

## Mother is safe and home is safe - Women's health checkup during Navratri festival

On behalf of the Public Health Department, 'Mata Sikhar Tar Ghar Sikhar Abhiyan' (from 26th September to 5th October) will be implemented in Navi Mumbai Municipal Corporation area for the safety of women's health during Navratri festival. During this campaign period, comprehensive checks of women above 18 years of age and mothers in Navi Mumbai area will be conducted. To implement this campaign effectively in Navi Mumbai Municipal Corporation, Commissioner, Shri. Planning has been done under the guidance of Abhijit Bangar.

### **Purpose**

The objective of this campaign is to provide health screening, preventive and curative health facilities to all women, mothers, pregnant women above 18 years of age. It is to provide counseling facilities for safe and sound health.

### **fame**

In this campaign, Asha, Anganwadi workers and health workers/servants will go door to door to provide information about the camps and the available facilities so that maximum women can benefit from the activities of the campaign. ANM to inform about this program. Meetings will be planned at various places in the working area. Miking will be conducted regarding the facilities available under the campaign "Mata Sikhar Tar Ghar Sikkar". Also, pamphlets, banners and hoardings will be put up at visible places for public awareness in the work area.

### **Inspection outline -**

Navratri Festival The following inspections will be conducted from 26/9/2022 to 5/10/2022 at Namumpa Hospitals and Civil Primary Health Centers excluding Sundays and public holidays.

#### **A. Camps in Na.Prof.A.Centre**

1. Examination of women and mothers by Medical Officers
2. Calculate BMI by taking weight and height (all levels)
3. Hb%, Urine Examination, Blood Sugar (all levels) and Blood Pressure
4. All blood tests (as per requirement and age group of women)
5. Blood pressure and diabetes screening of every expectant mother (eligible beneficiaries and if not already done)
6. Counseling regarding hemoglobin, blood pressure screening, diabetes screening and spacing of mothers after every delivery.
7. Blood pressure screening, diabetes screening (all women above 30 years)
8. Immunization of mothers and children
9. Covid vaccination
10. Antenatal camp should be organized through experts and its importance should be emphasized.
11. Distribution of iron-folic acid and calcium supplements
12. Counseling on nutrition, breastfeeding, high risk symptoms, risks to pregnancy due to tobacco and alcohol consumption and decision-making regarding appropriate health facility for delivery.
13. Referral of high risk mothers to affiliated hospitals
14. Form 1-A, 2-B should be filled by eligible beneficiaries under Pradhan Mantri Matru Vandana Yojana. Opening of new bank accounts for the beneficiaries of Janani Suraksha Yojana and Pradhan Mantri Matru Vandana Yojana, meeting to resolve the related issues for linking Aadhaar card of pregnant mothers etc.
15. Non-communicable diseases of women above 30 years-high blood pressure, diabetes etc. Examination to diagnose.

## **B. Hospital camps**

1. In the afternoon regular examination by specialists under ANC Camp and this includes height, weight, blood pressure, hemoglobin check of each mother
2. Gynaecologist, Otolaryngologist, Ophthalmologist, Dentist etc. for pregnant mothers, postnatal mothers, fertile women and women above 45 years of age. Examination by experts.
3. Calculate BMI by taking weight and height.
4. Hemoglobin, urine test, blood sugar level and blood pressure test
5. All blood tests available at hospital level (as per requirement and age group of women)
6. Chest X-ray (if needed)
7. Blood pressure screening, diabetes screening (all women above 30 years)
8. Latent disease screening
9. Blood group test
10. Immunization of mothers and children
11. Antenatal camp should be organized through experts and its importance should be emphasized.
12. Screening of high-risk mothers
13. Sonography (if required)

14. Other examinations and treatments as per specialist advice and as required
15. Covid vaccination

**Medication :-**

Medicines and other necessary facilities will be given to every sick woman according to the disease.

**Counselling:-**

Nutrition, RTI/STI, BMI (keeping between 18.5 to 25) Mental Health, Exclusive Breastfeeding, De-addiction, Family Planning etc. Eligible women will be counselled.

Taking into consideration the health vigil of women through Namumpa during the campaign period, all women above 18 years of age are requested to go to the nearest Namumpa Hospital or Civil Primary Health Center between 9.00 am to 2.00 pm for self-examination and take necessary medication on behalf of Municipal Commissioner Mr. Abhijit Bangar. .

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