



Maternal Health;
Your Future, Our Priority



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*“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal”
-Albert Pike.*

And we couldn't agree more. Gracia Raina Foundation, named after our daughter, was established on 15 May, 2017 with the thought of giving back to people, especially to the women of our world.

After embracing parenthood, we realised how a mother-child bond is most special, delicate, and a symbol of creation and sustenance. Unfortunately, in our country, especially in the low-middle income group, childbirth is often associated with morbidity and mortality.

Globally, a baby whose mother dies during childbirth is less likely to survive, and children who have lost their mothers are 10 times more

likely to die within two years of the death of their mothers.

We believe these situations can be changed for the better, and for that to happen knowledge and awareness on the subject is crucial. It was with this thought that we took it on us to encourage and promote health and well-being of mothers before, during and after pregnancy and childbirth.

Currently, we are addressing handful of challenges as that's the best way to make greater impact. We are positive & optimistic, and are trying to maximise our efforts each day to reach as many women as we can.

But, we cannot do it alone; not just the two of us.

We genuinely believe the best way to address such pressing issues is to work as a team, come up with new ideas that will help the cause.

Let us all come together, support one another; build a future, a safety net for our mothers and their newborns.

Love,



Priyanka & Suresh Raina



our story


Established in 2017, with a simple goal of empowering women, in and on the cusp of their reproductive phase, with knowledge and awareness that further enables them to make improved reproductive and maternal health-oriented decisions.

A woman is most vulnerable when she's in her adolescence, and that's where our work begins, of providing individuals with a solid health base. It's during this time that she experiences varied reproductive health changes that can be normalised by sharing knowledge.

GRF uses culturally sensitive awareness programmes as one of the tools to promote maternal wellness; further assisting women achieve dignity-based maternal-child care.

What are we hoping to do? Ensure that mothers are well-informed about pregnancy-related challenges, resulting in happy, and healthy childbirths.

To achieve this, the foundation works with local partners, health workers and communities to mobilise and promote healthy behaviours and practices.



**To empower every woman
in her reproductive age
with the knowledge required
to make informed decisions
about reproductive
and maternal health.**

vision

mission

The thrust of this foundation is to promote a life cycle approach that begins with preparing each adolescent with better reproductive health and equipping to-be mothers with the power of knowledge and awareness. The idea is to assist them in embracing the experience of childbirth and the journey ahead, confidently, positively, and in a healthy manner.





the
challenge

55,000 Indian women die annually...

According to a UNICEF report, 55,000 Indian women die annually as a result of preventable pregnancy-related health risks. Lack of maternal and reproductive health education has been cited as one of the reasons for these avoidable losses.

This loop of little to no awareness begins at the onset of the reproductive phase, which is a crucial time for

adolescents to make significant reproductive health choices in order to secure a healthy future.

India is home to 253 million adolescents, of which one in four Indian women (26.8 percent) is married before 18, and 7.8 percent of women aged 15 to 19 are pregnant or mothers (NHFS 2015-16 reports).

GRF aims to mitigate this problem by helping individuals achieve better degrees of maternal and reproductive health, using knowledge and awareness as its key tools.



adolescence & reproductive health

maternal health

gender sensitisation

OPD on wheels

other initiatives

our programmes



This workshop is one of the first steps towards ensuring an adequate reproductive health education for adolescents. We work closely with health experts and school counsellors to create a comprehensive guide that highlights the dos and don'ts of reproductive health.

India has 253 million adolescents, more than any other country and equivalent to the combined populations of Japan, Germany and Spain

243
Million
Adolescents
in India

Source : Unicef India

Source : UNPF

33.6%
India's
Population born
of adolescent
pregnancy

Menstruation – hygiene & cycle / Nutrition / Contraception / Hormonal changes
Sexually-transmitted diseases / Teenage pregnancy / Emotional stress / Body image & reproductive health

**adolescence
& reproductive
health
programme**

One in four Indian women (26.8 %) is married before 18, and 7.8 % of women aged 15 to 19 are pregnant or mothers, according to the latest available 2015-16 (NFHS data)





adolescence
& reproductive
health
programme



Lucknow: City Montessori School Workshop

Dr. Bharti Gandhi, Founder-Director, City Montessori School, and Nisha Pandey, Principal, CMS, Rajajipuram campus, the workshop was attended by 400 girls. Sensitising adolescent girls about reproductive health habits for themselves and their children.



Govt. Girls Senior Secondary School, Rupnagar, Punjab

Held at Govt. Girls Senior Secondary School, Rupnagar, Punjab and attended by 800 girls. Sensitising adolescent girls about reproductive health and its many complexities.



Delhi, Jagdamba Camp

Over 500 girls were provided awareness on reproductive health.



Mauradnagar Workshop

Held at Jawahar Lal Memorial Girls Inter College, Muradnagar and attended by 1,000 girls. Sensitising adolescent girls about reproductive health and its many complexities.



Aryabhata College, DU

A reproductive health & mental well-being workshop was held at Delhi University's Aryabhata College as part of Gracia Raina Foundation's RightAGE programme on March 7, Thursday. Attended by 100 students, the workshop was organised to raise awareness about reproductive health, mental well-being and gender sensitisation.



Why are we targeting school girls (13 years and older) for our workshops?

Because they are in a vulnerable stage in their lives and we believe it is this time that can be best utilised to shape attitudes and develop behaviours that can positively influence their lives as adults, and their future relationships.



Every Mother programmes

Knowledge on labour, delivery, postpartum recovery and baby care

Lactation awareness

Family planning and contraception

Nutrition for pregnant and lactating women

Maternal mental wellness



Our Every Mother programme focuses on educating expectant mothers about their pre & post natal stages and beyond, with information. We believe that in-depth knowledge and understanding of the subject will aid them in enhancing the standard and quality of care they need for themselves and their newborns.

our work highlights

maternal health programmes



Wellness session with BSF Wives

An interactive session that was designed to address health & wellness challenges face by BSF wives. A team of gynaecologists and midwives was onboard to brief them about family planning, late pregnancy, cervical cancer, and menstrual issues among other topics.



Every Mother programme, Vasant Gaon

An interactive session with 100 mothers who were ready to learn. However, there was a section of people who believed in the several myths associated with family planning, modern contraception methods, & had issues with infertility, all of which were addressed by Dr. Niharika Thakur, gynaecologist.



Nutrition Workshop

Over 100 new mothers and their children (aged 5 years or less) attended a thorough session how to transition from breastfeeding to table food and develop health eating habits for themselves and their children.



Health and food Camp for Kids

Experts - nutritionists, skin specialists, paediatricians – examined health of 200 children and provided them with required medicines. It was followed by a special lunch and stationery distribution.



Dental Health Camp

Conducted for 100 mothers and their babies about oral health and hygiene. This is crucial as gum disease is often linked to premature low-weight babies.



Breastfeeding Workshop

With the help of experts, over 100 new mothers were made aware of the dos and don'ts of breastfeeding, including positioning and diet at New Delhi's Safdarjung Hospital. We shared a detailed information booklet that would assist them further.

THE MOST COMMON CAUSES OF MATERNAL DEATH

06%
Obstructed Labour

10%
Hypertensive Disorders

15%
Postpartum Bleeding

15%
Complications from unsafe abortions

08%
Postpartum Infections



GRF's soon-to-start programme aims to regularly collaborate with the male partners to help them realise the significance of teamwork and its benefits when handling pregnancy and childcare. At the centre of this workshop is the need to gender sensitise men on how to make their partners' lives comfortable, by understanding maternal care and childbirth better, and lending support.

What's Gender Sensitisation?

It means being sensitive to the needs of a particular gender. The idea is to equip men with knowledge and awareness, enabling them to be more sensitive and rational when making decisions about their partners' maternal health, and childbirth.

gender sensitisation

Evidence suggests that male involvement may be beneficial to maternal health in terms of

- Increased maternal access to antenatal and postnatal services
- Discouragement of unhealthy practices such as smoking of partners etc.
- Improved maternal mental health
- Increased contraception usage
- Better Management of stress and anxiety during delivery.





GRF | Gracia Ra
Foun

OPD on wheels

WOMAN AND CHILD WELLNE



Paediatric and
Gynaec checkup



Dental checkup



Diabetes & blood
pressure checkup

What's OPD on Wheels?
It's a fully-equipped bus that offers paediatric, gynaecological, and prenatal healthcare services along with other basic check-ups.

One of the biggest challenges for people living in informal settlements is access to quality public healthcare, which is why we organise OPD on wheels camp every second and fourth Friday of a month for underprivileged women and children from Delhi's urban slums.

A twice-a-month event that has screened over 550 women and children so far in and around Vasant Vihar, Munirka Rain Basera, and Jagdamba Camp. Also part of it is dental camp, through which over 70 children were informed about the importance of oral hygiene and how it impacts one's overall health.

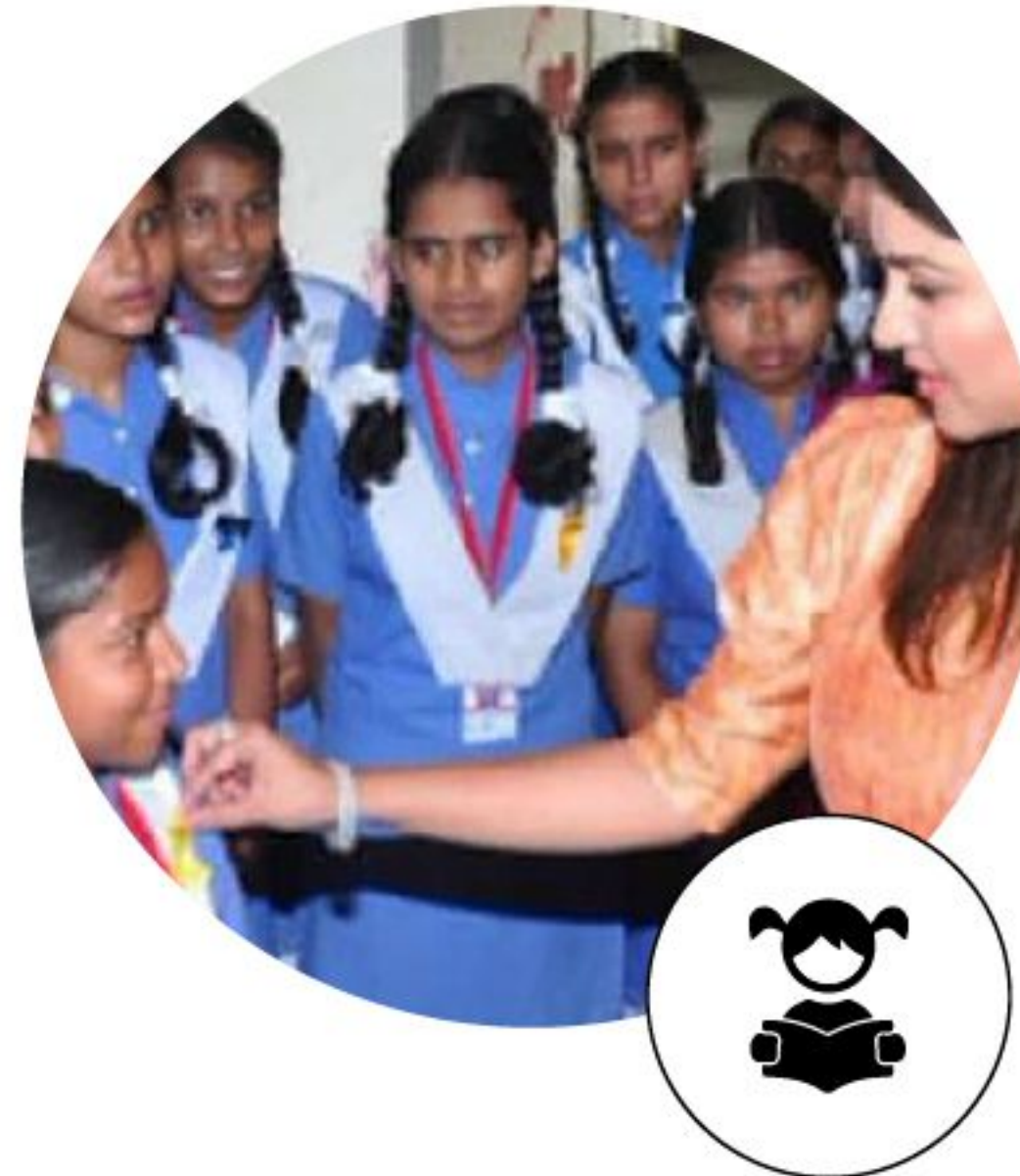
f t i /@grfCare

GRF, Plot 108, Udyog
Vihar Phase 1, Gurugram, Haryana 122016

other initiatives



The Priyanka Raina Show on Red FM is another solid effort to reach out to more people, create awareness about pressing issues such as domestic violence, acid attacks, girl child education, sexual harassment, gender bias and equality, and menstrual hygiene.



We adopted education of 7 underprivileged girls from Uttar Pradesh in achieving their dreams of going to school.



The team was instrumental in organising a ventriloquist therapy session for 100 oncology kids at the Cankids, Delhi. Entertaining them was the renowned drama therapist-professional ventriloquist Daniela Hadsey from Israel.



We joined forces with health experts hoping to raise awareness about Thalassemia, a genetic blood disorder. It's crucial for women and their partners to get screened for it in order to prevent it from being passed on to the future generation.

journey

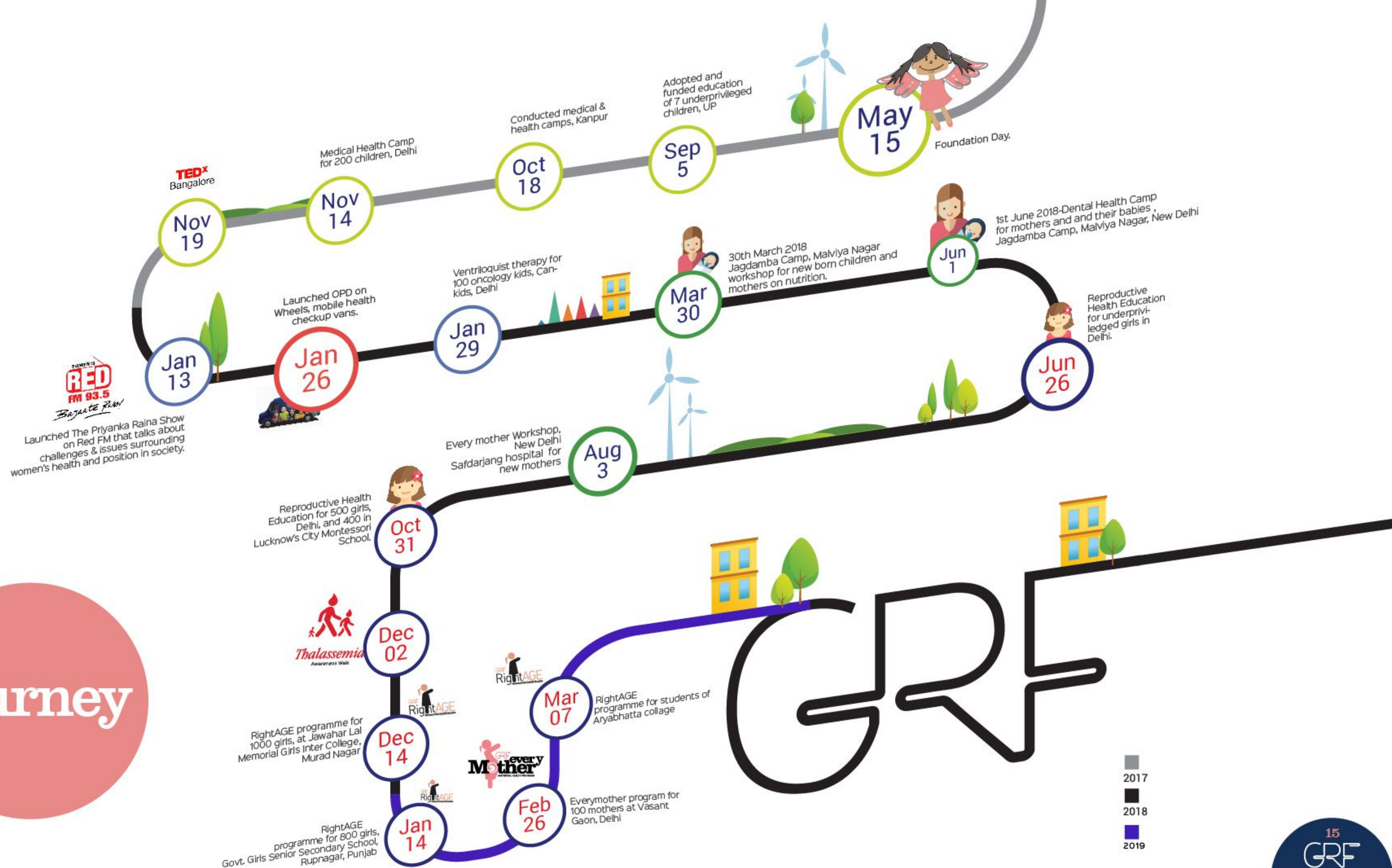






photo
gallery



helping
hands

We thank those who have believed in our cause and continue to support us in our endeavours to improve maternal health, reduce childbirth risks, and provide care to resource-poor, vulnerable women and children.



Embassy of Israel

Madhukar
Rainbow
Children's
Hospital
Children First, Always

A Unit of Madhukar Multispecialty Hospital & Research Center



NARCHI
National Association for
Reproductive & Child Health of India

aarehan

superhits
RED
FM 93.5
Bajaate Raho!

Media Partners

प्रियंका रैना ने छात्राओं से बात कर दी हेल्थ एजुकेशन की जानकारी



डेली न्यूज नेटवर्क

लखनऊ। ग्रेसिया रैना फाउंडेशन ने बुधवार को सिटी मोंटेसरी स्कूल में एडोलेसेंट्स हेल्थ एजुकेशन किशोरवय स्वास्थ्य शिक्षा पर एक वर्कशॉप का संचालन किया गया। इस वर्कशॉप का उद्देश्य किशोर लड़कियों को उनकी शारीरिक और मानसिक तंदुरुस्ती के विषय में शिक्षित करना था। यह वर्कशॉप लड़कियों की शारीरिक और मानसिक सेहत के बारे में पर्याप्त जानकारी सुनिश्चित करने एवं उपलब्ध कराने की दिशा में पहला कदम है।

वर्कशॉप का नेतृत्व प्रियंका चौधरी रैना संस्थामपक ग्रेसिया रैना फाउंडेशन, डॉ. भारती गांधी संस्थाकंपक सिटी मोंटेसरी स्कूल और निशा पांडे प्रिंसिपल सिटी मोंटेसरी स्कूल ने छात्राओं को हेल्थ एजुकेशन की जानकारी दी। तीन घंटे की इस

- जीआरएफ ने किया था एडोलेसेंट्स हेल्थ एजुकेशन वर्कशॉप का आयोजन

वर्कशॉप का मुख्य उद्देश्य युवा लड़कियों को शारीरिक एवं मानसिक सेहत के बारे में शिक्षित करना था। इस तरह के वर्कशॉप का संचालन इसलिये किया गया, ताकि लड़कियों की भावी पीढ़ी को सेहतमंद बनाया जा सके और जन्म देने के समय तक हो।

प्रियंका रैना ने लड़कियों को स्वस्थ कराना समय का कार्यशालाओं का मुख्य उद्देश्य किशोर एवं उनकी तंदुरुस्ती को सुधारने तथा एवं उन्हें सेहतमंद बनाने को बेहतर बनाने में

कार्यशाला

- ग्रेसिया रैना फाउंडेशन ने लखनऊ में लगाया हेल्थ एजुकेशन वर्कशॉप

लखनऊ। प्रभात ग्रेसिया रैना फाउंडेशन ने बुधवार को सिटी मोंटेसरी स्कूल लखनऊ में किशोरवय स्वास्थ्य शिक्षा पर एक वर्कशॉप का संचालन किया गया। इस वर्कशॉप का उद्देश्य किशोर लड़कियों को उनकी शारीरिक और मानसिक तंदुरुस्ती के विषय में शिक्षित करना था। इस वर्कशॉप का नेतृत्व प्रियंका चौधरी रैना (क्रिकेटर सुरेश रैना की पत्नी) संस्थापक ग्रेसिया रैना फाउंडेशन, डॉ भारती गांधी संस्थापक, सिटी मोंटेसरी स्कूल और निशा पांडे प्रिंसिपल सिटी मोंटेसरी स्कूल द्वारा किया गया। इस वर्कशॉप का मुख्य उद्देश्यल युवा लड़कियों को शारीरिक एवं मानसिक



वर्कशाप के बारे में जानकारी देती प्रियंका रैना

सेहत के बारे में शिक्षित करना था। इस तरह के वर्कशॉप का संचालन इसलिए किया गयाए ताकि लड़कियों की भावी पीढ़ी को सेहतमंद बनाया जा सके और भविष्यव में शिशु को जन्म देने के समय माताओं की मौत नहीं हो। इस अवसर पर सुश्री प्रियंका रैना ने कहा, मेरे ख्याल से लड़कियों को स्वास्थ्य शिक्षा उपलब्ध कराना समय की जरूरत है।

इन कार्यशालाओं का आयोजन करने का मेरा मुख्य उद्देश्य किशोरवय लड़कियों की सेहत एवं उनकी तंदुरुस्ती पर फोकस करना है। यह वर्कशॉप उन्हें जागरूक रहने और एक युवा लड़की के रूप में उनकी पूरी सेहत को सुधारने तथा एक वयस्क के रूप में उन्हें सेहतमंद बनाने और उनकी भावी मातृत्व को बेहतर बनाने में मदद करेगा।

Suresh Raina, his wife Priyanka spend time with children at Chandigarh's PGI

The meeting was organised by Nanihi (an NGO) which is working for the welfare of children at the Post Graduate Institute of Medical Education and Research (PGIMER).

Updated May 15, 2017 12:34 PM

By Correspondent | Hindustan Times | Chandigarh



Cricket star Suresh Raina and his wife Priyanka Raina interacting with children at the Advanced Paediatrics Centre (APC), Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh.

Cricket star Suresh Raina and his wife Priyanka Raina spent time with children under treatment at the Advanced Paediatrics Centre (APC), Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh.

लड़कियों को स्वास्थ्य शिक्षा उपलब्ध कराना समय की जरूरत : प्रियंका रैना



SPORTS, CRICKET

Suresh Raina and wife Priyanka Raina launch Gracia Raina Foundation

Published May 15, 2017, 4:34 pm IST

The foundation was launched on the occasion of...



The Gracia Raina Foundation is dedicated to creating awareness and working closely with mothers and children who require help ranging from physical to mental issues. It covers a vast field and is driven to ensure the well-being of mothers and children while also providing them opportunities for a sustainable livelihood.

The foundation was launched on the occasion of...



Updated May 22, 2017, 12:23 pm IST

Priyanka Raina, wife of cricketer Suresh Raina, talks about her recent initiative to help underprivileged mothers.



Suresh Raina and Priyanka Raina with their daughter Gracia.

Childbirth is a life-changing experience for every woman. But what is often ignored is the physical and mental health of the mother during and post pregnancy. With an aim to work towards physical well-being of mother and child by providing the mother with knowledge and information about pregnancy, child care post birth and nutritional needs to keep them healthy, Indian batsman Suresh Raina and his wife Priyanka recently launched the Gracia Raina Foundation. The foundation also aims to impart skills to underprivileged mothers to enable them to earn a livelihood.

The proud parents made the announcement on the occasion of their daughter Gracia's first birthday. Talking about the initiative, Priyanka says, "The Gracia Raina Foundation is dedicated to creating awareness and working closely with mothers and children who require help ranging from physical to mental issues. It covers a vast field and is driven to ensure the well-being of mothers and children while also providing them opportunities for a sustainable livelihood."



Working with various NGOs helping underprivileged women in the past, shares made her realise the various phases a new mother undergoes and the support needed post birth. She realised a lot about the needs of the new mother and child. She realised that the support of pregnant women and new mothers is essential as it leads to mental wellness and physical health. She realised that the support of pregnant women and new mothers is essential as it leads to mental wellness and physical health. She realised that the support of pregnant women and new mothers is essential as it leads to mental wellness and physical health.

The idea is to empower, engage and facilitate women towards a sustainable livelihood. The foundation is working on a self-sustainable development model where it will look at providing support, education and empowering expecting mothers, young mothers and families. The plan is to continue with such research and field visits where we can understand the ground level realities even better by engaging with these mothers and hearing them out. Eventually, we want to get started with our pilot model and roll it out. We will also work with partner organisations for bigger impact," shares Priyanka, and adds, "Underprivileged mothers need to know that whatever issues they face are normal and we are here for them and will help them along the way. Unfortunately, it's the basics that get ignored and are replaced with a lot of myths, rules and limitations, which lead to mental stress and eventually depression. It's as simple as being able to choose for yourself and not being able to do so. I have met several girls and women who have been under certain regulations and have forgotten their own identity or even existence."

Going forward, the foundation plans to partner with government organisations and the private sector, and collaborate with them in various ways, including research and communications.

get in touch



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