



**Sonia Gawde**

**30, Mumbai, Maharashtra**

***“I thank mMitra for saving my life.”***

Sonia Gawde from Mumbai has a 13-year-old daughter. While she was pregnant for the second time, she enrolled for the mMitra program.

In the 7th month of her pregnancy, her fetus had died in her womb but she didn't feel any symptoms. When she got an mMitra call the next day that spoke about the kicking of the baby is the time she realised that she wasn't experiencing it. She immediately consulted a doctor and learnt that she had a miscarriage but is thankful to mMitra for saving her life.

This experience made her feel the need to help other women have safe pregnancies, which is why she became an mMitra sakhi. She now has a 1-year-old son and is happy that with the help of mMitra calls she gave birth to a healthy child. She has been working as an mMitra sakhi with our NGO partner CCDT for the past 6 years and enrolls women from the community in the mMitra program.

*The mMitra program provides critical preventive care information during pregnancy and infancy via timed and targeted recorded voice calls sent directly to the phones of the women enrolled into the program, empowering them with knowledge to seek and demand better healthcare for themselves and their children.*