

A Case Study of Nutritional Recovery in Narnoor Mandal: Purvi Anjali's Journey

Introduction:

Detailing the effective strategies and dedicated care provided by the ICDS Project in Narnoor Mandal, focusing on **Purvi Anjali's** transition from SAM to normal nutritional status within six months.

Background:



Purvi Anjali, born on September 21, 2019, presented a challenging case of severe acute malnutrition upon her enrolment at the Umri N Anganwadi Centre.

Methodological Approach:

Interventions included regular health assessments, the provision of specialized nutritional support, and overcoming initial parental reluctance. The commitment of Anganwadi teacher Jamuna was instrumental, providing continuous care and ensuring the intake of nutritious food.



Monthly Progression:

Month	Status	Weight (kg)	Height (cm)	MUAC (cm)
September	SAM diagnosis	11.6	98.9	13.5
October	Transition to MAM	12.0	99.5	13.7
November	Continued MAM status	12.5	100.5	14.9
December	Achieved normal nutritional status	12.8	100.5	15.0
January	Maintained normal status	12.8	100.6	15.5
February	Sustained improvement	13.0	101.0	15.7

Outcomes:

The case vividly illustrates the potential for recovery from malnutrition with targeted interventions, showcasing significant improvements in Purvi's health metrics over a six-month period.

Conclusion:

Purvi Anjali's journey exemplifies the critical role of comprehensive care, nutritional support, and dedicated supervision in addressing child malnutrition. This case study highlights the successful strategies implemented by the ICDS Project in Narnoor Mandal, offering insights for replicating such achievements in similar contexts.