## Services available at HEALTH AND WELLNESS CENTRE

### O.P.D. Services
- Consultation with service provider
- Tele-consultation with a doctor / specialist

### Free Medicines and Diagnostics
- Essential medicines including blood pressure, diabetes and health diseases available
- Screening for oral, breast and cervical cancer
- 7 essential lab test available

### Antenatal and Pregnancy Care
- Normal delivery services
- Antenatal and postnatal care

### Newborn and Child Health Services
- Immunization services
- Newborn and child health services

### Health Promotion and Counselling
- Adolescent health services
- Family planning services
- Elderly care
- Mental health services

### Yoga and Wellness Services
- Yoga/meditation at health and wellness centre or at a nearby designated yoga/meditation area

---

**CALL 102 AMBULANCE FOR PICK AND DROP AND REFERRAL FOR PREGNANT WOMEN (ONLY DELIVERY CASES) AND SICK NEW BORNS UPTO ONE YEAR OF AGE**

### National Health Mission, Manipur

#### January 2019

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- **1** - New Year’s Day
- **9** - Death Anniversary of (L) Maharaja Gambhir Singh
- **18** - Imoinu Iratpa
- **19** - Gaan-Ngai
- **26** - Republic Day

---

**General Holidays for 2019**

**World Leprosy Eradication Day**

**National Girl Child Day**
# Inauguration of
**HEALTH & WELLNESS CENTRE**

11th August, 2018
HWC Tekcham, Thoubal

---

## FEBRUARY 2019

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</table>

- **World Cancer Day**
- **Sexual & Reproductive Health Awareness Day**

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### General Holidays for 2019

15 - Lui-Ngai-Ni
Practice yoga/meditation regularly
for a disease-free and healthy life

Services available at Health and Wellness Centre

Availability of yoga/meditation facility at each Health and Wellness Centre or at a nearby designated yoga/meditation area

Calendar 2019

NATIONAL HEALTH MISSION, MANIPUR

MARCH

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General Holidays for 2019
21-22 - Yaoshang (Dolljatra)

(2nd Thursday)

World Kidney Day
World Oral Health Day
World Epilepsy Day
World Down Syndrome Day

NATIONAL HEALTH MISSION, MANIPUR
HEALTH & WELLNESS CENTRE
ACTIVITIES IN AWANG WABAGAI CENTRE

NATIONAL HEALTH MISSION, MANIPUR

CALENDAR 2019

SUN | MON | TUE | WED | THUR | FRI | SAT
---|-----|-----|-----|------|-----|-----
| 1  | 2   | 3   | 4   | 5    | 6   | 7   |
|    |     | 8   | 9   | 10   | 11  | 12  |
|     | 14  | 15  | 16  | 17   | 18  | 19  |
| 21  | 22  | 23  | 24  | 25   | 26  | 27  |
| 28  | 29  | 30  |     |      |     |     |

World Autism Day
World Parkinson’s Day
National Safe Motherhood Day
World Haemophilia Day
World Liver Day
World Malaria Day

General Holidays for 2019:
6 - Shajibi Nongmapanba Cheiraoba
14 - Cheiraoba
19 - Good Friday
23 - Khongjom Day

Neonatal and Infant OPD Clinic
Adolescent Health Day
**AIM OF PMSMA PROGRAMME**

To provide assured, comprehensive and quality antenatal care, free of cost, universally to all pregnant women on the 9th of every month.

---

**General Holidays for 2019**

1 - May Day

2 - World Asthma Day

3 - World No Tobacco Day

4 - World Chronic Fatigue Syndrome Awareness Day

5 - World Thalassaemia Day

6 - International Nurses Day

7 - International Women’s Health Day

8 - International Day of Families

9 - International Kangaroo Care Awareness Day

10 - International Day of Families

11 - World Red Cross Day

12 - World Thalassaemia Day

13 - National Health Mission, Manipur

14 - National Health Mission, Manipur

15 - National Health Mission, Manipur

16 - National Health Mission, Manipur

17 - National Health Mission, Manipur

18 - National Health Mission, Manipur

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27 - National Health Mission, Manipur

28 - National Health Mission, Manipur

29 - National Health Mission, Manipur

30 - National Health Mission, Manipur

31 - National Health Mission, Manipur
UNDER FREE DIAGNOSTIC INITIATIVE

1. Hemoglobin Estimation (Hb)
2. TLC
3. DLC
4. MP (Slide Method)
5. ESR
6. PBF
7. Complete blood count/Hemogram
8. Blood group (ABO-RH typing)
9. Total Eosinophilic count (TEC)
10. Total red blood cell count
11. Platelet count by cell counter
12. Packed cell volume (PCV)
13. Coomb’s Test Direct
14. Coomb’s Test-indirect
15. Prothrombin time test INR
16. Cell count and Bio-Chemistry (CSF, Pleural and Ascitic fluid)
17. Semen analysis sperm count (Manual)
18. Blood Culture (Bactec)
19. Urine Cultures (anaerobic)
20. Histopathology-Biopsy and Bone marrow aspiration Exfoliative cytology/cytopathology
21. Stool for OVA and Cyst
22. Blood sugar
23. Blood Urea
24. S. Creatinine
25. S. Bilirubin (T)
26. S. Bilirubin (D)
27. SGOT
28. SGPT
29. S. Alkaline phosphatase
30. S. Total protein
31. S. Albumin
32. S. Calcium/Potassium/Sodium
33. Troponin I/Troponin T
34. S. LDH
35. S. Amylase
36. S. Lactic Acid
37. S. Total cholesterol
38. S. Triglyceride
39. S. VLDL
40. S. LDL
41. TSH, T3, T4
42. Urine complete
43. Urine Pregnancy Test (UPT) RDK
44. Urine Microscopy
45. RPR rapid test
46. HIV rapid test
47. Sputum for AFB
48. Dengue rapid test
49. Malaria rapid test
50. Rheumatoid Factor (RA)
51. Anti Streptolysis in-O (ASLO)
52. HBsAg (Rapid) Test, Hbc
53. Pathological Test

General Holidays for 2019

- 5 - Idul Fitr

ENTIRE JUNE - ANTI MALARIA MONTH

NATIONAL HEALTH MISSION, MANIPUR

RIMS, JNIMS, CCpur, Bishnupur, Thoubal, Chandel, Tamenglong, Senapati, Ukhrul District Hospitals and Moreh Sub-District Hospital.

NATIONAL HEALTH MISSION, MANIPUR

Calendar 2019

JUNE

SUN  |  MON  |  TUE  |  WED  |  THUR  |  FRI  |  SAT

30  |       |       | ENTIRE JUNE - ANTI MALARIA MONTH |       |       |       

2   | 3     | 4     | 5     | 6     | 7     | 8

9   | 10    | 11    | 12    | 13    | 14    | 15

16  | 17    | 18    | 19    | 20    | 21    | 22

23  | 24    | 25    | 26    | 27    | 28    | 29

World Brain Tumor Day

World Blood Donation Day

World Sickle Cell Day
### July 2019 Calendar

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<tr>
<td></td>
<td>World Hepatitis Day</td>
<td>ORS Day</td>
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**WORLD POPULATION DAY**

11th July

**General Holidays for 2019**

4 - Kang (Rathajatra)
Benefits of Breastfeeding

- Helps womb to contract and the placenta is expelled easily.
- Reduce the risk of excessive bleeding after delivery
- Reduces the risk of breast cancer, uterine cancer and ovarian cancer
- Lessens osteoporosis
- Benefits child spacing

General Holidays for 2019
12 - Idul Zuha
13 - Patriot's Day
15 - Independence Day
23 - Janma Ashtami

1 to 8 AUG. - WORLD BREAST FEEDING WEEK
25 AUG. to 8 SEPT. - EYE DONATION FORTNIGHT
COUGH FOR OVER 2 WEEKS COULD BE TB MEET A DOCTOR NOW

Other Symptoms of Tuberculosis (TB):
- Fever
- Night Sweat
- Loss of Appetite
- Weight-loss

Visit your nearest government health facility for high quality free diagnosis and treatment.

Irregular or incomplete treatment may lead to Drug Resistant TB

- TB germs spread through the air
  - cover your mouth while coughing

Diagnosis and Treatment of TB are free of cost.

- All TB patients will get Rs. 500 per month as Nutritional support during the period of treatment.

Please provide your personal bank account for transaction of Money.

Get cured for TB free Society.

State TB Cell, Manipur

Central TB Division • Directorate General Health Services • Ministry of Health and Family Welfare • Government of India

NATIONAL HEALTH MISSION, MANIPUR

SEPTEMBER

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1 to 7 Sept. - National Nutrition Week

29 - World Heart Day

World Alzheimer’s Day

NATIONAL HEALTH MISSION, MANIPUR
Act today towards a Diabetes free tomorrow!

WAYS TO PREVENT DIABETES
- Keep your weight under control
- Ensure adequate intake of green leafy vegetables and seasonal fruits
- Practice yoga or exercise regularly
- Check your blood sugar regularly
- Avoid intake of tobacco and alcohol

SIGNS AND SYMPTOMS OF DIABETES
- Excessive thirst
- Loss of weight
- Frequent Urination
- Weakness

Services available at Health and Wellness Centre

Advice on prevention of diabetes along with free medicines and blood sugar monitoring

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15 TO 19 OCT - WORLD OBESITY AWARENESS WEEK

20 - World Osteoporosis Day
21 - World Stroke Day
22 - World Iodine Deficiency Disorder Day
23 - World Polio Day
24 - World Trauma Day
25 - World Sight Day
26 - National Mental Health Day

General Holidays for 2019
2 - Gandhi Jayanti
6 - Durga Ashtami
13 - Mera Houchongba
28 - Deewali (Deepavali)
30 - Ningol Chakkouba

NATIONAL HEALTH MISSION, MANIPUR
# National Immunization Schedule

### For Pregnant Women

<table>
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<tr>
<th>Vaccine</th>
<th>Due age</th>
<th>Max age</th>
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<tbody>
<tr>
<td>TT-1</td>
<td>Early in pregnancy</td>
<td>Give as early as possible in pregnancy</td>
</tr>
<tr>
<td>TT-2*</td>
<td>4 weeks after TT-1*</td>
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<tr>
<td>TT- Booster</td>
<td>If received 2 TT doses in a pregnancy within last 3 years*</td>
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### For Infants

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<th>Vaccine</th>
<th>Due age</th>
<th>Max age</th>
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<tbody>
<tr>
<td>BCG</td>
<td>At birth</td>
<td>till one year of age</td>
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<tr>
<td>Hepatitis B - Birth dose</td>
<td>At birth</td>
<td>within 24 hours</td>
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<tr>
<td>OPV-0</td>
<td>At birth</td>
<td>within the first 15 days</td>
</tr>
<tr>
<td>OPV 1, 2 &amp; 3</td>
<td>At 6 weeks, 10 weeks &amp; 14 weeks</td>
<td>till 5 years of age</td>
</tr>
<tr>
<td>Pentavalent 1, 2 &amp; 3* (Diphtheria+Pertussis + Tetanus + Hepatitis B + Hib)</td>
<td>At 6 weeks, 10 weeks &amp; 14 weeks*</td>
<td>1 year of age</td>
</tr>
<tr>
<td>Fractional IPV (Inactivated Polio Vaccine)</td>
<td>At 6 &amp; 14 weeks</td>
<td>1 year of age</td>
</tr>
<tr>
<td>Rotavirus* (Where applicable)</td>
<td>At 6 weeks, 10 weeks &amp; 14 weeks</td>
<td>1 year of age</td>
</tr>
<tr>
<td>Pneumococcal Conjugate Vaccine (PCV) (Where applicable)</td>
<td>At 6 weeks &amp; 14 weeks</td>
<td>1 year of age</td>
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<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Due age</th>
<th>Max age</th>
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<tr>
<td>Measles / Rubella 1st dose #</td>
<td>At 9 completed months-12 months.</td>
<td>5 years of age</td>
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<tr>
<td>Japanese Encephalitis – 1 @ (Where applicable)</td>
<td>At 9 months-12 months@</td>
<td>15 years of age</td>
</tr>
<tr>
<td>Vitamin A (1st dose)</td>
<td>At 9 months</td>
<td>5 years of age (1 lakh 1IU)</td>
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### For Children

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>When to give</th>
<th>Max age</th>
<th>For Infants</th>
</tr>
</thead>
<tbody>
<tr>
<td>DPT Booster-1</td>
<td>16-24 months</td>
<td>7 years of age</td>
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<tr>
<td>Measles / Rubella 2nd dose #</td>
<td>16-24 months</td>
<td>5 years of age</td>
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<tr>
<td>OPV Booster</td>
<td>16-24 months</td>
<td>5 Years</td>
<td></td>
</tr>
<tr>
<td>Japanese Encephalitis – 2 @ (Where applicable)</td>
<td>16-24 months@</td>
<td>till 15 years of age</td>
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<tr>
<td>Vitamin A $ (2nd to 9th dose)</td>
<td>At 16 months, then, one dose every 6 months.</td>
<td>up to the age of 5 years</td>
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<tr>
<td>DPT Booster-2</td>
<td>5-6 years</td>
<td>7 Years of age</td>
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<td>TT</td>
<td>10 years &amp; 16 years</td>
<td>16 Years</td>
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*Give TT-2 or Booster doses before 36 weeks of pregnancy. However, give these even if more than 36 weeks have passed. Give TT to a woman in labour, if she has not previously received TT.  
**Pentavalent vaccine is introduced in place of DPT and HepB 1, 2 and 3.  
‡Rotavirus vaccine is being introduced in phases.  
##minimum 1 month gap between 2 MR doses.  
@between 2 JE doses.  
$The 2nd to 9th doses of Vitamin A can be administered to children 1-5 years old during biannual rounds, in collaboration with ICDS.  
##Human Papilloma Virus (HPV) Vaccine – presently not in schedule.  
##Td - Tetanus diphtheria to replace TT - to be added in schedule.

---

**General Holidays for 2019**

- 1 - Kut
- 10 - Milad-un-Nabi

**15 to 21 NOV - NEW BORN CARE WEEK**
Do not miss the chance for early detection of Cervical Cancer & Breast Cancer
If your age is 30 years or above, get a VIA screening done immediately

VIA test for uterus is:
- A simple one-time procedure
- Completely safe
- Available free of cost at your nearest Health and Wellness Centre

VIA test once in every 5 years, helps in early detection of cervical cancer

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General Holidays for 2019
12 - Nupi-Lal
25 - Christmas

NATIONAL HEALTH MISSION, MANIPUR