

ANNUAL REPORT

Year : 2020-21



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Prologue

Dear Friends,

Well Wishers and Senior Colleagues,

I am pleased to present our annual report for the year 2020-2021. This report will give glimpse of our major programmes and activities carried out during this year. PRASAR with the support of The Hans Foundation have successfully implemented “Overall Women & Adolescent Health Care Programme” during the year in 106 villages from 21 GPs of Banki, Dewa , Masauli, Fatehpur and Ram Nagar Blocks of district Barabanki (UP). This programme evidently sought to ensure maternal and adolescent Health care through awareness and education and strong services delivery system having implication for substantial reduction in infant mortality rate (IMR) and maternal mortality ratio (MMR).

PRASAR has been engaged in strengthening the small organizations and women & adolescent girls’ groups for bringing about positive change in the society where the marginalized community can have access to the social and economic entitlements meant for them. The interventions are participatory so that the demand for development comes from the affected community as a result strong Mother & Adolescent groups at GP level in the operational villages in district Barabanki have emerged. For achieving the tangible and sustainable development, the target groups are to be empowered for availing opportunities and asserting their rights and entitlements. We further have taken initiative to strengthen various decision making bodies and committees at GP level such as- Village Health, Sanitation and Nutrition Committee (VHSNC), School Management Committees (SMC) and Matritwa Samiti for their effective functioning. We have also focused on building the capacities of our field level staff members through various training and orientation programs. Also, strategically we like previous year have planned to phase out 6 previous villages and accordingly phase in 6 new villages in the operational villages of district Barabanki. We completed this year in all the 15 blocks of district Barabanki the promotion of safe abortion with support of **Ipasa Foundation** and to implement Girls Icon Program which aims at promoting adolescent girls 'health and education rights We are all set to enter into new partnership **with ChildFund India** to implement the project “Strengthening CSOs towards fostering Women Empowerment” in 15 villages of block Masauli, district Barabanki through promoting gender equality, climate change informed agriculture and digitalization of the entire process of the project through Women Farmers Group and establishing Farmers Producer Company. We are also in the process to initiate a short term project with **CARE India** to promote mint farming in 8 villages of two blocks of district Barabanki.

Strategically more focuses have been laid on precautionary measures along with preventive ones. For this educating adolescent girls and young women who are the future mother about reproductive health, personal cleanliness and hygiene and help them develop communication and decision-making skills so that may lead a healthy reproductive life. This will help to reduce the major hindering in the way of women empowerment and healthy growth of their children especially girls.

I owe my great and deep attitude to my team members stood by the organization in the pursuit of our mission. Finally, I take this opportunity to thank our financial supporters, The Hans Foundation, New Delhi and SBI, Life Insurance who have all extended the financial and the moral support and have become partners in our endeavors.

Thanks.

Shishupal
Secretary

About PRASAR

Brief Narrative about the organization

PRASAR a Lucknow based non-profit Non-Governmental Organization has been working selflessly with dedication and commitment to improve the lives of the marginalized group in the rural areas of Banki block of Barabanki district since 1998. The initial activities included information dissemination on local self – governance, mobilizing community for active participation in local level development and primary education especially of the girl child and marginalized sections of the community. It was in 2003 that PRASAR formally came into existence with the above thematic areas in focus. PRASAR envisages a society where the marginalized and weaker sections of the community have an opportunity to Develop and Enhance their abilities and capacities without discrimination of age, caste, class, gender and race so that they are able to take active part in the development process. PRASAR works in the areas of Health, nutrition, Early Childhood Care and Development, Education, Livelihood, climate informed Agriculture, Gender equality and Women Empowerment. PRASAR believes in Inclusive development and mobilization of women, girls, Scheduled Castes and other excluded and marginalized communities in critical areas of health, nutrition, Early childhood care & development education, livelihood and agriculture. PRASAR is presently working in all the 15 blocks of district Barabanki with focus in Masauli, Banki, Fatehpur, Deva and Ram Nagar Development blocks of Barabanki with support of The Hans Foundation, New Delhi to ensure the overall health care to women and adolescent health. We continued our partnership with SBI, Life Insurance, Lucknow this year also for developing the infrastructures and improving WASH components in the government primary and Junior High Schools in operational blocks with kind support of SBI Life Insurance. With support of Ipas Foundation, we have been promoting safe abortion in all the 15 blocks of the district Barabanki and to implementing Girls Icon Program which aims at promoting adolescent girls' health and education rights. We also have been working with Health Watch Forum, SAHYOG, Lucknow to promote male participation in family planning.

We are all set to enter into new partnership with ChildFund India to implement the project “Strengthening CSOs towards fostering Women Empowerment” in 15 villages of block Masauli, district Barabanki through promoting gender equality, climate change informed agriculture and digitalization of the entire process of the project through Women Farmers Group and establishing Farmers Producer Company. We are also in the process to start a short term new venture with CARE India to promote mint farming in 8 villages of two blocks of district Barabanki.

PRASAR has a great deal of working experiences in the fields of health & nutrition, early childhood care and development, education and livelihood. PRASAR has already been working in these areas since the year 2011 with PACS Programme (A DFID Programme) in district Pratapgarh. However, the organization has expertise working in the areas of Health & Sanitation and Nutrition, Early Childhood Care and Development. PRASAR has already been working in Banki, Masauli, Dewa, Fatehpur and Ram Nagar Development blocks of Barabanki with support of The Hans Foundation, New Delhi since the year 2011 to ensure Maternal and Adolescent Health care through awareness and education and strong services delivery system having implication for substantial reduction in infant mortality rate (IMR) and maternal mortality ratio (MMR) in 121 villages. It was initiated in June 2011 with the support of Hans Foundation, New Delhi. The programme evidently sought the service delivery system involves Mobile Medicare Clinic with couple of lady gynaecologists, four staff Nurse, coupled with the provision of pathology test and free distribution of medicines. Official programs with qualified and experienced team members.

Our Mission

Toward ‘Social Democracy’: ‘One person one value’

It guides us to work for change, for supporting the excluded, poor and marginalized sections of the communities so as to enable them to meet their immediate needs of health, nutrition, education and livelihood and long term security.

Our Vision

Enabling people to end poverty

It is possible to change the human system and structure by working together to achieve a common goal of ending inequality and poverty for the common good.

Our Goals

Enabling and supporting excluded, poor and marginalized communities to avail opportunities and face challenges

- Extending the provisions of essential services like health care-Reproductive and Child Health in particular, Nutrition, Education-meticulously of girl child, good governance etc.to the poor and marginalized people.
- Creating conditions sustainable livelihood by developing necessary skill and know-how, facilitating access to capital and establishing market linkages.
- Addressing inequality and safeguarding earth's finite resources.

Our Objectives

Achieving greater inclusion of poor and marginalized communities through the provisions of services like health, nutrition, education, credit, infrastructure etc. for reducing inequality in the socio-economic systems.

- Enabling these communities to access the basic rights and entitlements
- Seeking to pursue work in social and economic justice in livelihood etc., extends to concern like climate change, environment sustainability etc.

Existing Programme Focus

- Health & Sanitation, Nutrition, Early Childhood Care & Development(ECCD)
- Education- Primary education with focus on the girl child in general and those belonging to weaker and marginalised sections of the community in particular, strengthening School Management Committees.
- Empowerment of Excluded communities for livelihood generation and realisation of official rights and entitlements.
- Inclusive development and mobilisation of women, Scheduled Castes and other marginalised communities in critical areas of health, education and livelihood.

Geographical Area

PRASAR is currently working in Banki, Masauli, Dewa, Fatehpur and Ram Nagar Development Blocks of Barabanki and has worked in block Rampur, Sangramgarh in Pratapgarh district in the state of Uttar Pradesh from the year 2011-year 2015 with support of PACS Program (DFID).

SECTION B: SUMMARY OF PROGRESS

Health Camps

- 591 Health camps have been organized against 587 planned camps in 21 project operational GPs and covered 27053 pregnant & lactating mothers and Adolescent Girls during the year. The health camps could not be organized during the first quarter due to nationwide Covid-19 pandemic lockdown.

Base Line Survey

- Base line survey has been conducted in 6 new villages to assess the health status of women, children and adolescent girls in project area. Also, it includes Knowledge, Attitude and Behavior of the women and adolescent girls in particular towards their health related issues. These villages are Gangoli, Gangola, Asohana in block Dewa and Fatehpur and villages Hasna Pahada, Pure Bhagai, Pure Jabarpur and in block Masauli and Ram Nagar.



Awareness Meeting with Pregnant Women and Lactating Mothers

195 Awareness meetings with Pregnant Women and Lactating Mothers have been conducted against 230 planned meetings and covered 3569 mothers directly. The participants were made aware of Early and Exclusive Breastfeeding, Menstrual Hygiene Management/Personal Hygiene Practices and use of safe sanitary disposal, Food Groups for children, women and adolescent girls, ANCs and its schedule, Godh Bharai, Annaprashan, importance of 1000 days of early life in nutrition, Family planning and temporary and permanent contraceptive measures, government



services and schemes related to health and nutrition, Maternal benefit schemes, JSY, signs and symptoms of risks involved during the pregnancy, Sanitation and WASH Components were the major highlights of the awareness meetings. Awareness on mode of spread, symptoms and prevention against Covid 19 were also made during these meetings.

The meeting with the women could not be conducted in an organized way during the first quarter due to nationwide Covid-19 Pandemic however the awareness initiatives were taken through home visits. The major highlights of the home visits and interactions with the women had been.

Awareness Meeting with Adolescent Girls

217 Awareness meetings with adolescent girls against planned 252 meetings have been conducted with 4705 participants during the year. The meetings were conducted each month except first Quarter-Management of Menstrual Hygiene, Use of safe napkin, Hygiene and sanitation, the way how to dispose off the napkins safely, Discussion on importance of TD and supplementary nutrition, Food Groups for adolescent girls, Health and educational rights of the adolescent girls were the major highlights of the meeting, and strengthening of the adolescent girls' groups was also the major highlights of the meetings. Awareness on mode of spread, symptoms and prevention against Covid 19 were also made during these meetings. The adolescent girls were also actively involved in post corona lockdown response of the organization to help the poor fight against the corona virus.



The meeting with the adolescent girls could not be conducted in an organized way during the first quarter due to nationwide Covid-19 Pandemic however the awareness initiatives were taken through home visits. 1800 adolescent girls during the reporting month were educated about the proper food habits.

Capacity Building/Trainings of the project staff

Four Trainings-each for one day have been conducted. First with 25 participants, second with 23 project staff, third with 23 project staff while fourth with 22 project staff respectively were organized during the year. Home Based Management of Covid 19, Menstrual Hygiene Management, Need to work on maternal, adolescent and child health care, Importance of first 1000 days of life, LMP and how to calculate EDD, ICDS, its benefits and beneficiaries, PMJAY and other government health programs and welfare schemes, Beneficiary group and services of VHNDs, Total Fertility Rate, ANC and its schedule, Target Groups of the project, Strengthening of VHNDs, Promotion of consumption of IFA, Tracking of ANCs, Schedule for ANCs, Promotion of diversified food etc, Activities and strategies of Poshan Pakhwada.

Training of Adolescent Girls

22 trainings with 917 adolescent girls on Menstrual Hygiene Management and personal hygiene practices were conducted during the reporting quarter. The followings were the major contents of the trainings: -

- Reproductive system
- Menses-why and how it happens
- Problems related to the menses
- Adolescent reproductive health
- Protection from reproductive health issues
- Prevention from Anemia-It was shared that around 53% adolescent girls are anemic
- Personal Hygiene practices
- Washing hand with soap

The key times to Wash Hands were also shared as:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound

- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed

Major changes during the adolescent ages were also emphasized:

- Physical changes
- Emotional and
- Mental

Free Eye Checkups Camps

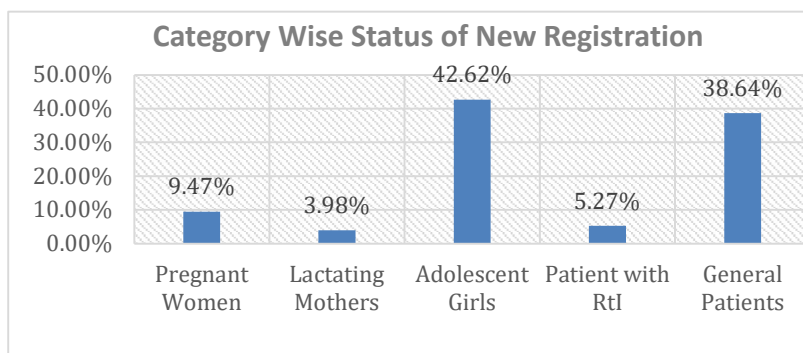
- Free Eye Checkup camps were organized during the reporting month in Six GPs-Gangoli, Asohana, Gangola, Pure Jabar, Pure Bhagai and Hasanapur/Paharapur from project operational blocks in which 322 beneficiaries (Male: 113 & Female: 209) were provided eye checks up and required medicinal support. These camps aimed at:
 - Improve eye vision and other difficulties which caused due to the poor vision among the persons of old ages.
 - Help the women in their domestic chores which were getting affected due to visual problem.
 - Help the persons to continue their reading and writing activities which was not possible due to poor eye sight.
- The beneficiaries including male and female both from the families of the meagre income and most vulnerable were benefited thru these camps. Free eye checks up and goggles were distributed to these beneficiaries. Out of these 322 (Male: 113, Female: 209) were referred for further checks up and treatment which includes 16 from Gangoli, 5 Asohana, Hasanpur-7, Pure Bhagai-10, Pure Jabar-5 and 5 from Gangola. The details of the beneficiaries are as below:

| Name of GPs | Total beneficiaries covered | No. of Female beneficiaries | No. of Male beneficiaries | Schedule Caste/ST | Other Caste |
|----------------------|-----------------------------|-----------------------------|---------------------------|-------------------|---------------|
| Asohana | 46 | 35 | 11 | 07 | 26 |
| Gangoli | 48 | 28 | 20 | 27 | 17 |
| Gangola | 36 | 29 | 7 | 11 | 18 |
| Pure Jabar | 54 | 32 | 22 | 26 | 25 |
| Pure Bhagai | 56 | 24 | 32 | 36 | 16 |
| Hasanapur/Paharapur | 82 | 61 | 21 | 43 | 33 |
| Total: | 322 | 209 | 113 | 150 | 135 |
| %age coverage | | 64.9% | 35.09% | 46.58% | 41.92% |

- Out of total 322 beneficiaries covered, 64.9% are female and 35.09% that of the male beneficiaries. 64.9%, the majority of the beneficiaries as mentioned above were from the most vulnerable community that of the Schedule Caste, 46.58% from Other Backward caste and 41.92% that of from the Muslim community. This support has enabled the women in particular to carry on their daily activities properly.

Diagnostic Test

- Diagnostic Tests of 758 pregnant & lactating mothers and adolescent girls have been done during the year. However, diagnostic test could not be done during the first quarter due to the Covid-19 Pandemic
- Follow up of High Risk Pregnancies have been done on regular basis throughout the year. Overdue of EDD, High Blood Pressure, Checkup of infertility, RH negative injection, Registration with CHC after confirmed pregnancy, Low rate of hemoglobin, Delay in menses, Delay in menses, IUCD, Treatment of Rtl, MTP, Registration in government hospitals and Ultrasound checkups were the major causes of the follow up. As a result of continue efforts in mobilization



and awareness, many of the high risk women visits to the district hospital by their own for further check up and treatment. An average 5-6 home visits have been made to the high risk cases by the concerned Swasthya Sakhis in a month in all the three project operational blocks

New Registrations of the Patients

- New registration of 1665 pregnant women& lactating mothers,2324 adolescent girls,281 Rtl/STI cases and 2280 general patients have been done during the year.

Village Health, Nutrition and Sanitation Day(VHSND)

- Strengthening of VHNDs have been one of the major tasks to ensure the access of government health and nutritional services. 5263 Pregnant Mothers, Lactating Mothers and Adolescent Girls visited in 151 VHNDs during the reporting year from Banki, Masauli, Dewa, Fatehpur and Ram Nagar operational blocks. During the VHNDs,The pregnant women visiting the VHNDs were made aware Pregnancy Aid Yojana Scheme, Four key messages were delivered to the mothers/Care givers to ensure the complete immunization of the children, Due list of children age 0-2 years was prepared in advance to ensure the immunization of all the children, Immunization schedule was discussed, The measurement of weight of mother along with the child and BP of the mothers was taken by ANM.The blood test was also done whom it required, Health,Hygine and Nutritional Education was provided to the mothers during the VHNDs,Importance of immunization with its supplementary nutrition and IFA was ensured during VHNDs.The IFA tablets were mobilized from ANM during VHNDs and were distributed to the PWs.They were motivated to consume the same properly in full dose. Symptoms, mode of spread, prevention, Do and Don't against Covid-19, were also discussed during the VHNDs.6507 new registration of the pregnant&lactating mothers, STD during the year.

Referral

- 139 complicated cases have been referred during the year for further checkups and treatment.

Institutional Deliveries

- The cases of institutional deliveries have increased gradually up to 99% from 94% during last 12 months .

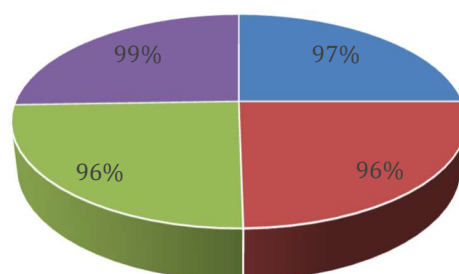
Rate of Complete Immunization

- Rate of complete immunization children of age group 0-2 years have improved up to 85% -90%

Monthly Review Meeting

- Monthly review meetings were conducted each month with project staff in which the progress made during the month with challenges and learning were reviewed and planning for the next months were done accordingly.

Quarterwise status of institutional deliveries



■ Quarter 1 ■ Quarter 2 ■ Quarter 3 ■ Quarter 4

Others Activities

World Breastfeeding Week

- Mass awareness rallies and meetings under Breastfeeding Week (1-7 August, 2020) to commemorate the "World Breastfeeding Week" emphasizing the theme: "Protect Breastfeeding: A Shared Responsibility" was conducted in all the 21 project operational Gram Panchayats. Objectives of Breastfeeding Week, Importance of Breastfeeding, Colostrum feeding, Exclusive breastfeeding were the major parts of the awareness meetings.483 number of participants were covered during the awareness meetings. It was emphasized that the Breast Milk contains important antibodies and it provides ideal nutrients for babies. It may reduce disease risk and promotes healthy weight. It was also highlighted that the breastfeeding makes children

smarter. It was further emphasized that feeding breast milk helps the mother to lose excess weight and helps the uterus contract helps mother.

World Toilet Day (November 19,2020)

- An awareness campaign on use of toilets was conducted in all the 21 project operational villages to commemorate with “World Toilet Day”-November 19, 2020.The theme for this year's World Toilet Day is 'valuing toilets' was focused. It sought to stress the absolute necessity of toilets in the lives of community. The Observance celebrated toilets and raised awareness of the people living without access to safely managed sanitation. It was stressed that when some people in a community do not have safe toilets, everyone's health is threatened. AS of now 8125 toilets are being used by the beneficiary households.

Annaprashan and Godh Bharai

- The Annaprashan ceremonies have been conducted at house hold level with 104 children completing their sixth months and entering into the seventh month to mark an infant's first intake of food other than milk. During the Annaprashan the babies were dressed with beautiful costumed with decoration at the venue of the Annaprashan at the home. The women group members provided blessings to the babies. The activity aimed at giving the message that the Babies' transition from mothers' milk to solid food is very important which affect the growth and development of the babies.
- In the same way the Godh Bharai ceremonies have been conducted with the 106 pregnant women of last trimester at their respective home.

Awareness on sanitation:

- An awareness campaign on use of toilets was conducted in all the project operational villages. As of now 8125 toilets are being used by the beneficiary households.

Promotion of Kitchen Garden:

- In order to improve the nutritional value in the foods of the beneficiaries and tackle the issue of malnourishment, supported 1910 families to develop the kitchen garden adjacent to their homes.

Promotion of 10 Food Groups among Pregnant Women

- 42 Pregnant and other community women from 21 GPs of 5 project operational blocks were made aware of 10 Food Groups. The demonstration of the food groups was done they were motivated to ensure at least 5 food groups in their daily foods

Online training of adolescent girls:

- Online training of 400 adolescent girls was conducted by the expert on age of marriage and physical and emotional issues during the reporting month.293 adolescent girls got registration done for ***Kanya Sumangala Yojana***.

Prakriti Diwas:

- ***Prakriti Diwas*** was observed and in all the 21 project operational GPs and plantation was done by 365 families on the day.

Khushhal Parivar Diwas:

Khushhal Parivar Diwas at all the PHCs and CHCs were observed by the project with the objectives to:

- Reduce Maternal and Child Mortality Rate
- Promote improved child and mother health
- Protection from unwanted pregnancies
- Promote proper spacing between the birth of two children
- 84 couples were sent at the concerned PHC or CHC to get the benefits of family planning

Convergence with other departments

- Convergence has been established with Health& ICDS departments at block level to ensure the distribution of Albendazole tablets, IFA/Calcium etc. worth Rs.323282.00 in monetary terms. Also, the convergence has been established with MNGREGA and other social welfare departments to ensure the access of the services by the masses.

Surakshit Matritva Diwas

83 pregnant women were encouraged and were sent to the concerned CHCs/PHCs with ASHAs for further checkup and treatments.

Demonstration of Washing Hands with soap

- A demonstration of washing hands with soap was done at village level with 1468 community members during the reporting month. The steps of washing hands with soap were explained. As a result, the behavioral changes towards washing hands has been noticed among 972 community members. The key times to Wash Hands were also shared as:
- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats



Health and Wellness Centers

- 182 pregnant women and adolescent girls were made aware of the services which are provided by Health and Wellness centers. 82 of them availed these services.

Promotion of Kitchen Garden:

- In order to improve the nutritional value in the foods of the beneficiaries and tackle the issue of malnourishment, supported 246 families to develop the kitchen garden adjacent to their homes. Sahjan was also planted in 12 families.

Meeting with Women Collectives

- Meetings with 10 Women Collectives were conducted each month during the reporting quarter with an average 561 number of participants. The right issues were discussed and advocacy strategies to address the issues of women were chalked out

Meeting with Adolescent Girls Collectives

- Meetings with 20 collectives of adolescent girls were conducted each month during the reporting quarter. The Menstrual Hygiene Management were the focus area of the discussions. Health and Educational Rights of the adolescent girls were also discussed

Environment Day

- Environment Day was organized in 15 villages covering 1532 women.

SECTION C: STATUS ON KEY DELIVERABLES

| # | Key Deliverables | Brief Description of deliverable | Annual Planned Output | Actual Output (Quantitative) | Actual Outcome (Qualitative) | Evidence of Results |
|---|---|--|---|---|---|--|
| 1 | Mobile Health Clinic | Health camps have been organized twice in each operational GPs in each months. | 7000 direct and 35000 beneficiaries indirect coverage | 591 Health camps have been organized against 587 planned camps in 21 project operational GPs and covered 27053 pregnant & lactating mothers and Adolescent Girls during the year. The health camps could not be organized during the first quarter due to nationwide Covid-19 pandemic lockdown | <ul style="list-style-type: none"> Health status of the beneficiaries comparatively improved Institutional deliveries improved to 99% 139 complicated cases were referred to the district hospitals Only 1 maternal mortality took place. Approx. 2000 eligible couples using contraceptive measures | Reports, Registers, photos, physical verifications |
| 2 | Conduct Base Line survey | Base Line survey has been conducted as per plan | Base line survey completed | Base line survey has been conducted in 6 new villages during the year | Assessed the health status of women, children and adolescent girls in project area. Also, it includes Knowledge, Attitude and Behavior of the women and adolescent girls in particular towards their health related issues | Detail report of base line survey |
| 3 | Awareness meetings with Pregnant Women and Lactating Mothers | Awareness meetings were conducted in each month each villages by the concerned Swasthya Sakhi supported by the Staff Nurse | Monthly meetings in each operational GPs | 195 Awareness meetings with Pregnant Women and Lactating Mothers have been conducted against 230 planned meetings and covered 3569 mothers directly | Early and Exclusive Breastfeeding, Menstrual Hygiene Management/Personal Hygiene Practices and use of safe sanitary disposal, Food Groups for children, women and adolescent girls, ANCs and its schedule, Godh Bharai, Annaprashan, importance of 1000 days of early life in nutrition, Family planning and temporary and permanent contraceptive measures, government services and schemes related to health and nutrition, Maternal benefit schemes, JSY, signs and symptoms of risks involved during the pregnancy, Sanitation and WASH Components were | Meeting Registers, Change in behavior of the beneficiaries |

| | | | | | | |
|---|---|---|--|---|---|--|
| | | | | | <p>the major highlights of the awareness meetings. Awareness on mode of spread, symptoms and prevention against Covid 19 were also made during these meetings.</p> <p>The meeting with the women could not be conducted in an organized way during the first quarter due to nationwide Covid-19 Pandemic however the awareness initiatives were taken through home visits. The major highlights of the home visits and interactions with the women had been</p> | |
| 4 | Awareness meetings with adolescent girls | <p>Awareness meetings were conducted in each month each villages by the concerned Swasthya Sakhi supported by the Staff Nurse</p> | <p>Monthly meetings in each operational GPs</p> | <p>217 Awareness meetings with adolescent girls against planned 252 meetings have been conducted with 4705 participants during the year</p> | <p>Management of Menstrual Hygiene, Use of safe napkin, Hygiene and sanitation, the way how to dispose off the napkins safely, Discussion on importance of TD and supplementary nutrition, Food Groups for adolescent girls, Health and educational rights of the adolescent girls were the major highlights of the meeting, and strengthening of the adolescent girls' groups was also the major highlights of the meetings. Awareness on mode of spread, symptoms and prevention against Covid 19 were also made during these meetings. The adolescent girls were also actively involved in post corona lockdown response of the organization to help the poor fight against the corona virus were the major highlights of the meetings</p> | <p>Meeting Registers, Change in behavior of the beneficiaries, improved sanitation practices by the adolescent girls</p> |
| 5 | Training of project staff | <p>Trainings of project staff members</p> | <p>One training in each quarter for one day each</p> | <p>Four Trainings-each for one day have been conducted. First with 27 participants, second with 29 project staff,</p> | <p>Home Based Management of Covid 19, Menstrual Hygiene Management, Need to work on maternal, adolescent and child health</p> | <p>Training reports, photographs, attendance sheets etc.</p> |

| | | | | | | |
|---|---|---|------------------------|---|---|---|
| | | were organized | | third with 26 project staff while fourth with 26 project staff respectively were organized during the year | care, Importance of first 1000 days of life,LMP and how to calculate EDD,ICDS, its benefits and beneficiaries,PMJAY and other government health programs and welfare schemes, Beneficiary group and services of VHNDs,Total Fertility Rate,ANCs and its schedule, Target Groups of the project, Strengthening of VHNDs,Promotion of consumption of IFA,Tracking of ANC's,Schedule for ANC's,Promotion of diversified food etc,Activities and strategies of Poshan Pakhwada were the major parts of the agenda of the trainings | |
| 6 | Free Eye Check up camps & Goggles distribution | Eye check up camps were planned and organized for the most vulnerable old age persons from the project operational villages | 14 villages from 6 GPs | Free Eye Checkup camps were organized during the reporting month in Six GPs- Gangoli, Asohana Pure Jabar, Pure Bhagai, Hasanapur/Paharapur and Gangola from project operational blocks in which 322 beneficiaries (Male: 113&Female:209) were provided eye checks up and required medicinal support | Beneficiaries including male and female both were benefited thru these camps. Free eye check up and goggles were distributed to these beneficiaries. It was a pleasing experience to the beneficiaries who got their vision back. | Camp register, Photographs of the camp, Report of the camp, Receipts of the goggle by the beneficiaries |

SECTION D: CHANGES TO KEY DELIVERABLES

Please tell us in more than 50 words per Deliverables, if there is any major change-NA

There is no change in deliverables

| # | Deliverables | Changes to Deliverables |
|---|--------------|-------------------------|
| 1 | | |

SECTION E: CHALLENGES IN DELIVERING THE PROGRAM

| What was the challenge | How did you deal with it? | What was the result |
|--|---|--|
| Unavailability supplementary food for children at AWCs in village Ashokpur, block Ram Nagar. Out of total 94 due children only 88 were provided with the supplementary food. | Brought the issue into the notice of the concerned authorities | Status improved |
| Infant Mortalities and one still births as the major issues in the project area. | More focus on ANCs and PNCs | The rate has significantly improved |
| Unavailability of required numbers of IFA and Calcium tablets with the ANMs in GPs- Malauli, Amlora, Gangoli, Birauli, Pure Jabar, Pure Bhagai, Narayan Bhari, Rauja, Wajidpur and Darahara. | Managed from project and brought into the notice of the concerned authorities | Supply chain system improved |
| No VHNDs conducted in 10 GPs due to Covid- 19 vaccination drive in last quarter of the year. | Took the beneficiaries to the concerned PHC/CHC | The services of VHNDs were provided at PHCs/CHCs |
| Acute Dearth of fund post project phase out-It is not possible to continue the project due to disaffiliation of the project. | Making efforts to mobilize the funds | - |

SECTION F: CASE STUDIES WITH PHOTOGRAPHS

Case Study:1

Tougher Impact of Covid 19 Pandemic on marginal and vulnerable families-A story of Laxmi and her family

The impact of the pandemic on the poor families is considerable. They have been facing extra stress during the pandemic followed by the long lockdown announced by the state government to curb the spread of the pandemic. Social supports are severely constrained, if not impossible to access, since everyone faces the same restrictions. The local financial mechanism of saving groups has also been deeply affected by the pandemic, and it is of great challenge to keep saving groups running due to the pandemic restrictions. In such a situation, the most common coping mechanisms these vulnerable households using includes personal savings, loan from the relatives and sales of grains and livestock.

Ms. Laxmi and her family have been among those who have been affected adversely during the pandemic of Covid 19. Ms. Laxmi a resident of village Medhiya of block Masauli, district Barabanki (UP) belongs from a landless and extremely poor Dalit community. The domestic as well as agricultural labor work by the husband Sant Ram aged 55 years has been the major source of income of the family. A few days after the marriage, Laxmi Devi had fallen into the furnace of fire, due to which her hands were severely burnt. Laxmi is unable to work as a handicapper. After a lot of efforts by PRASAR, a certificate of disability was made so that she could take advantage of government schemes. However, in between the family of Laxmi impacted badly with the Covid 19 pandemic wave 2 followed by the lockdown for a considerable period of time resulting the closure of the livelihood activities leading the loss of labor work by Sant Ram, the husband of Laxmi. This further shrunk the income down of the family. Ms. Laxmi had a daughter who was married at the age of 18 years but being very weak, suffered from tuberculosis and her husband left her at her parents' home. Later on Laxmi died due to lack of proper treatment for the want of money. Ms. Laxmi's daughter was survived with two children aged 12 and 10 years, studying in class 6 and 3 respectively in the government primary school of the village. Both of the children are taken care by Laxmi herself. Since, Laxmi kept both the children of her daughter, her elder son Govind expelled his parents from his home. Now The family also did not have a proper shelter and living in a small thatched roof. The elder son of her daughter aged 12 years also used to indulge in child labor every off and on to supplement the income of the family though it had been affecting his education and health adversely. MS. Laxmi and her family is surviving on ration provided by the PDS and her pension only. She had some goats but she sold them out for treatment of her husband who is ill since a long. Ms. Laxmi has also taken loan for the survival of her family, a major part of her pension amount goes to pay the debt. She is facing a lot of problem due to the pandemic too.



Laxmi with her husband and two children of her daughter

The family has been supported by the project with medical care through temporary health camps during the pandemic followed by lockdown with support of Sahyog, Lucknow under Covid Support Campaign. The family has also been benefitted with the ration kit under project's Covid Relief Work.

Case Study:2

Tougher Impact of Covid 19 Pandemic on extra vulnerable families

Story of Extra Vulnerable Woman-Geeta

The lockdown announced by state government in the last week of April 2021, to curb the spread of the Coronavirus has sent shockwaves across the Indian economy. Rural economies have also been in distress, with supply chains cut off and rising unemployment. The lockdown has had immediate and devastating effects on extra vulnerable women in particular and on other women and girls in general. Women's unpaid labor has increased along with the anxiety to feed their families. With prevailing physical distancing norms to curb the spread of pandemic, economic and other activities have been affected badly. This has and will continue to have large scale impact on the extra vulnerable women in particular that includes people with disability, widows, pregnant women and lactating mothers etc.). Mrs. Geeta aged 32 years and her family is one of them who has been affected the most during the present crisis of the Covid 19 pandemic. Mrs. Geeta a resident of village Rampur Khargi, block Ram Nagar, district Barabanki belongs from an extremely poor backward community. She has five children which includes three daughters and two sons. During the second week Covid pandemic, the youngest child aged three years got seriously ill suffering from severe diarrhea. The family could not get the child admitted in the government hospital during the lockdown. Due to demand of a huge amount in the private hospital the parents could not get the treatment in private hospital which consequently resulted in the death of the child. The husband of Mrs. Geeta is a rickshaw puller but due to lockdown, he has no job. The elder daughter Kanchan aged 17 years, a school drop out after passing class 8 had been supporting the family picking up the labor work but due to pandemic restrictions, she is not able to move to get the work. Mrs. Geeta somehow or other had been managing the family doing the domestic works in her village however a day came on April 22, 2021 since when she did not get any work and it was very difficult for the family to feed the children. In this harsh situation, the family would survive only on food leftover from the neighbors. Seeing the pathetic and miserable condition of Geeta, people also hesitated to give loans too. Geeta's family is going through mental and physical problems along with going through starvation in the lockdown. Both of the spouse have lost their mental balance due to the death of their child. All the children of Geeta have become victims of anemia and malnutrition. Since the primary schools and ICDS centers were closed following the pandemic protocols, the children could not get the benefits of school mid-day meal and supplementary nutrition as well as. The PRASAR project staff have made attempts to get Geeta and her family the benefits of governments schemes and programs such as MGNREGA and PM Awas Yojana. Though Geeta could not get the MGNREGA card yet but they got listed under the beneficiaries of the PM Awas Yojana and hopefully, their home will be constructed soon. The family has also been linked with the PDS of the village for getting the ration under **PM Gharib Kalyan Yojana**.



The family has been also supported by the project with medical care through temporary health camps during the pandemic followed by lockdown with support of Sahyog, Lucknow under Covid Support Campaign. The family has also been benefitted with the ration kit under project's Covid Relief Work.

Case Study:3

POSHAN MAAH CHAMPION A success Story of Shashi

In order to ensure community mobilization and bolster people's participation, POSHAN Maah was celebrated across the state and nation in the month of September 2021. POSHAN Abhiyaan is an umbrella platform to operationalize convergence and facilitate Innovation to address the challenges of malnutrition. While activities related to nutrition awareness are being carried out at the grass root levels to improve nutritional outcomes for children, adolescents, pregnant women and lactating mothers, Ms. Shashi with a holistic approach has made a concerted effort to reach each to-be-mothers, lactating mothers and children in her village Rampur Khargi to fight the issues of anemia from among the women & adolescent girls and malnutrition from among the under five year children.

Ms. Shashi Swasthya Sakhi of the project and a resident of village Rampur Khargi, block Masauli, district Barabanki(UP) is one of such women who under the fold of THF/RIST Project helping her family in making self-reliant and empowering the poor women of her village socially and economically ensuring awareness and education on health and nutrition issues. Shashi during the Poshan Mah made intensive home visits of around 140 families in her assigned village and identified the pregnant women, lactating mothers and children of age group 0-2 years and contributed in strengthening VHNDs ensuring immunization of 2 pregnant women & 9 children and distribution of supplementary nutrition to the 11 pregnant/lactating mothers and 13 children of 7months-35 months of age. She also demonstrated the practice of washing hand with soap at the site of the VHND. Besides, these she successfully conducted **Godh Bharai** ceremony with two pregnant women at household level in her village. In this women only gathering ceremony, the pregnant women of her last trimester of pregnancy adorn with wearing new bangles, their laps were filled fruits, vegetables and gifts. She also facilitated to organize the **Annaprashan** at household level in two families where the children were completing their sixth months and entering into the seventh month to mark an infant's first intake of food other than milk. During the Annaprashan the babies were dressed with beautiful costumed with gathering of the women of concerned SHG and family members. The members provided blessings to the babies. The activity aimed at giving the message that the Babies' transition from mothers' milk to solid food is very important which affect the growth and development of the babies. Besides, organizing **Godh Bharai** and **Annaprashan** activities in her village Shashi also facilitated the Moringa(Sahjan) plantation in the kitchen gardens of 20 members of aiming at improving the nutritious value of food of the families and address the issue of anemia particularly among the women and the adolescent girls. Poshan Rangoli and demonstration of preparing recipe with the Sahjan have also been done to sensitize the SHG women towards understanding of the importance of Sahjan plantation.

Ms. Shashi has so far made remarkable efforts in sensitizing and generating awareness on the issues of malnutrition and anemia through organizing different activities at household and community level during **Poshan Mah**.



Case Study:4

Breaking the Silence on Menstrual Hygiene in the project operational villages

Menstruation is critical for the continuation of life on earth. Despite this being a natural process, it causes a severe hindrance in the growth and development of women and girls in our patriarchal society. Young girls are often told to discuss their period-related issues only with older girls or women, forming the impression that menstruation is exclusively a female issue and matter of shame; hence, one should only whisper about it and never discuss it with men.

PRASAR recently explored different aspects of women and girls' lives, including their menstrual health practices, in the project operational villages. Through these interactions, we learned that the majority of mothers in this area do not undertake any conversation on menstruation with their adolescent daughters. Girls learn it in their own way, primarily receiving information from their peers and other unreliable sources. There is a lack of opportunity to discuss menstruation-related issues at home, and the adolescent girls continue to carry the myths, taboos, feelings of disgrace and restrictions around periods. This silence around menstruation and tendency to continue traditional practices without questioning them deep-roots the issue.

In the FGDs with the adolescent girls indicates that 3 out of 10 adolescent girls are either dropped out or never attend school when they are menstruating due to shame, infrastructural issues in schools and overall discomfort. This acts as a hindrance to their self-esteem, performance in class and career aspirations. We also found that a considerable percentage of women believe that they discharge dirty blood during menstruation which cleanses the body, and a majority of 70-80% of women think a girl should not attend religious functions while menstruating as they are considered impure during that cycle of the month. It was also found that out of 10 families, all members of 4 families do not use the toilet and prefer to go for open defecation. However, when asked with the adolescent girls regarding their practices of menstrual hygiene management, it was surprising to know that out of 10 all of them were skilled to prepare indigenous sanitary napkin and use them properly during their menstrual cycles. It was also interesting to know that they would change the pads 3-4 times a day and were well aware of dispose off the used sanitary pads properly. ***This indicates the success of the project interventions with the adolescent girls and their collectives towards the menstrual hygiene management in particular and other hygiene practices in general. It also shows that the project interventions have got through the breaking the silence on menstrual hygiene at least among the new generation. However, it still needs to:***



- Enable mothers to lead the conversation with their daughters on menstruation and remove the myths and stigma attached to it.
- Encourage girls not to miss school, schedules of learning, or employment during periods.
- Create awareness around menstrual irregularities during adolescence to avoid any reproductive health complications in adult life.
- Conduct Community Led Total Sanitation Campaign to stop the open defecation.

Case Study:5

Signs of Changes

Leading the Way towards improving Maternal & Child Health and Nutrition

A Case Study

The Swasthya Sakhis of the project have been actively involved to lead the way towards improving Maternal & Child Health and Nutrition. Apart from conducting the Mobile Health Camps in their respective villages, they have been actively involved in creating mass awareness following all the Covid protocols in the field regarding the superstitions and myths such as infertility to be caused by Covid-19 vaccination among people of reproductive age widely prevalent in the community giving examples that such misinformation and rumors were spread during the vaccination drives against polio and measles too. As a result of their concerted efforts, project got success in mobilizing all the 18+ persons'/community members for both of the doses of Covid 19 vaccination so far. During the routine meetings with the communities, they have been actively promoting the Covid appropriate behavior among the members.

They also created awareness in campaign modes on importance of Washing Hand with soap emphasizing the key times with demonstration of six steps of in all the 14 SHGs emphasizing the key times to wash hands.

Apart from these efforts, the Swasthya Sakhis have actively been involved in mobilization of community members involving women collectives in VHND too in their villages. They contributed in strengthening the government's vaccination program monitoring all women and children with the due list to attend VHND and ensured the immunization of all the pregnant women with TD (Tetanus and Diphtheria) vaccines and routine immunization of all the children of 0-2 years from the due lists during the VHNDs. They also supported in distribution of the supplementary nutrition to the eligible children and mothers and Informed villagers about next Village Health and Nutrition Day (VHND).

They also have been making approximately 30-40 home visits each month actively to create awareness at individual family level and conducted Godh Bharai with the 42 pregnant women in their last trimester and Annaprashan of 17 children completing six months of lactation period at household level during the reporting month only. The Swasthya Sakhis are successfully the way in their respective villages towards improving Maternal & Child Health and Nutrition.

Sign of changes as a result of holistic approach in our interventions in the project villages

it has been very encouraging to find that the women, the main target group of the project are aware of:

- The importance of the early and exclusive breastfeeding and it was in their practice and it is now in their practices
- The importance of timely beginning of the supplementary food for children. The mothers'/care givers are aware of 7 food groups of children and 10 food groups of women and adolescent girls. The Annaprashan was done timely
- The women and the adolescent girls are aware of major menstrual hygiene practices. As a whole out of 1982 adolescent girls in 21 project operational villages 1446(73%) are aware of use of sanitary pads. These 1446 adolescent girls change napkins 4-5 times in a day. 824 adolescent girls use handmade napkins and are aware of its proper disposal. This indicates the success of the project interventions with the adolescent girls and their collectives towards the menstrual hygiene management in particular and other hygiene practices in general. It also shows that the project interventions have got through the breaking the silence on menstrual hygiene at least among the new generation.
- 4 ANCs have been ensured with Timely immunization of TDs.
- Consumption of IFA provided by the ANM during VHNDs though it was not provided in sufficient quantity. Approximately 20% SHG members have Poshan Vataka.
- Rate of the complete immunization of the children 0-2 years in the project villages has increased up to 75% which is more by 33.2% than that of the district which is 41.8%.
- 100% institutional deliveries and benefits of JSY.
- Major hygiene practices

SECTION G: QUOTES/MESSAGES WITH PHOTOGRAPHS

| Beneficiary | Secondary Beneficiary | Program Team |
|---|---|---|
| <i>“Agar PRASAR Sanstha Na Hoti to Covid me jeevit rah pana mushkil ho jata ...”</i> (We would have not been able to survive during the Covid 19 Pandemic if PRASAR had not provided relief services). | The husband of wife Laxmi expressed her thanks and gratitude for everything the project did for their family. | It has been very satisfying and pleasing experience on safe child and motherhood after the intensive efforts made by the project. |
| Geeta was very happy and expressed her thanks and gratitude for helping by the project during Pandemic time | The husband of Geeta states, <i>“Ham Gariban ka PRASAR Jiyaye lihis</i> (The PRASAR has survived the poor like us) | It has been very satisfying and pleasing experience on positive impacts due to concrete efforts made by the project |

News Clipping

आयोजन

महिला दिवस पर आयोजित कार्यक्रम में बोले ब्लाक प्रमुख

महिलाओं की समाज में भूमिका अहम : यासिर



जिला सवादादात

मसौली बाराबंकी। विकास खाण्ड मसौली परिवार में सोमवार को महिला सशक्तिकरण को लेकर अंतराष्ट्रीय महिला दिवस को लेकर आयोजित कार्यक्रम में ब्लाक प्रमुख ने कहा कि देश का विकास तभी सम्भव होगा जब तक महिलाएं आत्मनिर्भर बनकर खुद शिक्षित होकर अपने अधिकारों के प्रति जागरूक होकर

अपने अपने अधिकार का इस्तेमाल करें। ब्लाक मुख्यालय पर प्रसार संस्था एच यूरोपियन यूनियन, बॉर्नोवैडन चाल्ड फंड इंडिया के सहयोग से अंतराष्ट्रीय महिला दिवस पर आयोजित कार्यक्रम का उद्घाटन करते हुए ब्लाक प्रमुख यासिर अराफात किटवाई ने कहा उन्होंने कहा कि महिलाओं की समाज में अहम भूमिका होती है जो बालिकाएं शिक्षित होकर

अपने परिवार समाज को नई दिशा दे सकती इसलिए बालिकाओं को शिक्षा अवसर दिलाये। एडीओ पंचायत गंगा प्रसाद श्रीवास्तव ने कहा कि आज भी हमारे समाज की महिलाएं भयमुक्त नहीं हो पाई हैं। यह तभी हो सकता है जब तक महिलाएं स्वयं अपने अधिकार की लड़ाई लड़ने के लिए खुद आगे आए। प्रभारी निरीक्षक विजेंद्र शर्मा ने कहा कि हम सब को महिलाओं का सम्मान करें। इसान को

यह नहीं भूलना चाहिए, कि नारी द्वारा जन्म दिए जाने पर ही वह दुनिया में अस्तित्व बना पाया है और समाज को नई दिशा देने का भी योगदान रहता है। भारतीय संस्कृति में महिलाओं को देवी, दुर्गा व लक्ष्मी आदि सम्मान दिया गया है। एन्टी रोमियो प्रभारी महिला उपनिरीक्षक शिखा सिंह ने कहा कि महिलाओं का काम केवल घर तक ही सीमित नहीं है महिलाएं आज हर क्षेत्र में पुरुषों की तरह कर्ष से कंधा मिलाकर समाज को आगे बढ़ाने में लगी हुई हैं। एन्टी रोमियो प्रभारी ने सरकार द्वारा महिला सुरुक्षा के प्रति जारी हेल्पलाइन नम्बरों की जानकारी दी। इस मौके पर एडीओ कृषि देवेंद्र कुमार, चाल्डफंड के प्रतिनिधि रंजन कुमार श्रीवास्तव, सन्तोष कुमार मिश्रा, सपना वर्मा, महिमा मौर्य, रीतू वर्मा, अभिषेक सिंह, आरती वर्मा, बबिता, गोविंद, काजल सहित करीब डेढ़ सौ महिला सदस्य मौजूद थीं।

महिलाओं का समाज की उन्नति में विशेष योगदान

अमृत विचार मसौली, बाराबंकी

चर्चा

सोमवार को ब्लाक मुख्यालय पर प्रसार संस्था एवं यूरोपियन यूनियन, बॉर्नोवैडन चाल्ड फंड इंडिया के सहयोग से अंतराष्ट्रीय महिला दिवस पर आयोजित कार्यक्रम का उद्घाटन करते हुए ब्लाक प्रमुख यासिर अराफात किटवाई ने कहा कि बालिकाएं शिक्षित होकर अपने

● महिला सशक्तिकरण पर आयोजित हुआ कार्यक्रम

ने कहा कि भारतीय संस्कृति में महिलाओं को देवी, दुर्गा व लक्ष्मी आदि का यथोचित सम्मान दिया गया है अतः उसे उचित सम्मान दिया जाना चाहिए। एन्टी रोमियो प्रभारी महिला उपनिरीक्षक शिखा सिंह ने कहा कि आज की महिलाओं का काम केवल घर गृहस्थी सम्भालने तक ही सीमित नहीं है महिलाएं आज हर क्षेत्र में पुरुषों की तरह सबल हैं। इस मौके पर एडीओ कृषि देवेंद्र कुमार, चाल्डफंड के प्रतिनिधि रंजन कुमार श्रीवास्तव, सन्तोष कुमार मिश्रा, सपना वर्मा, महिमा मौर्य, रीतू वर्मा, अभिषेक सिंह, आरती वर्मा, बबिता, गोविंद, काजल सहित करीब डेढ़ सौ महिला सदस्य मौजूद रही।

एडीओ पंचायत गंगा प्रसाद श्रीवास्तव ने कहा कि महिलाएं आज भी भयमुक्त नहीं हो पाई हैं। यह तभी हो सकता है जब महिलाएं अपनी लड़ाई लड़ने के लिए खुद आगे आए। प्रभारी निरीक्षक विजेंद्र शर्मा ने कार्यक्रम में उपस्थित महिलाओं का आह्वान करते हुए कहा कि हर महिला का सम्मान करें। उन्होंने

अनचाहे गर्भ से छुटकारा पा सकती हैं महिलाएं

मिशन शक्ति

बाराबंकी। हिन्दुस्तान संवाद

अनचाहा गर्भ और गर्भपात महिला के प्रजनन आयु के दौरान होने वाली सामान्य प्रक्रियाएं हैं। अक्सर हम लोग इस विषय पर बात करते से हिचकिचाते हैं फल स्वरूप सही जानकारी महिलाओं तक नहीं पहुंच पाती है। महिलाओं को एमटीपी एक्ट के तहत गर्भसमापन का अधिकार है।

यह बातें मिशन शक्ति के तहत बंकी में आयोजित कार्यक्रम के दौरान प्रसार संस्था के सचिव शिशुपाल यादव ने कही। श्री यादव ने कहा कि महिलाओं के पास अनचाहा गर्भ ठहरने पर क्या विकल्प उपलब्ध हैं और हमारा कानून इसके बारे में क्या कहता है इसकी



शनिवार को मिशन शक्ति कार्यक्रम में शामिल महिलाएं व अन्य।

जानकारी होना बहुत जरूरी है। कई महिलायें गर्भपात के लिए असुरक्षित विकल्पों का चयन करती हैं, जो गलत हैं। देश में प्रतिदिन 13 महिलाओं की अनुरक्षित गर्भपात से संबंधित कारणों से मौत हो जाती है और सैकड़ों महिलाएं

गंभीर जटिलताओं का सामना करती हैं। देश में होने वाली मातृ मृत्यु में से लगभग 8 मृत्यु असुरक्षित गर्भपात के कारण होती हैं। पैडवूमेन श्रीमती सपना वर्मा ने कहा कि माहवारी के दिन चढ़ गये हों या उसे अनचाहे गर्भ के ठहरने की

आशंका हो तो उसे बिना किसी देरी के नजदीकी आश्रा या एमएम से संपर्क करना चाहिए या डॉक्टर को दिखाना चाहिए। अगर गर्भधारण की पुष्टि हो जाती है। जो महिला गर्भ नहीं रखना चाहती है, तो उसे गर्भपात का निर्णय जल्दी ले लेना चाहिए। यदि लिंग जांच महिला के निर्णय का आधार ना हो और यदि गर्भ 20 सप्ताह यानी लगभग 4.5 महीने तक का हो, तो एमटीपी 1971 के तहत गर्भपात कराया जा सकता है। अगर गर्भ 9 सप्ताह तक का हो तो गोविल्यो द्वारा गर्भपात भी किया जा सकता है। गर्भपात जितना जल्दी कराया जाये उतना ही सरल और सुरक्षित होगा है। कई बार ऐसा हो सकता है कि गर्भपात सेवाएं लेने के लिए पहुंचने तक गर्भ 12 हफ्ते से ऊपर का हो। इसके पीछे बहुत से कारण हो सकते हैं।

एसबीआई लाइफ इंश्योरेंस कंपनी की ओर से भेंट की गई कोविड राहत सामग्री को स्वास्थ्य विभाग के सुपुर्द किया

कोरोना के दूसरे फेज से निपटने की तैयारी: मंत्री

समारोह

बाराबंकी। हिन्दुस्तान संवाद

सूबे के स्वास्थ्य एवं परिवार कल्याण मंत्री जय प्रताप सिंह ने कहा कि कोरोना वायरस से बचाव के लिए सरकार ने कार्य किए उसी का नतीजा है कि देश में वैश्विक महामारी को काबू में कर लिया गया। इस अभियान में एसबीआई लाइफ इंश्योरेंस कंपनी को राहत कई उधमियों और समाजसेवियों के प्रयास भी सार्थक हुए। कोरोना वायरस अभी खत्म नहीं हुआ है। इसका दूसरा फेज आने की चर्चाएं हैं। जिसको लेकर सरकार ने पूरी तैयारी कर ली है। केजीएमयू में एक हार्डटैक लैब का उद्घाटन किया जा चुका है। कोविड का गणक बंद आयोग भेला को भी शुरू कराया जाएगा।

श्री सिंह मंगलवार को सीएमओ कार्यालय में आयोजित एसबीआई लाइफ इंश्योरेंस कंपनी द्वारा फेज 2 की गई कोविड राहत सामग्री हस्तांतरण समारोह को संबोधित कर रहे थे। उन्होंने कहा कि प्रदेश में 144 लैब स्थापित कर



स्वास्थ्य मंत्री जय प्रताप सिंह द्वारा जिलाधिकारी डॉ. अर्पिता सिंह, डॉ. राजीव सिंह, केके गुप्ता, निदेशा श्रीवास्तव व दिलीप वर्मा को दिया जा रहा प्रशस्ति पत्र।

की सहायना

- एसबीआई के अधिकारियों की इस मदद को सभी ने सराहा
- आरोग्य भेला फिर से शुरू करने की कड़ी बात

कोविड को बांध शुरू कराई गई। कोविड से धमकी की नहीं बल्कि उसके सार्क रहने को जरूरत है। जब तक कोरोना वैक्सीन लगाना शुरू न हो जाए

तब तक सभी लोग बिना मास्क के घर से बाहर न निकलें। भीड़ में जाने से बचे और सोशल डिस्टेंसिंग का पालन करें। समय समय पर हाथ धुएं। सरकार और स्वास्थ्य विभाग पूरी तरह से कोरोना से निपटने के लिए तैयार हैं। कोरोना बौद्ध के रूप में बेहतर कार्य करने पर जिलाधिकारी डॉ. अर्पिता सिंह, सीएमओ डॉ. वीकेएस चौहान, प्रतिष्ठान अधिकारी डॉ. राजीव सिंह, फाहलेनियामिनिष्ठ केके गुप्ता, ललित

निदेशा श्रीवास्तव व दिलीप वर्मा को प्रशस्ति पत्र देकर सम्मानित किया। वही हार्मिअर अली, महोदय, रमेशचंद्र, कमल कुमार व उदयशंकर को गोल्डन कार्ड दिया गया। कार्यक्रम का संचालन आशीष पाठक ने किया। इस मौके पर प्रसार संस्था सचिव निमिशुपाल यादव, डॉ. अश्वरं सिंह, अश्वेश मौर्य, डॉ. विमल दोहरे, डॉ. डीके पाठ, डॉ. आईपी वर्मा, अंकुर वर्मा, अमरीश वर्मा, जेके मिश्रा, रवि वर्मा आदि मौजूद रहे।

सिंह ने कहा कि उनकी कंपनी लोगों को जीवन बीमा के साथ ही उनकी सुविधाओं का खलत रखती है। कहा कि अगर सरकार व प्रशासन उन्हें मौका देगी तो वह और मदद को तैयार हैं।

विधायक ने पहावा पाठ खोली पोल्ट हेयरबाल विधायक वैजनाथ रावत ने कहा कि इस महामारी को जंग में स्वास्थ्य विभाग ने अपनी अहम भूमिका निभाते हुए लोगों को जान बचाई है। जिला अस्पताल के अर्थोडॉक डॉ. एसके सिंह की सहायता करते हुए कहा कि यहां पर अक्षय लोड होने के बाद भी लोगों को लाभ दिया जा रहा है। लेकिन सीएमओ व पीएससी पर भी काबिले डाक्टर बैठे हैं यह मरीजों का इलाज कर सकते हैं लेकिन जानवजूद कर जिला अस्पताल मरीजों को भेज रहा रहा। उन्होंने जिला अस्पताल में होने वाला एमटीपी को पूर्णतः शुरू करने, महिला अस्पताल में टायफ उपचार कक्षा, हेयरबाल में मिनी ट्रामा सेंटर बनाने को मांग की। वही विधायक शरार अवस्थी ने स्वास्थ्य मंत्री का आभार जताया और सरकार की उपस्थिति निम्न।

जीजीआईसी में मिशन शक्ति संवाद का आज होना आयोजन

केंद्र में बैठे रहेंगे अजीता दा

| नाम | संस्था | नाम | संस्था | नाम | संस्था | नाम | संस्था | नाम | संस्था |
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