Health and Family Welfare in Lucknow – revisited

Population was increasing at the rate of approximately 20 % per annum, eating up a large portion of the earnings when the Indian government early in 1963 initiated a program of extension education in the area of family planning [Government of India, 1963]. Uttar Pradesh introduced its own extension education programme in Family Planning late in 1965 [Uttar Pradesh, 1965]

[**Painting a mural for family planning**
Naiwadia Village, Sitapur District, Uttar Pradesh. December 26, 1969.
Source: http://hearstmuseum.berkeley.edu/exhibitions/lerner/gallery4_2.html]

National Population Policy was announced in 1976 (NPP 1976) by the Government of India, hoping to reduce the birth rate from 35 to 25 per 1000 by 1984 (Frank, 2001), in the hope to reduce the population eating up large chunk of economic benefits and curbed the development of the nation. This was revised by a new National Population Policy of 2000 (NPP 2000). The immediate objective of the NPP 2000 is to address the unmet needs for contraception, health care infrastructure, and health personnel, and to provide integrated service delivery for basic reproductive and child health care. The medium-term objective is to bring the TFR to replacement levels by 2010, through vigorous implementation of inter-sectoral operational strategies. The long-term objective is to achieve a stable population by 2045, at a level consistent with the requirements of sustainable economic growth, social development, and environmental protection [Government of India, 2000].

Objective of the present family welfare programme: is to make people adopt small family norms to stabilise the country's population. Initially, the programme adopted the model of the three child family. In the 1970s, the slogan changed to `Do ya teen bas' and in the 1980s it was `Hum Do Humare Do' (two child norm). However, at present the emphasis has been on three themes: `Sons

or Daughters: two will do', `Second child after three years' and `Universal immunization' [Times News Network, 2010].

Urban Uttar Pradesh:

The state of Uttar Pradesh (UP), divided into 74 districts, has 69 cities / towns reporting slums [Government of India, 2010]. Over 20% of all people of the nation live in urban UP. Over 4 million persons of the state live in slums and over 11 million persons happen to be it's urban poor. The Maternal Mortality Rate (MMR), Infant Mortality Rate (IMR) and Total Fertility Rate (TFR) happen to be much more than the national average (See table below).

	India	UP
Population*	1028 million	166 million
Urban*	27.8 % (285 million)	20.8 % (35.5 million)
Slum Residents*	42.6 million	4.4 million
Urban Poor **	80.8 million	11.7 million
MMR***	254	440
IMR**	57.0	72.7
TFR**	2.7	3.8
CPR**	48.5	29.3

* Census of India; ** NFHS-3; ***ORGI, 2009 [Source: Pillai, Singh & Tiwari, 2009]

Lucknow scenario:

Under the NPP 1976, eight maternity homes and eight **Urban Family Welfare Centres** (UFWCs) were created in Lucknow. Five of these UFWCs were housed in government buildings and the rest three were housed in rented premises. Prior to 1973 three Non-Government Organization run UFWCs were set up – two by the Family Planning Association of India (FPAI) and one by All India Women's Congress (AIWCs).

Under the revamped schemes for welfare of residents of slums, three **Health Posts** were created in 1982. The same year, one Non-Governmental Organization run Health Post was created by *Hithkari Mahila Samiti*. Ten years later, in 1992, another Non-Governmental Organization run Health Post was set up by *Sarvajanik Mahila and Bal Kalyan Samiti*. The Two Post-Partum Centres, that were set-up were, Queen Mary Hospital, Lucknow, and Veerangana Avanti Bai (Dufferin) Hospital, Lucknow**.** Around a decade later, in 2001, Ram Manohar Lohia Hospital was allotted few slum areas of Lucknow for which they provided two Auxiliary Nurse Mid-wives (ANMs).

Facilities now existing in Lucknow: are shown in table below, prepared on the basis of discussion with various persons in the Department of Family Welfare, Government of Uttar Pradesh, Lucknow:

Facilities in Lucknow	**Number**
• Bal Mahila Chikitsalaya Evam Prasuti Grih (BMCs)	8
• Urban Family Welfare Centers (UFWCs)	8
• Government Health Posts (HPs)	3
• Non-Governmental Organization run UFWCs & HPs	5
• Post-Partum Centers	2
• Ram Manohar Lohia Hospital	1
Total	27

IUD services: are being provided in all of the 27 centers. The six government hospitals that provide IUD services include - Queen Mary Hospital, Lucknow; Veerangana Avanti Bai (Dufferin) Hospital, Lucknow; Chhatrapati Sahuji Maharaj Medical University, Lucknow; Ram Manohar Lohia Hospital, Lucknow; Rani Luxmi Bai Government Hospital, Rajaji Puram, Lucknow; and Bhaurao Deoras Hospital, Mahanagar.

Sterilisation services: are being offered in 18 service centers – all of the 8 BMCs, 6 government hospitals, 2 of the centers of FPAI, Vivekanand Polyclinic, and Sub Area Command (Base) Hospital.

Urban Health Posts: under Urban RCH programme are 14 in number – located in Azadnagar, Daulatganj, Faizullaganj, Hussainabad, Kashmiri Mohalla, Khadra, Kila Mohalla, Martinpurawa, Para, Patanala, Raheemnagar, Ramnagar Balaganj, Ujariaon and Suggamau.

Leaving behind Bihar, Madhya Pradesh, Rajasthan, Jharkhand and Chhattisgarh, UP recorded maximum number of vasectomy and tubectomy operations in 2009. Taking a leap from 49.26 lakh sterilisations in 2004-05 to 51.50 lakh in 2009, the state has shown a rising trend in adopting sterilisation as a method of family planning [Times News Network, 2010]. However, the total number of sterilisation users is not the only indicator of progress towards population stabilisation. Total Fertility Rate (TFR) of UP still happens to be the second highest in the country, after Bihar. Many more, and consistent, efforts need to be put in the check the situation.

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