

No Women Should Die Giving Birth to Life **Save Mother & Child...**

Community health is an important resource of a country. RCH is an integral part of community health as it is a comprehensive welfare package for both maternal and child health. The healthy children are assets of the nation. Similarly the health of woman also needs to be strengthened right from her foundation years as she shoulders the responsibility of motherhood and a mother's health profoundly affects the health and well being of her children.

In India, even after 60 years of independence while maternal mortality remains unacceptably high, infant morbidity and mortality is also an issue of great concern as the major burden of disease for women aged 15-49 in Indian community is related to their reproductive life.

**Together we can
reduce maternal &
infant mortality by the
following 5 important
steps.**

- ❖ By avoiding delay in deciding to seek health care.
- ❖ By avoiding delay in reaching the health facility.
- ❖ By avoiding delay in receiving appropriate quality care at the health center.
- ❖ By making essential obstetric care accessible to women
- ❖ By making essential new born care accessible



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