



In Book No. 1, you have read about the tasks to be performed by you for improving access and utilization of services for health, nutrition, drinking water and sanitation. You have also read about details of registration of pregnant women, Janani Suraksha Yojana, breast feeding, infant nutrition, immunization and diarrhoea. In this Book you would be learning in greater detail about the menstrual cycle and fertility. You would also be learning about the care to be given to a pregnant woman during pregnancy, delivery and during post-natal period. In case a woman/family does not desire to continue a pregnancy, we should help them access services for early and safe abortion as per provisions of MTP Act. You will learn about how to help them access safe abortion services in this Book. You will also learn more details of newborn care, infant and young child nutrition, diarrhoea and also care and advice to be given in case of diarrhoea, fever and acute respiratory tract infection in infants and children.

You will learn about methods for preventing unwanted pregnancy, care for reproductive tract infections, prevention of HIV/AIDS and care to be given in case of malaria, TB or other such health problems as well as minor ailments in Books No. 3 and 4.