

## **NATIONAL HEALTH PROGRAMS AND CHILD WELFARE SERVICES IN INDIA**

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### **Introduction**

National Health Programs are government-sponsored programs implemented to improve the health status of people by preventing and controlling diseases, promoting health awareness, and providing essential healthcare services. These programs are introduced and monitored by the Government of India through the Ministry of Health and Family Welfare.

### **Objectives of National Health Programs**

- To prevent and control communicable and non-communicable diseases.
- To improve maternal and child health.
- To provide accessible and affordable healthcare services.
- To promote health awareness and healthy lifestyles.
- To reduce mortality and morbidity rates.
- To strengthen public health infrastructure and services.

### **Major National Health Programs in India**

- **National Tuberculosis Elimination Programme (NTEP)**  
Formerly Revised National Tuberculosis Control Programme (RNTCP); aims to eliminate tuberculosis in India.
- **National AIDS Control Programme (NACP)**  
Focuses on prevention and control of HIV/AIDS.
- **National Vector Borne Disease Control Programme (NVBDCP)**  
Controls diseases like malaria, dengue, chikungunya, filaria, and Japanese encephalitis.

- **Universal Immunization Programme (UIP)**  
Provides vaccines to children and pregnant women against preventable diseases.
- **National Leprosy Eradication Programme (NLEP)**  
Aims to eliminate leprosy through early diagnosis and treatment.
- **National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS)**  
Focuses on prevention and management of non-communicable diseases.
- **National Mental Health Programme (NMHP)**  
Promotes mental healthcare services and awareness.
- **Reproductive, Maternal, Newborn, Child and Adolescent Health Programme (RMNCH+A)**  
Improves health services for mothers, newborns, children, and adolescents.
- **Ayushman Bharat Programme**  
Provides health insurance and strengthens primary healthcare through Health and Wellness Centres.
- **National Health Mission (NHM)**  
Includes National Rural Health Mission (NRHM) and National Urban Health Mission (NUHM) for strengthening healthcare delivery systems.

### **Importance of National Health Programs**

- Improve public health and quality of life.
- Reduce disease burden and death rates.
- Promote preventive healthcare.
- Ensure equitable healthcare services for all sections of society.
- Support national development through healthy populations.

### **Reproductive, Maternal, Newborn, Child and Adolescent Health Programme (RMNCH+A)**

RMNCH+A administrations: Maternal and youngster well-being is the impression of the whole range of social turn of events. The strategy unequivocally suggested for reinforcing the overall well-being frameworks to forestall and deal with the maternal difficulties and to guarantee constant consideration and crisis administrations for maternal well-being. With the assistance of different formative activities, this arrangement attempts to address the social determinants for exhaustively tending to the variables that influence the maternal and youngster endurance.

### **Child and Adolescent Health:**

The approach supported for accomplishing the neonatal mortality targets and „single digit“ stillbirth rates through better locally situated and office based administration of debilitated babies. Appropriate screening and viable treatment of birth absconds, development related issues and hereditary sicknesses among youngsters should be guaranteed at area clinics. The strategy is committed towards giving pre planned care to accomplish most significant levels of well-being for youngster and juvenile. In this strategy school well-being programs as well as well-being and cleanliness have been imagined as being made a fundamental piece of the school educational plan. The strategy conceives the well-being difficulties of young people as a primary spotlight region and underscores on long haul interest in their medical services. The strategy extended the extent of regenerative and sexual well-being to resolve the issues like insufficient dietary admission, poor nourishing status and mental issues connected with the abuse of innovation, and so forth.

### **Vital Interventions for Addressing Malnutrition and Micronutrient Deficiencies:**

Malnutrition among youngsters, especially micronutrient lacks, weakens their legitimate development, improvement and endurance. Unhealthiness is one of the most widely recognized determinants of dismalness and mortality in poor people, socially underestimated and the weak segments of the populace. Thus, the quantity of useful creatures decreases significantly. Consequently, to resolve the issue of micronutrient lacks, the approach announce a very much arranged technique on micronutrient intercessions. Accentuation would be on limiting micronutrient malnourishment and encouraging intercessions like supplementation of micronutrient, food fortress, evaluating for pallor and public mindfulness. An orderly methodology is expected to address the variety in micronutrient ampleness and in this approach unique spotlight would be on the more weak segments of the populace the nation over. Thus, the strategy supported for screening of different micronutrient inadequacies. The results of lacks are especially extreme and many are irreversible during the basic time of pregnancy, lactation, youth, puberty and advanced age. While variety in dietary admission is the best method for satisfying the nourishing holes, micronutrient supplementation and food stronghold are required to have been considered as the short and medium term arrangements. More increase in the ongoing endeavors of conveyance of Iron Folic Acid (IFA) supplementation and calcium supplementation during pregnancy and Vitamin A supplementation, iodized salt, Zinc and Oral Rehydration Salts/Solution (ORS) for youngsters are required. To arrive at each recipient more supported

endeavors are required to have been made and this thusly expects that concentrated checking systems are required to have been set up. The strategy advocates for creating solid proof base for assessing the weight of aggregate micronutrient inadequacies and connecting it with illness trouble, especially, for grasping the reasons for pallor. Strategy suggested that anganwadi and schools ought to be utilized as places for tending to lacks through investigating invigorated food and micronutrient sprinkles. The approach perceived the significance of various stages for playing out the integral job in different sustenance touchy mediations and called for synergistic contributions from offices like Women and Child Development, Education, WASH, Agriculture and Food and Civil Supplies. The strategy imagined that the Ministry of Health and Family Welfare would screen and guarantee that sustenance delicate and nourishment explicit intercessions are actually done to accomplish ideal outcomes.

**Universal Immunization:** Focus would be on further developing inoculation inclusion, giving antibody security quality and well-being and presenting fresher immunizations in light of epidemiological contemplations as indicated by National Vaccine Policy 2011. The accentuation would be on expanding upon the progress of mission Indradhanush and fortifying it.

**Transmittable infections:** The arrangement perceived the relationship between the control projects of transferable illness and reinforcing of general well-being framework. The arrangement supported that for compelling execution and activity of Integrated Disease Surveillance Program, the regions need to answer as indicated by the transferable sickness needs in their territory. This could be conceivable through fostering an organization of exceptional labs upheld by tertiary consideration places and improved general well-being ability to answer the infection episodes.

**Control of Tuberculosis:** The approach perceived HIV and TB co-disease and expanded instances of medication safe tuberculosis, which represent a more prominent danger in controlling Tuberculosis. The strategy calls for early screening and more dynamic recognition of TB and including more prominent interest of private area alongside the preventive and promotive activity at work and other everyday environments. Access and accessibility of free medications would should be enhanced by other positive activities so the treatment is conveyed transmission of safe strains are contained.

**Control of HIV/AIDS:** In every one of the strategies and projects till now the significant spotlight was on preventive measures to control HIV/AIDS. In any case, this strategy

suggested that intercessions ought to be formed in such a way that accentuation is on distinguishing the networks and geological regions which are at higher gamble of HIV/AIDS. The rundown of fundamental clinical medications would incorporate antiretroviral (ARV), Hep-C to work with the treatment of individuals living with HIV/AIDS.

**Sickness Elimination:** In request to wipe out the infection and accomplish the worldwide objective of diminishing grade 2 inability to under 1 for every million by 2020, the extent of grade- 2 cases among new cases will decide the degree of local area mindfulness and well-being frameworks limit. Likewise, the approach calls for proactive measures for accomplishing the objective of disposing of uncleanliness from India by 2018.

**Vector Borne Disease Control:** The rising test of medication obstruction in Malaria has been perceived by this approach and accordingly, suggestions are made for presenting changes in the treatment regimens with coordinated factors support. With solid between sectoral coordinated effort, speed increase is given to New National Program which has been started for counteraction and control of Japanese Encephalitis (JE)/Acute Encephalitis Syndrome (AES).

The nearby relationship between transferable infectious prevention projects and fortifying of general well-being framework has been perceived by the arrangement. A solid general well-being framework is expected for legitimate execution and working of every single one of these projects and consequently, these projects fortify the medical services framework.

**Non-Communicable Diseases:** The arrangement perceives the developing rate of ongoing sicknesses and consequently, calls for stopping and switching this interaction. Suggestions are being made for setting up a National Institute of Chronic Diseases including Trauma, to create proof for taking on financially savvy draws near and to acquire most ideal outcomes. This strategy upheld an incorporated methodology for diminishing the dreariness and preventable mortality through screening of the most predominant NCDs with optional anticipation. This would be absorbed into the broad essential medical services framework with linkages to expert counsels and follow up at the essential level. Zero in would be on guaranteeing prescription and access on a cycle a year“ reason for some constant disease. The approach wouldn't just zero in on the finding and observing of hypertension and diabetes, however it would likewise attempt to address the extreme medical conditions like different types of malignant growth and Chronic Obstructive Pulmonary Disease (COPD). The approach additionally accentuated on directing examination for all encompassing improvement in medical care. It stressed on mainstreaming AYUSH and creating it as an

indispensable part of medical care. AYUSH being protected and financially savvy have a solid potential for avoidance, fix and treatment. Also, the arrangement is committed towards supporting projects for counteraction against sicknesses like visual impairment, oral well-being, deafness, fluoridise and sickle cell paleness, and so forth. To meet the medical care needs of the advanced age bunch, the strategy conceded to take on socially suitable answers for them. For managing every single geriatric disease, this approach perceived the rising requirement for palliative and rehabilitative consideration and pushed for the progression of these considerations across every one of the levels. The strategy conceived to energize and advance mindfulness about the deliberate organ gifts to meet the basic need and developing interest of tissue and organ relocate in the country.

**Emotional well-being:** This arrangement centred around the arrangements of the National Mental Health Policy 2014 and simultaneously conceived to make a move on the accompanying fronts:

- With the assistance of public funds production of additional subject matter experts and extraordinary standards ought to be planned to give inclination to the people who want to give their administrations in open frameworks.
- At essential level a solid organization of local area individuals ought to be made to give psycho-social help to reinforce psychological well-being offices and
- In regions where there is absence of very capable and proficient specialists, influence advanced innovation would be utilized.

**Populace Stabilization:** In request to accomplish fruitful populace adjustment, the approach perceived that further developing access, training and strengthening would assume an impending part in achieving this objective. The arrangement declared that as opposed to offering types of assistance in camps where there are issues of value and risks for security and pride of women, these administrations ought to be made accessible on some random day of the week which is fixed for it. The approach additionally calls for expanding the extent of male disinfection from current degree of under 5% to no less than 30%. **Women' Health and Gender Mainstreaming:** The strategy is resolved to make more arrangements for conceptive morbidities and other medical care needs of women who are over 40 years old.

**Orientation based savagery (GBV):** By unveiling clinics more women agreeable and its well-being laborers arranged towards orientation delicate issues, the strategy is focused on fortifying women's admittance to better medical care administrations. This arrangement has observed and shown worry towards the reality related with the assortment of results of GBV

and suggested that free medical care administration should be given to the survivors/casualties with all nobility in general society and private area.

In addition, the previously mentioned objectives, standards, goals and projects, the NHP 2017 is likewise dedicated towards a few different perspectives related with the general well-being. This strategy calls for better reaction to fiascos, whether normal or man-made, and constructing powerful limit with regards to crisis the executives. The approach suggested that the public authority ought to lay out new clinical schools, AIIMS and other clinical foundations countrywide to manage the issue of local uniqueness and grow the provisioning of tertiary administrations in general well-being area. This approach proposed for beginning the confirmation program for ASHAs so they can be given special choice into ANM, nursing and other paramedical courses. The approach is on the side of making Public Health Management Cadre in every one of the states which would be founded on general well-being or related disciplines. In this strategy, the powerful administration of human asset has been perceived as a significant apparatus in helping and fortifying of medical care framework. Thusly, the not entirely settled in proceeding with the clinical preparation and nursing instruction of medical services suppliers, especially to the people who are working in the remote or country regions. The medical coverage plans supported by the public authority ought to be adjusted to give auxiliary and tertiary consideration administrations benefit bundle bought from public, not for benefit and private area in a similar request of inclination, which is exposed to accessibility of value administrations on time. The strategy additionally recommended for limit building and ability advancement programs for reinforcing the medical services framework. Just compelling execution and observing of strategy makes it great. To satisfy the responsibilities that have been made in this strategy, an execution system is basically expected to be established. For accomplishing the objectives of the strategy such an execution structure would set a guide with obvious achievements (Ministry of Health and Family Welfare, 2017).

### **Medical services Programs**

Different vertical well-being programs were started by the GOI for controlling and killing different infections relying on the desperation of circumstance. By and by the attention is on high bleakness because of transmittable illnesses, high weight of sicknesses due to non-transmittable sicknesses and nourishing issues. The emphasis is likewise on the neglected requirements for contraception and high undesirable richness.

The National Malaria Control Program was started by GOI in 1053 and it was changed over into National Malaria Eradication Program (NMEP) in 1958. In North-eastern states and some other high-risk regions, a strengthened Malaria Control Project (IMCP) was carried out to make the conclusion and treatment open in distant regions. Public Leprosy Control Program (NLCP) was started by the GOI in 1955. The program was upgraded into National Leprosy Eradication Program (NLEP) in 1983. Further, India has the biggest number of dynamic TB cases and records one-fifth of the worldwide TB occurrence. Starting around 1962, National Tuberculosis Control Program (NTCP) has been functional to control TB. On 26 March 1977 the Revised National Tuberculosis Control Program (RNTCP) was started to control and dispense with TB and this program got help for its activity from the World Bank, DFID (Department for International Development), USAID (United States Agency for International Development), GDF (Global Drug Facility) and GFATM (Global Fund for AIDS, Tuberculosis and Malaria).

The GOI is carrying out the National Iodine Disorder Program (NIDDCP) additionally, which was previously known as National Goiter Control Program (NGCP) starting around 1962. In 1975-76, the National Cancer Control Program was started with the essential point of avoidance, early discovery of the infection, giving therapy and recovery. The focal point of the modified program which was finished in December 2004 is to give malignant growth care offices similarly the nation over. In India, a few mental issues, for example, schizophrenia, bipolar confusion, natural psychosis and significant misery influence almost 20 for each 1000 populace. To address the enormous weight of mental sicknesses, National Mental Health Program (NMHP) was begun in 1982. 2 to 3.1 million individuals are assessed to be contaminated with HIV in the country. In the years 2006, an updated gauge showed that practically 0.36 percent of the grown-ups have been living with HIV.

The biggest extent of HIV contaminated people is in four states to be specific Andhra Pradesh, Karnataka, Maharashtra and Tamil Nadu with right around 63% of the HIV tainted people living in these states. Under the National AIDS Control Program, numerous intercessions were taken by the public authority to control and battle AIDS. To intrude on the transmission of HIV among profoundly weak segments of the populace which involves infusing drug clients, business sex labourers, men who engage in sexual relations with men, drivers and traveller labourers, the Targeted Intervention (TI) projects have been started by the public authority.

In the National AIDS Control Program perhaps the most fundamental part is the

blood security exercises. For all the blood units, it is required to be tried against the five blood bonding contagious contaminations (TTIs), which incorporate HIV, Hepatitis-B, Hepatitis C, intestinal sickness and syphilis. Under HIV/AIDS program, the advancement of condom utilization is focal and fundamental part. During NACP-III, disseminating 3.5 billion condoms has been focused on. To achieve conduct change in individuals, NACO is making progress toward a system which would include dynamic interest at local area level.

The NHP 2017 imagined an objective of kala azar end continuously 2017. Further, Pulse Polio Immunization (PPI) was started in 1995-96 to cover every one of the kids beneath the age of three years. Nonetheless, the objective gathering was expanded from three to a long time from 1996-97 to speed up polio destruction (Akram, 2014). The significant medical services programs, especially resolving the issues of metropolitan well-being, women and kid well-being have been examined underneath exhaustively.

### **Incorporated Child Development Services (ICDS) Program**

India's Integrated Child Development Services (ICDS) is a halfway supported plot that has been the Government of India's (GOI) lead program beginning around 1975. This program was started with a plan to address the comprehensive necessities of the kids and this program is one of the biggest youngster improvement programs on the planet. This program offers a wide scope of administrations to satisfy the well-being and nourishing requirements of the kids as long as 6 years old. Further, it likewise provides food the medical care needs of pregnant and lactating women and presently the program has additionally been reached out to cover juvenile young women. Simultaneously, ICDS has additionally set out the system for the generally speaking physical and mental advancement of kids 0-6years through giving non-formal preschool schooling to youngsters between 3-6 years and through the arrangement of dietary and well-being training to their moms. It is committed towards breaking the endless loop of hunger, dismalness, debilitation of development and mental turn of events, diminished learning limit and mortality. One more significant angle component of this plan is that under ICDS every one of the administrations are conveyed at the local area level through Anganwadi Centres (AWCs) (Gangbar, Rajan and Gayithri, 2014).

### **Conclusion**

National Health Programs play a significant role in improving the overall health and well-being of the people in India. Programs related to child and adolescent health, control of tuberculosis, HIV/AIDS prevention, emotional well-being, medical services, and Integrated

Child Development Services (ICDS) have contributed greatly to reducing disease burden and improving quality of life.

The Reproductive, Maternal, Newborn, Child and Adolescent Health Programme (RMNCH+A) has strengthened healthcare services for women, children, and adolescents through an integrated approach. These programs promote preventive healthcare, nutritional support, immunization, awareness, and access to essential medical services, especially for vulnerable sections of society.

Despite remarkable progress, challenges such as lack of awareness, inadequate healthcare facilities, shortage of trained professionals, and unequal access to services still exist in some areas. Therefore, effective implementation, proper monitoring, community participation, and increased health education are essential for achieving the objectives of these programs. National Health Programs contribute significantly to the development of a healthy society and support the social and economic progress of the nation. Strengthening these initiatives further will help ensure better health outcomes and improved well-being for future generations.

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