



### RAHA Annual Report – 2022-2023

#### 3.1 Achievements of the project objective/s:

**Objective-1:** Selected Rural Health Centre (RHC) staff for Non-Communicable Disease (NCD) program are able to deal with Hypertension and Diabetes and refer patients for treatment who are enrolled with CHPS, and continue care for minor health problems using local herbal medicines and minimum use of allopathic medicine, improve nutrition using products from kitchen garden & organic farming and impart health education including Covid-19.

#### Indicator:

- 80 % of the 46 Sister Nurses attended the meeting and 50% of the population received awareness information on NCD.

#### Activities

##### 1.1 (a) Quarterly meetings with sister nurses and RAHA field supervisors are regular.

During this reporting period Sister Nurses had one training on 'Telemedicine' and 52 Sisters participated in this training with great interest. The resource person was from CHAMP and the Director CHAMP was also present to encourage Sister Nurses to use this technique to reach more patients who need care. CHAI Hyderabad has appointed doctors to attend to patients when Sister Nurses refers patients to them using 'Telemedicine'.



Nurses Training on Tele Medicine

The VHWs had five trainings on 06 & 20 April, 10 May, 17 & 18 Nov 2022. A total of 170 VHWs attended the training, and 15 Field supervisors accompanied them to the training place. In this training the special focus was on renewal of their commitment, revision of few relevant health topics, Covid-19 & other seasonal diseases, mental health, mental illness especially depression and discussed on importance of water conservation and organic farming.



VHWs training,



VHWs training

- (b) Regular follow-up for hypertension and diabetes are done and reported quarterly for the last 12 months. The patients are provided with necessary medicines at RAHA health centers and through primary health centers and wellness centers of government. Follow up for the villagers for treatment compliance and any complications are regularly done.

Screening in villages for Diabetes and Blood Pressure:

Sl.no.	Activity	Male	Female	Total
1	Blood Sugar Test	4950	5645	10595
2	Persons identified with symptoms of Diabetes	534	641	1175
3	Persons referred to hospital	290	315	605
4	Persons diagnosed with Diabetes and treatment started	193	246	439
5	Blood Pressure Measured	7944	9315	17259
6	Persons identified with high blood pressure of Hypertension	1611	1854	3465
7	Persons referred to hospital	547	685	1232
8	Persons diagnosed with Hypertension and treatment started	424	649	1073







Follow up of Hypertension and Diabetes patients in the villages.

## 1.2 Providing health protection through RHCs

- (a) Receive subsidized care in the RHC and in the referral hospital and the access to the RAHA community health services to all villagers and school children.

**Enrolment in Community Health Protection Scheme (CHPS)** - Membership in CHPS was 79121 in 2022-2023. RHCs are functioning regularly after Covid-19 pandemic. In the hospital 350 persons from 79121 enrolled with CHPS received treatment during this reporting period.



CHPS Enrollment in the villages

CHPS Patients in Holy Cross Hospital, Ambikapur

**Village health camp** - During this reporting period conducted 55 health camps and 1284 persons benefitted of which Male-510, Female-774. During health camp blood pressure checked 1247, male 487, female 760, 51 patients received initial treatment and others referred to respective health centers.





Health Checkup in the villages

**Village Eye screening camp -**

Total eye screening camps – 56 and 622 persons were screened, and 213 persons received spectacles, persons referred to hospital-111.



Eye Checkup in the village and distribution of spectacles

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

- Training & Demonstration of herbal medicine preparation done for 3400 persons through 67 trainings in the villages and medicine prepared to prevent Malaria and various health complaints for 10681 persons.





- The Field supervisors with VHW supported 1203 families to develop new kitchen gardens and 217 families planted herbs.



Kitchen Garden.

- In organic farming, Systematic Rice Intensification (SRI) 103 training was conducted with 2504 participants.

143 farmers cultivated paddy using SRI technique. The outcome was not as much as expected due to intermittent and untimely rain.





- Preparation of organic manure – 89 trainings and 1397 participated in the training and prepared 209 wormin compost pit. Farmers also use ordinary compost for manure. The use of chemical fertilizers reduced after the training.



Organic Manure (Wormin Compost) Class followed by Demonstration

- (c) Health education through demonstration, video show, group meetings and family visit.
- Health education on deficiency diseases and communicable diseases– 35390 people were reached. This was done through demonstration, video show and in groups.
- Health education on lifestyle diseases especially – Hypertension & Heart diseases- 52538 persons, Diabetes – 46829 persons, Cancer-1078 persons, Aids-981 persons, Alcoholism 1871 persons, and Arthritis-1714 persons benefited.
- Health education on Covid-19 and immunity awareness - 90426 people benefited.



Health Education in the villages.

- **Health Education and Empowerment done through various important days:**
  - o **World Health Day - 07 Apr 2022:** The theme this year was "Our Planet, Our Health". WHO put this question "Are we able to reimagine a world where clean air, water and food are available to all? Are economies focused on health and well-being? Are cities livable, and people

have control over their health and the health of the planet".

Keeping this theme in mind RAHA discussed with people of Jashpur, Raigarh, Surguja and Balrampur districts to school children, to villagers, to women groups, and to health workers. In this event we reached 729 persons.



- **World Environment Day - 05 June 2022:** The theme this year was "We have only one earth, Let's take care of it". Spoke to people on protecting the earth, planting more trees, save more water, improve the society, and protect the earth, biodiversity etc. In this event we reached 2171 persons.



- **World Sight Day – 13 Oct 2022:** The theme this year was "Love Your Eyes". During this event 4 government schools 1354 children and 60 teachers were examined of whom 796 children were with mild vision problem, out of whom 715 were taught eye exercises, 24 were given eye drops, 14 children were given spectacles and 43 children were given vitamin 'A' & 'D' and multivitamin Tabs. Mr. James Tigga, OPA, took a class on eye care and diet containing vitamin 'A'.



- **World Diabetes Day – 14 Nov 2022:** World Diabetes Day (WDD) was observed in three districts and 30 locations on 13 & 14 November 2022. November 13<sup>th</sup> was Sunday, and we could gather a greater number of people. We got ready two vehicles with banners on WDD and with loudspeaker communicated that today is WDD and Diabetes is increasing rampantly in the world and 12.5% population affected by Diabetes are in India.



Important messages disseminated were on diabetes prevention, early diagnosis and treatment and care to prevent complications. Vehicles moved with RAHA staff and visited Primary Health Centers (PHCs), block hospital and encouraged their staff to walk some distance with the group. We also visited three weekly markets and information disseminated and people showed great interest and moved with the group. One of the Government colleges staff and students took part in diabetes walk and great enthusiasm called out slogans on diabetes and moved towards Tahsil Office about 2 Kms walk. The awareness information reached over 8000 people.



World Diabetes Day – Diabetes walk with College students, Pathalgaon and Govt. Health Team Kapu, Raigarh.

○ **World Aids Day – 01 Dec 2022:**

The theme of this year was “Equalize”. RAHA through its awareness program renews our commitment to end HIV. We had an awareness program in 10 locations and 1295 persons participated.



Awareness on World Aids Day in the villages

○ **International Day of Persons with Disabilities – 03 Dec 2022:** The theme of International Day of Persons with Disabilities for 2022 is “Transformative solution for inclusive development: the role of innovation in fueling and accessible and equitable world”.

RAHA marked this day in a big way. About 150 persons with disabilities gathered in RAHA Gramin Vikas Kendra, Pathalgaon. Sr. Elizabeth Nalloor, Executive Director RAHA introduced the topic for the gathering. The celebration of the International Day of Persons with Disabilities started in 1992. WHO joins the UN in observing this day each year. The observance of the day aims to promote an understanding of disability issues and mobilize support for the dignity, rights, and well-being of persons with disabilities. It also reinforces the importance of securing the rights of people with disabilities, so they can participate fully, equally, and effectively in a society with others, and face no barriers in all aspects of their lives. The event also educates the public, raises awareness, and advocates for political support. RAHA cares for children with Cerebral Palsy (CP) at home and



teaches the family to take care of the physical, social, and psychological well-being of the children. The CBR staff gives physiotherapy at home 2-3 times a week. RAHA empowers adult persons with disabilities for employment after training. Local authorities like- SDM, representative of behavioral court Pathalgaon, TI of police department, BRC disability representative and BEO representative, and other leaders from block were present and appreciated the work of RAHA for persons with disability.



World Disability Day – Celebration with PWDs and Govt officials

- **International Women’s Day – 08 March 2023:** The theme this year was “Equality and Equity”.

We discussed with women that their leadership and collective action can make a difference to achieve this. We also gave them the definition of these two words: **Equality-** means each individual or group of people is given the same resources or opportunities.

**Equity-** recognizes that each person has different circumstances, and allocates the exact resources and opportunities needed to reach equal outcome.

What is more important is giving everyone what they need to be successful.

We met women in 12 places and total participants 2996.



IWD Celebration in Block level



IWD Celebration in the villages

**Objective 2: Schools of the project area of RAHA are focused on health & hygiene and common minor health problems in students and the awareness of teachers and students strengthened by health education on Communicable and Non-Communicable diseases and Covid-19.**

**Indicators:** 60% of 120 school’s children receive health education, Albendazol Tab, Spectacles if needed.

**Activities:**

- **School Health Education Programme – April 2022 – March 2022**

School Health Education:

Sl.	Schools	No of schools	Number of Students
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No.		visited	benefitted
1	Primary school	63	7772
2	Middle school	32	5267
3	Higher Secondary School	15	3929
	Total	110	16968



Health education in school

Distribution of Vitamin 'A' and Albendazole Tab

Vitamin 'A' supplement 2,00,000 IU & Albendazole Tablets from 'Vitamin Angels' given to:-

Sl. No.	Schools	No of schools visited	Number of Students benefitted
1	Pre-Primary school	100	5045

**Eye screening camps at School:** Total schools 32, total students screened – 227, Students with visual problem – 143, referred to eye specialist – 127, distributed spectacles-6, treated at camp site – 65



Eye screening in school

Health checkup in school



**Objective 3: Provide services for the children and youngsters (0-25) with disability, giving special focus on Cerebral Palsy and Physical disability in Pathalgaon Block**

**Indicators:** 80% of 52 identified children with disability receive individualized care as per their needs like- physiotherapy, school enrollment, and 80% of 1178 adult person with disability are formed into Disabled Persons Organizations (DPO) groups.

**Activities:**

- 3-(a) Home based physiotherapy for children with disability and develop parent’s skill in caring for a child with disability

**Child Status**

Details	M	F	Total
Cerebral Palsy (CP)	24	12	36
Visually Impaired	1	2	3
Low vision	2	1	3
Hearing Impaired	8	2	10
Left from the list of home care due to over age	5 CP	4 CP	9 CP (less)
Left from the list of home care due to death	2 CP	1 CP	3 CP (less)
Sub Total (A)	28	12	40
<b>Added new children during this year 2022-2023</b>			
CP Children	4	2	6
Visually Impaired	1	1	2
Low vision		2	2
Hearing Impaired	3	1	4
Sub total (B)	8	6	14
Grant Total (A+B)	36	18	54

**Activities with others**

- 23 C.P. Children receive home-based physiotherapy two days a week, to this 7 more children are added during the last two months. 30 CP, 3 totally blind, 3 Low vision, and 11 Hearing Impaired children are enrolled (total 30) in the school, but 13 CP children are not able to go to school. They are enrolled because when enrolled, they get school pension through Block Resource Center (BRC). A blind child Ku. Sweta Vishwakarma class-11 passed with Second division (58%) in 2022-2023.

They are assessed and physiotherapy given according to need. Every month the Community Based Rehabilitation (CBR) workers report the progress and support family for care. They have also ‘enabling environment’ prepared according to the need of the child, like –parallel bar, Cerebral Palsy (CP) special chair, knee brace, K.A.F.O., Palm exercise kit, Teaching Learning Materials (TLMs) etc. are explained and guided the caretaker. The parent, especially mother or the person who cares for the child is asked to be with CBR worker to learn physiotherapy and do it daily. Care of the child like personal hygiene, balanced diet, importance of communication with child, socialization, etc. are explained to caretaker.

- 3-(b) Support parents to enroll children in schools, help to create an enabling environment

at home, in the schools and in the village.

- Parents of disabled persons are encouraged to take care of their disabled in the family and also get all the benefits due for them, example disability certificate, pension, ration card, etc.
- They also have enabling environment prepared according to the need of the child, like – parallel bar, Cerebral Palsy (CP) special chair, Knee brace, K.A.F.O., Palm exercise kit, Teaching Learning Materials (TLMs) etc.
- We also encourage and see that the schools have ramp where children with disabilities attend schools
- The families of children with disability are encouraged to have kitchen garden and 68 families have kitchen garden. 33 families cultivated paddy using SRI technique.

3-(c) Organize disabled persons to form groups and get benefits from the Government.

**Following supportive activities done –**

- Aadhar card prepared - 22
- Receiving Disability pension – 346
- Help (subsidy) for various livelihood – 19
- Supported to get Job card for NAREGA program – 213
- Supported to get Disability Certificate - 360
- DPOs Meeting – 25
- Helping Aid – 31
- Educational material – 30
- Skill training and cultural activity – 1 (10 children)
- Awareness program – WSD, WDD – 2 (1732 participants)
- Parents meeting for health, education and social – 18 (337 participants)
- Parents meeting for CP and HI – 1 (41 participants)
- Youngsters meeting – 12 (342 Participants)
- Advocacy workshop – 3 (153 participants)
- Meeting with AWW, ASHA, PHC, & PRI – 549 (persons met)
- Teachers training – 1 (14 Participants)
- DPO's family visit – 705
- Assistive aid by RAHA - 7 CP Children
- Making improvised assistive aids (Ramp, parallel bar, side bar) – for 4 CP children
- After skill training tools provided for mechanic work – 1 (Motorbike and Cycle repair)
- Tailoring in Rural Vocational Training Center, Kerakacchar – 1 girl
- School visit to encourage admission to school – 34

The coordinator for disability has very good contact with the local department for disability rehabilitation. They communicate to the coordinator regarding availability of various equipment for the PWDs like – wheelchair, tricycle, walker, hearing Aid, cane for the blind, play materials, teaching-learning materials and so on. The RAHA CBR staff follow up all of them and teach them to use it properly.



Photographs of disability work

Physiotherapy



Wheel Chair given



Special Chair given by RAHA



Skill Enhancement workshop



Sweta writing her class 11th half yearly exam



Braille classes for Sweta



CP child education



CP child education





World Disability Day 2022



World Disability Day 2022



World Sight Day 2022



Ms Ellen & Sr. Elizabeth visited C.P. children in their home.



Kitchen garden by family of CWD





**Govt. Teachers Training on Inclusive Education for the children with disabilities (CWD).**



**Medical care for the poor and indigenous rural population in Chhattisgarh by donating life saving equipment for JMJ Morning Star Hospital, Raigarh by MISEREOR - Project number 321.155-1013 ZG**

A German gentle man who was associated with MISEREOR wanted to donate his savings for life saving medical equipment for the poor and indigenous rural population in a poor country. The MISEREOR team 'Asia Desk' suggested RAHA to receive this donation and through RAHA give it to an organization who can buy lifesaving equipment to use for the poor and indigenous rural population in Chhattisgarh, India. JMJ Morning Star, Raigarh was selected to receive this donation. After discussion with JMJ hospital and MISEREOR and after completion of proper documentation this project for JMJ hospital was approved by MISEREOR.

In this project JMJ hospital received a ventilator 'New port e360E' that can be used for children as well as adults, an Oxygen Generation Plant 'AIRSEP IMP Oxygen Generator AS-J58' and 10 Jumbo Oxygen Cylinders. It was installed on 12-12-2022 in a building specially prepared for it in JMJ hospital premises and inaugurated by Rt. Rev. Bishop Paul Toppo, Raigarh on the same day.



**Rt Rev. Bishop Paul Toppo, Raigarh Diocese, inaugurated Oxygen Generation Plant in JMJ Morning Star Hospital, Raigarh with Sr. Veronica, Administrator & team of JMJ hospital, staff from RAHA Pathalgaon and staff from Airox company Ltd.**



## **CBCI National Meet of Healing Ministers-2022:**

Rt. Rev. Bishop Emmanuel Kerketta, CBCI Regional Chairman for Chhattisgarh and Sr. Elizabeth Nalloor, Secretary for Health, Chhattisgarh attended two days '3<sup>rd</sup>, CBCI National Meet of Healing Ministers-2022', on 5<sup>th</sup> and 6<sup>th</sup> September 2022 in Trissur, Kerala. 32 delegates from 174 catholic dioceses attended this meet. The main topics discussed were - Wholistic Healing – Catholic Perspective, Healing Ministry Around the World, Care for care givers & Healing Ministry, Regional Perspective Plan Building and Way Forward & Presentations.

To share the plan of CBCI Trissur meet in our dioceses, there was a meeting in Bishop House, Kunkuri on 5<sup>th</sup> December 2022. In this meeting it was decided that there would be two days meeting in Asha Deep, Pathalgaon for RAHA Health Centre Sister Nurses and Bishops of three Dioceses – Raiagarh, Ambikapur and Jashpur (RAJ). It was also decided in this meeting that there will be a one-day meet with all Parish Priests of the RAJ dioceses on 14-17 February 2023. Rev. Fr. Shinto Abraham, the Director of MPSSS and CHAMP would be requested to be the resource person for this meeting.

As decided on 19<sup>th</sup> January there was a meeting for all RAHA Health Center Sister Nurses-52 of them with three Bishops, three Vicar Generals, three Directors of Education and three Directors of Social Services of RAJ dioceses.

The parish priests had one day meet each, on 14, 15, 17 of February 2023 for Ambikapur, Jashpur and Raigarh dioceses respectively. The decisions of this meeting should be implemented in each parish, and we need to wait for the results, which will depend upon the parish health team.



RHC Sister Nurses meeting with Bishops,



Parish Priest meet with Bishops,



Sister and Parish priest meeting with Bishops.

## **MISEREOR Visit:**

It brings feelings of joy and gratitude when we take the name of MISEREOR and their contribution to people especially the tribal and the poor of Eastern Chhattisgarh through the services of RAHA. The primary health care received through Rural Health Centers (RHC) of RAHA spread out in three Dioceses through MISEREOR projects has a direct impact in their overall development. The team of RAHA and the people were happy to welcome Ms. Ellen Schmitt, Health Officer of MISEREOR, for a review visit from 26-29 November 2022.

Already on her arrival journey from Jharsuguda to Pathalgaon, visited RHC Darupisa, and met RHC Sister Nurses & Sisters, VHWS, patients benefitted from CHPS, Panchayat President, parish priests of the parish and principal of the school. Discussions were held on RAHA CHPS and other activities of RAHA, RAHA's relevance today and their satisfaction rates of services received from RHCs.

On the second day, the team of RAHA presented the activities of RAHA with a power point presentation. All the project activities were presented with field photographs followed by open discussion and clarifications. The field supervisors also shared their experiences with people and their learnings. The team also reported on NCD program, Diabetes funded by WDF (World Diabetes Foundation) and Hypertension run by RAHA's own contribution. Though WDF funding

for Diabetes was completed in July 2021 the follow up of identified Diabetes & Hypertension patients continue through RAHA RHCs and reports and records are maintained with RAHA. On the same afternoon, she visited with Sr. Elizabeth and CBR team, a couple of C.P. children in their home situation and saw the improvised devices given to children and communicated with children and their parents.



Ms Ellen & Sr. Elizabeth meet Sr. Nurse of RHC, VHWS, CHPS beneficiaries, Village Leaders of RHC Darupisa, Jashpur C.G.



Ms. Ellen with RAHA Core team

At 8:00 Pm Ms. Ellen, Sr. Elizabeth and Mr. Suhail Akhter had a zoom meeting with Ms. Franziska Wissel, Desk Officer, Asia Desk, who was also on partner visit to India. In our zoom meeting we spoke about the project activities, she enquired about the welfare of the core team, and the visit of Ms. Ellen. She also asked us to submit the next project proposal on time and in this proposal to include CBR team with RAHA staff.

On 28<sup>th</sup> November – Ms. Ellen, Sr. Elizabeth and Mr. Suhail Akhtar visited RAHA empaneled hospital – Holy Cross Hospital, Ambikapur. She met with Sr. Diana, Administrator and other Sisters and visited hospital departments and CHPS patients. In the afternoon the team visited RHC at Mainpath and visited a few poor families living in Mainpath forest.



Visit to – Pahari Korwa (tribe) families in Mainpath forest.

On 29<sup>th</sup> November at 6 am she travelled with the RAHA team to RAHA empaneled JMJ Morning Star Hospital in Raigarh. The JMJ sisters welcomed her and expressed their joy and gratitude for the equipment received. Along with the sisters the team visited Oxygen Generation Plant, Jumbo Cylinders in a separate setup and then visited hospital and ICU and saw the ventilator donated by MISEREOR.





At 11:30 am accompanied by Mr. Suhail Akhtar and Mr. Ghanshyam Yadav, she travelled to Raipur airport.

The RAHA team is grateful to Ms. Ellen Schmitt, Health Officer of MISEREOR for her valuable time and contribution to RAHA and to core team members for her motivating presence and suggestions.

RAHA team Sincerely thank MISEREOR and especially Asia Desk for their support and direction.

Thanking you  
Yours Sincerely

Sr. Elizabeth Nalloor  
Executive Director, RAHA.

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