

वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद
Council of Scientific and Industrial Research
अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली-110001
Anusandhan Bhawan, 2, Rafi Marg, New Delhi-110001

संख्या/No. : 5-1(17)/2008-PD

दिनांक/Dated : 18.09.2025

कार्यालय ज्ञापन / OFFICE MEMORANDUM

विषय : स्वस्थ नारी, सशक्त परिवार अभियान - के संबंध में ।

Sub : Swasth Nari, Sashakt Parivar Abhiyaan - reg.

अधोहस्ताक्षरी को यह कहने का निदेश हुआ है कि सक्षम प्राधिकारी ने सचिव, स्वास्थ्य एवं परिवार कल्याण विभाग, स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार द्वारा उपरोक्त विषय पर जारी अर्धशासकीय पत्र संख्या Z.28015/61/2025-NHM दिनांक 11 सितम्बर, 2025 को सभी सीएसआईआर प्रयोगशालाओं/संस्थानों/इकाइयों को सूचना, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने की स्वीकृति प्रदान की है।

2. इस संबंध में, सभी सीएसआईआर प्रयोगशालाओं/संस्थानों/इकाइयों से यह अनुरोध है कि जन अभियान के गुणवत्ता निष्पादन और व्यापक प्रभाव को सुनिश्चित करने हेतु डॉ. प्रीति श्रीवास्तव, प्रधान वैज्ञानिक, सीएसआईआर मुख्यालय, नोडल अधिकारी, "स्वस्थ नारी, सशक्त परिवार अभियान" के साथ समन्वय स्थापित करें।

The undersigned is directed to state that the Competent Authority has accorded approval to forward the D.O letter No. Z.28015/61/2025-NHM dated 11th September, 2025 on the above subject issued by Secretary, Department of Health and Family Welfare, Ministry of Health and Family Welfare, Government of India to all CSIR Labs./Instts./Units for information, guidance and compliance.

2. In this regard, all the CSIR Labs./Instts./Units are requested to coordinate with Dr. Preeti Srivastava, Principal Scientist, CSIR Hqrs., Nodal Officer, "Swasth Nari, Sashakt Parivar Abhiyaan" to ensure quality execution and wide impact of Jan Abhiyaan.


(छेरिंग तोबदन/Chhering Tobden)

व. उप सचिव (नीति प्रभाग)/Sr. Deputy Secretary (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- 1) सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान
The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units
- 2) डॉ. प्रीति श्रीवास्तव, प्रधान वैज्ञानिक, सीएसआईआर मुख्यालय एवं नोडल अधिकारी, स्वस्थ नारी, सशक्त परिवार अभियान/ Dr. Preeti Srivastava, Principal Scientist, CSIR Hqrs. & Nodal Officer, Swasth Nari, Sashakt Parivar Abhiyaan
- 3) सीएसआईआर की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/इकाइयों और मुख्यालय के वरिष्ठ उप सचिव/वरिष्ठ प्रशासन नियंत्रक/उप सचिव/प्रशासन नियंत्रक/अवर सचिव/प्रशासनिक अधिकारी
Sr.DS/Sr.CoA/DS/CoA/US/AO of all CSIR Labs/Instts/Units and Hqrs.
- 4) सी.एस.आई.आर. वेबसाइट/CSIR Website
- 5) कार्यालय प्रति/Office copy



पुण्य सलिला श्रीवास्तव, भा.प्र.से.
सचिव

PUNYA SALILA SRIVASTAVA, IAS
Secretary



सत्यमेव जयते



भारत सरकार
स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय

Government of India
Department of Health and Family Welfare
Ministry of Health and Family Welfare

D.O. No.Z.28015/61/2025-NHM

11th September, 2025

Dear Ma'am/Sir,

Health and empowerment of women is central to the progress of our families, communities, and the nation at large and to fulfil the vision of Viksit Bharat@2047. In this context, the Ministry of Health & Family Welfare is launching the health Abhiyaan — **'Swasth Nari, Sashakt Parivar Abhiyaan'** from **17th September to 2nd October 2025**, culminating on Gandhi Jayanti. The Abhiyaan will be undertaken in close convergence with **Poshan Maah** being observed by Ministry of Women and Child Development & will be inaugurated nationally by the Hon'ble PM at Dhar, Madhya Pradesh on 17th September, 2025.

2. As a part of this Abhiyaan, health camps will be organized across the nation where various health services including specialist services will be provided to women. We have written to States and Union Territories for organizing such Camps at Ayushman Arogya Mandirs (AAMs), Community Health Centres (CHCs), and other healthcare facilities across the country. Key activities to be organized during the fortnight include:

(i) **Women's Health Screening:**

- Screening for Hypertension and Diabetes
- Screening for Oral Cancer, Breast Cancer, and Cervical Cancer
- Anaemia screening and counselling for adolescent girls and women
- Tuberculosis screening for vulnerable women
- Sickle Cell Disease (SCD) screening, distribution of SCD Cards and counselling in tribal areas
- Specialist services such as Gynaecologist, Eye Specialist, ENT Specialist, Dermatologist, Psychiatrist, Dental Surgeon etc. may be mobilized from Medical Colleges, District Hospitals (DH)/CHC, PHCs, including support from District Residency Programme doctors.

(ii) **Maternal and Child Care:**

- Antenatal Care (ANC) check-ups, with counselling and Mother and Child Protection (MCP) cards distribution
- Immunization services covering vaccine doses for children

(iii) **Awareness and Behaviour Change:**

- Sessions on menstrual hygiene and nutrition for women including adolescent girls

#SwasthNariSashaktParivar

#StopObesity

टीबी हारेगा देश जीतेगा / TB Harega Desh Jeetega

- Abhiyaan through SHGs, PRIs etc. on reducing cooking oil consumption by 10%
 - Nutrition counselling and wellness sessions
- (iv) **Nikshay Mitra Enrolment Drive: A focused effort to expand the pool of "Nikshay Mitras" may be undertaken during the fortnight, to encourage participation of individuals, institutions, and organizations in adopting TB patients and supporting the Jan Andolan against TB. Measures may be taken for enrolment of "Nikshay Mitras" so that together we can achieve the goal of TB Mukht Bharat.**
- (v) **Blood Donation Camps** will be organized in association with organizations such as the Indian Red Cross Society, Akhil Bhartiya Terapanth Yuvak Parishad, etc. It may be mentioned that 1st October is National Voluntary Blood Donation Day (NVBDD). A National Mega Voluntary Blood Donation Drive is also planned from 17th September 2025 to 02nd October 2025. One lakh units of blood are proposed to be collected through Blood donation camps. Blood donors are also proposed to be registered during this drive. Blood donation pledge will also be facilitated through *MyGov*.
- (vi) **Hospitals & Clinics in private sector would also be engaged during this drive to conduct Health Camps for women during the Abhiyaan. Their contribution will help increase the reach of the Abhiyaan.**

3. The Ministry of Women & Child Development organizes "Poshan Maah" every September, which coincides with this Abhiyaan. Convergence of "Swasth Nari Sashakt Parivar" Abhiyaan with "Poshan Maah" has been planned as it offers excellent opportunity to amplify impact by jointly addressing maternal, adolescent and child nutrition.

4. The success of this Jan Abhiyan depends on '**Whole-of-Government**' participation. Each Ministry has a vital role to play in ensuring outreach and impact.

I also request your kind support in:

- Guidance to Central and State level departments/organizations/institutes under your Ministry about the importance of this Abhiyaan and encouraging them to actively participate in the Abhiyaan.
- Encouraging their participation in blood donation drive.
- Mobilizing CSR support for registration as Nikshay Mitras.
- Facilitating dissemination of Abhiyaan messages through your Ministry's Platform for active participation.
- **A Nodal Officer may be appointed for your Ministry.**

5. The Abhiyaan presents a unique opportunity to strengthen women's health & nutrition and thereby empower families & communities. With your Ministry's whole hearted support, we can ensure quality execution and wide impact of this Jan Abhiyaan.

6. For more details, the Nodal Officer of your Ministry may get in touch with Shri Harsh Mangla, Director (NHM I) in our Department. His contact details are – Office landline 23061333, Mobile 08084980808 & email ID harsh.mangla@ias.nic.in

With regards,

Yours sincerely,

Punya Salila
(Punya Salila Srivastava)

To Secretaries to GoI as per list