



Society for Orphaned Armenian Relief (SOAR  
Armenia)  
Charitable Foundation



RA Vayots Dzor Regional Council

## REPORT

### MATERNAL AND NEWBORN HEALTH PROJECT

#### YEGHEGNADZOR

JUNE-JULY 2025

**THE FATE OF NATIONS  
MUST BE SOUGHT IN THE PALMS OF MOTHERS.**

*Garegin Ndzdeh*

Another phase of the "Maternal and Newborn Health" project was successfully completed—this time in Vayots Dzor region, an area where such trainings had never been conducted before. The project was implemented in cooperation with the Vayots Dzor Regional Administration.

The sessions were rich with knowledge sharing covering all stages of motherhood—from pregnancy to childbirth and infant care.

Knowledge is power ... The education and awareness of pregnant mothers are extremely important—not only for their own health and parenting knowledge, but also for the care, health, proper nutrition, immunization, and overall well-being of their future child. When a woman possesses the necessary knowledge about all stages of motherhood, she is capable of:

- ◆ Go through all stages of pregnancy and childbirth with confidence and without fear,
- ◆ Timely identify and prevent possible issues and complications,
- ◆ Ensure her own health and that of her baby,
- ◆ Feel prepared for motherhood and support the healthy development of her child.

Every parent should ensure that their child grows up in a family where they are loved, heard, and free from violence.

Pregnant women in Armenia are provided with state protection; however, especially in the regions and remote communities, they are often deprived of access to essential education and awareness.

The aim of the project is:

- Promote healthy lifestyles among expectant mothers and support the acquisition of socio-psychological and legal knowledge, as well as the improvement of their awareness.
- Support the protection of children's developmental needs, rights, and best interests through educating and informing parents.

## PROJECT ACTIONS AND STEPS

Steps performed during the project:

- The project was implemented through 9 sessions.
- A total of 9 mothers participated in the program, including:
  - 2 forcibly displaced from Artsakh,
  - 7 from villages near Yeghegnadzor,
  - 3 with health issues.
- Throughout the program, collaboration continued with the Health and Social Affairs Department of the Vayots Dzor Regional Administration, the Yeghegnadzor Territorial Center of the Ministry of Labor and Social Affairs, the Yeghegnadzor Polyclinic, the Maternity Hospital, and other community partners.
- Considering the positive outcomes of working with displaced mothers from Artsakh in the previous phase of the project, their inclusion and participation were once again emphasized and prioritized in this stage.
- As a result of the socio-psychological activities within the project, it helped pregnant mothers overcome stress in their new environment following displacement and contributed to preventing complications during pregnancy.
- Before the project launch and throughout its implementation, regular professional discussions, consultations, and participant recruitment took place in coordination with the coordinator, trainers, and SOAR foundation.
- Participants completed preliminary and final evaluations of the training sessions using pre-provided forms.

## MAIN TOPICS OF THE COURSES INCLUDED IN THE PROJECT

The courses were conducted by the experienced specialists of the field.

### 1st meeting

- ✚ *Introduction*
- ✚ *Presentation on the Collaboration between SOAR Foundation and the Vayots Dzor Regional Administration*
- ✚ *Introducing the Maternal and Newborn Health Project*
- ✚ *Discussion, Q&A*
- ✚ *Completing initial assessment sheets*

Project Coordinator: Tsoghik Babayan

Psychologist: Ashkhen Sargsyan

Doctor- gynecologist: Lilit Hakobyan

Pediatrician: Tamara Mkrtchyan

## **2nd meeting**

- ✚ *Management of pregnancy, mandatory medical supervision*
- ✚ *Stages of fetal development from a medical perspective*
- ✚ *Discussion, Q&A*

Doctor- gynecologist: Lilit Hakobyan

- ✚ *Newborn care*
- ✚ *Breast feeding, complementary food*
- ✚ *Sleep schedule*
- ✚ *Discussion, Q&A*

Pediatrician: Tamara Mkrtchyan

## **3rd meeting**

- ✚ *Pregnancy*
- ✚ *Motherhood*
- ✚ *Interactive exercise "When I was a child..."*
- ✚ *Discussion, Q&A*

Psychologist: Ashkhen Sargsyan

- ✚ *Mandatory medical examinations during pregnancy*
- ✚ *The importance of vaccinations*
- ✚ *Temperature, prevention, first aid to the child*
- ✚ *Toxic diarrhea, vomiting, diagnosis, prevention, medical intervention*
- ✚ *Allergies, prevention, treatment*
- ✚ *Proper use of diapers and baby care products*
- ✚ *Discussion, Q&A*

Doctor- gynecologist: Lilit Hakobyan

## **4th meeting**

- ✚ *Birth*
- ✚ *Correct birthing techniques*
- ✚ *Discussion, Q&A*

Doctor- gynecologist: Lilit Hakobyan

- ✚ *What psychological stages does a child go through during intrauterine development*
- ✚ *Interactive exercise "One hope, one worry about the child"*
- ✚ *Nomophobia, negative impact on the child's psycho-emotional development*
- ✚ *Discussion, Q&A*

Psychologist: Ashkhen Sargsyan

## **5th meeting**

- ✚ *Protection of rights of mothers with refugee status, types of state support provided*
- ✚ *Prenatal and postnatal, maternity benefits*
- ✚ *Discussion, Q&A*

Yeghegnadzor Unified Social Service reception desk senior specialist: ` Mariam Galstyan

- + *First tooth*
- + *How to help the child*
- + *Dental care*
- + *Discussion, Q&A*

Pediatrician: Tamara Mkrtchyan

### **6th meeting**

- + *Postpartum stages*
- + *Discussion, Q&A*

Doctor- gynecologist: Lilit Hakobyan

- + *Postpartum stress and coping*
- + *Towards a Healthy Childbirth*
- + *Hello Little One*
- + *Interactive exercise "I would like one of my child's memories of me to be..."*
- + *Discussion, Q&A*

Psychologist: Ashkhen Sargsyan

### **7th meeting**

- + *Conflicts, prevention, positive socialization*
- + *Interactive exercise "Coupling in the context of socialization and family ties of newly formed and established families - family, dreams, expectations, reality"*
- + *Discussion, Q&A*

Psychologist: Ashkhen Sargsyan

- + *Healthy food Healthy lifestyle*
- + *Avoiding extra pounds*
- + *Allergic foods*
- + *Discussion, Q&A*

Pediatrician: Tamara Mkrtchyan

### **8th meeting**

- + *Intra-family ties for the purpose of ensuring positive socialization, rights and responsibilities of mother and child*
- + *Coping with intra-family crises due to the birth of children*
- + *The negative impact of modern technologies in terms of social connections, isolation and health problems of children aged 0 to 5 years.*
- + *Discussion, Q&A*

Project Coordinator: Tsoghik Babayan

- + *Project Summary*
- + *Presentation of Recommendations*
- + *Discussion and Q&A*
- + *Completion of Final Evaluation Forms*

Psychologist: Ashkhen Sargsyan

Project Coordinator: Tsoghik Babayan

**Breaks**

A break was scheduled between the two sessions of each meeting, which was spent engaging in interesting and interactive conversations. New connections were formed between the displaced participants from Artsakh and the local ones. They shared aspects of everyday life, traditions, and distinctive dishes characteristic of Artsakh.

### **9th meeting**

The project's closing meeting was held in a warm atmosphere at the welcoming "AYGI" café in Yeghegnadzor. Participants shared the knowledge they had gained and reflected on the importance of the sessions. The gathering further encouraged continued connections, new friendships, and a desire to build closer ties among families and their children. Project's teaching experts and representatives of SOAR Foundation were also present.

At the end of the project, the gift packages provided by SOAR Foundation were a pleasant surprise and a thoughtful gesture for the young mothers. They received them with appreciation and expressed their gratitude both for the knowledge they had gained and the care and attention they were shown.

### **PROJECT OUTCOMES**

- The project helped mothers to gain educational, health, social-psychological, legal knowledge during pregnancy, as well as to prevent prenatal and postnatal depression.
- The forcibly displaced refugee women included in the project were included and somewhat relieved of their stress. They received legal consultation as well.
- Future mothers received sufficient knowledge about children's developmental stages, health, nutrition, social-psychological environment, vaccinations and other issues.
- The support packages provided by SOAR Foundation were also important for the participants of the project, which included items and other means necessary for the care of both mothers and children.
- The project was positively evaluated by state and community institutions, as well as by doctors.

### **PROPOSALS RELATED TO THE CONTINUATION OF THE PROJECT**

- The positive results of the project once again confirmed the importance and continuity of educational and awareness activities related to maternal and child health.