

“Improving maternal and child health and nutrition through pilot intervention and capacity building of Health Care Workers in Jhabua dist.”

By **“Jan Sahas”** NGO and **“Choithram College of Nursing”**

The idea of this project is to target malnutrition in children right from the time they are conceived, keeping in mind the maternal health was visualized in one of the meetings between Jan Sahas and Choithram. As, Jan Sahas had experience in working around Nutrition and Choithram was expert in working with women to promote safe and natural childbirth. So, both the organizations joined hands together to work for this project. This Project is still continuing with its aim.

During the year of 2018-2019 many activities had been conducted under this Project.

Two days visit and training for the JANSAHAS team members was organized on **23/2/19 and 24/2/19** regarding places to visit and to meet with mothers to talk about their reported health issues like normal and C-section deliveries and indications, cases of late cord cutting, status of anemia among mothers and other related complications. Training for field workers of Jansahas was also conducted.

As per the project proposal to cover the Maternal & Child Health a health camp was organized on **27/05/19** at village Julvaniya, District Jhabua (M.P). Under the camp registration followed by monitoring Ht. and weight, B.P, Hb, and blood sugar done of all the people who attended the camp. A total number of 49 antenatal and 1 postnatal mother attended the camp. Antenatal check-up was done including monitoring Ht. and weight, B.P, Hb, and blood sugar, antenatal palpation and FHR monitoring of every antenatal mother.

Two days **“Capacity Building and Training Programme”** was conducted for government health care providers (AWWs, ANMs, and ASHAs) on **28th and 29th of August 2019** in Shanti Niketan Hall, Jhabua with the coordination of Jansahas group and Choithram College of Nursing. Total 104 participants attended the program. In this program **normal and warning signs of pregnancy**, Respectful **Maternity Care** and **Demonstration class** on antenatal exercise were dealt and taught to the health care providers.

Another health camp was organized by Choithram in collaboration with **Rotary club & NGO Jansahas** on **23rd October 2019** at Aadarsh School Siddheshawar, Jhabua. Total 230 people registered in the camp. Out of 105 antenatal mothers and 2 Gyanec cases registered for the health check-up. Under the camp physical check-up, ECG, Hb and blood sugar was also checked. Free medicine was distributed.

Mental Health Training Workshop for Staff Nurses

Choithram College of Nursing under the aegis of **NATIONAL HEALTH MISSION (Govt. of India project) organized” Mental health Training Program** for the staff nurses working at various CHCs, PHCs and UPHCs of Madhya Pradesh. The purpose was to train staff Nurses working at grass root level (At various CHCs, PHCs and UPHCs of Madhya Pradesh) for early identification and referral of mental illness in the community. In this Training Program 219 Staff Nurses of 45 Districts of Madhya Pradesh were benefited. During this program expert Faculties were invited from Rajasthan, Gujarat, Chhattisgarh and Maharashtra states. This training program conducted in a total of 10 cycles started in the month of January 2019 and ended in March 2019.