

JAN CHETNA MANCH BOKARO

Annual Report 2011 – 2012



**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.

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.

This year also saw JCMB's health programme receive a much welcomed boost from the EdelGive Foundation. JCMB was provided a grant by the Foundation to provide much needed nutritional support to poor women and children.

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

Satyaban Bose
Secretary

July 2012

Women's Health Programme

Women's health continues to be a major concern of JCMB, and several activities have been undertaken to improve the health and wellbeing of poor women in the villages of Chandankiari and Chas.

There continues to be a steady growth in the number of people – mainly women – who are accessing the facilities in the Women's Health Centre. The health centre continues to be supported by a grant from the Sir Dorabji Tata Trust. Though delivery-related care continues to be a major component, other health problems affecting women are also addressed.

This year JCMB built an extension to the existing building, which was necessary to house the regular training programmes and hosting of exposure visits from other organizations. This was made possible by the SDTT grant.

Many women access quality antenatal care on a regular basis. It has now become the norm for most of the villages in the area, especially where JCMB has facilitated women's self help groups – 'mahila mandals' –, and where village health workers – 'swasthya sakhis' – are active. Over twelve hundred new antenatal women were registered during this year. All important and primary examinations that are needed during pregnancy are provided in the women's health centre, and most of them are also available in the outreach programmes: taking weight and blood pressure; examining the abdomen; blood & urine tests; administering tetanus toxoid injections; providing iron and calcium at a low cost; and treatment for most other minor ailments. Nutritional supplements are also given to poor women, courtesy a grant from the Edelgive Foundation. As a result most women who access this care are not severely anaemic or malnourished at full term pregnancy.



Antenatal card



Menoka provides antenatal care

The number of deliveries in the health centre continues to grow, from 431 in the previous year to 667 this year. The quality of care that these women receive is far superior to the sort of treatment they can get anywhere else in the district – in either the private or government sector. Women stay for at least 24 hours after normal deliveries, with food being provided by a women’s cooperative. Before going home it is ensured that the mothers are well fed, bathed, and healthy. All of these women also receive the government incentive for institutional delivery, since the health centre is accredited under the ‘Janani Suraksha Yojana’ scheme, and payments are made through JCMB.

JCMB has also entered into an agreement with the government health department to provide sterilization services to women, free of charge. With the help of many doctors on a voluntary basis JCMB managed to provide high quality care to poor women. The operation theatre is also regularly used for other surgeries such as cesarean sections and other gynecological operations.



Coupons issued to all indoor patients



Cesarean section



Lunch at the health centre – with a smile!



Post operative care for sterilisation patients

The Women's Health Centre is also the venue for other health related activities. The acupuncture clinic attracts many patients from far and wide, mainly for elderly villagers with problems such as paralysis, arthritis, sciatica, etc.

Training is also conducted here, for health workers from other organisations as well as for local girls who are keen to learn some nursing and midwifery skills. The backbone of the health programme is the village health workers – the 'swasthya sakhis'. There are over 50 such women who have been selected by the women's groups. JCMB provides training for them on many aspects of health care: herbal medicines, antenatal, delivery and post natal care, minor health problems such as fever, stomach ailments, etc.

The health centre also provides care for small babies, whose families cannot afford the treatment in local neonatal intensive care units. Our health workers have been provided training in caring for such small babies by Dr Sheela Narayan, a paediatrician from Bokaro.



Health worker training



Small baby care unit



Acupuncture clinic



Kangaroo mother care

Health Services at a glance 2011-12

Health Service	Number
<i>Outdoor patients at Health Centre & Outreach Programmes</i>	
Consultations in health centre & outreach programmes	8046
Women registered for antenatal care	1203
Children for immunization	1734
Acupuncture	1327
<i>Indoor patients at Health Centre</i>	
Deliveries	
- Normal	635
- Cesarean section	32
Deliveries referred to a higher centre	40
Gynecological Surgeries (other than Cesarean sections)	22
Sterilisation operation for women	123
Minor operations (D & C, etc)	124
Other illnesses (typhoid, dysentery, malaria, etc)	196
Total indoor admissions	1172
<i>Investigations undertaken in laboratory</i>	
Hb	1964
Urine for protein & glucose	1835
Routine urine examination	434
Blood grouping	859
Malaria	64
Semen analysis	34
Others (TD/DC, HIV, Widal, sputum for AFB, etc)	624
Total investigations	5814

Facilitating Women's Empowerment

JCMB has facilitated the formation of over four hundred groups. Since the establishment of the group members' own cooperative, the '**Chetna SHG Mahila Swabalambi Sahakari Samiti Ltd.**' now has a membership of 4307, up from 3165 last year. Members deposit their savings as well as their individual share in the cooperative. By the end of March 2012 their own savings in the 'samiti' was Rs.278,089. Loans to members from this fund was Rs.666,807.

These groups, although they are now a separate registered cooperative, JCMB helps them in their accounts, facilitates their loans from the 'samiti'. The groups continue to be the base for many other activities in the sphere of health, sanitation, livelihood, and so on.

This year the Women's Day meeting was held in Lalpur. This year the 'swasthya sakhis' were felicitated in the programme for the service they have been rendering to the community in general, and women in particular. They were all presented with a sari, along with the new pictorial diary that JCMB has introduced for them.

Pictures from Women's Day Celebration on 15th March, 2012 in Lalpur



Visits from other organisations

During the year JCMB was visited by many individuals and organizations. This has given us the opportunity to learn many new things, and acquire new skills. We also hope that the time spent in JCMB was also equally beneficial for our guests.

From Rajasthan a team of trustees from the HBS Trust visited us in December 2011. They were much interested in spending time to understand how to involve the community in health care – which is JCMB's forte.



Village visit by trustees of the HBS Trust, Khichan, Jodhpur, Rajasthan

During December and January we were lucky to have Elke Heckel, an independent midwife from London spend time with our health workers. She brought with her many, many inputs for our midwives in the health centre, and taught us the benefits of a much gentler, women-centred approach to childbirth. Her approach to childbirth was enormously helpful, and she was also extremely popular with all the women – in and out of the health centre!



Elke, a midwife from London with Kajol, midwife from Chamrabad!

Two TAS management trainees spent nearly 2 months with JCMB during the year. The 'cost-benefit' analysis of our health related activities was undertaken by them, which was inspiring to say the least! And the 'swasthya sakhii' diary that they helped to develop was still being used til now, and has helped us to identify strengths and gaps in our health programme and training needs.



Aviral Jain, TAS management trainee getting feedback from Swasthya Sakhis about the health worker diary he helped to design

Research & Advocacy

JCMB continues to engage in research and advocacy on issues which are related to women's health in general and childbirth in particular. This year we have become partners of the Jeeva project, a multi-centric study of indigenous birthing practices. This is being financially supported by IFIG and AYUSH Department of the Government of India. JCMB's role is to support and facilitate the research activity.



Traditional birth attendants – *dais* – demonstrate the birthing position

