



Government of the National
Capital Territory of Delhi



Volunteer 4 Indian Women Campaign

National Centre of Excellence and Advanced Research on Diets (NCEARD)

Lady Irwin College, New Delhi



**Report by NCEARD, Lady Irwin College, New Delhi
July 9, 2019 - PMSMA Day**

Table of Contents

S. No.	Content	Page No.
1	Message from the Chairperson	--
2	Acknowledgement	--
3	Preface	05
4	July 8 – Orientation of Volunteer Dietitians / Nutritionists / Students / Interns for PMSMA Day	08
5	July 9 - Dietary Counselling across PMSMA sites	11
6	July 9 - Review and Feedback on technical algorithm	15
7	Way Forward	25
8	References	26
9	Annexures	27-31

List of Annexures

Annexure No.	Annexure Name	Page No.
I.	Agenda for Training/Orientation of Volunteers	27
II.	List of PMSMA sites visited on July 9	28
III.	NCEARD Lady Irwin College Team	29
IV.	List of Volunteer Dietitians (July 9)	30
V.	List of Volunteers (July 9)	31

List of Figures

Figure No.	Figure Name	Page No.
1	Flowchart for the functioning of PMSMA at healthcare facilities	6
2	Counselling using month wise cards	23
3	Zone wise Mapping of PMSMA Facilities	24

List of Tables

Table No.	Table Name	Page No.
1	Feedback on Technical Algorithm pretested across 16 PMSMA Sites	16
2	Coverage and time taken for counselling	20
3	Individual Counselling by using at risk card	20
4	Space for counselling, and adherence to counselling Protocol	21
5	Observations recorded for the time taken for algorithm flow and dietary counseling	22

Message from the Chairperson

In coordination with Directorate of Health and Family Welfare, UNICEF and Alive & Thrive “Volunteer 4 Indian Women (V4IW) Campaign” was organized by National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College, from July 8 - 9, 2019 to ensure and support availability of dietary counselling and nutrition awareness to pregnant and lactating women attending Antenatal Care (ANC) clinics across Delhi. The highlight of the campaign was to conduct dietary counselling to pregnant and lactating women attending ANC clinics of government healthcare facilities under Pradhan Mantri Surakshit Matritva Abhiyaan (PMSMA) held on July 9, 2019.

PMSMA day was an excellent opportunity for volunteer dietitians/nutritionists to counsel pregnant women and spread messages about the importance of maternal nutrition on PMSMA day. This received huge appreciation from the health fraternity as well as by pregnant women who received counselling on diet and healthy lifestyle.

The volunteers received orientation on Nutritional assessment, counselling techniques and were equipped with counselling materials developed by NCEARD and information on 'Health and lifestyle related counselling to women including pregnant and lactating mothers'.

It was followed by hospital visits by volunteers to give dietary counselling and create awareness on nutrition and health promotion in 16 different hospitals across five regions of Delhi. The list of hospitals was shared by Directorate of Health and Family Welfare, Delhi Government who supported the cause technically by sharing the information about the sites and liaisoning between NCEARD and hospital sites.

On July 9, 2019, 16 hospitals enlisted as PMSMA sites in Delhi/NCR were visited by volunteer dietitians, nutritionists, interns and students with NCEARD team for Volunteer 4 Indian Women Campaign. Counselling was provided on healthy diet and lifestyle from the materials developed by NCEARD and feedback was taken from pregnant women receiving counselling and volunteer dietitians providing counselling. Almost 470 women were reached on July 9, 2019.

The counselling material was reviewed and sharing of learning experiences in the form of feedback for dietary and lifestyle counselling provided on PMSMA day across 16 healthcare facilities was provided by expert volunteer dietitians.

The team leaders shared collective experiences of their teams and undertook the responsibility to make PMSMA and maternal nutrition a mass movement.

Dr Anupa Siddhu
Chairperson
NCEARD

Director
Lady Irwin College
New Delhi

Acknowledgement

Volunteer 4 Indian Women (V4IW) Campaign was envisaged by UNICEF, Maternal Health Division, MoHFW-GoI, NCEARD and supported by Alive and Thrive. After the successful implementation of dietary counselling and hemoglobin estimation during PMSMA day conducted on June 10 2019, which received wide appreciation, a need for continued involvement of volunteers was deeply felt.

Based on the success witnessed in June 2019, dietary counselling for PMSMA in July 2019 was proposed by NCEARD with due support from State Government of Delhi and development partners like UNICEF and Alive & Thrive. The course of action on PMSMA day for July 2019 included one-day orientation of volunteers on use of counselling materials developed by NCEARD on July 8, 2019. An in-depth discussion and understanding about past experiences from PMSMA in June 2019 was done and gaps in terms of counselling and patient involvement were identified. The orientation of volunteers was undertaken by NCEARD team.

The campaign witnessed involvement of young and vibrant volunteers from various hospitals, colleges and universities. Volunteer Dietitians/Nutritionists/interns/students visited 16 PMSMA sites on July 9, 2019 for the cause of improving maternal nutrition through counselling and creating nutrition awareness among pregnant and lactating women. Almost 470 women were reached on the day.

Our sincere gratitude to Dr Anupa Siddhu, Director, Lady Irwin College and Chairperson, NCEARD, for providing all possible support and inspiration in planning and implementation of campaign activities during the two days.

We express our gratitude to Dr Dinesh Baswal, Deputy Commissioner, Maternal Health Division, Ministry of Health and Family Welfare for leading NCEARD and the campaign in the right direction. We acknowledge the support received from the Delhi Government (Director, Directorate of Family Welfare) for facilitating permissions and providing addresses of PMSMA sites alongwith necessary coordination with the sites. Special thanks to Dr Vani Sethi, Nutrition Specialist, UNICEF for envisioning and supporting the endeavor at every step and conducting the training session of dietitians. We extend our heartfelt gratitude to Dr Sebanti Ghosh, Country Director- Alive and Thrive and her team for the financial support to make the campaign a successful event.

Special thanks to team NCEARD which worked tirelessly and cohesively for the Campaign. Acknowledgement is also extended to all Volunteer Dietitians and Interns from various renowned hospitals of Delhi who invested two days of their time for this voluntary work.

NCEARD strives to work in sync with the Government of India (GoI) and the development partners to improve the state of maternal nutrition in the country.

Thanks again!

Manisha Sabharwal, PhD
Head, Department of Food and Nutrition,
Centre Lead, NCEARD
Lady Irwin College
New Delhi

Preface

Global health index released by WHO 2015 reports that in India maternal deaths are owing to lack of nutrition awareness [1]. India is currently facing a unique problem of malnutrition where women enter pregnancy either too young with age less than 18 years (8%) or too short with height less than 145 cm (11%), too thin with BMI <18.5 kg/m² (23%) or overweight/obese with BMI more than 23 kg/m² (21%) and with anemia with hemoglobin levels less than 12 g/dl (53%) or with combination of these nutrition problems (NFHS-4, 2015–2016) [2].

India has shown a record 22% decline in maternal mortality ratio, from 167 (2011-2013) to 130 (2014-2016) deaths per 1,00,000 live births, primarily by increasing access to skilled care at birth. However, its progress on reducing all forms of maternal malnutrition and its related adversities- low birth weight and small for gestational age newborns, underweight and stunted children, poor cognitive development and increased life time risk of diabetes and heart disease remains slow [2].

The World Health Organization (WHO) antenatal care (ANC) guidelines 2016 has placed substantial emphasis on nutrition assessment and provision of a set of nutrition interventions including provision of balanced energy protein supplementation, iron folic acid (IFA), and calcium supplementation, deworming, gestational weight gain monitoring and counselling on nutrition, family planning and breastfeeding coupled with efforts to prevent and treat maternal infections and anemia [3].

POSHAN Abhiyaan

With a vision and government's commitment to make India a malnutrition free (*Kuposhan Mukta*) nation, *POSHAN Abhiyaan* with the tagline *Sahi Poshan Desh Roshan* was launched on March 8, 2018. *POSHAN Abhiyaan* has ambitious annual targets to reduce child under nutrition (stunting and wasting) and low birth weight (@ 2% per annum) and anemia across age groups (@ 3% per annum). *Pradhan Mantri Surakshit Matritva Abhiyaan* (PMSMA) launched on July 31st, 2016 envisages to improve the quality and coverage of ANC including diagnostics and counselling services as part of Reproductive Maternal Neonatal Child and Adolescent Health (RMNCH+A) Strategy. PMSMA ensures comprehensive and quality ANC care, free of cost, universally to all pregnant women on the 9th of every month in their IInd/IIIrd trimesters of pregnancy at designated government health facilities [4].

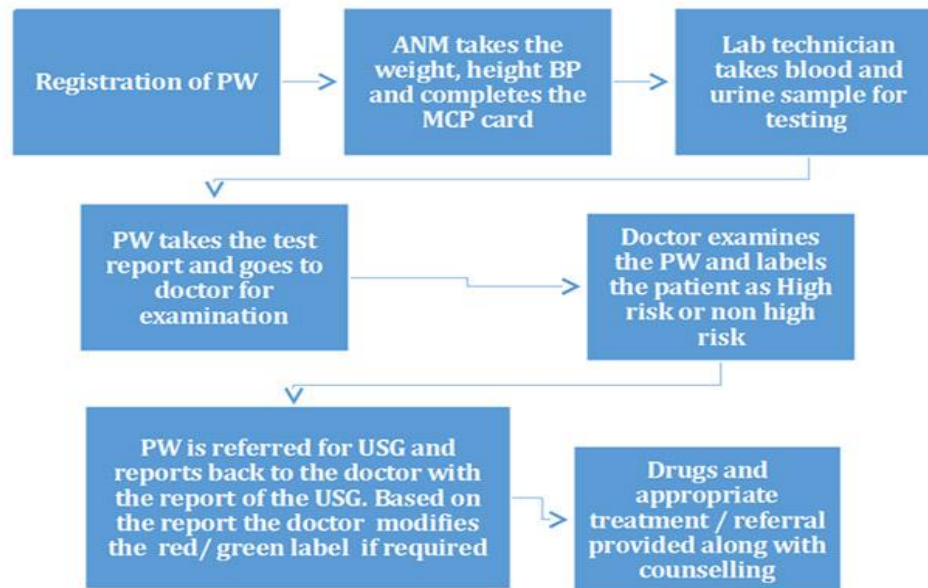


Figure 1: Flowchart for the functioning of PMSMA at healthcare facilities

Currently there are more than 14000 healthcare facilities undertaking PMSMA on 9th of every month across India with more than 5000 volunteer doctors serving for the treatment and necessary referral of pregnant women attending the ANC clinics. The flowchart for the functioning of PMSMA at healthcare facilities is provided in **Figure 1**. The National Centre of Excellence and Advanced Research on Diets (NCEARD), established at Department of Food and Nutrition, Lady Irwin College, New Delhi is a technical assistance resource centre for Maternal Health Division, Ministry of Health and Family Welfare (MoHFW), Government of India on research and policy formulation for women’s nutrition. With its establishment in March 2018 with the support from UNICEF, significant developments have been made including the release of *Janani Shishu Suraksha Karyakram* (JSSK) diet norms guidelines in September, 2018 and development and ongoing pre-testing of draft maternal nutrition guidelines with the objective of integrating maternal nutrition into routine antenatal care. The Centre has collaborated with the National Centre of Excellence on Anemia (NCEAR-A) situated at All India Institute of Medical Sciences (AIIMS), New Delhi to work on test, treat and talk (T3) camps for anemia. Furthermore, the centre has collaborated with International Institute for Population Sciences (IIPS) for research on maternal nutrition, and capsular trainings on nutrition epidemiology along with support of other collaborators.

As an extension to the existing program of PMSMA wherein nutrition counselling seemed a missing link and to create nutrition awareness in general population, NCEARD in collaboration with Directorate of Health and Family Welfare, UNICEF and Alive & Thrive came together for July 8-9 training and PMSMA Day

The campaign was envisioned to reach out to sensitive and vulnerable sections of the population at large and to ensure support availability in terms of dietary counselling to pregnant women visiting selected government PMSMA sites across Delhi (on July 9, 2019).

Primary Objectives

- I. To support PMSMA sites on July 9, 2019 with dietary counselling to pregnant and lactating women and spread messages about importance of maternal nutrition by volunteer dietitians/nutritionists/students/interns.
- II. To utilize and review the counselling materials developed by NCEARD for proposed use in routine ANC clinics as part of revised ANC guidelines.

Secondary Objective

- I. To record the time and motion component of utilization of services by pregnant women attending the ANC clinic of healthcare facility.

Day 1 (July 8, 2019)

Orientation of Volunteer Dietitians / Nutritionists / Students / Interns for PMSMA Day

The day began with registration of dietitians/nutritionists/students/interns from various institutes followed by a welcome address by Dr Manisha Sabharwal HOD, Department of Food and Nutrition Lady Irwin College, lead NCEARD.

The group was oriented on the nutritional assessment and effective counselling techniques by Dr Vani Sethi, Nutrition Specialist, UNICEF. They were then briefed on the counselling tools (Algorithm, flip book, Thali model, and at risk cards) proposed to be used on the PMSMA Day.

Highlights of the Day

- Feedback from few volunteers who were a part of June 1-15 V4IW Campaign, on the counselling materials and their field experiences.
- Introduction to significance and need for maternal nutrition among Indian women
- Introduction to counselling material on maternal nutrition developed by NCEARD.
- Group wise counselling training was led by NCEARD team members focusing on the flow of counselling for pregnant women.
- Monitoring checklist explained to volunteers
- Groupwise roleplay by volunteers on use of counselling tools



Dr Manisha Sabharwal delivering the Welcome address



Dr Vani Sethi from UNCIEF introducing maternal nutrition counseling tools to volunteers.



Group wise counselling training of volunteers led by NCEARD team members.



Volunteers preparing for counseling using maternal nutrition toolkit



Groupwise roleplay by volunteers on use of counselling tools



Dr Vani Sethi addressing volunteers on importance of PMSMA Day

Day 2 (July 9, 2019)

Dietary Counselling on PMSMA Day

16 teams were made and each team comprised four members including one NCEARD staff leading the team, a practicing dietitian, two volunteers for videography and for filling of monitoring checklist. Each team was provided with a set of maternal nutrition counselling toolkit which included month wise cards, at risk cards, thali models along with monitoring and feedback checklist. The teams left for their respective PMSMA sites assigned to them across Delhi. The sites included Maternity Homes (MH), Delhi Govt. Dispensaries (DGD) and Primary Urban Health Centres (PUHC).

To ensure smooth functioning and coordination across sites, each zone of the PMSMA facilities was supervised and monitored by NCEARD team members individually. The facilities were bustling with women for the Antenatal Check-up. Pregnant women were screened using ANC cards and were counselled accordingly, using Maternal Nutrition counselling materials on topics like diet diversity, micronutrients, and supplementation. NCEARD team members collected data on monitoring checklist based on interaction, clinical presentation and nutritional counselling. Practicing dietitians also collected data on feedback regarding counselling materials from pregnant women.

For pregnant women, counselling on vital areas pertaining to importance of regular ANC checkup, folic acid supplementation, deworming, calcium and iron supplementation during pregnancy was emphasized. For lactating mothers, the counselling was focused on basics of breastfeeding and significance of exclusive breastfeeding for first six months of infancy. Other than these, women of 18-40 years of age were counselled in groups on important topics like personal hygiene, communicable and non-communicable diseases, family planning, frequency and portion sizes of meals to ensure good health and lifestyle changes. Women were made aware about the benefits of government schemes, particularly for pregnant women.

Following activities were conducted:

- Based on the ANC card, pregnant women were classified at risk or not at risk
- Those at risk were counselled using at risk cards
- Regardless of the risk, all the pregnant women were counselled individually according to the month of pregnancy using by-month cards (for specific month wise counselling)
- Thali models were used for counselling on meal frequency and quantity
- Feedback of counselling materials from pregnant women were also taken
- Data collection for 'Time and Motion Study' of the services at ANC using monitoring checklist

Maternal Nutrition Counselling at 16 sites across Delhi



Number of pregnant women covered: 470



Individual counselling of pregnant woman by Volunteer Dietitian



Active participation and involvement of husband while counselling the pregnant woman



Group counselling to pregnant women by Volunteer Dietitian



Group review by ANM's/ASHA on counselling materials

Review and Feedback on Technical Algorithm

Based on the feedback provided by the volunteers, the technical algorithm was reviewed carefully by NCEARD team in coordination with UNICEF and expert dietitians. The key areas of feedback provided by the volunteer dietitian, pregnant women and ANM/ASHA workers is provided in **Table 1**. The revised table developed thereafter was reviewed again by experts and is under designing process. The complete maternal nutrition toolkit developed comprising of algorithm and other counselling materials is proposed to be a part of revised ANC guidelines to be released by MoHFW in the near future.



NCEARD team with UNICEF reviewing and revising the technical algorithm.

Table 1: Feedback on Technical Algorithm pretested across 16 PMSMA Sites

Communicative aspects	V. Poor	Poor	Satisfactory	Good	V. Good
Content			✓		
Clarity of messages			✓		
Appropriate format for the target audience			✓		
Flow of Information			✓		
Text- heaviness			✓		
Graphic appeal and use of pictures to convey information <ul style="list-style-type: none"> • Overall look • Colour scheme • Over all presentation 		✓			
Careful Selection			✓	✓	✓
Language appropriateness				✓	
Response by pregnant women in terms of knowledge gain			✓		
Satisfaction by pregnant woman			✓		

Time and motion study component across 16 PMSMA sites

In continuation to the dietary counselling conducted by volunteer dietitians, one separate component under time and motion was carefully observed and recorded by NCEARD team members for each site to observe the utilization of services by pregnant women after entering the healthcare facility. Through time and motion study, the volunteer directly observed and followed the pregnant women accessing ANC services in real-time, through the method of continuous observation. The aim was to capture data on the time required to accomplish each of the counselling materials by using a structured observation checklist. Adherence of counsellor to protocol and effectiveness of counselling were also studied (**Tables 2-5; Figure 2 and 3**).



NCEARD Consultant observing waiting time



Observing time taken for registration



Observing time taken for receipt of supplementation drugs



Observing time taken for baseline investigations

Table 2: Coverage and time taken for counselling

Type of counselling	N=69
Individual counselling	95.7
Time taken for individual counselling	
10-15 minutes	59.1
15-20 minutes	31.8
20-25 minutes	9.1
> 25 minutes	0.0
Counselling by at risk card	94.0
Time taken for counselling	
< 5 minutes	34.0
5-10 minutes	50.0
> 10 minutes	16.0
Use of Thali model	96.0
Time taken for Thali model demonstration	
< 5 minutes	62.0
5-10 minutes	34.0
> 10 minutes	4.0

Table 3: Individual Counselling by using ‘at-risk’ card

Variable	Most talked
Under nutrition	72.0
Overweight/obesity	36.0
Tuberculosis	14.0
Blood Pressure	10.0
Gestational Diabetes Miletus	10.0
Fluorosis and Goiter	26.0
Anemia	30.0
Malaria	4.0

Physiological conditions/disease	20.0
Short	14.0
Young	24.0

Table 4: Space for counselling and adherence to counseling protocol

Observations	%
Separate space available for counselling	66.0
Pregnant women were able to ask	76.0
Could counsellor address the queries	84.0
Pregnant women felt that they were a part in the process of counselling	92.0
Pregnant women were able to make decisions	56.0
Counseling protocol (By counselor)	
Rapport building	83.3
Asking questions	98.0
Empathetic	96.0
Reflection in her communication	98.0
Active listening	92.0
Encouraged interaction	92.0
Generate solutions to problems and prioritize them	92.0

Table 5: Observations recorded for the time taken for algorithm flow and dietary counseling

Pregnant Woman	Mean time (in minutes)
Ask (Obstetric history)	5.2
Measure (Height/weight/BP, GWG)	3.8
Look for clinical symptoms	3.1
Testing (HB, Urine)	11.8
Classification based on nutritional status	4.6
Group counselling	9.8
Individual counselling	7.6
Demonstration of <i>Thali</i> model	6.9
Total	52.8

Fig. 2: Counselling using month wise cards

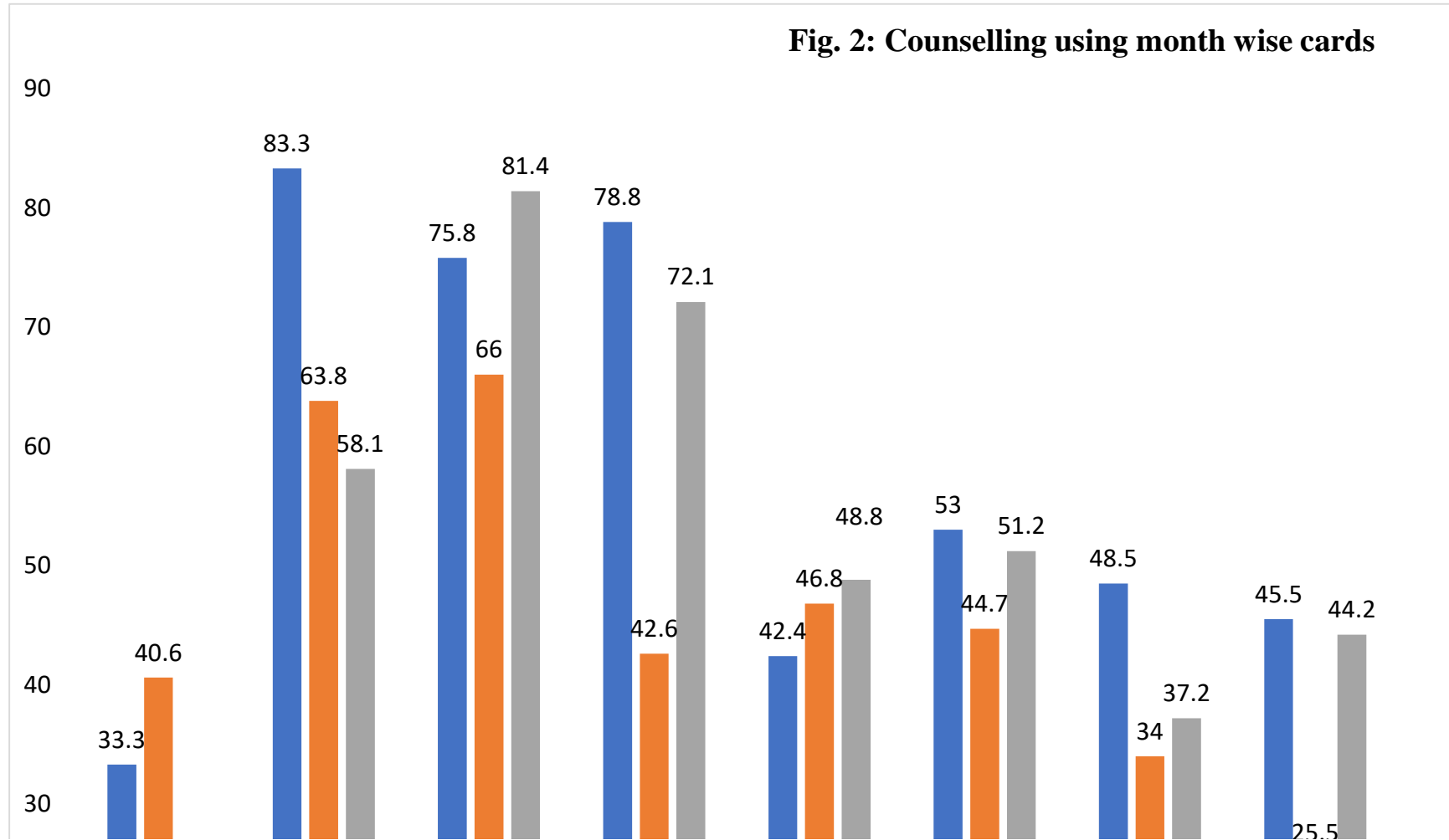
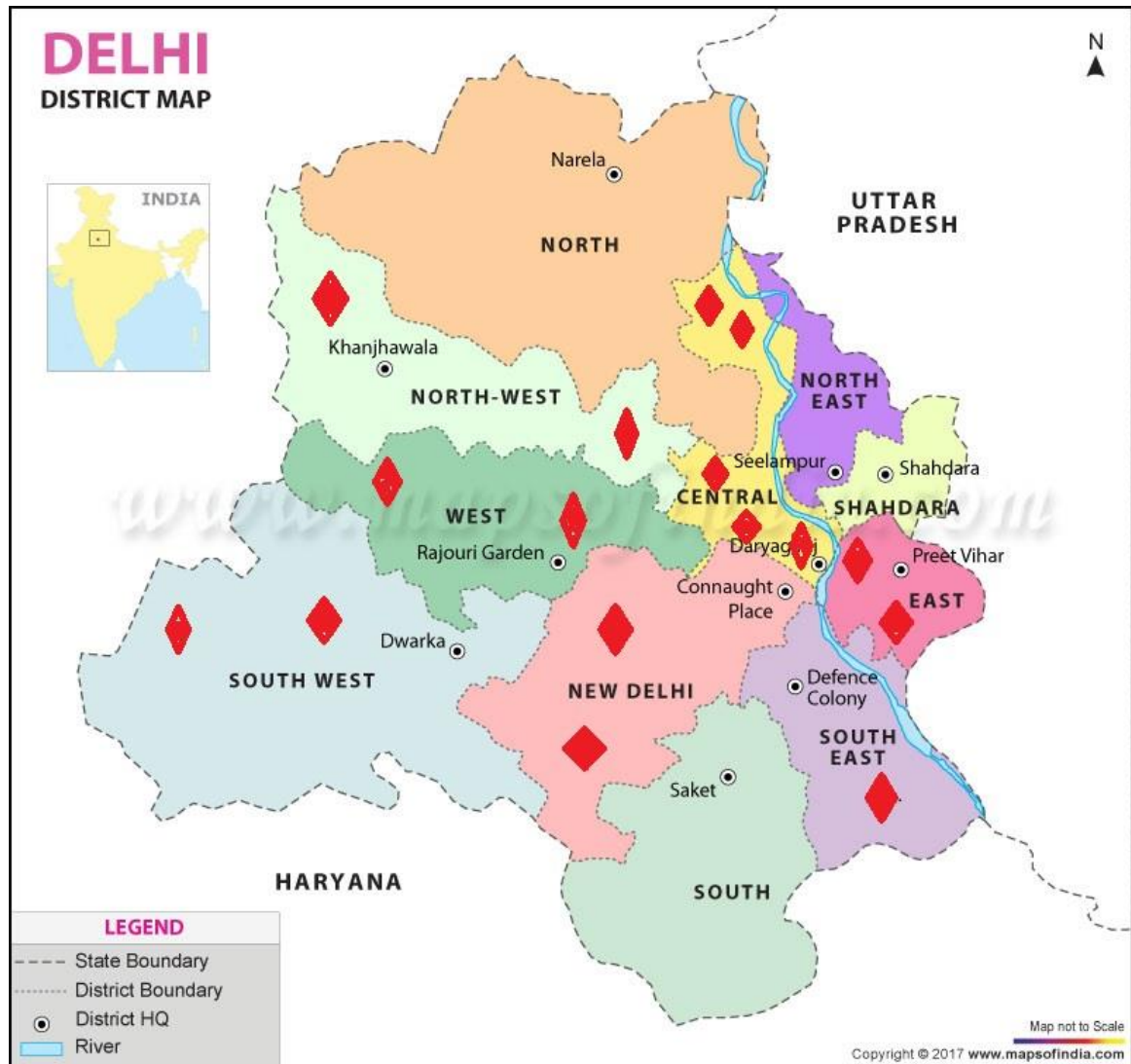


Figure 3: Zonewise Mapping of PMSMA Facilities



◆ PMSMA sites visited

Way Forward

Maintaining a healthy diet and lifestyle pattern is one of the cornerstones for ensuring positive pregnancy outcomes. The concept of having a volunteer dietitian in PMSMA sites was highly appreciated by pregnant women and medical fraternity. There is a pressing demand to expand the services offered by volunteers in routine ANC clinics especially in high patient load facilities. The movement will not only assist doctors and paramedical staff with extra support when it comes to counselling but also to women who require much needed attention and screening during pregnancy. Based on the field experience from June and July 2019, it may be concluded that there is a need for the government and multiple stakeholders to come forward and support the cause of having a visiting dietitian model across states to combat the increasing prevalence of maternal malnutrition during pregnancy in India.

References

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Annexure - I

Agenda for Training/Orientation of Volunteers

“Volunteer 4 Indian Women (V4IW) Campaign”

National Centre for Excellence and Advanced Research on Diets (NCEARD),

Lady Irwin College, Date(s): July 8 - July 9, 2019

Venue: Library, Lady Irwin College, 1 Sikandra Road, New Delhi – 110001

Time	Dietitians/ Nutritionists/Interns/ Students DAY 1 - July 8, 2019 (Monday)		
1000-1015	Welcome address and Introduction to V4IW	Dr Manisha Sabharwal	
1015-1115	Orientation to the ALGORITHM for facility	Dr Vani Sethi	Counselling aids & PowerPoint Presentations
	Orientation on use of counselling tools (By month cards)		
	At-nutritional risk cards and Thali models		
1115-1130	Tea Break		
1130-1300	Interactive session: Field experience sharing and feedback		Open Discussion
1300-1330	Lunch Break		
1330-1400	Group work: Practice on use of counselling materials in facility Effective counselling techniques	NCEARD team	Open Discussion and practice session
1400-1430	<ul style="list-style-type: none"> • Formation of groups of volunteers • Distribution of counselling tool kit to each volunteer groups • Discussing field visits 	NCEARD team	
	Close the day		
	DAY 2 - July 9, 2019 (Tuesday)		
0800 onwards	Visit to 16 PMSMA Sites by volunteer Dietitians/ Nutritionists/Interns/ Students		

Annexure - II

List of PMSMA sites visited on July 9, 2019

S.No,	Address of the PMSMA site
1.	MCW Clinic Madanpur Khadar, Opposite Veterinary Hospital, Village Madanpur Khadar, New Delhi, 110076
2.	MCW Paschim Vihar
3.	DGD Khyala B350, Ravi Nagar, Vishnu Garden, Delhi, 110018
4.	Seed PUHC Samalkha, 30 Rajokri Rd, D Block, New Delhi, Delhi, 110037
5.	DGHC SEC-2 DWARKA, Pocket 2, New Delhi, Delhi, 110075
6.	MCW Bindapur Centre, Bijwasan, Dwarka, South-West, NCT of Delhi, 110061
7.	MCW Naraina
8.	SPUHC Prem Nagar 3 , Seed PUHC Prem Nagar 3, B-41 , Agar Nagar Delhi, 110086
9.	DGD Dujana House Jama Masjid, Chandni Chowk Area, New Delhi, Delhi, 110006
10.	Mty. Home Shakti Nagar
11.	MCW Burari Burari Chowk, Main Road Burari, Burari Village, Civil Lines, Central, NCT of Delhi, 110084
12.	MCW Bagh Kara Khan, Pathshala Marg, Bagh Kara Khan, Delhi, Kotwali, Central, NCT of Delhi, 110007
13.	MCW Old Rajender Nagar
14.	Polyclinic Rohini Sector-2 North West Delhi, Delhi, 110085
15.	DGD Geeta Colony 12, 143, Shastri Nagar, Geeta Colony, New Delhi, Delhi, 110031
16.	DGD Trilokpuri Block-5, Trilokpuri, Near Chand Cinema, Mayur Vihar, NCT of Delhi, 110091

Annexure III

NCEARD Lady Irwin College Team

Dr Anupa Siddhu	Director Lady Irwin College and Chairperson-NCEARD
Dr Manisha Sabharwal	HOD Food and Nutrition Department and Lead-NCEARD
Dr Nighat Sofi	Consultant
Dr Mansi Chopra	Consultant
Dr Somila Surabhi	Consultant
Dr Pallavi Gupta	Consultant
Dr Abdul Jaleel	Consultant
Ms Tashi Choedon	Junior Professional
Ms Naman Kaur	Junior Professional
Ms Priyanshu Rastogi	Junior Professional
Mr Usman Siddiqui	Junior Professional
Ms Shipy Gupta	Administrative & Finance Assistant
Ms Sanchita	Accounts Officer
Ms Akanksha Srivastava	Fellow
Mr Monty	Office Boy

Annexure IV

List of Volunteer Dietitians (July 9, 2019)

S. No	Name	Organization (Dietetics Department)
1	Neha Singh	AIIMS
2	Bindu Khanna	Freelancer
3	Jasmin Kaur	AIIMS
4	Mariyam Farooqui	AIIMS
5	Vaishali Verma	Manipal Hospital
6	Ginni Kalra	Apollo Hospital
7	Mamta	Apollo Hospital
8	Nandini Nanda	Max Superspeciality Hospital
9	Lavnanya Rana	AIIMS
10	Deepti Singh	AIIMS
11	Vasundhara Singh	AIIMS
12	Rekha Pal Shah	AIIMS
13	Arti Gupta	AIIMS
14	Uroosa Noor	AIIMS
15	Kiranjeet Kaur	Dr BSA Medical College & Hospital
16	Manvi Gairola	Max Hospital

Annexure V

List of Volunteers (July 9, 2019)

Harshita Arya	Arushi Jain
Simran Dhawan	Sheetal Chopra
Gaurika Kumar	Pallavi Dua
Kajal	Samriddhi Maral
Ayesha Rasheed	Marya Javed
Gowri	Fatima
Shrishti	Shreya
Riya Mondal	Priya
Indu	Rashmi Saini
V. Priya	Barkha
Maliha	Vasudha Pandit
Anshu Jyoti	Simran Kansal
Shail Priya	Barkha Sachdeva
Karishma	Vaishali Chopra
Navlata	Divya
Aditi	