



MACH

MOTHERS AND CHILDREN HEALTH ASSOCIATION



RADHIKA VENKATESAN

PRESIDENT

MAJOR: Biomedical Sciences

DIRECTORSHIP

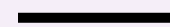
- Presidential

ANNOUNCEMENTS

- Mission Statement
- MACH Events
- MACH Night
- Presidential Directorship

OUR MISSION

Our organization is centered on improving the health of women and children through our reproductive health and safe sleep workshops, mother-infant donation drives, clinical and non-clinical volunteering events, and advocacy opportunities amongst others. We are proudly partnered with hospitals, clinics, and organizations that serve mothers and children in historically underserved communities in order to combat the maternal health crisis in the United States.



MACH

MACH EVENTS



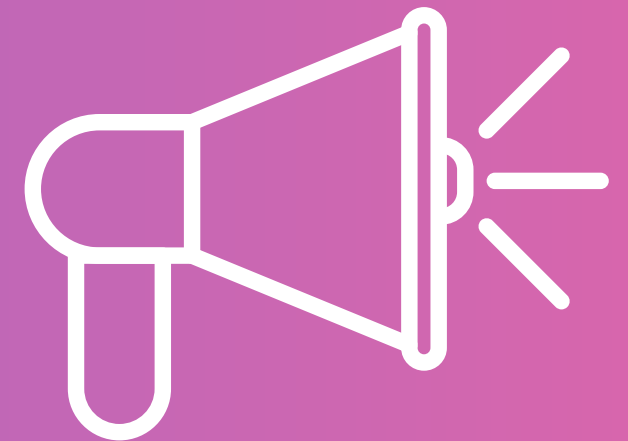
**MACH
Night**



**Safe Sleep
Workshops**



**Mothers' Milk
Bank of Florida**



**Advocacy
Workshops**

PRESIDENTIAL DIRECTORSHIP

Presidential directors assist with **administrative tasks**, including managing emails and coordinating communications, that help to **oversee** all directorships and ensure effective **communication** between officers. They attend roughly half of our events throughout the semester to ensure their successful execution.





NEDA KADIVAR

VICE PRESIDENT

MAJOR: Biomedical Sciences

MINOR: Diversity & Social Inequality, Medical Sociology

DIRECTORSHIP

- Presidential

ANNOUNCEMENTS

- Membership Perks + Form
- Directorship Applications
- Coming Soon...
 - AdventHealth & ORMC Volunteering
 - Rural K-12 Mentorship Program
 - Suturing Workshop
 - External Cephalic Version Simulator

MEMBERSHIP PERKS!

- Gain leadership experience managing one of **8 directorships** ranging from Newsletter to Medical Spanish Translation
 - Host ***Safe Sleep and Reproductive Health workshops*** at locations such as AdventHealth and Grace Medical Home
 - Package ***high-demand goods and Notes of Hope*** for women and children in need
 - Gain ***certifications, networking opportunities***, and more whilst ***advocating*** for the maternal health crisis!

**Leadership
Experience**

**Advocacy +
Networking
Opportunities**

**Safe Sleep
Workshops**
*(AdventHealth +
Grace Medical
Home)*

**Clinical
Skills**

**Mothers' Milk
Bank of FL
Volunteering**

**Fun
Socials**

**Ronald
McDonalds
Volunteering**

**Cribs4Kids
Certification**

**MACH
Night**

**Reproductive
Health
Workshops**
*(AdventHealth +
Grace Medical
Home)*

**Physician
Q&As**

**And
More!**

MEMBERSHIP FORM!

1) *PAY DUES*

2) *SUBMIT FORM*

3) *KNIGHTCONNECT*



ALSO ON OUR WEBSITE!

1

Membership Form

Membership Form

2

Pay \$20 Dues



Venmo: @maanya pradeep



Zelle: 407-684-3579

3

KnightConnect

KnightConnect

2025 - 2026 DIRECTORSHIPS!

Our Directorships

Newsletter

**Medical Spanish
Translation**

Fundraising

Networking

**Advocacy &
Donation Drive**

Presidential

**Clinical
Volunteering**

**Non-Clinical
Volunteering**

APPLICATIONS ARE OPEN!

1) SUBMIT APPLICATION

2) AWAIT EMAIL

3) INTERVIEW



Coming Soon

AdventHealth & ORMC Clinical Volunteering

Coming Soon

Rural K-12 Mentorship Program

Coming Soon

Suturing Workshop

A person is lying down with their head resting on a light-colored pillow. A healthcare professional's hands are visible, one supporting the person's head from underneath and the other holding a white, handheld medical device (likely a cephalometric scanner) near the person's head. The background is a soft-focus clinical setting.

Coming Soon

External Cephalic Version Simulator



MAANYA PRADEEP

TREASURER

MAJOR: Biomedical Sciences

MINOR: Statistics

DIRECTORSHIP

- Fundraising

ANNOUNCEMENTS

- Membership Dues
- Fundraising Directorship

HOW DO I PAY DUES?



Dues are \$20!

Forms of Payment

Venmo: @maanya pradeep

Zelle: @maanyapradeep

or

4076843579



FUNDRAISING DIRECTORSHIP

Fundraising directors will help the treasurer devise and implement new ideas to raise **donations** for respective causes.

Furthermore, they will be responsible for helping to get **funding** for workshops and events we will plan for the future.





RISHITA ANUMUKONDA

SECRETARY

MAJOR: Biomedical Sciences

MINOR: Medical Sociology

DIRECTORSHIP

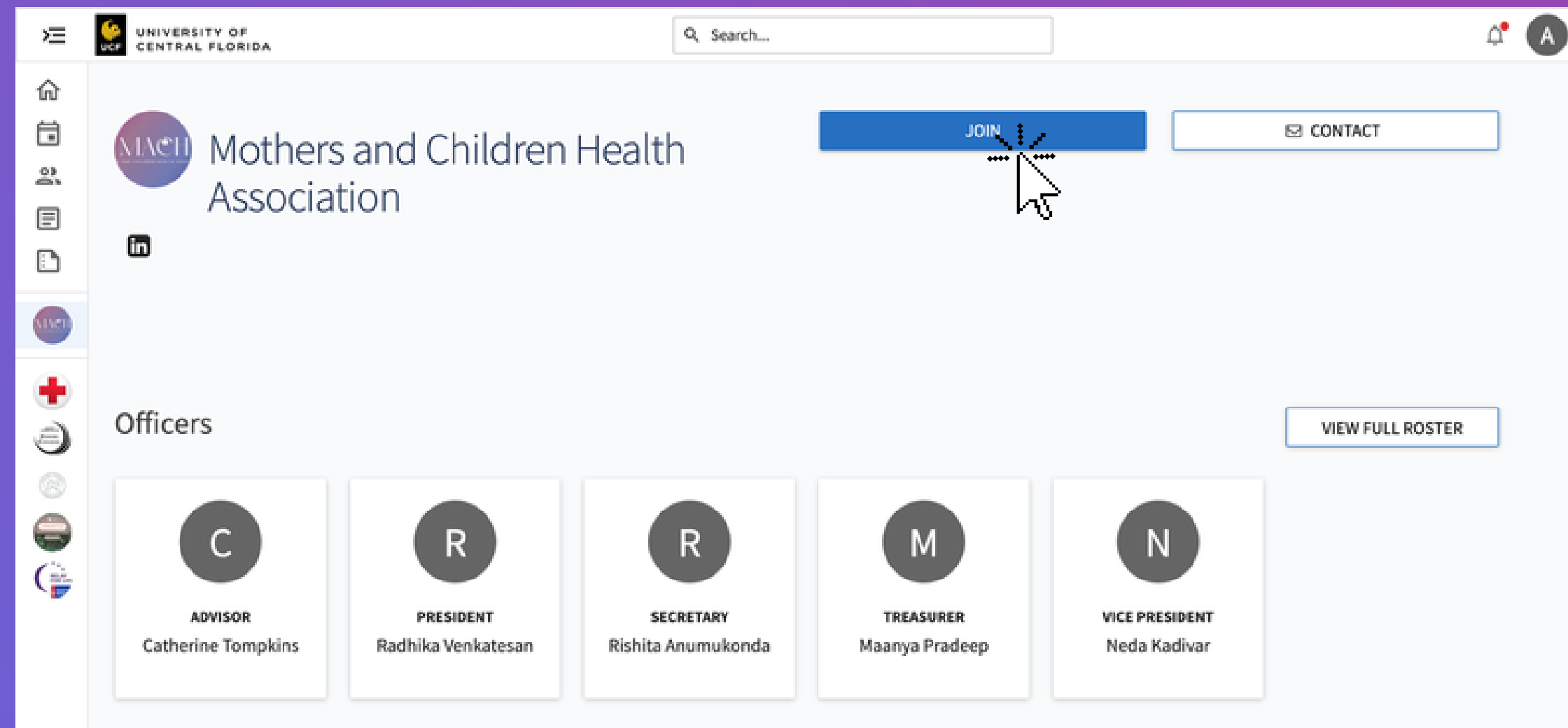
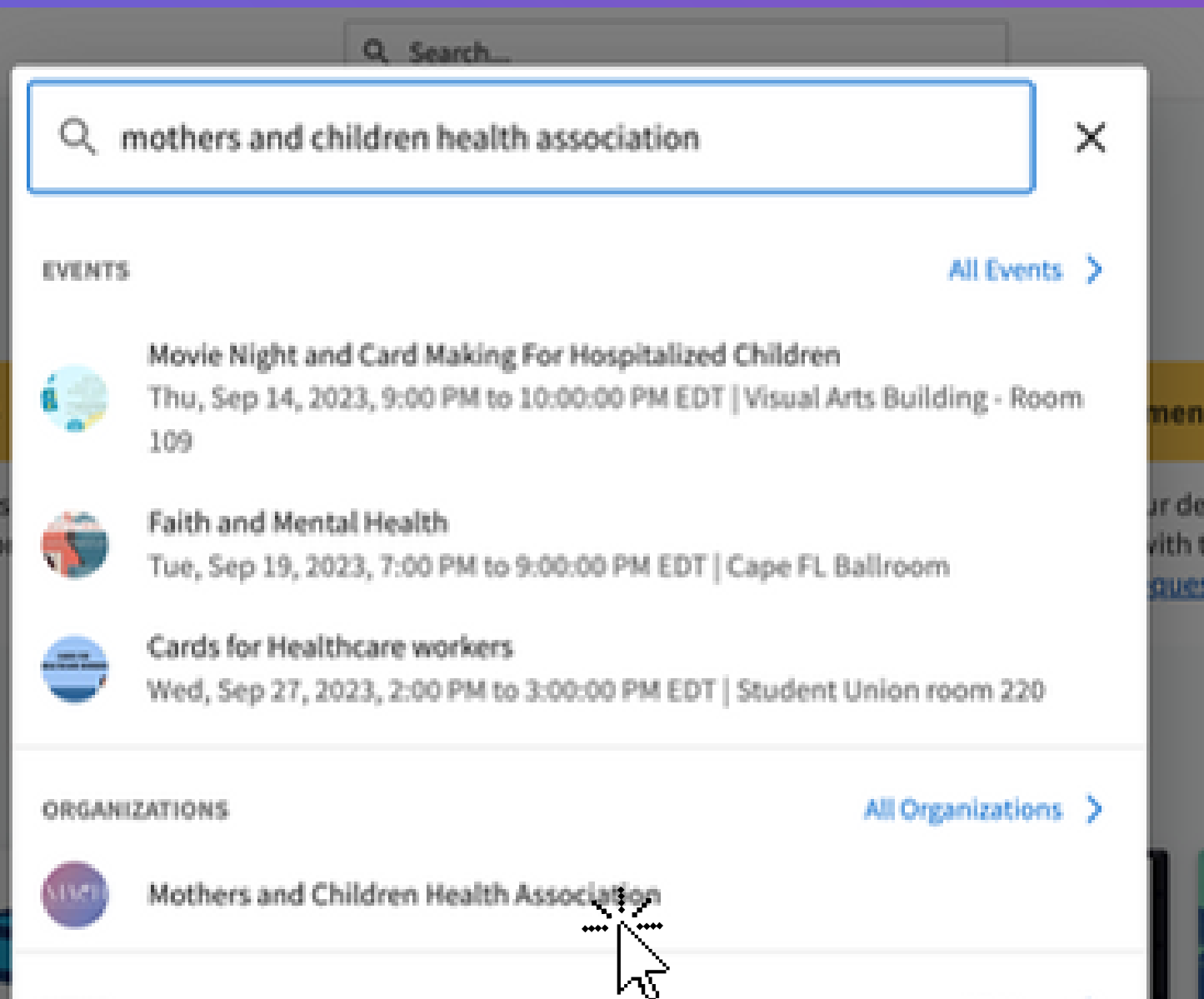
- Newsletter

ANNOUNCEMENTS

- Join KnightConnect
- Newsletter Directorship

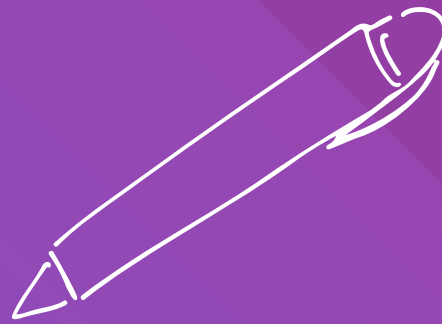
JOIN US ON KNIGHTCONNECT:
<https://knightconnect.campuslabs.com/engage/events>

After you click "Join", it will say "Pending". If you aren't approved within 2-3 days, email ri595754@ucf.edu



NEWSLETTER DIRECTORSHIP

Newsletter directors will be responsible for making the **biweekly newsletters** containing information regarding upcoming meetings, volunteer events, and more. They should bring in new ideas and use their **creativity** to create newsletters that will engage club members and also inform them of important **events** and **drives**.



Typical Newsletter



MOTHERS AND CHILDREN HEALTH ASSOCIATION

MACH



MISSION 

MACH is dedicated to addressing and advocating for the maternal health crisis in the United States, while alongside helping to improve the health and well-being of women and children.

UPCOMING EVENTS

- **FIRST GBM: September 14 at 6:30 PM** in HSII room 345!!
- **Clinical Volunteering - Safe Sleep Workshops:** Help teach new/expecting mothers safe sleep techniques to reduce rates of SUIDS & SIDS. Sign ups will be made available at GBM.
- **Maternal Health Advocacy Workshops:** Educate the public on the need for accessible & affordable healthcare for new and expecting mothers.
- **MACH Night Donation Drives:** Help package collected mother and baby products like diapers, bottles, and menstrual products to distribute to women in homeless shelters and low income medical clinics.
- **Nonclinical volunteering:** Mothers' Milk Bank of Florida and other opportunities available.



LEADERSHIP OPPORTUNITIES 

Want to get more involved in MACH? Apply for a directorship! Come to our first GBM to learn how to apply!

- Clinical Volunteering
- Nonclinical Volunteering
- Donation Drive
- Fundraising
- Newsletter
- Tabling



STAY IN THE LOOP 

Instagram: @mach.ucf
Groupme:







EMILY LIU

CLINICAL VOLUNTEERING COORDINATOR

MAJOR: Biomedical Sciences

MINOR: Spanish

DIRECTORSHIPS

- Clinical Volunteering
- Medical Spanish Translation

ANNOUNCEMENTS

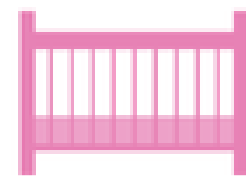
- Safe Sleep Workshops + Certification
- Grace Medical Home and AdventHealth Volunteering
- Directorships Overview

WHAT IS SAFE SLEEP?

12 Steps for Safe Sleep



Step 1:
Back to Sleep for
Every Sleep



Step 2:
Use a Firm, Flat
Safety-Approved
Sleep Space



Step 3:
Breast Milk
Lowers the Risk
of SUID



Step 4:
Share Your Room,
Not Your Bed



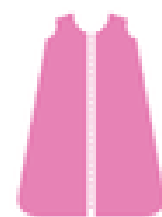
Step 5:
Place Baby in
Bare Crib



Step 6:
Use a Pacifier to
Reduce SUID Risk



Step 7:
Avoid Smoking,
Vaping, and
Impairment



Step 8:
Avoid Overheating
and Swaddle Safely



Step 9:
Keep Up With
Doctor's Visits and
Vaccines



Step 10:
Research Baby
Products Before
Buying



Step 11:
Practice Tummy
Time



Step 12:
Spread the Safe
Sleep Message

Practice these 12 steps for the first 12 months.



ADVENT HEALTH

Safe Sleep Workshops!



GRACE MEDICAL

Safe Sleep Workshops!
Parental Mental Health Workshops!



HOW DO THESE EVENTS WORK?



- 1) 5-7 members from Signup chosen
- 2) Attend Safe Sleep Cribs for Kids Training prior to the workshop
- 3) Give presentation in an engaging and interactive clinical workshop at one of our hospital partner locations



CLINICAL VOLUNTEERING DIRECTORSHIP

Clinical Volunteering directors host **Safe Sleep** workshops and **Parental Mental Health** workshops with our various partners. They work to promote awareness of **SUIDS and SIDS** while training members for these workshops, becoming certified as **Cribs for Kids** ambassadors, and connecting with new hospitals for partnerships.



MEDICAL SPANISH TRANSLATION DIRECTORSHIP

Medical Spanish Translation directors help to **translate** our Safe Sleep workshops for the largely **Spanish-speaking** population at Grace Medical Home. They ensure that all basic medical information is efficiently translated and **communicated** with their questions addressed.





SUKHMANI DHALIWAL

NON-CLINICAL VOLUNTEERING COORDINATOR

MAJOR: Biomedical Sciences

MINOR: Psychology

DIRECTORSHIP

- Non-Clinical Volunteering

ANNOUNCEMENTS

- Mothers & Children Milk Bank Volunteering
- Non-Clinical Volunteering Directorship
Overview

MOTHERS' MILK BANK OF FLORIDA

- Charitable organization with the goal of providing safe human donor milk for babies in need!
- We are providing volunteers to help out with bottling, decanting, etc.
- To volunteer, fill out the official application and email it to us at **nonclinicalvolunteering.mach@gmail.com**



NON-CLINICAL VOLUNTEERING DIRECTORSHIP

Non-clinical volunteering directors will be working to put together a variety of **volunteering opportunities** for MACH members that allow us to help serve mothers and children. They will be **communicating** with nearby organizations and **scheduling** available shifts. They will also keep track of member hours and sign-ups to ensure events run smoothly.





AYNA GHULLDU

**ADVOCACY & DONATION DRIVE
OFFICER**

MAJOR: Biomedical Sciences

MINOR: Psychology

DIRECTORSHIP

- Advocacy & Donation Drive

ANNOUNCEMENTS

- Donation Drives
- Advocacy Workshops
- Advocacy & Donation Drive Directors

DONATION DRIVE



ITEMS

- Women's hygiene products (pads, tampons, etc.)
- Baby essentials (diapers, wipes, etc.)
- Other related items (soap, lotion, etc.)

BOX LOCATION

- BSBS Office (HS II Room 335)

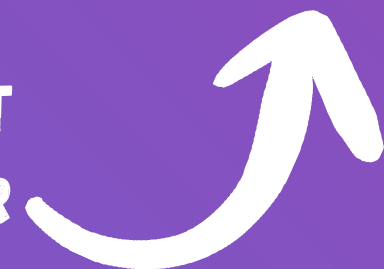
DURATION

- Next monday (9/22) until next GBM (sometime in October)

2 donations = 1 volunteer hour



**SUGGESTION A NON-PROFIT
FOR US TO DONATE TO FOR
THE NEXT DRIVE!**



ADVOCACY WORKSHOPS

GOAL

A couple times during the semester, we will give MACH members the opportunity to host advocacy workshops on topics pertaining to women and children health!

AUDIENCE

UCF Students or High School Students

BENEFITS

You will be able to spread awareness on various health disparities while also enhancing your leadership and public speaking skills

ADVOCACY & DONATION DRIVE DIRECTORSHIP

Advocacy & Donation Drive directors will be in charge of planning out logistics for **advocacy workshops** on women's and children's health and brainstorming **new ways** for us to advocate for this cause. Additionally, they will be in charge of working with other directorships to create a “**Topic of the Month**” to spread awareness on different maternal health issues. They will also be in charge of helping organize **donation drives** and ensure they run smoothly.





MARLENE BEKHEIT

RECRUITMENT OFFICER

MAJOR: Psychology

MINOR: Biology

DIRECTORSHIP

- Networking

ANNOUNCEMENTS

- Networking Directorship Overview
- Website
- Social Media + Contact Information

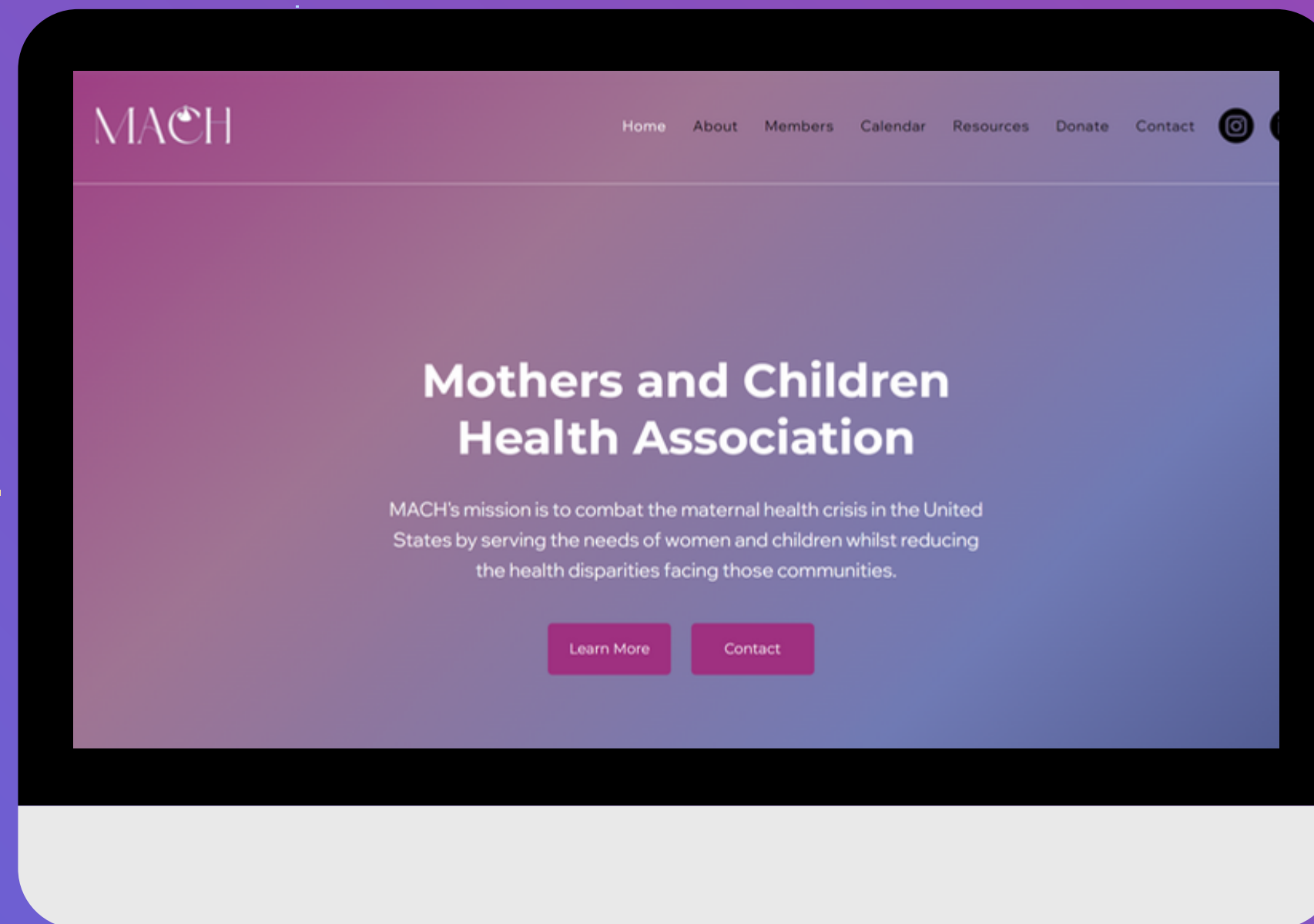
WHAT IS THE NETWORKING DIRECTORSHIP?



As a networking director, you will be responsible for creating unique and eye-catching **infographics** and **announcement posts** for our **Instagram**. You will also be responsible for **tabling** for outreach and assisting with **club fairs** and UCF RSO events as needed.



OUR WEBSITE



STAY IN TOUCH!

INSTAGRAM



LINKEDIN



GROUPME



The logo features the letters 'MACH' in a white, elegant serif font. The letter 'C' is stylized to contain a white silhouette of a baby in a conical hat, positioned as if sitting inside the curve of the letter.

MACH

MOTHERS AND CHILDREN HEALTH ASSOCIATION