

Janani Health Care

Primary Health Care Education Module

Conduct by: Public Swsatha Mitra Medicine Council

BASED ON NSQF LEVEL: 4

DURATION: 220 Hours (Maximum 4.5 Month)

Theory: 160Hours

Practical Internship: 60 Hours

ELIGIBILITY:

Minimum Qualification: Class10 (Madhyamik)

Age: 18 years and above

Introduction:

Motherhood is one of the most important and sensitive phases in a woman's life. From pregnancy to childbirth and the postnatal period, proper care and timely support are essential to ensure the health and safety of both mother and child. Although the Government of India has introduced several schemes such as the Janani Suraksha Yojana, POSHAN Abhiyaan, Ayushman Bharat, and maternity benefit programs, many families remain unaware of them. Lack of awareness, inadequate information, and delays in accessing health facilities often place mothers and newborns at unnecessary risk.

To address these challenges, the “**Janani Health Care**” course has been designed. The purpose of this program is to increase awareness about safe motherhood and newborn care, guide expectant mothers on nutrition, mental health, and danger signs, and provide accurate knowledge regarding newborn vaccination

and care. In addition, learners will gain exposure to digital health tools, government schemes, and community-level engagement, along with skills to ensure timely referral of mothers and infants to the nearest health facility when required.

This course does not train participants to provide medical treatment or prescribe medicines. Instead, it equips them with the ability to raise care, awareness, share essential information, and facilitate the use of available government health services. Upon completion, learners will be able to counsel pregnant mothers and their families, guide them about government health schemes, identify danger signs and refer promptly to frontline health workers, and engage with mother and newborn care, health camps, NGOs, or community-based organizations. Thus, they will emerge as supportive community health guides who play a crucial role in promoting safe motherhood and healthy child development.

◆ Module 1: Understanding Motherhood

- Definition and Social Importance of Motherhood
- Common Signs & Symptoms of Pregnancy
- Basic Awareness of Physical & Emotional Changes in Prenatal Nutrition & Balanced Diet Planning
- Recognizing Danger Signs and When to Seek Medical Help
- Antenatal Check-ups (ANC) & Record-Keeping
- Overview of Government Support Structures for Mothers
- Digital Monitoring Tools (Mother & Child Protection Card, Apps)
- Community Awareness Role (SHGs, Mothers' Groups)

◆ Module 2: Safe Delivery Preparation

- Preparing Mothers & Families for Safe Institutional Delivery
- Choosing Health Centers & Understanding Government Schemes (e.g., Janani Suraksha Yojana, JSSK)
- Hygiene & Clean Practices during Delivery
- Maternal Mental Health: Managing Stress & Anxiety
- Postnatal Care for the Mother (PNC Basics)
- Health Center Visit - Orientation & Role of Frontline Workers (ASHA, ANM, Anganwadi)
- PNC Checklist Preparation
- Emergency Transport & Referral Linkages (102/108 Ambulance, Govt. Facilities)
- Legal & Ethical Rights of Mothers (Right to Free Maternal Care)
- ◆ **Module 3: Newborn Care and Vaccination**

- Non-Clinical Newborn Care Practices (warmth, hygiene, breastfeeding support)
- Importance & Benefits of Breastfeeding (Exclusive 6 Months)
- National Immunization Schedule & Chart (as per Govt. Guidelines)
- Identifying Danger Signs in Newborns (e.g., jaundice, breathing difficulty, sepsis - for referral)
- Digital Immunization Records (Mother & Child Protection Card, Govt.)

Portals)

- Parental Counselling (bonding, Kangaroo Mother Care, nutrition)
- Practical Demonstration: Safe Handling of Newborn (under supervision)

◆ **Module 4: Digital Health, Ethics & Community Linkages**

- Record-Keeping & Documentation (ANC / PNC Register, Referral Slip Writing)
- Ethical Boundaries of Non-Clinical Guidance
- Referral Protocols: When, Why & Where to Refer to Doctors/Hospital
- Community Engagement & Health Promotion Activities
- Introduction to National Health Programs (NHM, RBSK, POSHAN Abhiyaan, Janani Suraksha Yojana)
- Digital Tools for Tracking Maternal & Child Health (Apps, Telehealth)
- Case Studies: Identifying Conditions Needing Referral

◆ **Final Practical Internship (60 Hours)**

Field Visit:

- Community Health Camp Participation

- Orientation in Govt. Health Facilities (PHC/CHC/District Hospital)
- Shadowing Frontline Workers (ASHA, ANM)

Practical Exercises:

- Counselling & Awareness Sessions
- Documentation (ANC/PNC Register, Referral Slip Writing)
- Digital Record Entry (Mother & Child Protection Card / Govt. Portals)
- Internship Report: Minimum 10 Successful Referrals to Qualified Medical Facilities
- Final Viva & Project Presentation

**THIS COURSE MODULE IS GOVERNED BY NOTARISED AGREEMENT.
USE ONLY WITH PSMNC PERMISSION.**