



ANNUAL REPORT

2020 - 2021



RAIGARH AMBIKAPUR HEALTH ASSOCIATION

RAHA Annual Report

April 2020 to August 2020.

Project No.: **321-155-1010ZG**

Objective (1): The rural population in the above mentioned targeted districts is protected against poverty caused by medical expense.

Indicators: At least 20% of the population of the target area is members of the RAHA Community Health Protection Scheme.

Activities and its achievements:

Activities at RHCs and in the Villages:

1. Community Health Protection Scheme: 48383 persons enrolled. This is enrollment of people in the villages. School enrollment is during admission in June every year. This year due to COVID-19 this may get delayed. School may reopen by middle of September 2020 or even later.
2. Patients treated at hospital:

Period	Total Referral	Malaria	Malaria with Enteric Fever	Malaria with Anemia	Enteric Fever (Typhoid)	Anemia	Gastrointestinal Infection	TB	Hypertension	Diabetes	Other
Apr– Aug20 20	113	0	0	0	2	5	5	1	5	4	91

Malaria was endemic in our project area and now as you see Malaria or cases associated with Malaria have declined to zero. It may be due to a flattening bell curve, but, it surely contributes to our preventive measures like use of mosquito net, environmental cleanliness, homemade mosquito repellent and use of Malaria preventive herbal medicine prepared by RAHA team.

3. Health education on various topics

Topics	Number of participants
Immunization	34
Malaria	594
Tuberculosis	59
Diarrhoea	101
Pneumonia	69
Other (Malnutrition, Mental Health, Hygiene, Scabies, Anemia, Heat stroke, Snakebite, Disability, Sickle cell anemia etc.)	3167
Lifestyle Diseases	
Heart Diseases & High blood Pressure	10476
Diabetes	10602
Cancer	0
AIDs	0
Alcoholism	18
Arthritis	10

4. School Health Education: 0
5. De-worming of school children 0

6. VHWs meetings with Sister Nurses at RHC	49 meetings (364 participants)
7. Demonstration of Herbal medicine preparation	86 demonstrations (2473 participants)
8. Preparation of herbal medicine for malaria	1050 family (4059 persons)
9. Community meetings (village)	562 (11369 participants)
10. Households visits	4728 (Met 11088 persons)
11. Meeting with SHGs	07 (75 SHG members met)
12. Preparation of organic manure	77 pits
13. Farm based pond	18 pond
14. Kitchen garden	328 families
15. Herbal Garden	69 families
16. Tree plantation	4280 trees

Trainings & Workshop

- Training for villagers on SRI Cultivation	30 (351 participants)
- Training for villagers on Herbal medicine	59 (1068 participants)
- Training for villagers on organic manure	18 (281 participants)

Non Communicable Diseases (NCD) Programme

	Total Screened			No. of Identified Person			Treated at Referral Hospital		
	M	F	Total	M	F	Total	M	F	Total
B.P	1167	1581	2748	110	156	266	16	23	39
Diabetes	1152	1541	2693	95	62	157	18	14	32

Quarterly Review and Reporting Meeting of Community Based Awareness, Prevention and Control of Diabetes Program were conducted on 28 July 2020 in Ambikapur & 29 July 2020 in Pathalgaon, supported by World Diabetes Foundation (WDF), Denmark. In this meeting we discussed how to do the work during Covid-19. It was recommended to the staff not to do work that involves touching a person like checking B.P. or Blood sugar measurement until further information to prevent Covid-19 spread.



The Sister Nurses were not able to attend meeting. The field supervisors were directed how to make available medicines for Hypertension and Diabetes through Rural Health Centre (RHC) or to reach through a family member or Field Supervisor himself.

Collaboration with other Agencies

RAHA continue its partnership with JVS-LF, Varanasi and implement the program for children & youngsters with Disability. JVS-LF support physiotherapy home care for 26 children, help for corrective surgery, and appliances on individual basis.

RAHA also continue its work with World Diabetes Foundation for Community Based Awareness, Prevention and Control of Diabetes.

With an organization called “Vitamin Angels” support RAHA by donating prenatal multivitamins for pregnant women and Vitamin A supplements and de-worming tablets for children under five years. Vitamin Angels helps at risk populations in need – specifically pregnant women and children under five to gain access to life changing vitamins and minerals.

Covid-19

- Awareness meeting 621 (20460 participants)
- During this Covid-19 pandemic, RAHA has supported 100 Persons with Disability (PWD) and their family, Senior citizens, widows, and people who are poor and suffering from chronic illnesses like Hypertension, Diabetes. RAHA has distributed 10000 masks, 3000 soap, homemade sanitizer, 5000 printed information on Covid-19 through RAHA RHC.
- During this period, we were not able to conduct Health Checkup in the villages, School Health Education or any other meetings with many people. In our project villages there were no cases of Covid-19, so we conducted health education on Covid-19 prevention and awareness program in small groups. Video show with laptop and Mobile Tablet with Covid-19 information, what to do and what not to do, to stay at home and move out only when very necessary etc. From RAHA main office we were in touch with field staff for any type of help and support.
- All persons suffering from Hypertension, Diabetes, or senior citizens we distributed masks, soap and sanitizer. Talked to them the importance of staying at home and importance of follow-up treatment for their health problem.
- RAHA also worked with CBRF Bangalore for 9 months in the field of Disability (July 2019-March 2020). This small project was supported by Caritas India through CBRF Bangalore. The fund for this project was from MISEREOR, Germany, who is supporting RAHA from its very inception for Community Health and Development program of RAHA. MISEREOR would not support any organization which they are supporting directly. Though I tried to tell MISEREOR that there is no duplication of service or funding towards this activity, it is their policy and we had to step down from our collaboration with CBRF.

RAHA had trained 5 staff for this program and database for disability was prepared for 25 villages. We found hard to dishonor the expectation of the disabled people and their family. Fortunately a friend of RAHA came forward to help us in this difficult situation and we continue the program as planned for the time being. For this program in 25 villages the population is 34971 and number of persons with disability are 425 in which children under 15 years with disability 27 (blind-5, deaf -4, cerebral palsy (CP) – 18). These children are visited at home twice a week by 4 CBR workers. We see comparatively good progress in these children especially children with CP.

Special events addressed:

Due to Covid-19 pandemic no special events were done.

Evaluation: During this project period there was no formal evaluation done.

RAHA team thanks MISEREOR and especially staff of Asia Desk for your kind understanding, support and all direction given.

Project Number: 321-155-1011

Project goal: To increase access to affordable, effective and quality preventive, promotive, curative and rehabilitative health care for rural poor and tribal population in the RAHA operational villages, with special attention to life style diseases like Hypertension and Diabetes and to reduce the preventable and avoidable burden of morbidity, mortality and disability in the selected villages around 46 rural health centers of RAHA.

Objective-1 : Selected Rural Health Centre (RHC) staff for Non Communicable Disease (NCD) program are able to deal with Hypertension and Diabetes, and refer patients for treatment who are enrolled with CHPS, and continue care for minor health problems using local herbal medicines and minimum use of allopathic medicine, improve nutrition using products from kitchen garden & organic farming and impart health education including Covid-19.



Indicator:

- 80 % of the 46 Sister Nurses attended the meeting and 50% population received awareness information on NCD.

Activities

1.1 (a) Quarterly meeting & refresher trainings for sister nurse on NCD and sharing information from the field conducted regularly. Over 80% of Sister nurses attended meetings regularly.

(b) 138 new villages were selected adjacent to 230 villages already attached to this project and screening of entire population over >30 years of age and identified persons with high blood pressure and blood sugar were sent for investigation and final diagnosis. Regular follow-up in the villages for treatment compliance and any complications were done.

1.2 Providing health protection through RHCs

(a) Receive subsidized care in the RHC and in the referral hospital and also the access to the RAHA community health services to all villagers and school children.

- Enrolment in Community Health Protection Scheme (CHPS) was less than previous years due to the lockdown in the COVID-19 pandemic crisis. Membership in CHPS was 58,246 in 2020-2021. The patients attending RHCs were also very few during Covid-19. The Field Supervisors and Animators visited villages and reached necessary medicines to people who needed medicine for Hypertension and Diabetes, and also for other minor problems. Villagers were given a recipe by Chhattisgarh Government for medicated tea to prevent Covid-19.



In the hospital 757 persons from 58,246 enrolled with CHPS received treatment during this reporting period.

Village health camp -During this year conducted 12 health camps and 515 persons benefitted of which Male-167, Female-348.



Village Eye screening camp -

Total eye screening camps – 8 and 178 persons were screened and 56 persons received spectacles.



(b) Develop skills in use of local herbs, kitchen garden and organic farming.

- Training & Demonstration of herbal medicine preparation done for 13760 persons through 180 trainings in the villages and medicine prepared for 9917 persons with various health complaints and also to prevent Malaria.



- The Field supervisors with VHW supported 476 families to develop new kitchen gardens also 111 families planted herbs with kitchen garden.



- - In organic farming 40 trainings were conducted and 482 farmers were trained. Preparation of organic manure – 39 trainings and 597 participated in the training and 139 manure pits were made. Farmers also use compost manure. The use of chemical fertilizers reduced after the training.
- 128 Farmers paddy cultivated with SRI technique.



(c) Health education through demonstration, video show, group meetings and family visit.

- Health education on deficiency diseases and communicable diseases – 10857 people were reached. This was done through demonstration, video show and in groups.



- Health education on lifestyle diseases especially – Hypertension & Heart diseases-58738 persons, Diabetes – 58108 persons, Cancer-406 persons, Aids-1279 persons, Alcoholism 357 persons, and Arthritis-486 persons benefitted.
- 20460 persons attended Covid-19 awareness health education.
- 100 selected families of very poor, senior citizens living alone and disabled persons received dry ration kit, mask, soap, home-made sanitizer.

- **Health Education and Empowerment done through various important days-**
- **World Women's Day – 8 March 2021-** 9955 participated. RAHA celebrated International Women's Day very grand. The celebration took place in 25 spots from 6-8 March. Women gathered in good number. The theme was "Choose to Challenge" A challenged world is an alert world. Women were invited to choose challenge and call out gender bias and inequality. They were encouraged to celebrate women's achievements even at panchayat level and create an inclusive world. From challenge comes change, so let's all choose to challenge.



- **World Diabetes Day – 14 Nov 2020:** The World Diabetes Day (WDD), 14 November was marked in a different manner this year. For the 'Diabetes Walk' we could not gather people in big numbers due to Covid-19 regulations. We prepared 3 vehicles with attractive and informative banners which depicted the theme of WDD this year and awareness information on Diabetes prevention, early diagnosis and treatment and care to prevent complications. About 10-12 staff and volunteers moved in Jeep and motorbikes slowly and announced with loud speaker information like diabetes incidence in the world, in India, comparative data like one in every six cases of Diabetes one is an Indian etc. Local situation of Diabetes, need for screening was also highlighted. Every place where there was cluster of houses, shops, the staff got out and spoke to people and distributed pamphlets and moved on. The vehicles moved in Jashpur, Pathalgaon, Ambikapur, Balrampur towns and villages and shared information with a large number of people. The rally addressed in 32 spots and could reach much bigger numbers of people despite Covid-19. The estimated number of persons reached with awareness information is 6400.



- **World AIDS Day – 01 Dec 2020:** The theme this year was "Global Solidarity, Resilient Services". We gave information in 18 spots on AIDS and the theme this year and the care one needs to take to protect oneself from AIDS. The area where we work we do not see AIDS cases and people are not sufficiently aware of this problem. So, every year we speak in the gatherings about AIDS and the situation today in the world, in India and in Chhattisgarh. Total persons attended 1050.



- **World Disability Day – 03 Dec 2020:** The theme this year was “Building Back Better: towards an inclusive, accessible and sustainable post Covid-19 world by, for & with persons with disabilities”.

The disability team participated in a webinar conducted by Jan Vikas Samiti, Varanasi and five in the team attended the classes which was for three days. It explained the care of Persons with Disabilities (PwD) especially children during the Covid-19 period. On this day the team spoke in the villages to PwD as well as villagers regarding this theme. It took place in 14 spots and 700 persons participated.



Objective 2: Schools of the project area of RAHA are focused on health & hygiene and common minor health problems in students and the awareness of teachers and students strengthened by health education on Communicable and Non-Communicable diseases and Covid-19.

Indicators: 60% of 120 school's children receive health education, Albendazol Tab, Spectacles if needed.

- Due to Covid-19 the school health programs could not be conducted.

Objective 3: Provide services for the children and youngsters (0-25) with disability, giving special focus on Cerebral Palsy and Physical disability in Pathalgaon Block

Indicators: 80% of 52 identified children with disability receive individualized care as per their needs like- physiotherapy, school enrollment, and 80% of 1178 adult person with disability are formed into Disabled Persons Organizations (DPO) groups.

Activities:

3-(a) Home based physiotherapy for children with disability and develop parents skill in caring for a child with disability

- 27 Children receive home based physiotherapy two days a week. They are assessed and physiotherapy given according to need. Every month the Community Based Rehabilitation (CBR) worker report the progress and support of family for care. They have also enabling environment

prepared according to the need of the child, like – parallel bar, Cerebral Palsy (CP) special chair, knee brace, K.A.F.O., Palm exercise kit, Teaching Learning Materials (TLMs) etc.

- The parent especially mother or the person who cares for the child is asked to be with CBR worker to learn physiotherapy and do it daily. Care of the child like personal hygiene, balanced diet, importance of communication with child, socialization, etc.



3-(b) Support parents to enroll children in schools, help to create an enabling environment at home, in the schools and in the village.

- Home visit to children's family twice a week – 27
- Counselling parents with disabled children - 27
- 5 out of 27 were enrolled in the school. A blind child Ku. Sweta Vishwakarma class-10 passed with first division.
- They have also enabling environment prepared according to the need of the child, like – parallel bar, Cerebral Palsy (CP) special chair, knee brace, K.A.F.O., Palm exercise kit, Teaching Learning Materials (TLMs) etc.
- We also encourage and see that the schools have ramp where children with disabilities attend schools.

3-(c) Organize disabled persons to form groups and get benefits from the Government.

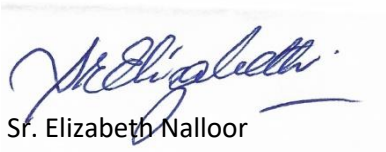
- Following supportive activities done – Aadhar card prepared-26,
- Receiving Disability pension – 42
- Help (subsidy) for various livelihood – 34
- Supported to get Job card for NAREGA program – 60
- Supported to get Disability Certificate-106
- Supported to get Free Bus pass – 08
- Four persons with disabilities sent for training in ITI for livelihood– Tailoring-1, Driver-1, Electrical -1, Computer Operator-1
- There are 18 DPO groups. They have regular meeting and are able to demand for their rights. Whenever they need help they ask and we facilitate them like – meeting a government official or to write a complaint or application.

The coordinator for disability has very good contact with local department for disability rehabilitation. They communicate to the coordinator regarding availability of various equipment for the PwDs like – wheel chair, tricycle, walker, hearing Aid, cane for the blind, play materials, teaching-learning materials and so on. The RAHA CBR staff follow up all of them and teach them to use it properly and later we report to department of disability regarding the utilization of these equipment.



Evaluation: During this project period there was no formal evaluation done.

RAHA team sincerely thanks MISEREOR and especially staff of Asia Desk for your kind understanding, support and all direction given.



Sr. Elizabeth Nalloor
Executive Director
RAHA.

RELIFE WORK FOR COVID-19



Awareness Program



Mask Distribution



Ration Distribution for Disabled



Ration Distribution

ACTIVITY OF RAHA



School Health Education



Village Health Education



Health Check-up



Eye Check-up



Village Meeting on CHPS



Vitamin Tablet Distribution



Teachers Training on School Health Education



ACTIVITY OF RAHA



Kitchen Garden



Herbal Garden



SRI



Seed Treatment



Herbal Medicine Training



Herbal Medicine Preparation



Skill Development Training for Disabled Children