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## National Rural Health Mission

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### INTRODUCTION:

In the year of 2005 the National Rural Health Mission was set-up by the Prime Minister, to offer accessible, affordable and standard health care to the remote and rural population, especially (women's child, adolescent girls) vulnerable groups. NRHM focuses on women's health of Reproductive, Maternal care. New-born care, child health and adolescent reproductive health services. The attention here is on strategies for promote maternal and child health through a continuity of care and the approach life cycle. It recognises unseparated linkages between maternal health, adolescent health, family welfare and child survival. Additionally, the linking of facility-based care and community and strengthening first referrals between various levels of health care system to create a follow-up care pathway is also need to be focussed.

### BENEFICIARY:

- Better Health Care to Community,
- Specially Women and child

### BENEFITS:

- Develop and improve health sector, Manpower, Infrastructure, etc.
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### NATIONAL RURAL HEALTH MISSION OBJECTIVES:

- Reduce the Maternal death rate
  - Reduction the infant death rate
  - Ensuring stabilization of population
  - Prevention and control of non-communicable and communicable diseases
  - Upgrading the Indian system of medicine like (AYUSH) through promote the healthy lifestyle of people.
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### CORE STRATEGIES:

- **Decentralisation:** National rural health mission focuses to make change this equation by capacity building for managing services of health at the level of Panchayat. Standard health care are only available through health facilities owned at the central and state-level or privately in India.
  - **Manpower distribution:** National rural health mission make use of human resources like multipurpose health workers and Accredited Social Health Activists at critical points to close service gaps.
  - **Collection of health indicators data's :** National Rural Health Mission track the health indicators by adopted and developed special metrics for the data collection techniques and analysis to improve the health status of people
  - **Promotes public-private partnerships:** National rural health mission works to provide services of affordable by managing the practitioner at private sector. This is extended to increasing the partnership of public-private and focused zones of non-profit initiatives.
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### INITIATIVES UNDER NRHM:

- Accredited Social Health Activists: (ASHA)

- A Rogi Kalyan Samiti (Hospital Management Society/Patient Welfare Committee)
- United Grants to Sub-Centres
- Health Care delivery service
- Janani Shishu Suraksha Karyakram
- Accredited Social Health Activists: (ASHA)

**Accredited Social Health Activists: (ASHA):** are the bridge worker and volunteers to commit the National rural health mission. This will establish a great link between the health care system and the targeted population of community. More than 8.84 lakh of these community health volunteers have contributed to this mission. Accredited Social Health Activists is the first port of call for any health-related issues and needs of vulnerable population, especially adolescent girls, maternal women and under-five children, who find it difficult to receive health care services in rural areas. This programme is stretching across state and it has been specifically successful in bringing people back to the Public health care System. It has also promoted the usage of OPD services, facility of laboratory services, hospital deliveries and services of inpatient.

**Rogi Kalyan Samiti (Hospital Management Society/Patient Welfare Committee)** A united fund take care of funding and other money assistance for these section of groups that are involved in patient activities of welfare. To maintain the relationship of the health care centre by registered society acts as a group of trustees.

**United Grants to Sub-Centres:** It has given new faith and motivation to auxiliary nurse midwives (ANMs) in their field who are well equipped now with monitor of blood Pressure instrument with stethoscope, weigh scale etc. so that they can undertake proper maternal care and other health care services. Another vital tool of community to strengthening by environmental or village health Sanitation and community nutrition which works successfully at the grassroots levels.

**Delivery of Health Care:** Services of Health Care Delivery needs intensive inputs of manpower resource. There is an enormous shortage of human resources in the public health care sector in India as can be seen from various field surveys, there is a huge shortage of human resources in the public health care sector of the country.

National Rural Health Mission has attempted to fill the gaps in human resources by providing support on contractual basis nearly 1.7 lakh people for health services to the States.

Designation	Number of Appointments
Doctors	8871
Specialists	2025
ANMs	76,643
Staff nurses	41,609

Many unserved areas have been covered through Mobile Medical Units. So far 2024 mobile medical unit are functioning in 459 districts across the country. The government also provides ambulance services freely each and every corner of the country connected with a toll-free number and available within 30 minutes of the call. Under national rural health mission have been provided over 12,000 basic and emergency transport vehicles for the patients.

**Janani Shishu Suraksha Karyakram:** In order to develop and promote universal healthcare, the Indian government establish the Janani Shishu Suraksha Karyakram. The following initiative which provides free of charge who come for delivery in public health institutions and sick new-borns

- Facility of transportation,
- Essential drugs or Medicines,
- Laboratory services
- Blood transfusion
- Nutrition to antenatal mother

#### References from

- National Rural Health Mission Guidelines