



A REPORT ON SUKANYA SWASTHA YOJNA

BY

SHRINIVAS SARVAMANGALAM SOCIETY

Regd. Under Society Act – 21 of 1860

Registration No: 153, Eligible under 80G and 12A

NITI Aayog Reg. No. : JH/2021/0275407

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INTRODUCTION

An medical initiative by Shrinivas Sarvmangalam Society, driven by Shrinivas Group specially crafted for rural poor women and child with the objective of correcting regional imbalances in the availability of healthcare services and also to augment facilities for quality medical treatment and education to female child. This program is introduced in year of 2018 to undertake the responsibility of empower Mother and child health facility. These healthcare systems aim to address the unique needs of girl children and reduce mortality rates by providing gender-sensitive care, improving access to nutrition and immunization, and promoting community engagement and policy change. The healthcare system includes gender-sensitive services, training for healthcare providers, access to nutrition and supplements, targeted immunization campaigns, maternal and new-born health services, menstrual health and hygiene management, adolescent health services, and community-based initiatives. These services aim to provide gender-sensitive care, increased access to vaccines and immunization, prenatal and postnatal care, sanitary products, and safe facilities for menstrual hygiene management. Adolescent health services provide confidential and adolescent-friendly services, counseling and education on reproductive health and rights. Community outreach and education programs are also essential for promoting girl child health.

Shrinivas Sarvamangalam in collaboration with Shrinivas Hospital and St Columba's Mission Hospital works for betterment of community healthcare by providing various facilities for girl children for smooth society equilibrium and women empowerment. This step is taken for to reduce female foeticide in the Jharkhand and also provide the advance and modern treatment for the unprivileged mothers of Jharkhand. Also break the chain of traditional unscientific medical conducts and practices. Sukanya Swastha Yojna is a practical example of Anti-Female Foeticide initiative also good chance get medical emergence for girls and support adolescent health for the girl.

Patriarchal society of our system and culture, norms values always privilege the male gender from years, to manage up the wings of society both male and female gets equal opportunity to live. This Initiative helps them to get the lost crown of the female in terms of birth, health and access.

Child and mother are most sensitive to manage and our specialists are trained for the future and we put the seed of Sukanya Swastha yojna, germinates as the healthy saplings with remarkable outcome. And its impact is so strong that mothers from various regions are coming to avail the facility of sukanya Swastha Yojna.

The beneficiaries who had avail the facility in earlier period, a survey was conducted to check the progress, astonishingly, report came with considerable upshot with 95% success rate. Mother and Babies were healthy with no complications. It was a great achievement for the scheme as well as for our organisation.

By implementing Sukanya Swasthya Yojna, the Shrinivas Sarvmangalam Society aims to create a positive impact on the health and well-being of women and children, contributing to a healthier and more equitable society.

BACKGROUND

Mother and child health is a crucial aspect of global health, and significant progress has been made **worldwide** in recent decades. Here are some key developments and statistics:

- Global MMR has declined by 38% since 2000.
- In 2017, the global MMR was 211 deaths per 100,000 live births.
- Under-5 mortality rate has declined by 52% since 1990.
- In 2019, the global under-5 mortality rate was 39 deaths per 1,000 live births.
- Global vaccination coverage has increased, with 85% of children receiving at least one vaccine in 2019.
- Global coverage of antenatal care has improved, with 83% of women receiving at least one antenatal care visit and of skilled birth attendance has increased, with 79% of births attended by skilled health personnel in 2019.
- Global use of modern family planning methods has increased, with 57% of married women using modern methods in 2019.
- Global prevalence of stunting in children under 5 has declined from 33% in 2000 to 22% in 2017.
- Global efforts have led to a 33% decline in new HIV infections among children since 2000 and to educate and empower women have contributed to improved health outcomes.

(Data Sources: [WHO](#), [UNICEF](#), [UNFPA](#) [GHO](#))

In **India** we can see some statistical overview of these data

- **Maternal Mortality Ratio:** India's Maternal Mortality Ratio has declined by 8 points from 130/ 100,000 live births in 2014-16 to 122/ 100,000 live births in 2015-17, a 6.2 per cent decline.
- **Gender Differential:** India is the only large country in the world where more girl babies die than boy babies, with a gender differential in child survival at 11 per cent.
- **Child Births:** India accounts for nearly one fifth of the world's annual child births, with 25 million children born every year.
- **Maternal Deaths:** The number of women and girls who die each year due to issues related to pregnancy and childbirth has dropped considerably, from 103,000 in 2000 to 35,000 in 2017, a 55 per cent decrease.
- **Newborn Deaths:** Nearly 46 per cent of all maternal deaths and 40 per cent of neonatal deaths happen during labour or the first 24 hours after birth. Pre-maturity, neonatal infections, birth asphyxia, and congenital malformations are among the major causes of new-born deaths.

(Data Sources: [WHO](#), [UNICEF](#))

In the relevance of **Jharkhand** the statistical data is provided below:

- **Infant Mortality Rate:** 38 deaths per 1,000 live births. This number has decreased from the previous report of 44 deaths per 1,000 live births.
- **Antenatal Care:** 80% of mothers received antenatal care for their last birth from a health professional.
- **Vaccinations:** 74% of children aged 12-23 months received all basic vaccinations against six major childhood illnesses.
- **Stunted Growth:** 40% of children are stunted (too short for their age).
- **Wasted:** 22% of children are wasted (too thin for their height).

- Anaemic: 67% of children (aged 6-59 months) are anaemic.
- Total Fertility Rate: 2.3 children per woman (aged 15-49 years).
- Median Age at First Marriage: 18.4 years among women aged 25-29 years and 18.2 years among women aged 20-49 years.
- Child Labour: Not available in this report, but 23% of women (aged 20-24 years) married or in union before age 18

(Data Source : [NHFS-5](#))

OBJECTIVES

Sukanya Swasthya Yojna is a health initiative launched by the Shrinivas Sarvamangalam Society, aimed at promoting the health and well-being of women and children. Here's a brief overview:

- Ensure that everyone has access to healthcare services without financial barriers.
- Offer a wide range of healthcare services, including preventive care, diagnostic services, treatment, and rehabilitation.
- Address health inequities and disparities in healthcare access and outcomes.
- Foster a healthy population through preventive care, education, and community engagement.
- Eliminate preventable maternal deaths and morbidity. Ensure all pregnant women have access to quality maternal health services.
- Reach vulnerable populations, including low-income women, rural residents, and marginalized communities.
- Emphasize preventive care and healthy lifestyles to reduce the burden of chronic diseases.

By achieving these objectives, free maternal care and free delivery aim to create a safe, equitable, and supportive environment for women to experience healthy pregnancies, births, and postpartum periods.

BENEFICIARIES

Direct: All rural female populations who are below the poverty level (BPL) or entitled to a Red Ration Card or Antyodaya Yellow Card (for the poorest of poor household) can be our direct beneficiaries.

Indirect: Rural women from self-help groups trained as 'Sukanya Swasthya Sahelis' or community health workers.

Immediate families of direct beneficiaries who are thus made aware of such policies and exempted from higher cost of surgical/normal deliveries.

BENEFITS


Sukanya Beneficiary Card is provided to all the female children born in our hospital covering all the following benefits.

The card is renewed annually to monitor the vaccination program, health observation of the mother and above all parent's healthcare behaviour towards female child.


The program caters to overall health benefits provided to all girl children born under the roof of our hospital which includes –

- Free health consultation of all Sukanya girl children till the age of 18 years.
- Free distribution of medicine for all health treatment to the Sukanya beneficiaries till the age of 18 years
- All surgeries (if needed) are undertaken free of cost for the Sukanya beneficiaries coming under our scheme.
- Free nursing and bed-charges during medical admission provided to all Sukanya females till 18 years.
- Normal delivery of girl child comes free of cost for the mothers where all expenses are undertaken by Shrinivas Sarvmangalam Society.
- Free vaccination provided to the girl child born under Sukanya Swasthya Yojana.
- All girl-child born in Shrinivas Hospital shall directly come under Sukanya Swasthya Yojana and receive all free-of-cost hospital and healthcare facilities till 18 years of age.

CATALOGUE & CARD OF SUKANYA SWASTHYA YOJNA



SHRINIVAS SARVMANGALAM
 Hazaribag College of Dental Sciences and Hospital Campus,
 Opp. NH 33, Demotand, Hazaribag, 825301, Jharkhand
 Hazaribag कलेज ऑफ डेंटल साइंसेज एंड हॉस्पिटल कैंपस,
 ऑप. एनएच 33, डेमोटान्ड, हज़ारीबाग, 825301, झारखंड
 Ph. No.: 9430165926 | Reg. No. 153




सुकन्या स्वास्थ्य योजना

1. 18 वर्ष तक इस अस्पताल में सभी तरह के विशेषज्ञ डॉक्टरों द्वारा परामर्श मुफ्त।
2. 18 वर्ष तक सभी बिमारियों के उपचार के लिए दवा मुफ्त।
3. 18 वर्ष तक सभी प्रकार के ऑपरेशन मुफ्त।
4. 18 वर्ष तक अस्पताल में भर्ती होने पर नर्सिंग चार्ज एवं बेड चार्ज भी मुफ्त।
5. सुकन्या जन्म पर माता का नॉर्मल एवं सिजरेरियन डिलीवरी मुफ्त।
6. इस अस्पताल में जन्म लेनी वाली सुकन्या का टीकरण मुफ्त।


नोट:

• NICU, पैथोलॉजी, गंभीर बीमारियाँ जैसे कैंसर, टी. बी., थैलेसीमिया आदि इसके अंतर्गत नहीं है

सेवा में : 94301-65926
 सेंट कोलम्बस (मिशन) अस्पताल, ऑप. बिजली कार्यालय, रवींद्र पथ, हज़ारीबाग, 825301



ST. COLUMBA'S (MISSION) HOSPITAL
 A Super Speciality Hospital
 In Collaboration with
SHRINIVAS SARVMANGALAM
 Opp. Bijli Office, Ravindra Path, Hazaribag, JH - 825301
 Contact No. : 06546-233414, 09430165926
SUKANYA SWASTHYA YOJNA



Photo

Father's Name :
 Mother's Name :
 Mother of :
 D.O.B. :
 Blood Group : Valid Till.....
 Place :

Photo

ID No..... UHID No.....

This card is provided to the beneficiaries to avail the program. The card should contain the picture of mother and daughter both and given details in the card. It is the tool to longtime asset for the family.

COLLABORATION

This program initiated by Shrinivas Sarvmangalam Society with the help of following institutes:

1. Shrinivas Hospital



2.St. Columba's(Mission) Hospital

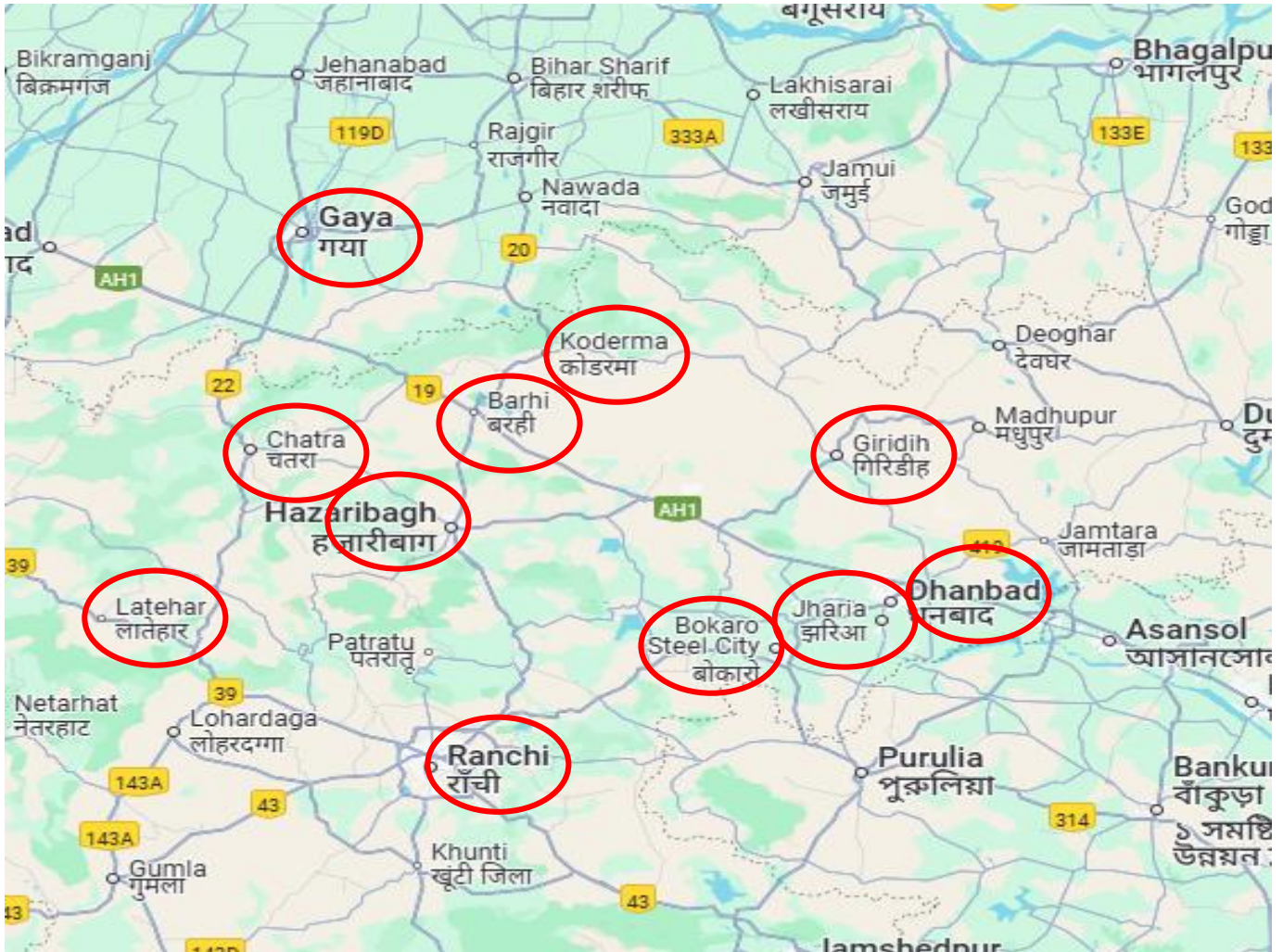


DATA & DETAILS

Facilities provided to the babies :

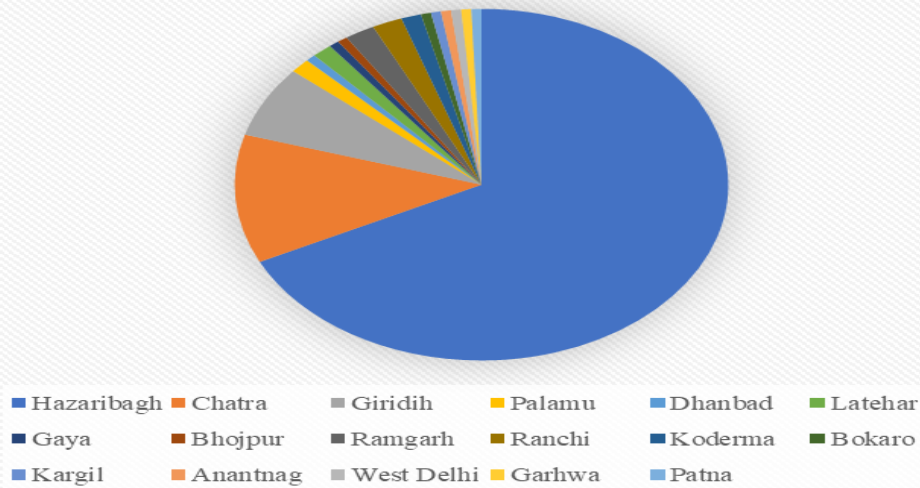
For Girls	For Boys (Named Balak Swastha Yojna)
Free Health consultation of all girl children till the age of 18 years	Free Health consultation of all boy children till the age of 05 years
Free Distribution of medicine for all health treatment	Free Distribution of medicine for all health treatment for 05 years
All pathological tests are in minimal and discount cost	
All surgeries(if needed) is done free of cost for the beneficiaries	All surgeries(if needed) is done free of cost for the beneficiaries
Free vaccination are provided	Free vaccination are provided
Free nursing and bed-charges	Free nursing and bed-charges

Area coverage of SSY



The scheme has widespread many places including Chatra, Hazaribagh, Koderma, Giridih, ranchi, Bokaro etc, the distribution has been shown below:

Areawise Distribution of SSY

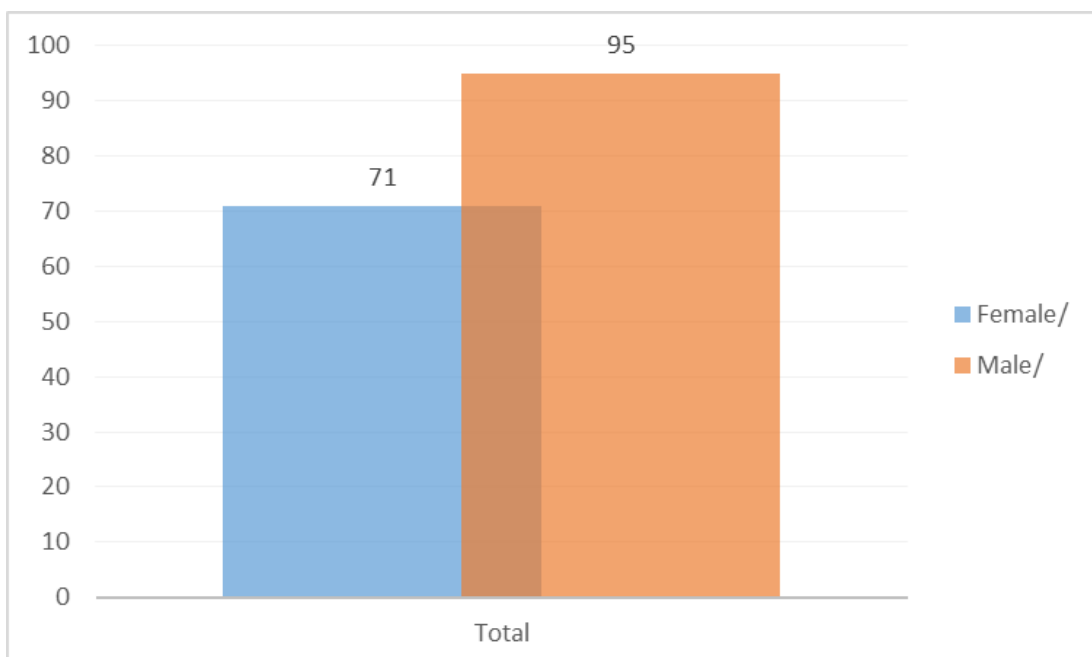


Here we can see that about 68% of beneficiaries are belong to Hazaribagh because campus is nearer to the area of operation, Chatra has 11% of beneficiaries. A broad area has covered by the scheme diligently. Continuous and active participation of Swatha sahelis make the change in the sector of health – child and Maternity care. The places from where benefecieries belong to these areas Hazaribagh, Chatra, Giridih, Palamu, Dhanbad, Latehar, Gaya, Bhojpur, Ramgarh, Ranchi, Koderma, Bokaro, Rajouri, Kargil, Anantnag and West Delhi. Not only in Jharkhand , if we see the data , Bihar, West Bengal, Delhi , these states are come under in the scheme.

Tables of babies Born

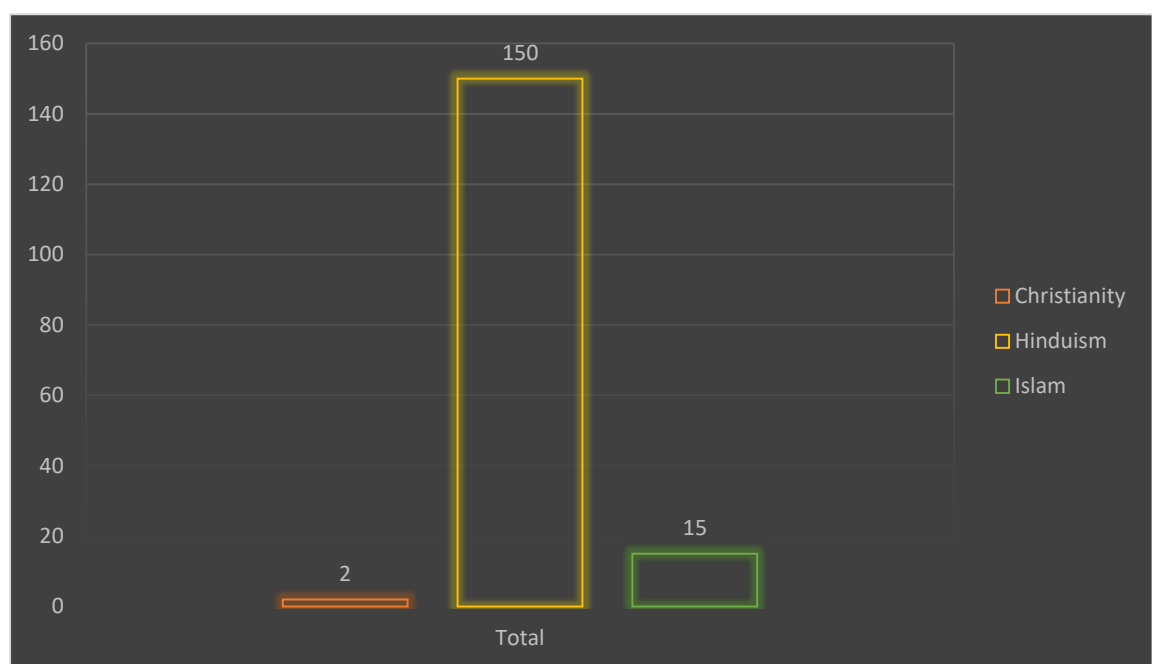
	Female	Male	Grand Total
Count	71	95	167

Chart of Babies born



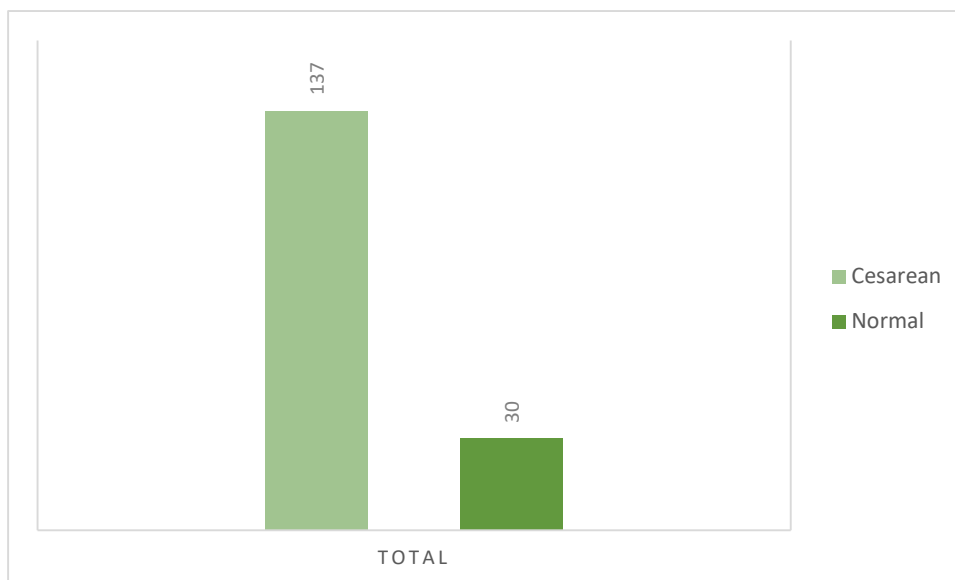
Data shows that total 167 babies born in 2024 (till August), among them 71 babies are girl children and 95 are boys who are born under the scheme of Sukanya Swastha Yojna. Mothers of babies got **Sukanya Kit** as complementary gifts.

Distribution on Religion				
	Christianity	Hinduism	Islam	Grand Total
Count	2	150	15	167



There are distribution of religion 150 beneficiaries belongs to Hindu, 15 are Islam and only 2 are from Christianity. The Scheme provide equal opportunity to all religion, caste and creed. All can avail the scheme by registering their names at our two venues : 1. Shrinivas Hospital & 2. St. Columba’s Mission Hospital.

Cases of Delivery			
	Caesarean	Normal	Grand Total
Count	137	30	167



There are total 167 deliveries are taken place in this year, data represents that 137 was under caesarean cases and 30 mothers were undergo through normal delivery.

Special Cases

1. Mother with HIV Positive

HIV-positive women can have healthy pregnancies and give birth to HIV-negative babies with proper medical care and treatment. The risk of transmitting HIV to the baby can be reduced through antiretroviral therapy, C-section delivery, and avoiding breastfeeding. It is crucial for HIV-positive pregnant women to work closely with healthcare providers, adhere to regular prenatal care, and follow strict HIV medication regimens. The risk of mother-to-child transmission can be reduced to less than 1% with proper treatment. Additional considerations may be needed for fertility treatments and psychological support can be beneficial for HIV-positive individuals or couples.

Madhu Kumari, who is HIV positive mother, from Bihar Sukanya ID- 13837, got special care during pregnancy and also extra precaution during the time. Facilities and consultation were provided to the mother. It was to very critical & crucial for the mother and doctors too. Doctor gave special attention to mother & child during the pregnancy and delivery. It was a successful attempt that child was born with no HIV. Post natal care was provided to the child for extra precaution.

(Name is used by taking the consent of the beneficiary)

2. Premature Child Birth

Premature childbirth occurs when a baby is born before 37 weeks of pregnancy. It affects about 1 in 10 births worldwide and is a leading cause of infant mortality and long-term health complications. Risk factors include multiple pregnancies, previous premature births, and certain medical conditions. Symptoms of preterm labour include regular contractions, lower back pain, and fluid leakage. Premature babies often require specialized care in neonatal intensive care units (NICUs) to support their underdeveloped organs and systems. Common challenges for preemies include breathing difficulties, feeding issues, and temperature regulation. With advances in medical care, survival rates for premature infants have improved significantly, especially for those born after 28 weeks. However, they may face long-term health and developmental challenges. Prevention strategies include regular prenatal care, avoiding known risk factors, and in some cases,

medications to delay labor. Support for families of premature infants is crucial, including education on care techniques and access to follow-up services.

India's preterm birth rate is estimated at 13.5% of live births, with 3.5 million preterm births in 2020, the highest of any country. Regional variations in preterm birth rates vary across Indian states, with rates ranging from 7.2% in Kerala to 19.9% in Madhya Pradesh. Survival rates for preterm infants born between 28-32 weeks gestation in India are around 70-80%. Major risk factors in India include maternal malnutrition, anemia, and inadequate antenatal care. India has shown a slight decrease in preterm birth rates from 14.2% in 2010 to 13.5% in 2020. The economic burden of preterm births in India is estimated at approximately \$2 billion annually. Major risk factors include maternal malnutrition, anemia, and inadequate antenatal care.

[Data Source: [UNICEF - "Every Newborn: An Action Plan to End Preventable Deaths"](#) (2020 update)




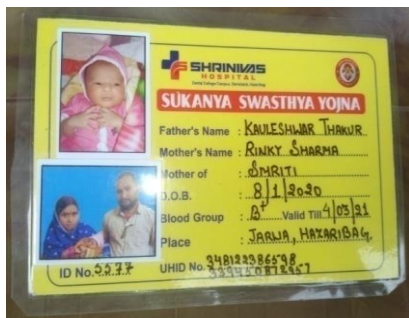


- i. [Indian Council of Medical Research \(ICMR\) - "India Newborn Action Plan"](#) (2021)
- ii. [National Neonatology Forum of India - "National Neonatal-Perinatal Database"](#) (2022)
- iii. [Indian Journal of Paediatrics - "Preterm Birth in India: A Complex Interplay of Biological and Social Factors"](#) (2023)
- iv. [Lancet Global Health - "National, regional, and worldwide estimates of preterm birth"](#) (2023)
- v. [Public Health Foundation of India - "Economic Burden of Preterm Birth in India"](#) (2021)]

Sukanya mother Rani Kumari, wife of Santosh Prashad, from Giridih, Jharkhand, gave birth to a premature baby boy due to fluid linkage. It's a very common reason for premature birth. Our NICU unit took the responsibility to take care of the child in post natal period. Now the baby is healthy.

PRE-POST IMPACT SURVEY REPORT

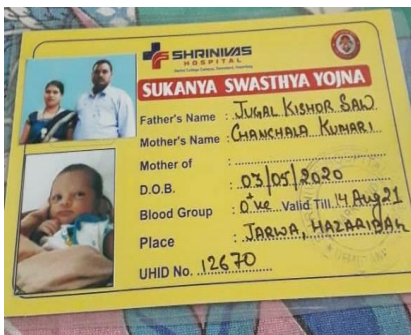


SUKANYA SWASTHYA YOJNA

BENEFICIARIES OF CHARHI, JARWA, BASADIH AND NIMADIH ON 13TH JULY 2021

SL NO.	SUKANYA CAD	SUKANYA YOJNA PIC	AS UPDATED ON 13TH JULY 2021
1	 <p>NAME: ANSHU KUMARI DOB: 14.03.2020 BLOOD GROUP: A + CARD NO: 06775</p>	 <p>MOTHER'S NAME: SUMAN KUMARI FATHER'S NAME: UMESH KUMAR THAKUR CONTACT NO. : 7004838364(M) 9934305330(F) ADDRESS: AT/P.O –JARWA, P.S – CHARHI OPPOSITE RELIANCE TOWER</p>	 <p>AGE: 1YEAR WEIGHT:6KG HEIGHT:22CM H.C:NA</p>
2	 <p>Father's Name : KUNLESHWAR THAKUR Mother's Name : RINKU SHARMA Mother of : RINKU D.O.B. : 8/1/2020 Blood Group : B+ Valid Till 4/03/21 Place : JARWA, HAZARI BAG ID No. 00777 UHID No. 34812286598</p>		

	NAME: SMRITI SHARMA DOB: 08.01.2020 BLOOD GROUP: B + CARD NO. : 5577	MOTHER'S NAME: RINKY SHARMA FATHER'S NAME: KAULESHWAR THAKUR CONTACT NO. : N.A (M) 9693748135(F) ADDRESS: AT/P.O –JARWA, P.S – CHARHI PLOT NO. -109, NEAR HOME OF UMESH THAKUR	AGE: 1.2YEAR WEIGHT:6.4KG HEIGHT:23CM H.C:NA
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3			
	NAME: RISHIKA RANI DOB: 03.05.2020 BLOOD GROUP: O + CARD NO. : 12670	MOTHER'S NAME: CHANCHALA SHARMA FATHER'S NAME: JUGAL KUMAR SAW : CONTACT NO. : 6203567443 (M) 7717783038 (F) ADDRESS: VILL –JARWA, P.S – CHARHI PLOT NO. -42,	AGE: 1YEAR WEIGHT:6KG HEIGHT:23CM H.C:NA



4			

	NAME: AYAKIZ AJNU AKHTAR DOB: 11.10.2020 BLOOD GROUP: B + CARD NO. : 15656	MOTHER'S NAME: FIRDOSH ANJUM FATHER'S NAME: JAVED AKHTAR BLOOD GROUP: CONTACT NO. : 8271043984 (M) 9065523141 (F) ADDRESS: AT/P.O/THANA – CHARHI DURGA MANDIR LANE, PLOT NO -	AGE: 1YEAR WEIGHT:7KG HEIGHT:28CM H.C:NA
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5			
	NAME: CHANCHALA DOB: 06.04.2019 BLOOD GROUP: B + CARD NO : 3243	MOTHER'S NAME: KHUSHBOO KUMARI FATHER'S NAME: RAJU KUMAR MAHTO CONTACT NO. : 8002150306 (M) 6202556205 (F) ADDRESS: VILL – BASADIH, P.O –JARWA, UPAR TOLA	AGE: 1YEAR WEIGHT: 9.5 KG HEIGHT:26CM H.C: 46.5















6			
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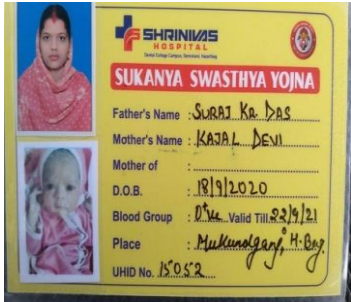

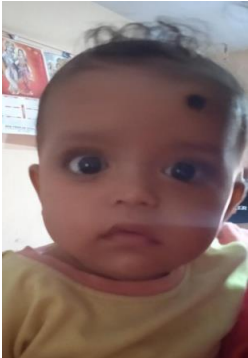
NAME: AASHVI RAJ DOB: 10.12.2019 BLOOD GROUP: O + CARD NO: 8787	MOTHER'S NAME: REENA DEVI FATHER'S NAME: ROHIT KUMAR DAS CONTACT NO. : 7645866687 (M) 9835933435 (F) ADDRESS: VILL- NIMADIH, NEARBY HANUMAN TEMPLE, BLUE HOUSE NEAR RIVER	AGE: 1 YEAR WEIGHT: 8 KG HEIGHT: 30CM H.C: 44
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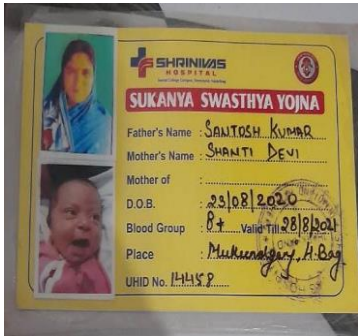


SUKANYA SWASTHYA YOJNA			
BENEFICIARIES OF DEMOTAND, MORANGI, BABHANBAY, MUKUNDGANJ ON 15TH JULY 2021			
SL NO.	SUKANYA CAD	SUKANYA YOJNA PIC	AS UPDATED ON 15TH JULY 2021
1			
	NAME: TRISHIKA PRASAD DOB: 08.09.2019 BLOOD GROUP: O + CARD NO. : 6964	MOTHER'S NAME: UMA KUMARI FATHER'S NAME: DHARMENDRA KUMAR CONTACT NO. : N.A (M) 9934082800(F) ADDRESS: DEMOTAND, NEAR SBI DEMOTAND(FAMILY RESTURANT)	AGE: 1YEAR WEIGHT: 12 KG HEIGHT: 35 CM H.C: 49

2			
	NAME: AKSHITA RANI DOB: 30.10.2020 BLOOD GROUP: B + CARD NO. :	MOTHER'S NAME: PINKY KUMARI FATHER'S NAME: BASANT KUMAR CONTACT NO. : N.A (M) 7858881854 (F) ADDRESS: DEMOTAND, POST – MORANGI, NIRMAL SINGH HOTEL	AGE: 1YEAR WEIGHT: 7 KG HEIGHT: 27CM H.C: 42.5
3			
	NAME: AADRITI DOB: 12.09.2020 BLOOD GROUP: A + CARD NO. : 14873	MOTHER'S NAME: NISHA KUMARI FATHER'S NAME: SIKANDRA KUMAR CONTACT NO. : 7909080174 (M) 9471529101 (F) ADDRESS: VILL –DEMOTAND, P.O –MORANGI, NERA SANTOSH MOBILE SHOP	AGE: 1YEAR WEIGHT: 6 KG HEIGHT: 25 CM H.C: 42

4			
	<p>NAME: PRANSHI KUMARI DOB: 07.10.2020 BLOOD GROUP: B + CARD NO. : 15489</p>	<p>MOTHER'S NAME: PUJA KUMARI FATHER'S NAME: PRAMOD KUMAR SAHU CONTACT NO. : N.A. (M) 8804591034 (F) ADDRESS: VILL –DEMOTAND, P.O –MOURANGI BASTI(NIRMAL SINGH HOTEL)</p>	<p>AGE: 1YEAR WEIGHT: 8.2 KG HEIGHT: 27CM H.C: 42.5</p>
5			
	<p>NAME: PIHU KUMARI DOB: 12.09.2020 BLOOD GROUP: O + CARD NO. : 14884</p>	<p>MOTHER'S NAME: ANJU KUMARI FATHER'S NAME: NIWASH KUMAR CONTACT NO. : N.A. (M) 9504400902 (F) ADDRESS: VILL –DEMOTAND, P.O –MOURANGI(SARKARI SCHOOL)</p>	<p>AGE: 1YEAR WEIGHT: 7.2 KG HEIGHT: 28CM H.C: 43</p>

6	 <p>Father's Name : SUBHASH KUMAR Mother's Name : PRITI KUMARI Mother of : D.O.B. : 11 FEB 2021 Blood Group : O+ve Valid Till 12 FEB 22 Place : DEMOTAND, H.BAG UHID No. SNH/07676</p>		
	<p>NAME: MAHI DOB: 11.02.2021 BLOOD GROUP: O + CARD NO. : 07676</p>	<p>MOTHER'S NAME: PRITI KUMARI FATHER'S NAME: SUBHASH KUMAR CONTACT NO. : 8873675793(M) 8210747388(F) ADDRESS: VILL –DEMOTAND, P.O –MOURANGI(SARKARI SCHOOL) BROTHER OF NIWASH KUMAR</p>	<p>AGE: 1YEAR WEIGHT: 6 KG HEIGHT: 25 H.C: 39</p>
7	 <p>Father's Name : SUJIT KUMAR AGARWAL Mother's Name : PINKY KUMARI Mother of : SHREYA KUMARI D.O.B. : 21/10/2020 Blood Group : O+ve Valid Till 10/12/2021 Place : Demotand H.Bag UHID No. SNH/15905</p>		
	<p>NAME: SHREYA KUMARI DOB: 21.10.2020 BLOOD GROUP: O + CARD NO. : 5905</p>	<p>MOTHER'S NAME: PINKY KUMARI FATHER'S NAME: SUJEET AGARWAL CONTACT NO. : 8797314320 (M) 8541095821 (F) ADDRESS:</p>	<p>AGE: 1YEAR WEIGHT: 7 KG HEIGHT: 26 H.C: 43</p>

8			
	NAME: NISHIKA GUPTA DOB: 12.09.2020 BLOOD GROUP: A + CARD NO. : 14894	MOTHER'S NAME: KUMARI BABLI FATHER'S NAME: RANJEET KUMAR CONTACT NO. : 8789682318 (M) 9835584531 (F) ADDRESS: AT – BABHANBAY, PANI TAKI, DURA(SHIV MANDIR)	AGE:1YEAR WEIGHT: 7.5 KG HEIGHT: 27 H.C: 42.5
9			
	NAME: ARADHYA KUMARI DOB: 18.09.2020 BLOOD GROUP: O + CARD NO. : 15052	MOTHER'S NAME: KAJAL DEVI FATHER'S NAME: SURAJ KUMAR DAS CONTACT NO. : 9931105464 (M) 7761099087 (F) ADDRESS: NAYA KHAP, MUKUNDGANJ, BHABHANVAI(PRAGYAN KENDRA,BOI)	AGE:1YEAR WEIGHT: 7.5 KG HEIGHT: 27 H.C: 44.5

10			
	<p>NAME: KUVIRA VISHWAKARMA DOB: 11.02.2020 BLOOD GROUP: A + CARD NO. : 8057</p>	<p>MOTHER'S NAME: KAJAL DEVI FATHER'S NAME: KETAN VISHWKARMA CONTACT NO. : 7488875671 (M) 7979026918 (F) ADDRESS: UV -3, 4TH FLOOR, DEMOTAND(NEAR B.ED COLLEGE)</p>	<p>AGE:1.5YEAR WEIGHT: 8.5 KG HEIGHT: 30 H.C: 44</p>
11			
	<p>NAME: PRAKIRTI DOB: 23.08.2020 BLOOD GROUP: B + CARD NO. : 14458</p>	<p>MOTHER'S NAME: SHANTI DEVI FATHER'S NAME: SANTOSH KUMAR CONTACT NO. : 9523665570 (M) 9801898928 (F) ADDRESS: MUKUNDGANJ, NEAR TRANSFORMA, RAJIV GANDHI NAGAR</p>	<p>AGE:1.3YEAR WEIGHT: 8 KG HEIGHT: 28 H.C: 45</p>

12			
	NAME: ANSHIKA(MISTHI) DOB: 21.07.2020 BLOOD GROUP: B + CARD NO. : 13886	MOTHER'S NAME: SWEETY FATHER'S NAME: AMIT KUMAR CONTACT NO. : 9570094330 (M) 8825195364 (F) ADDRESS: VASTU VIHAR, OPPOSITE NANO APARTMENT,DEMOTAND	AGE: 1YEAR WEIGHT: 7 KG HEIGHT: 26 H.C: 46

SUKANYA SWASTHYA YOJNA			
BENEFICIARIES OF CHARHI, INDIRA, 14 MAIEL AND 15 MAIEL ON 3RD AUGUST 2021			
SL NO.	SUKANYA CAD	SUKANYA YOJNA PIC	AS UPDATED ON 3RD AUG 2021
1			

	NAME: SHRISTI KUMARI DOB: 17.05.2019 BLOOD GROUP: O + CARD NO.: 4002	MOTHER'S NAME: DINESH KUMAR FATHER'S NAME: MANJU KUMARI CONTACT NO. : (M) (F) ADDRESS: CHARHI, BHUYAN TOLI, HAZARIBAGH, JHARKHAND	AGE: 1.2YEAR WEIGHT: 7.5KG HEIGHT: 32 CM H.C: 44 CM
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2			
	NAME: SHAMA AFRIN DOB: 12.07.2019 BLOOD GROUP: A + CARD NO.: 5124	MOTHER'S NAME: RUKAIYA KHATOON FATHER'S NAME: IFTEKHAR ANSARI CONTACT NO. : 9608626950 (F) 9934298471 (M) ADDRESS: VILL - INDRA, EXACTLY ON 14 MAIL CHOWK, HAZARIBAGH, JHARKHAND	AGE: 1.8YEAR WEIGHT: 10KG HEIGHT: 32 CM H.C: 44



3			
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	NAME: PRAGYA DOB: 18.06.2020 BLOOD GROUP: B + CARD NO.: 06868	MOTHER'S NAME: CHANDNI KUMARI FATHER'S NAME: SURAJ KUMAR BHUIYAN CONTACT NO. : (F) (M) ADDRESS: VILL- INDRA,15 MAIL, ASOK DHARM KANTA(RIGHT SIDE OF IRON AND SPONGE PLANT)	AGE: 1YEAR WEIGHT: 7.2KG HEIGHT: 37 CM H.C: 43
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4			
	NAME: ARUSHI PATEL DOB: 18.08.2019 BLOOD GROUP: A + CARD NO.: 21901	MOTHER'S NAME: REETA KUMARI FATHER'S NAME: SURENDRA KUMAR CONTACT NO. : 9693498155 (M) 8102177272 (F) ADDRESS: VILL - INDRA, 15 MAIEL, CHINTPURNI FACTORY	AGE: 1 YEAR WEIGHT: 6.7KG HEIGHT: 31 CM H.C: 43



5			
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	NAME: MAHIMA PATEL DOB: 22.05.2019 BLOOD GROUP: O + CARD NO.: 6016	MOTHER'S NAME: DIPALI KUMARI FATHER'S NAME: SINTU KUMAR CONTACT NO. : 7070814299 (F) 6205195936 (M) ADDRESS: VILL - INDRA, 15 MAIEL, NEAR CHITPURNI FACTORY	AGE:1 YEAR WEIGHT: 8KG HEIGHT: 36 CM H.C: 46
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6			
	NAME: DOLIKA DOB: 05.09.2020 BLOOD GROUP: A + CARD NO.: 14723	MOTHER'S NAME: SABITA DEVI FATHER'S NAME: PHULENDRA KUMAR CONTACT NO. : (M) (F) ADDRESS:	AGE:1 Year WEIGHT: 7.5KG HEIGHT: 42 CM H.C: NA






7			
	NAME: DOLIKA DOB: 05.09.2020 BLOOD GROUP: A + CARD NO.: 14723	MOTHER'S NAME: SABITA DEVI FATHER'S NAME: PHULENDRA KUMAR CONTACT NO. : (M) (F) ADDRESS:	AGE:1 Year WEIGHT: 7.5KG HEIGHT: 42 CM H.C: NA

	NAME: SHANVI SINGH DOB: 13.08.2020 BLOOD GROUP: A + CARD NO.: 1461	MOTHER'S NAME: NILU KUMARI SINGH FATHER'S NAME: PAPPU KUMAR CONTACT NO. : 7061492614 (M) 7258048214 (F) ADDRESS:	AGE:1.2 Year WEIGHT: 8 KG HEIGHT: 27 CM H.C: 42 CM
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8			
	NAME: ANANYA KUMARI DOB: 17.07.2021 BLOOD GROUP: O + CARD NO.: 13855	MOTHER'S NAME: ANJANA KUMARI FATHER'S NAME: BINOD KUMAR UMESHWAR UPADHYAY CONTACT NO. : (M) (F) ADDRESS: BABA MARKET COMPLEX, CHARHI	AGE:1.5year WEIGHT: 10 KG HEIGHT: 31 CM H.C: 44.5







9			
	NAME: MEENA DEVI DOB: 21/06/2019 BLOOD GROUP: A+ ADDRESS: CHARHI, HAZARIBAG ID No. 466 B UHD No. 285483080962 417529094351	MOTHER'S NAME: MEENA DEVI FATHER'S NAME: DILIP HEMBROM CONTACT NO. : (M) (F) ADDRESS: BABA MARKET COMPLEX, CHARHI	AGE:1.5year WEIGHT: 10 KG HEIGHT: 31 CM H.C: 44.5

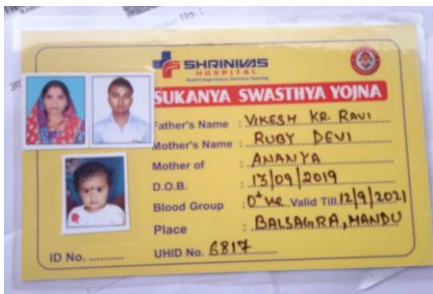





	NAME: AKANKSHYA HEMBROM DOB: 21.06.2019 BLOOD GROUP: A + CARD NO.: 4663	MOTHER'S NAME: MINA KUMARI FATHER'S NAME: DILIP HEMBROM CONTACT NO. : N.A (M) 7061099146 (F) ADDRESS: TOLA - DUMARKOCHA, CHANARO, CHARHI	AGE:1year WEIGHT: NA HEIGHT: 35 CM H.C: 45
10			
	NAME: NITYA MURMU DOB: 20.01.2020 BLOOD GROUP: A + CARD NO.:	MOTHER'S NAME: VEENA KUMARI FATHER'S NAME: SUNIL MURMU CONTACT NO. : N.A (M) 9608679982 (F) ADDRESS: TOLA - DUMARKOCHA, CHANARO, CHICHI KALAN, CHARHI	AGE: 01 Year WEIGHT: NA HEIGHT: 31 CM H.C: 44




SUKANYA SWASTHYA YOJNA

BENEFICIARIES OF BALSAGRA, MORANGI, RABODH AND AMNDU ON 6TH AUGUST 2021

SL NO.	SUKANYA CARD	SUKANYA YOJNA PIC	AS UPDATED ON 6TH AUGUST 2021
1	 <p>NAME: AWANI SHERA DOB: 28.09.2019 BLOOD GROUP: B + CARD NO.: 7206</p>	 <p>MOTHER'S NAME: RITA DEVI FATHER'S NAME: SURENDRA PRAJAPATI CONTACT NO. : 9608478960(M) 9835977693(F) ADDRESS: N.H- 33, BALSAGRA, BESIDE HIGH SCHOOL, HERBAL BEAUTY PARLOUR</p>	 <p>AGE: 01 Year WEIGHT: N.A HEIGHT: 32 CM H.C: 43.5</p>
2			

	<p>NAME: ANGEL HANSDA DOB: 04.07.2020 BLOOD GROUP: B + CARD NO.: 13662</p>	<p>MOTHER'S NAME: POONAM KUMARI FATHER'S NAME: DURGA MANJHI CONTACT NO. : N.A (M) 7979807176 (F) ADDRESS: GRAM/POST - RABODH, MAHUATAND, MANDU</p>	<p>AGE: 1.2 Year WEIGHT: 7 KG HEIGHT: 27 CM H.C: 43</p>
3	 <p>The card is from Shrinivas Hospital, Sukanya Swasthya Yojna. It lists: Father's Name: MD. AMIN ANSARI, Mother's Name: KASIRAN KHATUN, Mother of: ANABIA, D.O.B.: 29/7/2020, Blood Group: A+ve, Valid Till: 13/1/22, Place: HUWAG, MANDU, UHID No: SNH/13982.</p>	 <p>A woman in a pink sari is holding a young child, and another woman in a green patterned sari and face mask is handing them a gift box.</p>	 <p>A close-up portrait of a young child with dark hair and a bindi on their forehead.</p>
	<p>NAME: ANABIA DOB: 29.07.2020 BLOOD GROUP: A + CARD NO.: 13982</p>	<p>MOTHER'S NAME: KASIRAN KHATUN FATHER'S NAME: MD. AMIN ANSARI CONTACT NO. : 8092537402 (M) 8651432186 (F) ADDRESS:</p>	<p>AGE: 01 Year WEIGHT: 7 KG HEIGHT: 27 CM H.C: 42</p>
4	 <p>The card is from Shrinivas Hospital, Sukanya Swasthya Yojna. It lists: Father's Name: SURESH KUMAR MAHTO, Mother's Name: SUMITA KUMARI, Mother of: KRISHA KRITI, D.O.B.: 15/01/2020, Blood Group: O+ve, Valid Till: 02/04/2022, Place: BALSABRA, H. BAH., UHID No: 9697.</p>	 <p>A woman in a red sari is holding a young child, and another woman in a green patterned sari and face mask is handing them a gift box.</p>	 <p>A portrait of a young child with dark hair and a bindi on their forehead.</p>

	<p>NAME: KRISHA KRITI DOB: 15.01.2020 BLOOD GROUP: O + CARD NO.: 9697</p>	<p>MOTHER'S NAME: SUNITA KUMARI FATHER'S NAME: SURESH KUMAR MAHTO CONTACT NO. : 7561947773(M) 7004886016 (F) ADDRESS: VILL/P.O - BALSAGRA, PATARWA TOLA, JHUMRI MAHUWA</p>	<p>AGE: 01 Year WEIGHT: N.A HEIGHT: 32 CM H.C: 43.5</p>
5			
	<p>NAME: ANANYA DOB: 13.09.2019 BLOOD GROUP: O + CARD NO.: 6817</p>	<p>MOTHER'S NAME: RUBY DEVI FATHER'S NAME: VIKESH KUMAR RAVI CONTACT NO. : 9060466410 (M) 8521796100 (F) ADDRESS: PLOT NO -94, VILL/P.O- BALSAGRA, PATARWA TOLA, JHUMRI MAHUA</p>	<p>AGE: 11 months WEIGHT: N.A HEIGHT: 32 CM H.C: 45.5</p>
6			

	NAME: ARADHANA RIKIYASAN DOB: 10.04.2019 BLOOD GROUP: A + CARD NO.:17203	MOTHER'S NAME: SANTI RIKIYASAN FATHER'S NAME: MAHESH RIKIYASAN CONTACT NO. : 7061679995 (M) 8638238404 (F) ADDRESS: INSIDE GLOBAL FACTORY, MORANGI	AGE: 1 year WEIGHT: N.A HEIGHT: 32 CM H.C: 45
7			
	NAME: MINAKSHI KUMARI DOB: 20.03.2020 BLOOD GROUP: A + CARD NO.:09680	MOTHER'S NAME: KHUSHBOO KUMARI FATHER'S NAME: SUMAN KUMAR SINGH CONTACT NO. : N.A (M) 6204476139 (F) ADDRESS:	AGE: 01 year WEIGHT: N.A HEIGHT: 30 CM H.C: 45

DIET CHART OF SUKANYA MOTHER PROVIDED BY NUTRITIONIST

A proper diet during pregnancy and postpartum is crucial for the health of both mother and child. During pregnancy, women should increase their calorie intake by 340-450 calories per day, focusing on nutrient-dense foods. This includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Essential nutrients like folic acid, iron, calcium, and DHA are vital, often supplemented through prenatal vitamins. Staying well-hydrated and avoiding potentially harmful foods such as raw meats and high-mercury fish is important. After giving birth, the focus shifts to supporting recovery and, if applicable, breastfeeding. This involves continuing to eat a balanced diet rich in iron, calcium, and fiber, while gradually returning to pre-pregnancy calorie levels if not breastfeeding. Throughout both periods, it's advisable to consult with a healthcare provider for personalized nutrition guidance, as individual needs may vary based on factors such as pre-existing conditions or multiple pregnancies.

Proper diet chart are given below:

BENEFITS OF BREASTFEEDING FOR THE BABY

- It gives the baby the ability to fight diarrhoea and pneumonia.
- The first milk that comes out of the mother's breast contains a thick yellow liquid, which is called colostrum. Make sure to feed this to the baby. It helps the baby to avoid infection and strengthens its immunity.
- Drinking mother's milk does not cause fat gain.
- Breastfeeding reduces the risk of blood cancer, diabetes, asthma and high blood pressure in the later stages of life.
- Breastfeeding plays an important role in the development of the brain.
- The baby gets mother's milk at the same temperature as that of the body. This prevents the baby from catching cold.
- Benefits of breastfeeding to the mother
- Breastfeeding reduces the mental stress of the mother and controls the blood pressure after delivery.
- Breastfeeding reduces the risk of uterine and ovarian cancer and anemia.
- The emotional bond between a breastfeeding mother and her baby is very strong.
- The risk of developing osteoporosis later in life is low.
- Breastfeeding reduces weight naturally.

INFANT DIET

- At the age of **6 months**, along with breastfeeding, give fruits (such as oranges, seasonal fruits, grapes) by grinding them and rice water in small quantities. Also, you can give dal water, green vegetable and tomato soup, finely ground banana, papaya, sapota, mango and other seasonal fruits, biscuits, chicken and mutton soup.
- At **7 to 8 months**, boiled fine flour, curd, semolina and tapioca khichdi, kheer etc. should be given with a spoon. You can give curd, semolina and tapioca khichdi and the yellow part of boiled egg.
- At **8 to 9 months**, bread, biscuits, roti, dal or mixed in milk, porridge, chawal, ground green vegetables, potatoes, meat, fish, butter, paneer etc. can be given.
- At **9 to 12 months**, you can start feeding supplementary milk. At this age, children should be fed all types of home-cooked food that is eaten by other people. Do not force the child to eat any food. Any new food should be increased gradually. Do not give canned food. No new food is better than fresh home-cooked food in any way. No cereal or fruit is cold or hot.

- **Baby's clothes**

As far as possible, dress the baby in cotton, soft and loose clothes. The neck and sleeves of the clothes should be big. The clothes should be open from front to back so that it is easy to wear and take off the clothes. There should be laces in place of buttons or hooks in the clothes. The baby's underwear and diapers should not be small and tight and do not use elastic in them. In summer, the baby also suffers due to heat. Clothes should be changed immediately after defecation and urination. Do not apply oil, powder. Do not put oil in the nose and ears.

- **Baby's toys**

In which the child gets physical, emotional and mental intellectual development. With which he can play comfortably and does not get hurt. With which the colours do not come off. With which there is no risk of any kind of harm to the child.

Please pay attention to some important instructions which are helpful in taking care of a newborn baby.

Do this:

- ✓ Mother's milk is like nectar for a newborn baby. Mother's milk also protects the baby from diseases like malnutrition.
- ✓ Start giving mother's milk to the baby as soon as possible after birth. You can start feeding the baby in the delivery room itself. Even in case of an operation, you can start feeding mother's milk immediately.
- ✓ Generally feed the baby on demand. Generally the baby should be fed at an interval of 2 – 3 hours (demand feeding).

- ✓ Milk is produced at night, hence wake up the baby at an interval of two hours and feed him.
- ✓ One feeding should take approximately 10 – 20 minutes.
- ✓ Do not give cow's milk till 6 months. Do not use a bottle at all. If it is necessary to give supplementary milk, it should always be given with a cup and spoon.
- ✓ Keep the baby clean. Bathe him with lukewarm water every day.
- ✓ Keep the baby in a clean, warm and airy room.
- ✓ The mother of the baby should take normal food with high calories. You should drink half a liter of milk and 8 – 10 glasses of water every day.

Don't Do This

- Do not feed the baby while lying down.
- The baby does not need gruel or water in the first 6 months. Give him only mother's milk.
- Do not use oil, kajal, powder and amulet.
- Do not allow too many visitors to come near the baby.
- A slight swelling in the baby's breast is a normal thing. Do not try to reduce it by pressing.
- Do not let the baby come in contact with people with cold, cough, and fever and skin infection.
- Keep the navel clean and dry, apply oil etc. on it.
- Do not put oil etc. in the baby's penis hole.

Some common things seen in a healthy baby, do not worry about them:

- Some babies sleep during the day and stay awake at night, it takes about three months for their day-night cycle to be formed.
- Usually after drinking mother's milk the baby may pass stool 10 - 20 times in a day or may not pass stool for 5 - 7 days, both are normal.
- Do not panic if white discharge or blood comes out from the female's private parts.
- These symptoms should be taken very seriously in a new born baby.
- Baby becomes lethargic. Sleeping continuously.
- Baby looks pale. Abdominal bloating.
- Seizures. Blood in stools or bleeding anywhere else.
- Not drinking milk or drinking less milk. Vomiting continuously.

From birth to 6 months

Feed only mother's milk. If mother's milk is less then only feed outside milk and that too with a bowl and spoon and never from a bottle

In the 7th month

- Lentil water (Moong, Masoor)
- Rice water
- Tomato soup, beet-carrot soup, Fruit juice
- Rice (3 parts) and Moong dal (1 part)- roast this mixture and grind it and cook it in water or milk and give it (like Khichdi)
- Sabudana kheer, wheat flour kheer, or semolina kheer

In 8 to 9 months

- Give mashed banana, boiled potatoes
- Biscuits - with milk
- Fruits (chikoo, papaya, mango) - peel and mash
- Mixture of fruits in milk (milkshake)
- Dal bhaat, khichdi
- Boiled egg (give the yellow part) (in non-vegetarian families)

In 10 to 12 months

- Idli, halwa
- Bread-chapati with milk
- Chapati bhaji (less spicy)
- Chicken soup, fish, chicken-mutton keema (in non-vegetarian families)

Please note

- ❖ Start giving one type of food in small quantity (2 to 4 spoons) at a time, let the child get used to the taste of this food and then gradually increase its quantity (quarter to half bowl)
- ❖ Only when the child gets used to one type of food, give the other food
- ❖ Initially, children find it difficult to eat other things apart from milk But by trying every day they slowly get used to it.

CONCLUSION

Pregnancy is a transformative nine-month journey during which a woman's body nurtures a developing fetus. This period involves significant physical and emotional changes, requiring regular prenatal care and healthy lifestyle choices. Delivery, whether vaginal or via cesarean section, marks the culmination of pregnancy and the birth of a child. Following delivery, postnatal care focuses on the mother's recovery and the newborn's health. This phase involves physical healing, emotional adjustment, breastfeeding support, and learning to care for the infant. Proper nutrition, rest, and medical follow-ups are crucial for the mother, while the newborn requires feeding, hygiene care, and close monitoring of growth and development. Support from healthcare providers, family, and community resources plays a vital role in ensuring the well-being of both mother and child during this critical period.

The health of women during pregnancy and childbirth is complex and interconnected. Key factors include preconception health, prenatal care, pregnancy-related health issues, labor and delivery, postpartum health, long-term health considerations, preventive care, reproductive rights and access to care, cultural considerations, and support systems. Preconception health involves folic acid supplementation, managing pre-existing health conditions, and lifestyle modifications. Prenatal care includes regular check-ups, screenings, nutrition, weight management, and mental health support. Pregnancy-related health issues include gestational diabetes, preeclampsia, hypertension, anemia, and urinary tract infections. Labor and delivery involve various birthing options, pain management techniques, and potential complications. Postpartum health involves physical recovery, depression, anxiety, breastfeeding support, and long-term health considerations. Preventive care includes regular gynecological check-ups, cervical cancer screening, and breast health and mammograms. Cultural considerations include respecting diverse practices and addressing disparities in maternal health outcomes. Support systems include the role of partners, family, and community in supporting maternal health and paid parental leave.

The journey of pregnancy, delivery, and postnatal care represents a critical and transformative period in a woman's life and the beginning of a child's. This process underscores the importance of comprehensive healthcare, emotional support, and education. While medical advancements have significantly improved outcomes, challenges remain in ensuring equitable access to quality care worldwide. As society progresses, it's crucial to continue prioritizing maternal and child health, empowering women with knowledge and resources, and fostering supportive environments for new mothers. Ultimately, investing in the well-being of mothers and infants not only benefits individual families but also contributes to the overall health and prosperity of communities and nations.



A special thanks to

Dr. Praveen Shrinivas , Secretary cum Treasurer Shrinivas Sarvmangalam, for providing all facilities for the initiative

Shrinivas Hospital , a unit of Shrinivas Sarvmangalam

St. Columba's Mission Hospital , a collaborative unit with Shrinivas Sarvmangalam

Shrinivas Medicals for providing all types of medicines and injectable.

Shrinivas Diagnostics, for providing essential diagnosis in time and provide support in emergency also.

Ms. **Saheli Naskar** for Project Documentation.

THANK YOU

ANNEXURE 1: PHOTO GALLERY



ANNEXURE 2: VISIT QUESTIONNAIRE
SUKANYA SWASTHYA YOJNA

MOTHER'S NAME:

FATHER'S NAME:

FULL ADDRESS:

.....

CONTACT NO. : (M).....

(F).....

AADHAR NO. : (M).....

(F).....

BLOOD GROUP

IRON SUPPLIMENT

CHILD'S NAME:

DATE OF BIRTH:

BLOOD GROUP

AGE **WEIGHT** **HEIGHT**

H.C......

FEEDING STATUS: BREAST FEEDING

TOP UP MILK

VACCINATION: **VITAMIN D3**

IRON

VISITED BY

NURSE IN-CHARGE