



Improving Mother and Children's Health Care & Nutritional Support in Urban Slums

The project objective was to improve the health and nutritional condition of the vulnerable children, women and general health of the poor communities living in slum by providing quality primary health services through clinic and health education through community outreach. This project was started in January 2014 and covered a population of 40,000 approximately in 4 locations (Israel camp, Inder camp, Arjun Camp and J.J. Bandhu cluster) near Rangpuri Pahadi, Vasant Kunj, New Delhi.

Delhi is one of the fastest growing cities of India with a very large slum population. The living conditions of the people living in the slums is appalling with limited access to proper sanitation, clean drinking water and basic care. The health of children living in these overcrowded slums is sad – they are underweight, anaemic and prone to many diarrhoea and viral infections. Thousands die every year due to infections that could be prevented.

In January 2014, we launched a maternal and child health project in January 2014 in the Ranpuri Pahadi slum of Vasant Kunj, Delhi, to address the poor maternal and child health services in the area. The intent is to improve the maternal and child health by running health clinics in the area and provide nutritional support. A clinic is run in the slum twice a week for 4 hours. A female doctor is available during the clinic along with a medical dispenser, laboratory technician and counselor. The doctor provides key ante natal and post natal services. Important tests such as Haemoglobin, pregnancy, blood group, blood pressure and sugar are conducted for all the women. In addition, prevention and control of anaemia is a key element of the project. In collaboration with the government Integrated Child Development Scheme (ICDS) department, we provide IFA supplements to pregnant women and children in the age group of 6 months to 5 years. Haemoglobin tests are conducted for women who are pregnant, and those women found to be anaemic are given nutritional

supplements such as swasthya multi grain atta, multi grain dalia, gur chana, sattu produced by our spice and cereal processing units.

Every fortnight, our project staff conducts group counselling and health awareness sessions in the slums where topics such as breastfeeding, institutional deliveries are addressed.