

## Cascading Training

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Cascading training of ASHA-ANM to the potential of AYUSH with respect to general wellness and preventive health care including Diabetes Mellitus.

- ASHA-ANM of 4 blocks of every 27 Health district will receive training with respect to general wellness and preventive health care including Diabetes Mellitus.
- Preventive aspect of Health, Sanitation, and Healthy lifestyle, use of home remedies for 19 common ailments.
- Prevention and control of diabetes mellitus with certain common home/dietary approach shall be the areas of concern.
- Practice of YOGA to be incorporated in the community through VHSNC/VHND meetings and house visits.

## Cascading Training

Sl. No.	District	Sl.No.	Block
1	Alipurduar	1	Alipurduar-II
		2	Kumargram
		3	Kalchini
		4	Falakata
2	Malda	5	Harishchandrapur-I
		6	Manikchak
		7	English Bazar
		8	Kaliachak-III
3	North 24 Parganas	9	Barrackpore-II
		10	Rajarhat
		11	Bagdah
		12	Barasat-I
4	Basirhat HD	13	Basirhat-I
		14	Baduria
		15	Swarupnagar
		16	Haroa
5	Murshidabad	17	Sagardighi
		18	Raghunathgunj- II
		19	MSD Jiaganj
		20	Khargram
6	Hooghly	21	Balagarh BPHC
		22	Tarakeswar RH
		23	Jangipara RH
		24	Goghat II
7	Bankura	25	Bankura-I
		26	Borjora
		27	Hirbandh
		28	Khatra
8	Bishnupur HD	29	Bishnupur
		30	Sonamukhi
		31	Kotulpur
		32	Joypur
9	Coochbehar	33	Tufanganj-I
		34	Coochbehar-II
		35	Dinhata-I
		36	Mathabhanga-II
10	Purba Bardhaman	37	Burdwan-II
		38	Jalpur
		39	Purbasthali-I
		40	Purbasthali-II

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11	Paschim Bardhaman	41	Durgapur-Faridpur
		42	Kanksa
		43	Raniganj
		44	Jamuria (Bahadurpur)
12	Purba Medinipur	45	Tamluk
		46	Nandakumar
		47	Moyna
		48	Sahid Matangini
13	Nandigram HD	49	Contai-II
		50	Ramnagar-I
		51	Deshapran (Contai-II)
		52	Khejuri-I
14	Paschim Medinipur	53	Daspur-II
		54	Ghatal
		55	Salboni
		56	Midnapore Sadar
15	Howrah	57	Amta-I
		58	Bagnan-II
		59	Domjur
		60	Sankrail
16	Dakshin Dinajpur	61	Kumarganj
		62	Hilli
		63	Gangarampur
		64	Kushmandi
17	Uttar Dinajpur	65	Kalinagar
		66	Itahar
		67	Goalpokhar-I
		68	Islampur
18	Jhargram	69	Belpahari
		70	Gopiballavpur
		71	Jamboni
		72	Sankrail
19	Purulia	73	Barabazar
		74	Purulia-II
		75	Jhalda-II
		76	Manbazar-II
20	Nadia	1	Chapra
		2	Chakdaha
		3	Kaliganj
		4	Nakashipara
21	South 24 Parganas	5	Baruipur

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		6	Basanti
		7	Bishnupur-I
		8	Sonarpur
22	Diamond Harbour HD	9	Kulpi
		10	Magrahat-II
		11	Patharpratima
		12	Sagar
23	Birbhum	13	Bolpur
		14	Illambazar
		15	Dubrajpur
		16	Rajnagar
24	Rampurhat HD	17	Mayureswar-II
		18	Rampurhat-II
		19	Nalhati-I
		20	Murarai-I
25	Jalpaiguri	21	Jalpaiguri Sadar
		22	Maynaguri
		23	Mal
		24	Nagrakata
26	Darjeeling	25	Matigara
		26	Kharibari
		27	Naxalbari
		28	Phasidewa

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