

## ANNUAL REPORT 2011-12

### HEALTH AWARENESS PROGRAMME : -

#### Maternal and Child Health Awareness :

India has fared quite poorly in a number of health indicators for women and children. **Every 14 minutes a woman dies in India from pregnancy and complications of child birth.** India is home to the largest number of adolescents in the world. Yet, the health indicators of the country mirror poor maternal and child health conditions, along with practices of early marriage and childbirth during adolescence in the country.

RAH is Maternal and Child Health Awareness programme in Bokaro, Dhanbad, Ramgarh, Giridih, Hazaribag in the state of Jharkhand sponsored by the **District Rural Health Society of Bokaro, Dhanbad, Ramgarh, Giridih, and Hazaribag.**

Through this campaign we intend to provide information regarding Maternal and Child health and other health related issues of all the Blocks of Bokaro, Dhanbad, Ramgarh, Giridih and Hazaribag.

#### **Objective :**

- To Promote institutional deliveries.
- To reduce MMR & IMR.
- To Educate women about pregnancy, nutrition, immunization, delivery.
- To Reduce perinatal and neonatal mortality.
- To create awareness and build image of NRHM / RCH programme; to stimulate demand for Government Health services.

#### **Components:**

The key components of the campaign was well equipped IEC Van with Nukkad – Nattak and chou Troupes, etc to raise awareness among mother, father, family, women, youth, panchyat members, tribes & tribal leaders and rural people, etc. The IEC Van campaign also consisted of Nukkad Natak teams and Chou cultural troupes. Troupes promoted simple health interventions, including vaccinations, to reduce the children's illness. And we educated them about the importance of regular antenatal care and other preventive measures to improve family health. The programme aims at improving out- reach services primarily for vulnerable groups– urban slums, tribal population & adolescents.



## Focus on massage

For Women: -

- Early registration
- Minimum 3 ANC
- Safe delivery
- 3 PNC

For Child:-

- Neonatal care with an administration of "0" polio dose and BCG polio and child Tuberculosis respectively.
- At the age of 1 and a half, 2 and a half, and 3 and a half months, administration of 3 doses of immunization against DPT and Polio.
- Between 9 and 12 months, immunization against measles and Vitamin -A deficiency



vaccination against

## Outcome :

- The outcome is successful in terms of maternal & infant survival & well being of couples who are able to have sexual relationship free of fear of pregnancy & contracting diseases .
- Raising awareness for behavioural change to increase understanding about maternal and child health and the use of Government services and preventive action among the public.
- Reduction in maternal and infant mortality rates.
- Understanding of comprehensive immunization programme.
- To cut perinatal and neonatal mortality.
- And finally to help in the image building of NRHM/RCH programmes, to help further stimulate demand for government health services.

## Family Planning Awareness :

These programmes complemented **District Rural Health Society of Ramgarh, Girdih and Jamtara** initiatives and promoted family health and planning services to the marginalized sections of society. Street plays ( Nukkad – Nattak ) were conducted in important male congregation centres and other public locations . Street play is an excellent medium to expose the target group to key messages in simple and entertaining manner. These Nukkad – Nattak were conducted during the following dates:



Jamtara - 03<sup>rd</sup> February – 10<sup>th</sup> February 2012

Ramgarh 13<sup>th</sup> February - 20<sup>th</sup> February 2012

Giridih – 15<sup>th</sup> march – 31<sup>st</sup> march 2012

### **Objective**

- To desensitize the issue of family planning and trigger open dialogue among couples, other family members and within the community
- To present couples with a choice of spacing methods and encourage them to choose a suitable method
- Address the specific fears and concerns among couples regarding spacing methods
- Highlight the health benefits of spacing
- Equip service providers with informational and counselling materials to enhance the quality of interpersonal communication

### **Outcome :**

Motivational family planning methods proved successful enough to make people realize the benefits of family planning tools like Copper t, Birth control pills, male and female sterilization methods and other similar procedures.

Awareness of population control and better understanding and command over one's sex life.

### **Condom Promotion :**

The Population Health Serves India funded condom promotion programme was run in the following six districts of Jharkhand: **Bokaro, Dhanbad, Hazaribag, Giridih, Deoghar, Dumka**. This program was awarded by Population Health services (india)

Along with strategies about abstinence and being faithful, consistent and correct use of the male condom (A B C practice) is a critical measure for preventing STI-related morbidity and mortality. Yet condom use remains low worldwide.

During the Condom promotion program Street Plays were conducted from 01-12-2011- 15-12-2011 and viewed by 26344 people, average per day contacts were 1882. The strategy focused on changing sexual behavior by encouraging safer sex practices including abstinence, being faithful to the sex partner, partner reduction,



and correct and consistent condom use. This approach first aims at creating awareness. Outreach educators have been using different kinds of dialogue and conversational techniques like focused conversation, socratic dialogue, appreciative inquiry and persuasive dialogue.

## **Objective**

The main objective of the project was to design and implement Behaviour change interventions, to support the adoption of low risk behaviour by their people. The strategy focused on changing sexual behaviour by encouraging safer sex practices including abstinence, being faithful to the sex partner, partner reduction, and correct and consistent condom use.

- To change the attitude and behavior of the adolescent and youth of the target area by promoting the responsible behavior and healthy practices in respect to sex and its related behavioral problems.
- Outreach Education and Peer Education
- Raising awareness on HIV/AIDS, STDs, condom and sex work
- To raise the triple benefits (avoiding pregnancy, preventing STIs, feeling secure, or improving hygiene) of condom use
- Condom social marketing
- Creating a demand for the target groups

## **Outcome of the programme are to:**

- Increase consistent use of condoms among men with the non-regular sexual partners.
- Increase consistent use of condoms among men in commercial sex encounters.
- Increase use of condoms for preventing unwanted pregnancies among married couples.
- Reduce the popular myth of the usability of condoms to be not fit for sexual satisfaction.

## Save Girl Child Awareness:

Overview :

This social evil is deep rooted in Indian ethos and the most shocking fact is that the innovative and hard high end technologies are brutally killing the Indian girl child.

Innovative techniques, like biopsy, ultrasound, scan tests and amniocentesis, devised to detect genetic abnormalities, are highly misused by number of families to detect gender of the unborn child. These clinical tests are highly contributing to the rise in genocide of the unborn girl child.



This programme which awarded to us by the District Rural Health Society, Dhanbad. Programme was conducted during chat puja at chat ghats ( Bekarbandh and ISM) of Dhanbad, from 1<sup>st</sup> November – 2<sup>nd</sup> November 2011. The fact is that for per thousand male there is only 914 female in Dhanbad.

Objective:

- To spread the awareness in the people about the importance of girl child
- To reduce the female foeticide
- To change the myth that boy is the helping hand in the old age.
- To change the conception that only boy can run the generation.
- To Stop to detect gender of the unborn child.
- To reduce the gender differences

Outcome:

When we were conducting nukkad natak at chat ghat in Dhanbad. There was a huge crowd to see our street play they were very positive and enquiring about the prospects in society. Many people said that we are offering prayer to sun god and chat mother to bless us with male child but our view has changed and now we will ask for girl child. One of the lady Rukmani at chat ghat bekarbandh told that she has two girl child and she was thinking that she is most unfortunate but “my view has changed now I am thinking myself most fortunate female in this world”.

Overall our work was appreciated by the viewer and they promised that they will spread this message in the society

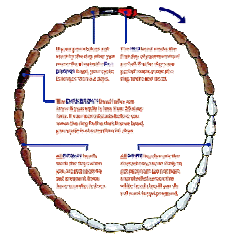


## SDM & LAM Awareness:

This program was funded by Institute for Reproductive Health. The programme was carried out in the districts of Ramgarh and Jamtara from 22 March – 28 March 2012.

Fertility awareness refers to basic knowledge of the male and female reproductive systems as it relates to fertility and the ability to reproduce. It is knowledge about the signs, symptoms and patterns of fertility during the menstrual cycle and throughout the woman's reproductive life, the male reproductive potential, and combined male and female fertility.

SDM : The Standard Days Method (SDM) is a simple fertility awareness-based method of family planning based on the timing of ovulation, the functional life of the sperm and the ovum, and the resulting likelihood of pregnancy on particular days of the menstrual cycle. Appropriate for women who usually have menstrual cycles between 26 and 32 days long, the method identifies days 8 through 19 as the fertile days. To prevent pregnancy, the couple avoids unprotected sex on the fertile days.



LAM : The Lactational Amenorrhea Method (LAM) is a modern, short-term family planning method based on the natural effect of breastfeeding on fertility. The act of breastfeeding, particularly exclusive breastfeeding, suppresses the release of hormones that are necessary for ovulation. If certain conditions are met, the method provides protection from pregnancy for a woman immediately following birth until the child is 6 months old.



Objective :

- To raise awareness of SDM & LAM
- Offer an opportunity to other methods of family planning.
- To raise awareness about the knowledge of women's bodies and their menstrual cycle.  
Social marketing of Mala Chakra
- To raise awareness of the breastfeeding practices and good infant nutrition
- To raise awareness of a woman's birth spacing interval, thus lowering her risk of pregnancy and related perinatal morbidity and mortality.

Outcome :

- Increase and consistent use of SDM & LAM among sexual partners.

- Increase use of methods for preventing unwanted pregnancies among married couples.
- Increase a woman's birth spacing interval, thus lowering her risk of pregnancy and related peri-natal morbidity and mortality.
- Offer an opportunity to start discussing other methods of family planning.
- Increase a demand for Mala chakra that has no side effects.

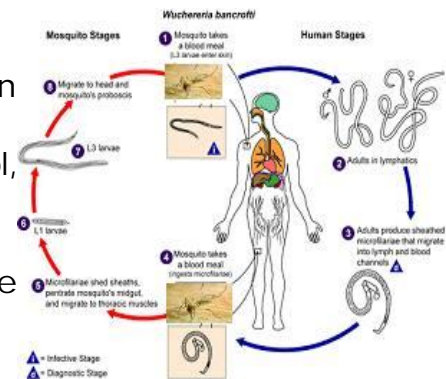
## **MEDICINE DISTRIBUTION:-**

Objectives of Elimination of Lymphatic Filariasis is to reduce transmission risk by antilarval measures, to reduce micro-filaria load in the community by survey and treatment and to eliminate lymphatic filariasis through mass drug administration

Rah and Malaria control Department, Bokaro in a joint effort under **National Vector Borne Disease Control Programme (NVBDCP)** under line population under MDA about 13755 people and distributed medicine (D.E.C and Albendazole) form 12 September to 17 September 2011 in Sector – 4, Bokaro Steel City.

### **The Inputs for the program are:**

- Source reduction and personal protection measures
- Up-scaling of larvivorous fish for vector control, wherever feasible
- Use of larvicides in urban areas
- Ensuring availability of DEC tablets for all the endemic areas



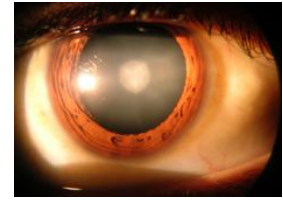
### **Strategies:**

- ❖ Line listing of manifestation of disease in the community
- ❖ Surveillance in sentinel sites to assess the microfilaria and disease rate
- ❖ Annual single dose mass drug administration of DEC at a dose @ 6 mg/kg Body weight
- ❖ Home based Management of lymphoedema cases and hydrocelectomies in identified CHCs and hospitals

### **Interruption of transmission of filariasis by Annual MDA:**

- Children below 2 years
- Pregnant Women
- Seriously ill Persons

## **CATARACT OPERATION CAMP : -**



### Overview :

Cataracts are changes in clarity of the natural lens inside the eye that gradually degrade visual quality. The natural lens sits behind the colored part of the eye (iris) in the area of the pupil, and cannot be directly seen with the naked eye unless it becomes extremely cloudy. The lens plays a crucial role in focusing unimpeded light on the retina at the back of the eye. The retina transforms light to a neurologic signal that the brain interprets as vision. Significant cataracts block and white distort light passing through the lens, causing visual symptoms and complaints. Cataract development is usually a very gradual process of normal aging but can occasionally occur rapidly. Many people are in fact unaware that they have cataracts because the changes in their vision have been so gradual. Cataracts commonly affect both eyes, but it is not uncommon for cataracts in one eye to advance more rapidly. Cataracts are very common, affecting roughly 60% of people over the age of 60.

There was an eye camp at target area of Gola which forms a block of Ramgarh district in Jharkhand on 13<sup>th</sup> February 2012 where 45 patients were shortlisted for cataract who were later operated the day after on 14<sup>th</sup> of February 2012 and were also provided with free meals and free medicines. On 15<sup>th</sup> they were discharged. Glaucoma cases were nil and patients with minor eye infections were non surgically treated on the first day of the camp. Patients who had undergone surgery for cataract removal were called again after a month and retested and were finally deemed fit of no further post surgical treatment. The camp was a success which we hope to emulate in other districts of Jharkhand in the near future. The Surgeries were performed by Dr. Sarwar Alam. The camp was sponsored by Blindness Control Society, Ramgarh.



### Objective:

- To reduce the blindness through identification and treatment of blind.
- To develop Eye Care facilities in the area.
- To develop human resources for providing Eye Care Services.
- To improve quality of service delivery.
- To secure participation of doctors in eye care.



Outcome:

- To raise awareness of the free effective removal of cataract and treatment of other minor eye infections.
- To prevent age related blindness and other related ailments.
- To make people aware of the government non government outreach programmes helping in concerned area.