

Back to life, a fairy 'NOORA'

Noora, a little girl opened her eyes under the roof of Mr. Nasrullah resident of Village Mula Patik Kokari District Swat. Her father is a laborer by profession and his monthly income is around PKR 8000. He is blessed with 5 children, four girls and a boy and among them Noora is the youngest. Both of her parents are illiterate and find it difficult to meet the basic needs of the family.

Just like any other poor family in the remote village of Swat, everything was going normal for the family of Noora. To almost 6 months of age she was thriving, however in the first summer of Noora's life, her health took a dramatic turn. Symptoms of weakness became more visible when she started eating less and sleeping more, adding to her hasty weight loss. At that point of moment, Noora's parents were really worried about her deteriorated health condition. They were anxious to find out a way for their daughter's treatment. They took her to local doctors and spiritual scholars in hope that somebody will pull Noora out of this critical situation but results were not satisfactory. At last Mr. Nasrullah, the father of little Noora came to know about CMAM services being offered in civil dispensary (CD) Kukarai, by CERD Nutrition team. He brought Noora to CERD health facility for her checkup.



The nutrition staff screened Noora through proper anthropometry using mid upper arm circumference (MUAC) reading. They diagnosed Noora as a malnourished child and immediately registered her in the supplementary feeding program (SFP) for treatment. After admission, Noora was provided with supplementary food including Acha Mum along with high energy biscuits (HEB) for her siblings. The outreach team ensured that she visits CMAM centre on bi-weekly basis till she is properly cured. At each visit, improvements in Noora's health were observed and by the last and sixth visit, she was properly cured. Her MUAC reading at the time of admission was only 12 cm while at the exit from SFP her MUAC reading was almost 13 cm. Her mother was also counseled for infant young child feeding (IYCF) practices and proper birth spacing.

"I learned that breast feeding alone does not satisfy the baby after six months, so I have to add other foods that are good for Noora," said Noora's Mother. Noora is now healthy and living a normal life. "When we wake up every morning we thank God and then CERD CMAM staff for helping us in the times when we had lost every hope, thank you Nutrition team of CERD," said Nasrullah, Noora's father.