National Health Programs

National Health Intervention for Mother and Child – India

Introduction

- While there is no standalone program titled *"National Health Intervention Programme for Mother and Child"*, India addresses maternal and child health (MCH) through the National Health Mission (NHM), which includes:
    - National Rural Health Mission (NRHM)
    - National Urban Health Mission (NUHM)



- These sub-missions aim to ensure integrated, accessible, and affordable healthcare for mothers and children, particularly in rural and underserved populations.

Principal Objectives:

1. **Improve Maternal Health:**
    - ➢ Reduce maternal mortality through antenatal care, skilled delivery, and postnatal support.
2. **Enhance Child Health:**
    - ➢ Reduce infant and child mortality through nutrition, immunization, and curative services.
3. **Promote Family Planning:**
    - ➢ Stabilize population growth through awareness and access to contraceptive methods.
4. **Nutritional Support:**
    - ➢ Combat malnutrition among pregnant/lactating women and young children.
5. **Ensure Accessible Healthcare:**
    - ➢ Deliver equitable health services to rural and urban underserved populations.

Key Schemes and Programs

Scheme	Purpose
Janani Suraksha Yojana (JSY)	Promote institutional delivery among poor pregnant women.
Janani Shishu Suraksha Karyakram (JSSK)	Provide free delivery and treatment for pregnant women and infants.
Integrated Child Development Services (ICDS)	Supplementary nutrition, immunization, and health checkups for mother & child.
Mission Indradhanush	Increase immunization coverage for children and pregnant women.
Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA)	Free antenatal care on the 9th of every month.

Key Activities

1. ### Antenatal and Postnatal Care (ANC & PNC):
   - Regular checkups, screening, and health education during and after pregnancy.
2. ### Safe Delivery Practices:
   - Promote skilled birth attendance and emergency obstetric care.
3. ### Immunization:
   - Ensure timely vaccination under the Universal Immunization Programme (UIP).
4. ### Nutrition Programs:
   - Provide supplementary nutrition under ICDS and counseling on infant feeding practices.
5. ### Training of Health Workers:
   - Strengthen capacity of ASHAs, ANMs, and AWWs for frontline maternal and child healthcare.

Maternal Health Services

- **Antenatal Care (ANC)**: Screening for anemia, infections, and health education
- **Institutional Deliveries**: Encouraged through JSY and JSSK
- **Postnatal Care (PNC)**: Counseling on newborn care, breastfeeding, and contraception

Importance of These Interventions

1. ### Reduction in Maternal and Infant Mortality
   - Focused efforts have reduced MMR and IMR nationwide
2. ### Improved Healthcare Access

- Service expansion in rural and tribal regions

3. **Better Nutrition**
   - Early interventions have curbed malnutrition in mothers and children
4. **Disease Prevention**
   - UIP and Mission Indradhanush have reduced vaccine-preventable diseases
5. **Empowerment and Awareness**
   - Educates women, enabling informed health decisions for themselves and their children

National Family Welfare Programme (NFWP) – India

Introduction

- Launched in the 1950s, the NFWP is the world's first official family planning program. It reflects India's early commitment to population stabilization, reproductive health, and national development.
- Over time, it has evolved into a comprehensive reproductive, maternal, and child health initiative.



Objectives of the Programme

1. **Promote Family Planning**
   - Provide access to contraceptives for birth spacing and family size planning
2. **Achieve Population Stabilization**
   - Lower Total Fertility Rate (TFR) and align growth with national resources
3. **Improve Maternal and Child Health**
   - Reduce maternal, infant, and child mortality through integrated services
4. **Support Reproductive Health**
   - Promote sexual and reproductive health as part of overall well-being

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