



HEALTH FOR THE ALPHA GEN

CHILDREN'S HEALTH AND WELL BEING AT BASIC HEALTHCARE SERVICES



THE
IDEAL
DAY CARE

PAGE SEVEN



"All Grown-ups
were once
children but only
few of them
remember it"
-Antoine de
Saint-Exupéry,
The Little Prince

Children bring a sense of innocence along with the reality of time. If we fail to nurture our next generation, we'll be leaving them with an earth that isn't home, but a strange land they must fight for to survive. This newsletter brings light to what BHS is doing, as a humble attempt to nurture these blooming lives.



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"Children have never been very good at listening to their elders, but they never fail to imitate them."

-James Baldwin

SPECIAL

POEM BY DR. PAVITRA MOHAN

PAGE TWELVE

Pasmi

Written by Jaggi , Senior Health Worker

Pasmi (17 months old) from a village called Lokissery came to our clinic feeling extremely weak. On investigation, it was found that she had malaria and was also anemic. She was given medications for malaria and taken home. But her fever did not subside for 3 days. Her family then took her to a quack, who injected her.

The repercussion of this decision was her developing a severe allergic reaction along with an injury at the site of insertion.

Pasmi's family decided to visit our clinic again. This time she came with a severe foot injury. The next steps were crucial for her recovery. Dr. Gargi advised us, and we then referred her to a tertiary hospital. She was given a referral card and AMRIT support. Pasmi was admitted in the hospital for over a month to recover from her operation.

Pasmi's family returned to us with hope. Today, she looks healthier. She can walk. They thanked us by saying, "If it weren't for you, our baby girl would have died."

Our communities witness several children who fall sick and receive poor healthcare services or none at all. It takes parents some time to trust who has their best interest at heart. On first thought, the instant relief felt through the course provided by quacks, is believed to be the most ideal. However, stories like Pasmi's, although alarming, set an example for reaching the right sources for care. Every child has the right, as much as an adult, to receive dignified quality-driven healthcare facilities. AMRIT Clinics' presence delivers to their basic right to health.



To obscure homes

Written by Ravi, Nurse Mentor

On our way to a home visit in a hamlet called Gumeti Phala, we reached Indira's house. We could see an open courtyard with the little girl sleeping on the cot. Nobody was around, the air was quiet and calm.

We called out to see if anyone was home, that's when her mother came into sight. After settling into conversation, she revealed, "My daughter has been ill for 4 days, I don't know what to do."

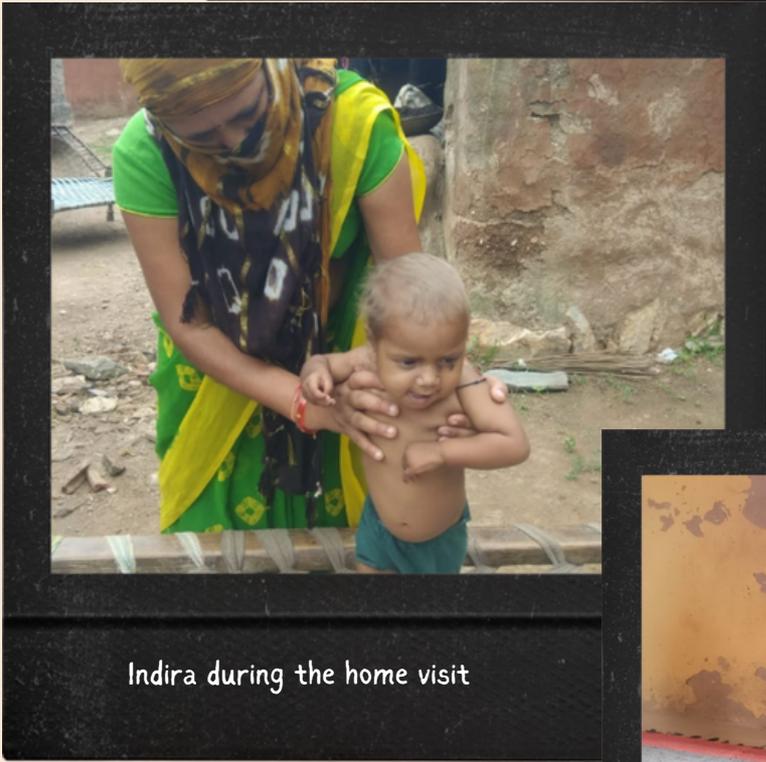
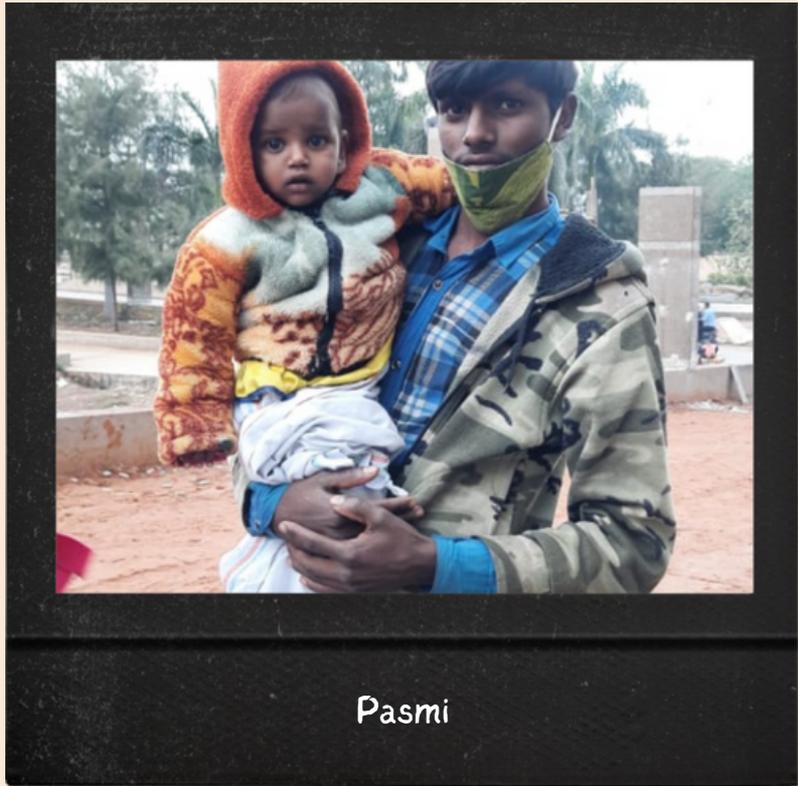
We advised the family to visit us at the PHC right away. We completed the necessary checks and learnt that baby Indira is malnourished. We followed our standard procedure of counseling the mother and demonstrating techniques to feed the baby nutritious food. She seemed relieved to see Indira eager to eat the nutrition packet we were feeding her.

When they returned to us in two days, she explained how Indira finished three nutrition packets along with Khichdi and some vegetables on the side.

An unplanned, simple home visit to a quiet, rather lonesome home, saved a life from slowly disappearing without a trace. It is our duty to provide the mothers a helping hand, reaching them when they feel helpless. And to feed our children the right amount of food in their growing years. Indira and her mother are one pair we reached.

Our nurses, health workers, Swasthya Kirans, ASHAs make several hundred home visits every month for post natal care, follow ups of sick children and perform family profiling.





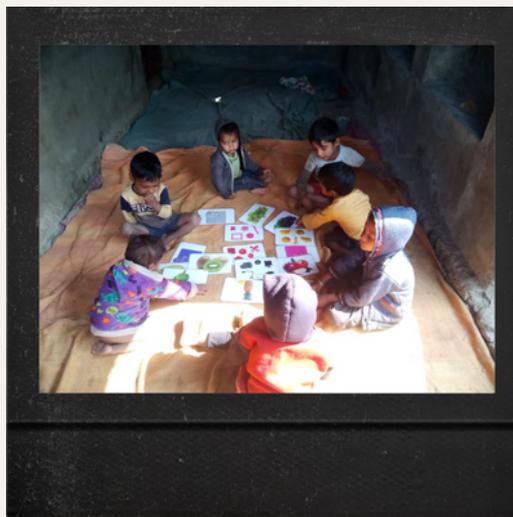
Bed of flowers

Written by Bheru (Nutrition Supervisor) & Logri (Phulwari Worker)

In a hamlet called Ghatar Phala, 5 kms away from Manpur Amrit Clinic, we sensed a need. They did not have a Phulwari there, let alone an Anganwadi. The children faced negligence and lack of care. Most of them were weak, malnourished and sick. Along with this, the children were in constant danger of falling into the nearby river. Here was a visible pertinent need for a caretaker to be present to oversee young ones. With the men migrating out for work, mothers were already burdened with too many responsibilities like attending to their farms, cattle, cooking a meal, collecting firewood and more. On most days, many of these daily tasks must be weighed against each other because how much can one possibly handle with complete care? The families here were also prey to their deteriorating economic conditions. Between such circumstances, childcare and nutrition had taken a backseat.

BHS, with the collaboration of this community, set up a day care center here. The children are now fed thrice a day with hot nutritious meals, cared for and are taught habits like washing their hands. They recite poems and the older ones read numbers, alphabets and identify pictures through story books. They play games, keeping them safe and stimulated under the care of two Phulwari Workers who belong to the same hamlet. The children are weighed every three months to keep an eye on their health.

Several gaps were filled with the opening of this Phulwari, the children received a second safe, nurturing home, the mothers felt some relief to go on with their daily tasks and two women from the same community have a stable source of income. Through monthly meetings with the parents, we also ensure that the connection between the



"The existence of this phulwari takes care of my child's hygiene and nutrition but moreover, I also learn these details seeing my child. Also about parenting"
-A mother in the phulwari parents' meeting.

community and us sustains, while there is consistent exchange of knowledge. They keep us updated about certain challenges to seek solutions together, while we add information about illnesses, preparing everyone beforehand for certain surges, for e.g., if Malaria is around the corner, we reinstate the need for prevention methods.

Anganwadi

Written by Ramesh, Senior Health Executive

There is an Anganwadi, where children from birth to five years receive love, care and attention for 7 whole hours. I haven't seen any other like this one. So, let's see why this Anganwadi in the Aspur Block is so different.

Pachlasa belongs to Bada village. This is where Asha worker Maya Garg, Anganwadi worker Vimla Garg and colleague Nathi Devi work together. Their center has maintained high standards of cleanliness, nutrition and engagement.

Vimla expressed, "Every child should receive the opportunity for development and growth the right way, this is my aim. With this I want my children to study well, eat regular nourishing meals with adequate playtime".

Vimla maintains the growth chart of every child while keeping the mother in the loop. She counsels each child's mother about the nutrition required from home through various recipes. At this center, the name and date of birth of every child is written and decorated on a chart along with the contact numbers of the parents. ASHA Maya makes frequent visits to this center, making sure that every child is in the pink of health. She comes along with a book of stories and poems, to sit and engage actively with the children. When some food products are needed, they don't think twice before bringing in the oil and sugar from their own homes to feed the young ones. They make sure every child sits on a rug, some which are made by their own hands, and responsibly explain the role of each toy to the kids. Every toy present at this center is made by the workers themselves. This place holds an aura where every ANC mother is respectfully welcomed. I have seen them bring water and a chair to sit for the mother, while kindly and empathetically enquiring about their well-being. This culture is something that I haven't witnessed anywhere. Every child is fully vaccinated at this center, no child here is weak or malnourished. When the child turns six years old, they ensure the admission process is completed in a nearby school. At this center these three women have made a gigantic difference in the community.

This is such an ideal Anganwadi center where the work done by the three women together has value with no price on it. They have set an example of how with dedication and love, we can create a space for healthy growth and development for the next generation.

Women like Vimla, Maya and Nathi are the strength of the community.





Taking you



inside this



lovely Anganwadi...

Youth & us

Written by Vania, India Fellow

The highest pupil dropout rates in southern rural Rajasthan begin at 8 grade. In most cases, girls drop out after they start menstruating and boys are forced to start earning for their families. Besides, healthcare topics are minutely touched upon in such remote schools, leaving behind very important discussions on Tuberculosis, Malnutrition, Pneumonia, Anaemia, all of which are highly prevalent in their areas.

To address such issues, we work earnestly on organizing community meetings around preventive and promotive methods. During our community baithaks we usually have the adults join us in conversation. This leaves out a significant group of people – the youth.

The School Health Education Initiative, adapted by us, is a space where children are presented with the right information on health, both on personal (hygiene, food habits, exercises) and on a community level (communicable and severe illnesses). The beauty of this program is in its syllabus and style of delivery. We use videos, photos, skits, acts, role-plays and generous amounts of conversation.

We first identified the schools closest to the AMRIT Clinics and began bi-monthly sessions with children between classes 7 to 9. We have completed 8 classes in 2 schools in the Gogunda region and we plan on expanding the same in Salumber as well – adding 3 more schools.

Each session has an average of 50 children present. The numbers only increase as the sessions go by. “Didi aap kab aaoge?” (When will you come again, sister?), most of them ask us before we leave. This program has also broken the belief that ‘children don’t want to learn’ or ‘they are too lazy’, basically blaming them for their disinterest in education. When you respect children, engage with them, play with them, forgive them and allow them to make mistakes, they come to you, they listen to you, and they follow what you teach them.

The program showed us how every child especially in such remote locations is yearning for stimulation and respectful authentic education.

The Government has launched Operational Guidelines on School Health Programme (2018) under Ayushman Bharat but the schools around our clinics haven’t yet been reached with the services. By continuing to build the foundation of our program, we hope to collaborate with the Government in the future. This will enable us to accomplish the aim of providing the right information and promoting well-being among adolescents.



A school health session in progress. Rawach.



Sincere gratitude to KC Patty for designing and sharing this curriculum.

Publications

HOW IS CLIMATE CHANGE AFFECTING NEWBORN HEALTH?

This year, Rajasthan reported temperatures as high as 45°C–48°C. While Hypothermia is an underlying cause of many infant deaths, there is limited recognition of hyperthermia as a cause for neonatal mortality.

We present two newborns in this article along with their clinical details and outcomes. We also frame a pathway through which global climate change affects the well-being and survival of newborns in the rural and tribal communities.



Written by Pavitra Mohan, Gargi Goel and Surabhi Sanjay | Indian Pediatrics Case Reports

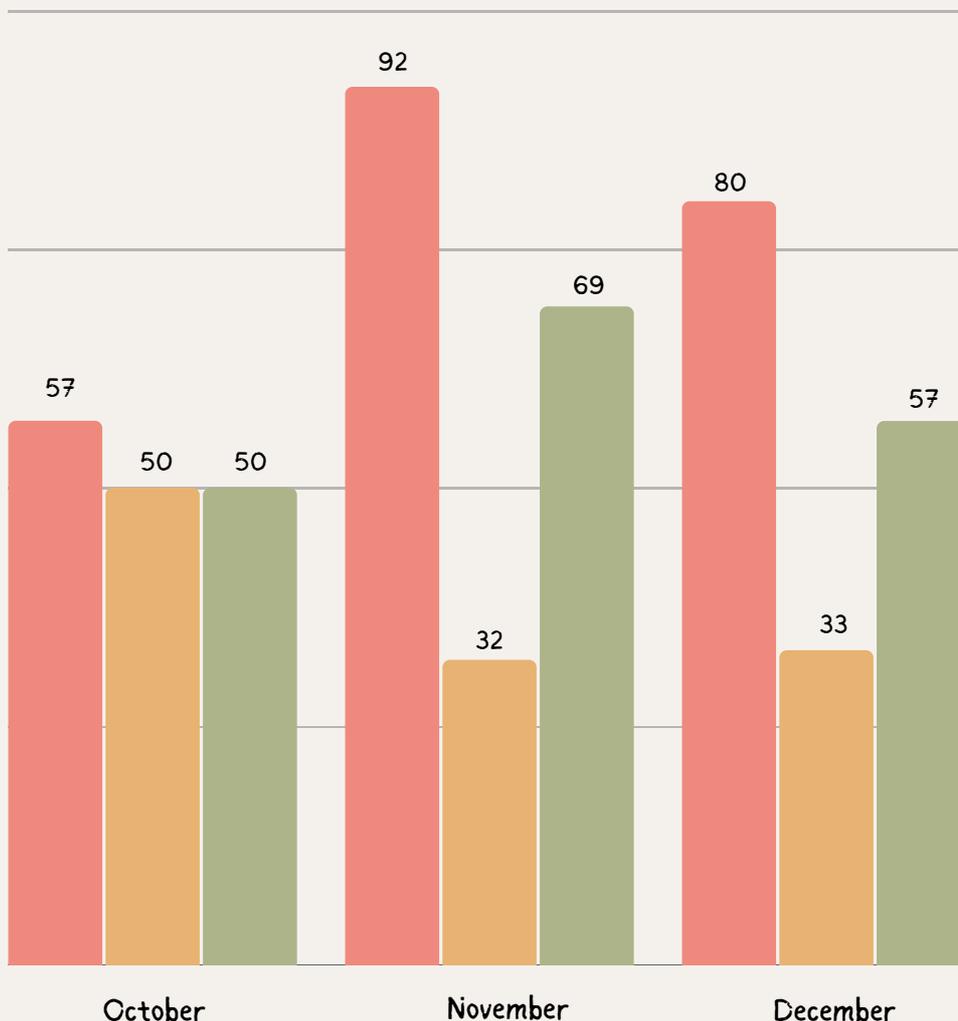
[Click here to read](#)

A 3-minute film specially curated for an event to celebrate role of women in science and health.

[WATCH THIS HERE!](#)

Numbers

Data of our seven Primary Care Centers



- New TB Patients
- New SAM Patients
- Safe institutional Deliveries

IN THIS QUARTER

Total footfall across our clinics was 19,690.

1591 children under 3 were reached through growth monitoring.

60 children recovered from SAM.

56 Low birth weight babies received Kangaroo Mother Care (Only PHC)

314 children received care from our Phulwaris.

355 mothers and newborns received post-natal care at home.

C'est la vie

Written by Pavitra, Founder BHS

Enjoy what life has to offer. my friends.
 Travel to the sun and sands. Savour cuisine of the distant lands.
 Watch the glittering shows of today and tomorrows.
 Read the books of wisdom and of remote kingdoms.
 Expand your horizon. Spread your wings and have fun.

Do spare a moment though (no intended pun).
 And know there are men and women who sleep hungry at night.
 Thin and weak in body. cannot anymore fight

There are girls. millions of them. who do not go to school.
 Busy taking care of their younger sibs. what a misrule?
 Denied all opportunities to thrive and grow.
 While we (Middleclass) shrug and say. "Zou reap as you sow"

Little blood in their veins. and food in their bellies
 Women walk miles to get water and firewood.
 Drudgery never broken by rest. never understood.
 Surrendered to the fate: hungry, pale and broken.
 From our slumber but. we are never woken

So my friends. enjoy what life has to offer.
 Travel to the sun and sands. and savour cuisine of the distant lands.
 But do not always surround yourself with famous and the rich.
 And bury your neck like the proverbial ostrich.
 The misery of millions will not go away by ignoring.
 Or talking and sleeping and snoring (However loud that may be).

Same fears and same joys they share.
 Same love they need. the same care.
 They want to be seen. heard and understood.
 So get up and do what you can. you could.
 See them. hear them and try to understand.

They live in the same country. in the same land.



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