

## **Background of the Project:**

810 women die every day from preventable causes related to pregnancy and childbirth. According to various sources, the direct causes of maternal deaths include excessive blood loss, infection, high blood pressure, unsafe abortion, and obstructed labour, and the indirect causes include anaemia, malaria and heart diseases. The last two decades have witnessed a significant reduction in newborn and maternal deaths; the newborn mortality was halved from 37 to 18%, between 1990 and 2020, while the global maternal mortality rate was reduced by nearly 38% between 2000 to 2017.

7000 babies die every day in the first month of life. In 2019, an estimated 2.4 million newborns died worldwide.

Women's health differs from that of men in many unique ways. Women's health is an example of population health, where health is defined by the World Health Organisation as "a state of complete physical, mental, and social well-being and not merely the absence of diseases or infirmity". Often treated as simply women's reproductive health, many people argue for the broader definition pertaining to the overall health of women, better expressed as "The health of women".

Hygiene is one of the most infectious diseases mainly found in the women's and school girls. This problem prevents school girls from going to school and impacts their studies. By preventing the missing of school, resulting in better learning outcomes.

## **Specific Objectives:**

**Medical Experts:** Family physicians with women's health expertise will be able:

- To determine the level of awareness among women about menstrual hygiene and the importance of using sanitary pads.
- To understand the barriers that prevent women from accessing and using sanitary pads.
- Consider women's in the larger framework in which includes acknowledgement of their unique biological issues, socio-political and historical context, their culture/race or ethnicity, their economic positions including employments, security and access as well as how they are uniquely affected by their health care policy and economics.
- Establish and maintain up to date clinical knowledge, skills and attitudes in areas which may includes the following as set out by the individuals scholar in consolation with the program director in accordance with the principles of adults learning:
  - Asthma in women
  - Brief psychotherapy for women
  - Cardiovascular health in women
  - Dermatology in women
  - Medical diseases in pregnancy
  - Nutrition Service
  - Sports medicine in women, etc.,

## **Beneficiaries of the project:**

The main beneficiaries of this project are women's of rural areas, girls in school and other beneficiaries are women from low-income household face financial barriers in assessing medical facilities.

## **Expected outcomes:**

- By providing the knowledge about nutritional health, which plays a major role in and individuals overall health;

Psychological and physical health status is often dramatically impacted the presence of malnutrition. A survey was in 2000 found that nearly 70% of non-pregnant women and 75% of pregnant women were anaemic in term of iron deficiency. Women are more likely than to have an iron- deficiency because they lose blood during maturation.

So we provide them knowledge's about the supplements and food that they use in their daily life and also provide them effective method to women through which they get enough iron.

- We provide them the knowledge and countless tips suggestion regarding women health, out of which hydration is the most common. Stating hydrated energies and help to stay active throughout the day. Hydration helps them to keep fit and doesn't complicate any health condition. Dehydration the

lower water content of the body and paves the ways for complication like;

- i. High body temperature
  - ii. Infections
  - iii. Improper nutrients supply it cells
  - iv. Fatigue, and many more
- We also motivate them for improving menstrual hygiene which is very useful for them by reducing their risk of infections and diseases and helping children lead long, healthy lives. It also prevents school girls for missing school and which is resulting in better learning outcomes.
  - Our yoga instructor also instructs exercise related to their health's and increases the chance of staying healthy. Because exercising is one of the most efficient ways to manage stress and also enhances your quality of sleep and accordingly helps to reduce yours stress and anxiety.

### **Duration of the Project:**

We organise 5 seminar of this project on the gaps of 15 days. So, may complete this whole projects in 2 months and 15 Days only, and the time period is taken from 16/08/2023 to 31/10/2023.

### **Venue of the project:**

**Venue of first seminar is:** Village- Mirjapur, fatehganj west, Bareilly, Uttar Pradesh.

- Venue of other project will be provided one week earlier from organising date.