

## Mothers Day



*A Mother loves right from the start.  
She holds her baby close to her heart.  
The bond that grows will never falter.  
Her love is so strong it will never alter.  
A Mother gives never ending Love.  
She never feels that she has given enough.  
For you she will always do her best.  
Constantly working, there's no time to rest.  
A Mother is there when things go wrong.  
A hug and a kiss to help us along.  
Always there when we need her near.  
Gently wipes our eyes when we shed a tear.*

The practice of celebrating the Mother is not alien to India. For thousands of years Hindus have been celebrating a ten-day festival, Durga Puja, honoring the divine mother Durga, in early October. But the more personal festival of 'Mother's Day' has also come to become a part of our culture now. What it offers is an opportunity to honour and show our appreciation for our flesh and blood mothers - the one person who has stood by us through thick and thin.

Mother's day was celebrated on the 15<sup>th</sup> of May at our Out Patient Clinic. It is a very special day for mothers all over the world. It is not seen whether she is rich or poor, black or white the only thing that matter is that she is a mother. So we at SBDCH made them feel a bit more special by making them aware about their health.

We have organized an Obesity Screening camp on this very special day along with counselling sessions. A pharmaceutical company (Meyer Vitabiotics) provided us a machine by which we could get some findings related to obesity and the risk of certain other diseases was also assessed. Thus the screening of all these participants was to make them aware for their future to take preventive measures. Our programme started around 11.00a.m. The mothers were given first priority for this screening.

As you know the women in low economic class rarely take care of their health as well as they are illiterate to many facts about their health and hygiene. On this special day we did counselling on Nutrition, antenatal care, immunization service, breast feeding and its values.

We discussed with the mothers about immunization services which are being provided at our OPC to ensure complete immunization of children less than two years. Weight of Children is taken on regular intervals to detect early signs of malnourishment among children and provide nutritional counseling for proper growth of the child at right time.

We are trying to enhance the quality of life of women through increased knowledge and access to services and information to have better negotiating skills towards their health and development.

After a whole day intervention we realized that men involvement is imperative to have sustainable output. In future 'Couple Meetings' and 'Workshop Intervention' will be introduced to sensitize the men to take up responsibility for better women and child health