

LOK SWASTHYA SEWA TRUST,

ANNUAL REPORT 2012- 13

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1. Adolescent Girls' Health Education

Over the years, SEWA members have begun asking for a focused programme on health education for their adolescent daughters. Thus, Lok Swasthya SEWA Trust (LSST) provided health education comprising of the following topics:

- ***Know Your Body:*** Anatomy and reproductive physiology with an emphasis on menstrual cycle, contraception and other aspects of reproductive health.
- ***Nutrition:*** With special emphasis on what to eat and what to avoid, how to enhance food value of diet through sprouting, mixing, fermenting, use of green, leafy vegetables, knowledge of vitamin-A rich vegetables and fruits and reclaiming our traditional and healthy diets like using calcium-rich millets etc.
- ***Common Infectious or Communicable Diseases:*** This included information on diseases such as tuberculosis and diarrhea, and how to maintain hygiene and cleanliness to avoid infections, through small steps like regular washing of hands.
- ***Non-Communicable Diseases:*** Diabetes, cancer and Blood Pressure.
- ***Occupational Health Problems:*** The benefits of basic yoga asanas and other exercises in relieving back-pain and other musculoskeletal problems arising from particular occupations.
- ***Government Public Health Programmes:*** Knowledge on how and where to access benefits of such programmes and schemes.
- ***Social and Cultural Issues through a Gender Equality Lens:*** Information including but not limited to skewed sex ratio, discrimination against girls at home with regard to food, education, health; early marriage and early pregnancy.

In addition, girls who were part of our health education sessions were taken on exposure visits to places such as banks, post offices, Science City and others, to increase their exposure to science and technology and their advancement in our society. They were also taken to SEWA Bank, a women's bank. Some of the girls were provided counseling by a professional counselor as well as by local health workers trained by us. The girls

went on to participate in melas (fairs) in their districts and in Ahmedabad city, while some of them were also part of workshops on Leadership and Life-Skill. As a result, about 18 girls were inducted into the VHSNC (Village Health Sanitation and Nutrition Committees) of their villages, post which they began exercising leadership while undertaking health activities such as cleaning up their village or repairing the water lines.

As an outcome of the health education, several visits were organized to the nearby Primary Health Centers (PHC) to understand what services are offered there and how one can make use of them. This also helped in building up a rapport between the nurses and doctors at the PHCs and the adolescent girls, so they could participate more actively during the Mamta Taruni Divas- Adolescent Girls' Health Day. Many of these girls also established a new habit of getting their haemoglobin checked regularly.

Further, schools in Ahmedabad city and districts asked us to conduct health education sessions on the above topics for adolescent girls in their schools. They especially asked us to conduct sessions on reproductive health and 'Know Your Body' or body literacy, as they were not comfortable with taking up such issues. They sat as observers during some of the sessions to understand how these issues could be dealt with, and more importantly how they could be dealt with in a gender sensitive way.

Finally, we linked the girls with vocational and skill-building programmes offered by the government and local trusts, for garment making, weaving of door-mats and computer literacy.

In the year of 2012-2013, 1184 adolescent girls in Ahmedabad city participated in our health education sessions and other activities, 1468 participated from Dehgam block, Gandhinagar district and 93 from Tapi district where we began work in 2011. Thus the total outreach through these programmes was 2745 girls.

2. Child Care Programme

For the Child Care Programme of LSST, Shunya Foundation, Mrudulaben Sarabhai Trust and Dalyan Foundation contributed financially towards 13 of our Child Care Centers. This helped us reach 455 children through various integrated and comprehensive childcare and child development services. During this programme, the following activities were carried out for the year of 2012-13:

- A. **Healthy Food:** The children coming to the Child Care Centers are given healthy food twice a day. They are given a freshly cooked meal once a day and some healthy snacks.

- B. **Parents' meetings:** With a view of encouraging parents to take interest in the development of their children, every month a parents' meeting is organized at the centre wherein topics related to child development, such as the role of father in child care, water-borne diseases, women's diseases and concerns about child's physical and mental disorders are discussed. In our experience parental participation in child care increases through regular contact with them, and so does their focus on child development. During this year, 156 meetings were organized in which 429 parents participated.



During these meetings with parents, their queries regarding their children are addressed by an experienced doctor. They are given proper guidance and counseling. 390 parents have been counseled by our doctor in this year.

Counseling by Dr. Renuka



C. **Meeting with Fathers:** With a view of increasing fathers' participation in the development of their children, a meeting with fathers is organized every 3 months, during which topics like role of father in child care, addiction and its negative impacts on self and family, and cancer are discussed. During this year, 54 meetings were organized especially for fathers.

D. **Fun while you learn:** For overall development of children, the centre organizes educational tours, children 'mela' or fair, pottery workshop and other such activities. To inculcate a feeling of respect for all people, faiths and traditions, we celebrate all festivals in our centers. This year, 15 Balsevikas and 180 children were taken on a



picnic and a children's fair was organized which included various games and competitions for the children. A total of 1200 children participated in this fair.

E. Parents 'sammelan': This year, a large gathering of parents or a 'sammelan' was organized, in which 1325 parents participated from various centers. During this meeting gender discrimination, de-addiction, child development, family planning, healthy foods and other topics were discussed by expert doctors and parents participated with enthusiasm.

F. Graduation Programme: Education is a very important part of children lives which is why we try to ensure that the children who come to our child care centers get a solid educational foundation. A farewell or 'graduation' ceremony is organized during which each child is given a certificate and a memento. Around 460 children were given this certificate this year along with a small gift. Local donors supported and contributed to make the ceremony possible.

G. Health Education, Check-ups and Referral services: Each and every child at our Child Care Centers is regularly weighed and vaccinated. The Child Care Centers work closely with parents and local families to carry out health related activities. This year, 3 diabetes and eye camps were organized through which around 130 people got screened and tested. Through our efforts in Bapunagar ward of Ahmedabad, 770 students from 5 schools were engaged in discussions about gender equality, cancer and ill effects of addiction. A session on health education for adolescent girls was organized for 52 girls to provide general knowledge about the female reproductive system.

H. Capacity Building of Balsevikas:

To maximize efficiency at our Bal Sewa centers, we organise regular trainings for the Balsevikas. This year one training was organised in collaboration with 'Nai Sanstha', an organisation involved in developing play materials from waste, among other

constructive activities. 14 of our Balsevikas participated in this training. 57 Balsevikas attended a training session on stress management, time management and positive approach and 8 women participated in a market skill training organized by SEWA Cooperative Federation.

3. T.B. Control and Prevention Programme

Under this programme, in collaboration with Ahmedabad Municipal Corporation, we provided information and treatment of TB to about 1 lakh people of Asarwa and Chamanpura. This information was imparted through area meetings, rickshaw broadcasts, wall paintings, video replays, service meetings, and education sessions by doctors and through educational exposure visits. In 2 DOTS centers, 102 patients were given oral medication in our presence, out of which around 17 patients were MDR (Multi Drug Resistant) TB patients. 94 patients of TB were also tested for HIV and 5 people were found to be HIV positive. Patients who were cured of T.B. were provided financial assistance for healthy and nutritious food. During this year, a total of 11 people were provided financial assistance worth Rs 33000.



TB meetings in Area

Members working on TB bacteria at the Urban Health Centre



The tri-monthly report of 2012- 13 as per WHO standards is as follows:

	WHO standards	April- June 2012	July- Sept 2012	Oct- Dec 2012	Jan-March 2013
Cure rate	85%	80%	100%	100%	100%
Conversion rate	90%	100%	93%	95%	95%
Default rate	5%	0	0	0	0
Death rate	5%	0.1%	1%	0.5%	0.5%



TB information to students

Around 250 medical and nursing students along with teachers and principals from 9 government schools were given exposure to our TB control work, and provided education and information regarding T.B. The TB patients were provided with RSBY and Ma Amrutum Yojana cards.

4. Educational Support

A couple from overseas, who participated in an Exposure Dialogue Programme (EDP) organized by SEWA, has provided financial assistance for 7 members of their host family to cover fees of the children, their uniforms and school books.

5. Impact Assessment Study of Social Security Programme

The Packard Foundation provided support for a study on SEWA's Social Security activities – health care, child care and insurance. This study has been undertaken by Gujarat Institute of Developmental Research (GIDR) and included activities at Surat, Ahmedabad, Dholka and Sanand. The study report will be prepared once field work is completed.

6. SETU Africa Programme

Under this programme, various activities to promote child and health care, to exchange experiences in the field of adolescent girl education and other related health programmes will be carried out in 5 countries of Africa.

7. Occupational Health Programme

Lok Swasthya Sewa Trust, in collaboration with WIEGO, carried out a programme under the umbrella of occupational health, which included papad workers, kite- makers, waste paper collectors, farmers and embroidery workers. After studying the requirements of these workers, with the help of the National Institute of Design (NID) and the Mayer's Institute of Technology, Pune (MIT), various tools for their occupations were designed.

A chair was designed specifically for garment workers and a cane cutting knife for sugar cane workers. 140 chairs and 60 knives were distributed to these workers. During this year, with the help of NIOH, a state- level workshop was organized, in which workers, government officers and scientists participated. The main purpose of the workshop was to address the various issues faced by the workers and to develop policy recommendations to safeguard the health of workers as well as increase their productivity. During the workshop, workers highlighted their difficulties and they were provided with some occupational health education. 190 members were provided group education and 900 members were provided individual education about occupational health.



8. Needs Assessment Study of Insurance Services

We have received financial support for a study, to discover possibilities of transforming SEWA's Insurance Cooperative, VimoSEWA, into an insurance company. The study has been funded by the Swiss Development Corporation and will be carried out by Miliman India Pvt. Ltd.

9. Financial Support for Medication

Saraspur Nagrik Seva Sahakari Bank has donated money to Lok Swasthya Sewa Trust to ensure financial assistance for patients admitted in Saraspur Municipal Hospital in Ahmedabad. We have been able to help 800 patients through this support.