Dear All,

Greetings from NNF India!!

3rd March, Tuesday, is being observed as the World Birth Defects Day and we at NNF, along with WHO and other SEAR countries are undertaking activities for raising awareness of birth defects in India.

Let’s talk in one voice about ways to help prevent birth defects #WorldBDDay; #ManyBirthDefects1Voice; #rbsk

Do You Know: An estimated 1.7 million babies are born with birth defects every year in India. Let’s talk in one voice to raise awareness on #WorldBDday, to prevent them. #ManyBirthDefects1Voice

Do You Know: Some birth defects can be prevented by rubella vaccination, adequate intake of folic acid or iodine through fortification of staple foods or supplementation and screening for infections during pregnancy #WorldBDDay; #ManyBirthDefects1Voice

Kindly disseminate the message through your WA, social media accounts.

Kind regards

Dr Ashok Deorari  
President, NNF

Dr Lalan K. Bharti  
Secretary, NNF

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Prevent birth defects

Rubella infection during pregnancy can cause birth defects. 

Infections against rubella

Birth defects are an abnormality of body structure or function present since birth.

What should we know? Facts

Prevent birth defects

Increase intake of healthy foods. Include rich sources of folic acid in diet. 

First trimester is a critical period for neural tube development. 

Focus on appropriate rubella vaccination is the key. 

Prevent preterm labor and complications as early intervention prevents preterm birth. 

Screen pregnant women with HIV and early infant feeding. 

Prevent birth defects in non-pregnant women and men. 

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