

ANNUAL REPORT 2012-13

HEALTH

Health Awareness:

Health literacy has been internationally identified as a public health goal in the last decade and is now a familiar concept in health promotion. 'Health literacy' is a composite term that generally refers to a set of results through health education and communication activities. Awareness campaigns have a significant impact on promoting health education and thus potential to improve the national health status in emerging economy like Jharkhand.

Due to lack of knowledge, information and orientation in health and hygiene the grass root level villagers cannot understand the need of immunization, importance of growth monitoring, technique of low cost nutritious food preparation, different methods of birth control, spacing between two children, importance using sanitary or pit type latrine, preparation of safe drinking water, maintenance of personal hygiene and disposal of waste products from the home and practices to maintain good health. In fact sound health deteriorates herewith the increase of superstition and wrong method of treatment. So the incidence of maternal mortality, child mortality, morbidity, dehydration and malnutrition rate and other infectious diseases are quite high as per our community diagnosis. The existing Dai are not qualified so they cannot diagnosis in the case of high-risk pregnancies properly. The quacks are not trained. They depend on limited indigenous knowledge. The diversity and multiplicity of the problem can be decreased with some comprehensive program in this matter. At the time of feeling pain, they have to take to distant primary Health center but on the way the pregnant women face great problem. Sometime the pregnant women are compelled to give birth their children under the open sky.

These programmes complemented **District Rural Health Society** 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.

Street plays has been used in education and presents scope to contribute in creating health awareness in rural - **Ramgarh, Bokaro, Giridih, Jamtara, Koderma**

Objectives.

i) General Objectives

- a) To improve the status of health among mothers and children in villages.
- b) To arouse adequate consciousness about health and hygiene among villages.
- c) To improve the standard of education for better community participation.
- d) To establish a network for effectiveness and long term effect of our program
- e) To maintain small family and increase acceptors of different methods for birth control amongst all castes, creed and religion.
- f) To create awareness and build image of NRHM / RCH programme; to stimulate demand for Government Health services.

ii) Specific objectives operational targets.

- a) To reduce the incidence of maternal mortality, child mortality and morbidity re-hydration and malnutrition rate and to provide both antenatal and post-natal a care to at the rural women.
- b) To make the people conscious through basic literacy, hygiene, nutritional and environmental education.
- c) To improve the nutritional and health standard of mother and children suffering malnutrition in our target area.
- d) To make the people of the target communities conscious about basic health needs.
- e) To desensitize the issue of family planning and trigger open dialogue among couples, other family members and within the community
- f) 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.

Methods:

Outreach educators have been using different kinds of dialogue and conversational techniques like focused conversation, Socratic dialogue, appreciative inquiry and persuasive dialogue. 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.

Focus:

- Maternal Health
- Child Health
- Family Planning
- Save girls child
- HIV / AIDS
- Malaria



Outcome:

- a) Reduction in maternal and infant mortality rates.
- b) Understanding of comprehensive immunization programme.
- c) To cut perinatal and neonatal mortality.
- d) 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.

- e) Increase consistent use of condoms among men in commercial sex encounters, with the non-regular sexual partners and among married couples
- f) Reduction in the female foeticide
- g) Awareness in the community regarding causes, symptoms, cure and control of malaria is increasing
- h) And finally to help in the image building of NRHM/RCH programmes, to help further stimulate demand for government health services.

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 (NVBDPC)** under line population under MDA about 13755 people and distributed medicine (D.E.C and Albendazole) from 12 September to 17 September 2011 in Sector – 4, Bokaro Steel City.

The Inputs for the program are:

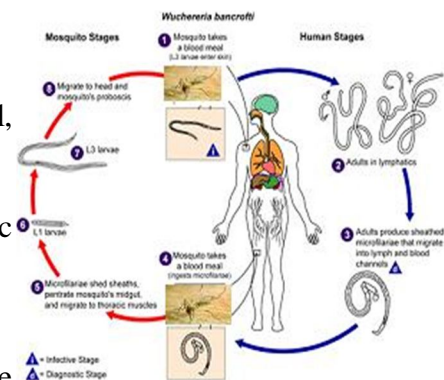
- Source reduction and personal protection measures
- Up-scaling of larvivorous fish for vector control, wherever feasible
- Use of larvicides in urban areas
- Ensuring availability of DEC tablets for all the endemic areas

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:

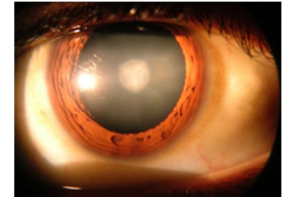
- ✓ Children below 2 years
- ✓ Pregnant Women
- ✓ Seriously ill Persons



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 Patrattu which forms a block of Ramgarh district in Jharkhand on 21th April 2012 where 34 patients were shortlisted for cataract who were later operated the day after on 22th of April 2012 and were also provided with free meals and free medicines. On 23th 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:

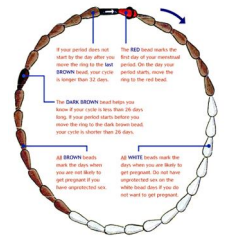
- To raise awareness of the free effective removal of cataract and treatment of other minor eye infections.
- To prevent age related blindness and other related ailments.
- To make people aware of the government non government outreach programmes helping in concerned area.

SDM & LAM Awareness:

This program was funded by **Institute for Reproductive Health**. The programme was carried out in the districts of Hazaribag 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 peri natal 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.

SKILL DEVELOPMENT

RAH carried out programmes for skill development to empower all individuals through improved skills, knowledge, recognized qualifications to gain access to decent employment and ensure competitiveness in the market.

Most of urban poor members are unemployed due to lack of education and technical knowledge. They are either maid servant or engaged in a low daily wages. They are not able to fulfill their daily needs through these works they should be given technical knowledge. The objective was to enhance individual's employability and ability to adapt to changing technologies and labour market demand.

“This is a major step forward for Rah in strengthening our educational programme that seeks to promote greater skills and knowledge among the urban poor. It is a win-win situation all around as more skilled and knowledgeable people from urban slums give uncompensated time to teach in slums. Enhancing opportunities for earning their own livelihoods through jobs or enterprises of their own,”

Keeping this in mind Rah has initiated **Computer Training Programme**, program was funded by **Sriram New Horizons Ltd.**

Objective

- Upliftment of downtrodden family
- Create opportunities for all to acquire skill throughout life especially for disadvantaged groups
- To promote better livelihood opportunities by imparting skill upgradation programme ;
- To Create an Individualized Skill Development Plan
- To Help You Become Self-sufficient Learning New Skills

Strategy

- A quality based training by trained and experienced trainers;
- Technical support by the qualified and knowledgeable person and proper guidance;
- Duration and nature the training as per activity

Activities:

- ✓ To disperse IT and computer and IT education and to work for the cause of community.
- ✓ To ensure the access of IT/Computer related vocational educational and training programmes. The globally identified/ recognized importance and need of basic and vocational computer education
- ✓ To Assess Your Basic Computer Skill Development Needs
- ✓ Course Duration – 100 days.

Course Details –

1. Computer Fundamental

Generation

History

Types

Parts of Computer

Knowledge of Hardware & Software

2. Operating System

Windows 98

Windows XP

3. Ms – Office

Ms – Word

Ms – Excel

Ms – PowerPoint

Ms – Access

4. Basic Concept of Internet

E-mail

Chatting

Surfing



Project Implemented Areas:

Areas	Beneficiaries
Godda	100
Chakradharpur	100
Jamshedpur	280
Bundu	100
Total	580

Development interventions are those that :

- ❖ improve the quality of life of the poor
- ❖ secure basic services and infrastructure
- ❖ lay the basis for rising standards of living over time through access to new forms of income generation

Outcomes:

- ✓ Sustainable skill enhanced
- ✓ Bright exposure
- ✓ Source of income became wide
- ✓ Family conditions uplifted