



IMPROVING ACCESS TO HEALTH AND LIVELIHOOD OPPORTUNITIES

Kasia Bagan Program

The Kasia Bagan Program “Improving Access to Health and Livelihood Opportunities” is a project jointly conducted by Nari-o-Sishu Kalyan Kendra and the local situated Kasia Bagan United Committee. The project started in July 2016 and our aim is to create awareness on different health concerns and to practice healthy behaviour to lead a better life through curative as well as preventive actions. We work at Kasia Bagan, Ward 64 in Kolkata, which includes 537 households and 3052 individuals (by April 17) with the major support of Quest Properties – RPSG Groups. Here our regular activities are general and gynaecological doctor visits, giving free medicine (which is prescribed by the doctors), home visits with special focus on pregnant women and study on health issues, enhancement in Malaria and Dengue prevention, adolescent health (giving affordable Sanitary Napkins) and the capacity building of our team. Beside of that we conduct several awareness programmes on different health and social issues. In the past we had awareness events on diabetes, waste management, women empowerment and on menstrual hygiene.



Start:

July 2016

Fund:

Quest Properties – RPSG
Groups

Conducted:

Kasia Bagan United Committee
& Nari-o-Sishu Kalyan Kendra

Beneficiaries:

Community of Kasia Bagan,
Ward 64 (around 3000
individuals)

Major Work:

Health improvement and
awareness

Health inspection

Every week we welcome a general physician on Monday and Thursday from 6 pm onwards, who checks on every clinic around 20 patients. In addition we provide a Gynaecologist who comes on the first and third Wednesday of each month from 2:30 pm onwards and she in this time checks on around 15 patients. The medicine by prescription of the doctors is given for free to the needy in Kasia Bagan. We also give a special attention to our senior citizens, which we try to give medical services as their needs and which also participate in our programmes. Several of our patients (78% April 2017) suffer from chronic diseases as Diabetes and Hypertension whereas only a small part is having curable disease. The patients with chronic diseases come usually twice or thrice a month.



Health Camp

We have organized a “two day health camp” to observe the World Diabetes Day with Children’s day in November 2016. The program was followed by a rally on diabetes awareness, a drawing competition and a health screening camp by testing the populations Sugar, Hb% and TSH. On two days we were able to test 165 people and in the meantime informed about diabetes and the symptoms.



International Women’s Day

This celebration was one of our major events since the start last year. We created awareness about the problems of child trafficking, women exploitation and the general topic of equality of men and women. We celebrated the event with special guests and also with struggling mothers, which were honoured. Four policemen received a extraordinary honour as they helped to successfully prevent a child from trafficking. We also created the poster with wishes for the improvement of the women.

Mother & Child Health

We take especially care of pregnant and lactating women through medical support, home visits and educational sessions. In addition the Gynaecologist is coming twice a month for mothers-to-be and mothers. Health Workers, who are regularly trained, are visiting their respective households with their supervisor to share information and also to collect data from them. They specifically collect information from pregnant women regarding their pregnancy test, check up, intake of IFA and TT. They also meet with every mother who has children within the age of two years and collect the information on the state of vaccination. Adolescents are also seeking services through doctor check up, participation into various session and social activities as volunteers to improve their skills & knowledge. Besides we also look upon their Hb%(Haemoglobin Level) status by providing IFA (Iron Deficiency Anaemia) tablets and pathological services.



Capacity Building

One major concern of ours is increasing the skills and capabilities of our staff. We therefore organized Capacity Building Trainings in which we trained the 10 Health Workers and 2 supervisors. Apart from our staff, 15 adolescent boys & girls from the community level were also participating in the training to assist us during our field activities as well as they also informed the others by themselves to change the life style for a better life. Moreover our Health workers conducted various health education sessions especially on Malaria and Dengue. They learn about the prevention and specifically about using mosquito nets and sprays. Regular review meetings are held for a smooth functioning and to implement the activities properly.

Cleaning Day

We had an event titled “Clean Society – a healthy society”. Here we tried to increase the awareness on the effects of waste management on the health and a clean society will lead to a healthier life. As a result of this program we are also discussing the Waste Management with the Municipality and to encourage them to facilitate the right disposal of garbage.



Sanitary Napkin

One of our adolescent program is also to provide the, at the main office from Nari-o-Sishu Kalyan Kendra manufactured, Sanitary Napkins. We started to give out Sanitary Napkins in October 2016 and through the self-production can give them out for 12 Rupees each packet.



IMPRESSUM

Nari-o-Sishu Kalyan Kendra

Nari-o-Sishu Kalyan Kendra is a Civil Society Organisation



(CSO) that focuses on enabling extremely marginalised people, especially women and children from socially excluded communities, to become more self-reliant. NOSKK works in 5 districts of West Bengal, namely Howrah, Mushidabad, Uttar Dinajur, Dakshin Dinajur and in South 24 Parganas.

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**RP-Sanjiv Goenka
Group**

Growing Legacies