



Assures NIL out of pocket expenses in all Government Health Institutions For Pregnant Women & Newborn

Entitlements for Pregnant Women as set by the Ministry

- Free delivery • Free caesarean section at District Hospitals/JNIMS • Free drugs and consumables upto Rs. 350 (Normal) and Rs. 1,600/- (C-section) • Free diagnostics (Blood, Urine routine for sugar and protein, Haemoglobin test, pregnancy test, etc.) upto Rs. 200/- • Free diet during stay (upto 3days for normal delivery and 7days for caesarean section) only at govt. Hospitals except RIMS (Rs. 100/- per day) • Free provision of blood at FRU/District Hospitals/JNIMS upto Rs. 300/- • Free transport from home to nearest delivery points/ health institution, between health institutions in case of referrals and drop back home upto Rs. 1000/- • Exemption from all kinds of user charges.

Entitlements for Sick Newborn upto one year after birth :

- Free and zero expense treatment • Free drugs and consumables (Rs.200/-) • Free diagnostics (Rs. 100/-) • Free provision of blood at FRU/District Hospitals/ JNIMS/RIMS • Free transport between nearest health facilities in case of referral and Drop back from nearest health institutions to home • Exemption from all kinds of user charges.

JSSK beneficiary can also avail JSY, provided she is a BPL Card Holder

NRHM

NATIONAL RURAL HEALTH MISSION, MANIPUR



JANUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Poinu 30 New Year	2 Wakching 1	3 Wakching 2/3	4 Wakching 4
5 Wakching 5	6 Wakching 6	7 Wakching 7	8 Wakching 8	9 Wakching 9	10 Wakching 10	11 Wakching 11
12 Wakching 12	13 Wakching 13 Gaan-Ngai	14 Wakching 14	15 Wakching 14	16 Wakching 15	17 Wakching 16	18 Wakching 17
19 Wakching 18	20 Wakching 19	21 Wakching 20	22 Wakching 21	23 Wakching 22	24 Wakching 23	25 Wakching 24
26 Wakching 25 Republic Day	27 Wakching 26	28 Wakching 27	29 Wakching 28/29	30 Wakching 30	31 Phairen 1	



Breastfeed

HELP REDUCE YOUR CHILD'S RISK FOR
RESPIRATORY ILLNESSES



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FEBRUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Phairen 2
2 Phairen 3	3 Phairen 4	4 Phairen 5	5 Phairen 6	6 Phairen 7	7 Phairen 8	8 Phairen 9
9 Phairen 10	10 Phairen 11	11 Phairen 12	12 Phairen 13	13 Phairen 14	14 Phairen 15	15 Phairen 16 Lui-NGai-Ni
16 Phairen 16	17 Phairen 17	18 Phairen 18	19 Phairen 19	20 Phairen 20	21 Phairen 21	22 Phairen 22
23 Phairen 23	24 Phairen 24	25 Phairen 25/26	26 Phairen 27	27 Phairen 28	28 Phairen 29	

Caring for YOURSELF and for your LOVED ONES!

To keep yourself and your loved ones safe
from STI and RTI :

- ✓ Use condoms correctly and consistently
- ✓ Practice safer sex
- ✓ Maintain hygiene - personal, genital, coital (washing genitals after sexual intercourse) and menstrual (in women)
- ✓ Get early diagnosis of STI/RTI
- ✓ Many STI are a symptomatic; internal examination helps diagnose hidden STI/RTI
- ✓ Complete the entire course of treatment
- ✓ Get your partner treated for STI too - this will prevent re-infection



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MARCH 2014

SUN	MON	TUE	WED	THU	FRI	SAT
30 Lamta 30 Thasi	31 Sajibu 1					1 Phairen 30 Thasi
2 Lamta 1	3 Lamta 2	4 Lamta 3/4	5 Lamta 5	6 Lamta 6	7 Lamta 7	8 Lamta 7
9 Lamta 8	10 Lamta 9	11 Lamta 10	12 Lamta 11	13 Lamta 12	14 Lamta 13	15 Lamta 14
16 Lamta 15	17 Lamta 16 Yaosang 2nd Day	18 Lamta 17	19 Lamta 18	20 Lamta 19	21 Lamta 20	22 Lamta 21
23 Lamta 22	24 Lamta 23	25 Lamta 24	26 Lamta 25	27 Lamta 26	28 Lamta 27/28	29 Lamta 29

Only vaccination can protect your child from the following life-threatening diseases :

- Measles
- Whooping cough
- Tetanus
- Hepatitis-B
- Polio
- Hib Pneumonia and Meningitis
- TB

“If you truly **love me**, remember to get complete **vaccination for me**”



**Don't Forget,
Vaccination
Your baby must get!**

Vaccination is free at all
PUBLIC HEALTH CENTRES
It's also the right of every child

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APRIL 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Sajibu 2 Yearly Closing of Bank Account	2 Sajibu 3	3 Sajibu 4	4 Sajibu 5	5 Sajibu 6
6 Sajibu 7	7 Sajibu 8	8 Sajibu 9	9 Sajibu 9	10 Sajibu 10	11 Sajibu 11	12 Sajibu 12
13 Sajibu 13	14 Sajibu 14 Cheiraoba	15 Sajibu 15	16 Sajibu 16	17 Sajibu 17	18 Sajibu 18 Good Friday	19 Sajibu 19
20 Sajibu 20/21	21 Sajibu 22	22 Sajibu 23	23 Sajibu 24 Khongjom Day	24 Sajibu 25	25 Sajibu 26	26 Sajibu 27
27 Sajibu 28	28 Sajibu 29	29 Sajibu 30 Thasi	30 Kalen 1			



She makes the world
Bright
 But still struggle
 to see *Light*



SAVE THE GIRL CHILD

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MAY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Kalen 2 May Day	2 Kalen 3	3 Kalen 4
4 Kalen 5	5 Kalen 6	6 Kalen 7	7 Kalen 8	8 Kalen 9	9 Kalen 10	10 Kalen 11
11 Kalen 12	12 Kalen 13	13 Kalen 14	14 Kalen 15	15 Kalen 16	16 Kalen 17	17 Kalen 18
18 Kalen 19	19 Kalen 20	20 Kalen 21	21 Kalen 22	22 Kalen 23/24	23 Kalen 25	24 Kalen 26
25 Kalen 27	26 Kalen 28	27 Kalen 29	28 Kalen 30 Thasi	29 Inga 1	30 Inga 2	31 Inga 3



Janani Suraksha Yojna (JSY)

is safe motherhood intervention under the National Rural Health Mission (NRHM) being implemented with the objective of reducing maternal and neo-natal mortality by promoting institutional delivery among the poor pregnant women. (BPL only)

JSY integrates cash assistant with delivery and post-delivery care. The success of the scheme would be determined by the increase in institutional delivery among the poor families.

JSY incentive for mother for all live births (BPL)

1. Institutional delivery (Rural) Rs. 700
2. Institutional delivery (Urban) Rs. 600
3. Home delivery (Rural & Urban) Rs. 500

Role of ASHA or other link health worker associated with JSY would be to :

- Identify pregnant woman as beneficiary of the scheme and report or facilitate registration for ANC
- Assist the pregnant woman to obtain necessary certifications wherever necessary for JSY before delivery.
- Provide and / or help the women in receiving at least three ANC checkups including TT injection, IFA tablets.
- JSY beneficiary can also avail the facilities available under JSSK Scheme.

JUNE 2014

SUN	MON	TUE	WED	THU	FRI	SAT
1 Inga 4	2 Inga 4	3 Inga 5	4 Inga 6	5 Inga 7	6 Inga 8	7 Inga 9
8 Inga 10	9 Inga 11	10 Inga 12	11 Inga 13	12 Inga 14	13 Inga 15	14 Inga 16/17
15 Inga 18	16 Inga 19	17 Inga 20	18 Inga 21	19 Inga 22	20 Inga 23	21 Inga 24
22 Inga 25	23 Inga 26	24 Inga 27	25 Inga 28	26 Inga 29	27 Inga 30 Thasi	28 Ingen 1
29 Ingen 2	30 Ingen 3					

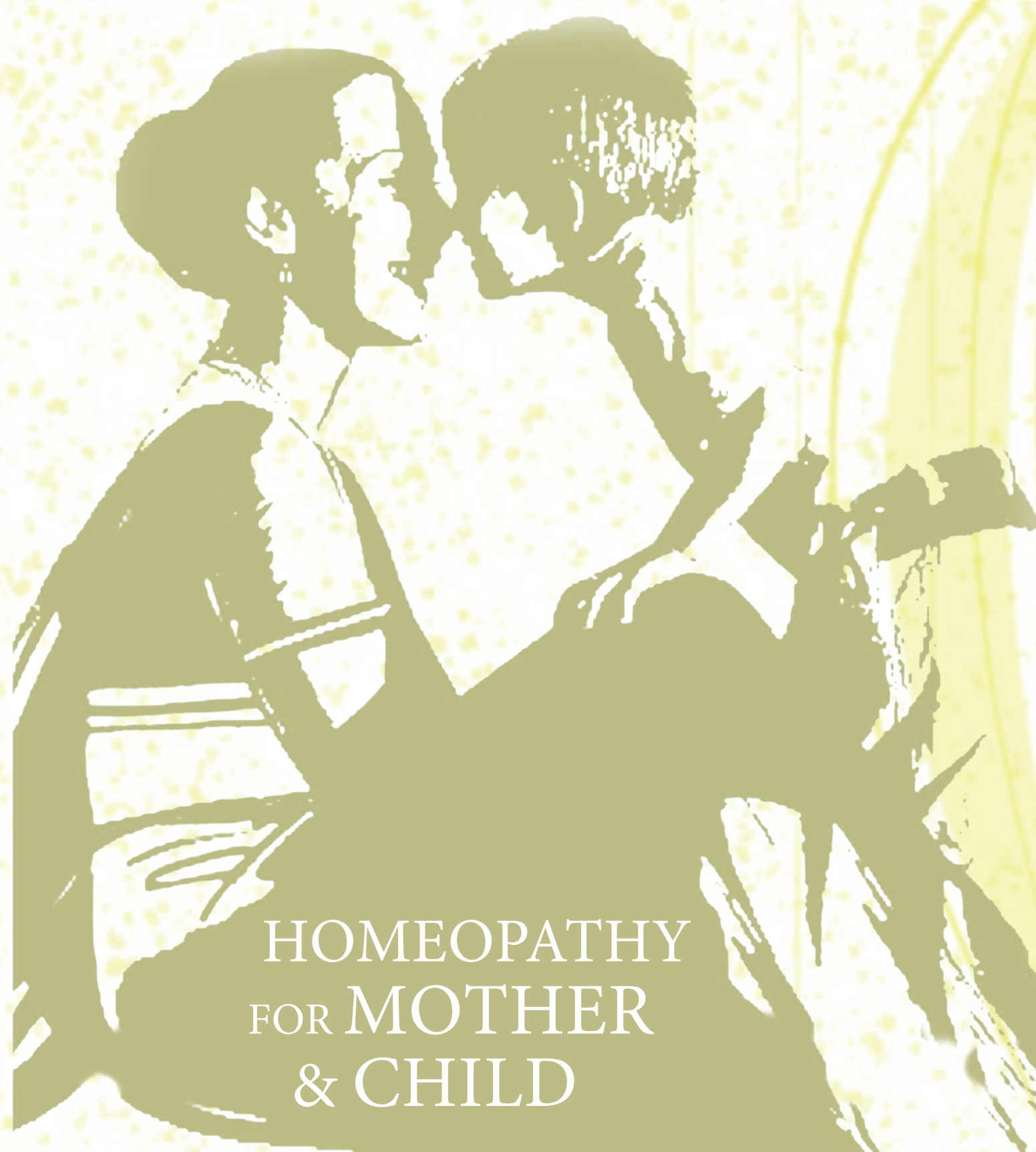
MAINSTREAMING OF AYUSH



HOMEOPATHY can be an
EFFECTIVE ANSWER if used routinely
before complications set in



SWEET pills for BITTER ills



HOMEOPATHY
FOR MOTHER
& CHILD

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JULY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Ingen 4	2 Ingen 5	3 Ingen 6	4 Ingen 7	5 Ingen 8
6 Ingen 8	7 Ingen 9	8 Ingen 10	9 Ingen 11/12	10 Ingen 13	11 Ingen 14	12 Ingen 15
13 Ingen 16	14 Ingen 17	15 Ingen 18/19	16 Ingen 20	17 Ingen 21	18 Ingen 22	19 Ingen 23
20 Ingen 24	21 Ingen 25	22 Ingen 26	23 Ingen 27	24 Ingen 28	25 Ingen 29	26 Ingen 30
27 Thawan 1	28 Thawan 1	29 Thawan 2 Idul-Fitr	30 Thawan 3	31 Thawan 4		

Along with **LOVE, CARE AND AFFECTION**, your baby must get complete **VACCINATION**



Only vaccination can protect your child from the following life-threatening diseases :

- ≈ Measles
- ≈ Whooping cough
- ≈ Hepatitis-B
- ≈ Hib Pneumonia & Meningitis
- ≈ Diphtheria
- ≈ Tetanus
- ≈ Polio
- ≈ TB



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AUGUST 2014

SUN	MON	TUE	WED	THU	FRI	SAT
31 Langban 6					1 Thawan 5	2 Thawan 6
3 Thawan 7	4 Thawan 8	5 Thawan 9	6 Thawan 10	7 Thawan 11	8 Thawan 12	9 Thawan 13/14
10 Thawan 15	11 Thawan 16	12 Thawan 17	13 Thawan 18 Patriot's Day	14 Thawan 19	15 Thawan 20 Independence Day	16 Thawan 21
17 Thawan 22	18 Thawan 23	19 Thawan 24	20 Thawan 25	21 Thawan 26	22 Thawan 27	23 Thawan 28
24 Thawan 29	25 Thawan 30	26 Langban 1	27 Langban 2	28 Langban 3	29 Langban 4	30 Langban 5

Save GIRL Child

(let me play with my toys)



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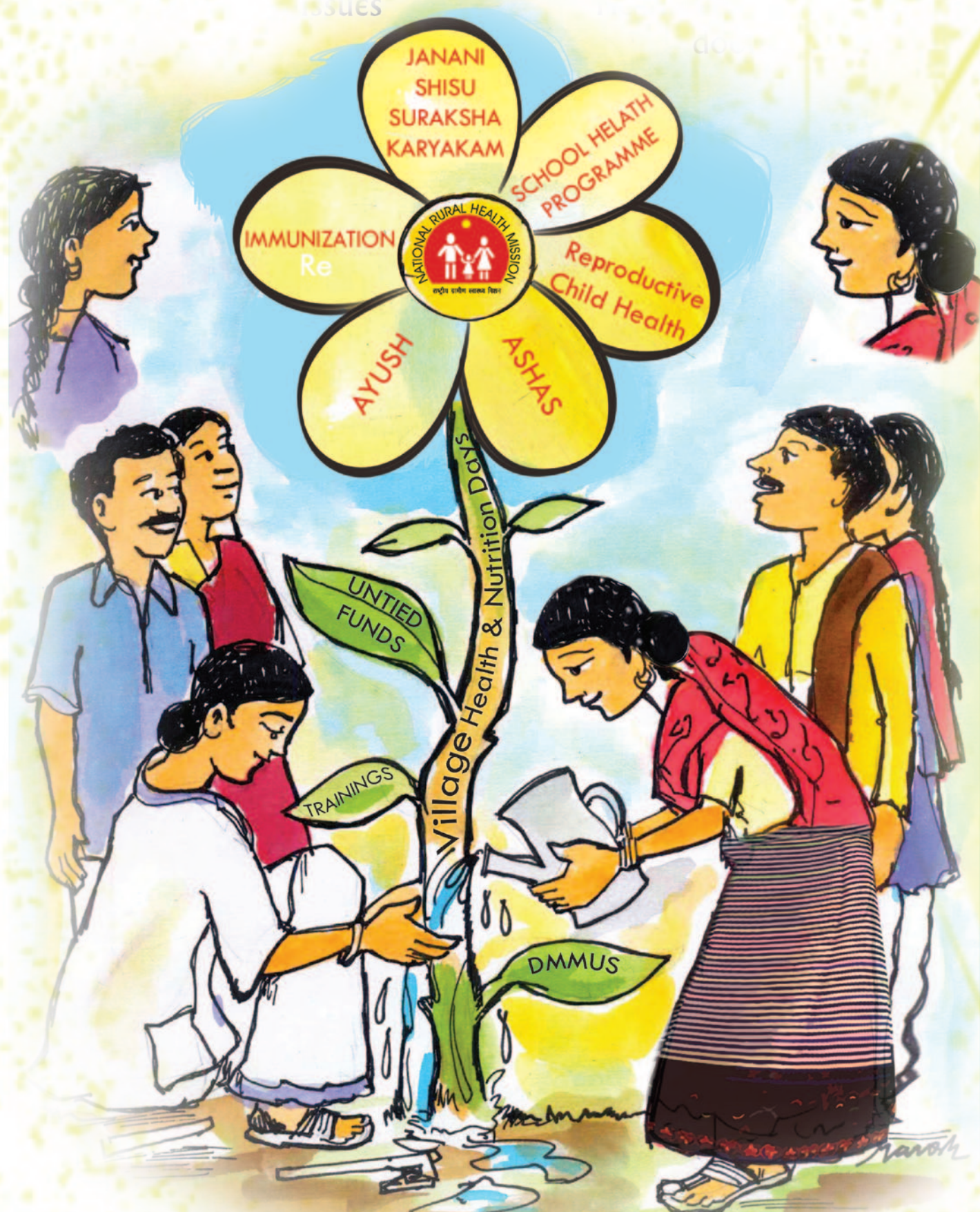
SEPTEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Langban 6	2 Langban 7/8	3 Langban 9	4 Langban 10	5 Langban 11	6 Langban 12
7 Langban 13	8 Langban 14	9 Langban 15/16	10 Langban 17	11 Langban 18	12 Langban 19	13 Langban 20
14 Langban 21	15 Langban 22	16 Langban 23	17 Langban 24	18 Langban 25	19 Langban 26	20 Langban 27
21 Langban 27	22 Langban 28	23 Langban 29	24 Langban 30	25 Mera 1	26 Mera 2	27 Mera 3
28 Mera 4	29 Mera 5	30 Mera 6				

REACHING the **UNREACHED**

KNOW YOUR
HEALTH ISSUES

HEALTH SERVICES
AT YOUR DOORSTEP



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OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Mera 7	2 Mera 8 Gandhi Jayanti/Durga Ashtami	3 Mera 9	4 Mera 10/11
5 Mera 12	6 Mera 13	7 Mera 14	8 Mera 15	9 Mera 16	10 Mera 17	11 Mera 18
12 Mera 19	13 Mera 20	14 Mera 21	15 Mera 22	16 Mera 23	17 Mera 24	18 Mera 25
19 Mera 26	20 Mera 27	21 Mera 28	22 Mera 29	23 Mera 30 Diwali (Deepavali)	24 Hiyangei 1	25 Hiyangei 2 Ningol Chakkouba
26 Hiyangei 3	27 Hiyangei 4	28 Hiyangei 5	29 Hiyangei 6	30 Hiyangei 7	31 Hiyangei 8	

SMALL FAMILY IS THE
RIGHT CHOICE

Small is
BEAUTIFUL



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NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
30 Poinu 9						1 Hiyangei 9 Kut
2 Hiyangei 10	3 Hiyangei 11	4 Hiyangei 12	5 Hiyangei 13	6 Hiyangei 14/15	7 Hiyangei 16	8 Hiyangei 17
9 Hiyangei 18	10 Hiyangei 19	11 Hiyangei 20	12 Hiyangei 21	13 Hiyangei 22	14 Hiyangei 22	15 Hiyangei 23
16 Hiyangei 24	17 Hiyangei 25	18 Hiyangei 26	19 Hiyangei 27	20 Hiyangei 28	21 Hiyangei 29	22 Hiyangei 30
23 Poinu 1	24 Poinu 2	25 Poinu 3	26 Poinu 4	27 Poinu 5	28 Poinu 6/7	29 Poinu 8



Don't Forget,

Vaccination
Your baby must get!

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DECEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Poinu 10	2 Poinu 11	3 Poinu 12	4 Poinu 13	5 Poinu 14	6 Poinu 15
7 Poinu 16	8 Poinu 17	9 Poinu 18	10 Poinu 19	11 Poinu 20	12 Poinu 21	13 Poinu 22
14 Poinu 23	15 Poinu 23	16 Poinu 24	17 Poinu 25	18 Poinu 26	19 Poinu 27	20 Poinu 28
21 Poinu 29	22 Wakching 1/ Poinu 30	23 Wakching 2	24 Wakching 3	25 Wakching 4 Christmas	26 Wakching 5	27 Wakching 6
28 Mera 4	29 Wakching 7	30 Wakching 8	31 Wakching 10			