

## II. Health and Sanitation

### Bringing Healthcare to Doorstep

The project, Bringing Healthcare to Doorstep was started with support of Save the Children Bal Raksha Bharat. The project aimed to increase accessibility of healthcare support at urban resettlement colonies at North West and West Districts in Delhi covering over 1 lakh people. The project came to an end during November 2013. The service providing team was comprised of a team of two qualified doctors in charge, Lab Technician and a Pharmacists offering mobile clionic facility through Mobile Medical Van at 10 clusters. However the service is still being continued through referral services and awareness generation on health practices and services available at nearby clinics and hospitals.

The three main objectives of the MHU Project are:

- To provide Reproductive, Maternal, Newborn and Child Health & Nutrition (RMNCH) care.
- To raise the level of community awareness on issues of institutional delivery, immunization, environmental sanitation, hygiene, and other health and nutrition related behaviours, and create a demand for neighbourhood quality primary healthcare services from the government.
- To develop an effective system of referrals & linkages with public as well as private health facilities in and around the slum areas.

Capsule information indicating reach and achievements under the project:

Indicators	Number
<b>Coverage</b>	
Total number of patient visited	18344
Total number of Old patient visited	10792
Total number of New patient visited	7552
Total number of Males visited OPD	16
Total number of Females visited OPD	5584
Total number of children visited OPD (0-1) years	2288
Total number of children visited OPD (1-5) years	7808
Total number of children visited OPD (5-18) years	2648
<b>Childhood Illness and Immunisation</b>	
Number and % of children received treatment on following diseases in this month	
Phenomena	0
Diarrhoea	816
Malaria	0
TB	0

Fever	2744
Cough and cold	6008
Others	1776
Total number and % age of children received de-worming	416
<b>Delivery and pregnancy care</b>	
Total number of Pregnant women registered	1400
First Trimester	528
Second trimester	472
Third trimester	400
<b>Total number of women received ANC (Number of women receiving 4 ANC Care)</b>	1440
ANC 1	408
ANC 2	248
ANC 3	296
Number of women completed 3 or more ANC	408
Total number of women consumed IFA 100	3760
Total number of delivery (Total Number of Institutional delivery or through skilled birth attendant	776
Government	608
Private institution	120
Home	48
Proportion of mothers/newborns receiving PNC within 48 hours of birth	760
<b>Nutrition</b>	
Number of live birth	760
Number of children 0-6 months	5216
% of children in whom breast feeding was initiated within an hour of birth	752
Number of children who are exclusively breastfed up to six months of age	4552
Proportion of children whom complimentary feeds were initiated at 6 months of age	3352
Number of children regularly attending anganwadi centre	37440
0-3 years	19968
3-6 years	17472
Number of mothers attending Nutrition and Health education session at AWCs	2920
Number of growth monitoring and promotion (GMP) sessions organised by the project	328
Number of children participated in GMP sessions organised by the project	5136
No. of children, pregnant & lactating women received supplementary nutrition	46096
<b>Referral Cases</b>	
Total number of pregnancy cases referred for registration at institution	1336
Total number of referred cases who went for institutional deliveries	784

Total number of referral cases held for birth registration	432
Total number of referral cases made for other child hood illness	176
Total number of referral cases made for other Gyne related complications	408
Total number of referral cases for other critical diseases.	144
<b>One to one Counselling session</b>	
Total number of one to one counselling session conducted in this month	7384
Number of Male participated in counselling on family planning issues	2688
Number of Female participated in counselling on family planning issues	4032
Number of Male participated in counselling on other issues	1992
Number of Female participated in counselling on other issues	5304
<b>CCAG</b>	
Total number of CCAG meetings conducted in this month	80
Total number of members enrolled in CCAG	1848
Total number of new members added in CCAG	0
Total number of participants attended meeting of CCAG	1760
<b>SHAST</b>	
Total number of SHAST meetings conducted in this month	80
Total number of members enrolled in SHAST	1680
Total number of new members added in SHAST	0
Total number of participants attended meeting of SHAST	1600
<b>Community meeting</b>	
Total number of community meetings (CM) conducted in this month	56
Total number of participants participated CM	1696
Male (18 years and above)	88
Female (18 years and above)	1152
Boys (below 18 years)	56
Girls (below 18 years)	392
<b>FGD</b>	
Total number of FGD conducted in this month	264
Total number of participants participated	4352
Male (18 years and above)	224
Female (18 years and above)	3168
Boys (below 18 years)	96
Girls (below 18 years)	968
<b>Sanitation</b>	
Number of events/programmes for mosquitoes and insecticidal control	184
Number of water bodies have quality test	0

Number of sensitisation programs conducted for stopping open air defecation and hand washing	448
Number of male participated	1176
number of females participated	5504
<b>Maternal deaths</b>	
Number of maternal deaths reported in this month	0
<b>Infant deaths</b>	0
Number of new born deaths (0-1 month)	24
Number of children death (1month-12 month)	0
Number of children death ( 12 month to 60 month)	0
<b>Malnutrition</b>	0
Number of malnourished children reported in this month	232

## Young Health Initiatives

Baliga Trust has been implementing the Young Health Initiative project at Mangolpuri with support of Plan India. Through this project health and hygiene issues of adolescents are addressed in the area through Health Information Centers. During the reporting period AZ Young Health Programme reached over 4171 young people, through mass awareness activity, events, community meetings, and health information center (HIC) activities. The Young Health Program has also reached 3855 wider community members including parents, health and education professional and policy maker.

### Objectives:

1. Capacity building of adolescents by providing relevant information, knowledge on lifestyles, and better choices that will help enhance responsive health seeking behaviour with special emphasis on reproductive health.
2. To establish community based actions on key infection.
3. Raising awareness and knowledge of access to available health care systems.
4. Addressing the immediate needs of the community in issues related to healthcare, hygiene, sanitation and substance abuse

### Major Activities against Objectives-1:

- 52 new Peer Educator (PEs) were trained (26 Male & 26 Females), 80 old Peer Educator Boys) was imparted refresher training on YHP five thematic areas (General Health, Reproductive Health, WASH, Life Skill and Development & Personnel Hygiene). The training helped in making these adolescent fully conversant with the content of Young Health Program. The main aim of the training was to build capacity of the peer educators to bring about a meaningful difference to the health and wellbeing themselves.
- The Peer Educators themselves are taking sessions in the HIC and Community Meetings. Hence we are capacitating young people at two level one we are giving health related information for new members and we are providing opportunity to PEs to involve themselves as educators

- 83 community meetings were carried out in six months of Young Health Program, e. The community meetings helped community people to internalize critical information through these community meetings
- 122 mass awareness activities were carried out in six months. These mass awareness activities (street play, rallies and Health Mela) were very effective in reaching out to the large volume of community people
- 7 events were organized in six months. These events (National Youth day, T.B. Day, World Health Day, Malaria Day, World Earth Day, and Holi Celebration) brought all young people together to observe these days
- 1 anemia camps were organized in 5 communities. Based on the hemoglobin percentage test report, nearly 60% of the young, who got tested, proved to be anemic either moderately or severely
- The project sharing and synergy meeting were carried out for better coordination and collaboration amongst the YHP and respective government department – health, Integrated Child and Development scheme (ICDS), Municipal Corporation of Delhi (MCD) and Delhi Jal Board (DJB).
- Primary Health Centre (PHC) continued to provide a slot time specifically for adolescent to access the Health Services on Saturday and Tuesday
- 154 AWW received training on YHP thematic issues.
- The implementing team at Mangolpuri has taken initiative to distribute the chlorine tablet to the community at HIC for safe and pure drinking water with the coordination of Municipal Corporation of Delhi (MCD). The YHP is committed to safe and pure drinking water to the community, hence this initiative has been undertaken to ensure that girls and women are being empowered to take care of their health.
- The street theatre team spreads the awareness on malaria in the community with the Malaria Department of Municipal Corporation of Delhi (MCD).

### **Child Centered Community Development Programme**

Child Centered Community Development Program is a rights-based approach in which children, families and communities are active and leading participants in their own development. It enhances their capacity and opportunity to work together with others to address structural causes and consequences of child poverty at all levels. The project is supported by Plan India. The Program area is spread over five block K, L, M, O and R Block of Mangolpuri Delhi with an approximate population of 40085 out of which, (19189) 48% are females. There are 12 MCD schools, 46 Aganwadi & 02 Primary health centres.

In consultation with children and area members, Baliga Trust –Plan has set out following key priority programs in area:

- Strengthening social and legal safety nets to protect children
- Children as active citizen and Change Maker
- Health
- Water & Sanitation Hygiene
- Education
- Early Child Care & Development

- Disaster Risk Management
- House Hold Economy Security

### **Strengthening social and legal safety nets to protect children:**

The social and legal safety net has been designed with the vision of creating safe child friendly environment in the communities and institutions where children could feel secure and attain their full potential. The project also focused on building capacities of staff and stakeholders to create supportive environment in order to achieve all the rights of children. Important National and State level campaigns like “Universal Birth Registration” “LWF campaign” and “Chuppi Todo” has strengthened the PO implementation process.

The key strategies for project implementation have pursued the following path:

- Awareness and IEC material on Child sexual abuse.
- Capacity building of community based child protection mechanism viz Bal Surksha Dal
- Involving youths to raise the issues of child rights violations
- Addressing issues like substance abuse in the intervention areas
- Strengthening ICPS at district level
- Linkage and network building with referral organizations
- Policy advocacy with ministry , state and district level authorities to specially work on child abuse cases
- IEC/BCC material developed by children for awareness generation
- Finalize the CPP and CPP procedures
- Strengthening local NGO network on Child protection
- Leadership development programs like self defense courses, family life education etc for adolescent girls

### **Achievements:**

- During this year we have organized various camps in our intervention area to guide the families to fill the UBR form which resulted 259 UBR form have been filled and certificate have been gated from MCD office.
- 70 staffs have been trained on child protection related issues.
- 1852 sponsored families have been aware against the child sexual abuse and its Redressal mechanism.
- 15 children were identified into substance abuse and 10 children were mainstreamed
- 37 children clubs are trained on legal safe unsafe touch, child labour, child marriage, gender (female foeticide issues)
- 38 Adolescent clubs are trained on legal safe unsafe touch, child labour, child marriage, gender (female foeticide issues)
- 30 Youth clubs trained on Gender, drug de-addiction and other child protection issues.
- Interactions have taken place amongst children, Bal Surksha Dal and CWC/JJB/SPJU /Childline during the year
- During this year 47 child abuse cases reported, referred and responded

- 2 Bal Surksha Dal (community based child protection committees) are functional in the intervention areas.
- 40 bal sadan in 10 schools have been make aware on CSA issues through screening of chuppi todo movie
- 16 teachers trained on positive discipline
- 8,SMCs trained on Child protection
- 3 Advocacy initiatives related to POCSO or other laws/polices has been organized with CWC and Govt homes. Total 85, homes senior staff, CWC members and DCPCR members participated in these meetings.
- Two interdepartmental coordination meetings has been organized successfully under the guidance of DCPCR.

### **Children as active citizen and Change Maker:**

The component aims to increase the participation of children and young people in their own, community, state and national development as active citizen. Citizenship represents the collection of rights and obligations that define the members of a community. It seeks to shift participation from event-based approaches to the institutionalizing of participation opportunities in home, communities and governance. Finally, it seeks to contribute towards promoting meaningful and authentic participation of children and young people – with special focus on the marginalized and vulnerable groups. The key strategies for project implementation have pursued the following path:

- Building capacities and strengthening participation (of communities and children to analyze their own situation, understand and access their rights and entitlements);
- Monitoring of social services by Children through social audits and Micro level Plan reviews
- Children participation for advocacy of child rights
- Child Participaton In Schools (Bal Sadan) as discussed with bal sadan members and teachers
- Scaling up of successful interventions (with the participation of government and other duty bearers);
- Promoting gender equity and engagement ( with both women and men in giving greater attention to the rights of girls and women in community development and advocacy work);
- Advocating for changes in laws and policies (by emphasizing on the primary responsibility of the government to provide for services to disadvantaged children and communities);
- Leveraging additional resources (for child rights programs by engaging the government); businesses and middle classes for securing the rights of disadvantaged children and thus achieving the sustainability of the program outcomes).

### **Achievements:**

- 37 children clubs comprising 882 members having regular monthly meetings.

- 38 adolescent girl clubs comprising 838 members having regular monthly meetings
- 2 media clubs are having regular monthly meetings at 1 media center having 15 core members
- 7 media club members are trained on cartoon making, disaster and gender issues
- 37 children clubs involved in doing social audit on gambling and Drug abuse which led to Sexual harassment.
- children annual magazine has been printed this year also
- Training of Youth club leaders on RTI and voting rights.
- 5 Micro Level Plans revisited by children to assess the progress so far
- 2 "Sajha Samooh Baithak" Interface meetings of all the old community club leaders
- Total 24 clubs and 43 members have involved in doing Social audit on the two child rights violation issues (sexual harassment)
- 5, Interface meeting of children and community group leaders with duty bearers (Child line, JWO, SHO, Parivartan cell) on different child rights violation issues.
- 37 Children club and 38 adolescent girls club leaders participated in annual children meeting.
- 20 Management and key staff of the organization trained on CPP and procedures
- 5 Micro Level Plans revisited by children to assess the progress
- Two "Sajha Samooh Baithak" Interface meetings of all the old community club leaders (children, adolescents, youth and women) of the area - on any two children issues of the area reflecting child rights have been organized total 106 community groups members were participated in these meetings.

## Health:

During 2013 – 2014 Health targeted to Promoting child health by strengthening community care systems. All the activities designed towards the improving the maternal health and nutritional status of the malnourished children by enabling women to access knowledge, quality health services and through community, government engagement. The current project has deliberated to advocate for two major reasons for affecting the survival and development status of children i.e. listing out the danger signs during the pregnancy and post, Promoting institutional deliveries, exclusive breast feeding and essential immunization child spacing and birth preparedness in a campaign mode. The key strategies for project implementation have pursued the following path:

- Knowledge Building of mother group at AWC by providing information about safe motherhood components, malnourishment amongst children, family planning, HIV etc
- Enhancing awareness on issues of safe motherhood, Immunization and kuposhan, Adoption of best family planning method, exclusive breast feeding, HIV etc to promote responsive health seeking behavior.
- Liaisoning with govt. system to facilitate the regular ANC/PNC checkup, organizing the mobile health camps and to ensure the proper service delivery at PHC level.
- Supporting development of effective community initiatives to promote exclusive breast feeding and essential immunization through specific campaign addressing awareness and advocacy for the purpose.



## **Achievements:**

- Total 662 mothers ( 242 pregnant and 420 lactating mothers) were oriented on safe pregnancy components (care during pregnancy & post pregnancy, danger signs, birth preparedness, planning, spacing, government schemes like Mamta, exclusive breast feeding, weaning, infant feeding practices, child care etc .
- Regular monthly meeting with S and A block PHC centre have been organized and facilitating ANC/ PNC checkups for pregnant women.
- Six monthly mobile health camps (Swasthya Mela) in collaboration with AWC & PHC. Issues to focus on child health issues (diarrhea, malnutrition, ARI, immunization, IYCF etc have been successfully organized.
- Awareness event on birth planning, spacing, family planning, role of males in child rearing etc (to include demonstration of different modes of family planning) have been organized in which 89 Couples participated and adopting any family planning methods
- 82 children identified during the Immunization Kuposhan mahina activity whose immunization either not done or defaulted in between the process. These all children immunized with the help of local PHC.
- We have organized successfully world breast feeding week, world health day, world aids day to aware the community on such issues.
- We have organized successfully two Saas Bahu Jalsa - meetings with mothers & elder care givers at block level (level 2 location) to discuss on birth planning and preparedness, essential immunization, infant feeding practices & child care, demonstration of different complementary food, ARI, etc
- We have organized Annual felicitation meeting with pregnant mother groups to promote their habits to participate in regular mother group meetings.

## **Water , Sanitation & Hygiene:**

Dr A V Baliga Memorial Trust's endeavors targeted to Promoting quality of life through access to better water and sanitation services. All the activities designed towards the Facilitating the availability of water and sanitation facilities in preschool, primary and secondary schools for all girls and boys, improving the hygienic practices in families and to facilitate to access the safe drinking water, govt. schemes. The key strategies for project implementation have pursued the following path:

- Empower and then recognize children to become agents of change by disseminating the messages to other children, family and community.
- Improve existing water and sanitation facilities in the community through encouragement of community engagements on responsive behaviour by supporting access to structured capacity building initiatives using multifarious BCC materials
- Involvement of the stakeholder to upgrade the water and sanitation facility in school.
- Awareness generation to prevent the water and sanitation related diseases and reducing open defecation by means of Celebration of specific days in the community to boost awareness about issues through use of mass media / street theatre screenings.
- Enhancement of the knowledge towards the effective water management.

- Liaisoning and advocacy to make the state actor accountable for water and sanitation related issues.

### **Achievements:**

- 12 WMCs are functional in 12 school and having regular meetings
- 37 adolescent clubs, 38 children clubs, 30 youth club, 46 mothers groups, 1 swakshata samitee , 2 BSD, 2 ASS, 12 WMC, 12 SMC, 48 bal sadan , 2 media club, 1 street theatre group , 12 DPC, 1 CNV group , have strengthened for disseminating messages on hygienic practices
- 30 Swachhata Samitee members and 35 Aganwadi workers trained on WASH issues like improved hygiene practices, community based monitoring of water and sanitation facilities, community practices related to solid waste, diarrhoea, dehydration symptoms and treatment practices etc
- 6 Wash champion, 47 Theater Group members (including partner organization) were trained on improved hygiene practices and water source management.
- School Sanitation Mela for Sharing of best practices in schools has been organized all the plan partners have participated in this event.
- We have developed IEC materials on Varsha Jal Sanchayan , Ek Pahal Ek Ummed : 7500 copies , Hoga Kachre Ka Sahi Niptan to Hoga Bimareyon Ki Roktham. : 7500 copies, Re-Cycling leaflet 3000 copies.
- Construct recharge pits that can help to solve the problem of water logging in model schools.
- Dustbins to manage solid waste.
- Celebration of specific days to spread awareness on WATSAN like Global Hand Washing Day (15th Oct), World Toilet Day (19th Nov), World Water Day (22nd Mar) and World Environment Day (5th Jun) (includes celebrations at both school & community)
- Monthly screening street play monthly meeting with swachta samiti have been successfully organized during this year to aware the community on WASH issues.
- We have completed Revival and maintenance work of parks no 10.

### **Education:**

- Promotion of children for quality education. All the activities is designed towards the improving the completion of quality education in schools by all boys and girls through improved access to education, enhanced quality of classrooms and increased transition to higher levels of education The key strategies for project implementation have pursued the following path:
- Knowledge Building of Bal Sadan in the issue of corporal punishment, suggestion box, drop out & retention, decorate child corner, teacher day and Knowledge Building of SMC in the issue their role and responsibility and RTE Act
- Enhancing awareness on issues of retention and increase in the number of children in school by Dakhila Abhiyan (Enrolment and retention) and through innovative awareness activity in school.
- Advocacy meeting on RTE Act (including SMC. SDP etc.).

- Supporting development of school through Making child friendly environment in class rooms - one school per partner few components of Bala. Establish Library for creating child friendly environment in.
- Sajha Interface meeting with SMC, PTA BAL SADAN members (annual)
- District level sharing meet with Education and ICDS department
- Joint monitoring visit to schools with district level officials
- Quarterly Community based Mass multimedia Awareness generation on RTE Act and girl child education
- Quarterly Interactive counseling sessions between parents, girls and teachers to address the problems of children who are out of school by school teacher.

### **Early Child Care & Development (ECCD):**

All the activities designed on ECCD towards the Enhanced awareness on care giving practices for children in 0-3 years for their holistic development and Enhanced ECE/ECD services and school readiness amongst children in 3-6 years. The key strategies for project implementation have pursued the following path:

- Knowledge Capacity Building of A.S.S. (Anganwadi Sahayata Samiti) in the issue of child development and milestone, Anganwadi service, structure of Anganwadi, beneficiary of Anganwadi and how to monitor and support Anganwadi.
- Enhancing awareness on issues of retention and increase number of children in Anganwadi by Anganwadi Mela, Puppet Show, Street Plays and through innovative activity awareness to Pre School education in Anganwadi.
- Joint monitoring visit with CDPO for follow up the activity of Anganwadi and they monitor it and give suggestion for make it better for Pre School education.
- Supporting development of Anganwadi through Making child friendly environment through TLM.

### **Disaster Risk Management:**

Disaster Risk Management programmes targeted to minimize the losses from disaster and reduce vulnerability of residing populations, especially children; Programs focus on working to strengthen communities in their quest for disaster preparedness and ensuring adequate and timely response mechanisms in case of any disaster. It also seeks to prepare communities and children to mitigate the impact of climate change. The major activities proposed in the project as per the key intervention strategies are referenced below.

- FOs to hold at least one session on disaster preparedness in individual group meetings (CC, AG, MC, BSD, WSG, YG, Swachhata Samiti, P & L Mother Groups).
- Monthly orientation sessions of disaster preparedness committees on first aid, disaster preparedness drills, environment protection especially focusing on school related issues.
- Training of SMCs and disaster management committees on mitigation plans.
- Training of Volunteers and partner staff on specific aspects of disaster preparedness and response.

- Initiate pilot mitigation plan in 2 model AWCs as per approved plan in conjunction with ICDS dept
- Initiate pilot mitigation plan in 2 model AWCs as per approved plan in conjunction with ICDS dept,
- Implement non structural mitigation program by piloting retro fitting in 4 schools in collaboration with School safety program.
- Encouraging partner teams to be part of various technical and inter agency networks and events in order to reinforce knowledge base of intervention teams.
- Strengthening commitments with government duty bearers through regular meetings, concurrent analysis of gaps in collaboration with community groups and seeking solutions
- Celebration of specific days and awareness campaigns in the community to boost awareness about issues through use of mass media / street theatre screening

### **Achievements:**

- 32 (BP 14) SMC members, teachers principal were trained and aware on mitigation plans.
- 45 youth volunteers and partner staff trained on Disaster preparedness and response during emergency. They have actively participated and understand the importance of first aid and techniques , role and responsibility of the volunteers Implement non structural mitigation program by piloting retro fitting in O- Ist MCP school in collaboration with School safety program
- Done piloting mitigation work in two model aganwadi.
- Done Non structural mitigation work in one school.
- 181 DPC children monthly oriented on disaster preparedness drill and first aid.
- Liaoning with the Delhi Disaster Management Authority and Delhi fire service department to provide technical and material support, that has been the most achievement of the project .
- All BP Families aware about the emergency helpline numbers and distributed to all.
- 546 BP families aware on environment protection and road accident.

### **Innovations:**

- Done piloting mitigation work in two model aganwadi.
- Done Non structural mitigation work in one school

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### **Chuppi Todo Campaign:**

This year 709 Police Personnel attended the campaign including the social worker of the concerned SJPU who were all trained by the Trust on the JJ Act and the POCSO Act. 48 screenings of the film Chuppi Todo, prepared by the Trust, were carried out through various organizations which were sensitized, and feedbacks taken from the viewers in the communities. More than 1400 parents and children

were made aware of the distinctions between “good touch” and “bad touch” and of the appropriate reporting agencies.

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Interdepartmental meetings provide a platform for departments to share their experience to minimize the coordination gap. The DWC was asked to speed up the process of establishment of the Delhi Child Protection Unit. Quarterly advocacy meetings, awareness generation with CBOs, and capacity building program of NGO workers have been organized.

## **Family Counseling and Legal Literacy**

We have been running the Family Counseling Center for over two decades with support from the Central Social Welfare Board through the Delhi Social Welfare Board. This Center arose out of a felt need within the community, as several cases of domestic violence, atrocities perpetrated on women, dowry demands etc. came to the attention of the Trust. Trained counselors and legal advisors, who provide emotional and legal support, staff the Center. The Counseling Center took on over 140 cases during this year.

The Gender Resource Center also conducted a Legal Literacy camp in the area that benefitted over 600 women towards a violence free life.

Apart from this aspect, the Family Counseling Center also provided counseling to over 50 missing children recovered through different Police stations of Delhi as Baliga Trust is one of the seven NGOs selected for the purpose by the Delhi Social Welfare Board.