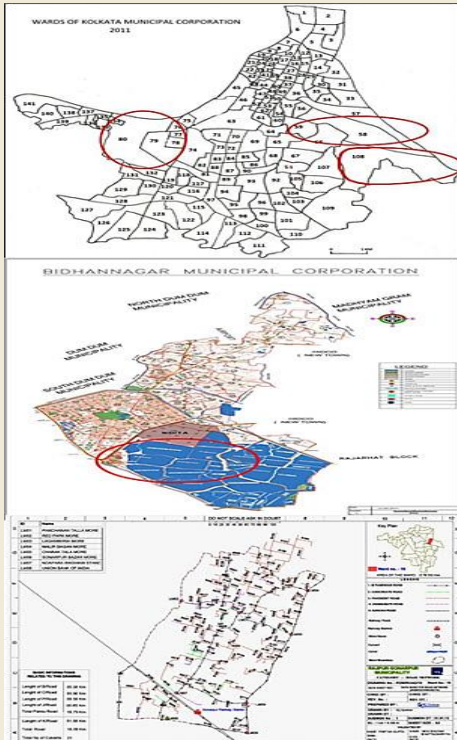


## THE PROJECT AREA

The project Niramoy has been implemented in **8 wards** of Kolkata Municipal Corporation, Bidhannagar Municipal Corporation and Rajpur Sonarpur Municipality.



## THE NEED

As long as health goes, most vulnerable population segments in India are, women & children. Poor health of women, who is responsible for bringing in another life in this world, has a direct impact on future society. An unhealthy new-born contributes in reducing all development indices for a society. Recognising this, we focus on mothers and mothers-to-be and children through the established community clinics. It is important to ensure that their health parameters remain as healthy as is possible in the eco-system in which they live. We work with newly married women, pregnant women and post pregnant women. We look after the children from the time of conception till 2 years of age i.e. first 1000 days of a child. Thereafter continue looking after children who may slip in the malnourished zone.

## THE ORGANISATION

Sabuj Sangha is a non-profit, non-government organization (NGO), working for the less fortunate people in both urban and rural areas of various districts of West Bengal since more than 48 years to fulfil the basic human needs with a holistic development approach through various development programs. The organisation implements projects in various sectors, catering to the needs of vulnerable communities.

## The Newsletter of Project NIRAMOY in Urban Slums of Municipal Corporations of Kolkata, Bidhannagar & Rajpur- Sonarpur

### Health Care for Urban Poor

Sabuj Sangha is providing preventive, promotive and curative health services at the doorstep of slum dwellers in Kolkata. With the support of Wipro Care, it has established community clinics in the different Wards of Kolkata, Bidhannagar and Rajpur Sonarpur Municipality. The clinics are staffed with a team of medical experts who offer free-of-cost medical care solutions to the underprivileged families and children in these slums. The services include OPD, ANC/PNC, testing for malnutrition, lab tests, and medicine distribution.

In 1<sup>st</sup> quarter, the results we have achieved are:

- In this quarter we have reached out to **4890 patients** through **99 health clinics**.
- **82 undernourished mothers & malnourished** have been identified by our team. These mothers are **provided supplementary & nutritious diet**.
- **58% of the adolescent girls** have **higher HB**
- **70% Antenatal care** ensuring **proper growth of the baby**.
- **85% institutional & safe deliveries**.
- **65% malnourished children** in age bracket of 2 to 6 years have **moved up one or more notches**.



## STRATEGY

The basic objective of the project is to make the basic health care services available to urban slum poor at subsidised rates and make them aware of the healthcare services available through outreach activities.

## Outreach Activities

- Reached **314** adolescent girls through **32** awareness sessions.
- Reached **340** people through **28** awareness sessions with community people
- Formed safety network group in **2** wards for preventing child marriage
- **5** Mental health sessions conducted for **95** adolescent girls, age group: 16 years- 19 years.
- Educated mothers group on family planning, importance of first **1000** days of a child's life & menstrual Hygiene.
- Trained mothers on breast feeding techniques and child hygiene
- Regular meetings with ward councillors, ICDS members and UPHC members for making community accountable for healthy and hygienic.
- Celebrated POSHAN MAAH in collaboration with ICDS



Workshop on breast feeding & child hygiene



Celebrating Poshan Maah at ward no 10.

## Special features of the Project

- We have a network of 15 community health workers- local women and mothers groups from the wards, trained by us for ANC/PNC care, generating awareness through informal conversations and a direct line of communication with primary health care centres
- Fully equipped community clinics taking healthcare services to their doorsteps
- Rigorous monitoring , data capture and follow up to ensure efficient delivery of healthcare



Local people accessing healthcare services at our community clinic

## FUTURE PLANS

- Extending healthcare facilities to other wards of Kolkata Municipal Corporation (KMC), Bidhannagar Municipal Corporation (BMC) & Rajpur Sonarpur Municipality (RSM).
- Increasing the number of days for community clinics in our project area.
- Creating livelihood options for marginalised families working in DHAPA area of ward no. 58 of Kolkata Municipal Corporation (KMC).
- Establishing waste collection techniques in no. 58 of Kolkata Municipal Corporation (KMC).
- Building community toilets in 3 wards.

## IMPACT STORY

Jahanara Bibi (name altered), works as a domestic worker and her husband is a daily labour. Both of them struggles every day to meet their ends meet. Their financial conditions make their health situation more vulnerable and are easily pruned to get affected by any disease.



She had a stroke which affected her health very badly. She faced difficulty in talking and swallowing, and faced severe changes in her behaviour and lost the ability to take care of herself. Her muscle movement was also affected by the stroke. Due extreme poverty she could afford costly treatment in hospitals.

Our community clinic doctor intervened the case with utmost care and efficiency. She was given regular medicines; her body statistics were checked regularly and she was taught few exercise movements that would help her gain muscle strength. She was regularly monitored by our health workers, she was also provided with nutritional support from Sabuj Sangha.

She has improved from her condition. She has gained confidence and started working. She can come to our community clinic for regular check-up. Her health condition has also improved from what was before the stroke.

**Sabuj Sangha would be grateful for any comments or suggestions that you might have regarding the content of this newsletter**



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