

ANNUAL REPORT

2021-2022



RAIGARH AMBIKAPUR HEALTH ASSOCIATION
B.T.I. CHOWK, PATHALGAON, DISTT.- JASHPUR, 496118

Project Number: 321-15-1011 ZG

Implementing the project and achieving its objectives:

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 lifestyle 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.

Achievements of the project objective/s:

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. There was one training in which 42 nurses and 18 field supervisors attended. Two Doctors from a community based organization from Ambikapur gave classes on Non-Communicable Diseases and cleared doubts. A doctor from Government hospital oriented on programs of government. Training on Covid-19 and health care conducted for Parish Priests (PP) and health center sisters on 20-21 Sept 2021. Total participants -PP-39, and RHC Sisters Nurses – 21.



- (b) 368 villages regular screening and follow-up 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.



Screening in villages for Diabetes and Blood Pressure:

Sl.no.	Activity	Male	Female	Total
1	Blood Sugar Test	14812	18766	33578
2	Persons identified with symptoms of Diabetes	2507	3036	5543
3	Persons referred to referral hospital	1411	1908	3319
4	Persons reported to other hospitals	464	269	733
5	Persons diagnosed with Diabetes and treatment started	1875	2177	4052
6	Blood Pressure Measured	16015	19621	35636
7	Persons identified with high blood pressure of Hypertension	4082	4533	8615
8	Persons referred to referral hospital	1216	1524	2740
9	Persons reported to other hospitals	671	660	1331
10	Persons diagnosed with Hypertension and treatment started	1887	2184	4071

The project of Diabetes was financially supported by World Diabetic Foundation (WDF) project number WDF17-1528 for three years from October 2018 - July 2021 got completed and finally reported in October 2021. The follow-up of the program is continued by RAHA.

Total Screened		No. of Identified persons		No. of persons reached hospital for final diagnosis		No. of persons diagnosed and taking treatment from Hospital	
Target	Achieve	Target	Achieve	Target	Achieve	Target	Achieve
103500	109682	0	11104	7628	6270	7628	6408

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 62,109 in 2021-2022. April – June 2021 Covid-19 cases were very high and during this period there was lock down frequently. In the hospital 443 persons benefitted from CHPS during this reporting period. Out of the 443 patients, 208 patients went to a referral hospital more than once.



Village health camp - During this year conducted 41 health camps and 1175 persons benefitted of which Male-446, Female-729.



Village Eye screening camp -

Total eye screening camps – 53 and 825 persons were screened and 276 persons received spectacles.



Multivitamin tablets distribution to persons (30 each) who were weak and old to develop immunity. A total of 90000 tablets distributed.

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

- Training & Demonstration of herbal medicine preparation done for 8140 persons through 101 trainings in the villages and medicine prepared for 6210 persons with various health complaints and to prevent Malaria.



- The Field supervisors with VHW supported 992 families to develop new kitchen gardens also 221 families planted herbs with kitchen garden.



- In organic farming 44 trainings were conducted and 854 farmers were trained. Preparation of organic manure– 119 trainings and 6629 participated in the training and 359 manure pits were made. Farmers also use compost manure. The use of chemical fertilizers reduced after the training.
- 140 Farmers cultivated paddy with SRI technique.



- (c) Health education through demonstration, video show, group meetings and family visit. Health education on deficiency diseases and communicable diseases – 17932 people were reached. This was done through demonstration, video show and in groups.



- Health education on lifestyle diseases especially – Hypertension & Heart diseases-60063 persons, Diabetes – 59365 persons, Cancer-562 persons, Aids-1297 persons, Alcoholism 940 persons, and Arthritis-548 persons benefitted.



- 154998 persons attended Covid-19 awareness health education.
- 6 selected families living in the forest fear of wild elephants received dry ration kit, mask, soap, home-made sanitizer and clothing. They were also given a small solar system for lights and tin roof for their huts.



- **Health Education and Empowerment done through various important days-**

- **World Health Day, 07 April 2021:** The World Health Day theme was “Building a Fairer, Healthier World.” We conducted program only in one place as lockdown started from 11th April 2021. Total participants 101. All participants B.P. and Blood sugar were checked and health education given on immunity, nutrition and how to prevent Covid-19.



- **World Sight Day, 14 October 2021:** Total participants 193. Every year October second week Thursday is celebrated “World Sight Day”. This year October 14, also marked Dashahra puja. We kept this important day for 2 days. On 12th in village Bahanatangar, and 13th in village Kharkatta of Pathalgaon block. RAHA team screened eye of 193 persons. Spectacles to 23 persons & eye drops for 11 person given. Referred to eye specialist 19 persons. Referral for Cataract operation -18 persons. Health education given on Eye care and eye exercise.



- **World Diabetes Day, 14 Nov 2021:** The World Diabetes Day (WDD), 14 November was marked in a different manner this year also. For the ‘Diabetes Walk’ we could not gather people in big numbers due to Covid-19 regulations. Conducted Diabetes Walk in 12 spots in small groups, total person participated 1374 (m-568, f-806).



- **World AIDS Day, 01 Dec 2021:** The theme this year was “End AIDS”. We gave information in 14 spots, today over 5588 people reached through awareness education on AIDS. The month of December is dedicated to spreading messages on AIDS prevention and information on the theme AIDS 2021. The World’s target is to end AIDS by 2030 for which we need to take bold action against inequalities. To beat AIDS and build resilience against the pandemic of tomorrow we need collective action. We must also have better public services to achieve universal health coverage for everyone everywhere.



- **World Disability Day, 03 Dec 2021:** The theme this year was “Leadership and participation of persons with disabilities towards an inclusive, accessible and sustainable post Covid-19 world”. World disability day was marked in 2 places one in Surajgarh and the other in Tapkara. Every year we remember and give time on this day for Persons with Disability (PwDs) so that the society give due inclusion and respect to PwDs. Discussed with PwDs their rights and encouraged them to get their rights from the Government at block and district level. Total participation – 952.



- **International Women’s Day, 8 March 2022:-** 6750 participated. RAHA celebrated International Women’s Day very grand. The celebration took place in 13 spots on 7-8 March 2022. Women gathered in good number. The theme was “Gender equality for sustainable tomorrow”. Speeches on achievements of women at all levels were given by guest speakers and women themselves. They also enjoyed cultural program and games.



- **World TB Day, 24 March 2022:** To raise public awareness about the devastating health, social and economic consequence of TB. RAHA observed World Tuberculosis (TB) Day on March 24. On World TB day program of RAHA in Pathalgaon and Ghaghra of Jashpur District and village Podippa and Shantipara in Surguja District. The program was attended by 845 participants. The awareness program will continue through this month. Each day, over 4100 people lose their lives to TB and close to 30,000 people fall ill with this preventable and curable disease. The theme of World TB day 2022 – ‘Invest to End TB. Save Lives’, conveys the urgent need to invest resources to fight

against TB and achieve the commitments to 'End TB' made by global leaders. The Covid-19 pandemic has put 'End TB' progress at risk and TB deaths have increased over a decade in 2020. We need to ensure equitable access to prevention and care of TB in line with WHO's drive towards achieving Universal Health Coverage.



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, Albendazole Tab, Spectacles if needed.



Activities:

3920 students benefited from 65 schools with health checkup and 3920 students received Albendazole the Deworming Tab. The teachers at the schools visited were also given class on Covid-19 and other health problems of students. The schools visited are much fewer than the regular school visits.



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 parent's skill in caring for a child with disability

- 23 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 to 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.
- During this year 1 child died of infection and 6 children moved out of the program after 18 years of age. Three new children with Cerebral Palsy were added to the project.
- 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 and also care for the child like personal hygiene, balanced diet, importance of communication with child, socialization, and so on.
- Children with Disability had Skill training from 7-16 November 2021. A total of 10 children attended training 7 hearing impaired, 2 blind, and 1 low vision. They learnt to speak, to count in English and Hindi, they also learnt names of various things. The blind learnt to move about with white cane and identify things with touch. It was also important that they stayed out of home and familiar situations.



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 – 23
- Counselling parents with disabled children - 23
- 5 out of 23 continue to go to 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-197,
 - Receiving Disability pension – 104
 - Help (subsidy) for various livelihood – 13
 - Supported to get Job card for NAREGA program – 86
 - Supported to get Disability Certificate- 197
 - Four persons with disabilities sent for training in ITI for livelihood – Tailoring-1, Driver-1, Electrical -1, Computer Operator-1. In June 2022 they wrote exam and waiting for result.
 - 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.
- Helped to cultivate Kitchen garden in 186 families of disabled persons in Pathalgaon block. This was to encourage families to use more vegetables in their diet to prevent Anemia and Malnutrition.



The coordinator for disability Mr. Amit Kumar has very good contact with local department for disability rehabilitation. They communicate to the coordinator regarding availability of various equipment for the PwDs like – wheelchair, 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.

Action Plan for 2022-2023

Stress on:

- Kitchen Garden
- Herbal Garden
- Water Conservation

- Organic Farming
- Tree Plantation

Health Education on:

- Covid-19 & other Seasonal Disease
- Mental health, Importance of exercise & Yoga.
- Climate Change and its effect on human health, Earth health.

On behalf of RAHA, I would like to place on record my grateful acknowledgements:

- ❖ I take this opportunity to express a deep sense of gratitude to MISEREOR Germany, for their longstanding relationship and financial support to RAHA, to deliver health care services.
- ❖ My deep appreciation and thanks to Liliane Foundation (LF), Holland and Jan Vikas Samiti, Banaras for supporting children and youngsters with disability.
- ❖ Happy and grateful to a friend from Switzerland Ms. Monica Thaddey who supports for Community Based Rehabilitation.
- ❖ Sincere thanks to Governing Body and General Body of RAHA, The Bishops of Ambikapur, Jashpur and Raigarh, The Provincials of different religious congregations networking with RAHA, All parish priests, and school authorities.
- ❖ Heartfelt thanks to Health Center Sister Nurses, all the Animators and VHWs and people of the villages with whom and for whom we work.
- ❖ I extend my deep appreciation to RAHA team members who take forward RAHA's vision.
- ❖ I specially thank the Vicar Generals, Directors of School, and social work Directors, for Ambikapur, Jashpur and Raigarh, fathers and Sisters who are present for the meeting today.



Sr. (Dr.) Elizabeth Nalloor
Executive Director

ACTIVITY OF RAHA



Health Education



Health Check-up



Eye Check-up



Albendazole



Village Health Camp



Eye Check-up



Health Education



Village Meeting on CHPS

ACTIVITY OF RAHA



Kitchen Garden



Herbal Garden



SRI



Seed Treatment



Herbal Medicine Training



Herbal Medicine Preparation



Skill Development Training for Children with Disability

