



VEHA
FOUNDATION

PROJECT MUKTA.

Mission to Unite & Keep **Thalassemia** Away

Project MUKTA is a national initiative aimed at integrating Thalassemia screening and prevention into routine antenatal care across India. Anchored by FOGSI and supported by Vaha Foundation, the project focuses on guideline development, provider training, and initiating a system-wide awareness to reduce the burden of Thalassemia through early detection and informed care.

Why MUKTA?

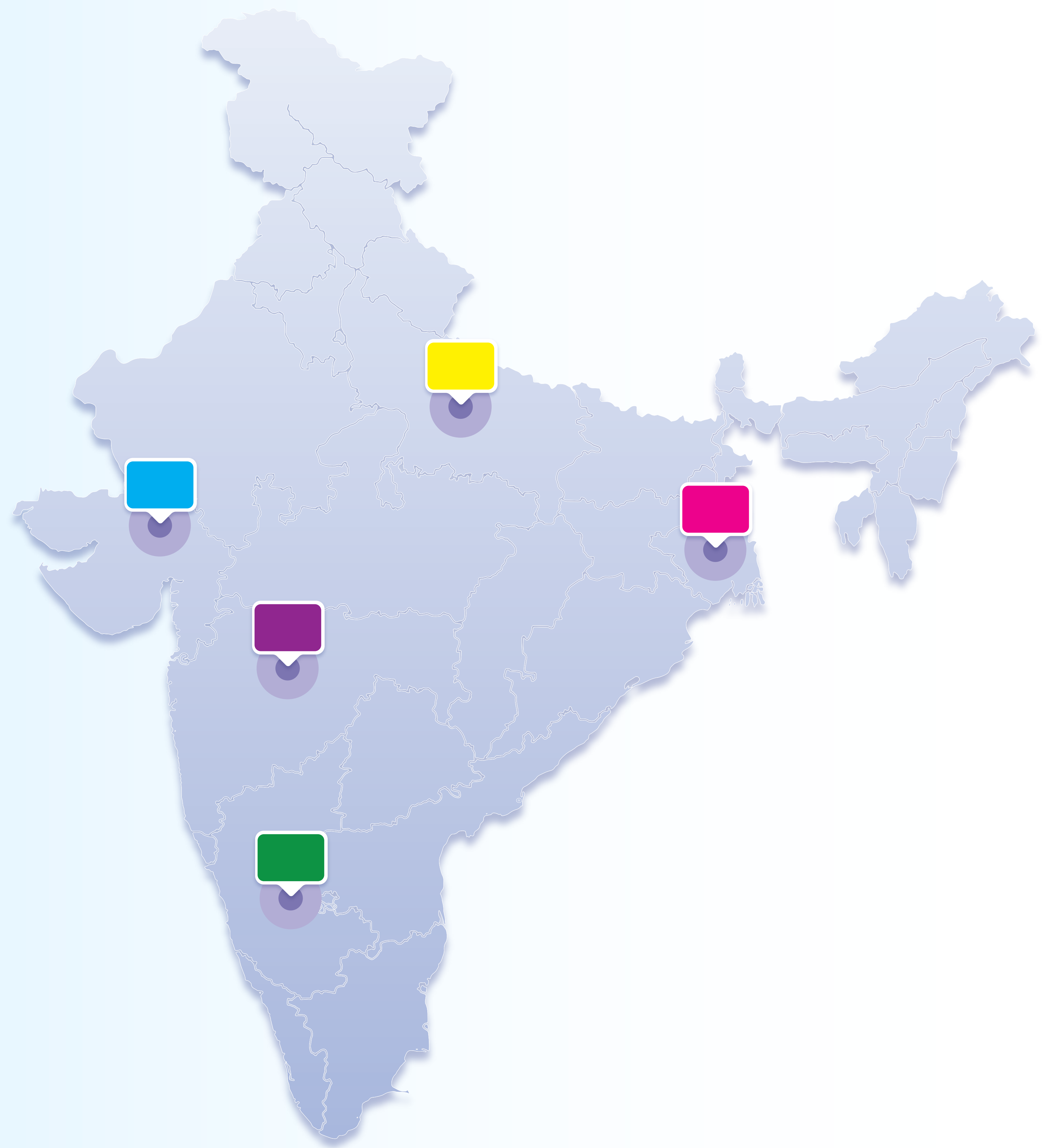
- ▶ India has the highest Thalassemia burden globally - a Thalassemia capital of the world.
- ▶ Every year, thousands of **preventable** births with Thalassemia major - lead to an **avoidable** and immense burden on healthcare services, finances, and emotional well-being of families
- ▶ Project MUKTA aims to make pregnancy safer by strengthening early detection and prevention of Thalassemia

Pillars of MUKTA



MUKTA Map

- Maharashtra
- Gujarat
- West Bengal
- Karnataka
- Uttarakhand



MUKTA goals

1. Establish clinical standards and best practices

We have worked with experts from within FOGSI and developed a GCPR for Universal Antenatal Thalassemia Screening, Prevention, and Diagnosis in India

2. Roll out Project MUKTA

We will roll out Project MUKTA in 10 cities by the end of 2025 and begin conducting CME sessions in those cities

3. Scale up Project MUKTA and generate awareness

While operations will begin in 10 cities this year, we intend to roll out across over 30 cities over the course of the project. We will also host sessions at national and regional FOGSI conferences to build awareness among FOGSIans from across the country. Additionally, we plan to roll out national and state-level campaigns focused on increasing public awareness

4. Generate continuous learning through data and feedback loops

We will regularly collect data and feedback from OB-GYNs, city coordinators, and partners. This data will be analysed to generate actionable insights that will be shared with FOGSI members and this will help to inform scale-up, improve practice, and influence policy for wider systemic change.

5. Partner to multiply our impact

Over the course of the project, we will also look at partnering with medical colleges, diagnostics centers, and other professional associations to work with them on our mission of a Thalassemia-free India.

What success for MUKTA looks like?

► Awareness

FOGSI practitioners understand the importance of Thalassemia screening, are equipped with accurate knowledge, and recognize its role in ensuring safer pregnancies.

► Adoption

Thalassemia screening is routinely integrated into antenatal care by FOGSI practitioners through the use of standardized guidelines, clinical tools, and sustained practice, leading to a measurable increase in screening coverage.

Join the MUKTA movement

- Integrate screening for Thalassemia into every pregnancy
- Use and promote the GCPR guidelines and clinical tools
- Champion awareness in your local network
- Contribute to data & reporting to build national momentum

Pioneers of MUKTA

About FOGSI

FOGSI (Federation of Obstetric and Gynaecological Societies of India) comprises leading Indian obstetricians and gynecologists. With over 46,000 members and 286 societies nationwide, FOGSI champions excellence in women's healthcare by setting high standards for care, promoting education and research, advocating for maternal and child health, and empowering healthcare professionals through ongoing education and development.

About Vaha Foundation

At the Vaha Foundation, we are dedicated to improving public health outcomes for underserved communities, with a primary aim of achieving a Thalassemia-free India. For over two decades, we have passionately supported comprehensive care for individuals affected by Thalassemia, employing a holistic approach that integrates management, treatment, and palliative care at every stage of a patient's journey.



Dr. Sunita Tandulwadkar
President



Dr. Jaydeep Tank
Imm. Past President



Rumana Hamied
Director -
VEHA Foundation