



EDITORIAL

Government Efforts in Improving Women's Healthcare Outcomes in India & The Swasth Nari, Sashakt Parivar Pakhwara

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The Government of India has undertaken sustained and multipronged efforts to improve healthcare outcomes for women, with a strong focus on reproductive, maternal, and adolescent health. Under the umbrella of the National Health Mission (NHM), the RMNCH+A strategy addresses reproductive, maternal, newborn, child, and adolescent health in an integrated manner.

Programs such as the Janani Suraksha Yojana (JSY) and the Janani Shishu Suraksha Karyakram (JSSK) have been instrumental in increasing institutional deliveries and ensuring that women receive free maternity services, including transport, diagnostics, and essential drugs. The Pradhan Mantri Surakshit Matritva

Abhiyan (PMSMA) further guarantees free antenatal checkups on designated days, improving early detection of high-risk pregnancies.

Nutritional security has been advanced through the POSHAN Abhiyaan and Anemia Mukh Bharat, aiming to tackle the persistently high burden of malnutrition and anemia among women. Simultaneously, adolescent health and reproductive choices are being strengthened through the Rashtriya Kishor Swasthya Karyakram (RKSK) and Mission Parivar Vikas, which expand access to family planning services, menstrual hygiene education, and contraceptive options.

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With the launch of Ayushman Bharat, a paradigm shift has occurred in women's health access: Health and Wellness Centres are now providing comprehensive primary care, including reproductive and cancer screening services, while PM-JAY insurance coverage ensures financial protection for secondary and tertiary care needs, including obstetric emergencies and cancers. The National Programme for Prevention and Control of Cancer, Diabetes, CVDs, and Stroke (NPCDCS) has brought cervical and breast cancer screening to the forefront of women's health interventions.

Digital innovations such as the Mother and Child Tracking System (MCTS) and eSanjeevani telemedicine platform are enabling more efficient follow-up and expanding specialist access

in underserved areas. These initiatives align with India's commitment to the Sustainable Development Goals (SDGs), especially SDG 3 (health) and SDG 5 (gender equality).

The Swasth Nari, Sashakt Parivar Abhiyaan

The Swasth Nari, Sashakt Parivar Abhiyaan is a fortnight-long health campaign that ran from September 17 to October 2, 2025. Launched by the *Ministry of Health and Family Welfare (MoHFW)*, the campaign was designed to address the healthcare needs of women and children by organizing health camps and providing specialist services across the country. It was held in convergence with the *8th Rashtriya Poshan Maah*, focusing on healthy women and empowered families (Figure 1).

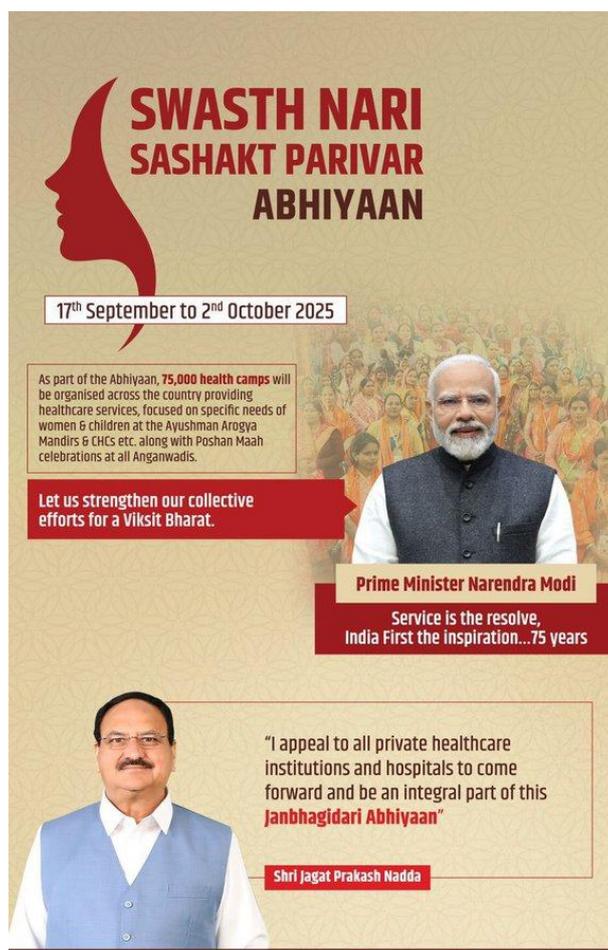


Figure 1. Swasth Nari, Sashakt Parivar Pakhwara

The campaign activities are aimed to

- Improve health outcomes for women, adolescent girls, and children.
- Provide screening for communicable and non-communicable diseases.
- Conduct health counselling and awareness sessions on nutrition and hygiene.
- Strengthen immunization and child health coverage.
- Ensure access to comprehensive health services nationwide.

Key Objectives & Activities

- **Focus on Women and Children:** To address the specific healthcare needs of women and children.
- **Nationwide Health Camps:** Daily health camps were organized at government health facilities, including Ayushman Arogya Mandirs, Community Health Centres, and District Hospitals.
- **Specialist Services:** Mobilization of specialists from gynaecology, paediatrics, eye care, ENT, dental, dermatology, and psychiatry.
- **Community Mobilisation:** Active participation from ASHAs, ANMs, Anganwadi workers, community self-help groups, and youth volunteers.
- **Integration with Poshan Maah:** The campaign was held alongside the 8th Rashtriya Poshan Maah, a national nutrition campaign.

The campaign brings together communities, healthcare providers, and

policymakers to reaffirm the vision: Healthy Women, Empowered Families, Stronger India.

Strategic Approach

1. **Community Convergence:** Mobilizing local communities, self-help groups, and frontline workers (ASHA, ANM, Anganwadi).
2. **Health System Integration:** Linking primary care centers, district hospitals, and national programs.
3. **Policy Synergy:** Working in alignment with Ayushman Bharat, Poshan Abhiyaan, and Mission Shakti.
4. **Awareness & Behaviour Change:** Targeted IEC campaigns for nutrition, menstrual hygiene, breastfeeding, and lifestyle diseases.

Expected Impact

- Reduction in maternal and child mortality rates.
- Improved nutritional status of women and children.
- Increased adolescent health literacy and empowerment.
- Stronger family health resilience and productivity.

Vision

The Abhiyaan reaffirms India's commitment to:

👉 Healthy Women → Empowered Families → Stronger Nation

The National Board of Examinations in Medical Sciences runs 111 courses. These are:

Broad Specialty (03 years)	29 Courses
Super Specialty (03 years)	32 Courses
Fellowship (02 years)	41 Courses
Post MBBS Diploma Courses (02 years)	09 Courses
Total	111

Of these, courses that are specific to women's health are:

- Broad specialty DNB in Obstetrics and Gynaecology
- Super Specialty DrNB in Gynaeco Oncology
- Skill enhancement Fellowships (FNB) in Breast imaging, Maternal & Foetal medicine, Minimally Invasive Gynaecologic Surgery & Reproductive medicine and
- Post MBBS Diploma in Obstetrics and Gynaecology

As a result of these collective efforts, India has achieved significant progress: the Maternal Mortality Ratio (MMR) has declined sharply to 97 per 100,000 live births, and institutional deliveries have crossed 89%. Nevertheless, challenges remain—particularly the high prevalence of anemia, gaps in quality of care across states, and inequitable access in rural and tribal regions. Addressing these will be critical to further strengthening women's health and achieving the vision of a healthier, empowered India.