

JAN CHETNA MANCH

BOKARO

Annual Report 2014 – 2015



Chamrabad, Chandra, Chandankiari, Bokaro, Jharkhand, 828134

Registered under Societies Registration Act, 21/1860

Registration No.918, 2006-07, Jharkhand

JAN CHETNA MANCH BOKARO

(Forum for People's Awareness)

Jan Chetna Manch, Bokaro is a registered society, based in Chandankiari, Bokaro, Jharkhand. Its mission is to help improve the lives of the poorest and weakest section of society, particularly women. It believes that women's empowerment, in particular, is the key to improve the lives of the most impoverished.

Most of the activities of JCMB have continued to increase throughout the year. The demands for better health care, nutrition, setting up women's self help groups, and accessing government programmes are growing.

In our endeavour we have been helped by many organisation and individuals. In the sphere of women's health the Sir Dorabji Tata Trust has been a source of solid support for the critical health services for women. During this year the SDTT grant ended, but another generous grant from the Jamshetji Tata Trust allowed us to continue the much needed health programme. The Community Health programme is also being supported by the JTT.

The Department of Health and Family Welfare of the Government of Jharkhand, through the local health administration, continues to provide us with financial support to enable payments under the 'Janani Suraksha Yojana' programme, and to enable us to provide quality sterilisation operations for poor women.

The Paul Hamlyn Foundation continues to support JCMB in its endeavour to improve the functioning of the local self governance system – Panchayati Raj – through strengthening of the women's self help groups.

The Achutha Menon Centre for Health Science Studies, Sree Chitra Tirunal Institute for Medical Sciences and Technology, has allowed JCMB continue to pursue research in to women's health issues, namely post partum contraception.

We wish to thank all these organisation, as well as countless individuals, friends and well wishers, for their continued support.

Pancham Prasad
Secretary

July 2015

Women's Health Programme

The women's health programme at JCMB continues to grow – in term of the number of people accessing the services, as well as the range of services being provided. JCMB's Women's Health Centre in Chamrabad has seen a growth in almost all the services it is providing. So much so that bed space is often in short supply. In order to address this problem JCMB has been building another centre in Koromtarr some 3 kms away.

JCMB believes that women's health problems cannot merely be addressed by providing medical care, but a holistic approach is needed. Poverty, gender discrimination, lack of quality public health services and lack of awareness all contribute to women's poor health status. Poor nutrition in women is an acute problem in the area that JCMB has sought to address for many years. During pregnancy poor weight gain led to poor outcomes – for women and their babies. Protein deficiency is an acute problem, which has been addressed partially by providing women with roasted gram flour (*chana sattu*) from the 7th to 9th month of pregnancy. This year nearly two hundred women were provided such supplements.

In addition, infant malnutrition is a huge problem – stemming largely from maternal malnutrition. Until 6 months of age babies are invariably breast fed, and remain healthy. From six months, without supplementary weaning foods, they begin to falter. Many become malnourished by one year, which never gets addressed: their growth is stunted for life. JCMB has initiated a nutrition supplementary programme during this year in order to address this problem. Babies from poor and vulnerable families, who are likely to become malnourished – especially girl children – are identified and provided with weaning foods. These weaning foods, made from rice, wheat, pulses, oil and sugar are made by the women's cooperative in Chamrabad. This year over two hundred such babies were enrolled in the programme.

Another activity which has increased during this year has been the treatment of anaemia, mostly during pregnancy. It has been the aim of JCMB to ensure that no woman reaches full term suffering from anaemia. The women who mostly present with anaemia late in pregnancy are those women who have accessed ante natal care from elsewhere, or not at all. They are brought by family members or health workers in late pregnancy, with the plan to deliver in the Women's Health centre. Many of these women are anaemic – some severely so. They are admitted and given iron sucrose injections free of cost. This increased their

haemoglobin significantly, and all of them have gone on to deliver without the need of blood transfusions. This has been a life saving intervention. No women who have delivered in the health centre during the year have needed blood transfusion.

This year saw an increase in the number of small babies being kept in the Baby Care Room in the health centre. Some of the babies were born in the centre, and were mostly small pre-term babes, and a few were born at home and were brought here. They stay in the centre for up to one month. This year 28 such babies were helped.



Parvati from Babugram with her pre term 1.4 kg baby

Gynecological and obstetric surgeries were again given a boost by the much needed and appreciated help of Dr Jyothi Unni and Dr Ashok Shroff. Their training of the health centre's operation theatre team and their emphasis on rational antibiotic use has made a huge impact on the health services at JCMB.



OT team in action with Drs Jyothi & Ashok

Health Services at a glance from 2013-14 to 2014-15 (April to March)

Health Service	Numbers 2013-14	Numbers 2014 – 15
Outdoor patients at Health Centre & Outreach Programmes		
Total number of consultations in health centre & outreach programmes	11584	12771
• Women registered for antenatal care	1149	1443
• Children for immunisation	1687	1949
• Acupuncture	1106	1245
• Ultrasonography	588	889
Nutrition programme		
Pregnant women given 'chana sattu' during pregnancy	149	191
Babies given weaning food	170	220
Women given free iron sucrose injections for severe anaemia in pregnancy	19	51
Indoor patients at Health Centre		
Total indoor admissions	909	1355
Deliveries total	604	850
• Normal	569	795
• Cesarean section	35	55
Deliveries referred to a higher centre	26	35
Gynecological Surgeries (other than Cesarean sections)	6	5
Sterilisation operation for women	44	95
Minor operations (D & C, etc)	63	79
Pre-term/small babies kept in baby care unit	8	28
Other illnesses (typhoid, dysentery, malaria, etc)	158	263
Investigations undertaken in laboratory		
Total number of investigations	7111	10910

The Community Mental Health Programme

The Community Mental Health Programme being implemented by JCMB in the villages has been challenging and rewarding. The programme got a major boost by JCMB's partnership with the Central Institute of Psychiatry in Ranchi. From June 2014 a team of around four mental health professionals visit the health centre in Chamrabad, Chandankiari every month.

Patients come from many villages in Chandankiari and Chas, and due to the awareness activities of JCMB's team, and the quality of the treatment being provided, numbers have rapidly increased during the year, as can be seen in the table below.

As part of the programme the Community Health Workers at JCMB have also had to undergo a significant amount of training. They have had to deal with the mental health issues of women during pregnancy and post partum, as well as provide follow up care for other villagers with mental health problems.

Total Number of Mental Health Patients seen during Monthly Clinics: June 2014 to March 2015

Month	Number of Patients with Common Mental Health Problems	Number of Patients with Serious Mental Health Problems	Number of Patients with Epilepsy	Total number of patients
June		14	16	30
July	2	18	11	31
August	2	20	16	38
September	2	22	26	50
October	10	28	21	59
November	9	16	23	48
December	17	22	22	61
January	11	22	25	58
February	10	27	26	63
March	10	27	31	70



Mental Health Stall in the Dhara Mela – January 2015



*Training in counseling skills at JCMB by CIP team
February 2015*

Training of health workers

JCMB has been fortunate to have had the valuable inputs of wonderful trainers for its health workers – both those that work in the health centre and those that work in the community. Kick starting this year's training was Dr Suresh Agarwal – a surgeon turned herbal practitioner. This is his third visit to JCMB, and he is immensely popular with the village women here, who still have great faith in the healing capacity of traditional herbs. This time Dr Agarwal focused on the medicinal uses of herbs and spices found in most households.

Following shortly this training, Elke Heckel – a midwife from London – spent a couple of days with the village health workers. Many of the 'swasthya sakhis' – or village health workers – are themselves traditional midwives, or 'dais'. The techniques Elke taught them, to facilitate a normal delivery, has been quickly adopted and one often sees women in the health centre in the various stages of labour being helped up and down the stairs, moving from side to side....



Dr Agarwal surrounded by the swasthya sakhis



Demonstrating how to help women in the early stages of labour

Research and Advocacy

In continuation of JCMB's concern for women's health, and its interest in research and advocacy, it has partnered with the Achutha Menon Centre for Health Science Studies, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum, India for undertaking a study on post partum contraception. The study, titled: 'Factors influencing women's postpartum reproductive intentions and their achievement: A study in Jharkhand and Kerala, India', whose short name was 'Janani', was undertaken in the Chas and Peterwar blocks of the Bokaro district.



Panmoni, one of the field investigators, taking the interview of a participant in a village in Peterwar, Bokaro

Strengthening the Women's SHG Federation

JCMB continues to facilitate the women's self help groups that it initiated nearly two decades ago. Although the SHGs have now formed their own cooperative the 'Chetna SHG Mahila Swabalambi Sahkari Samiti Ltd.' JCMB's team continues to support them, and initiates activities and programmes through them.

One such programme was to strengthen the SHGs to disseminate the intended objectives of the 'Panchayati Raj' system to the people so that they could demand and achieve their rightful entitlements. JCMB's team helped to motivate and train the SHG leaders and members to take active part in demanding their rightful dues through democratic means. They also sensitized the elected *panchayat* representatives and facilitated dialogues between them and the general public through meetings, street plays, wall writings etc.

Another initiative was the demand for improving the mid-day meal programme in government schools. In order to put pressure on the local administration to introduce eggs, the SHGs decided to feed eggs to the children of selected schools during their mid day meals. This was a part of state wise program conducted by many other NGOs in Jharkhand on 14th November – Children's Day. This programme was a huge success in the state because shortly afterwards the government introduced eggs in the mid day meals three times a week.



Women's Day celebration March 2014

Women's Day is celebrated by the SHG members every year on 8th March. As usual the huge crowd participated in the songs, dancing, sports events and drama programme. JCMB's team supports this much awaited and enjoyable programme every year.



The land and the environment

JCMB has always had an interest in environmental issues and concern for the land degradation in the area. This year, with the help of the Global Green Fund, JCMB established a saplings nursery and has facilitated the planting of trees on barren land. Altogether 20000 saplings were distributed among 300 people – the number of saplings per person ranging from 5 to 2000 depending on the size of their respective plots. All of these people are poor villagers belonging to backward castes and scheduled tribes. Some of the trees that were planted are fruit growing, some give timber, some give fodder and some of them are medicinal plants such as aloe vera. Thus all these created some kind of assets for them, though the financial gains from these will take some time to come.



Construction of new building of JCMB and the SHG federation

In keeping with the close connection between JCMB and the SHGs since its inception, JCMB and the SHG federation have started the construction of a new building in Karamtand – 3 kilometres away from its old office. The building has a completely new and special design.

During the year the roof has been made and the main building has been built. Still there is much remaining....



The roof goes on – November 2014



The verandah in place – February 2015

