



HERVA FOUNDATION

HEALTHCARE EDUCATION FOR RURAL VILLAGES ADOPTED

12, SATYAM APPRT., BHAIKAKANAGAR, THALTEJ, AHMEDABAD 380059

PH; 9662021744

Email: hervafoundation@gmail.com

REG.NO;E/20711

www.hervafoundation.org

AWARENESS PROJECT

On PERSONAL HEALTH, WOMEN & ADOLESCENT



NEED OF AWARENESS PROJECT:

Our aim is to educate rural villages and make them aware of how to take proper care of their health. These programmes are focused towards addressing issues of personal health care, hygiene, and prevention of illness. We are organising various health camps at regular intervals which are targeted towards providing health care.

The majority of rural deaths, which are preventable, are due to infections and communicable, parasitic and respiratory diseases which can be prevented by creating proper awareness. We believe that awareness on health and environment cleanliness will reduce sickness in the villages.

Apart from emphasising on the general as well as personal cleanliness and its benefits, we have to focus on our awareness programs to the women and the adolescent in the village.

Women health care camps encourage women to seek medical aid for their reproductive health and well-being. Counselling couples, educating adolescent girls and other informative activities too are undertaken.

Our awareness agenda focuses on :-

Health Awareness Campaign

- **MARRIED, UNMARRIED & PREGNANT LADIES**

Home cleanliness, • Personal cleanliness, • Water safety /safe drinking water
Maternal health and child health on priority,

- **YOUNG WOMEN**

• Screening for anaemia • Healthy habits • Safe pregnancy

- **WOMEN ABOVE 40**

• Breast cancer • Cervical cancer awareness • Osteoporosis awareness program

- **ADOLESCENT HEALTH COUNSELING :** Personal cleanliness & hygiene changes –psychology relationship with opposite sex
(AGE 10 TO 19)

Certain appalling statistics that highlight about Indian Women Health & Hygiene collected from public domains.

About 88% of the 355 million menstruating Women in India do not have access to basic Sanitary Products like Napkins and use home-grown alternatives such as old fabric, rags, sand, ash, wood shavings, newspapers, dried leaves, hay and plastic.

India accounts for 27% of the world's cervical cancer deaths- because of poor menstrual hygiene.

Around 23% of girl students drop out of school when they begin menstruating.

Countless women drop out of the work force during their menstruation.

About 75% of adolescent girls suffer from infections and health disorders during menstruation

200 million girls in India lack awareness of menstrual hygiene and associated healthcare practices.

Need for Menstrual Hygiene -In-case of poor menstrual hygiene:

- Increased Risk of infection (including sexually transmitted infection) is higher than normal during menstruation (Urinary tract infections UTIs/RTIs) are bacterial infections
- Using unclean rags leads to the growth of unwanted bacteria that could lead to infection
- The risk of passing on blood-borne diseases such as Hepatitis B Virus (HBV), which causes serious liver disease & Human Immune Deficiency Virus (HIV), which causes AIDS.

LIKELY IMPACT OF AWARENESS PROGRAMMES.

Promotion of menstrual hygiene

We aim to address this issue by educating young girls & women about menstrual health and well-being by spreading awareness and by making hygiene products like sanitary napkins more accessible to these women. By informing them about the strong connection between hygiene and health, and educate them on best practices to adopt using hygiene products like sanitary napkins, we may be able to reduce a lot of hygiene and health related problems among the women population. We distribute sanitary napkins to the village women and explaining the importance of such napkins.

Girls from rural areas going to the school are trained and advised to use and properly dispose-off these sanitary napkins by the trained school teachers.

BENEFITS FOR WOMEN. • Reduced loss of man-days and increased attendance in school.

- Reduction in complications at maternity

ADOLESCENT EDUCATIVE PROGRAMME

HEALTH IMPLICATIONS

- General health problems
- Nutritional problems
- Mental health problems
- Accidental and intentional violence
- 70% of mortality in adulthood is linked to habits picked up during adolescence. (Risk taking behavior, substance abuse, eating habits, conflict resolution);
- Prevailing malnutrition, anemia, stunting and lack of immunization has adverse impact on MMR, IMR, morbidity and have inter- generational effects;
- Adolescent sexuality: leads to adolescent pregnancy, unsafe abortions, RTI, STI/HIV and social problems;
- Adolescent pregnancy : Risk of ADVERSE outcome (IMR, MMR, LBW babies) is higher;
- Lack of “connectedness” with parents and other adults prevents transmission of health messages and crucial skills, leading to adoption of risky behavior- substance abuse, early sexual debut, STI/HIV etc.



There is great need for more educative programmes for boys, and also many more interventions in the media on adolescents and health, to help parents and elders to understand these issues, so that they may be able to provide better supportive care and guidance at home.

In short, what we need is real life education that equips young people to face emerging challenges with confidence.

If the psychological needs of an adolescent are not met, it could have emotional consequences affecting his/her mental, social and emotional behaviour. Availability of proper guidance and counselling services could lead to a decline in the rate of juvenile delinquency and crime.

HOW WE MANAGE THE PROGRAMS:

GENERAL HEALTH

Posters are displayed in the villages, on matters pertaining to personal health care, hygiene, and clean environment. DVD showing the doctors explain in the local language and interactive session is carried out in regularly.

WOMEN

Our Ladies group will be involved in the discussion with the women of the villages. A gynaecologist will also be present. A group of ladies in the village, appointed by us provides the updates and follow-up in the village, to our ladies group headed by Smt Neelaben. Follow up action will be taken in our next visit. Proper communication link with the village is a very important factor. We distribute sanitary napkins free of cost (2 sets contain 4 pads) to the village women and explaining the importance of such napkins.

ADOLESCENT EDUCATIVE PROGRAMS

Adolescents have nowhere to go for counselling services. Our programme provides for services for married adolescents girls., There is growing evidence of tremendous lack of awareness of their bodies and sexual behaviour, both among boys and girls and there is considerable interest among them in filling this gap in knowledge.

What is, therefore, urgently required for both adolescent girls and adolescent boys are programmes which help deal with their own well being, their health, their bodies and their sexual lives. This is particularly important in the light of the HIV / AIDS pandemic and in the light of growing evidence of ignorance in sexual matters on the one hand and considerable sexual activity among young unmarried people on the other.

Educational, service delivery and counselling programmes need to focus on anaemia, poor nutrition, general health issues, teenage pregnancies, recognising symptoms of violence and abuse, modes of transmission of reproductive tract infections, transmission of HIV virus and ways and means to protect oneself from exposure to sexually transmitted diseases. While separate programmes is designed for girls and boys, it is necessary to educate boys on responsible sexuality and respect for the opposite sex

AT THE VILLAGE

Collect the database of adolescence boys and girls.

Invite them for discussion at the village with our doctors

Show visuals and have interactive sections

Arrange a one to one meeting with doctors.

Have a small group of boys /girls of age around 20 to coordinate between our doctors and the adolescence boys and girls, to provide a helpline

Follow-up in the next visit to the village.

Total cost of each camp is about Rs 80000/- which included payment to doctors, travel, food and Sanitary pads of two sets.

**Sanitary Napkins (per set of 4 pcs Rs.24 x 2= 48 -2 sets per women) per month.
For 400 women= Rs. 19200 for 12 months= Rs.230400/-**

We are seeking donations from philanthropists and CSR funds from corporate to meet the financial need of the project.

We hold 80G certificate from IT dept so that you can avail 50% tax deductions on your donations. You may issue cheque favouring "**HERVA FOUNDATION**" or donate online to "HERVA FOUNDATION" account no:184101000002366 with Indian Overseas Bank, Bodakdev branch. ACCOUNT TYPE: Saving bank. IFSC : IOBA0001841

We welcome donations to meet the cost of the full project **or even** smaller amount as you seem appropriate

We look forward to your association and thank you for your continuous patronage. We solicit your support.

Yours sincerely,

FOR HERVA FOUNDATION

P. R. SUBRAMANIAM

MANAGING TRUSTEE.

<https://www.facebook.com/hervafoundation>

Whatsapp: 9662021744

**ADMIN OFFICE: RITI INVESTMENT & CONSULTANCY, 402, AAKASH COMPLEX, B/h CITIBANK,
BESIDES MUNICIPAL MARKET, CG ROAD, AHMEDABAD 380009**

Ph: 079 40307484