



Sushma Pranesh Aryamane

42, Mumbai, Maharashtra

“After 3 miscarriages, I got pregnant again at 41 and safely delivered a baby, thanks to mMitra.”

Sushma Pranesh Aryamane had three miscarriages and had almost given up hope of becoming a mother. At the age of 41, she found herself pregnant again and was worried because of her history and age. She also had diabetes.

Sushma went to the hospital seeking advice and was approached by Jayshree, one of ARMMAN’s mMitra Sakhis, part of the High Risk Pregnancy Tracking project in Mumbai. Having only been treated at private hospitals in the past, Sushma was skeptical of the quality of care at the Bombay Municipal Corporation (BMC) Hospital. Jayshree assured her she would be well taken care of and encouraged her to see the doctor.

The doctor prescribed some tests and advised Sushma to be on complete bed rest. Jayshree would remind Sushma via calls to visit the doctor for her appointments. She would also counsel her and ensure that she was following the recommended treatment.

“The constant support from Jayshree made me feel confident as I knew there was someone to guide me all the way through,” says Sushma. She was delighted to deliver a healthy baby girl via normal delivery at the age of 42.

The High Risk Pregnancy Tracking (HRT) program aims to ensure pregnant women with high-risk conditions enrolled in the mMitra program adhere to the treatment provided and advised by the hospital and come regularly for follow-up visits. The women are offered additional support (via the call center) in the form of follow-ups, counselling, handholding,

additional information provided for the high-risk conditions, as well as home visits for women not responding to calls.