

# Report

## “Mother and Child Health Project”

**Implementing Organization:** “Nerarum Armenia” NGO

**Partner Organization:** SOAR Charitable Foundation

**Project implementation period:** 03 November – 15 December 2025

**Location:** Kajaran community, Zagikavan village, Kajaran “Apahov” Child Development Complex Center

**Beneficiaries:** Direct beneficiaries of the project are 9 pregnant women from the Kajaran and Kapan communities

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### 1. Project Objective and Brief Description

“Mother and Child Health Project” aimed to increase pregnant women’s awareness of pregnancy, childbirth, the postpartum period, and newborn care by providing multidisciplinary support and a safe, supportive environment.

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### 2. Project Structure and Methodology

The project was implemented in the format of educational and interactive sessions:

- Duration of the project: 8 days
- Each day included 2 sessions
- Duration of each session: 45 minutes to 1 hour
- Breaks were organized between sessions
- Meetings with the psychologist were conducted in a therapeutic group format; in addition to providing information, therapeutic activities were also carried out
- On the 9th day, a final wrap-up meeting of the project was held at La Regina Café in Kajaran

### 3. Project Implementation Team

- Project Coordinator
  - Attended all 9 meetings

- Organized and coordinated the overall implementation of the project
- Social Expert
  - Conducted 2 sessions
- Psychologist
  - Attended all meetings
  - Conducted 4 sessions
  - Provided individual consultations to participants upon request
- Physician-Therapist / Pediatrician
  - Conducted 3 sessions
- Gynecologist
  - Conducted 3 sessions
- Dentist
  - Conducted 1 session
- Lawyer / Representative of the Unified Social Service
  - Conducted 1 session

#### **4. Organizational and Administrative Processes**

- Contracts were signed with the trainers
- The Excel tracking sheet was completed
- Attendance sheets were printed and filled in
- The transportation expenses form was completed
- The project was covered on the organization's social media pages

<https://www.facebook.com/share/p/18178ityfs/>,  
<https://www.facebook.com/share/p/1DY5qod7A8/>,

<https://www.facebook.com/share/p/1897fSFztB/>

<https://www.facebook.com/share/p/17mCFhku2J/>

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## 5. Implemented Activities by Day, Topics, and Trainers

### Day 1 — 03 November 2025

#### Topics:

Introduction; Presentation of SOAR Charitable Foundation's activities; Presentation of the "Mother and Newborn Health Project"

#### Trainers:

Marine Ghalachyan, SOAR Foundation Project Manager;

Hripsime Muradyan, Director of SOAR Foundation;

Syuzanna Petrosyan, Social Expert and Head of "Nerarum Armenia" NGO;

Nonna Simonyan, Psychologist

During the kick-off meeting, the project objectives, structure, and expected outcomes were presented. The session concluded with a discussion and a Q&A segment. Participants completed personal information forms and baseline (pre-assessment) questionnaires.

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### Day 2 — 07 November 2025

**Topics:** Pregnancy, stages of fetal development

#### Trainers:

- Gynecologist: Ashkhen Martirosyan
- Family Physician, Therapist, Pediatrician: Armine Voskanyan

The stages of pregnancy, the specifics of intrauterine fetal development, and key factors for maintaining a healthy pregnancy were presented. Issues related to newborn care, breastfeeding, complementary feeding, and sleep routines were also discussed.

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### Day 3 — 10 November 2025

**Topics:** Newborn care, breastfeeding, complementary feeding, sleep routine

**Trainers:**

- Family Physician, Therapist, Pediatrician: Armine Voskanyan
- Psychologist: Nonna Simonyan

The main principles of newborn care, proper organization of feeding, and establishment of sleep routines were discussed. Participants were introduced to basic approaches to preventing childhood illnesses and first aid, as well as the correct use of diapers and wet wipes. Participants received practical advice and professional answers to their questions. Interactive exercises ("When I Was a Child...") and the "Psychological Portrait" test were conducted, contributing to participants' self-awareness and psychological readiness for motherhood.

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**Day 4 — 14 November 2025**

**Topics:** Pregnancy and motherhood, psychological readiness, childbirth, correct childbirth techniques, postpartum stages.

**Trainers:**

- Gynecologist: Ashkhen Martirosyan
- Psychologist: Nonna Simonyan

Childbirth techniques were discussed. Meditation and breathing exercises were applied, which generated great interest among participants, as these techniques were new to many of them. Participants noted that they would use breathing techniques as a step toward developing self-care practices.

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**Day 5 — 17 November 2025**

**Topics:** Family and social relationships, postpartum stress

**Trainers:**

- Social Expert: Syuzanna Petrosyan
- Psychologist: Nonna Simonyan

Different family types and social relationships within newly formed families were discussed. Widely debated parenting approaches were presented, along with research-based methods

aimed at effective communication and building emotional safety within the family. Methods for overcoming postpartum stress were discussed with the psychologist.

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## **Day 6 — 21 November 2025**

**Topics:** Postpartum stages, healthy nutrition, healthy lifestyle, weight management, allergenic foods

**Trainers:**

- Gynecologist: Ashkhen Martirosyan
- Family Physician, Therapist, Pediatrician: Armine Voskanyan

The characteristics of postpartum stages were presented, and the importance of healthy nutrition and a healthy lifestyle was discussed.

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## **Day 7 — 24 November 2025**

**Topics:** Child's social development

**Trainers:**

- Psychologist: Nonna Simonyan

Approaches to conflict prevention and positive socialization were presented and discussed.

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## **Day 8 — 05 December 2025**

**Topics:** State benefits provided to pregnant women and newborns.

**Trainer:**

- Head of the Kapan Territorial Unified Social Service: Roma Zakaryan

The trainer presented state support programs currently operating in the Republic of Armenia. Issues related to maternity leave and maternity benefits were discussed. Participants noted that they received answers to all their questions of interest. At the end of the day, participants completed final evaluation forms.

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## Day 9 — 15 December 2025

**Topic:** Dental health session and project wrap-up

**Trainer:**

- Head of Prima Dent Dental Clinic, Dentist: Naira Petrosyan

**Participants:**

Pregnant women participating in the project, trainers, and representatives of “Nerarum Armenia” NGO.

The final meeting began with a dental health session, which addressed the importance of oral hygiene, establishing proper care from an early age, common misconceptions, and effective prevention approaches. The session concluded with an active Q&A.

In the second part, participants and trainers discussed the project results and voiced new proposals for future initiatives. Gifts prepared by SOAR Foundation were distributed.

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## 6. Monitoring and Evaluation

- On the 1<sup>st</sup> meeting day, participants completed personal information and baseline assessment forms
- On the 8<sup>th</sup> meeting day, final assessment forms were completed
- Follow-up evaluation will be conducted online within two weeks after childbirth

All evaluation forms will be submitted to SOAR Foundation

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## 7. Project Results and Impact

“Mother and Child Health Project” was successfully implemented, fully achieving its objectives and establishing a practical and scalable model for community-based support. The project contributed to increasing pregnant women’s emotional awareness, psychological readiness, and practical knowledge.

A safe, warm, and trusting environment was created, allowing participants to openly express their fears, concerns, and expectations, while listening to and respecting each other's emotions. This environment was especially important for first-time mothers and mothers displaced from Artsakh.

During the final meeting, it was noted that participants' knowledge regarding pregnancy, childbirth, and newborn care had significantly increased. Participants also acquired practical knowledge in healthy living and prevention, which they are ready to apply in practice.

During the wrap-up discussion, the gynecologist—also the Deputy Director of the Kajaran Medical Center—emphasized that the project was effective not only for pregnant women but also for specialists. She highlighted the importance of partnerships in promoting responsible motherhood and healthy parenting culture in the community, stressing the need for similar programs.

Participant mothers noted that beyond informational sessions, group communication and mutual support were of great value to them. Many expressed a desire to continue similar meetings in the future.

One participant, S., stated that fears and anxieties following a non-developing pregnancy were almost completely overcome thanks to work conducted with the psychologist. Another participant emphasized that after the psychological sessions, she reconsidered her attitudes and behaviors on several issues and now feels more confident and prepared for motherhood.

Almost all participants unanimously stated that the knowledge and information gained during the project will be applied both in preparation for childbirth and in organizing childcare.

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## **8. Challenges and Lessons Learned**

The project was entirely new for the Kajaran community, and the participant recruitment process required considerable effort. However, through cooperation with the Kajaran Medical Center, participant recruitment was successful. Many participants also monitored their pregnancies in Yerevan, which led to frequent absences. Participants often informed organizers of their absence at the last minute, creating organizational challenges. A major difficulty was engaging a dentist trainer, which resulted in several postponements of the session.

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## **9. Recommendations**

Trainers recommended that the project be continuous in nature.

Participants suggested including husbands and other family members, such as mothers-in-law, as they also need awareness-raising and professional support.