CHW'S in ANDHRA 1. Br. Junal, Mc. BC(2) R.C. Clfuch, Nunna, Slauti Nivas Nunna P.D. white House Compound gaya -823001 521212. Kristna Dr. A.P. 2. Sr. Benilos, 30(2/9) now in school for children in read of sp. care Seuri Lull, Sewi Road Bombay - 400033 Premolan, (Betweenpally) Go Catholic Church. Bellompally., Adilahad Dr. Ap-504251 Sr. Mary's Memorial Health Centre, 3 Sr. Juliana, BC(4/4) Sr. Theresja's convent, Vegendla P. Q.
Tenali Taluk, geneur Dr.
522213 Sanoth hagar, Hyderabad -500018. Sr. Marianna Anteny - Bc(417) Maria Bambina Convent, Danara. Bhimaropally. Manne Via Marriguda,
Nalgarda, Dr - 508245 6. Sr. Mory Kurissery Bd418 PhND:51 Christin Typethi Nilayam Convent, Tyothinogor. Hanuman Junction 521105 Kustina Dr - A.P. Br. george MM. Bc (4/114) Sr. Josephe High School, To sandband Kudrampur Khamman Dr. A.P. 507101 Ox Sr. Nicollette gayam, BC 5/3 Sr. Squatue convew" Durgi P.D. Palnad Toluk, Via Macherla. guntur Dr. - A.P. Vr. Martin cushnan essR-BC(5-(18) -> To Goa Redemptorist Fathers Morispet PO. Chenchuper Tenali -5°22202, guntur Di

9 Sr. Flavia D'Silva, BCG4 Sr. Joseph's convent, Salyapuram, Produttir, Dr. 516360 Sr Prasanna CSF - Bc (6/10) Sr. Pauls church Diplomage urneer P.O. Adilahad Dr. S'a4311 Sr. Jaya - BC6/2 Holy cross convent 14 14 hodelde DornalacAP 523331 12 Sr. Stella Mary . BC63 Bishops House. B. comp. 518002 (19).

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O Sv. Alphonse Ko. Bc 3/5our hady of Pellar Hospital Fathegung comp 24 Barada - 2 Gujanat.

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431, Thogothy PD rear Jog Falls) 57720\$ Shinoga 577431 Yes Thomas galous stoosy 2. Sr. Rosamma Joseph - BC/2/13) Sr. Joseph's convent- Mospiral) - Kerala Martally 10 571444 Kollegal Taluk, Karvaloka. 3. patte Sr Mary Susheela of Jesus. Kamarabally, Flaser Town P.O. Yesu Ashram Yeser Ashram B: Love -500005 Modiwola Bangalore -560068. Karwar Diocese Si Nancy Ferras - BC(3119 Christa Seva Nilaya, Chipqi Christa Prabha Convent Narebail Post, Suisite 581402.

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9. B. Ankony Pettickal - BC (311) Malabar Musionary Brother Maria Blavan ganj Bosada P.O, Vidisha disr. MP -464221. 10. Br g. Victor - Bc(3/2) cattolic church March State on the Panne. 488001. A SE ME FOR 11. Sr Hary Satya - BC6/12 Painthra Mridai Bhawan, Bina - M.P. 12. Fr. Abraham Moder - BCS Cothelic Church Hojanangach.
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## CHW'S in MANARASHTRA Society of the Helping Mary, (close to (10-15km) from Anand Vikar, 1. Sr. Kalawathi - Bc (113) P.O. Jilaknoger, Ahmednogan Dist. 2. Sr. Teresa Jose - BEJRCI. Transported Holy cross convent. Malighogargaon Vaijapur TR, Aurangabed, Maharashtra 3. Sr. Darstana - Bully MA Nikelan 2nd Pokaran Thone - 6 Stannis Sister. 4. Sr Alphonea Ko. - BC 8/5) New gfils School Lokamanya Tilak Rd, gujaral. Boristi week, ? Nousiap. B. bay 400092 5. Sr. Natalia D'Hello Fc - Bc. (3/18) doughtois of The Cross. Ph. - 3234. Knupa Prosod, Old Bombay Agra Rd, NasiR city, Sr. Servia SD, Bc (419) Askadham Hospital. wir (SCRy). Chandrapeur Dr. PhNo -3234 7. Sr. Consesso Nunel FC. BC 8/12) Krupa. Prosod Hospiral Old Bombay Agra Road, Nasia city - 422001 8. Sr Alfonsa Davis - BC(7/3) Maria desunta convent & Kashmir 38, Sasspon Road Poone -411001 Par. Thomas Kununila - BC8. Par. Thomas Kununila - BC8. Kalandsi Vihar (rill May 182) Kalandsi Vihar (rill May 182) St. Pus foelage Shilonda Shilonda Garegoen East Odhava P.D. Garegoen East Odhava P.D. Jr. Thane. 401606

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CHW'S in DELHI, PUNJAB +- HARIANA + KASHIR

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3. St Alphanea Davis fmm - BC 7/3

3. Sr Alphonea Davis (mm. BC7/3 Sr Josephe Hospital Baramulla 193106 Kashmir (NORTHERS) CHW'S in ASSAM + NAGALAND & MIZORAM. 1. Sr Malati Dophu BS, BC2/2 Holy cross School/Church
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Korapur Dist Oursa - 764 036. (9) Sv. Rosy Verghase. BC479 69 SV. Annis Convaer, gumude Kasini P.O. radmapur va, Korapur Dist 765025

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10) Sr. Am - 134(15) Holy Cross Convent South con Street Via Vasu devanathur Trunelvelli Dr. -TN. - 627758 Sr. Maria Prabla Ac - Bc(7/14) 'Amali Illam' Santa Maria Mission Palliagaram Post-Via Salvakum W. Burney Chinglepat Dist 12. Sr. Ephrem - BCS. St. Theodore's Convent, Build service that sent and wellington Barrocks 643231 St. St. Kong a personal For

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LECTION - CANADA

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11. Br. Nirmal, IMS - 13c2/15 Indian Missionary Society Christogar P.O Varangei - 221002. chickmagalus. D. Sr Antonia FSCG - 13c2/14, Norberthouse, Welfare contre Raja-Ral-Tajper-P.O. or Clo Bishops House
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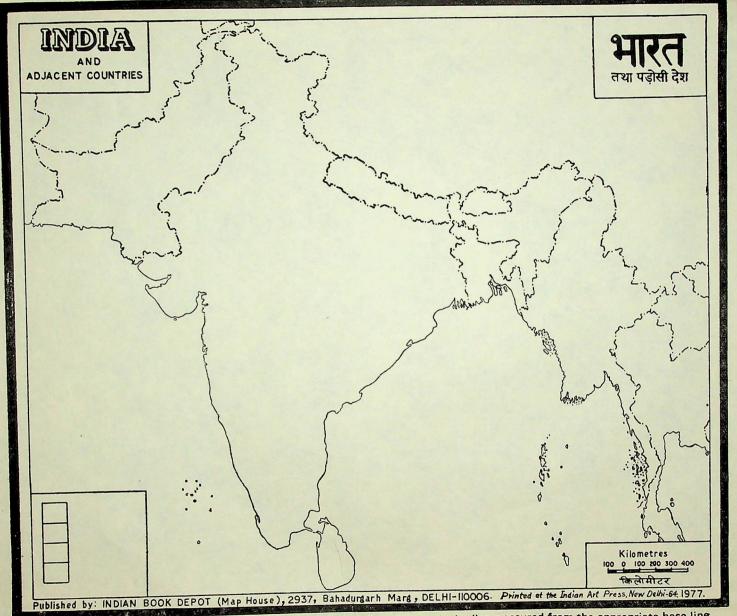
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Dr V Benjami, Ms Camip'sony
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Plan of Travel - Phase I February - Koiar, Salem, Mandya, Kamgere, Chickmagalur, Madras, Deendrandhupu. Morch-April - Delhi, Changiganh, Luthiana, Tillonia, Udaipur, Ahmedabad,
Rajpipla, Zankhvar, Talani, Thana, Pategoon, Puhe, Tankhed
Nasik, Aurangabad, Amraranki Wardha Nagpur -> Bangalore. Ford of the Phase I - Tominada /Kerola /Kannakoka. Phone III - AVOYTH Konakaka | Goal Aplonno lupi Bihar Bengal N. East. 2nd Haif of Year Phase-IT Meetings - Mangalore | Goo | Kanwar | orina | calculta | Hazaribagh Varan asi | Kaka (Johntpur) Manan Voddy | Algurus (citais) Alumni others)

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The territorial waters of India extend into the sea to a distance of twelve nautical miles measured from the appropriate base line.

The External Boundary and coast line of India shown on this map agrees with the Record Master Copy certified by the Survey of India,

Dehra Dun, vide their Letter No. T.B. 848/62-A-3/213, dated 1. 3. 77.

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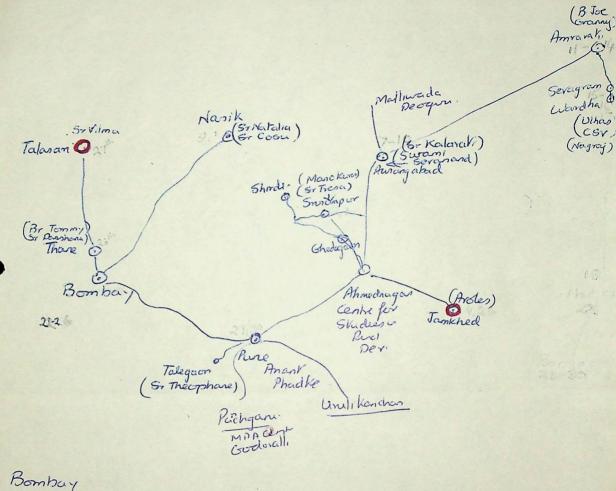
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### Bombay

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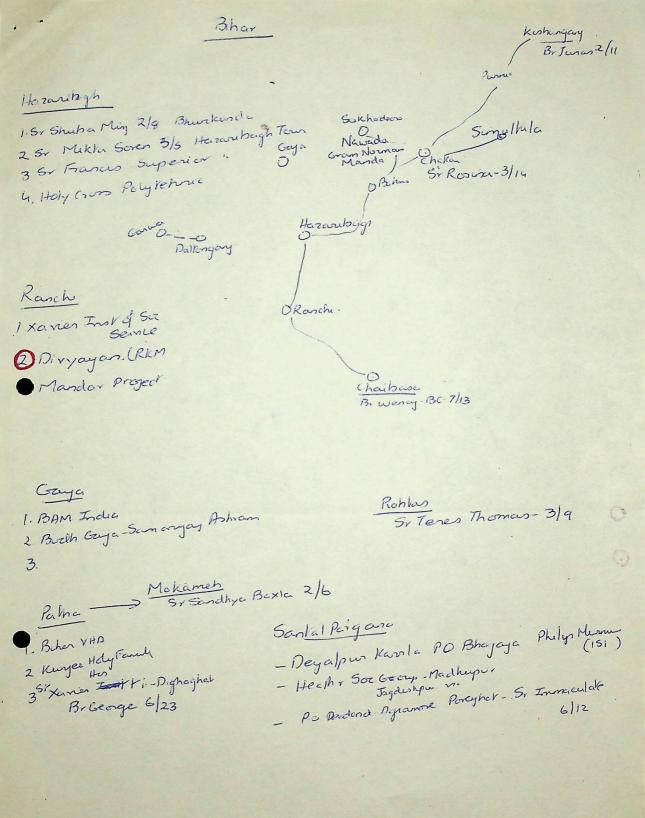
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ST JOHN'S MEDICAL COLLEGE & HOSPITAL, BANGALORE

SECOND TR.INING COURSE IN COMMUNITY HEALTH FOR COMMUNITY HEALTH WORKERS (CHW BC-2) 25.9.78 to 16.12.78

# NOMINAL ROLL

	; -=			
	Roll No.	Name	Address	
	1.	Rev Bro Nirmal IMS	Indian Missionary Society Christnagar PO	
FIRST Pair	₹° 2.	SR JULII SA	VARANASI 221002  St Ann's Convent WINDERMERT, Wellington, ARUVANKADU PO 643202 (NILGIRIS)	
	3.	Fr Joy Parackal MCBS	St Antony's Church Iduvally 431, Thagathy PO SHIMOG 577431 Karnataka	
	4.	SR INMASIAL S (Sr M Constance)	Sacred Heart Convent Villupuram, South Arcot Dist Tamil Nadu 605602	
	5.	SR SANDHYA BAXLA	Nazareth Convent Mokameh P.0.803302 PATNA DT. Bihar	
	6.	REV SR CONSELIA FCC	Karuna Dispensary, Odagady Daga Bargwan 486887 Sidhi Dt M.P.	
ord prize	· 7.	SR SUNA CMC	Trinity Convent  Kolazhy  TRICHUR 10  Kerala  Via Pindrai	
	8.	SR BETSY FCC	Pushpa Social Centre F Silwani PO 464886 Raisen Dt., M.P.	
	9.	SR ANTONIA FSLG	Norbert House Raja-ka-Tajpur PO 246735 Bijnor Dist. U.P.	
	10.	SR ROSIMMA JOSLPH Kirikkin izim	St Joseph's Convent Martalli PO 571444 Kollegal Taluk Karnataka	
	11.	Bro Jupias MC	Missionaries of Charity 7, Mansatala Row CALCUTT: 700023	

.....p.t.o.

	Roll No.	Name	Address
	12.	Bro Abraham MC	Missionaries of Charity 7, Mansatala Row, CALCUTTA 700023
SECONID PRIZE	) 13.	SR BONITAS	Premdham, Batwanpally C/o Catholic Church Bellampally, ADHABAD DIST. A.P.
	14.	SR PRIDEEPA MINJ	Holy Cross Convent Nayabhar Nagaruntari 822121 Palamau Dist. BIHAR
	15.	SR MALATI DOPHU B.S.	Holy Family Convent Silchar 788005 ASSAM
	16.	SR HILDA PAUL B.S.	Holy Family Convent Silchar 788005 ASS.M
	17.	SR SHUBHA MINJ	Holy Cross Institute Bhurkund Hazaribagh, BIHAR P.O. Bodon Ar. Hazari
	18.	L. SR MARY SUSHFOLA	Yesu Ashram Hosur Road Madiwala BANG LORE 560068 Karnataka

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8. istat are pour future glans/ programmes. exp for community work.

ST JOHN'S MEDICAL COLLIGE & HOSPITAL, BANGALORE

SECOND TRAINING COURSE IN COMMUNITY HALLTH FOR COMMUNITY HALTH TORKETS (CHV BC-2) 25.9.78 to 16.12.78

#### NOMINAL ROLL

Name Roll No. Address Indian Missionary Society Rev Bro Nirmal IMS Christnagar PO VIRINISI 221002 Karvalale. SR JULII SA St Ann's Convent VINDELMAR 4, Wellington, ARUVANK DU PO 643202 (NILGIRIS) Fr Joy Parackal MCBS , St Intony's Church Missionary Congregation of the Blesses Sacrament, M.c. B. S. Generalale, Iduvilly
431. Thagathy PO Abparely
SHING: 577451
Karnataka M.c. B. S. Generalate, B.H. Road 2, Kerales - 683102 Shinogo Secred Heart Convent Shoullie Villupuran, Nilonyam South Arcot Dist SR INHASI L S Villupuran, South treet Dist Temil Ndu 605602 (Sr M Constance) Vikhavards - 605652 S. AVOOY Nazareth Convent SR SANDHYA BULLA Mokameh P.C.803302 PATNA DT. Bihar > Karuna Dispensary, REY BR CONSELL FCC -Prishop's House -Odagady Daga Bargwan 486887 Sidhi Dt P. b. Box. 22, Rewa Rd. Trinity Convent Deepti Bhavan
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P.O., 501212.

Koishna Dr. , A.P.

Nunna

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.....p.t.o.

	Roll No.	Name Name	Address
	12.	Bro Abraham MC	(Congress ahorn) Missionaries of Charity Brookar) 7, Mangat 11a Row, 7, Manearale Row Calcurate 700023 Calcutte 700023
chool for children, need to special, see curi tribis, see Blany -4000	Road	Missionante of charling Noorpur P. O. Diamond Harbour 24, Paragante, W. Bengal	Premdhan, Batwanpally C/o Catholic Church Bellampally, ADILABAD DIST. A.P.
	14.	SR FRIDEEPA MINJ	Holy Cross Convent Nayabhar Nagaruntari 822121 Palamau Dist. BIHAR
	115.	SR MALATI DOPHU B.S.	Holy Family Convent Silchar 788005
	16.	SR HILDA PAUL B.S.	Holy Family Convent Silchar 788005 ASS.M
	17.	SR SHUBHA MINJ	Holy Cross Institute Hely Cross Convent Hazaribagh, Bhurkunda BIHAR PO Bhadaminagar
The Table	18.	L. SR MARY SUSHELL.	Dt. Hazaribash, Bihar 825208 Yesu Ashram Hosur Road Madiwala BANG LORE 560068 Karnataka

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1. Bro Antony Pettickal Maria Bhavan, Ganj Basoda MP 464 221 Violishe Dist

2. Bro G. Victor, Catholic Church Panna, 488 001

3. Bro VM Navier Amal sj R.C. Church, Irudayapuram, Via RS Mangalam Rampart, N. Arcol Dist., T. N. 632 401

4. Bro Susanto Kumar Digal CM Guruvaban, Jabaguda Srirampur PO, Kothogarh Via Phulbani Dt. Orissa 762105

5. Sr Alphonsa KO, New Girls School Lokamanya Tijlak Road Pular Hespira Borivili West, Bombay 400092 Jathegani comp 24, Baroda - gujarat.

6. Sr Mary Kullu HM

Mary Generalate of the Hand Maids of Mary Condew PO Sundargarh, Dist. Sundargarh

Salangabahal, Orissa 770001

P.O. Salanga-bahal, Orissa 770001

P.O. Salanga-bahal, Sr Magdali Kirk HM (address same as 6 above)

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Or. Sundarfach Mahuadanr PO Falamau Dt. Bihar 822 119 ousea 770033.

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19 Sr Nancy Ferrao, Holy Rosary Convent Kankanady PO, Mangalore 575 002 Krista Seva Wilaya Nanebail Post Sirsi-581 402

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P.O. Challai,

Congregation

Bro Louis Manjali MMB Superior General Malabar Missionary Brothers Madonna, Trichur 680005

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The Provincial Cong of the Mission Vincentian Fathers Vijoy Bhavan, Berhampur, Orissa

The Sister Superior Sisters of Charity of St Anne 44 Charles Campbell Road Jeevanahalli, Bangalore 5

The Sister Superior Generalate of the Hand Maids ofMary PO Sundargarh, etc.

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Sister Superior St Joseph's Convent, Mahuadanr PO Palamau Dt. Bihar

The Sister Superior, Holy Cross Institute, Hazaribagh Town

Rt Rev William L D'Mello Bishop of Karwar, Bishop's House Karwar, N. Karana

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The Sister Superior, St Joseph's Convent, Belgaum

The Sister Superior, Carmel Convent, Bisrampur, Surguja Dt. etc.

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Salety Nr. 4/10)

Chung Convent, 16. Sr Justina, St Theodore's Convent Wellington Barradks, Milgiris 4/0 Nirmola Ran Health Court

17. Sr Vinaya FC, Premada Nakshtra Ashrama, Yellapur, N. Kanara Karwar Dist. 581 359

.18. Sr Natalia D'Mello, FC Krupa Prasad, Old Bombay Agra Rd Nasik City

19, Sr Eva D'Silva Catholic Mission PO Lumding & Rly St. Dist Nowgong, Assam

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Rt Rev J Thoomkuzhy, Bishop of Mananthavady Bishop's House, Mananthavady, 670645

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The Provincial Supeior St Joseph's Convent, Bandra, Bombay 50

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The Sister Superior Bethany Sisters, Catholic Mission, PO Lunding & Rly St. Dist Nowgong, Assam

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Directorate of Rural Health Services and Training Programmes List of participants attending the Third Training Course in Community Health (22 Jan to 14 Apr 79)

CHW BC3

	Sl No	Name	Diocese/Provincial/Congregation
_	1.	Bro G Victor MMB	Malabar Missionary Brothers, Trichus
	2.	Bro Antony Pettickal MMB	-do-
9	3.	SR TERES THOMAS	Bihar
1,	4.	Bro Susanto Kumar Digal CM	Berhampur, Orissa
	5.	SR JOVITTA FCC	Mananthavady
	6.	SR MARTHA SORENG	Palamau, Bihar
	7.	SR NATALIA D'MELLO FC	St Joseph's Convent, Bombay
	8.	SR VINAYA	-do-
B	9.	SR MAGADALI KIRO HM	Generalate of the Handmaids of Mary, Sundargarh, Orissa
10	10.	SR MARY KULLU HM	-do-
	11.	· SR M ROSINA	Carmel Convent, Bisrampur MP
	12.	SR ALPHONSA KO	Bangalore
	13.	SR LEENA IRENE RODRIGUES	Karwar
!	14.	SR CECILIA D'SOUZA	Karwar
	15.	SR NANCY FERRAO	Karwar
(:	16.	SR JUSTINA	St Theodore's Convent, Wellington
	17.	Bro VM Xavier Amal SJ	Ramnad
	18.	SR EVA D'SILVA BS	Silchar
the real	19.	SR ANA MORAIS	Belgaum

Programme Director
Training Course for Community

Health Workers

9.1.79

#### - FOURTH TRAINING COURSE FOR COMMUNITY HEALTH WORKERS

Sl. No:	Name	Address
1.	Sr. Pachelli S.D.	Sisters of the Destitute Balaclava Hill, COONOOR 643102
2.	Sr. Anastasia Ekka	The Convent, Gayaganga PO Kamala-Bugan Dt. Darjeeling
3.	Sr. Juliana	J.M.J. Convent Si. Theresa's Convent Tenali Sanathanagar, Andhra Pradesh Hydachad  Carmalite Convent
4.	Sr. Achamma A.V.	Carmalite Convent Nadavayal P.O. Kelpatti Via. S. Wynad
5.	Sr. Evangeline	St Philomena's Convent Hassan 573201
6.	Sr. Egidia John Pullattu	St Mary!s Convent Clement Town Dehra Dun 240002
7.	Sr. Mariamma Antony F.M.M.	Maria Bambura Convent Damara Bhimanapally Via Marriguda, Nalgonda Dt. 508245 Andhra Pradesh
8.	Sr. Annakutty Mathew F.M.M.	C/o Sr Nuala Mo. Gaithy 66 Dr Copalrao Deshmukh Peddar Road Bombay 400026
9.	Sr Mary Kurissery	CHRISTU JYOTHI NILAYAM CONVENT Jyothinagar, Hamman Junction 521 105 Krishma Dt. Andhra Pradesh
10.	Sr. Servia S.D.	Ashadham Hospital Wirur (SC Rly) Chandrapur Dist. Maharashtra

Sl.No.	Name	Address
-11.	Sr. Josetta	St. Mary's Convent Sr. Joseph school, Clement Town P.O. Stalion wood, Dehra Dun U.P. Mchaba P.O. Hamispurdist.
12.	Sr. M Aquinas B.S.	Holy Cross Convent 210427  Dimapur, Nagaland 797112
13.	Sr Corcena S.D.	Sacred Heart Convent School Jagadhri, Ambala Dt. Haryana
14.	Sr. Mary Teophane	St Ann's Convent Jawalgira Sindhanur Tq. Raichur Dt. Karmataka
15.	Br. George M.M.	St Josenh's High School Rudrampur Khammam Dt. Andhra Pradesh 507101
16.	Br. Vinwent Pereira OFM (Cap)	Monte Mariano Deena Sevasham. Farangipet Post 574143 R.V. Vidigati Ralan Farangipet Post 574143 R.V. Vidigati Ralan Kengeri Black
17.	Br. Joseph Jaya Prakash O.F.M. Cap	Uday Bhavan, Josephnagar Bilasnur PO Rampur Dt. Uttar Pradesh 244 921
18.	Br. A Santiago S.J.	Arglanandar College Karumathur 626514 Madurai

St John's Medical College & Hospital, Bangalore 560034

Directorate of Bural Health Services and Training Programmes

Nominal roll of candidates participating in the Fourth Training

Programme for Community Health Workers

S1 No	Name Conquegation	Provincial Control of the Control of
1.	BTO JOSTH JAYAT AKASH OFN -Copuchui	
2.	Sr Mariamon Antony F M M Franciscon Missionarie	
3.	Sr Pary Teophene - Sisters of Stadin,	St Ann's Convent, Raichur Karnataka Bellay
4.	Dro A SANTIACO SJ Scriety of Jesus	Pres Prev Madur, Medurai - Madurai Liouni
5.	Sr Plory Varia 6 M C	Evrnool Dt AP Cermel Bhevan
6.	Sr Lice Kurien - M C	Sanjee Nijayan Pathikenda AP
7.	Sr Coroma SD Sisters of the Destitute	Secred Heart Convent School Reserved agen Die
3.	Sr Mary Kurissery	Sec of J. M. J. Sometimen A.P. Vijaywada Dicc Chur Sight Milyam, Hamman Jr. 1521105.
9.	Sr Annakutty Mathew F M M	Franciscan Missionaries of Mary, Bonday Jour
10.	or Juliana Socially of Jesus, Marya Joseph	sh II J Convent, Hyderalad, AP Juntur Dioces
11.	or service of the Destitute	Chandrapur Dist Maharashtra Chanda Discoso
12.	Sr Fachelli SD	Sisters of Destitute, Cooncer -octy disc
13.	IFO VINCEMP FEFERDA OFM (Cap)	Order of Friars Minor Capachin GOA M'loc Du
14.	Sr Evangeline Sisters of Charity	St Philosena's Convent, Hassan Chicknogalus
15.	Sr. M Aquinos 13 Bethoung Sister	Dioceses of Kohina-Imphal, Negaland Work
16.	DIO CECICE MM Bre's of Sr. gabruel	Fudrangur, Rhaman Dt AP - warengel Diol
7.	Sr Anastasia Eleka Daughlers of The Cross.	The Convent, Cayeganga Darjeeling Jan. Ducc
8.	Sr Egidia John Pullattu Clarist of The	-St Mary's Convent, Dohra Dun Meerut Mocas
9.	Sr Giovanna Vilangathusseril	House of Providence, Magaland
0.		Carmelite Convent, S. Wynad Harantkarachy D
1.	Sr Josetta Franciscan Missionarier of Reason Sacraments	St Mary's Convent, Clement Town Dehre Dun

Brothers - 4 Sisters - 17 Community Health Workers BC-4 Follow-up Evaluation

The Bishop of Mananthawady Mananthawady670 645 Wynad, Kerala

2.
The Sister Superior
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The Sister Superior
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4. The Sister Superior
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- 6. The Sister Superior
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- 7. The Mother Provincial
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- St Mary's Convent Clement Town PO Dehra Dun, UP
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- 12. The Sister Superior
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11. The Provincial Superior
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3. Sr. Anastasia Ekka The Convent Sr. Mary's Gayarganga Convent PO Kamala Bagan Ps. Darjeeling Di Sr.

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- 4. Sr Juliana
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- 5. Sr Evangeline St Philomena's Convent Hassan 573 201
- 6. Sr Egidia John Pullattu St Mary's Convent / Sr Clement Town 20. Paula conseul Dehra Dun 240 002
- 7. Sr Mariamma Antony FMM
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  Damara Bhimanapally Via
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  Nelgonda Dt. 508 245, A.P.
- 8. Sr Mary Kurissery
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- 9. Sr Servia SD
  Ashadham Hospital
  Wirur (SC Rly)
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- 11. Sr M Aquinas BS
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- 13. Sr Cooceha SD Sacred Heart Convent Jagachri, Ambala Dt. Haryana
- School of Nursing School of Nursing St. Mouthor Hospilal. B' love (Providence Consout, Moscur Rd. Bilose)

- 16. The Sister Superior St Ann's Convent Jawalgira Sidhamur Tq. Raichur Dt. Karnataka
- 16. The Superior
  Mentford Brothers of St Gabriel
  St Joseph's High School
  Rudrampur
  Khammam Dt. A.P. 507 101
- 16. The Superior Regular
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  C/o Joseph Jaya Prakash OFM Cap
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- 17. The Provincial Superior Order of Friars Minor Capuchin Provincialate Monte de Gudrim GOA 403 507
- 18. The Provincialate C/o Bro. A Santiago Arulenandar College Karumathur 626 514 Madurai

- 14. Sr Mary Theophane
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- 16. Bro. George M M
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ST JOHN'S MEDICAL COLLEGE & HOSPITAL, BANGALORE

FIFTH TRAINING COURSE IN COMMUNITY HEALTH FOR COMMUNITY HEALTH WORKERS (CHW BC-5) 7/1/80 to 28/3/80

### NOMINAL ROLL

	Sl. No.	Name	Address
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Fritules Ros Mangalore 575002	3.	Sr. Celine Furtado	Bangalore 560 005 Hougabre Holy Rossary Convent
•	Bo	your randi, inpokra P.O. Bongarh Dr - U.P.	Jeppu Kankanady PO Mangalore
M.	it.	Rev Fr Rockey Cardoza	C/o Rishop's House Little Flower Hisson 64 Gantta Jarya Jhansi 284001 RO. Sinducha via Habroni
	5.	Br Sebastian Dung Dung	Missionaries of Charity 284405 7, Mansatala Row, Kidderpore Calcutta 700 023
	(7/81) -N	Br. Seban MC Unna, Krishna DI- ijayusada 521212	Missionaries of Charity 7, Mansatala Row, Kidderpore Kidda pole Calcutta 700 023
	7.	Sr. Maria Lou Barbosa (Ahchana) Sevasadan, Baijalpun,	ICM Dist House, 5 Argikatti Maidan Tiruchirapalli 620001 T.N.
•	.8.	Raylia Ballia Dat.  UP 22/7/2  Br. Francis Tiru, SJ	Post Box 27, Belguna Purulia 723 101
	9.	Sr. Meera, FC	Premada Nakshetra Ashrama Tellanur N.K. 581 359
	19.	Sr. M Enrichetta	St Ann's Convent St Ann's Home Jawalgara Raichin Dist.  Ann's Home  Ann's Home  Ann's Home
	11.	Sr. Veronica	Holy Cross Convent PO Binnaguri 735 203 Dt Jalpaiguri, WB
	12.	Sr. Consesao Nunes FC.	Krupa Prasad Hosmital Old Bombay Agra Read Nasik City — 422001

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	Sl.No.	Name	Address
Nonschrajar Chickmapal	. /	Sr. Genevive, SH S.H. Convent, Denna, Bhumara P.O. Reva DV - 486445 N.P. Sr. Annie Jose CMC Jyottu Bhavan, N.L. Pura - 577134. Sr. Mary John	C/o Bishop's House, Rewa Road PO Box 22 Satna 485 001 MP  C/o Social Service Centre Mananthavady 670 645  St Thomas Hospital Poroor Kampatty PO Mananthavady Usical Div Via 670645
	16.	Sr. Elsy D Thottian	St Joseph's Hospital Nava Nimanan & Guntur 522 004 AP
	17.	Sr. Nicolette Gayam	St Ignatius Convent Madrae 600086  Durgi PO  Palnad Taluq, Via Macherla  Guntur Pist A P
	18.	Sr. Anna Joseph Tellicherij	St Francis Xavier's Convent Cowl Bazaar Bellary 583 102
	19.	Fr. Martin Cushnan CSSP	Redemptorist Fathers  Morispet PO , Chenchuper.  Tenali 522 202  A P
	20.	Sr. Multhta Soren	Holy Cross Institute PO Hazaribagh Town Bihar
	21.	Sr. Annette	St Ann's Convent 4 Miller Road Bangalore 560 052
	32.	Sr. Nirmala Jacob	St Ann's Convent 4 Millor Road Bangalore 560 052.
The said of the			

### ST JOHN'S MEDICAL COLLEGE & HISPITAL, BANGALORE

FIFTH TRAINING COURSE IN COMMUNITY HEALTH FOR COMMUNITY HEALTH WORKERS (CHW BC-5) 7/1/80 to 28/3/80

### NOMINAL ROLL

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		KGP 705110
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6.	Br Seban MC	Missionaries of Charity 7 Mansatala Row Calcutta 700023
7.	Sr Maria Lou Barbosa	ICM Dist House, 5 Anaikatti Maidan Tiruchirappalli 620001 T.N.
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9.	Sr. Meera, FC	Premada Nakshetra Ashrama Tellapur N.K. 581 359
10.	Sr M Enrichetta	St Ann's Convent Jawalgera Raichur Dist.
11.	Sr Veronica	Holy Cross Convent PO Binnaguri 735 203 Dt Jalpaiguri, WB
12.	Sr Consesao Numes FC	Krupa Prasad Hospital Old Bombay Agra Road, Nasik City
13.	Sr Genavive, SH	C/o Bishop's House, Rewa Road PO Box 22, Satna 485001 MP
14.	Sr Annie Jose CMC	C/o Social Service Centre Mananthavady 670645

S1.No.	Name	Address
15.	Sr Mary John	St Thomas Hospital Poroor Kampatty PO Mananthavady Via. 670645
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17.	Sr Nicolette Gayam	St Ignatius Convent Durgi PO Palnad Taluq, Via Macherla Guntur Dist A P
18.	Sr Anna Joseph	St Francis Xavier(s Convent Cowl Bazaar, Bellary 583 102
19.	Fr Martin Cushnan CSSR	Redemptorist Fathers Morispet PO Tenali 522 202 A P
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21,	Sr Annatte	St Ann's Convent 4 Miller Road Bangalore 560052
22.	Sr Nirmala Jacob	St Ann's Convent 4 Miller Road Bangalore 560052

t. John's Medical College, Bangalore 560034

Directorate of Rural Health Services and Training Programmes

Sixth Training Course for Community Health Workers (CHW BC6) 6.8.80 to 25.10.80

# Addresses of participants

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  744 102
- 2. BR GEORGE D'SOUZA, SJ St Xavier's College 30 Park Street, Calcutta 700016
- 3. SR PIERLISA KOONTHAM ATTATHIL Catholic Church, Thakur Nagar PO 24 Parganas, WB 743287
- 4. SR LINET
  St Joseph's Convent
  Manjapra, Via Kaladi
  Dist. Ernakulam, Kerala
- 5. SR MARY GOMEZ
  St Mary's Convent, Kotagiri,
  Nilgiris
- 6. SR PAULA, O.L.P.H. Convent, Edakkunnu Paduvapuram PO Ernakulam Dist. Kerala
- 7. SR STANCY Vimala Convent, Bhani Patna Kalahandi Dist. Orissa 766001
- 8. SR FLAVIA D'SILVA St Joseph's Convent, Sathyapuram, Proddatur, Cuddapah Dist. 516360 AP
- 9. SR AMUTHA St Mary's Convent, Chamarajpet Bangalore 560018

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- 10. SR THERESE Mary Immaculate Convent, Shimoga Dist. 577 201
- 11. SR PLACID
  Daya Nilaya Convent
  Social Welfare Centre
  Mirjan, Karwar Dist. N.K.

- 12. SR BETCY
  Cherupushpa Nivas Convent
  Umayanelloor, Kottiyam
  Quilon. Kerala
- 13. SR PRASANNA, CSF St Paul's Church Utnoor PO Adilabad Dist. 504311
- 14. SR JAYA Holy Cross Convent Dornal AP 523331
- 15. SR ANCILLA Holy Cross Convent Kottiyam, Quilon. Kerala
- 16. SR STALLA MARY Bishop's House B. Camp, Kurnool 518002
- 17. SR ROSY VARGHESE Bishop's House B. Camp, Kurnool 518002
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- 19. Fr JOSMPH PURNYIDOM Deepti Bhavan, PB 42, Shankarnagar, Mandya Karnataka 571 401
- 20. FR JEROME MACHADO
  Mary Immaculate Church
  New Town, Bhadravathi
- 21. SR CELINE SANGMA Nirmala Convent Damra PO, Goalpara, Assam
- 22. SR IMMACULATE KISKU
  St Mary's Convent Agiamore
  Deodand Via Godda
  Dist Santal Pargana, Bihar
- 23. SR STEPHANIA St Mary's Convent Rampur, UP

t. John's Medical College, Bangalore 560034

Directorate of Rural Health Services and Training Programmes

Sixth Training Course for Community Health Workers (CHW BC6) 6.8.80 to 25.10.80

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Sixters of Charity of St Anne
P.O.Box 290 Clarity of St Anne
Pilhar Clinic, PO Haddo Location Plan.
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744 102
Via Kalal Mestana Ar. CZ. BR GEORGE D'SOUZA, SJ St Xavier's College 30 Park Street, Calcutta 700016

Dighaghal 24 Parganas, WB 743287

Adilabar

Brandalice

SR J1Y1

Holy Cre Para of SR LINET
St Joseph's Convent Immedulate Heart
St Joseph's Convent Convent
Wanata Hagada Dist. Ernakulam, Kerala Shedrallor,

Runnophi Kepple SR MARY GOMEZ St Mary's Convent, Kotagiri, Nilgiris

> SR PAULA, O.L.P.H. Convent, Edakkunnu Paduvapuram PO Ernakulam Dist. Kerala

7. SR STANCY SR STANCY
Vimala Convent, Bhani Patra Kalahandi Dist. Orissa 766001

8. SR FLAVIA D'SILVA St Joseph's Convent, Sathyapuram, Proddatur,

Social Welfore Courte, dispension, Proddatur, Cuddapah Dist. 516360 AP

Social Welfore Courte, dispension, Chamarajpet Muttongue Post Mary is Convent, Chamarajpet Kodur Toluk Bangalore 560018

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Parcharabeth Dist

Children 10. SR THERESE

Mary Immaculate Convent, Shimoga Dist. 577 201

11. SR PLACID Daya Nilaya Convent Social Welfare Centre Mirjan, Karwar Dist. N.K. Peoples english modium Schoolseri, 581361

> Kanwer N. Kanare,

Cherupushpa Nivas Convent Umayanelloor, Kottiyam Quilon. Kerala

13, SR PRISANNA, CSF St Paul's Church Ophange Utnoor PO. Adilabad Dist. 504311 - A.P.

Holy Cross Convent Dornal AP 523331 - AP.

SR INCILLI Holy Cross Hospital
Holy Cross Convent Kanager f. D
Kottiyam, Quilon. Kerala

571443 they conventito. via Kollegal

16. SR STILL MIRY Mysole Bishop's House B. Camp, Kurnool 518002 AP.

17. SR ROSY VIRGHESE Bishop's House B. Camp, Kurnool 518002 A P -

18. SR VITALIAN St Joseph's Convent St. Rock's Dispusar Karaikal Tanjore Dist. Puddishinai Pondicherry 960206 (CarailCal

609609

19. Fr JOSEPH PURLYIDOM Deepti Bhavan, PB 42, Shankarnagar, Mandya Karnataka 571 401

, 30. FR JEROME MACHADO Mary Immaculate Church 5000h New Town, Bhadravathi

21. SR CELINE SANGMA Nirmala Convent Damra PO, Goalpara, Assam

22. SR IMMACULATE KISKU St Mary's Convent, Agiamore Deodand Via Goddar Poneya Lar Dist Santal Pargana, Bihar

23. SR STEPHANIA St Mary's Convent Rampur, UP

# COMMUNITY HEALTH WORKERS IN TAMIL NADU

- 1. Sr. Julie SA
  St Ann's Convent
  Windermere
  Wellington
  Aruvanradu P.O.
  643 202 (Nilgiris)
- 2. Sr. M. Constance (Sr Innasialis) ShantiWilayam Vikravandi, S. Arcot Dist. 605652
- 3. Bro. V.X. Xavier Amal SJ Our Lady of Health Curch Ranipet, N. Arcot Dist. Tamil Nadu 632401
- 4. Sr. Justina
  Nirmala Rami Health Centre
  Devikapuram
  North Arcot Dist. 606902
  Tamil Nadu (Polur Rly. Station)
- 5. Sr. Pachelli SD Sisters of the Destitute St Joseph's Dispensary Kongerpalayam T.N. Palayam Periyar Dist. 638506
- 6. Bro. A Santiago Sj Arulanandar College Arul Dispensary Karumathur Madurai 626514
- 7. Sr. Elsy D Thottian
  Nava Nirmana Social Institute
  14, Cathedral Road
  Madras 600086
- 8. Sr. Mary Gomez St Mary's Convent Kotagiri Nilgiris
- 9. Sr. Vitalian Thazhathette St Rock's Dispensary Puthuthorai Karaikal 609 609
- 10. Sr Ann
  Holy Cross Convent
  Christhurajapuram
  via Vasu Devanallur
  Tirunelvelli Dist.
  Tamil Nadu 627788

- 17. Sr. Maria Prabha AC Amali Illam Santa Maria Mission Palliagaram Post Via Salvakum Chinglepet Dist. Madurai 603107
- 12. Sr. Enhrem
  St Theodare's Convent
  Wellington Barracks 643231
  Tamil Nadu

St John's Medical College, Bangalore 560 034

Firectorate of Rural Health Services & Training Programmes

Eighth Training Programme for Community Health Workers (CHW BCS)

31 Aug 1981 to 21 Nov 1981

## Nominal Roll

- 1. Bro. Thomas Kuruvilla St Pius College Aaray Road Goregaon East Bombay 400 063
- 2. Sr. Shobhana Mary Jeevan Jyothi Nivas Semiliguda P.O. Koramput Pist. Orissa 764 036
- 3. Sr. Jaya Marv Vimalalaya Convent Hebbagodi P.O. Rangalore 562 107
- 4. Sr. Tohrem
  St. Theodore's Convent
  Vellington Barracks 643 231
  Tamil Nadu
- 5. Bro. Wency CMSF St. Antony's Balbhavan P.O. Gokhivera, Vasai Tast Thana 401205 Maharashtra
- 6. Bro. Joseph MC
  Padma Estate
  PO Karivedakam
  Chengala Via
  Cannanore Dist 670541
- 7. Sr. Mary Helena CSB
  Sisters of St. Charles
  Nirmala Hospital, Old Town
  Bhadravathi 577 303
- 8. Sr. Wizabeth Abraham St. Trancis Xavier's Convent Kaloor, Cochin 682 017
- 9. Swami Sevanand (Fr. Louis Pereira) Shanti Sadan Borsar P.O. 423703 Maharashtra

- 10. Sr. Mary Angeline Prem Miwas, Nirmala Magar Modage P.O., Belgaum Karmataka
- 11. Bro. Lucian Marinurath Mount Assissi P.O. Samelangso Pt.Karbianglong Assam 782 440
- 12. Fr. Thomas Muktanand Catholic Church Serchhip P.O., Aizawal Dt. Mizoram 796 014
- 13. Sr. Mariassunta Orannuzhickal Sisters of Providence Thakurmagar, 24 Parganas West Bengal 743 287
- 14. Fr. Arok Sunder OFM
  Jyothi Nilayam, RCM Church
  Komaragiri, K.K. Palem
  East Godavari 533 220
- 15. Fr. S. Peter
  Montfort Fathers, R.C.M. Church
  Karakainete (Shanthymagar)
  Amalanuram P.O.
  Godavari Dt., A.P. 533 202
- 16. Sr. Anne Marie Nazarethalava G.P.O. Box 244 Kathmandu, Nenal
- 17. Sr. Poksim Nalini
  St Joseph's Convent "TARBES"
  19, Promenade Road, Frazer Town
  Rangalore 560 005
- 18. Fr. Abraham Modoor Catholic Church Ujiain - 456 010, M.P.

" Daily many people come to me with minor ailments and I given them medicines.

Immediately after my school houres I we will visit the houses with the kitbox. Now a days the main ailments I find here are scabies, boils, cold and malaria. Really the APC, Cloroquine and Benzote are doing wonders with the blessing of God. Unfortunately, so far I was not able to contact the Govt. Hospital due to all the confusion here, but I hope to do so soon.

40. Sr. Anastasia Ebba F.C. Gayaganga 29.11.79 BC-4
Darjeeling

"Every morning I give instruction to the mothers about child care, cleanliness of the houses and the children and about their health. Most of the people of our diocese are under the tea-garden managers. The whole day they work in the tea-garden. They come back home only in the evening. So I can not spend so much time with them in the house when I go to visit them inthe evening. But at the same time I am helping them to improve their health and food. And those who are sick telling them to come to our dispensary. I have no difficulty in the language. They are very happy with me. I enjoy with them. They are Though they feel tired they are ever ready to give their time for me.

41. Sr. Anna Morans Belgaum 24.10.79 BC-3

I used to go to the village on saturday evenings and come back on Sunday evenings. The villages that I visited so far have catholics residing there. I taught the method of N.F.P. Mother and Child Care etc. At present I am the nurse of the Community. I am busy taking care of more old Father Mothers. About 7 of them are about 70 years and I get a chance to deal in medicine which is a help to me even in the villages.

42. Sr. Achamma Nadavayal 17.12.79 BC-4

Regarding my work I started on 27th August and has been continuing among the adivasis tribal colonies. There are nearly 15 colonies and 22 to 25 families inhabiting in each colony. We In the morning Iwill go at 9 '0' Clock and return at 2 0' clock. I organized a group of adult people and give them education regarding health and cleanliness. That means how to live in cleanliness? What ex causes diseases? what are its prevents? I not only teach them but also help them to live neatly in practice. Nearly 400 people who were suffering from scabies are now already cured due to my treatment. I advised them to live according to the hygiene principles. I made a scheme in

I advised them to live according to the hygiene principles. I made a scheme in N.F.P. and they are being undergoing a course. Children were sent to PHC for vaccination. Many weak patients being taken to hospital. A doctor from mission hospital is helping me in all my works. I conducted a course to nearly 35 adults who were working for MCH Programme on firstaid, Nutritious food that means how to preserve vitamins and nutritions in food while cooking.

....2

34. Sr. M Rosina Chakei, Bihar 7.8.79 Slacetos

"Every norming I wait in the Dispensary. I get lots of patients outpatients as wellx as in patients."

econibile beduted & 8.5. Sr. Pachelli S.D. Kongerpaleyan 20.9.79 BC-A

"This place really worth for Community Health Work. As any 1866 illiterate people are here. They don't use even proper drags, a First time I am seeing this kind of people. Rich people are also here, but there is no much facility for education. Here there is one L.P. School, there is one high school 6 miles away from here. There is one \*\* P.H.C. Sub-Centre in T. N. Palayam. I hope I am can do somthing for the poop people. First I am going to start house visiting to study the people and the nature. Here our sisters are conducting one small Dispensary. One qualified nurse and one trained nurse sister also are working here. Doctor will be coming or weekly visit."

36.... Sr. Marianna Antony F.M.M. Bhimanapally 24.9.79 according PG-4

The people are very happy to have me back. My programme is as follows:-

"Every morning from 8.30 am to 1 p.m. working in the clinic. Afterwards that is from 3 p.m. to 6 p.m. visits to the houses, while visiting to the house I carry along with me the Vit 'A' Solution and give to the children in their respective houses (135 children in one village only)

2nd programme is that taking the survey of the children under five. This I finished in 3 villages and put up the chart in the centre. I also arranged medical check up for the school children by the help of P.H.C. tham. There are 3 schools, only one is over. Twice a week I got to the oth r two villages.

P.H.C. helps me a lot, with medicines, such as vit 'A' solution, APC, PAT, Iodine, cotton, Inj. B.c. T.T. Iron with folic and gelucil etc..

Ante-natal clinic is a 'must' on ever Priday the women comes to the clinic.

Due to the draught I am unable to touch the nutritional aspects. The health Insurance programme is going on well.

37, Sr. M Aquinas Dimanur 26-9-79 RC-4

As soon as I reached here I found many of our people suffering from sore eyes. I have started treating them according to your advise. Here the neople are quite happy to serve that I can help them. I have started treating them are ording to your I too am happy to serve them better after this short training. Many a times I have to stop and convince them saying that I a only a first aider. I will be visiting the far away villages soon and try to do my best that I can.

38. Sr. N Teophane Jawalgera 4.10.79 BC-4

I did some emquiries, met many people like PHC Doctor, Awms, Health Inspector, School teachers, Youth Club president etc. I also visited houses and met expecting mothers to advise them. The villagers just force me to give them some medicine and the simple things.

29. Bro. Jayanrakash

Any paper panel form

I already started giving the new quota. Now I am having 450 families for this programme. I also started the immunization camp. Mostly all these children have got this great previlage. While visiting and giving this food £ stuffs I also give health education and family planning

32. Br. V.M. Xavier Amal Ranipet 27.7.79
N.Arcot Dist

" I am visiting the houses - instructing them about their health. I am not giving any medicine -because I have seen my experience that to give medicing is not helping to improve their knowledge in good health."

33. Sr. Justina Devikapuram 14.8.1979
N.Arcot Dist.

"Here we don't have any facility of having any in-patient but we are obliged to keep certain serious cases ir our little house for their relief. The German Hospital in Chetpet is very close to us, so we refer to the serious cases there. We are having a good relationship with that hospital who respect the cases and do the needful immediately and they send them back to us for further treatment according to their prescription. We too go there and they too come and contact us and encourage us in our undertaking of our work for this poor people. Another thing I would like to say is, because of their poverty, lack of work and food they are being grieved in their misery so they start taking any king of poison in order to get rid of their troublesome and difficult life. Since I come here I have seen cases like this. They come and call us at any time of the day. most of them are young men and women. They could find very little value of their life and the responsibility of their families. When they come to us after taking it, we could only advice them not to do it again, because such is their life and the problems that they are facing. In this area there is a very big gap between the caste. Harijans earn very little, they have to work hard. Highest wage for a man is Rs.3/- and for an ordinary case or is Rs.1/- to 25 paise etc. so you could imagine the life situation of our dear brethmen. Exenthough we had a lot of objection for this health centre, neople were for us and they asked for us to continue to stay. So for this purmose we bought a plot of land and dug the well first. As soon as we saw the water started the work for the building. The real problem that we are facing at present is that the President's nephew is foing to have a cinema Theatre near to the dispensary where there will be noice, unhygiene, fighting etc. There is mond very close to this place from where people take water for

near to the dispensary where there will be noice, unhygiene, fighting etc.

Y a There is nond very close to this place from where people take water for drinking. People of this village satisfies only by drinking of this water, Even though we could find many other wells around the village. It is called Murugan's Pond. Here peopletake bath, wash their clothes etc. These faw weeks people are coming with vomiting and diarrhoea. I am happy to say that we were able to cure these people and give them heope of life when they go back. These cases we found in all the ages and sexes. Forced abortions are being very come on among the wormen. Even they are ready to go away from the family. They marry and go to any women as they like. Certain widows are being forced and condemned in this way of life.

Almost every day we treat 70 to 100 patients. most of them would be scabies, injury, diarrhoes, fever etc.

Fost of my time I spend helping in the dispensary. Since my companions are well trained and experienced they are helping me to get used with the cases of dispensary before we get into them village and work, It is true, if we go out they expect many things from us which we do not know. Now I am happy to say that the training is being very useful in this area and I can put into practice as well as I can develop in my knowledge all that you have taught us.

The people those who come here most of them are women and children with complicated cases. Many of the children are at the noint of losing sight diarrhoea, scabies, absess, vomiting and malnourished etc., The neonle here are uncultured like tribals and they gain very little. Since the weather is very hot they work from 6 a.m. to 11 am. Many of their occupation is field work and weaving of armis silk sarces, they are not very cultured. Since there is bus services people can move place to place easily. The big hospitals such as chetpet and vellore are very close. People neglect to go to these places because of their firancial problems, so they keen the sick at home until it got worse or by putting home made medicines which makes them still complicated.

Sr. Eva D'Silva 20.

Lumding Assam

4.7.79

" I am proud to tell you that I had a chance of conducting a delivery in our compound and I diid it. It is a month now and both are keeping well,

Sr. Anna Moraes 29.

Bel gaum

3.7.79

On Saturdays after school I with another Sister go o a village about 33 kilometers from Belgaum, we stay there for the night in the church or in a school. We go and visit the people in their homes. I have visited 3 villages, here the people are catholics, sow we are known to them. I give the religious instruction as well as health education. They are eager to listen to the instruction on health education. The people here are not poor but they are hard working. In Belgaum we are working as a team. "Family Welfare Centre". Each group is alloted a job. I am in M.F.P. group. We have to meet the counle and instruct them to plan their family.

In school I found some of my students poor in health, so I am trying to visit their homes and see in what way I can help them. Now since it is raining I can't go out to visit the families often besides at present I have school work. Whenever I meet amother with a child I always make it a point to instruct her on baby diet etc.

Sr. Pachelli S D 30.

Kongernalayam Coimbatore Dist. 27.10.79

"I have already started my work, house visiting. Once I am called for a "Home Delivery".

Sr. Mary Kuriserry

Jyothi Nagar

22.10.79

To be true to myself I was fully busy with the survey. I just finished 31. surveying of 250 families for the M.C.H. Pro ramme. From 8th September the

the mouth, a small one - after that it has spread to the whole body. There is a red wound in the mouth (around) It gives main. So please write to me what step I should take.

25. Sr. Martha Soreng

Mahuadawr 20.6.79 Bihar

At present I give class on Hygiene and give medicine. I did not start on othe subjects. Hope I will slowly follow what I learnt there. Now when I started the work to do, I feel more happy and the value of the course. Here in this plane people are much more backward than the Mahuadawr. I am no more in the school but I am doing the village work and I like it very muc dealing with the people and helping them in many ways.

26. Sr. Nancy

Narebail Post 2".6.79

"Now I am rendering my little service to the noor people at Sirsi in North Kanara. I am given the duty to look after the sick and care the downtroiden people. There is are arrangements to visit the village once a week and speak to the people on cleanliness and remedies of sickness. I do enjoy the work specially with the poor. I have surve ed the main disease primarily in the villages where I have to work. Our Congregation has started a new convent to do the village work at Sirsi. We have four villages to look after. They are 12 miles away from the our residence. Everyday to visit it is impossible. Everyday I am visiting the sourroinding houses of my residence. Often people are coming to our residence to take medicines. Till now I have not started much work. Just to visit the housess are the initial step of my work. I will let you know all the details and the improvements of my work lateron"

Sr. Justina

27.

Devikapuram P.O. 21-6-1979 Tamil Nadu

"At present I am in Devikapuram where there are 9000 population in this village alone. We are interested to cover up about 15 villages near by Devikapuram. It is close to Madras. Actually after coming here only I could understand the life of interior part of village. We too are having the exact difficulties of villagers. About 10 to 15 minutes walk is needed to got some water. All the same we are all When our first happy to serve among these unfortunate Our main work is to run the dispensary, go outst to the villages to speak, to teach and distribute the medicines etc., more than 100 of patients come from far and wide. When I see certain patients I think of those slides which has shown to us in St John's as well as in Dommasandra. The sister in charge is very nice and explains to me very well about most of the sickness and shows me how to give injections, cressings etr. There was a delivery of an unmetured baby in our dispensary. It was I who met the incident when the sister was called to to the case. Even though the child died off after some time it was normal case and I did the tieing and cutting of the cord and cleaning the baby etc.

husbands can't. Just recently happend, one women who was operated about 4 years back is suffering terribly and had another major operation, she can't ber the pain, can't eat and the part is full of pus, she cannot even stand or sit. By seeing this many said what only they will do and they are not able to bring forth the children as they wishes. These are the problems which I face at present.

19. Sr. Cicilea Thottam, Uduni

9-6-79

BC3

" Now I have already started my work. morning I have to teach in the school, afternoon I am visiting the houses, carrying the Kithov also. This place is very nice and people are very lovable and affectionate within one month they all become my friends and dear ones. I must . thank God and you all for giving me one chance to do this course. Here most of the people are fisherman, they don't know the cleanliness Whole day they will be catching fish, even small children

Sr. Jovita 20.

Mananthwady

11-6-79

BC3

"Now I am working among the tribals. It is very difficult because they have not interest, if we call them they will ran away, I am going everyday and trying to harake them teach them. I hope they will become better.

Br. Xavier Amal s.j. 21.

Kovilpatti

8.6.79

BC3

Now I am in Kovilnatti doing the village work Ofinding malaria and polio cases, visiting the houses, introducing small scale projects etc). I will be here for two months. Now I am planning to corduct the tiller potter or some cultural programmes to the villagers, but no companions with me, so I am thinking of the programme

22.

Nasik City Sr Natalia D'Mello F.C.

.17.6.79

"Shottly I intend to put into practice all that I have learnt when with you, in my village work programme. Most probably it will be after the monsoon due to drawbacks which we encounter as regards the transport and other difficulties.

23.

Sr Ieena Rodrigues

15.6.79 Junpu, Mangalore

"At present I take care of the old and sick sisters. I get many chance to give the injections. One thing makes me sad is that I don't have any chance to go to the villages. But I home for the next year

24.

Br Xavier Amal s.i.

Koviloatti

18.6.79 Be 3

" Now I am working in Kovilpatti near Tirunelveli. I have taken three villages for the Developmental works not only spiritual but mainly health. I am trying to follow what I learned in St. John's. Now a problem arised in the area. A boy aged 14 has white patches in the body. It started in advise them what they have to do as well as how they have to take care of their children by hygiene and nutrition. Many of them listens well but few are doing as we say. Hope by our regular visits may do good in future. Pes des the children so many others to come to me for the treatment.

Already I have brought Rs.150/- worthwhile of medicines. I have examined the vaccinations that the children have received. Most of them have received small pox vaccination and 2 out of 30 received the BCG Vaccine. Even the parents are not sure of given any other vaccines. Also I have taken the arm-circumference of the children.

16. Sr. Theres Thomas

Hazaribagh Town

7.5.79

BC-3

"Already I started to go to villages and teach. Specially I am planning to start Mother and Child Care and to give training to the people of my village, since I don't have proper primary health centre here. I don't think I can work in with them well, but I will be able to do something."

17. Sr. Jovitta

Mananthawady Cannanore Dist. 10-5-79

BC-3

"Now I am working among the tribals. Here there are 75 families. They are very poor and they have no knowledge. These people are suffering from scabies. They have no peoper houses or lands. Most of the people do not send their children to school. So first of all I am planning to open a Nursary School for them and educate the men and women about hygiene and good heal h. I think that my work is not very easy. It is very difficult, but I will get the help of Fathers ard Sisters. Now I am visiting their families."

18. Sr. Justina

Wellington Barracks 25-5-79
Nilgiris

BC-3

Here I have many cases of scabies, fever, wounds, cold and cough,
Diarrhoes, pair in the abdomen, sore eyes and leakage of ears etc.

Mostly I am dealing with the children, also adults come with common ailments. I treat them with full confidence and I find them getting cured. Certain cases I send them to the Hospitals. I feel that if we had some practicals especially of giving injections etc. I feel bit scared to of handling Antinatal care, I find some cases in this village, among these just one or two have some to the Hospital and had check up.

Even I find some have taken medicines from the beginning of their pregnancy and not even taken T.T. according to the prescriptions that they have showed me. When I told them about this check-up and treatment they said they would go only when they are in 8 or 9 months.

About the Family Planning some says they like to abstinate but they

Sr. M Constance

Sl.No. Name Address Date Batch 12.

Vikravandi

" As I was expecting I have come to rural areas for the welfare of the poor people. I have just started visiting the houses and soron. am running MCH and NEP in Vikravandi with the help of CRS - U.S.C.C. and also we are trying to visit PHC. Very soon we will be linked with PHC."

1.2.79

BC-2

13. Br. Susanto Kumar Jubaguda 1.5.79 BC-3 Orissa

> " On 26th April we had youth organisation. About 300 people had come here. More emphasis. More emphasis was given over the promotive. "How we have to develop this area. We selected leaders from each village. They will come once in every month here and we will discuss about development. I took instructed them about health (preventive & Curative). After training I could cover about 1000 people, following under five clinic. Maternal care etc. I could cover more villages but at present for the time being I have taken well project from to digg wells in the villages. Three already over, four more I have to digg. Everyday people are rushing to me for the primary medicines. whatever little money I get from father's for medicine that is not enough for our hostel boys even. Still I manage by giving A P C. chloroquine etc. Here we don't get any medicine from any where. The tribals are using certain country medicine (flower, leaves, roots etc) for certain diseases. So I have collected about 20 waxiety m varieties of medicine which w is used by tribals and Harijans. Keeping for demonstration at present here people are suffering from fever, scabies, Ringworms, Malaria, Sore eyes. Small children are having protein calory deficiency, their growth is very slow. Our P.H.C. is about 26 K.m. far from here. So far I have not gone . Mow I am planning to go and meet the doctors."

14. Br. Xavier Amalraj Trudavapuram 3.5.79 BC-3

> " Now I am free and in after the successful celeberation - the Jubille of our primary shoool. My society has given me a jeep to cover the East Rammad area. I hope I can do a lot. I will start my work in June. In this year I will take only the Child's care. Now I am preparing the Indigenous Calender."

15. Sr. Justina Wellingtone Barracks 4.5.1979 BC-3

> "First of all in I introduce to my Superiors, what is our important role of this training and what we can do and what we have to do etc. She accepted everything and she helps mome in my service. As you know we whave a day care centre where we could do plenty for those children. Since many of them have sore eyes, discharge of the ear, dierriohea, boils and abses. I treat them as you have taught us and as we visit their families we

Sr. Bonitas

10.

number of members, monthly income, means of livelyhood, house construction, relationship between the family Herewith the report of my work is forwarded. As I leader, sanitation etc., and also each houses, the members, etc., their education, occumetion, health know very well about the cast, culture, language, condition, tastes and interests possibilities and

limitations of the villagers in the villages I stay,

I started with.

also their illness. Even though I had ordered for 100 started recording the weight of the beneficiaries and childrens Health record cards, they are not received. Hirst to take more interest in the MCH programmes, The ANM was contacted and 78 children were given Trippleantigen on 12th Feb 79.

School lunch is conducted here in Batwarnally, and also in Nennel which is 14 miles away.

to the P.H.C. to meet the doctor. But doctor was not there. Next week, again I shall try to see the Doctor in the shop for cement, to make slabs. But so far no Environmental sanitation : Here in our villages, at to make sanitary latrines. Advances money is given least 96 sonkare pits can be made. 5 pits are dug cement is got. Three times. I went to Thandur and B.D.O.

started, I had to face many problems, I would like I had so may asnirations, but when the work is to wind up.

11.

As per your instructions and guidance, I started carrying cut the projects as best as I can. My main concentration is on Health Education to Mothers and students, Mutrition Education, M.C.H. and treatment for common ailments as per your advice, We (the social service team) intend starting 'St. Ann's Wini Health Centre'. Hope it will be successful. Very soon helps will be obtained from D.H.O. Octy and S.H.C. Ketti. Though I am seriously thinking of beloing our people to construct sanitary latrines, I wonder how far I can achieve this.	All the sisters here are quite happy in helping me to carry out my project. We work as a team. So we hope to achieve maximum success. I intend contacting P.H.C. Ketti, the District Health Officer Octy and the Eyecutive Officer Wellington, contonment.	I have settled here in my own community and trying to organize the work here.	I had gone to the village for one week programme.  I am so glad to inform you that I started my work
BC-2	B0-5	BC-2	BC-2
10.1.79	19.12.78	15.2.70	5.2.79
Wingiris	Windermere Lingiris	Noorpur West Bengal	Jabalour
Sr. Julie S.A.	Sr. Julie 3.A.	Br. Abraham M.C.	Sr. Suma

Though PHC is quite far from our place we try to keep, contact with it, at least the vaccination can be get

it done. At times we go and remind these people.

new charts and preparing lessons with in few months

we will be able to start M.C.H. programme too.

health, hygiene etc. Now I am busy in preparing

in the field such as giving talks about Nutirition,

6	X
1	=

Sr. Elsy S.Sp.S

4.

BREMESCHOFF

Mahanagar, Luknow, U.P.

23.10.78

BC-1

altogether. At present my duty is in baby room Now I am doing my midwifery. I have got 4 cases already. We have to get 20 cases

find very useful whatever I learned during the three months course, especially environmental Even though I am not able to go to village I sanitation, Nutrition, Health and Hygiene,

BC-1

84.6.62

Rajgangour, Orissa

Sr. Pushpa Ekka

3.

diarrhosa, dysentry, vomitting etc. I don't have kitchen garden and earing for the sick. Since there are large No. of girls, always one or two come with somr troubles like fever,

to P.H.C. Some times I get chance to do first any drugs but P.H.C. is close, so I send them aid. Every day at 4. om I take my giras to

about the importance of having kitchen garden and also adomn't thin I give fresh veretables to girls to garden. for While working I teach them also

the fresh food from the work of their own hands from our own hostel garden. . Girls enjoy

About 65 silai girls are there. I take one

There is a silai school close to our hostel.

class for 45 minutes everyday and share with them what I learned from the course.

ST.No.	Name	Mrnas Brnas	Date	BC	Peports
÷	Sr. Bley S Sp S	Convent of the Holy spirit Rangalore	1. 27.7.78	BC-1	Some villagers come for minor ailments. According
			12000	r	ito the situations and needs I try to treat them as well as I am concions of my duties towards them.
					So I try to teach them too, something on personal hygiene, environmental sanitation and mutrition especially for under 5.
ŝ	Sr. Petronilla	P.O. Garhwa, Bihar	11.9.78	BG-1	I had been cut for a month ing a villege. I was
					very glad that it was very much useful in my village level work. I saw many people with different sicknes
					Malaria is very common in villages. I two had I helped people giving chloroquine Tablets. I taught
					ladies about the housing and cleanliness. They were very happy to get such a kind of lesson. Here
					I found the main sickness among the coupls is Venereal disease. Some extent I remembered vour
					talk so I could give some advice.
	Sr. Monica	MHOMP M.P.	31.8.78	BG-1	I am 'elving in a dispensary for four hours daily.
	•				I get a lot of opportunity to speak to the people
					about balanced diet, Antenatal care, importance of cleanliness and I am trying to help them

which contains lot of nutritive value like green in maling them understand the cheap food stuffs

green vegetables etc., When the rains gets over we are likely to have some regular courses for

women on NFP.

4

SR. Tuesa Jose

Class

Roll No.

Semester

Subject

Examination

Date

Health Plan of Holy cross health Team in Ghogargaen.

1) Description of Area The name of the village where we stay is Ghogargaon! It is located in Varjapur Taluka, Hurrengobad district in Maharashtra State. Ghogargaon is 50 km away from Aurangabad. The nearest bus stop is 6 K.M every from Ghogargeion (Mahelgeion bus stop)
To reach from the bus 86p we have to
walk on go by bullock cart Ghogargaen
belongs to aurangulad diocesse.
God The total population of the Villages
where we have planned to work is
nearly approximately part from and is 10000 ( Pont know exactly.) People In all of the villages people belong to 5 main castes. They are Marattas Mallies Mahars, Manks and adivasces. The different religion in the villages are Hindus, Muslims and christians. Christians and muslims are very few. 80% of the people are below poverty lime. Their houses are mud houses the patels have stone houses with tenace c) Occupation: The main occupation of the villagers is agriculture. Gur village belong to the drought areas of Aurangabad distrect Most of the people have land except the their land irrigate their land from well in and they cultivate depending upon the

rain. There is take built by the the government during the famine for irrigation the lake was dry for to past 4 years and this year it is full. The main crops they cultivate are Jococor, wheat Ground nut Bengal gran and if there is Sufficient rain and exater Sugar come and. In all of these villages there is no Sonitory lateines or drivinges except the fathers and sisters: Usually each house have a seprete place to dispose their wastes and they teen it into mannure which they Sell. There are 2-3 wells in each nellage In Choquergaon there is a sanitary well box dug by the follows panchayat.

Facilities the people usually travely from village to village walking or by bullock cost. There are 3 shops in ghegargaen and also in other villages. There is a post office also. There is a Marathi medium high School sun by the fathers which Started more than 15 years back. There is a government Balwadi but not working properly. There is a Catholic church which was built by the fathers a French father 53 years back there is also a mosque. 4 km away from Ghogargaon there are 2 temples. In all the other vellages there is a primary school. the type of Government In each of the villages
there is a Sarpangh In ghogargaan there
the gram Savak I don't anything about the other members of the panellayat. People are not satisfied with the activities of the parchayat.

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Health facilities: In ghogorgoon there is no health facilities other than our own. In Pumplegoon that is 4K.M away from Chogargaon there is a PHC Subcentre. But the people are not. Satisfied with it's services. 6 KM away from ghogargain there is a dispansary hun by an authorised medical practioner. Cur Contact with the village. Cur congregation started to work since is years in Ghogargaon. The sisters came here at the request of fathers to teach in the school and to run a dispensary. At present the Sisters are not teaching in the School: In 1972 the Sisters built a · 20 bed hospital. At present we have a visiting doctor from varjapus - 20 km this. Cur dispensary work hours are from 9. P. M. & 6 P.M. Cur hospital is more of a maternity hospital. After the working of the hospital for three years the Sisters realized that our hospital wasn't doing much service to the fair vellages where they have no health facilities. People from many villages hequested the Sisters to visit their village at least once a week. So the sisters started to visit villages and gave curative Bervices. As they come in contact with villages they realized that their curative services aresn't much practical their visit to the villages was not legular. They felt the need of

Spending more time with the people in health education. So far we were doing giving curatives services visiting vellages.
But this did not improve the health condition of the people is a every eve evanted. So we have planned this a new approach to the villagers: Since Since we found difficult to reach the villages walking are applied to Carilas for a mobile medical Unit a diesal Jeep. This will help us to heach the village once a week end spend more time in the villages. Caritas has sanctioned the money for the Teep. A. The NEW PLAN. Antenatel Care 2 Postmatel care Intranalit Care MCH programme 3 Post natel care. 4 Unde Five Care 5 Immunization 6 Health education 7 Tuber culosis Controll Programme 8 Safe drinking coaler Scepply. 9 School Health Willage health workers. B Objectives of the Health Plan

1) To improve the health conditions of the people. 2 To provide Comprehensive health care to the population of Seven Villages.

Class Roll No. Subject Semester Date Examination Chims and methodology of each component of D. Antonatel Care MCH Brogramme. 1. Hims and Objectives: a To ensure a safe delivery to every expectant - mother b To prevent Malnutilion in expectant mothers c To detect complications and avoid more Complications during pregnancy. d To educate methers on how to improve their own health and that of their Children. e To get a healthy baby. 2. Methodology Survey House to house visit: Antenalet Clinic Registration. a) Anienasa Clinic. Fix a clay and time for the clinic and inform the mothers. It least once a month andenated check up should be done Note down the L.MP (with help of endegineers Colonder Weight of the mother height of the Ulres Urine lest for suger and albumin Blood lest for Hby.

Blood Pressure

amemia, Edensa

history Primie or multie

previous pregnencies Chy abortions

Previous deliveries normal or not

Hmy 8 till births, Premature baby.

Give iron and felic acid to anemie patients

Give T. T is 2nd and 3rd Tremester

6) Intrancial and Post natal Care.

Aims and objectives
To provide a safe delivery service to all mothers.
To know if the mother and infant are progressing to know if any infection in the mother To educate the mother in child ecure.

Method: Train the Dei to conduct a delivery without inducing infection.

Visit the mother and child for a week daily.

Ains and Objectives

To give health care to all the children Under five. To prevent malnutrilion in children To prevent infant mortality

Methodology Survey Registration Under five Cards > 81

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Hommuniquetion
Hims and objectives
To prevent children from Communicable

To bring down the infant mortality rate.

Methodology Survey - To know the number of childre who are to be immunized Through School health gr programe Under five clinics

Health education

Ains and Objectives
To provide better knowledge in health and hygiène hiegne To make the community aware of the nutritive values in their daily diet to give the community a better knowledge in the cause and spread of disease

Methodology

Hash cards.

TV Juber rulosis Control Programme

To deal detect all the cases of tubeculosis and provide treatment.
To prevent further spreading of the disease

Methodology
Survey
B.c. G Vaccination
Take Spulim Smear
Take the patient for x-ray
tollow up the patients.

V Safe drinking Water

Aims
To Controll Communicable discases

Methodology

Survey all the x. 3 ources of drinking water.

Chalorinate all sources.

Construction of Samilary wells with the help of the parchayat.

School Health Programme

A:ms
To detect diseases in Children in the carry stageTo give health education.

Methodology

Teaching the teachers about health.
"Medical Check up.

9

Class Roll No. Semester Subject Date Examination lox Training of village, health workers. 10 communicate between the health town and the village 1 To have a constant follow up of the programmes started. cimediate advise to the people i their Objectives Methodology brogramme. Spread Draw up a paining vardio and aids. Requirments ( Registers x everything machine BP apparatus x Jee bleisk Syringes and needles -Horrocks apparectus Bleaching powder. Hosh courds on Prevention is better than cure - 16.00 Preventico of diaeshoon Baby's diet from O. 1 year Better nutrition healthier nation Better Child care (Mathi) 2 copies. - 16.00 - 16.00 - 6.00 Worm disease (Poster) - 3.00 Simple village Survey and house of to house Burey 5.00 (b) Lob requir ments ( Attack Lyped 15 - green with

Resources in Porsonnel & Divono da hon School teachers Mahile Mondal youth club. Religious head - Catchist Village Dai PH-C Balwadi Parchayet berders From the above resource I have planned to get the participation by Calichist, Village Dair and School teachers. the there are also some comes woho who are influential and have good contact with people I have planned to train them - as village health workers. We also have planned to work with the cooperation of the PHC.

#### ST. JOHN'S MEDICAL COLLEGE, BANGALORE

Roll No. Class Sr: Suma Semester Subject Deep hi Bhavan Examination Date Deoni- P.O Health Plan W (Via) Findrai. SE Phy Mandal Dt M.P.

Description of Village Jam working mi a village called Deori which situalis in Mondola District. It belongs to Tabalpun Drocese Though it ais 120 km away from w. Jakelpun is in the centre of Madhuya Gradesh. To reach one village - you cam a bors from Mondala which goes to lymnun and get. down at Masur bhaveni which is the bus stop which is 5 km away from us. From the bas stop to reach on home no other conveyance except walking. Our people on Adivasis who is famous for the drinking from their childhood. It is actually a hely drought onea: We come 10000 population of 12 villages. The distance between these villages are 2 to 25 kms. At present this distance walking. But within the two or three months we will get two horses and we will go on horse back.

The total population are farmers and no agricultural pecilities are available.

Only 15% of population are having consond baffaloe We have no electricity. On people one mostly Hindus and 4 1/2 catholies. They make their houses out of mud, strow and branches of the trees. They are Cleart bottered about envisenmental Samitalian and even we do not have proper water supply. Each Village we find only two wells - in the field which is for away from their houses.

There is a primary School and a church in our compound the post office fibretions partially. A school master is having a little shop which opens only in the afternoon.

Except Surpunch I do not know any thing about the working of the Punchayat and the Generalizat

Though there is a PHC which is 35 km away from ms - so far we could not the contact the MO and the staff.

2. Our Congregation

We belong to CHC congregation. We were invited by Bishop to open a chipersony and to work in the village. We landed in our village only in Sept 23rd 1978, Seeing the endition of the people we

ourselves started Health Edweation and MCG programe

New we cover the propulation of 10000 covering 12 villages we are from in one community. Two by two we go to village and live with them. Usually we spend two days in a village and come back after a week covering there

villages. Might we give Health Echnealin It the people

Dung the day we spent with the children classing the house,

give bath to the children and make kitchen garden and

wintenet the children to water it doily. Not touch the couple Those who want to follow NFP we teach them. Our dispensiony time is only to his from 8 to 12 At Evening the remaining two sides who one at home go

for House visiting to the mean by villages. Patients to

pay for the medicine not the full amount but who

they can. The dispensary expense is met by the Discisse. Since we work for the Discisse we get the full compose co-operation of the foltress. Once a month we and father are able to cover all the 12 viallages. Once

a month Fri (Ds) Barret comes with a Physician

Roll No. Class Subject Semester Date Examination from Kata Hapital to visit our dispensary. The average number of patient, one 20 but it varies according to the season. I done a week we dritribute the grains to the mothers which we get by CRS for the AICH Programme. We weigh the Children once a month and record in the register. The ethour who are very weak and mot under 3° malnitulian we give Special core and give some tomis and Vitami tablets. Once in three months we give Vit A capacile. Before dut in borling the grain we give health lalk to the mothers by using charts which one made by ownelves. Though we carry out all these work non I am convinced that we have not chalked out a well planned programme with certain objectives.
Objectives of proposed Health Plan
O To improve the health conditions of the 2) To give comprehensive Health come to all 12 villages. The programmes which we are going to imdutes within these time years are as follows. O Antenatal cone @ Intranatal Cone (3) Post notal cone (h) bhild Immunization (5) Distribution of Vit H (b) Health Education 1) School Health Safe drinking water 9 National Pladaria Irrachicationis programme 10 National Luber culsoris Centrol programme

11) Training of Village Health Workers.

Aimos and Methodology of each Component
Arrivos and Methodology of each Component Antenal Care - Arms and objectives -
a To give special Health Come during
Dreem anew
De Jo ensure the health of the mother Co ho avoid more complication obving pregnancy.
a La Gazzid an cone complication do a
Contain most confirmation of the
al the lad g pregnancy to get a healthy boby
healthy body
Methodo logy @ Survey
a survey
(2) Antenalal chimics
3 Home Visits
(4) Registeration
Antica at al chimnes
@ Register the name of the patient
6) Once a month visit - during visit examine the
E Register the name of the patient  6 Once a month visit - during visit examine the mother wet, BP, Anaemia, Odema, It gette when, Itt une test for sugar and Albumin
une test for sugar and Albumin
@ It angrennie give won and Toke and only
© I angemåe give vron and Fohe and only in the 2nd and III'd Grimester
(d) In manifesting the TT of my on the 2" and
Drealth Edneation, (1) diet
@ Health & drug atten (1) diet
2 Cleanbiners
3 how to simprove prepare
Low home delivery
(F) Record the visit in the register or cand
Make the soul on the man high list cases
a le tipecal mode de migro and pression
(n) of it is muchi- lake the total of of processing
9 Markeoth special note on high list cases (b) If it is multi- take the history of previous pregnancies. Such as
Prolonged labour
(a) PET
(8) normal/Abromal

# ST. JOHN'S MEDICAL COLLEGE, BANGALORE

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-				
		Class	Roll No.	
		Semester	Subject	
		Examination	Date	
		Any abortion Stel Brith	- induced,	1 threatened
(3)	D Lake L date.	MP-if pad ealculate b	by wind does of using In	not know the exact chigenous Calendar over as well as baby
	4 rom furth Methodolo	ter refection	nother over	as well as baby
	in a most h	ggennie way @ Previde	a startize T	conduct the debiveries & Caclo and thread
3	trongh wash Post Notal	Cene An	ns and obj	eny. ichives and taby from fontur
	meetin Methodoloj	py '-	•	abirit daily
		Downing no bowl ac	bit week - white check - the check -	correlly wint amprilie and cord, feeding, diet of the
4	Child Jmn	umizationi - O To pre	Aims and vent childre	their, check if blending Objectives in from communicate
	Melthodo.logy	2 Fo bu	,	injust mortality ned
		(2) londer f	we Climes	

	3 School health programme
	(4) Immigation scheduled to be
	6 Contact PHC and inform total
	OAA II Plack older
(5)	Dritaibation y Vit A - Arms and orbjectives  O Lo prevent the Children from flindmen
	Motte stoday
	Methodology ( Contact PHC and give the total numb
	of children
	2 Golfoet the children
6)	Halth Edmeation Arms and objectives
	1) To prevent mal multicon
	3 To prevent common diseases.
	Methodology - Through flash coulds.
	1 Inder frie
	3) Antinal Colinaes (b) Horrse Vasiting
	3 School Health
(7)	School health - Ami and objectives
	1 To improve the health of the Children
	1 to prevent the diseases and promote
	Meltrodolosy'-
	Methodology: - O Mecheal Check up
	D Health Ednealin
	3) Influence the shoot teachers
(3)	Safe Dimit my Water - Aims and objectives
	1) To provide sofe dutanj water to all 12 villages
	2) To prevent from communicable disease

Melhododogy :-1 Survey 2 Chlorinelión 3 Hand pumps - if possible 9 national Malaria emade colisis programme. Aimis and objects
10 To detect the fever and treat 2) To prevent from Anaemia Meltis de logy; D Treat all fever cases 2 Falce thick and smear (3) Do presumbive treatment (10) National Luber economis Control programme-Airin and objective, 1 To deliet and treat or guide the people 2) To prevent from further spreading Meltodology: 1) Sporting Examination 3 of positive - take the policit to PHC a Follon up Requirements !-1 Antenatal Care -1) Weighing machine - Adult -2) Safe delivery - Folsh Conds 3) Diet - Flosh Conds (a) To P Apparations

(a) To P Apparations

(b) Internal Come (5) Drings, Styringer pand needles and Sprint lamp 3 Port netal cene - Swarth Ma Barche - (Hindi) -(1) Baky's diet - Flosh Cond
(2) Farmy Planning - Flosh Cond
(4) Child Immigation Shrish Palan I - - - - - 1.00
(1) Previention is better them come-Flosh @ Health Come of Chiedelnen under five - 7.45 3 Immmigalier on child ren. - - - - 3.00 3 Britoncaled needles with matmelier shelf.

	Class	Roll No.
	Semester	Subject
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<u>6</u>	Dratnibution of Vit A - O Mu	Mutional blindram and Vitami - 1.00
(3)		d Sign g Keroph thalmi + 3.00 -12 dolom Photos
	© Grivent ② Scabii	ion of Dramboea - Flash Condo 5 - Hash Condo 16:00
		Florh cards
		· · · · · · · · · · · · · · · · · · ·
	5 Hoole o	vorm impetation , 3.00
	6 Liel	
7	School Health - (8) France	of Dani 1.00
8	Safe dunile onje water	<i>!-</i>
	O I-torrock	opporation
(A)	1 / leach	of powella
(9)	Malional Malema Imachi	salion Mogeonme
(10)	National Lubrealous Control	programme.
	' Odimple Village su	urrey and Here to House Surry. 5.00
	Laboratary - n	equiements -
	Plan to get Comments (	Parti cipalini
	Plan to get Community ( now Jam convince d	that Community Participalis
	is inichispensible to carry you	ant all these programmes.
	From the commenty we	get Human Resonnees as
	well as PHC resomers.	
	Human Resoners -	
	Ovillage L	eaders
	O Village	
	(3) School &	
	(4) Land A	Cords

9.

-9-			
Class	Roll No.		
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Examination	Date		
6 Religions hea	dissa		
1 Ednested p			
6) Pomehayat L			
· Syouth Chubs			
6 Co-operative			
(10) Bhayani A			
(1) Palnach.			
(12) Mahile Han	del		
Out of the several res.	where I know only Surpunch where, Religions heads and it was of there		
Village Dais, School leas	chers, Religions heads and		
Bhayon Mondoli: But I ola	I not make use of these		
resonces in on work.	· U		
PHC Reservees - Staff.	- OMO		
	OMPW		
	(3) HS		
Drings	-Ovaccomis, @Multi vit		
	@Multi vit		
	3) Jam and Folic acid		
	@ Vit A		
	@ Chlorogini tab		
	(b) Dopson		
	1 Anti T.B.		
Some we old get chan	ree to meet MO-I and not		
get any help from the above is	Cromer.		
as carry out all	om programmes first of all		
me must Juno one some of	god leader from the commity		
doely to me went one the	houses we can find out		
easily the person who has	my luence on the people and		
the persons were not garned	confidence of the people.		
by the file leaders	we can have a meeting to		
onon me fect needs , p.	roblems and potentials within		

Roll No. Holy Cross Dispensary Semester Subject Examination Date Nichland.p. o Goraldpin Dst Community Selected and 169 Characteristics 2e.p. 273304 1. Diseription of onea; (a) Location The dispensary situales in Bengathala Village retrich is in Nichlaul block. It is 80 K. M. away from Growth pur. We can reach here from by bus Up to Rik Ni chlaul & then by Rikshow to Bengaltava: It is north of Grorakhpun in the Nepal border. It is in Benarise (Varanasi) discoase. b. Dovodino People The people due of 3 kinds: Land boards Monginal famous + cookes. The 3rd Kind is the Majority. They are very simple and hard working + mostly illiterate c. Occupation Mostly agriculturists. The main crops are Wheat Porddy, Sugar came, Thurst + Bengal grame, Potatoe + Maze. The Sources of irrigation is the canal of few wells. In every Village there are wells and hand pumps for drinking water. d. The enviornmental Sanitation of personel hygein is v. poor. Dasona, Deepavali, Holi, Poto Reksha bandham are the main feasts they celibrate. Majority of the people are Hindus & there are Muslims too The food usual food is out of wheat & nice also dhal + ve getables-

e. village Gort

Poinchayatto - village headman

f. Village Institution One Temple, One School, One Convent

9. Developmental activities

Housing schoon + making roads under the
Schoon of food for work.

h. Health fearlitos

p. H.c., 8. private practitioners 4 our dispensary.

His lory of the Con gregational Centact with the Community.

Mane of the Congregation. Bisters of the cross. Address. Holy cross convent

Niehland. Groyalchpundrill.p.

273304.

why we came to the village.

For Three years back the fathers Were called to conduct a school twent given about dacres of land. It Once they started functioning there the people asked for a dispensary. So one father of two other Sisters started to come over those every week in their van. They were comming from about 40k manay. They had a lot of palietges patients there so they Were not able to come regularly of they informed the bishop & aslad some sisters to take up thes pargrame. So we were called. In 1978 July we started our work their.

The team consist of

a. 1. priest - doing moinly developmental work b. 1. Sister nurse - In the dispensery.

C. 2. Sisters - Donaly to To work in the village.

Roll No. Semester Subject Examination Date

what is beening done!

1. At present, giving curative service in the dispensery and giving antinatal care for those Comming to the dispensery also giving advice on personal Hygeine. 2. Visit the villages + give headth guidance on

Personal hygein + envisionmental Samilation. We Were conducting 3 Balvadies too.

3. The priest was doing all developmental works, Such as building Kouses, Making approach reads

Future plans

1. Antinatal cone.

2. postnatal cone

3. Intra natal cone

4. Under five chimies.

5 - Immunigation

5. Heath education

6. National programs.

Nutrition, Malonia, T. B., Lepnosy, Trackona Goilor

7. Training V. H. Worlars.

8. Environmental Similation.

Existing health activities.

P. H.C. Some private praditionars (not real doctors) & our dispensary.

Objectives of proposed Health plan.
To give comprehensive health cone
for the people-curative, preventive of promotive aspect

# 5. Aims, Methodology of each Component

Antinatal care

Aims To ensure a safe delivery to every expendant mother

2. To en sene a Healthy body to every expendant mother.

3. To present delect of prevent Madmutrition.

4. To detect complications at an early slage, To semia—

5. To educate the mothers on health to hygeine and also

how to bring up a baby.

6. To See that all the antinotals had their T.T.

Methodolegy\_

all antinated care + collect all the details.

2. Keep up antinatal Register - cound if poss; ble .-

3.0 Fix a day for antinated clinine, inform them to make them understand the importance.

2) check up.

weight, hought of the cuterus

usine lest for sugar talbumine

Look for vaneama by H. b % lest.

B. P.

These will be done at least once a month if not possible at every week. But special cases will be checked up when necessary.

post Nalal come.

Aims to make sure that the mother has no complications such as post portun Hemerage 2. When the the see if her whom is Comming back to the normal condition.

3. To make sure that she has no mastitis.

Method

2, 3 Ursits to the homes of Contact the mother of make sure that she is free from indection + other complication.

(3) Intra natal Care

Aim To ensure that the mother has a Soyedelivery. To see that the Dais conduct it in a hygenia way Wilk sterile things

Method Instruct of guide the Dais on hygeine Supply them with Sterile - cords, blades etc. Attendal

Under 5 clinics.

Progratural the childrens of sto years of ergs.

Reca Registers + also great to health charted.

Him To make sure that see that mack all the children under 5 and & healthy & do not suffer from conser conserver, Malnutrition & vitodeficiney

Method

Survey. Rogister all under fine +keep groad to health chart to each one.

Keep an under fine register. South Wate all the unprotected ehildren and arrange immunization pas grame.

Contact P. H.e for Vaccines.

Give health education to the mothers of other members of the house.

Health education In the School, Antinatal clinic, in the village + in the sub-centre. Aim To educate the teachers on health. So that

gradualy they make may take up this. To make the children conscious of healthy habits To teach the mothers on babies diet, & town withe

Communicable deseases of preventive messures and also on personal hygeine of environmental hygeine. Immunization In the village + Sup centre

Immunigation etc.

All these education with charts, pupels + Posters.

(6) National programe. Nutrition aim - Tarleschate people esp. the latter ach to improve the greath of the four ple To prevent matrix malnutrition in

mothers + children. Methodology Health edweation with flip charts Demostration of cooking Certain foods. proparing Mixed foods for emildren with the available + choop things in the to early.

Malaria + T.B aim To Detect in the early stages and prevent complications.

Methodology Di Wat Observe four cases for Malana + take blood smean + give pring chloroquine t if positive give radical treatment. Health eder eation by flush cends, Posters etc.

Deteck T. B & get to spectron tested in people with cough of fever for more than it days & get the spuling tested. If positive consell with a doctor nefor to the P. H.C.

Trachoma

Arm Top revent blindnes. Method Survey of find causes of treat with Testacycline oint ment 1

Leprosy

Aim To control leprosy

Methodology By detecting eases tings to

Detect by sensation test by in price; wormwater tested water, If no doubt feel & sure cases neger to the Leprosy clinic. Jollow of up of bred net.

Aim. To control in Our Locality.

Methodology Since it is too common easy to delete.

Contact in the DST level to do Some Thing about it.

Training Village Health workers

Jim To give healthecheation of to other assist

Methodology. To take at least one from each village of teach them 15t with flash cands and then make them do negularly in the village.

(8) Environmental samilation Aim to traparte the prevent communicable deseases, Methodology. Health columnation, demonstration

Requirements for Health plan.

6.

The . P. H. C.

Our dispensary.

Panchersyath & village leaders.

Block development office

Youth leaders.

School teacher

The priests

Educated ment women of the village.

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E-10 Home Safly mediumes Hindia	3 - 00
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E-15 simple Bacteriolgient	
Analysised unbi-	0-50
E-17. Lowcost tube wells -	0-60
E-18 Village Samilation Improvement-	
H-7 ways to better health-	16-00
M. I. Draining Dais. DHGS. Ministry	
Thealth -	1-00
M-15 - Notes for the practising wife -	1-215.
M-15 - Notes for the practising wife - M-03 Hindi-	
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M-7 - Anaemia in pregnancy	1-00
HR-10 patient-Retained health records-	4-00
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Better cone in Lejono sy.	4-100
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Other things needed. 2-cc-1 Syringe \_ 2 Needles \_ Kiddley tray-Small Bason -Delivery Kit -Cotton -Lotion -Horolg Apparutus -Test tubes -- 3 test tupe holder Benedit solution Leish man Stainengs stides \_\_\_\_ Hydroclonicacid Bandages \_\_\_ Registers - 3 Sprint-lamp

spirit-

forceps - 2

Class Roll No.

Semester Subject

Examination Date

1. Plan to get Comby participation

Since the priest is in touch with all these people. With his help get these people to gother & have meeting with them. Find out their felt heeds and discuss with them.

Plan for Health education

Health educate, as many aspossible so that in turn that they may leach others.

1. Mothers + all the elders in the family.

2. Some shop keep en

3. Educated ladies -

4. Village Health workers

5. School teachers.

b. A children in the School as this will impress to they will tell to the other children.

# COMMUNITY HEALTH WORKERS PROJECT REPORT

By Bro. SUSANTO KUMAR, C.M. RC-2.

#### Name of the Place and its location:

I work in Jubaguda in Phalbani Dist. one of the most undeweloped areas in CRISSA. It is vast area comprising about 305.9 miles conioining about 37 villages.

The population is approximately eight thousand. To be a successful C.H.W. to look after such a vast area and large number of people is really a difficult task. The out-come of my effort magnat be quite satisfying. Therefore, I thought of taking up five villages and make them healthy and ideal community.

#### Name of the villages:

1, Jubaguda 2, Srirampur 3, Kuchimula 4, Pakri

5, Suruguda. These are the biggest villages and thickly populated areas.

Total Population: 2,380, Male - 1104, Female 1,276.

Age Group

40 - 70 -- 112

20 - 40 -- 720

10 - 20 -- 258

5 - 10 -- 400

1 - 5 -- 832

0 - 1 -- 58

Self dependent and well to do -- 18 families

Scarcely managing ones

-- 53

Poor

--241

Total number of families

312

Average Family size - (7-8)

Caste people - Tribals - 235 families

Harijans - 45

Others - 12

These 312 families are distributed in five villages.

Village Circumstance: Kuchimula - 32

Jubaquea - 82

Srirampur -100

Pakri - 73

Suruguda - 25

Housing: Houses are generaly made by wood and mud. The space in each house may not come more then 389 metre. 7 to 9 people together with their domestic animals.

Occupation: Tribals work in the field and forest and they mannage by the income of forest and field.

Harijans, prepare home made liquid and business minded, others are ex-platers, shopkeepers etc.

<u>Cultivation:</u> Both man and women work in the field. Paddy, pulse, Ragi, Maize, Mustard seeds, Tobacco are the main cultivation.

Education: Among 2,380 people

Matriculate - 1

Matric failed - 3

9th Standard - 2

8th Standard - 6

5, 6, 7 Std. -17

1st 4th -182

The tribals consider that education is an extraordinary burden for them which is quite useless for their life.

<u>Panchayat:</u> For the name sake there is one Sara Pancha but panchayat does not function properly.

<u>Diet:</u> The people live hand to mouth. When they have they make a feast of it. They are not worried about future Rice, Maize, Ragi, Green leaves, Mango nuts are their common food materials. They are also good meat consumers. They prefer more chua water (Source) then well water.

Religion: 85% are Hindus among them many are pagans and 115% are Christians. Hindus, when their sick they worship by killing animals.

Costoms & Culture: Towards evening all return home after their hand work all the day long. Young boys and girls will have their traditional dance if it is a moon lit night otherwise soon after the sun set they retire. All the man in the family eat from one plate and all women from another. All drink from one kind of pot (Donka). They have no costom of washing their mouth after eating. They have the costom of child marrage. When girl reaches puberty they get marry. They are always exposed. They wear ornaments made of bronze and copper which they wear in their legs, hand, waist, necks etc.

<u>Festivals</u>: These people celebrate three to four feasts in a year. Agnipuja is the biggest feast. That day they offer a portion of their cops to the God of fine Balijatra also is the one of major feast.

<u>Communication:</u> Modern communication facilities are beyond their reach. The nearest bus stop is 42 km. fer from Jubuguda centre. It is mountainous area. Only during the summer season transport is possible by tractor or Jeep. In rainy season there is no any other vehicle than our two feet.

Health and Hygine: There is no wonder these people are hyginically we very poor. Vitamin defficiency and sickness are common phenomena. There is no Sanitary facility, in the village and in the individual houses. Most of the families have various sickness, as their regular visitor especially the most poor ones which come about 214 families.

Traditional medicine: When people fall in seriously ill they do puja. This puja is done by traditional healor. People do believe the forest diaties and field dityes and during chicken pox they cut foul or goat to please the devi and deties. Even for common sickness or for the 1st aid they use Roofs, leaves, If they are not cured by their medicine they come tome for the delivery and post-natal, they get assistance from the village dai, whatever she prescribes blindly they use.

P.H.C.: Nearest P.H.C. is 42 k.m. and nearest sub-centre is 26 k.m. from the Jubaguda centre Medical Officer and other government officers are foreigners to people. They never go for mobile tour for the mere pencilin injection. They ask Rs.10 to Rs.20/- To afford socha a huge amount poor tribals find difficult, so they never approach them. Nearest Mission Hospital (Baptist) is 100 k.m. and Government Hospital is 300 k.m. far (Sadrarmahakumar Hospital)

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OBJECTIVE PLAN FOR - 1981

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OBJECTIVE PLAN FOR - 1981

#### PROJECT REPORT

1. Population: The total population of our area approximately is 25,000 and the total villages are 35 to 40.

Occupation: The main occupations are agriculture, sugar mills and paper mills. Very many of the rich and educated people work in these factores. Where as the poor harijans are fully occupied in the field in cultivating Paddy, Maize, Ragi and groundnut. There is a particular village where they cultivate tobacco and green chillies. These people do get work mostly daily. Their wages are Rs.2/- per day. Of course they do get some

Housing: Very small buts where in, no light and breeze will enter in. It is very difficult for 8 people to live in. Even cooking and eating is done in the same room where they sleep.

more extra money according to the reasons. The total number in a family will be 8. The so called Harijans are very poor and hardly they get two

Food: Their main food is Rice. A few prople do eat maize and ragi.
Very many people do eat only rice and pickle. During feast days they prepare
very good food including meat fist, etc.

Cultivation : Rice, Maize, Ragi and Groundnut.

meals a day.

Clothing: All wear the ordinary dress like som saree.

<u>Customs</u>: However poor may be every one celebrates the feasts very grandly. All the hindu feasts are very important for these people.

Education: Among these 25,000 approximately 10,000 people are educated. Many of these people are working in the colleges, schools, hospitals, factories and shops. We have got 3 high schools, One college, a number of elementary and Primary schools, 2 English Medium Schools, 4 Banks, 1 P&T and a P. H. C. Sub-Centre. The school going children will be 6-15. A good number of them are doing college studies namely B.A, M.A, B.Com etc. One boy has joined the Maj. seminary this year. Three doctors are from the local area among whom one is in Algeria and Two others are settled in our phace. No Balwady Schools yet started.

Panchayat: Three Panchayats are existing but our relationship with them is very poor. We meet the leaders only during elections. Of course, every village has got a leader chosen from among the people according to the Caste and Religions. Leaders are mainly high class. They pretend that they are every thing for the poor but actually they cheat them by not giving them theproper wages.

Religion: 3/4 of the people are hindus. A few Muslims also. After our 7 years of labour, a good number of them have come to the mission.

Communications: Each village have got a Panchayat Radio, and newspapers are available every where but many of them do not know how to read.

Health and Hygiene: Very poor health. Of course, they wear nice clothes only for feasts. A few of them keep the houses clean and tidy. Since the houses are so conjested they are prone to get diseases very fast by droplets etc. Very poor lutritions food they eat. Viz. pickle and rice. Health is not their problem in the beginning but now it has become part of their life because of the repeated teachings.

<u>Water</u>: During summer there is a lot of scarcity for water even to drink. They drink unboiled and dirty water and it gives them all kinds of sickness. However we try to educate them about this matter, I have failed to a certain extent.

Transport and Road: Since there is a national high way is passing through there is no difficulty at all for the transport. Roads are rather good. But during rainy season very difficult to reach to the interior villages through there are so many resources to the road work still no one bothers to do so. Only during election we can see them working very hard.

Electricity: Almost all the villages are electrified but not the houses, of course wax many of the rich houses are electrified.

The number of the families: I have taken for M.C.H. Programme 500 families. The total number of pregnant mothers are 100, lactating mothers are 150 and 250 are above the age of 3 to 5 years. Needless to say that a deail survey was done in the year 1978 Sept. It took 40 days to cover up all these 500 families. Mainly Harijans are taken for this programme. Sorry to say that 3/4 of the children are malnourished and by seeing the condition we requested the bishop to grant some resources to help this people. According to the request, C.R.S. responded for a 200 beneficieries to start with. But time and again we tell the mothers that these are only supplementary food stuffs and also temporary, so they don't demand for it.

II As far as my knowledge goes there are no existing health programmes except the Family Planning and some other primary vaccinations. They give more stress on Family Planning because they get money. Some do practice the ayurveda and traditional medicines. 5 of the villages have got Dais, who deals with the normal and abnormal deleveries even at the cost of the mother. These poor people think that they are the only earthly physicians and they don't listen to other sources. These dais are above the age of 40 to 50 years. There is a PHC nearly 10 miles away from our centre. Very rarely people go over there to get medicines. Of course, they go for Family Planning operationand to get some of the primary vaccinations. Very rare case we see the health workers visit the houses. A.N.Ms are mainly to motivate the mothers for Family Planning operation and to get some of the Primary vaccinati Besides this there are 8 primate clinics

having 8 to 20 beds and are conducting operations such as appendicitis, tubectomy and man vasectomy. They are qualified doctors. All these clinics are very close to our centre. Before our clinic started there were 4 clinics, but now within 6 years 4 more have come up. Besides this the R.M.Ps too have 2 clinics where in they give medicines at a high price. People have a strong belief in them.

III. Coming to my Community in the different developmental work is not much involved. Because of the lack of sisters to spare for the work. There is a jeep which has to be used for the health Centre and its functions were not smooth because of the improper roads. We cannot goto the people during rainy seasons. Community shows interest by sparing their leisure time in helping the people to learn many things. Community has taken a few villages to bring change in spiritual aspects besides the health aspects. Community also involved to give health ducation in the schools and have started a Bank in the Parish level for 25 villages.

IV- Chjectives: As I have already mentioned that my main work is M.C.H, health education, nutrition and small savingsunder M.C.H. we cover 500 families, 350 children above the age of 3 to 5 lactating mothers 150 and pregnant mothers are 100. 350 children were give immunization by us and by the Govt. agencies. B.C.G. and smallpox vaccine were given by the P.H.C. 3/4 of the mothers are protected rrom T.T. during Pregnancy. Because they had time and again we gave instructions and conducted classes both for practical and theory. Now they have realised the value of T.T., Ante-natal and Postnatal care advise were also give during pregnancy. I mainly instruct them to take locally available food at a cheaper rate. I used to show them practical examples from the participants itself. G.L.V. are their daily diet. These are the examples which made them to think and work at it. They are also advised to prepare for home delivery and keep some money to use while they are in bed. Mothers are told the importance of having a health baby. After a year again the C.R. S. granted 300 more beneficieries for M.C.H. The felt need came from the people as well. Again an open survey was done. There we could find out many problems such as Anemic, night blindness, polio, marasmus and some other illness. Many of the mothers were very much anemic. Thus we started to give this supplementary food. We told them how to prepare for children and even practically we showed them. Twice in a month the mother and the child came to the Centre and get the necessary instructions viz health education, nutrition and motivating them for N.F.P. Mothers are taught the importance of small savings and what is the roll of the mother in the family. Needless to say that we take children's weight every 2 months possibly.

School Health Education: Once a month the Doctor gives a 45 mins. lecture on 'Health and its importance.of course the children and teachers are interested.

School Health Checkup: In Dec 1979 under the able guidance four doctor we didx a school health check-up for 350 children above the age of 5 to 14. We informed the parents and the teachers too. Very few parents responded of course the teachers, showed the interest. Because of the ignorance of the parents, they were not able to understand about the importance of their children's health. Children had

invitadol

a thorough check-up and spexcial cases were referred to Government Hospitals such as T.B.1, Asthma3, E.N.T-10. All the children were given M.V.T. for 45 days, 1=B.D. Elderly children were taught how to mend their own clothers and mats.

Rescurces: For my M.C.H. I lack persons to continue. Because of certain serious reasons I had to send away my helper. So now I am alone managing the whole responsibility of M.C.H. Namely, weighing charting & maintaining the records. Now I have to train another girl for my programme. Of course the other hospital staff members are helping me.

Money: It's not my problem.

Material: - Materials too I have & got.

Time: Some times as I plan I cannot cover up the villages because of the lack of time. Hardly I get 4 hours to spend with them. These 4 hours may be for 100 families. So very little time is spent with each family.

Evaluation: Evaluation is done monthly and quarterly. Quarterly the C.R.S. Supervisers visit the centre and check the family records, registers and weighing charts and ever yearly C.R.S. from Madras visit the Centre and have a detail check-up. Now I feel that every week if I evaluate it would be much better and I could implement better ways in the next week and the failures could be corrected at the early stages. Recording is done as the rule of C.R.S. programme for M.C.H.

Action Plan: I would like to train 5 V.L.W. for the coming year 1981. We also would like to take two more villages for the mobile clinic. In the coming year I would wish that these 500 families are well off in/the necessary / with personal knowledges- namely, their education, health and alround aspects.

We are sure to continue the M.C.H. programmes for \*x 500 people. This will be done very detailly. I will find out the traditional dais and involve them in my work and give them some more ideas how to conduct a better and safe delivery with the limited resources. I will also try and meet the D.M.O. to get some help for Primary Vaccinations. —To meet the P.H.C. Medical Officer and consult with him in what way they could help me in getting some more informations on cheap and effective medicines

- To combine my work with the M.P.W.
- Train the local people to find out their own problems and help them with the limited resources. Finding out their own problems and solving by themselves.
- Though we have a mobile clinic programme twice a week it is not so well running. Poctor, A.N.M. and staff members and me are in the team. Though we take all the pain to get the people to the clinic sometimes it turns to a failure. Inspite of our home visits and other health education their idea is that health is not a problem So now onwards I will try to find out and make them aware of its importance. In 1981 I would wish that these 500 families should be healthy, to give more care for Antinatal and Postnatal.
- I will have meetings with the elders of the village atleast once a month and discuss what could be done for the next x month besides the exisiting programmes with the available resources.

- I will motivate the mothers for N.F.P.
- Meetings with the health team once amonth could help to improve the health of the people.
- Meetings with the mothers atleast wice a month when they come to the M.C.H. Programme
- I do the better way of demonstration.

## FROJECT REPORT - (Sr. JUSTINA)

#### I. Population

- a) Demographic/Economic and characteristics of population Discharge M. Arest T. N.
- i) Fopulation

As a target for 1931 we have chosen nearly 5 villages population of 3000 where we could reach out to poor hyginically standard and underdeveloped areas.

Village population of one area:

Women of child bearing age 15-45	250
Under 5 years	160
School going children	275
 Adults	315

The majority of the population are high caste who are mainly occupied in wearing Arni silk saris, may be about 10 to are agricultural workers, mainly working for the few land owning families who also happen to be the business men, bus owners and the money lenders of the village.

- ii) Economic The wages in this area is very low Rs.3-4 for men and Rs. 2 - 3 for women. Since this area is being very dry and have very little rain, the people are unemployed and hence live very miserable lives and are often in debt. Due to this and couple of other reasons - the main one being people find no meaning in suffering and living, thus we have many cases of suicide.
- b) Education: We have facility for education even a higher secondary school. In every village there are schools upto primary. The distance from each village would be about 5 to 15 K.M. The school drop-outs are very high esp. of poor weavers, shepher's and coolies. Only handful of girls reach upto the high schools.
- c) Law and Order: Law and Order is maintained by the village leaders and panchayat. The police are not here and the people are very proud of it. Caste people try to take advantage of the Harigans by making them do hard work and give them low wages.

d) <u>Communication:</u> There is bus services to almost a day. But for an emergency esp. when a person is serious, it is hard to transport the person to hospital and is possible only by means of bullock-cart.

More or less the Electricity Board is reaching to all the villages. We have the post office, Telegraphic office, Bank and also there are 10 financial institutions from where people borrow and lend money. Reading materials also are available for the communication — such as news papers and magazines etc. In every village there is Radio house from where people get much of the news and enjoys the programmes all the day.

e) <u>Culture</u>: People mostly are Hindus and often they celebrate feasts of their gods in a grand way. On certain occasions they arange for cultural programmes, other-wise as a main source of Recreation, it is the cinema.

Immorality is common. Interesting to say that it is a pride to "keep" besides their wives, Marigan women who are considered as low caste.

There is a Marketing Day during the week esp. for marketing animals. The common food is Ragi and Rice which grows locally.

The culture of the people, custom, the way of living and thinking is very much improving. Pity to say that many of the young girls are spoiled before ever they get married. The marriage age is soon after they altain maturity. (or else 15 to 20 ages)

#### II. Existing Health Services

In most of the villages there are local medical practitions and Dais, where we are staying and working, there is a Homeopathy Coctor, Vaidyasala (Compounder) trained A.N.M. few dais, Mandravadies, P.H.C. male worker besides us, who take the responsibility of Health matters.

Almost every week there is a Mobile Clinic conducted by P.H.C. Every month the hospital of St. Thomas (Leprosy and T.B.) Chelpet goes to all the villages. As we know we could see the majority are regular in their treatment who are having much improvement. The para medical students goes to each villages for the survey and find out who are irregular and try to bring them into their rehabilitation programme. Since the chetpet and CMC Nellore Hospitals are close to us, we refer to them all the serious cases. The Dais bring natel cases which they are not able to handle by themselves. The ANM goes from house to house for the Antenatal cases and also make the arrangements to take the women for tubectomy. This is done in a forceful way because, if she doesn't take a certain number of them for this operation, she is afraid whether her job would be taken away. Usually women volunteer for tubectomy than men for vasectomy.

At present the mortality of women at child birth is less but the infant mortality remains the same. This summer season, many of the infants died of high fever, diarrhoea and vomiting within one or two days time. People are still not aware of the value of Immunization except small pox. I doubt whether the children had ever received the vaccine of B.C.G. because many children are taking treatment for T.B.

# III. Information about my Community (Congregation)

Our team of workers consists of 5 Religious sisters. I - a trained staff nurse/midwife; 2 CHWs; 1- Community Levelopment worker and a teacher.

Two sisters go to the villages on alternative days. It is done as house-visiting, treatment, education; in Christian villages we teach them catechism, prayers and songs etc. We have formed children's club where they gather once in a week for games and fun; also organised a small saving scheme where they seems to be honest of keeping back their little penny. (Wein idea is to take them for an outing, just make them to travel by train who have never seen it nor get out of their villages).

We have taken our priority the under fives and a control programme of Night Elindness together with a survey. There is a programme for the mothers and children of the near by colony, where the emphasis is on Education and Development, together with curative health and supplementary feed.

We have just started a nursery at the request of the people. We also cater to the needs of the school drop outs by evening classes through our village level workers. As for me, I am responsible for the MCH programme and I work in the Dispensery and Maternity centre. In our centre we have employed 2 aids while 5 other M. level workers are chosen to be trained to cover all the near by villages with the point of view to educate towards a healthy community of Nutritional Education programme (NEP) in coming January. The Superior of the house who is a staff nurse/midwife encourages us and guides us for the development and up building of the community by going forward altogether to reach the goal of our settlement in this village.

3. Turny

# IV. Objectives:

To improve the health statew of women and children in PARTICULAR AND THE POPULATION in general through-

- a) Maternal and child health programmes
- b) Mutritional Education programme of Mothers and children
- c) Immunization of children and mothers
- d) National health programme T.B. Leprosy and Filaria
- e) Health Education of the community
- f) Training of Village level workers
- g) Environmental sanitation Sanitary balmaes and safe water supply
- 1) Minor aid treatment through Mobile Clinic

#### V. Methodology

As a highest preority of many future work, I amy specialy concentrate on the Antenatal cases, so that each women whom I meet every week may bring forth healthy children, by educating them for regular check-up, treatment, additional food, rest, hyginic environment, preparation for a good delivery I may take the NFF worker for the motivation training which she has to follow up for 5 years in the villages. try to visit them for their postnatel check up. I see also whether the children are getting the immunization of small pox and BCG from PHC while we try to provide with DPT from the centre. As soon as we get the possibility of having a Refrigerator, we may try to give them the Folio drops also. I will take into consideration to go to local school to do a THROUGH medical check up and personal hygiene and see what I could do for them. T.B. leprosy and filaria are common in our villages. Coing on and off to the villages for minor treatment through mobile clinics, I would come to know more people and gradualy I could teach them many things about health and healthy living, through health education.

The time for my work will be divided like this. Daily 5 to 6 hours in the Dispensery.

Once in a week - MCH Programme and NEP classes.
On three days afternoons - mobile clinic; Rest of the days I try to go for visiting houses, Immunization, Health education, school health checkup and follow up which I may do alternatively according to the place and needs.

#### VI. Resources:

- a) Staff 2 sisters and the V.L.W. of the village for go house to house visiting.
- b) Money Congregation gives limited funds & e collect Ne. 1/- for immunization from each child which is utilised for purchase of vaccines and Sora.

Treatment for T.B. cases we charge Rs.2/- for streptomycine injections. We do not charge for I.W.H. and pas which is purchased from the Community fund.

From the schools, we receive pay Rs.10/- per child which is put it in the Common Fund for various uses.

We charge patients 25 paise for treatment given through Mobile Clinics or Dispensary. Also we charge Rs.2/- per injection. This money we utalize to purchase medicines.

For Health Education Training materials, we are given money from the Community Fund.

For training V.L. Workers, we pay Rs.10/- as 'honorarium' per V.H.W. for their busfare etc. from Common Fund.

bought some charts from VHAI. Euring next year, we will try to get few more from CMC Vellore. Equipments and medicines for the mobile clinic, we take from the Centre such as medicines, ointments, cotton, forcepts, syringes and needles etc.

#### VII. Records

Health records through CRS scheme we are maintaining the following Records:

- 1. Infant nortality and morbidity
- 2. Maternal mortality and morbidity
- 3. Under 5's mortality and morbidity
- 4. Number of births.

# VIII. Evaluation:

Evaluation is based not only on the popularity of our programmes but on health indicators such-as

- a) Lowering of Infant and maternal mortality
- b) Increase in number of cases reporting for antenatal check-up
- c) Decrease in Mortality and morbidity in underfives.
- d) Reduction in number of births, if the natural family planning programme is effective.
- e) Increase in number of people using sanitary latrines, if health education on environmental sanitation are good.

  The incidence of Diarrhoea and dysentery will also come down.
- f) In regard to T.B. and leprosy my evaluation will depend upon the number who come for the treatment regularly and the lowering of the Disease in the Community.
- g) my health education programme would be considered satisfactory if there is more awareness in the local people on health matters. These programmes mentioned above, should be evaluated for a continuous period of 5 years to come to any definite conclusion.

# IX. Future Action Planned:

MCH Clinic Immunization Health Education Nutritional Education Training of Village level workers. Health Insurance Programme at Bhiminopally. Jeb 48 & Jeb. 79.

# Evaluation report!

when I took over the dispensory the funancial Situation as such as the Coovered was supporting all the expenses to sun the dispensory. The people Were very relictant to pay even a small fees. Every badly was experting a free service. Even though the medicines were given free it was

set appreciated by the people.

Is order to remedy the settration we were thinky many ways and means. In 1948, we have started a Sossall youth cheb with many activities. During the youth meetings we had brought this problem to their attention. First we were thinking training some of the village youth boys as V. H. W in order to reduce the coast. Meannshile Fr. H. Voken and Er. Sara hard visited hi mission Stations of Walgorda Dice: Is 1948 they visited Bhinanapally too. We had many discussions with hen resperding the development of the people. And one of the crucial issue was the probleme of he dispensory, and how to make the people Health Conscious and responsible for theriown he all. The second issue was the increase of food production, so that he people could be able to pay for their health core.

After that we had several meetings and as solution, we thought of Starting a Realth Insurance Scheme to remody the Situation

This scheme is not very corosson in India; yet we decided to start an experimental basis with the help of the elders and exact of the village. Several meetings were held to make them under stand the value of this scheme it took time and energy to consitentise he people, but we had a free and healthy diadogue with the people. Once they had understood he scheme we formulated the policy was printed and circulated to cell the families for study and feed back. This was helped very much by the youth.

Once the policy had accepted and finalised we printed in a book form. The enterance from the printed in Scheme Rs/2. To per-month per-family, and the other policies or agarding and the benefits and the other policies or agarding the treatment were well printed in the pass book the treatment were well printed in the pass book to 1948, February and the scheme was officially opened by Bishop. of Walgonda.

As apolicy a medical check up law to be conducted to all the members in the scheme.

Dopty D. M. a H. o and two others doctors head come

for this, for the School children and the people.

Yo our suspense we were able to detect

He our suspense we were able to detect

More than low children going to early bland hore than low children going to early bland here. Treatment was given to all these children nees. Treatment was given to all these children and all the preventure measures were taken

These children will be followed up again.

These children will be followed up again.

Another policy was all he pre-natal clinic.

Bhould be cetterding he pre-natal clinic.

As a result we have many healthy bubies healthy mothers, certainly they are all normal deliveries. An other policy was to immunize the children under five. The was also carried by the help of the P. H. C. As a result we did not find any child with whooping Gough. Carry and timely seeking of medical attention was another simportant policy in the scheme. And due to this people attended the health centre in the carry stages of comy discuss thence we did not find many serious asses sample medicines and treatment can really take care of these diseases; and people were also happy and they were able to do their beauty work. These to medical checks up we were able to detect and liear.

The about possitive health fectors were first told to the people as policis of the speakly Insurance Scheme. it had many effect.

- 1 people become health conscious.
- a many preventive aspects of health care hoere appreciated by hi people.
- 3. The health education was imported to the people in the form of action and he people belied by its effects.

Now the Doctors and the nurses of P. Ho are interested in this Scheme and they give their full support. They wish periodically also help chlorination of nealer etc.

the second fact is that financially, we were able to make it self supporting north in a year. what ever to make it slart this scheme we neare able we borrowed to slart this scheme we neare able to pay back with in one year. Busides that from the microme we get, manage the expense of the medicines and pay scalary for the helper. Since last four months we were able to put on the banks Rs/100 per month.

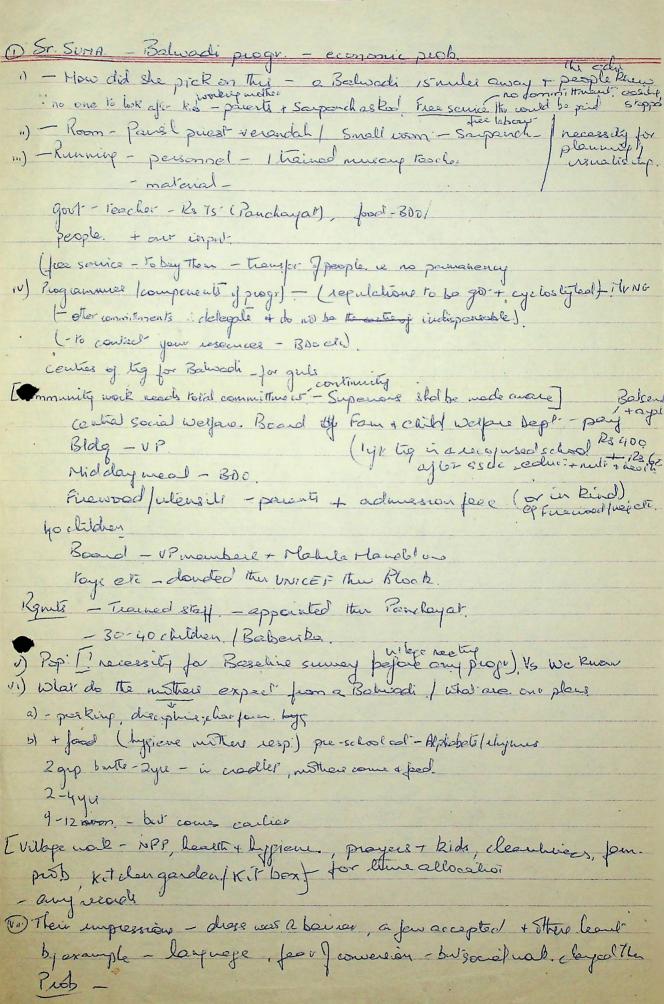
we started the scheme with isofamulees now we have 445 families and more core eager to join the scheme we are thinking it slowly. If first there months he exact next around the first three months he exact he membership fees. Now the people themselves summed their fees voluntarily to the centre.

Lord September we had meeting the elders and youth m'order to exclude the scheme. This meeting was very helpful and many Suggestions were given to improve he work.

we had the first-general body meeting on April 21th 49. It was an important event on April 21th 49. It was an important event in the vellage People were very health conscious and freely expressed their appreciation and satisfaction of the health are which they are receiving from the health centre. They were also very much surprised to lear the health care can be made inexpensed to lear the health care can be made inexpensed to health.

to - Parmary Vaccine with the help of P.H.C 5- DPT for under five " " 6- Malaria Control programe " .. 7 - yearly medical check up " ! Early detection ofer and treatment of all the diseases ( by education of the members to seek timely and early medical help.) Education towards possitive hearlit (by H. Insurem Nutrition - Supplements, education and encourigement to grow more food-demonstrat Chlorinalian of water (PH-C) 12. Flouride detection en the walin (Government) 13. Medical cheek up for the School children So. Mariossona Antony f.m. as

# Field Experiences



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# ST. JOHN'S MEDICAL COLLEGE, BANGALORE

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Semester	Subject
Examination	Date
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- Impressions of Indie by 4 fore  - the wealth of India is it's p  jay, freedom & appreciation of	Shall they laure & simplicity
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but follows sociece enomice de	
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- Rhowledge + 8 kills to be gue	en but not sol's to probs as these
vary & indis + community -	- HE ( NCW, NOTE:
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- tried to make course meaningful i purposeful but no - 10 make you reachers in the community. esp. children - know your community intimately - Rural stay 5 The - Basic comes / Reposter comes 16 become trainer/questionnain Group Lab I 1. Br. Joseph. - Kerala. 1941. -SSIC, copuchin - U.P. - E Runjabi settlers, Bilaspur, Komgur, Hist. - Coop. society, reaching in Prim school, visiting houses/ https 132 pour Sécretary; land, dainy - boar from bank now 3rdyr.

138 Jam. quen buffaloes, 25 moie l'obe pinen of moving told by Superior - v happy, with toy Doring correspondence Homeo pathic course 13 thoughopes to do more in social (medical field-14 aid etc e puit Plan - housing on contributing bosis con 3 yes cultivate fooder a sell of subsidized lates They have 3 races willing 40% afflated to agai unionsity, Ver comes truice a month Evening milk is said privately, they give a better price than the open market. 2. Sr. Many Theophane - St. Hannis Sec. - Puc joined congregation in 1957. - worked 51/2 yrs de reacher in UP, - Did TTC, worked in A.P. 8 yel. - Now in Raichur Dist. 1 Have 200 destitute children Prim school, lesp from Action in Distress for 90 kids + CRS food, sew to govi school later (2) Dispensary - 40-50 pls - can give inj. (3) fam. visiting Plans i) Water supply. - people à 1655 (Mr. Sentièpe) committée = people. 10 haue a ground tank, filles well 16 orienteed tank.

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- Tried Dainy project t loans, but failed : people sold the 4. Sr. Anna Ruthy Hathow, FMM - Kerala.... - SSLC. - Fustid t.
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education programme by 2 trained ruges  - Told by superior - Rappy,  - Interested in FPI personal bygiene
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l'eaching + house visiting, Les s'yes - boar from Syrdicate Bank for fencing/levelling grand etc, Than 2 yes of reaching in M'lore, now in Hassan - Social work contre for Shum of 600 fam - was worken to hained social worlder, survey done, MCXI progrè CARITAS + 2 quida adult educ", tailouing, beath withing Rs 1.32/1000 beaty Started spinning scheme - characte's - gips of 10, now Started khadi sprinning à 6 norbers, starting sericultino Thousand = = good - PHC - conduct DPT + The unminiza, + Ywati Handal - Sour by Superior - V. gled - Expect - interested in MCHINE - already doing a little = Charles / Doctors - Plane - to give employment & improve Their Schiation (1) Sr. acquinal - filto flower & Balhamp - Mangalore. - SSLC., 2 yrs TTC i Jayangor B'lore - Joined i 1968. - worked: Nagaland - bye. - Volunteered for Vulage hour - stay in The ullages for 3 days - hypiene, muli , fustaid - Attended comes in NFP. - wanted to do this course - v. happy - Plane - ? mobile ream - NF P. I hygreine 1 Br. george - Kerala - SSLC. IBA | done. 130 you NA This you Rainalabe - Teaching - No ullage experience - Adopted 34 kids from AP cyclone affected orphans. - This is the 150 neutrie 10 open an institute for the deabled of destitute - 251° 150 inmotes is helps:
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PROJECT REPORT

SR. CONSESAO NUNES F.C.

The villages we have worked previously is in Dondori Taluk about 30 Kms. away from Nasik. We have taken only two villages and worked there for 5 years. Our aim was to educate the people about health (prevention). We used to give health education to women and school children. Once a week we use to visit these villages and give treatment to those who are ill. If any serious cases are their we bring them to our Hospital, cure them and send them back to the village. We also teach the village women how to handle simple cases. We had some connection with the health team from Vani and the doctors and nurses will come and help us in the medical check up of school children and others. We will also follow the instructions given to us by the doctors in treating the patients. Now the villagers have gained a lot from the health education given to us and are far better. If any complicated cases are there they bring to our hospital otherwise they will manage themselves. So in 1978 we stopped going to those villages and we took another 6 villages from Pethi Taluk about 40 to 50 Kms. away from Nasik. Here also our aim was to give health ducation to the villagers and train the dais.

Definition of Community & People are very poor, their main occupation is agriculture. Most of them are hindus, harijans, mahar and adivasis The main habit of the people are smoking and drinking.

Identification of problems : Health Care and Education

Fixing Priority: Health Care to all and health education to mostly mothers and children because we found that they are the one who need health education.

Formulating the plan: We taxwa approached the village leaders (Sarpanch and Head Master and School Teachers) They had asked us to help them regarding their health problem by sending an application to us and we agreed. First six months we just kept contact with them by visiting

them once a Wea

them once a week. Then for another six months we started giving talks on health to the women and children, with the help of flip charts. During this time we thought of training some of the village women and we told about our plan to the Sarpanch and asked him to select few of them for the training. This is was in 1979 after our training in St John's.

The women who came for the training were dais and not educated at all but they had the experience of conducting deliveries in the villages. We called them to our place for 5 days and trained them on minor ailment treatment, skin diseases (scabies, weakness, diarrhoea, vomiting, headache, stomach ache, fever, antenatal care and child care and how to manage simple cases and if there are any complicated cases we had told them to refer to the hospital.

Each session was for 45 minutes and after each session there was 5 - 10 minutes break.

First session was on introduction and discussion asking them what health problem they usually come across in the village, What they were doing to prevent it, What to do and how to prevent.

Second Session
With help of the book Where There is No Doctor, we had a talk with them.

In the Third Session we had a talk with them with the help of flip charts.

The Fourth session was demonstration.

At night there was a slideshow on the whole days lession.

Topics: First day - Diarrhoea (Cholera)

Sendand day - Fever (Malaria, Typhoid)

Third day - Scabies, wounds and personal hygiene

Fourth day - Antenatal and Child Care

Fifth day - Revision

After this course we sent them back to their villages and we were visiting the village once in a week. After three months we called them again to our place for 5 days for another training (Refresher Course). Here we found that they learnt something from

the previous course and accordingly we trained them again and made it sure that they can make use of the Kit Box and handle the simple cases. This time we gave them Kit Boxes, one box to each area. After this course also we were visiting the village once a week and give talks on health to the mothers and children. We found that they are making use of the Kit Box and we use to fefill the Kit Box with medicines.

The training of dais was successful, but we still have to work on caste problem. We will be calling women once in three months to our place for training (refresher course for 5 days). For the coming year our plan is to slowly stop giving the medicines to the village level workers and make them to handle simple cases with indegenous medicines. We have given them some plants which they can use as medicine and grow in their villages during monsoon. Now we are going to the village once in a week and teach them how to handle the cases and when to refer to the hospital.

#### PROJECT REPORT

BY

SR. VINAYA F.C.

#### Introduction: -

The main aim of starting our Convent at Yellapur was to educate the negro girls and side by side to bring up their families which is scattered in the forest area of North Kanara. At the moment we have 60 girls in the boarding both negroes and non-negroes in the age group of 6 to 16 years. They attend the local school.

After my Basic Course at St John's in 1979 April the felt need of our Convent was to start a small dairy farm of cross breed cows and poultry as a training programme for these girls who are staying with us and for their daily food. After that with the help of the B.D.O.

I managed to build a Gobar Gas plant. When my helpers found enough confidence to manage the farm I moved to the villages to make a survey for M.C.H. Programme. I started in 3 villages to 150 mothers in January 1980.

In this two years programme I have given more importance to under 5 and health education to mothers and some nutrition programme. My future plan is to give some medical care to mothers with the help of P.H.C. So far I did not approach the P.H.C. for any help.

#### Definition of Community :-

We have about 18 villages around Yellapur but we are taking care of only 6 villages at the moment. Population of Yellapur village itself is 5000 and other villages will be about mm 4000. These villages are situated in the interial of the forest where there is water facilities. Their main occupation is agriculture. Three villages are on the main road of Karwar Hubli Road and Yellapur road.

villages need Other/vehicle to reach their place. Since it is thick forest area rain fall is very heavy and difficult to reach during rainy season. 5 villages have P.H.C. Subcentres and they have family planning programme.

Identification of problem :- Main problem of our people are housing, insects, nutrition, medical care, health care and communicable diseases.

People don't make use of P.H.C's and Doctors because they are far away from this facilities or they have no money to purchase the drugs.

Health Indicators: Children below the age of five years form a major population. It is estimated that 80% of pre-school children are victims of varying degrees of malnutrition and about 40% of the total deaths occur in this age Agroup.

Fixing up priority: - M.C.H., School Health, Nutrition Programmes are my priorities, since 72% of the population are mother and children and they are the vulnerable group and I feel they need our help more.

If they don't have enough to eat I cannot talk about nutrition and health education. My aim in the coming year is to start some developmental programme such as dairy and poultry and to help them to help themselves.

Resources: Our existing need is a vehicle, that our Superior has promised to get one.

Formulating the plan: Our immediate plan in diocesan level is to promote the economic condition of our area and education for children. We had a seminar in two villages with men and women based on their felt need. We had talk and discussion about how to start Co-operative Society- What are the advantages and what are the disadvantages from this Society were explained to them.

Our ultimate plan is to run a Mobile Clinic to reach the interior villages for health care and regular visit to the mothers according to their time. This will be an occasion to meet the men folk of the village and to have a chat with them.

Planning implimentation: - Among eighteen villages we will be concentrating on only six villages. Besides our village work we have other responsibility in the house.

Date:

#### PROJECT WRITING

Introduction: Wynad is a district full of thick forest, with coffee, tea, pepper and paddy. The population is 6.3 Lakhs. Mearly 90% of the population in Wynad is isolation due to the peculiar topography, lack of roads and transportation facilities. Throughout the hills, valleys separated by a number of streams and rivers, it is an underdeveloped area. Among them 20% are tribes, about 16% are Travancore Christians, 15% are Malabar Muslims, etc. On the other hand health problems and hazards are plenty. Lack of safe drinking water, poverty, inadequate nutrition, communicable disease, high infant mortality rate, etc.

North Wynad was identified as the most underdeveloped area which required the first attention of those interested in people's development. They have got five rural hospitals with less than 25 beds. There is a 100 bed hospital in Mananthavady. It was the great concern of our Bishop to make use of these institutions for the better health delivery of North Wynad in addition to the routine curative care.

History of planning: 6th July 1978 a meeting of the Directors of the hospitals in the Diocese of Mananthavady was convened to discuss how the existing institutions can render more extension service in the surrounding rural areas and help the C.R.S./M.C.H. centres in their medical needs. All agreed that ideal for Wynad is not big hospitals but a cluster of small hospitals with a few beds for inpatients and rural dispensaries centred around those hospitals. There has to be one or two major hospitals where serious cases could be referred. These services could be availed by the rural hospitals and dispensaries and mobile clinics. Then discuss the purpose of Rural Health Frogramme (RHP)

On December 1979 a re-draft was made in which more centrally controlled administrative set-up was envisaged to give a better co-ordination for the preventive as well as the curative aspect of the programme. Two sub-sentres, Poroor and Mabbigad will start the programme with one doctor, one nurse and a health animator in their mobile team.

Another important set-up was to get a village health worker (V.H.W.) selected by the community. She is responsible for organising mothers for health education, immunization, periodical clinic and most important of all visiting the selected families.

<u>Definition of community</u>: Population RHP covered only 14 centres in North Wynad. Less than 20,000 people. Most of these are women and under-five children.

RHP Centres:

Identification of problems: Lack of roads, transportation facilities through the hilles, health problems, lack of safe drinking water, communicable diseases, lack of health education, etc.

Health indicators are IPHC, 1 district hospital, 1 private hospital. Fixing in the priority is preventive as well as curative aspect, health education, etc.

### Objectives of the programme:

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- 1. To establish a health care delivery system which is based on the priorities of local-felt-needs for the isolated communities of Wynad.
- The system involves the maximum possible participation of the community in the planning as well as implementation in order to make it more relevant at the grass root level.
- 3. The health care delivery is to be made as cheap as possible so as to make it within the financial reach of the community and to make it self-supporting within a period of two years.
- 4. Project aim at maximum steps for health promotion and prevention of diseases with minimum curative services.
- 5. In order to avoid duplication of services co-operation with governmental and voluntary agencies is to be tried as far as possible.

## Areas of operation:

- 1. Health education
- 2. Mutrition programme
- 3. Environmental sanitation
- 4. Immunization programme
- 5. Detection and early control of communicable disease
- 6. Under five clinic
- 7. Maternal care antinatal and postnatal services
- 8. Primary curative services at each centre
- 9. Family planning services.

Evaluation: During the latter half of December it was decided to have an evaluation meeting on the running of the programme by the medical team and WSSS team members, by going to each—sub-centre. At each unit the parish-priest, the local committee members and some of the beneficiaries were present and discussed the way of functioning difficulties of the people and their demands. Some of the points that came from their part were more frequent visits, free or subsidised medicines, more visual aids for classes, etc. People expected more curative services from the programme. The medical team presented the view that 60% of the diseases could be prevented in the long run by more health education. But to solve the present problems extension curative service has to continue for some more time.

#### My future plan:

- 1. Continuation of these existing programmes
- 2. Adding new families to the programmes
- 3. Increasing the centres.

MARIAMMA ANTONY F.M.M.

Date : 2.12.1981

Damara Bhimanapalli - Nalgonda Dist., A.P.

Introduction: Melgonda District is identified as the most underdeveloped and draught affected area. It is surrounded by many hills. Majority of them are farmers, completely depending on the rain for their cultivation.

The origin of HEALTH CEMTRE: In 1934, Sisters started to live with the people. The people were very happy to have the Sisters. They shared their goods with the Sisters, also contributed a great deal to build a church. They were self-sufficient. Since they had bumper crops, they never thought of educating their children or having a saving system. They built their own houses with mud, of course no windows or doors for ventilation. Their wealth was land and animals.

As the years passed by, the calamities began - lack of rain, the increase of members in the family, ill health, etc. Due to all these they became poor and poor. Though there are many open wells, high contents of fluorine in the water prevents cultivation and even they are victims of fluorosis diseases.

Gradually, Sisters started a school. Villagers were not keen in sending their children to the school. Since there was no other medical aid available, started a clinic too. The villagers helped a lot for the construction of the building, free land, labourers, etc. Sisters started to distribute medicine free of charge. The basic aim of the clinic was to provide basic health care - curative. Year after year there was a great loss in running the clinic.

In 1977, I was asked to go to that village to work in the clinic. At that time there was no income except credit of 18.4,000/-. The people were reluctant to pay because of draught and poverty. They were not satisfied with my service. It was a problem to me and to the people.

A meeting was held for the youth of the village and discussed about the clinic. A period of 2 to 3 months of discussion and planning, with the help of Sr. Sara M.M. we started a health insurance programme.

The first year, the programme inputs were decided based on the local priorities. Curative care facility was considered the first among . the priorities in view of the high prevailance of common ailments.

This is a community supported programme. The beneficiaries contribute %.3/- per family, per month. The youth and the elders of the village take an active part for the succession of the programme. They felt it is their programme. Since last 3 years it is running satisfactorily; of course it has its own ups and downs, success and failures. It helps me to learn, and to receive as much as to give.

You may ask, why did I choose this village? To say that our priority is to serve the poorest of the poor. "To love the Poor Man".

Population 2,000

Religion Hindus, Christians and Tribals

Farmers, Dobies, Labourers, toddy-tappers, Shepherds, Merchants, Carpenters. Occupation

Habits Smoking and alcoholism

Climate Warm

Natural Resources -No rivers, no tanks, etc.

(Open wells and few bore-wells)

Mostly dry land crops are cultivated. Youth are trained for it.

Communication: No transport facilities. Communication is the root of all activities. We begin to share knowledge, information and experiences and thus understand and persuade their fellow-men through communication. It is a potential part of living.

We have a T.V. Wery few families have the radio. Only one family gets the news-paper. We are building a community hall with the help of people and Government.

No protected water supply except 2 bore-wells. Houses are built very close to one another and also far away from their land. Insects are a big problem to the farmers.

Location of P.H.C. is 15 Km. from us Paramedical practitioners (Private) - 1 male C.H.W. - 1 male Local Dais - 3 Veterinary practitioners (Self-- 1 male trained)

There is a mutual understanding between our clinic and P.H.C. and D.M. & H.O. We get drugs and other help.

After my training as C.H.W., I gave priorities for last two years M.C.H., School health and house visiting. Every 6 months we organise evaluation meeting. First with youth, then as general body. Since it is a self-supporting scheme, beneficiaries' contribution of %.3/per month per family would suffice to run the work.

The first year itself, there was a significant reduction of common ailments like anaemia and other deficiencies especially in antenatal, post natal and children under five. Due to this care healthy babies were born.

Our aim of this programme is thereby to extend the philosophy of community self-reliance in heelth.

My future programme: In one of the villages, already I organised well the M.C.H. and school health programme. So, in this village I give priorities.

1 - Pecord keeping

2 - T.B. treatment follow-up

3 - Family welfare - Mahilamandal - Needle-work classes, saving system

4 .- Health Education (Improvement Unit)

The other two villages:-

Fopulation - 1st village - 450 families 2nd village - 80 families

1 - M.C.H. and health education

- Visit, twice a week.

MC.H. - Immunization, antenatal and postnatal and children under five

- B.P., weight and urine test Record keeping.

In conclusion I say that community development is a process of movement from a state of dissatisfaction to a state of satisfaction, it is dynamic and not static. It is by the people, for the people, for human potential.

By the end of three years' stay in this village people said "Our home is your home".

#### JYOTIR VIKASA PROJECT

#### Kalenahalli, Mandya By FR. JOSEPH PURAYIDOM

#### INTRODUCTION

The Missionary Society of St. Thomas the Apostle is an a association of secular priests who devote themselves for the developmental activities mainly in rural areas. Recently, that is about three years back the society decided to take up some developmental works in the district of Mandya. A priest was sent to the place to have a priliminary study of the area. After a few months I too joined him. Our first effort was to learn the local language and to have a geographical study of the whole district. We travelled and visited a good number of villages. As a result, to start our activities in Mandya district, we have tentatively chosen a village by name Kalenahalli which is surrounded by so many other villages. We made an initial survey. From that survey we understood that health care and education are their main felt needs. We also observed that the area needs some other developmental activities as well. Then, our intention was to have a closser contact with the people. So we decided to go to that village and live among them and love them and learn from them their way of life, their culture, their practices, their beliefs, their occupation and so on and so forth. We took a house for rent in the middle of the village. First I began to stay in there, after a few weeks another young priest joined me. We visited each and every house, met the people, talked to them and learnt many things from them. To have a closser contact with the school children we began to give tution for the school going children. Slavly other children who were not going to school also came. We took classes for them also. During the class we avail ourselves all the opportunities to tell them about cleanliness, good manners and the like. We also made some provission for the children to have son games daily. While out tution classes helped them to grow more intellectually, mentally & socially, the games helped them to grow physically.

To attract the youth we conducted some cultural activities and competitions in connection with important days like Independence day, New Year day etc. We distributed prizes to them, parents were also invited. All were happy. But the people in general had a complaint that we have not yet openned a hospital for which they were craving from the first day. So we were compelled to start a small dispensary. Since none of us are qualified in the medical line we had some hesitations. But due to the continuous compulsion from the people we started a small dispensary with some Herbo Mineral Medicines, which are effective and having no harmful side effects.

It is at this juncture I thought of going for the CHW course in St. John's Medical College, Bangalore. I applied and got admission in (BC 6). I must proclaim loudly that I peofited much from that course. Thanks to the DRHS & TP of St. John's.

#### DEFINITION OF COMMUNITY

- (a) Area:- In fact our entire project area includes a number of villages around Kalenahalli that come s within a radius of 8kms We know that this is a very vast area. But it is because of the suggestion given by the D.H.C. that we took such a vast area. Though we may not be able to concentrate our attention to all these villages we may be able to extend some services to all the villages. So also in future we may be able to start sub-centres in different parts to give more attention to more villages. At present we mainly concentrate on the village we stay in, without forgetting the needs of other villages. The area of this particular village comes about 668 acrea.
- (b) Location: The project area is situated at a distance of 8 kms from Mandya city. It is on the way to Mysore. The village of Kalenahalli comes almost at the centre of the entire project area. There are 17 villages within the radius of 5 kms and 37 villages within the radius of 8 kms. The project area map is shown below.
- (c) <u>Population</u>:- At presnet we are going with the socio-economic survey. We have completed only half of the total villages of the project area. So the exact population is not known yet. From the statistics collected from elsewhere the population of the project area comes more than 50,000. The population of the village which we have taken up for our intensive developmental activities comes about 1259. The male population exceeds that of female.
- (d) Religion: A large majority of the people are Hindus. People belong to different cases. Almost 75% of the people are gowdas. The rest includes shethis, ganikas, madivalas, harijans and A.Ks. 10% of the total population are of the scheduled castes.
- (e) Occup ation: The main occupation of the people is agriculture. Almost all the families have got a small piece of land. But the major part of the land is dry land. Here they have to depend ake solely upon rain for their crops. But some of the families have wet land too. People in general are either of middle class or a little below the middle class. There are only a few families having more than 10x acarps of land. The people are doing the traditional ways of agriculture.

Some of the people (approx.5%) have employment ourside the village -in Government services, in the neighbouring factories etc.

(E) Customs & Nabits: As fara as customs and habits are conderned

they resemble that of any other village in Karnataka. People live together. They have joined families too, they have great veneration for cows. So they are given an important place within the house itself.

- (g) Climate: Rainfall is very low, hence the crops in the dry land suffers a lot. There is no extremes of cold or hot climate.
- (h) Natural Resourses: The Visweswaraiah canal that flows close to the village is a great blessing for the people. Water from the canal is made use of for irrigation, washing, vegetable gardens, and to satiate the thirst of animals, some people use this canal water for their cooking too.

Another advantage is that the village is situated by the side of the Bangalore -Mysore road. So transportation is not a main problem. Moreover, Bangalore- Mysore railway line also passes through the enighbouring village. But if we take the entire project area there are a few villages which do not have good roads to reach at. So also many of the villages have no transportation facilities.

- (i) Medical Facilities: The Govt. PHC is at Shivalli which is at a distance of more than 10kms from Kalenahalli. We have a Govt. PHU at Tubinkers which is at a distance of 3 kms. But majority of the people go either to the district hospital, Mandya or to the private clinics in the city.
- (j) <u>Industries</u>:- There is no large scale industries in the project area. What we have in our area are a few sugarcane creshes & rice mills which are owned by the richest people of the area.
- (k) Animal husbandry:- Almost all the families have cows, baffaloes and bullocks. Bullocks are made use of for ploughing and to full the bullock-carts. Cows and bullaloes are not of good yeilding variety. The milk they produce is mainly given to the neighbouring milk society.
- (1) Education: Our village is blessed with a Govt. Primary School with two teachers. We have one Govt. upper primary school & high school at a distance of 1½ kms. Yet majority of the children do not attend school. Children of the school going age group are made use of for looking after the sheep & other animals or their younger children. Even from those who go to school there is considerable drop outs. Very few reach at the level of SSLC. There are a few students who are going to the college in the city.

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## 3. IDENTIFICATION OF PROBLEMS:-

Problems are plently ignorance is one of the major problems. If people are conscientized and if a good health concept is created in them, things will be changed wonderfully. Another major problem is poor environmental sanitation. The reason is that people are not awa aware of the need for a healthy environment. Due to the unhealthy environment flies, mosquitoes and insects are many. They help a lot in spreading the communicable diseases. We have relatively high incidence of Malaria and Diarrhaea.

There is no programme for the mother and children who are the most vulnerable group. So also no programme for the school children, youth and adults. People in general are malnurished. It is mainly due to the lack of knowledge to make use of the locally available nutritions food stuffs. They have no good facilities for health care and medical aid. People have to go to the city for such meeds It is very expensive. Another problem is unemployment. After seasonal works in the field people are simply wasting time. They have no income-generating works to be done during such time. They have no common recreations fadilities. Another problem is the low annual income. Their income is just to make both ends meet.

## 4. PRIORITIES:

As it is mentioned above, ignorance lies at the bottom of so many problems. Many of the above said problems can be solved if a good health concept in created in them. This is to be achieved through continuous helath education. Hence helath education is to be given first priority. Here, by health education I don't mean more teaching of imparting some intellectual knowledge on health. The health education sich be such that the attitudes of the people could be changed or modified whereever necessary. Once they get a better knowledge and proper attitude it is easy for them to change and to put into practise what they have understood. While giving health education we should also take into consideration the existing health knowledge of the people, their attitudes and their various practises, It will be imprudent to change them altogether. Seem of their notions, attitudes and practises may be good. We need only to build upon Only if their knowledge, attitude and practises are wrong or harmful we need to correct them without in any way hurting their feelings.

In my area the second priority is to be given to environmental sani sanitation. Unhealthy environment also gives rise to several problems.

Proper disposed of solid and liquid waste, protected water supply, clean and tidy houses, and general cleanliness help a lot in the way of environmental sanitation. If the environment is healthy, flies, mosquitoes & insects won't grow much. This will considerably bring down diseases and positively contribute to the good health.

### 5. RESOURCES:

To give health education we have sufficient personnel. Our team is blessed with two priests, three sisters and onebrother, among whom two are the CHWs of St. John's. All the members of the team are interested in community development activities.

To take helath education classes in groups we need a hall. Our building is in progress, it will be completed within one year. Till then the existing panchayath building can be made use of. Health education for the school children can be had with the co-operation of the school master. As far as education materials are concerned we are in utter poverty. We shall try to make some simple flannelograph, and flash cards to buy them readymade will be more expensive. Slide shows would have been very useful. But we dont have slides & projector. So we have to approach some aiding agencies for that.

As far as enviornmental sanitation is concerned there is no need of much resources, what is needed is a proper motivation of the people. They should be notivated to amke compost pits and soakage pits, for which they have their own land nearby. For drinking water there are three borewells in the village. They are to be kept clean. If people have some sense of cleanliness the problems of invironmental sanitation can be solved a lot.

Regarding the time factor, our team is at the service of the people. An average of 3 to 4 hours can be devoted daily for the above mentioned priority.

## 6. FORMULATION OF THE BLAN:

- (a) Objective:- (i) Immediate:- The immediate objective is to create proper attitudes in the people and to motivate them for action. Knowledge in the intellectual level will not suffice. People should be well-motivated to put into practice what they have learnt. (ii) Ultimate:- The ultimate objective is to arrive at the "Community Health" the physical, mental. social, and spiritual well being of the people.
- (b) Methodology:- As far as health education is concerned it can be done in many and manifold ways. It can be a house to house programme.

That is visiting every house, meeting its members, talking to them and motivating them for a healthy life. The same can be done in groups also. Here it will be a two way process. The group discuss among themselves the various aspects of health and environment, and thus arrive at certain conclusions to be put into practise. It can also be in the school level. With the help and co-operations of the school teachers we can have health education classes for the school children. This will be very effective. Children are more receptive. So we can change them easily. Moreover it can also be a child-te-child programme. The school children will take the message to other children through words and deeds. It can also be a child-to-adult programme. Through the children, the adults at home also can be influenced and notivated for healthy life. To create a good environment, as a first step we can motivate a few families to construct compost pits and soakage pits. Then slowly others also can be motivated more easily. For safe drinking water the youth of the village are to be motivated to chlorinate the open wells. Moreover, people are to be taught to keep the surroundings of the berewell clean. Proper drainage will be made tixx with the help of the village people.

### 7. PLAN IMPLEMENTATION:

Since we are spending three days every week for taking the socio-economic survey, at present we can spend only three other 3 days, i.e., Monday, Wednesday, and Saturday for the House-to house health education programme. We can go in two teams. Each team can cover an average of six houses daily. Then we can cover up the entire village in one month's time. Only one theme is to be dealt with during one visit. This will go on continuously, slowly we can train some of the village people to take up this job. During the house visits, flannelograph, flash cards, flip charts etc. are to be amde use of.

Health education to the groups can be introduced first to the adult education class—both of male and female. Usually the class is conducted every day except Saturdays and Sunfays. Daily a few minutes can be utilised for health education occasionally for the entire community also. Here, besides the flannellegraph, flip charts et etc., slides and film strips also will be very useful. Health education programme for the school children is to be implemented in consultation with the school teachers. If they agree every working days we can spend one hour for health education calss in the school.

For the environmental sanitation programms we will select a few families and motivate them to construct compost pits & soakage pits. During the house-to-house programme we can find out such families who are more interested in health. Once they make their environment good and healthy others too will co-operate better in building up a healthy environment.