

Health of a mother is important to ensure a healthy child. That is why, this year along with fighting malnutrition among children, we are focusing towards preventing anaemia and increase awareness on menstrual health and hygiene in adolescent girls, pregnant and lactating mothers through promoting proper nutrition and care.

Anaemia is a major health problem in India. According to the Comprehensive National Nutrition Survey (CNN-2019) the rate of anaemia in Raigad district is 61.5%, much higher than the state of Maharashtra (47.7%) itself.

United Way Mumbai (UWM) collaborated with the Integrated Child Development Services (ICDS) Panvel Blocks 1 & 2 and Karjat 1 & 2 in order to conduct Anaemia testing and awareness camps under the **"Anaemia Mukta Raigad Abhiyaan"**.



- Out of **220** adolescent girls tested for anaemia, **190 girls were anaemic** (Haemoglobin(Hb) <12gm/dl) during the camp. One girl was severe anaemic (Hb <7gm/dl), 79 moderate (7- 9.9gm/dl) and 110 girls were borderline anaemic (10- 11.9gm/dl). While only 30 girls were in normal category. ANMs from Primary Health Centers (PHCs) provided Iron and folic acid tablets to all the girls who were anaemic.
- 246 girls were sensitized on anaemia prevention and menstrual health and hygiene management.



- **322 ASHA, Angawadi workers, ANM and Anganwadi helpers** were trained on anaemia prevention and menstrual health and hygiene management during the *Anaemia Mukta Panvel Abhiyaan* phase-I.
- In phase- II, team will conduct Haemoglobin testing and awareness camps in 256 Raigad Zilla Parishad (RZP) Schools of Panvel-1.



Demo on counselling of adolescent girl by Shashikala, ANM with Anganwadi helper

"It's been more than 10 years since I have passed from Nursing college and similar with other ANMs. We have all the technical knowledge on Anaemia prevention and menstrual health management but I think a community part was missing. It was a great training on local context and with that our knowledge has also been refreshed. The training was indeed necessary. Thank you, Tai for the training."

- Ms. Shashikala Bhanudas Patil, ANM, Kedwane

5 anaemia testing and awareness camps

246 girls have been sensitized

on anaemia prevention and Menstrual Health and Hygiene Management (MHM)

232 adolescent girls tested for Anaemia

160 Anganwadi workers

113 ASHA workers and 16 Auxiliary Nurse Midwives (ANMs) were trained

on anaemia prevention and MHM under *Anaemia Mukta Panvel Abhiyaan* in collaboration with ICDS, Panvel-1.

113 home visits

for counselling of parents of severe and moderate undernourished children

10 group counselling sessions

in which 12 pregnant women, 11 lactating mothers and 44 community members attended the session.

THANK YOU FOR SUPPORTING PROJECT POSHAN