

A Study on – “Knowledge and Practices of Pregnant women in Balsakhi and Non Balsakhi area”



Mentor – Mr. Laxman Swaroop Sharma

Vikram Sharma

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MR UNIVERSITY

Organization Profile

- Founded by Dr. Mohan Singh Mehta in 1968
- Focused Initially on Adult Education; aim to enable rural and tribal citizens with skills
- Expanded to include areas like health, early childhood care and development
- Works in Udaipur and Rajsamand district; Around 70% is tribal population
- More than 5,00,000+ people covered in across 1300 rural villages covering 16,000+ km²





Seva Mandir Primary focus on

- Sustainable development
- Education
- Women Empowerment
- Water, Sanitation and Hygiene
- Natural Resources
- Early Childcare and Development
- Malnutrition

Balsakhi Project

- Balsakhi project started in 2019 for improving maternal and child health.
- *Balsakhi* come from the same communities as the families they work with, so they are trusted and respected, and are ideally placed to offer help and support in the home.
- Balsakhi advise mother about nutrition, Breastfeeding, Hygiene and regularly monitor children growth.



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- Study Area:- Jhadol Block
 - Sample Size:- 100 (50 Pregnant Balsakhi Area, 50 Pregnant Non Balsakhi Area)

Research Objective

- Analyzing the knowledge and practice of pregnant women between Balsakhi and non-Balsakhi areas.
- Analyzing the diet plan of the pregnant woman.





Findings

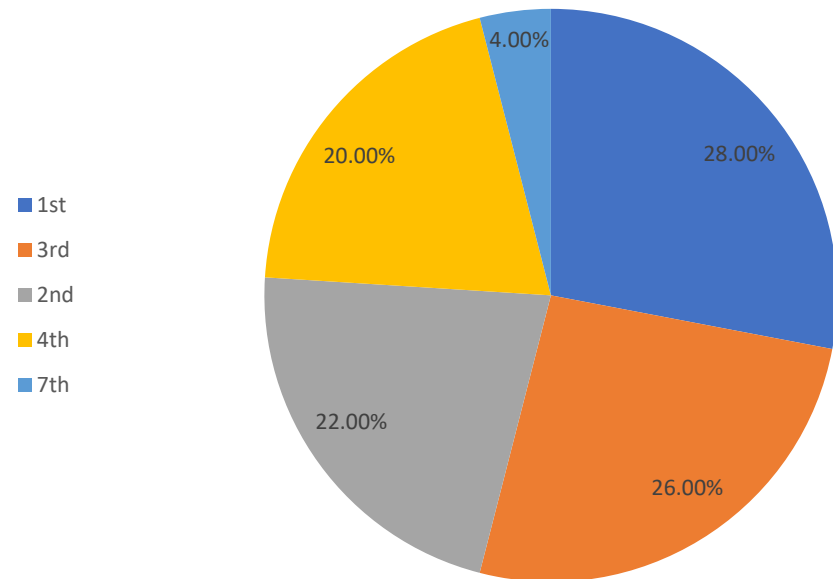


83069507548									
शाखा									
शहर/गाँव									
जच्चा एवं परिवार का विवरण									
जच्चा का नाम	सुशीला देवी						आयु	19	वर्ष
पति का नाम	रोमेश कुमार						व्यवसाय	22/1	
ग्राम पता	किताव 124								
जिला	अजमेर								
स्वयं/पति/परिवार के अन्य सदस्य का मोबाइल नं.									

No. Of Pregnancy

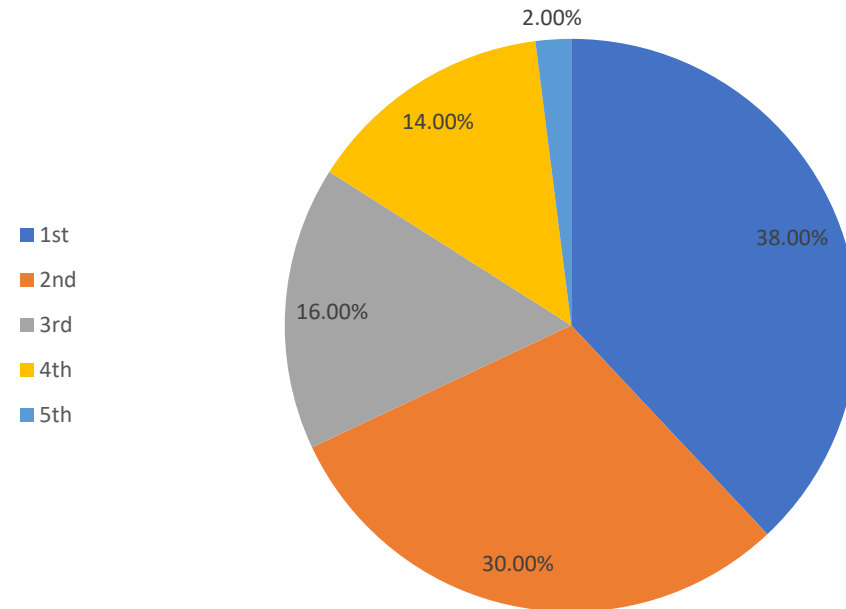
BALSAKHI AREA

Pregnancy	No. of Pregnancy	% No. of Pregnancy
1 st	14	28%
3 rd	13	26%
2 nd	11	22%
4 th	10	20%
7 th	2	4%
Total	50	100%



NON BALSAKHI AREA

Pregnancy	No. of Pregnancy	% No. of Pregnancy
1 st	19	38%
2 nd	15	30%
3 rd	8	16%
4 th	7	14%
5 th	1	2%
Total	50	100%



Average Age Difference of the Children

The age difference between children in the Balsakhi and Non-Balsakhi areas is greater than 2 years.

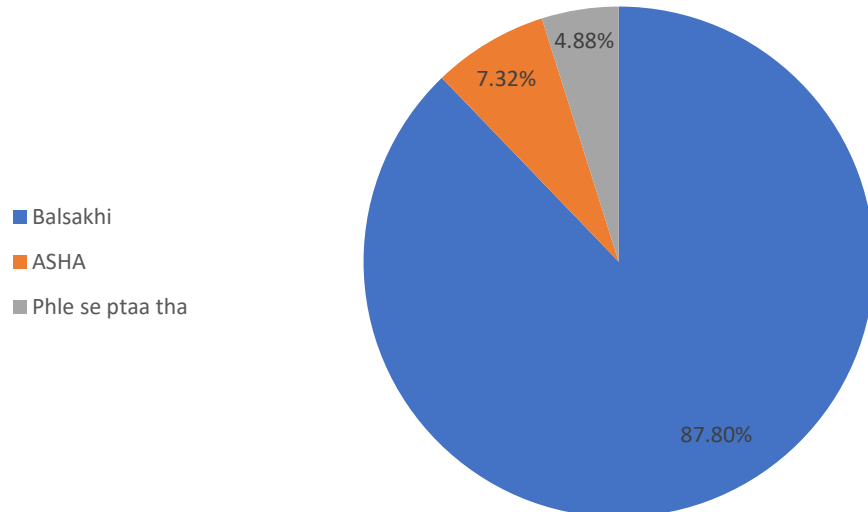


Inform About ANC

BALSAKHI AREA

Who Told	No.	%
Balsakhi	36	87.80%
ASHA	4	7.32%
Phle se Ptaa	2	4.88%
Total	42	100%

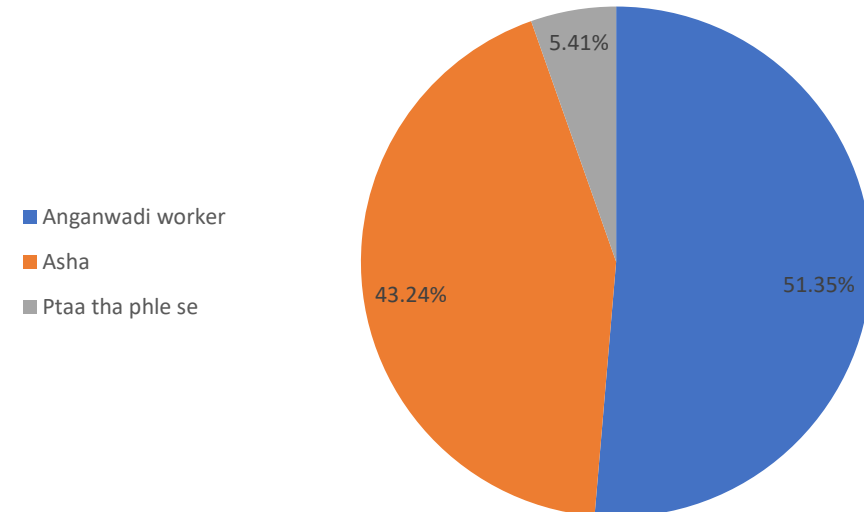
Balsakhi Area



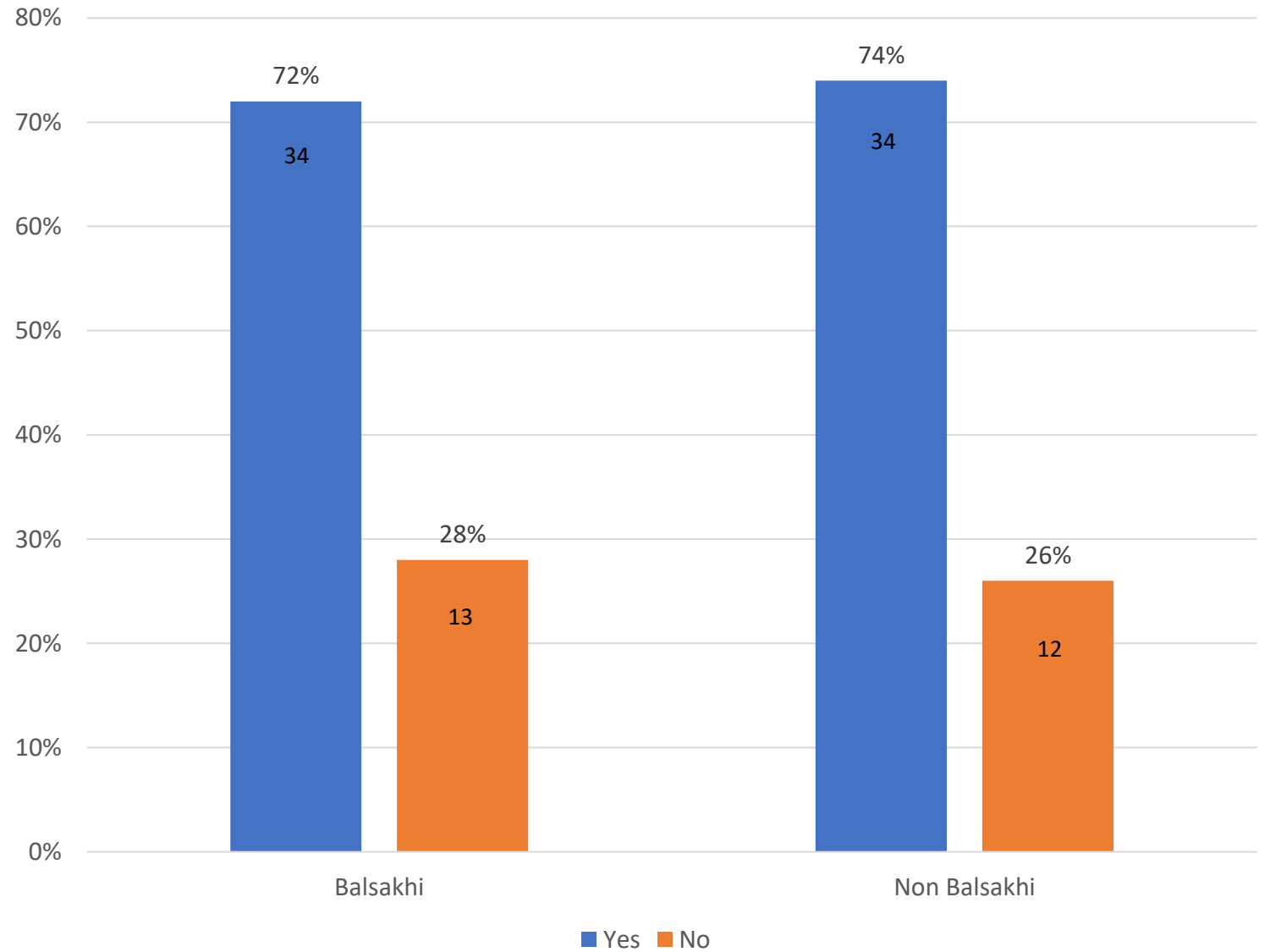
NON BALSAKHI AREA

Who Told	No.	%
Anganwadi Worker	19	51.35%
ASHA	16	43.24%
Phle se Ptaa	2	5.41%
Total	37	100%

Non Balsakhi Area



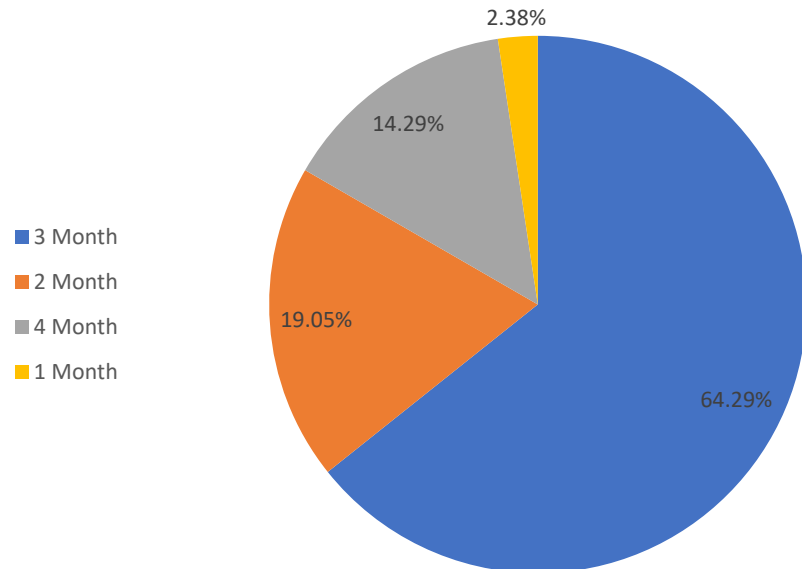
ANC REGISTRATION (Above 3 month)



ANC Registration Months

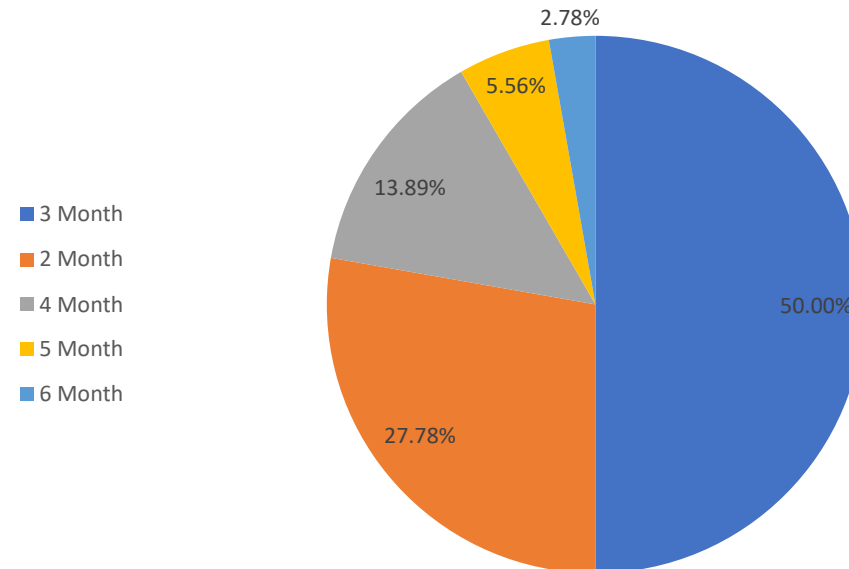
BALSAKHI AREA

MONTHS	No. of ANC	% of ANC Months
3 Month	27	64.29%
2 Month	8	19.05%
4 Month	6	14.29%
5 Month	1	2.38%
Total	42	100.0%

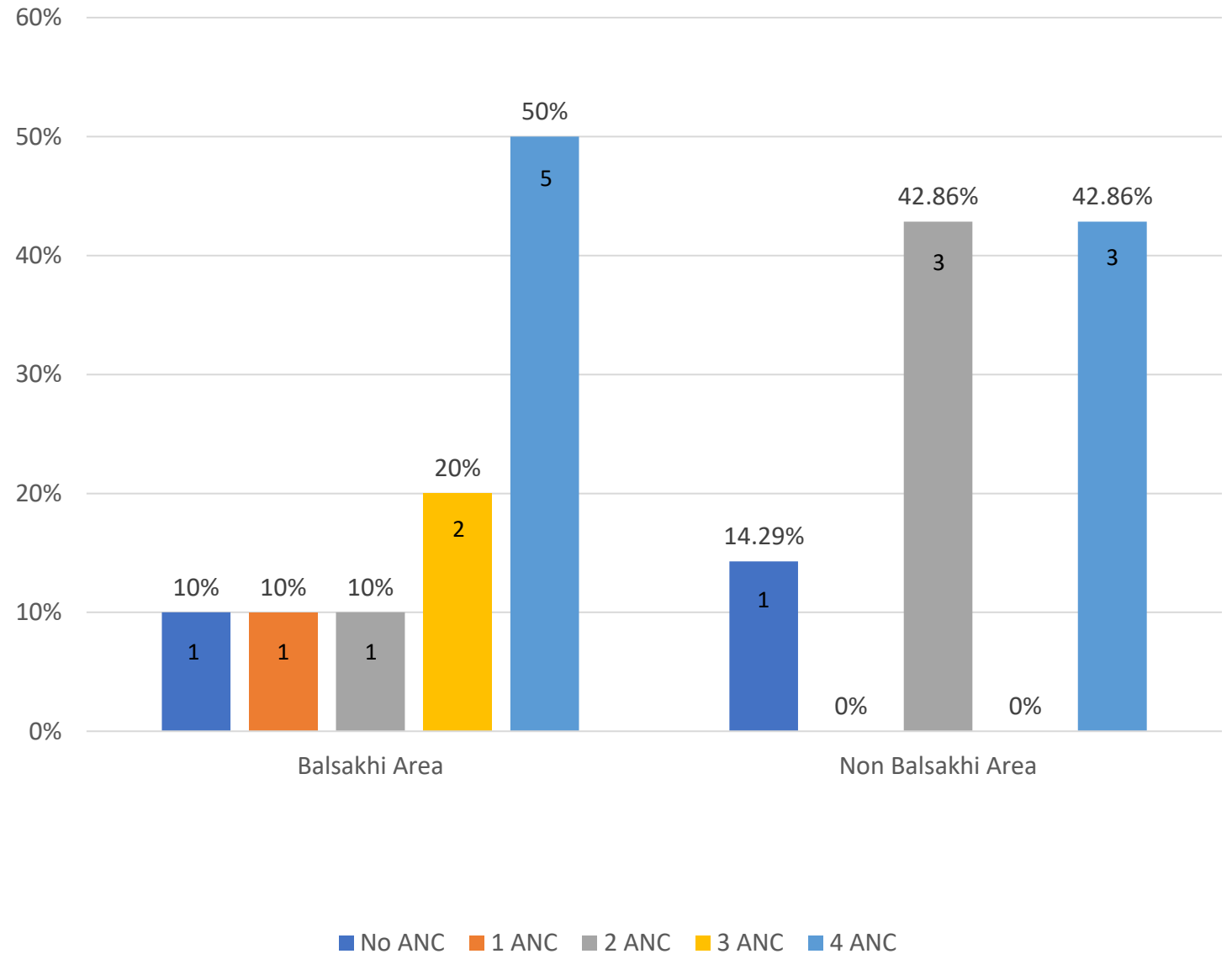


NON BALSAKHI AREA

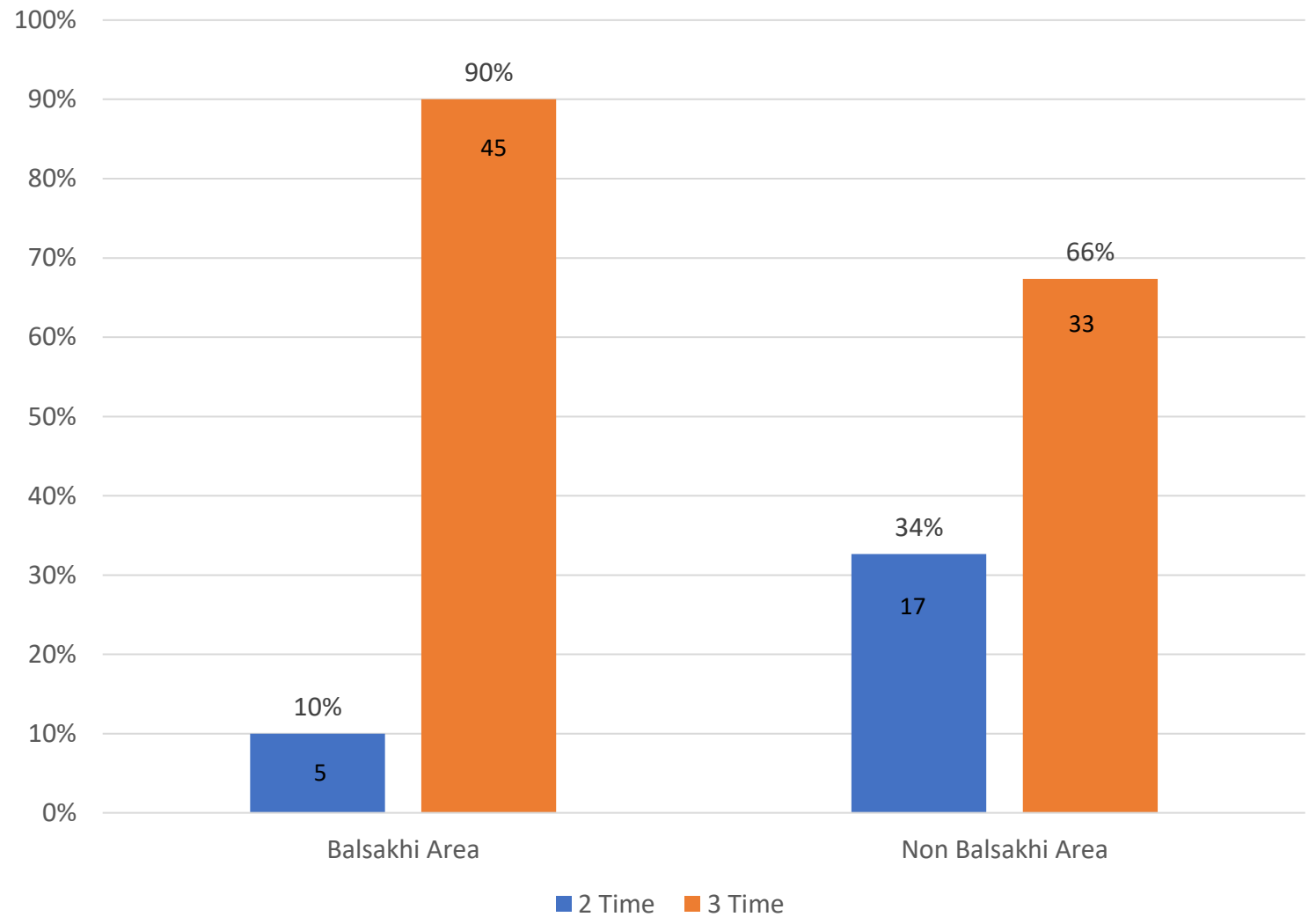
MONTHS	No. of ANC	% of ANC Months
3 Month	18	50%
2 Month	10	27.78%
4 Month	5	13.89%
5 Month	2	5.56%
6 Month	1	2.78%
Total	36	100.0%



9 Month ANC Visits



Food Timing

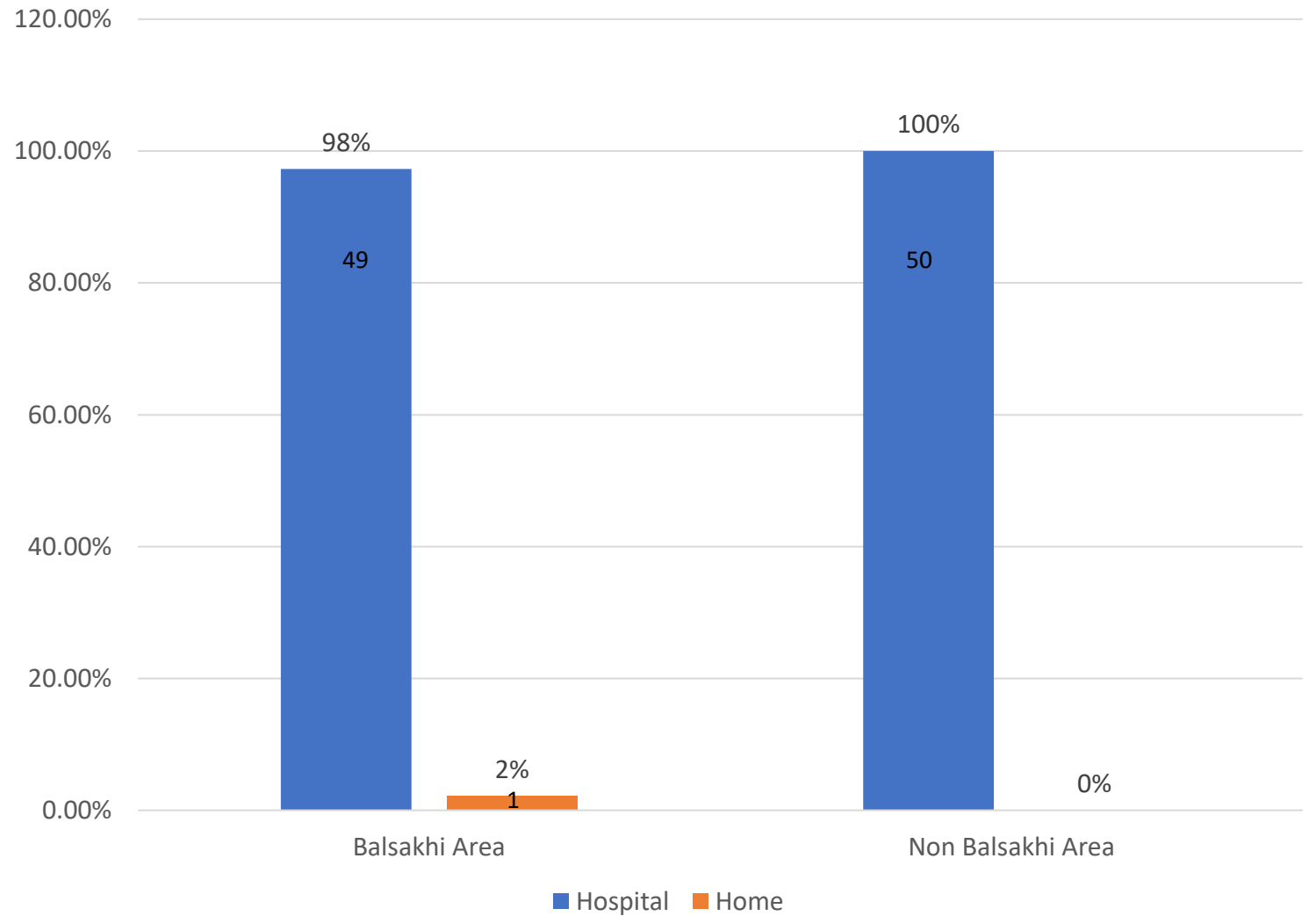


Diet Plan

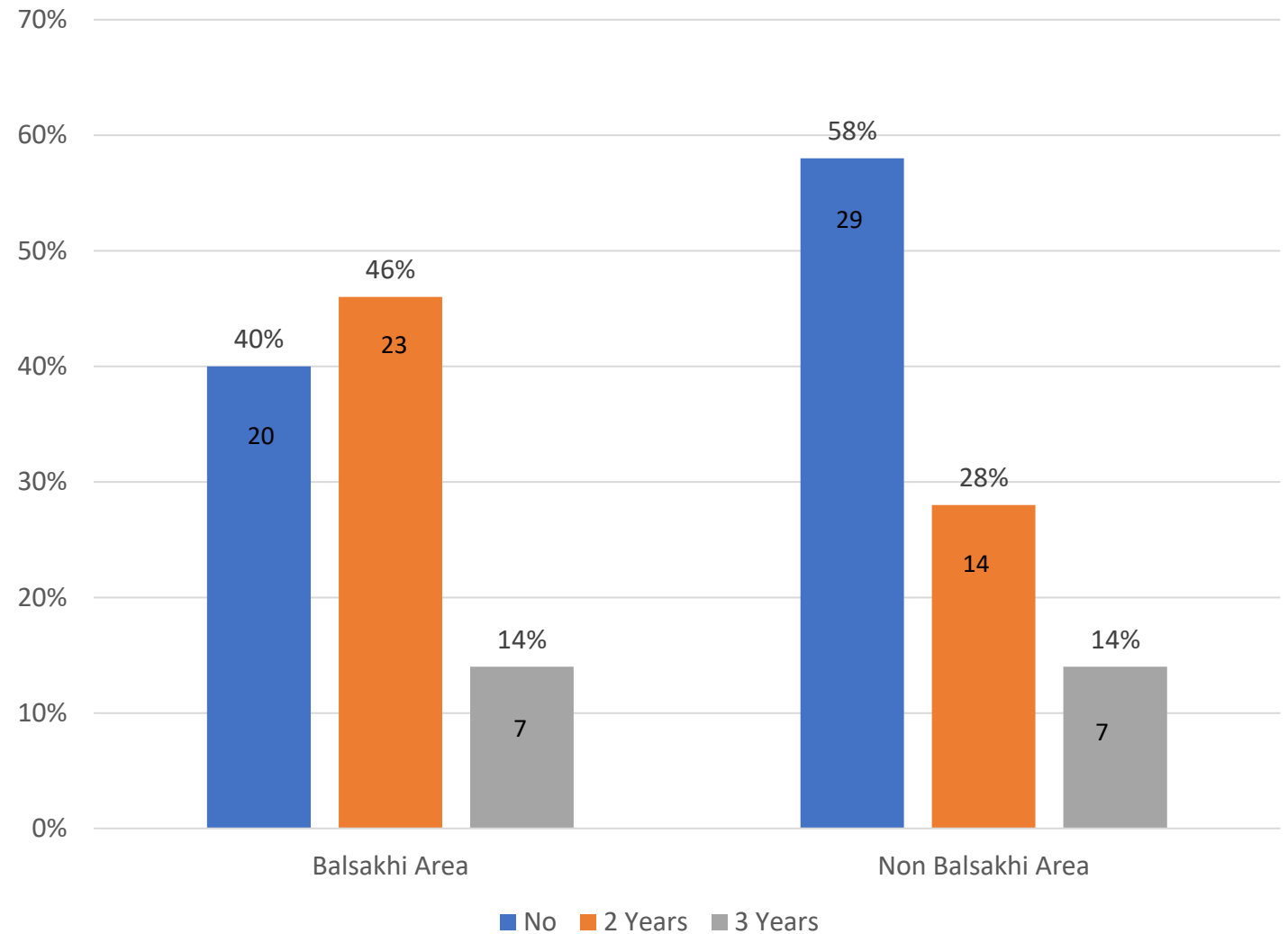
Food Groups	Daily Requirement	Balsakhi area	Non balsakhi area
Cereals & millates	330 gm	142 gm	138 gm
Pulses	75 gm	14 gm	15 gm
Milk & Milk Prodcuts	300 ml	20 ml	19 ml
Roots and Tubers	200 gm	10 gm	8 gm
Leafy green	100 gm	0 gm	0 gm
Other vegetable	200 gm	67 gm	57 gm
Fruits	100 gm	4 gm	8 gm
Oil/Fat	25 gm	23 gm	22 gm
Sugar	30 gm	2.5 gm	2.2 gm

Knowledge

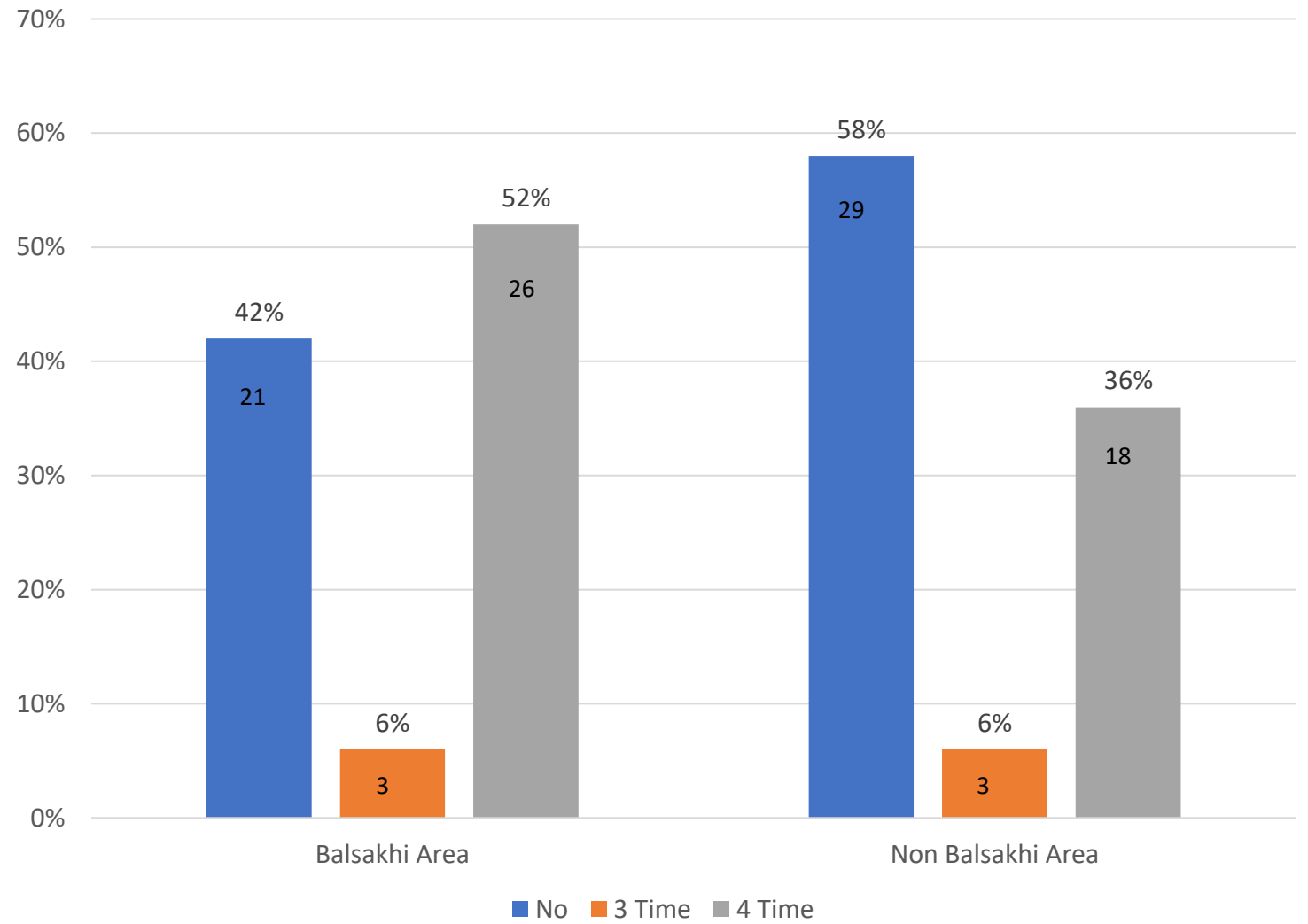
Institutional Delivery



Children Birth Year Difference



ANC Visits



Observations

- In Balsakhi and Non Balsakhi area women are aware that rest is important during pregnancy, as most of them take 3 hours of rest a day.
- Several details are wrong and missing from the mamta card in both area.
- Most of the women and their families are aware of some of the problems occur during pregnancy like Anemia, Swollen feet.
- Most women know that they should not work in the Farm during pregnancy.
- All 1st time pregnant women are of age 18 to 22 in both Balsakhi and Non Balsakhi area.
- The Balsakhi area has 10 such women, whose children have died before due to various reasons, compared to just 2 in the non-Balsakhi area.
- The majority of mothers did not receive 100 tablets worth of IFA tablets; they received approximately 60 tablets in both areas.



Limitations

- Transportations
- Language
- Weather
- Irregularity in the members present for evaluation



Suggestions

- Several Balsakhi are doing their work in a single taluka in a village, so some stakeholder has left.
- The organization should add more areas to the Balsakhi program to improve the health of mothers.
- It is important to organize training from time to time.
- Encourage people to eat a healthy diet during pregnancy.





THANK YOU