb Kiv DvPZ | wvfbwkv^tgi Gi Rb^ hrvn Kwlg Lv^i vfm^k
 mnvqZv Kti Ges gvftqi `jai wKí Lv^i i mK Ges mi eivni mnvZ Ab^v^
 cgvRbxq welq hrvn Kwlg Lv^i tK mnvqZv Kti thgb: Rvj vbx, ivbvi mi Avg,
 wbi v^` cvwb Ges cq:wb^vmb, Kgx^c^k^B Ges `q Kgx^Zix |

6.1.3 Ri^ix Gj vKvq tKvb ai tbi Tvb thgb BMS, `pRvZ Llevi, tevZj Ges
 tevZtj i evU cZtiva Kiv m^e bq tm _tj v wbtqvMcb^S GtRYxi gva^tg
 Ri^ix Gj vKvq wtkl Zt Tvb weZi tbi c^ek ^vi ntZ mgw^Z `tj i gva^tg
 msMh Kiv DvPZ | wbtqvMcb^S cvj ms^v A_ev BDbtmd mnvZ mi Kvi KvRi
 _vKtj Zvi gva^tg GB mKj `e` Rgv ivLte Ges GB mKj `te`i Pig wvbk
 A_ev Zv^i i wbi v^` e`envi Kivi Rb^ cvi Kí bv MhY Kite |

6.1.4 GK GtRÝx Ab` GtRÝx / cÖZövbtk K tk i`aygvÎ ZLub BMS (msÁv t` Lp) mi eivn Ki tZ cvi ti hui` Dfqb Ri`ix Ae`vq mrov t` qvi Rb` t` t` I cyó wbtq KivR Kti Ges Acvti kbvj wbt` Kiv I AvSRÖZK AvBb kZ`Abjvqx Kti KivR Kti (6.2-6.4) | mi eivnKZ GtRÝx Ges ev`evqKvi x GtRÝx / cÖZövb mgñi` wqZjnt`Q Acvti kbvj wbt` Kiv I AvSRÖZK AvBtbi kZ` mgñ wvÖZ Kiv Ges Bnv Kvhpjg Pj vKwj b mgq chS`Ae`vnZ i vL tZ nte |

6.2 Lv` weZib I e`veni Gi kZ`mgñ vcb Ges ev`ewqZ Kiv

6.2.1 Bbd`wU dgj P`i aygvÎ tmB mKj wki`tk t` qv DwPZ hv` i ctqvRb Ges GB ctqvRb wbañb Ki te thwM` t` t` I cyó Kgx`hiv v wKbv etKi` t`ai Dci Ges wki` Lv` w`el t`q cÖk`ñb cÖB | hvPvB Kivi gra`tg` t` g v I Mj vtbv` t` cvl qvi Dciq LjR tei Kiv |

6.2.2 t` mgq I` xN`mgq Bbd`wU dgj v e`envti i` eukó mgñ: gvtqi Abcv`wZ, gZ gv, LpB Amy` gv, wj` vKt`UuS gvtqi wki`tk cpi vq etKi` t`ja Af`vm bv nl qv chS`Ges GBP AvBwf ct`RuUF gv hviv etKi` t`ja Lvl qvtZ cÖ` Kti bv thLvfb AFASS criteria wgtj (t` Lp 5.2.8) th mKj wki` gvtqi Öviv cwi Z`³ th gv wki`tk Ri`ix Ae`vq AvtM t` t`k Avj Mv` t`ja Lvl qvi aw` t` gv hviv wki`tk etKi` t`ja Lvl qvtZ B`QK bñn (24a Ges 24b) j`ñ i vL tZ nte th, Bbd`wU dgj P`cÖ` Kivi t`ñ t` t`Kvb ai tbi stigma vKv DwPZ bq |

6.2.3 e`w³MZ hZKvix Öviv Bbd`wU dgj v e`envti i` t`ñ t` Gi wbi vc` cÖ`Z P` cÖvj xi wK`ñ v e`envi K cÖk`ñb, I cÖ kB (GtKK Kti / Rtb Rtb) Gi mvt` m`ú³ vKtZ nte | t`ñ t` Kgx`hiv ewo Ges weZib kZ` v b mgñ dtj vAvc Kiv DwPZ | weZitbi mgq w b qwZ wki` I Rb ch`ñ tbi gra`tg` dtj vAvc (cÖZ gvtm 2 et`i i Kg bq) Kiv DwPZ |

6.2.4 hLb Bbd`wU dgj P`wbt` Rbv nq, UNICEF A`ev gtbvbxZ cyó mgšqKvi x GtRÝx Ab`vb` GtRÝx mgñtk cÖk`ñy I mnvqZv t` qv DwPZ nte hv tZ Zvi v eZgb cwi w`wZ tZ Kgx` gvtK Bbt`wU dgj P` wbi vc` cÖ`Z cÖvj x I Gi e`envti i` cÖk`ñb w` tZ cvi ti |

6.2.5 Lvbv wñ`EK t`cÖMg ev`evq tbi c`e`BMS wbi vc` cÖ`Z cÖvj x, Rjv vbx, cwi b, mi Ávg I Gi e`envi w`el q` t`j v` i` ZmnKv ti wetePbv Kiv DwPZ | th mKj` t` t` GB wRwbm` t`j v cvl qv hv te bv Ges thLvfb Bbd`wU dgj P` Gi wbi vc` cÖ`Z cÖvj x I e`envi wvÖZ Kiv m`e` bv tm me` t` t` t`ja wgvktbv Ges Lvl qvtbv wki` Lv` t` i` cPj b` i` i` Kiv DwPZ (referred to as 'wet feeding') | thLvfb Kwñg Lv` t` i` m`eav AvtQ etj gtb nq tmLvfb

Ae^{-v} ubifcb Kiv c^tqvRb hvi gva^tg ubw^oZ nI qv hvq th GB Ae^{-v} c^oqvRb Abhvqx envj _vKte|

6.3 msM^oni Dci ubq^sY

6.3.1 ^{-v}Zv G^tR^Yx mgⁿ BMS I ^{-p}RvZ Lv^t i mi ei vⁿ GB ^{el} q^U ubw^oZ Kiv D^UPZ th, ev⁻ eqbKvix G^tR^Yx mgⁿ Acv^ti kb ^ub^t ^oK^{vi} kZ^o b^uWZgvj v mgⁿ Abjⁿⁱ Y Kⁱ K^vR Kⁱ | GB ^tq^t Avb^{yn}w^zK Ab^vb^o c^oqvRb ^ugU^{ve}i Rb⁻ nq^tZ^{ve}n Li ^tPi ^{el} q^Uv ^uetePbvq ivL^tZ n^{te} | (D⁻vni b mi^{fc} 6.1.2 I 6.3.3) th mKj ^uki⁻ e^tKi ^{-p} Lvq bv Z^v i m^uvqZv c^o v^b th tKvb Kvh^uq^t e^tKi ^{-p} LvL q^utbv ^uki⁻ i i^qv Kivi Rb GK^U ^{el} q^U ivLv D^UPZ | e^tKi ^{-p} LvL q^utbv g^vtq^t i m^uvqZv c^o v^bi j ^tq^U Ri⁻ix Kvh^uq^t A^{-o} ms⁻v^bi ^tq^U mg^uetePbv Kiv D^UPZ D³ Kvh^uq^t thb i aygvⁱ ⁻te⁻i Dci ^ub^fP^kj bv ntq m^ub^ov^oB ⁻q^UZv m^ub^ov^oq |

6.3.2 BMS ^uq Kivi mgq Gi c^oKvi I D^rmi ^ueteP⁻ ^{el} q mgⁿ:

- ⁻v^bq f^vte th mKj Bbd⁻v^U dg^ov (e⁻emv c^oZ^ov^bi ^uP^Y e⁻Z^z) ^uKb^tZ cvl qv hvq ^tm⁻ ^tj v c^og e⁻env^ti i Rb⁻ m^uc^ui k ^t qv D^UPZ | ev^ox^tZ c^ui ei^z c^ob^xi ^{-p} (Mi⁻, g^unI I Q^uMj) 6 g^vt^ui Kg eqm^q ^uki⁻ i Rb⁻ ⁻f mgq I tkl Ae^j ^ub ^unt^ute e⁻envi Kiv D^UPZ |
- Bbd⁻v^U dg^ovi Drc⁻ b I tgv^oKRvZ tKv^W. G^uj g⁻v^Uvi q^um Gi g^vb Abhvqx nI qv D^UPZ Ges t^gq⁻ Kvj mieivn M^ot^bi ci ^t ^tK 6 g^vm ch^o-⁻v^{Kv} D^UPZ |
- Bbd⁻v^U dg^ov c^oKvi ^tf⁻ ^uki⁻ i eqm Abhvqx h⁻v^h nI qv D^UPZ | ^uetkl Kⁱ dg^o ^tUW ^{-p} A^tbK mgq 0^dt^j v Av^o I 0^dt^j v Ab^o b^vt^g cvl qv hv Ac^oqvRb^q | 0^{em}x^oKvi K ^{-p} 0 G⁻ ^tj v g^vt^S g^vt^S ev^rv^ti 12 g^vt^ui t^{ek}x eq^tuⁱ ^uki⁻ i Rb⁻ ev^ri RvZ Kiv nq ^th^Uv Ac^tqvRb^q |

Ki bv⁻x^o Avk^tq UNHCR Gi c^uj ^um s Ges GB Acv^ti kb ^ub^t ^oK^{vi} Abhvqx GK^u I UNHCR Gi c^uv^b Kvh^uq Gi K^ui M^{ix} BD^ub^U Gi gva^tg c^ob^uetePZ I Ges Ab^tg^u Z nI qvi ci Bbd⁻v^U dg^ov ^ueZiY Ki^tZ c^ui^{te} | BD^ub^umd tKvb Bbd⁻v^U dg^ov mieivn Ki^tZ c^ui^{te} bv |

6.3.3 Av^sRv^zK ^tKvW (21) Abhvqx c^ob Bbd⁻v^U dg^ovi ^tj^{te}t^j c^oqvRb^q ^{el} q mgⁿ m^uWk (ev^sj v) f^vl vq g^u ⁻Z ⁻v^{Kv} D^UPZ | c^tqvRb^q ^{el} q ⁻ ^tj v n^tj v: Bbd⁻v^U dg^o ^uU^tZ g^vt^qi ^{-p} me^fk^o ^uj Lv⁻v^{Kte}, ⁻e⁻U^tZ ⁻f⁻ K^gv^o c^uvgk^o Abhvqx e⁻envi Kivi ^ub^t Rbv^g ⁻v^{Kte} | ⁻e⁻U^U e⁻env^ti ⁻te⁻i Rb⁻ S^uk^cb^oB^uni mZK^uR^ub evZ^o ⁻v^{Kte} | ^tKvb ai^tbⁱ ^uki⁻ i Q^ue A⁻ev Ab⁻ tKvb

Qwe hvrv Bbd"vU dgPvtK avi Yv t` q | weZi#bi c#ePmqKZ `e"vWtZ
 cUqvr#b cbivq tj teij s Kiv ntZ cvti #hLv#b cb"Wi gj` I mg#qj
 (tgqv`Kvj) vel qW D#j L _vK#e | (D`vni b `#fc tR#bvi K tj te#j cvl qv
 hv#e 24a Ges <http://www.enonline.net>)

6.3.4 `e" Ggbf#e #q ev msM# Kiv D#PZ hv#Z Bbd"vU dgPv mi ei vn memgq
 ch#B Ges hZv`b wki#t` i Rb` cUqvRb nq, gvtqt` i cbivq e#Ki `#p`Zix
 `i" bv nq Ges Kgct` 6 gym eqm chS-wki#i Lvvti i Rb` Ges dgPv
 A_ev Ab` tKvb Drm t`_#K cU#B `#p Ges A_ev cU#xi Drm t`_#K cU#B `#p
 evowZ Lvvti i mgq chS-(6-24 gym eqm)# _vK#e |

6.3.5 tevZj Ges tevZtj i evU e"envi i Ri"ix cvi w"vZtZ m#p#qv#e A#ym#vnZ
 Kiv D#PZ Kvi b G mgq GB me wR#bm cvi `vi Kiv KivB Ges `w# Z nl qvi
 m#v#bv _v#K hv L#B S#KcY# GB t`#t` Kvc (bj Qrov) Gi e"envi
 m#p#qv#e c#vi Kiv D#PZ | te#-w#v#s m#vct#g#vi Ges te#b cv#ú Gi
 e"envi mg#U ZLbB we#ePbv Kiv D#PZ, #hLv#b G_#j vi m#vK #v#e cvi `vi
 Kiv m#e |

6.3.6 t_ivcD#Uk `#p-h_ch# - BMS bq | Bnv #K#j g#v g#vZK Ac#pi
 e"e"vcbvi t`#t` e"envi Kiv #t#Z cvti eZ#vb Av#R#vZK w#t`#K#v (9)
 Ab#v#x |

6.4 e"vcbv I weZi#bi w#q#y

6.4.1 BMS e"envi Gi kZ#g# hLb cb#nq (6.2 t` L#) ZLb `v" I c#ú vel t#
 Kg#Z G#R#xi Ask#`vi wnt#e Ri"ix Ae"vq m#vov (msAv t` L#) t` I qvi
 Rb` Bbd"vU dgPv wKb#Z cvti A_ev `v" e"e"vcbvi ugva#t# weZiY Kiv
 #t#Z cvti | hvB tr#vK Bbd"vU dgPv weZiY m#e"b#k#j Zvi m#vZ Kiv D#PZ
 Ges m#v#v b Lv#`i GK#W Ask wnt#e bq Ges #b m#vK Lv#`i Af#vm
 bó cU#t#i va Kivi Rb` |

6.4.2 BMS tevZj Ges tevZtj i evU KLbB m#v#v b A_ev Ab` tKvb `#pRvZ
 Lvvi A#v# `# weZi#yi Ask nl qv D#PZ bq | i K#bv `#pRvZ Lvvi `i ag#v
 ZLbB weZiY Kiv D#PZ hLb Bnv c#eB K#j /N#v#xZ f#vM#v#v c#v#v Lvvti i
 m#vZ w#g#Z _v#K Ges Bnv KLbB GK#W g#v `e" (5) wnt#e weZiY Kiv
 D#PZ bq | i K#bv #t#v `#p 1#U `e" wnt#e weZiY Kiv D#PZ k#p#g#v
 t_ivcD#Uk `#p`Zix Rb` (w#vU#g#b I L#vR w#g#y e"e#Z nq Therapeutic
 CMv #Z) #hLv#b t_ivcD#Uk Lvvi (9) t` qv t` q n#e |

- 6.4.3 AvšRvZK bwiZgvj v Abjvqx bgbv wntmte BMS wntmte 1 wJ gvI `fai wJb t` l qv DvPZ bq hw` bv GB wJb j vMvZvi fvte mi ei vn wvWZ Ki tZ bv cvti | (t` Lp 6.3.4)
- 6.4.4 AvšRvZK tKw Abjvqx weZiY wntmte tKvb ai tbi BMS cPvi Kiv DvPZ bq GQovl `e` c0 k0, A_ev `p tKvuvbxi tj vMvMn Ab` tKvb Lvevi Ges BMS Lvevii mi ei vn, weptq Drmyn evovfbvi Rb` e`envi Kiv hvte bv |

7 thvMvthvMi cAvb wKvbn mgr

- 7.1 AvšRvZK tKw f½ Kivi wv l q wbgvj wLZ wKvbnq Rvbtbv thZ cvti : WHO HQ level, email: cah@who.intand nutrition@who.int International Code Documentation Centre (ICDC), email: ibfanpg@tm.net.my or Fundacion LACMAT in Argentina, email: fundacion@lacmat.org.ar or Italian Code Monitoring Coalition (ICMC) in Milan, email:icmc@ibfanitalia.ie. AvšRvZK tKw WKtgbUkb tKt`f Rb`, contact: ICDC in Malaysia, email: ibfanpg@tm.net.my
- 7.2 wki Lv`i th tKvb wv l q A_ev Ri`ix Ae`vq wki i Lv`i tKvb wv l q UNICEF Avd`m (t` tK A_ev AvAvij K) Rvbtbv DvPZ | UNICEF HQ level, email: pdpimas@unicef.org
- 7.3 UNHCR Gi cvj wv wv l q Ges ki bv_xwkweti Lv`i wv l qK tKvb tcvMg-Lv`i M0b, weZiY Ges `pRvZ Lv`i e`envi UNHCR (t` tK A_ev AvAvij K) Avd`m Rvbtbv DvPZ | UNHCR Head Quarters level, email: Technical Support Services at UNHCR: HQT501@unhcr.org
- 7.4 GB Acvti kb bt`wKv ev`evqtb th tKvb ai tbi gZvgZ A_ev gv v chf q Gi AvfÁZv Rvbtbv thZ cvti wbgvj wLZ wKvbnq: IFE Core Group c/o The Emergency Nutrition Network (ENN). Contact: ife@enonline.net

Notes

- a) i) Food and Nutrition Handbook. World Food Programme. 2000.
- ii) Handbook for Emergencies. United Nations High Commissioner for Refugees. 1999, second edition. Third edition due out (2006).
- iii) Technical Notes: Special Considerations for Programming in Unstable Situations. UNICEF Programme Division and Office of Emergency Programmes, January 2001.
- iv) Revised MSF Guidelines (forthcoming 2006).
- v) Management of Nutrition in Major Emergencies. WHO 2000.
- vi) IFRC Handbook for Delegates.
- vii) UNICEF Emergency Field Handbook. A Guide for UNICEF staff. July 2005.
- viii) UNICEF Core Commitments for Children in Emergencies. March 2005.
- b) Global Strategy for Infant and Young Child Feeding, UNICEF/WHO, WHO, 2003
- c) A/RES/44/25, Convention on the Rights of the Child. 61st plenary meeting, 20 November 1989. <http://www.un.org/documents/ga/res/44/a44r025.htm>
- d) <http://innocenti15.net/declaration.htm>. Welcomed by the WHO 59th World Health Assembly. 4 May 2006. A59/13. Provisional agenda item 11.8. WHA 59.21
- e) A recommended policy framework can be found in reference (2), section 7.
- f) ILCA: email: ilca@erols.com
- g) GIFA: email: info@gifa.org
- h) As a guide, in a developing country population with a high birth rate, the expected proportions are: infants 0-6 months: 1.35%; 6-<12 months: 1.25%; children 12-<24 months: 2.5%; children 0-< 60 months (5 years): 12.5%; pregnant and lactating women: 5-7% depending on the average duration of breastfeeding. N.B. These figures are approximations and will depend on birth rate and infant mortality rate. Source: Personal communication, ENN with Department of Child & Adolescent Health and Development/WHO. 2006
- i) Assessment of malnutrition in infants is problematic given the NCHS growth reference data available to date (April 2006); however a new WHO growth standard, based on data from breastfeeding populations, is now available. See <http://www.who.int/childgrowth/>. Assessment of diarrhoea in breastfed infants is problematic.
- j) Multi-indicator cluster surveys: www.childinfo.org/;
Demographic Health Surveys: www.macrint.com/dhs/;
UNICEF statistical data by country: www.unicef.org/status;
Health Information Network for Advanced Planning: www.hinap.org/;
WHO global database on malnutrition: www.who.int/nutgrowthdb/;
nutrition related data for Africa: www.africanutrition.net
- k) Food and nutrition needs in emergencies, UNHCR, UNICEF, WFP, WHO, 2003. <http://whqibdoc.who.int/hq/2004/a83743.pdf>
- l) Preventing and Controlling Micronutrient Deficiencies in people affected by the AsianTsunami. Joint Statement by WHO and UNICEF. WHO 2005. For further information, contact: Dr Bruno de Benoist. Nutrition for Health and Development (NHD), WHO e-mail: debenoistb@who.int <http://www.who.int/>
- m) Iron supplementation of young children in regions where malaria transmission is intense and infectious diseases highly prevalent. WHO Statement.
- n) Reproductive health care services should be initiated in the early stages of all emergencies. See Reproductive Health in Refugee Situations: an InterAgency Field Manual, UNHCR 1999.
- o) WHA resolution 57.14 (2004):

Point 2. URGES Member States, as a matter of priority:

(3) to pursue policies and practices that promote:

(i) promotion of breastfeeding in the light of the United Nations Framework for Priority Action on HIV and Infant Feeding and the new WHO/UNICEF Guidelines for Policy-Makers and Health-Care Managers.

- p** Technical WHO guidelines for the safe preparation of powdered infant formula will be available soon at <http://www.who.int/foodsafety/en/>.
- q** Home-modified animal milk for replacement feeding: Is it feasible and safe? Discussion Paper Prepared for HIV and Infant Feeding Technical Consultation, 25-October 2006.
- r** WHA Res. 39.28 (1986).
- s** Policy of the UNHCR on the acceptance, distribution and use of milk products in refugee settings (2006). Available in English and French online at <http://www.enonline.net>. Contact: ABDALLAF@unhcr.org or HQTS01@unhcr.org
- t** For guidance on when infant formula may be used for 6-12 months age-group, see Feeding the non-breastfed child 6-24 months age, p14 (11)
- u** Distribution of donated BMS in any part of the healthcare system is a violation of the International Code (WHA Resolution 47.5 (1994)).
- v** WHO HIV and Infant Feeding Technical Consultation Consensus Statement. Held on behalf of the Inter-agency Task Team (IATT) on Prevention of HIV Infections in Pregnant Women, Mothers and their Infants. Geneva, October 25-27, 2006

8 ति द्वािँ

8.1 cwiँ wñ GÜ MvBWj vBb

(1) Guiding principles for feeding infants and young children during emergencies. Geneva, World Health Organisation, 2004. Full text in English: <http://whqlibdoc.who.int/hq/2004/9241546069.pdf>

(2) Infant Feeding in Emergencies: Policy, Strategy and Practice. Report of the Ad Hoc Group on Infant Feeding in Emergencies, 1999. <http://www.enonline.net>

(3) The International Code of Marketing of Breast-milk Substitutes. WHO, 1981. Full Code and relevant WHA resolutions are at: <http://www.ibfan.org/English/resource/who/fullcode.html>
http://www.who.int/nut/documents/code_english.PDF

(4) The SPHERE Project: Humanitarian Charter and Minimum Standards in Disaster Response. 2004.
<http://www.sphereproject.org/handbook>
The SPHERE Project, P.O. Box 372, 1211 Geneva 19, Switzerland

(5) Policy of the on the acceptance, distribution and use of milk products in refugee settings (2006). Available in English and French.

Download from <http://www.unhcr.org> or
<http://www.enonline.net> Contact: ABDALLAF@unhcr.org or
HQTS01@unhcr.org

(6) WHO HIV and Infant Feeding Technical Consultation Consensus Statement. Held on behalf of the Inter-agency Task Team (IATT) on Prevention of HIV Infections in Pregnant Women, Mothers and their Infants. Geneva, October 25-27, 2006. Available at:
http://www.who.int/child-adolescenthealth/publications/NUTRITION/consensus_statement.htm

(7) Technical WHO guidelines for the safe preparation of powdered infant formula will be available soon at
<http://www.who.int/foodsafety/en/>.

8.2 GW†fv†Kmx

(8) Infant feeding in emergencies. Do you know that your generous donations of breastmilk substitutes could do more harm than good? IBFAN-Gifa, Wemos, June 2001, 2nd edition.

8.3 U`vKwb†Kj Bbdi†gkb

(9) Management of severe malnutrition: a manual for physicians and other senior health workers. Geneva, World Health Organisation, 1999. Full text in English: http://www.who.int/nut/documents/manage_severe_malnutrition_eng.pdf

(10) Guiding Principles for Complementary Feeding of the Breastfed Child. PAHO/WHO, Division of Health Promotion and Protection/ Food and Nutrition Program, Washington, DC, USA, 2003. Full text in English: http://www.who.int/child-adolescent-health/New_Publications/NUTRITION/guiding_principles.pdf

(11) Feeding the non-breastfed child 6-24 months age. WHO/FCH/CAH/04.13,
Full text in English: http://www.who.int/child-adolescent-health/New_Publications/NUTRITION/WHO_FCH_CAH_04.13.pdf

(12) Nutrition Feeding in Exceptionally Difficult Circumstances Full text in English: http://www.who.int/child-adolescent-health/NUTRITION/difficult_circumstances.htm

(13) HIV and infant feeding. Guidelines for decision makers. UNICEF, UNAIDS, WHO, UNFPA, 2003.
http://www.who.int/child-adolescent-health/publications/NUTRITION/ISBN_92_4_159122_6.htm

(14) HIV and infant feeding. A guide for health-care managers and

supervisors. UNICEF, UNAIDS, WHO, UNFPA, 2003.
<http://www.who.int/child-adolescent-health/publications/Nutrition>

(15) Feeding in Emergencies for Infants under Six Months: Practical Guidelines. K Carter, OXFAM Public Health Team, 1996. Available from: OXFAM, 274 Banbury Road, Oxford OX2 7DZ, England.

(16) Helping Mothers to Breastfeed in Emergencies. WHO European Office. www.who.dk/nutrition/infant.htm

(17) Helping Mothers to Breastfeed. F. Savage King, AMREF, 1992.

(18) Relactation: Review of Experiences and Recommendations for Practice. WHO, 1998. http://www.who.int/child-adolescent-health/New_Publications/NUTRITION/Relactation_EN.html

(19) Reproductive Health in Refugee Situations: an Interagency Field Manual. UNHCR, 1999.

(20) Resources from LINKAGES

Facts for Feeding:

- (i) Recommended Practices to Improve Infant Nutrition during the First Six Months (July 2004)
- (ii) Guidelines for Appropriate CF of Breastfed Children 6-24m (April 2004)
- (iii) BM: A Critical Source of Vit A for Infants and Young Children (October 2001)
- (iv) Birth, Initiation of Breastfeeding, and the First Seven Days after Birth (July 2003)

Frequently Asked Questions:

- (i) Breastfeeding and HIV/ AIDS (April 2004)
- (ii) Breastmilk and Maternal Nutrition (July 2004)
- (iii) Exclusive Breastfeeding: The Only Water Source Young Infants Need (June 2004)

Also: Mother-to-Mother Support for Breastfeeding (April 2004)
The Lactational Amenorrhea Method (September 2001).
Most of these documents are available in English, French, Spanish (sometimes Portuguese). Source: LINKAGES, Academy for Educational Development,
e-mail: linkages@aed.org <http://www.linkagesproject.org>

(21) Protecting Infant Health. A Health Workers' Guide to the International Code of Marketing of Breastfeeding Substitutes, 9th edition. IBFAN, 1999. Available from IBFAN-GIFA, P.O. Box 157, 1211 Geneva 19, Switzerland. e-mail: info@gifa.org

(22) Cup Feeding information. BFHI News, May/June 1999, UNICEF. e-mail: pubdoc@unicef.org

(23) Risks and Realities: FAQs on breastfeeding & HIV/AIDS. In: The Health Exchange, April 2001. Available from International Health Exchange, e-mail: info@ihe.org.uk

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(24a) Module 1 Infant Feeding in Emergencies for emergency relief staff, WHO, UNICEF, LINKAGES, IBFAN, ENN and additional contributors, November 2001.

<http://www.ennonline.net/ife/module1/index.html>

(24b) Module 2 for health and nutrition workers in emergency situations. Version 1.0. December 2004. ENN, IBFAN, Terre Des hommes, UNICEF, UNHCR, WHO, WFP.

<http://www.ennonline.net/ife/module2/index.html>

Both Modules I and II are available in print or on CD-ROM from the Emergency Nutrition Network (ENN), 32, Leopold Street, Oxford, OX4 1TW, UK. Tel: +44 (0)1865 324996, Fax: +44 (0)1865 324997 e-mail: ife@ennonline.net, download from <http://www.ennonline.net>

(25) HIV and infant feeding counselling job aids. Check online at http://www.who.int/child-adolescenthealth/publications/NUTRITION/HIV_IF_CT.htm

(26) See Breastfeeding Counselling at: A Training Course, materials online <http://www.who.int/child-adolescenthealth/publications/NUTRITION/BFC.htm>

(27) Infant and Young Child Feeding Counselling: An integrated course. Check online at <http://www.who.int/child-adolescenthealth/publications/NUTRITION>

8.5 **Gİmmgı vU, gıbuUı s GÜ Bfıj İqkb**

(28) Indicators for assessing breastfeeding practices.

WHO/CDD/SER/91.14, WHO, Geneva.

http://www.who.int/childadolescenthealth/New_Publications/NUTRITION/WHO_CDD_SER_91.14.pdf

(29) Indicators for assessing health facility practices that affect breastfeeding. WHO/CDR/93.1

http://whqlibdoc.who.int/hq/1993/UNICEF_SM_93.1.pdf

(30) Tool Kit for Monitoring and Evaluating Breastfeeding Practices and Programs. Wellstart International Expanded Promotion of Breastfeeding Program (EPB), September 1996.

e-mail: linkages@aed.org; website: www.linkagesproject.org or available at <http://www.ennonline.net>

gvṯqi `ḡai weKí Lv` : Breast Milk Substitute (BMS)

ḡh mKj Lvevi evRvi wecbb Kiv nq A_ev gvṯqi `ḡai cwí eḡZ^múv^eev
 AvsṯkK cḡZ^múv^eZ; Kṯi A_ev GB Dṯí ḡk`i Rb`I hṡ_vṡvhy³ bq|
 ḡbvU: e`ḡZ Lvevi *wKfíṡe evRvi RvZ A_ev Dc`vcb Kiv nq Zvi Dci wfiÉ*
*KṯiB gvṯqi `ḡai weKí Lv` *wbañi* Z nq| G₃ ḡjvi ḡṡa` Bb`vdU dgḡv*
*Ab`ib` *w* RvZ Lvevi, ṡ_ i mcdwUK *w* ḡes fevZj RvZ evowZ Lvevi evRvi RvZ*
*Kiv nq 2 eQi eqm chS`*w*kiṡ` i Rb` Ges 6 gym Kg eqm₃ *w*kiṡ` i Rb` evowZ*
Lvevi , ḡṡj i m, Pv evRvi RvZ Kiv nq |

embwR`K *w*kiṡ` Lv` :

*w*kiṡ` Kvi Lvbvq `Zix Ges *w*kiṡ` i evowZ Lvevi wntṡṡe evRvi RvZ Kiv nq thgb:
 e^vṡÚW Rvi (ṡKv^múv^exi *w*Pýmn) A_ev ḡvotK i Kṡbv, AaR³ , k³ Lvevi |

evowZ Lvevi :

(cṡe^ej v nṡZv *ÓDBúbsÓ* Ges metṡṡṡq h_vh_ nṡ`Q ÓmgggZ evowZ Lvevi Ó)
*w*kiṡ` iv eqm Abḡvqx hṡ_vṡvhy³ k³ A_ev AaR³ Lvevi evowZ Lvevi wntṡṡe
 MḡY Kṯi, gvṯqi `ḡai mṡ½ A_ev gvṯqi `ḡa weKí wntṡṡe |

i aygví gvṯqi `ḡa:

i aygví eḡKí *w* ḡes Gi mṡ_ Ab` ṡKvb Zij , k³ Lvevi GgbwK cwbl bv
 e^vWṡg nj KṡqK tdlvU JIa, wfuwgb *w*mi^vc A_ev wgbṡṡij weKí |

dṡj v Ab/ ḡṡj vAvc dgḡv:

GB mṡbw` *Ó* dgḡvKZ *w* RvZ Lvevi hvṡK Gfíṡe msÁvqZ nṡṡṡQ th, Ó6 gym
 eqṡmi *w*kiṡ` I evoS`*w*kiṡ` i Dṡí ḡk` evowZ Lveṡi i Zij Ask wntṡṡe ṡ`I qv
 nqÓ (Codex Alimentarius Standard 156-19871) | ṡQvU *w*kiṡ` i ḡṡj v Ab/
 ḡṡj vAvc dgḡvi ṡ`I qvi cḡqvRb ṡbB |

(See WHA Resolution 39.28 (1986) (Para 3 (2)) e`ḡZ, ḡṡj v Ab dgḡv ṡQvU
*w*kiṡ` i gym) Rb` *w*K fíṡe AvŠR^mZK AvBb Abḡvqx evRvi RvZ Ki b I
 Dc`vcb Kiv nq GB aiṡbi gvṯqi `ḡai weKí Lvṡ` ṡK tevSvq |

*ḡbvU: 6 gym eqṡmi ci *w*kiṡ` i Lveṡi i Rb` MḡYṡhM` *w*ḡai Drm mḡa:*
*wṡṡmwi Z (Mj vṡbv) eḡKí *w*ḡ, (gv hvi` GBP AvBwf cṡRwUf nq Zṡe Mig Kṡi*
*w`Z nṡe), cḡbxi cb³bx hṡ³ *w*ḡ (Mi`, QMj, gymI, ṡFov, DU), AwZ D`P*
*Zvcgví v`Zix *w*ḡ, ev³úvqZ *w*ḡ (i`Kṡbv *w*ḡ), *w* RvZ Lvevi (KbṡWY *w*ḡ*
*bṡn) Ges MṡRbKZ *w*ḡ A_ev *w*ḡa (ṡi dṡṡi Y (11) ṡ`Lṡ)*

ṡnj_ṡṡKqvi wmmṡUg:

mi Kvi x, temi Kvi x A_ev cḡṡṡFU cḡZ³vb A_ev msMvB cḡZ`ḡ ev cṡi vḡḡ fíṡe gv
*w*kiṡ` I Mf³Zx gunj vi *w*ṡṡ` tmevq *w*ṡṡqvRZ msMvB Ges *w*kiṡ` i hZ³ṡK³ A_ev

bvḡḡ x Gi AŠF³ | cÜBt̄FU cÜvKwJtm wbt̄qvmRZ ṽṽ' Kgxḡvl Gi AŠM² |
dvḡḡḡ A_ev Ab'vb' cÜZwÖZ weḡq tK'ḡGi AŠF³ bq|

evot̄Z cwi eZx² cÜbxi ṽḡ:

emot̄Z UvUkv A_ev cÜmqvRvZ cÜbxi ṽḡ, hvv Dch³ cwi gvḡb cwib, wPib I
Abejoi (micronutrient) mḡnZ wḡk² Kti gvḡqi ṽḡai weKí Lv'ḡ wnt̄mte 6
gvm eqm chS-wki i Lvevi wnt̄mte e'envi Kiv nq|

*ḡbvU: MAbt̄hm' ṽḡai Dm mḡḡ, cÜbxi cbḡbbx h³ ṽḡ(Zij A_ev, tov) AwZ
D'P Zicgvḡvq ṽḡZix ṽḡ ev ev'úwqZ ṽḡ (Kbt̄WY ṽḡ bḡn) | GB ṽḡ Aek'B wbr'ḡ
ti mḡci Abḡvqx cwi ewZ² I Avf̄hmRZ Ges Abejoi h³ Kiv DvPZ (24 b) | GB
ait̄bi ṽḡ t̄K Abejoi h³ Kivi ci I h_vh_cjḡ, b cvl qv KwWb | mZivis
emot̄Z cwi ewZ² ṽḡ i aygvḡ ZLbB e'envi Kiv DvPZ hLb wki i Lveḡti i Avi
t̄Kib Dcvq_wKte bv A_ev me³kI Aeḡ ḡb wnt̄mte t̄'qv ḡt̄Z cvḡi |*

Bbd'wU : wki i eqm <12 gvm

wki i evowZ Lvevi :

ḡ t̄Kib Lvevi th_ḡj v wki Kvi Lvbrq A_ev ṽḡbxq fḡte ṽḡZix nq, eḡKi ṽḡai
c̄iK wnt̄mte A_ev gvḡqi ṽḡai weKí wnt̄mte Ges GUV wki i 6 gvm eqḡmi ci
t̄_t̄K t̄'qv DvPr |

*ḡbvU: GB Acḡti kb wbt̄'ḡKv Úwki i evowZ Lvevi Ó ej ḡZ t̄QvU wki i evowZ
Lvevi Ges evowZ Lveḡti i mḡnh'KZ Lv' ḡK cv_ḡ' Kivi Rb' e'euZ nḡt̄Q|
mḡnh'KZ Lv' ḡḡwZMÖ-RbmsL'vi ḡḡa' Zvḡ' i Lvḡ' i MAbt̄K wePí Kiv Ges
ti kḡbi c̄iK wnt̄mte G mKj Lvevi t̄'qv nq ḡḡwḡ K Lvḡ' i mḡvqK ḡ'ḡ wnt̄mte
bq|, D'wib - (ZvRv dj, meRv, Lv' ḡK mḡ'ḡ yKivi Rb' e'euZ ḡ'ḡ A_ev
gmj v | wki i evowZ Lvevi 6 gvḡmi Kg eqḡmi wki i Rb' evRvi RvZ Kiv DvPr
bq|*

wki Lvḡ' i mi Ävg:

ḡevZj, ḡevZt̄j i evU wḡmi Ä Ges wki Lveḡti i Rb' XvKbvmn Ges XvKbv A_ev
bj Qvov Kvc |

Bbd'wU dgḡv:

gvḡqi ṽḡai weKí Lv'ḡ wnt̄mte Codex Alimentarius Gi cÜhvR' gvcKwW
(thS_fḡte WHO/FAO gva'ḡḡ ṽḡZix Lv'ḡ ṽḡbv_b cwi gvcK Kvhḡḡḡ) Abḡvqx
wki Kvi Lvbrq ṽḡZix nq | emwR'K Bbd'wU dgḡv nḡ'Q th mKj Bb'vdU dgḡv
Drcv' b ms'vi wPýi mḡnZ weḡt̄qi Rb' ṽḡZix Kiv nq Ges ṽḡbxq evRvḡti
wKbt̄Z cvl qv hvq | t̄Rḡbwi K (ms'vi wPý Qvov) Bbd'wU dgḡvq Drcv' b t̄Lvj v
evRvḡti cvl qv hvq bv mZivis Lvevi mi eviḡni Rb' Avj v'v e'e'v_vKv cÜqvRb |
AvS³RwZK ḡKwW:

gvḡqi ṽḡai weKí Lv'ḡ evRvi RvZKi ḡy ÚAvS³RwZK ḡKwW 1981 mḡḡ wek' ṽḡḡ

mṯṣj ṯb (WHA) MḥY Kiv nq Ges cieZr^{WHA} wmxvš-mgn GB ṯKvWi (4)
Ašf^W | GB AvšR^{WZK} AvBṯbi j ʾṯ nṯ"Q gvtqi `ṯai weKí Lvṯ"i msi ʾṯY,
Dbq^b l mrvqZvi gvaṯg wkiṯ i Rb" h_vh_ Ges wbi^vc` cṯo mieivn Kiv
Ges ht_ó Z_, h_vh_ evRvi RvZKiY Ges Gi weZiṯYi Dci wfwÉ Kṯi
cṯqRṯb h_vh_ gvtqi `ṯai weKí Lvṯ"i e`envi w^bōZ Kiv |
GB AvBṯb gvtqi `ṯai weKí Lvṯ"i Drcv" bKvix ms"v Ges weZiYKvixi
`wqZi, "ṯ"Kgx^W mi Kvix Ges msukó Ab"vb" msMvb hviv gvtqi `ṯai weKí
Lvṯ", tevZj, tevZṯj i evU evRvi RvZ Kṯi Zṯ" i `wqZj mgn Dṯj L AvṯQ |
`ṯRvZ Llevi :

i Kṯbv, AvsikK ev mṯú^bṯbx ṯZvj v `ṯ, Zij, AvsikK ev mṯú^bṯbx ṯZvj v `ṯ,
ei^WūwqZ A_ev KbṯWY wge, mqv `ṯ, MvRvṯbv `ṯ A_ev `ax |

Ri"ix Ae"vq "ṯ" l cṯo w^elṯq mvov:

Lvṯ" l cṯo w^elṯq Ri"ix Ae"vq mvov cṯvṯb th ṯKvb GṯRÝx, Zṯ" i Aek" B
tmB aiṯbi Kgx^W vKṯZ nṯe hviv mw^uqfivṯe tnj_ wmmṯUg (msAv ṯ Lṯ) Gi
mwN Z RiwZ Ges Zṯ" i `wqZi nṯe gvtqi `ṯai weKí Lvṯ" UvṯMṯ Kiv, wkiṯ i
gubUi Kiv Ges Bnv w^bōZ Kiv th gvtqi `ṯai weKí Lvṯ" mieevn ZZw" b
Ae"vN vKṯe hZw" b msukó wkiṯ i Rb" cṯqRṯb nq |

tQvU wkiṯ i Dchj³ Llevi :

Rṯbṯi ci ci (1 Nṯvi gṯa") i agvṯ gvtqi `ṯa"i" Kiv, cṯg 6 gym chS-
i agvṯ gvtqi `ṯa Lvl qṯbv, 6 gym ci ṯṯK cṯo mgx Ges wbi^vc` evovZ Llevi
gvtqi `ṯai mwN Z 2 eQi ev Zvi tekx mgq chS-chS-Pwj ṯq hv l qv |

cṯ"Z KZ ṯ_i wicDwUK Lvṯ": (RUTF)

Bnv weṯKl aiṯbi Lvṯ" hv ewoṯZ Ges KwgDw^bṯZ gvi vZK Acṯoⁱ e"e"rcbvi
Rb" e"eüz nq | GB mKj Lvṯ" "vbxq fivṯe, %Zix A_ev RvZxq A_ev Avš-
R^{WZK} fivṯe Drcw" Z nṯZ cvṯi |

*ṯbU: thṯnZr6 gym cṯe^Wwkiⁱ iv k³ Llevi wṯṯj ṯLṯZ cṯiⁱ bv ZvB GB mgq
RUTF Llevi ṯ"qv DwPZ bq | i'ayZvB bq 6 gvtmi cṯe^Wgvtqi `ṯai cwietZ^W
mṯú^bev AvsikK fivṯe ṯ" l qvi Rb" (RUTF Llevi ZLbB evRvi RvZKib ev
Dc"rcb Kiv DwPZ hLb Llevi, ṯj v AvšR^{WZK}ṯKvW l gvtqi `ṯai weKí
Lvṯ" i msAv Abṯvqx Kiv nq |*

cwi ewZ² Llevi :

th mKj wkiⁱ iv ṯKvb gvtqi `ṯa MḥY Kṯi bv Ges hZw" b mṯú^bṯfivṯe evoxi
Llevi Af" -bv nq bv ZZw" b wkiⁱ i th aiṯbi cṯo cṯqRṯb, cwi ewZ² Llevi Zv
cṯY Kivṯe |

cṯg 6 gym cwi ewZ² Llevi Aek" B Dchj³ gvtqi `ṯai weKí Lvṯ" i mwN w" ṯZ
nṯe | 6 gym ci GB Llevi Ab"vb" Llevi i mwN evovZ Llevi wntmṯe w" ṯZ nṯe |

tbvU: GB cwi fvlwU HIV/AIDS Gi minZ RwoZ wki t i Lvt i Rb e euZ
nq| eZgub (UN-6) mpcwi kgvj vq embZ AvtQ th HIV Avmuš-gvtqt i,
metPtq tekx Dchj³ wki Lv cQt i tqt Aek B me mgq Zvi e w³MZ
cwi w³Z, t³MZ Ae v Ges t³bxq Ae v mePebr Ki tZ nte Ges Aek B t³
tKt th mKj tmer I ci v³gk Ges mrvqZv cvl qv hvq Zv MhY Kiv DvPZ|
HIV Avmuš-gvj v³ i wki i cLg 6 gym chS-i avgt gvtqi `p Lvl qvi Rb`
mpcwi k Kiv nqtqQ hv³ br wki i cwi ewZ Llevi Mhbxq, ev-em³SZ,
e qfvi enbt³M, wtk vKvi thvM Ges w³ivc` nq| hLb wki i cwi ewZ
Llevi Mhbxq, ev-em³SZ, e qfvi enbt³M, wtk vKvi thvM Ges w³ivc` nq
ZLb gvtqi `p br t³qvi Rb` mpcwi k Kiv nqtqQ|

m³ú k Llevi :

Ri ix Ae vq mvgM³ mvavi b ti ktb m³ú k Llevi wmvte q³wZM³-RbtMv³xt i
Acj³ I gZ³nv³ c³Z³ti va Ges Kgv³t³vi Rb` t I qv nq|

mieivn:

AvšRwZK tKvW Abjvqx mieivn ej tZ tKvb t³e i cwi gvb hvrv m³c³h³wi Z
mgtq e³envi i Rb, webvgtj, Kg v³tg, mvgwRK D³t³ t³k Ges cwi ev³ti i
c³qvRb Zvt i t I qv| Ri ix Ae vq mieivn ej tZ mvavi bZ t³e i cwi gvb tK
tevS³q hvrv m³qKZ, mi Kvi x Av³ R m³nv³h³ c³ú³ A³ev webvgtj c³ú³|

t³ i v³cD³UK `p:

GB cwi fvlwU mvavi bZ gvi vZK Acj³ wki t i dgj P³ct³ i Rb` thgb, F75
Ges F100 e³envi Kiv nq | K³t³vi f³vt³ ej tZ t³M³t³ ej v hvq th GB w³ v³
RvZxq Lv³ b³tn - F100 tZ gv³ 42% `p RvZxq Llevi AvtQ Ges F75 tZ Gi
tPtqI Kg cwi gvtb AvtQ| t³ i v³cD³UK `p c³e³B dgj P³KZ n³Z cv³ti A³ev
i K³tbv b³x tZ v³ v³, (DSM) %Zj, w³P³bi Ges Av³Z³wi³ w³fU³w³gb I L³ubR w³gk³t³
Z³ix n³Z cv³ti |

tbvU: tQvU wki Ges Acj³ tZ Avmuš-bq Zvt i t³ i v³cD³UK `p t I qv DvPZ
bq| F100 Gi v³U³M³g³kb 6 gvtmi Kg eqm³ wki t i Rb` Av³Z D³P³gv³vi `eb
v³tK| t³ i v³cD³UK `p tKvb Avq³ b v³tK br m³Z³iv³ x³N³b e³envi t³ t³š³ni
A³fi³e³R³ubZ i³ t³ Z³v n³Z cv³ti |

wek³ t³e³ m³t³š³j t³bi (WHA) w³m³v³S³-m³g³n:

AvšRwZK tKv³W³i msAv³ t L³p

eioš-wki :

wki i eqm 1 t t³ k 24 gym (12-23 cY³gv³m) | wek³ t³e³ m³t³š³j t³bi w³t³cv³tU³
(2005 c³p³-155) GB M³t³ci (12-23 cY³gv³m) wki t i Toddler (th wki
GK cv³ y³cv n³v³tZ w³k³t³Q) etj msAv³qZ Kiv nqtqQ|
(<http://www.who.int/whr/2005.en>).

ইউ এন জি এস এমপিআই

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