

## Mother's Day celebration

Mother's Day is celebrated around the world on the 13<sup>th</sup> of May. We at S. B. Devi Charity Home celebrated mother's day on the 17<sup>th</sup> May. As 13<sup>th</sup> of May was a Sunday it was not possible for us neither for the mothers to come on Sunday.

As this was a pre planned programme we kept on informing the mothers about this programme. We expected a huge number of mothers but only 23 mothers turned up. This programme was divided into two phases. We had prepared a team for conducting this whole programme and each member was given a specific job. We also had amongst us Isabell, Nora and Karin the three exchange student throughout our programme. They even took active part in the programme.

### **Phase 1.**

Anthropometric measurements like mid-arm circumference, waist and hip circumference, skin- fold thickness at biceps, triceps, sub- scapula, thigh and supra- iliac were taken including height and weight. We also measured their blood pressure, resting pulse rate and resting respiratory rate for these mothers. Their nutritional statuses were assessed from their BMI calculated from their height and weight.

### **Phase 2.**

Sexually Transmitted Infections (STIs) status of these mothers as well as their perception on STIs and HIV/AIDS were assessed through a structured questionnaire

### **Phase 3.**



**The moment a child is born, the mother is also born. She never existed before.**

**The woman existed, but the mother, never. A mother is something absolutely new.**

**She taught you how to walk without support.**

**She taught you one plus one equals two.**

**She taught you how to get up after you fall.**

**She taught you that actions speak louder than words.**

Mothers are really special to all of us. This is why we always emphasize on the topic for discussion in our MCH clinic, for to be mothers and women who have newly become mothers.

In this phase we did nutritional counselling. Our topic was “**Ante-natal and post-natal care**” of a mother.

**Result:**

Average age of these mothers was 35 yr (23-53 yr), with average height of 151.1 cm (137.0 – 162.5 cm) and average weight of 52.3 kg (38.0 – 75.0 Kg. BMI of these mothers suggested that 45.4% were in the category of overweight, 18.1% were in the category of underweight and 36.5% were in the normal range. Waist/hip ratio suggested that 90.9% of these mothers showed central obesity.

59.2% of these mothers were having blood pressure with normal range.13.6% of them were having hypertension and 27.2% of them were having low blood pressure.

Regarding the STIs status of these mothers, 68% of them reported vaginal white discharge and 13.6% reported foul smell in this white discharge. 45.4% of them reported vaginal itching and 40.9% reported dysparunia. 9.09% of them reported vaginal bleeding after intercourse and the same percentage reported presence of painless ulcer on interoitus. None of them reported about loosing weight or frequently suffering from respiratory tract infection or gastroenteritis.

22.7% of these mothers were not having any knowledge regarding STIs and HIV/AIDS. 59.1% have partial knowledge regarding the rout of transmission of STIs and HIV.