

Pragati Gramin Vikas Sanstha, Betul

Annual Report

1st April, 2017 to 31st March, 2018

A total of 28 training programs were conducted by Pragati Gramin Vikas Sanstha (Pragati Rural Development Sanstha) Betul in the year 2017-2018 at community health centers of Betul, Chhindwara and Harda districts. The activities related to the girls' education program in 5 villages of Bhimpur block, Peepaldhana, Jhapal, Manakdand, Singarchawadi and Bhandwa and development Worked in Madhya Pradesh through block Amla, 05 villages of Betul district, Nayegaon, Ambara, Sasundra, Devthan, Nandpur. Through the Dalit Adhikar Abhiyan program, the activities related to the program are being conducted, the Dalit tribals of the village, and the backward poor destitute of the last line of the society, awareness among the poor people And with the aim of establishing better coordination, mainly the importance of education and its essentials, improvement in education, better mutual coordination, Community unity, eradication of untouchability and discrimination, plantation related to sanitation, water conservation, environmental protection, drug de-addiction, land rights, Active participation of the community in the process of three-tier Panchayati elections, rights of children, economic, Village level coordination meetings for social change, opposing women's violence, and preparing the village community in the form of groups for their development. An attempt was made to encourage the development of the village by preparing the community of the village in the form of groups for its development. Due to which an attempt was made to connect these oppressed and socially, economically and morally backward people of these communities with the main stream of development of the society. Under which activities like continuous coordination meetings, training and campaigns were organized by the field workers of the organization in their work area.

Field Level Worker Training Nipi and Lalima Abhiyan

From 28.09.2017 to 25.11.2017, total 28 training programs were conducted at Community Health Centers of Betul, Chhindwara and Harda districts.

Number of Participants

Sr. No.	Participants	Numbers
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01	ANM	686	A
02	Asha Supporter	250	
03	ICDS supervisor	125	
04	other	120	
total		1181	

After registration Pen folder provided has provided to the participants.

Beginning of the session B.M.O. Divisional Coordinator B.E.. B.P.M. Training was given by the trainers of BCM and Pragati Rural Development Institute, Betul. It was started by introducing each other to all the participants. In which your name, post, post and department were told.

Expectation from the training

- 1- In the expectations, the participants told what is the reason for the deficiency of iron and by which method it can be removed.
- 2- How to make the school teachers believe that they give IF to the girl students on time? a. can be given from time to time
- 3- How can we bring awareness in the community?
- 4- Get information on behavior change.
- 5- Knowing about the Lalima campaign.
- 6- Measures to prevent anemia.
- 7- Information about Reporting System.
- 8- To develop understanding about the NEEP program and how to implement it smoothly in the villages of the area.
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- 10- To develop understanding about the NEEP program and how to implement it smoothly in the villages of the area.A
- 11- How can the monitoring of hemoglobin test of all the beneficiaries of the field be kept continuously? A
- 12- What will be the coordination process in all the departments related to NEEP programme.

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Methodology

Event presentation, group discussion and quiz method were used in the training, the topic was discussed with presentation to the participants on various topics and the participants gave their own answers and it was easy to explain the topic.

Assessment sheet: - Assessment sheet was filled from all the participants.

izf{k{k.k dk mn~ns'; %& The purpose of the training program by the trainers is to inform the field workers about the various programs being run by the state government for supplementation of nutrients like iron folic acid and supplementation program and calcium etc. and the necessary preparations to be done for their better operation, coordination of various departments and It was to provide information about the help and cooperation provided by them, so that proper implementation of the program could be ensured at the field level.

Whar is rge Anemiya

- 1- Symptoms of anaemia
- 2- Importance of vitamin C, prevention of worm infection, what is the process of washing hands, what precautions should be taken before taking iron A
- 3- What is Nipi Program and Lalima Abhiyan and what is the age group

What is anemia and their symptoms, such as, shortness of breath, tiredness, nervousness, dizziness, lack of attention, frequent falling ill, excessive bleeding in menstruation, information was given. Symptoms of severe anemia such as coldness or numbness in the hands and feet, intense palpitations, fainting, and very rapid heart beat were reported.

Possible causes of anemia - iron deficiency, increased body iron breakdown, high iron requirement in childhood, adolescence, pregnancy and lactating period, excessive bleeding during menstruation, micronutrients like vitamin B-12, folic acid deficiency, genetic Diseases like sickle cell anemia and thalassemia, chronic diseases like cancer, H. Sources of iron in food, prevention of worm infection and the process of washing hands with soap were told about IV / AIDS, malaria infection.

Natural sources of iron Vekhari Group Kr.Mock 02 has five natural green vegetables, including fenugreek, amaranth, radish leaves, mustard, spinach bhaji sources, muggana bhaji, arbi leaves, cholai bhaji mint, sprouted pulses, gram, moong, moth jaggery, poha Told about sesame, millet, soybean, beet and pomegranate and non-vegetarian sources fish, meat, egg, chicken, liver, are the sources of iron.

In a diet rich in vitamin C, it has been said that lemon, guava, gooseberry, etc. help in the absorption of iron found in vegetables and grains.

Drinks containing tea, coffee or soda should be taken about 2 to 3 hours before or after meals, otherwise they interfere with the absorption of iron and calcium tablets should not be taken immediately after iron.

A worm is a parasite that depends on other organisms for its life. Which obstruct the digestive system, which live in the intestines, which is the most important of the problems caused by worm infection. defecate in the toilet itself, do not defecate in other places, always wear shoes or slippers, wash hands thoroughly with soap after defecation and before cooking and eating food, and use of fruits and vegetables by washing or cleaning them thoroughly. Should do In the polluted soil of feces, worms are found, which enter the body by becoming larvae. The procedures for good washing of hands were given with clean soap and water.

It was told by the teachers that NIPI is a big program in which life cycle based policy is adopted for the prevention of anemia. In which all age groups are included. There is a provision for iron supplementation in children of 6-60 months, children of 5 to 10 years, adolescent girls of 10 to 19 years, pregnant, lactating and women in the age group 15 to 49 years. It was also told that once in a year, under the National Deworming Day, anthelmintic Albendazole tablets were given age wise and the responsibilities of different workers. Children whose age is 5 to 10 years and adolescent girls above 19 years will be given every Tuesday through Anganwadi worker.

Anemia will be estimated by looking at the reduction in redness of his palm, tongue, nails and eyes. The responsibility for the diagnosis and identification of anemia was told according to age. Consumption of anthelmintic tablets may cause symptoms of vomiting, nausea, abdominal pain or fatigue in some children. These symptoms are minor and temporary. In case of severe symptoms, the nearest health center should be reached through 108.

It was told by the teachers that the beneficiary of calcium supplementation program is pregnant mother and lactating mother. Benefits from calcium supplementation programs are helpful in preventing pre-eclampsia, preventing premature birth and infant mortality. Beneficial in increasing the mineral elements of the mother's bones and the quality of the mother's milk and the full development of the bones of the newborn baby.

The dosage of calcium has been discussed and how and when should it be taken and it does not have any adverse effect, but taking empty stomach can cause stomach irritation, pain and nausea, it should be consumed only after meals and iron tablets and calcium. A gap of two hours should be kept in the tablet, otherwise it reduces the absorption of iron.

Participants found that fish, figs, vegetables, eggs, milk, cheese and milk products, til gudu ke laddu contain calcium, which helps in increasing the absorption of calcium. The calcium supplement tablet and the main source of vitamin D were also told to sunlight.

The role of workers and supply and distribution and reporting system and departmental responsibility were told by the trainers.

- ❖ Why is reporting necessary?
- ❖ What is wrong reporting? What are its effects?
- ❖ What is a supply chain?
- ❖ Why is need assessment important?
- ❖ How is the need assessed?
- ❖ What is the reporting system under the Nipi program?
- ❖ What are the various reporting forms under the NIPI program?
- ❖ What is the responsibility of the workers of different departments in reporting?

If the reporting form is not available in any school, then a dot can be put in front of the name of the children in the attendance register so that the information about the iron tablet consumed per week is available and the report can be provided to ASHA.

Reporting Systems

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Problem

1. In many places children younger than five years go to private schools, so how should iron syrup be made available to them?
2. Medicines are not available from the block level on time
3. People do not take medicines due to lack of awareness.
4. Iron tablet is coming now, it explodes due to moisture, due to which the beneficiary does not eat it considering it bad.
5. Teachers do not give medicines to children.
6. Superstition is high among rural beneficiaries.
7. Adolescent girls do not get enough medicines.
8. The teacher refuses to give the report.

suggestions %&

- 1- 1. Success can be achieved by doing joint work of the departments related to NIPE in the NIPE program.
- 2- 2. Medicines should be available on time.
- 3- 3. Reporting should be correct so that the benefits of the scheme reach the right beneficiaries.
- 4- 4. Periodic monitoring is necessary in this program.
- 5- 5. The participants said that people from the health department should also participate in the monthly meeting of ICDS so that better coordination can be done.
6. In the MIS software of ICDS, information about the hemoglobin of children is taken every month. Hemoglobin test of children should be done every month so that correct information can be sent.

7. Training should be done every three months.

8. Anganwadi worker should also be trained

1. There should be co-ordination of the departments concerned with the NEEP program.

2. To make the NEEP program more interesting, street plays should be organized in the villages.

3. From time to time training programs related to NEEP program should be conducted.

4. The taste of iron syrup should be sweet and the iron tablet should be in capsule wrapper.

Feedback :-

1- What is the function of calcium in eclampsia? We understood

2- The right way to give iron, calcium was found out.

3- Gained understanding about communication and counseling styles.

4- Information received about the report.

5- Information was received about the side effects of iron.

6- Information about the entry of calcium supplementation was found in the monthly ANC report at all levels.

7- Developed understanding of anemia.

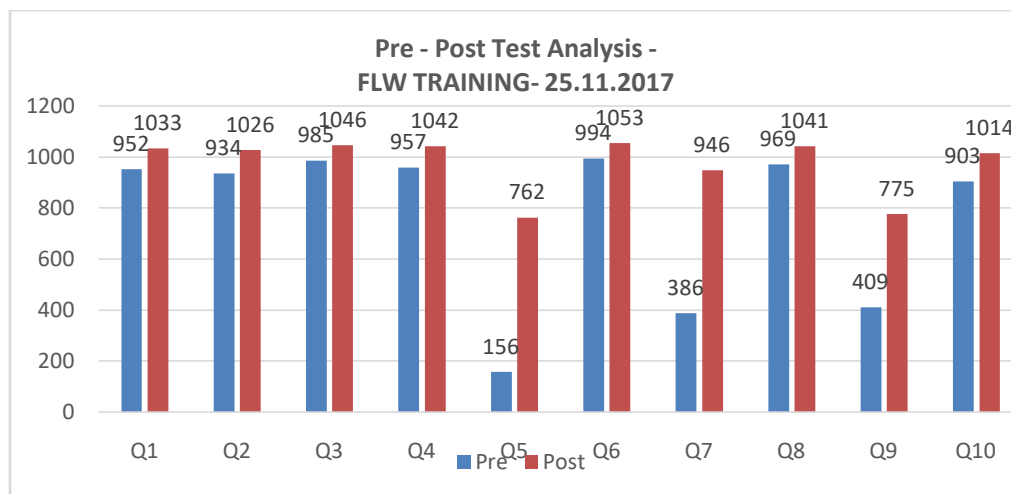
8- Developed understanding of participation.

9- Understanding about communication style. So that you can do better work in the workplace.

10- Information about the entry of calcium supplementation was found in the monthly ANC report at all levels.

11- Received information related to Lalima Abhiyan, which developed understanding for working in the field

After the training, assessment sheets were filled from all the participants and analysis of pre and post assessment sheets was done.



While expressing gratitude by the participants, he said that this training will definitely be helpful in the work of our field workers. We hope that all the field workers will play their part in making the work successful by using all the information of today's training program during their work, we will thank GEAG for supporting this training program. Bhopal and Pragati Gramin Vikas Sanstha express their gratitude to Betul.

Village Contact Program:-

In the same way, in the last few days, one of the biggest problems came out in our village under the work of Employment Guarantee Scheme. In which, under the employment guarantee in the village, people were first made to work and this also provided employment to the people and their income also became very good. But it happened that the Panchayat did not give any work for the laborers due to the arrival of the machine to give impetus to the development works in the village. Due to which people have to migrate in large numbers. which adversely affects the education of children.

Bal Panchayat

Bal Panchayat is organized every month in which many types of proposals are passed by the girl students and many rules are counted, just as the work is done in the actual Panchayat, in the same way it happens in this Balika Panchayat. After all this activity, all the students should have their own ideas about the activity to be done on Independence Day and it was decided that what will be the work of which student, all the students decided to prepare different types of preparations. Before starting the Balika Panchayat, the activities that are done in the month are reviewed, only after that the proceedings of the next meeting are started.

Every month, at the end of the month, Balika Panchayat is organized in order to understand how the work is done at the Panchayat level among the girl students living in the tribal area and to tell them how the decisions should be taken. The kind of decisions

taken in the actual Panchayat, similar decisions are taken in the Balika Panchayat. In the Balika Panchayat, discussions are held regarding Children's Day, Mahatma Gandhi Jayanti, Christmas etc. This develops understanding in the girl child. In the Balika Panchayat, pictures are also made from the girls. Due to which the spirit of competition develops in them. In the Balika Panchayat, discussions are held about education, cleanliness, entertainment, sports, exercise, national festival, cleanliness of the school.

Contact with government offices: Under the program, contact was established with various government offices for information about various activities and permission from school teachers, under which, in the event of taking girl students for life skills training, contacting school teachers and professors and making them active. Their permission is taken by giving information and the school teachers are informed about the organization of important days celebrated from time to time.

Pramod Naik
Secretary
Pragati Gramin Vikas Sanstha, Baitul