

# Awareness amongst mothers towards Mamata Scheme

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## Abstract

**Background:** Mamata Scheme is conditional cash transfer maternity benefit scheme given to address maternal and infant under nutrition in Odisha.

**Objective:** To assess the knowledge and perception of pregnant women and mothers with child less than 1 yr of age regarding Mamata Scheme.

**Methodology:** Community based cross sectional study was conducted from 2021 to 2022 in a field practice area of Dept. Of Community Medicine, PRM Medical College, Baripada. The study subjects included all pregnant women with at least six months of completed gestation and all lactating mothers having child less than 1 yr of age registered at AWCs / Mini AWCs during the study period. A pre-tested, pre-designed questionnaire were used for data collection. Data was analyzed using MS Excel.

**Results:** Out of 157 study subjects, all the mothers were aware about the amount paid Rs.5000 in two installments under Mamata Scheme. Ante-natal registration and dT vaccination required as the criteria for 1<sup>st</sup> installment was known to all the participants. 149 (94.90%) had knowledge regarding the intake of IFA & 97 (61.78%) had knowledge to attend one counselling session at the AWC for getting the 1<sup>st</sup> installment. Knowledge regarding criteria for 2<sup>nd</sup> installment, 138 (87.90%) mothers were known about the registration of the child after birth at AWC. Regarding the various vaccination status most of the mothers, 150 (95.5%) were known to OPV & Pentavalent vaccinations. Almost all the mothers 155(98.73%) had knowledge regarding the exclusive breast feeding followed by 148(94.27%) for complementary feeding. 139(88.53%) mothers had good perception towards Mamata Scheme.

**Conclusion:** The Knowledge and perceptions of mothers regarding the scheme needs to be enhanced further through IEC activities.

**Keywords:** Awareness, Mamata scheme, mothers, Odisha.

## Introduction

Odisha was one of the worst performing states of India in the field of Nutrition up-to until the late 1990s. From 1998-99, this situation is improving with the state showing better scores as far as nutrition indicators are concerned and all the indicators are better than the national average <sup>[1]</sup>. The state has taken up to itself to expand central schemes in the state. Since the start of NRHM, the Janani Surakshya Yojana (JSY) scheme had been the single source of conditional cash transfer to pregnant women. The state government's decision to introduce "Mamata Scheme" like the Laadli Laxmi Scheme of Goa was welcomed by all sections of society <sup>[2]</sup>. The central Government introduced the Indira Matruva Sahyog Yojana (IGMSY) in November 2010 implemented through the ICDS <sup>[3]</sup>.

The State launched the Mamata Scheme in October 2011 in all 30 districts of the state. The Mamata Scheme is a conditional cash transfer maternity benefit scheme given through the ICDC to address the issues of maternal and infant under nutrition. The scheme provided Rs.5000 in two installments to the beneficiaries starting from the second trimester in pregnancy to upto the age of one year. The target groups under this scheme were pregnant

women and lactating mothers more than or equal to 19 years of age for the first two live births except those who avail maternity benefit. It promoted health seeking behaviour amongst pregnant women and lactating mothers<sup>[4, 5]</sup>.

The groups targeted by the scheme belong to the lower strata of society. Hence the diet and amount of rest needed both during and after pregnancy is a problem for this section of women. So this scheme tried to address this problem by providing a form of partial wage compensation<sup>[6, 7]</sup>. The scheme aims to increase utilization of MCH services and improve the mother and child care practices<sup>[8, 9, 10]</sup>.

The proper implementation of the scheme requires the beneficiaries to be aware about the scheme in detail as the installments are given over a long period of time. This study was undertaken with the objectives to assess the knowledge and perception of pregnant women and all lactating mothers regarding various aspects of Mamata Scheme.

### Materials and Methods

A Community based cross sectional Study was conducted from Feb. 2021 to Nov. 2022 at anganwadi centres (AWCs) in a field practicing area of Urban Health Centre, Debendrapur which comes under the department of Community Medicine, PRM MCH, Baripada. The study subjects included all pregnant women with at least six months of completed gestation and all lactating mothers whose child was less than or equal to one year registered at the local anganwadi centre. All the AWCs under the UHC were covered during the study period. Those pregnant women and mothers who attended the VHND session on the day of visit were considered as study subjects. After explaining the objectives of the study, verbal consent was taken from all the participants. All beneficiaries were interviewed using a pre-tested & pre-designed questionnaire. The collected data were analyzed with MS Excel.

### Observation and Discussion

A total of 157 pregnant women and lactating mothers were included in the present study. Among the study subjects, 92 (58.60%) belong to age group 19-23 yrs followed by 59 (37.58%) belonging to age group 24 -28 yrs. But 2 (1.27%) mothers were less than 19 yrs. 70 (44.59%) subjects had primary education followed by 51 (32.48%) participants with secondary, only 36 (22.93%) had higher secondary & above educational level.

Out of 157 study subjects, all the mothers were aware about the amount paid Rs.5000 in two installments under Mamata Scheme. Ante-natal registration and dT vaccination required as the criteria for 1<sup>st</sup> installment was known to all the participants. 149 (94.90%) had knowledge regarding the intake of IFA & 97 (61.78%) had knowledge to attend one counselling session at the AWC for getting the 1<sup>st</sup> installment. Knowledge regarding criteria for 2<sup>nd</sup> installment, 138 (87.90%) mothers were known about the registration of the child after birth at AWC. Regarding the various vaccination status most of the mothers, 150 (95.5%) were known to OPV & Pentavalent vaccinations. Almost all the mothers 155(98.73%) had knowledge regarding the exclusive breast feeding followed by 148(94.27%) for complementary feeding. 139(88.53%) mothers had good perception towards Mamata Scheme.

**Table 1:** General Characteristics of the study participants (N= 157)

General Characteristics	Number & (%)
<b>Age in Years</b>	
< 19	02 (1.27)
19 - 23	92 (58.60)
24 - 28	59 (37.58)
29	4 (2.55)
<b>Education</b>	
Primary	70 (44.59)
Secondary	51 (32.48)
Higher Secondary & above	36 (22.93)

**Table 2:** Knowledge regarding criteria for First Instalments

Criteria	Response	No (%)
Pregnancy register at AWC/Mini AWC	Correct	157 (100)
	In Correct	0 (0)
Received at least 2 ANC	Correct	135 (85.99)
	In Correct	22 (14.01)
Received IFA Tablet	Correct	149 (94.90)
	In Correct	8 (5.10)
Received at least one dT vaccination	Correct	157 (100)
	In Correct	0 (0)
Received at least one counselling session at AWC	Correct	97 (61.78)
	In Correct	60 (38.22)

**Table 3:** Knowledge regarding criteria for Second Installments

Criteria	Response	No (%)
Child Birth is registered at AWC / SC	Correct	138 (87.90)
	In Correct	29 (18.47)
Child Received BCG Vaccination	Correct	125 (79.62)
	In Correct	32 (20.38)
Child received Pentavalent 1,2,3 & Rota virus vaccinations	Correct	142 (90.45)
	In Correct	15 (9.55)
Child received Polio 1,2, 3 & 2 doses of IPV vaccinations	Correct	150 (95.54)
	In Correct	7 (4.46)
Child received MR & JE before 1yr of age	Correct	96 (61.15)
	In Correct	61 (38.85)
Vitamin-A before one year of age	Correct	83 (52.87)
	In Correct	74 (47.13)
Mother attended at least six growth monitoring & IYCF counselling session	Correct	122 (77.71)
	In Correct	35 (22.29)
Exclusive breast feeding of the child for first six months	Correct	155 (98.73)
	In Correct	2 (1.27)
Introduction of complementary feeding on completion of six month	Correct	148 (94.27)
	In Correct	9 (5.73)
Age appropriate complementary feeding & continuing	Correct	55 (35.03)
	In Correct	102 (64.97)

**Table 4:** Perception of participants regarding the Mamata Scheme

Perceptions	Number	Percentage
Good	139	88.53
Poor	18	11.46
Total	157	100

### Conclusion

Awareness among the mothers regarding the criteria for various installments was not adequate though over 16 lakh pregnant & lactating mothers is benefited under Mamata Scheme. Extensive information, education & communication activities should be undertaken by AWC workers to improve the knowledge of mothers so that there will be proper utilization of services under the scheme.

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**Conflict of interest:** None

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