

Awareness Camp on Mother & Child Health Care:

In the modern era of complex life style, unhealthy food habits and gradual shortage of originally pure food, the risk of health ailment are increasing day by day. New kinds of hazards are evident in our daily life due to environment condition especially in the rural and urban areas where very little is known about general health and hygiene. Women still follow the old ways of delivering their babies at home with the help of midwives who know very little themselves about hygiene. The mothers don't know much about nutrition and eating healthy food and so their babies are most of the time born undernourished.

S. B. Devi Charity Home organized an Awareness Programme on Mother and Child Health Care was held on Thursday 4th December 2008 at Sovabazar Natmandir, from 10.00 onwards in association with Inner Wheel District 329 and 18 host clubs.

The check-up session got a little slow as it was a Thursday the children had all gone to school and the mothers were busy preparing their afternoon meal. All our hearts began to sink and we started feeling that the camp had flopped though we knew that 10.00 a.m is not a suitable time for mothers to attend. At about 11.00 a.m suddenly the whole place came to life as the mothers and their children started rolling in. The target population was all slum dwellers.

Our main focus was counselling in the field of **Mental Health, Nutrition, Gynaecology and Pediatric concerning** their knowledge, attitude and behaviour through a structured questionnaire. **Height & Weight** was taken for every participant and **BMI** status was also assessed. **HB % estimation** was done for all the mothers. Counselling on **Immunization** was given and the children who had not been immunized were vaccinated at the camp.

Totally we checked 42 mothers and 63 children. Finally the scoring was counted and we selected the 1st, 2nd & 3rd winner of "**Conscious Mother & Healthy Baby**". The children were given toys and a food packet and the mothers were given a food packet each. At 5.00p.m the programme came to an end.





Name of the awardees:

Mothers (Total Score: 100)

Regn. No.	Mothers Name	Address	Score	Position
012/Mother/2008	Jharna Shaw 33yrs	61, Raja Nabakrishna Street Kolkata – 5	78	1 st
041/Mother/2008	Rekha Majumder 24yrs	35A, Raja Nabakrishna Street Kolkata – 5	76	2 nd

Children (Total Score: 100)

Regn. No.	Child	Address	Score	Position
031/Child/2008	Rahul Bayen 4yrs/M	44C,Raja Nabakrishna Street Kolkata – 5	90	1st
017/Child/2008	Suman	13, Raja Gopendra	87	2 nd

	Roy 9moths/M	Street Kolkata – 5		
059/Child/2008	Ishani Chatterjee 1yr 8moths/F	30A,Raja Nabakrishna Street Kolkata -6	85	3 rd

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