**TRANSLATION FOR ENGLISH SUB-TITLES**

**Importance of Iron folic Tablets**

* In this video we have discussed about the importance of iron folic tablets for adolescent girls and pregnant woman. This is an important phase of first 1000 days.
* Village scenes with the background music.
* Today is Village Health Nutrition Day. Please be seated. Let’s start early.
* Didi (Sister), I have done urine test and have come for the registration of my pregnancy.
* Good, how many months pregnant are you?
* Three months.
* Okay, let me explain to you about the MAMATA scheme.
* You get the first instalment of Rs. 1500 after completion of 6 months of pregnancy. There is some criteria, such as taking the pregnancy test, registration your pregnancy, taking one TT , taking iron folic tablets, getting weighed, and attending VHND meetings.
* Have you done a blood test?
* Yes.
* Were the results positive for anaemia?
* No.
* If you were anaemic, then I would have given you 200 Iron Folic tablets. But since you don’t have anaemia, I will give you 100 tablets.
* Didi, who all should take iron folic tablets?
* Adolescent girls (11 – 19 years) and pregnant women from three months.
* Question: Who should take iron folic tablets?
* Answer: Adolescent girls from 11 to 19 years and pregnant women from three months need to take iron olic tablets.
* What benefits will I get if I take iron folic tablets?
* A pregnant woman will be healthy during and after pregnancy and give birth to a healthy baby.
* The baby will not be born prematurely, or with low birth weight.
* Question: What are the benefits of taking Iron folic tablets?
* Answer: A pregnant women will be healthy and give birth to a healthy child.
  + The baby will not be born prematurely or with low birt weight.
* Let’s listen to Jhili about the benefits she hadafter taking iron folic tablets
* I had started taking iron folic tablets after 3 months of my pregnancy, I gave birth to a healthy baby and I also remained healthy.
* The mother-in-law of Jhili was not in favour of giving iron folic tablets to her. Let’s listen to what she has to say now.
* I restricted my daughter-in-law from taking iron tablets. I thought that the baby would grow big and cause difficulty during delivery. Anganwadi didi told me to give iron folic tablets, so then I started giving her the tablets. Therefore, she delivered a healthy baby and my daughter-in-law is also healthy.
* Didi, I listened to what you said, but by taking iron folic tablets, the stool become darker and there is nausea.
* Yes, that’s correct. But the side effects do not happen to everybody. Dark stool, constipation and nausea are normal phenomenon and disappear within a few days. I request that you not stop taking iron folic tablets.
* Didi, I am feeling nausea, constipation because of consuming iron folic tablets, what should I do to overcome them?
* Take your iron folic tablet after your meal in the night.
* Drink plenty of water and eat vegetables and fruits.
* If you eat all these, then the side effects will gradually decrease.
* Question: What are the ways to overcome the side effect of consuming iron folic tablets?
* Answer : Take your iron folic tablet after your meal in the night
* Drink plenty of water and eat vegetables and fruits, never take Iron Folic tablet on an empty stomach.
* Let’s know how adolescent girls will be benefitted by consuming iron folic tablets.
* Adolescent girls should consume iron folic tablet, as that will make them stronger and healthier. It will help in mental development, and in the future, they can become a healthy mother giving birth to a healthy baby. Therefore, the Government runs a scheme for 11 to 19 year old adolescent girls where each girl is provided with one iron folic tablet every week at the Anganwadi centre.
* Music
* Thanks, didi, for the information. From today onwards, I will start taking iron folic tablets. I will become healthy and give birth to a healthy baby.
* I am very happy to know that you understood about the benefits of iron folic tablets. Let me register your pregnancy. Take these 50 tablets. Take one tablet after your meal in the night, drink plenty of water and eat fruits and vegetables. I will visit your home. After you have consumed these 50 tablets I will give you the remaining 50 tablets.
* Namaskar, didi.
* Namaskar.