

# Jan Chetna Manch Bokaro

Newsletter: October 2014

## About Us . . .

Greetings again from **Jan Chetna Manch**! “Jan Chetna Manch”, (*Forum for Peoples’ Awareness*), based in the small village of Chamrabad in Jharkhand, India. In spite of the scenic rural and rustic surroundings and vibrant cultural diversity the area is still plagued by the problems of poverty, malnutrition, inadequate healthcare, illiteracy and corruption. JCM and its hardworking team continue to work for the betterment of the people of the area in the field of health, sanitation, education, micro-finance, environment etc. Today, through its various services, JCM serves a population of over a 100,000 rural and needy people.

In the last 6 months JCM’s activities have increased. With the support of friends & well wishers we are expanding our health programme to include addressing the problems of malnutrition in children, this is in addition to our earlier activities in maternal, mental and child health. We also continue to try & strengthen the women’s groups, to empower them to demand a better implementation of programmes the government has initiated for them.

Here are a few snippets of news from us.....

## Farewell...

**Jan Chetna Manch** bid farewell to our consultant gynaecologist / obstetrician, **Dr Sheila Kundu** in July. Dr Kundu, an eminent doctor from Dhanbad worked with JCM from 2008 to 2014. Her presence will be sorely missed by all of us at JCMB and we wish her all the best for her future. She leaves behind a much more competent and experienced team of health workers, thanks to her exacting standards.



## The ‘swasthya sakhis’....

The backbone of the health activities of JCM are the ‘swasthya sakhis’ – ‘health friends’. There are over 50 such women, all selected by the women’s groups. Trainings for them are organised regularly.

In March, Elke Heckel – a midwife from UK – demonstrated in her characteristically effervescent way how to help women progress naturally in childbirth, without recourse to drugs.

Another workshop was conducted for the SS in April on the use of herbs & spices commonly found in the kitchen. The training was conducted by a well known & popular herbal practitioner, Dr Suresh Agarwal.



Training Programme in progress...

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## Training in emergency obstetrics and neonatal complications



Dr Elizabeth Serle and Dr Shubhro Mallick, from the Kristiya Seva Niketan, Sarenga, Bankura visited JCM during August-September. This dedicated obstetrician and paediatrician couple took time out of their enormously busy workload to come and help train our health workers in dealing with obstetric and neonatal complications. Elizabeth demonstrated how to use a suction device during childbirth, a lifesaving technique for the newborn; and Shubhro showed us how to resuscitate a neonate born with asphyxia.

### Health at a Glance: April to September 2014

Activity	Number
<b>Total Outdoor Patient Consultations</b>	<b>5528</b>
• Antenatal Check Ups	2856
• Gynaecological	356
• Infertility	74
• Children	238
• Immunisation	852
• Acupuncture	771
• Mental health	200
• Other	181
<b>Total Indoor Patients</b>	<b>521</b>
• Deliveries	423
• Severe anaemia	27
• Preterm/small babies	12
• Malaria in pregnancy (Falciparum)	7
• MTP/D&E	36
• Other	58
<b>Investigations</b>	
• Laboratory tests	4820
• Ultrasonography	513



### Ferzun's daughter.....

Ferzun Bibi delivered a small preterm baby weighing only 1.4kg in July. The family decided to take her to the government hospital in the neighbouring state of West Bengal. There the baby survived – just. On discharge after 3 weeks, the baby weighed 1.3kg. No one taught her how to feed such a small baby. Ferzun struggled to feed the baby for another month, and the baby struggled to grow. At 2 months the baby weighed 1.4kg! The family brought her back to us for help. We taught Ferzun that feeding from the breast alone was tiring for the baby, and the baby needed to be spoon fed every 2 hours as well, feeding her own breast milk. After one month the baby was discharged, weighing 2 kilos!

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## “Once a Week Egg Programme”

In collaboration with the **Right to Food Campaign**, JCM participated in the ‘Egg Movement’ in Bokaro district. According to India’s National Food Security Act nutritious food is supposed to be provided in schools and nurseries. In Jharkhand, in spite of high levels of malnutrition, midday meals have not improved matters. JCM, along with the women’s groups, organised the distribution of eggs in all the government schools on 4<sup>th</sup> July. The demand is for the children to be given at least one egg a week!



## Building at Karamtanr in progress...



JCM’s new building in Koromtandr is taking shape, slowly & steadily. These pictures taken in July show the young masons having to learn the art of making arches. In order to reduce the amount of cement and iron rods, arches are being used for the windows & doors.

## Contact details

We’d love to hear from you! Get in touch via email ([janchetnamanch@rediffmail.com](mailto:janchetnamanch@rediffmail.com)) or phone (+919431128882). For financial support, please contact us about the best way to donate. (Bear with us on this – it is often a challenge to donate, there are many rules & regulations!)

We’re always on the lookout for competent, good hearted people to help us! If you are prepared for minimal or no payment, facing challenges, hard work, experience of life in a mud house, but the opportunity to save and change many lives for the better! Please get in touch via email.