



AROGYA FOUNDATION OF INDIA

AND

CHIP-IN FOUNDATION USA



HEALTH AWARENESS CAMPAIGN

Jhadol- Udaipur (Rajasthan)

COMPARATIVE SURVEY REPORT

Index

1. About Arogya Foundation of India	1
2. About CHIPIN Foundation USA	2
3. Health Awareness Campaign	
3.1 Aims & Objectives	3
3.2 Location of the Project	4-5
3.3 Karyakartas of the Project	6
3.4 Awareness Activities	7
3.5 Expected Outcomes	7
4. Villages with the no. of Families Surveyed	8
5. Result of the Survey	9
6. Comparison between Baseline and Final Survey	10
7. Observations	11
8. Photos of the Health camps.	12-15
9. Conclusions.	16

Arogya Foundation of India



Arogya Foundation of India started in 2003, is a non-profit, organization working with the intention of making people self- reliant and self-sufficient in health. It supports Ekal Vidyalaya in Arogya Yojna (healthcare) in villages all over India by organizing medical camps and other healthcare activities. Ekal Vidyalaya movement aims at Integrated Village Development by providing Basic Education, healthcare education, development education & empowerment education. India has taken distinctive approach in bringing non formal education to the door-steps of villages, where children are offered supportive education. In the course of providing of normal education, it was observed that children and other villagers were suffering from various diseases such as Anaemia, Viral Fever, Cataract, Scabies, Diahorrea and Cholera etc. It was realized that, unless the Awareness / education is provided in healthcare activities and also provision of treatment is made, the overall development of the villages and the villagers will not be possible. Arogya Foundation of India was formed for providing, not only awareness for the need of healthcare education but also assisting and helping the villagers in getting proper available treatment for various diseases/ ailments/ deficiencies/ Infections etc. directly or from nearby Public Health Centres run by the Local and State Administration. The treatment shall be possible not only with Allopathy medicament but also with herbs and house hold items also.

The mission of Arogya Foundation of India is to bring holistic health development of the village using health education as a primary vehicle. Arogya Foundation of India is the NGO that has the largest footprint in rural Indian villages.

Arogya Foundation of India is the most effective platform to bring implement solutions to impact change in rural Indian villages.

CHIPIN Foundation USA



CHIPIN Foundation which is in collaboration with Arogya Foundation of India and both together are working towards the improvement of Health in India. As the logo shows CHIPIN stands for Clean & Healthy India Promotion International that is they are working to promote Clean and Healthy India at the International level which will result in improvement of health standards in India.

CHIPIN brings a lot of expertise with regards to Sanitation and Health with a strong base in medical science. CHIPIN has expertise in doing impact evaluations.

CHIPIN will use its expertise to design the content, timeline and modus-operandi for the impact assessment of interventions. Doctors of Arogya foundation of India will train the field workers to implement the intervention and the impact assessments.

Health Awareness Campaign

Aims & Objectives

Even today the rural areas of India are inflicted by numerous health related problems. Understanding these problems, the Arogya Foundation India and CHIPIN Foundation of America started the health awareness programme. The organization took the responsibility of making aware the rural people about health in 30 villages of Jhadol, district Udaipur in Rajasthan. At the beginning, the rural people beside the children were taught the importance of personal hygiene so that they can live clean. Gradually the Health Awareness Programme gained momentum and the rural people were also encouraged to keep clean their vicinity. Consequently, today the people have become sentient to keep their streets and drains neat and sanitary.

The Arogya Foundation India with the help of CHIPIN Foundation of America has started organizing health camps in these villages. The villagers are given free treatment in them and free medicines of concerned diseases are also provided to them. The chief aim for organizing such camps is to make the villagers aware of self hygiene so that they feel motivated regarding prevention of diseases. Foundation carried out a research on these villagers that proved that if the villagers keep personal hygiene, maintain cleanliness in their vicinity and establish the *Poshan Vatikas* in their village they will be able to keep themselves free from many diseases.

Foundation provides regular training to the volunteers and each such volunteer educate the villagers of their concerned village about the importance of cleanliness movement and the methods to prevent diseases like anemia and malaria & Diarrhoea. Once every month doctors are brought by the foundation from the cities who teach the villagers about the methods to prevent diseases. The efforts of Arogya Foundation India and CHIPIN Foundation of America in the sphere of cleanliness have started to show exceptional results in the Jhaadol sanch. The villagers themselves are undertaking cleanliness rallies to make their village aware. They are keeping their surroundings clean by terminating the drainage water into self-absorbing pits(Soak-Pits). Roads and drainage is now being kept clean. Villagers have started sending their children for getting de-worming medicines and the volunteers of the foundation are themselves teaching the children about the importance of personal hygiene.

CHIPIN is collaborating with the Arogya Foundation of India to spread its message of cleanliness in India. They have started with a group of 30 villages to launch the program. One important aspect of this initiative is to collect statistics to see the effect of health and hygiene education in this population.

Working together CHIPIN and Arogya Foundation of India can evaluate and understand the sanitation needs of the villages and identify programs that can be effective in building a “Clean-India”. Arogya Foundation of India has villages where such experiments can be run.

Given the focus on “Clean –India” movement, we have the potential to inform the government as well.

Arogya Foundation of India will use field workers to implement the intervention, conduct the survey and feed the data in the manner approved by Chip-In.

Arogya Foundation of India and CHIPIN will create an in-depth joint report that can be published outlining the issues with Hygiene & Sanitation and what practices would work in the villages.

Location for the Project: Jhadol

About 50 Kms from Udaipur, Jhadol (Jharol) is a small town in Jhadol Tehsil in Udaipur district in the Indian state of Rajasthan. It is the country seat of the Royal Jhala Rajranas. It is the headquarters of Jhadol tehsil (sub-district), and is sometimes written as **Jhadol (Phalasia)** to distinguish it from two other villages of the same name in Udaipur district, one in Sarada tehsil and the other in Kherwara tehsil. There are also localities called Jhadol in the Ajmer and Bundi districts of Rajasthan, and a number of villages in the state are called Jhadoli .

As of the 2001 census, it had a population of 4,753 in 988 households. It is a hilly terrain with scattered population because of scarcity of water there is socio-economic backwardness. The people travel 50 Kms. Daily to do labour & earn their livelihood.

The road among the rolling hills passes through verdant forests & dry hills with poor vegetation. Occasionally, in rainy season freshly ploughed fields interspersed with Bhil tribal hamlets full of lively children will wave you on your way. The main crop is Maize which depends mainly on rains. Wheat is grown only in areas where water is available.

One Sanch (set of 30 villages) – was identified in Jhadol district of Udaipur to implement the project. The villages which are a part of the project are as follows:-

1. Aavarda
2. Tadphala
3. Barbhat
4. Kalighati
5. Jambukheda
6. Mehan Phalasiya-A
7. Khakrakheda
8. Beeda
9. Khakhad
10. Jotana
11. Godwa
12. Tamarapura
13. Adol-A
14. Adol-B
15. Chuara
16. Khakhli
17. Brahamangarh
18. Sagpura
19. Salukheda
20. Ghataphala
21. Keerat
22. Shivpura
23. Changla
24. Talab kheda
25. Dheekilaya
26. Damaan
27. Nayaret
28. Mehan Phalasiya-B
29. Harnia Kheda
30. Nayagaon

Jhadol

Jharol

Town



Location in Rajasthan, India

Coordinates:  24.3533°N 73.53°E

Country	 India
State	Rajasthan
District	Udaipur
Tehsil	Jhadol
Elevation	605 m (1,985 ft)
Population (2001)^[1]	
• Total	4,753
Languages	
• Official	Hindi
Time zone	IST (UTC+5:30)
PIN	313702
Telephone code	02959
Nearest city	Udaipur
Lok Sabha constituency	Udaipur

Karyakartas (workers) of this project:

1.)Arogya Sevika (Village Health worker)

- Educate villagers and children of Ekal Vidyalaya regarding Hygiene sanitation, through posters and prabhat pheri etc.
- Filling up the survey proforma by door to door survey.

2.)Arogya Sanyojika (worker supervising five villages)

- Supervise the work of Arogya sevikas, survey & arrange for health camps & Anaemia control camps.
- Arrange weekly health awareness meeting in the villages.

3.)Sanch Supervisor (worker over 30 villages)

- Supervise the work of village health worker and Arogya Sevikas.
- Provide training to village health worker and Arogya Sevikas.

4.)Arogya Foundation Project Coordinator

- Select workers for the programme
- Conduct, supervise training program and organize medical camps.
- Orientation course of arogya sevika and village health worker shall be done every month.
- Organize Health Care Education camps twice a month.
- Arogya Coordinator shall do the reporting to the central team of AFI
- Establish local office and training for the project.

5.) Central Project Team:

Project In charge	:	Dr. H. K. Mittal
Principal Investigator	:	Dr. Harish Anand
Training In charge	:	Dr. Sarita Mittal
Arogya Area Coordinator	:	Sh. Rameshwar Dayal
Medical camp in charge	:	Dr. O P Mahatma

Awareness activities:

1. Health care education through Ekal Vidyalaya
2. Door to door family meetings
3. Weekly meeting with villagers showing films and discussing Hygiene and sanitation
4. Monthly medical camps for 5 villages shall include awareness by health talk by medical professional, film shows, poster demonstration.
5. Treatment of common ailments, Haemoglobin testing and medicine distribution.

Expected Outcomes:

It was expected that healthcare education on cleanliness i.e. hygiene and sanitation can bring significant impact on the health status of villagers & can contribute a lot in the Swacha Bharat (Clean India) Abhiyan. We also hope the learning can inform world organizations that are planning to work in this space. We hope based on these learning we can approach other funders to implement a plan for rural villages.

CHIPIN can help quantify impact of the programs that work and that can potentially be used to writing grants to help implement these programs on a large scale.

Given the focus on “Clean –India” movement, we have the potential to inform the government as well.

Hygiene and Sanitation practices particularly on drinking water usage, Cleanliness around source of water, filtering of water and boiling of drinking water can bring a lot of improvement in prevention of water borne diseases.

The importance of covering the wastage pit & prevention of open garbage so that flies don't grow will also be taught.

Explore the possibility of Govt. Aid for toilet construction. In case toilet are not available habit of covering excreta by mud & washing hand after toilet is also being taught for prevention of worm infestation.

Prevention of Malaria in rainy season can be done by stopping breeding of mosquitoes by applying kerosene at stagnant water and preventing water logging near house & usage of mosquito nets.

Following is the data of the villages as well as the no. families in a village on which the survey has been conducted:

Sl. No	Village Name	No. of Families Surveyed
1	Chuara	86
2	Khakhli	57
3	Brahamangarh	48
4	Sagpura	88
5	Salukheda	88
6	Ghataphala	45
7	Keerat	139
8	Shivpura	107
9	Changla	131
10	Talab kheda	104
11	Dhikliya	132
12	Damana	76
13	Nayaret	77
14	Mohan Phalasiya-B	81
15	Harnia Kheda	137
16	Nayagaon	147
17	Aavarda	69
18	Tadphala	68
19	Barbhat	42
20	Kalighati	59
21	Jambukheda	106
22	Mohan Phalasiya-A	63
23	Khakrakheda	75
24	Beeda	107
25	Khakhad	136
26	Jotana	73
27	Godwa	41
28	Amarpura	135
29	Adol-A	25
30	Adol-B	30

Survey Result

(all the stats given below are a result of the survey forms filled by the families in Jhadol.)

- 1.) The average age of the Head of the Family is 40.7331 years.
- 2.) The average size of the family is 4.84.
- 3.) Only 9.25% of the families live in a complete house whereas 73.63% of the families live in an incomplete house. Rest includes Halfmade houses and Jhuggis.
- 4.) The average annual income of the family is Rs.24409.96
- 5.) About 63% of all the families are non-vegetarian.
- 6.) 50% of the Families consists of a member who consumes tobacco, alcohol or is indulged in smoking.
- 7.)Average distance of nearest medical facilities available is 4.2kms.
- 8.) 38.68% people have visited doctor in the last one month and the average Medical Expenditure in the last one month comes out to be Rs. 173.95 .
- 9.) The couples requiring family planning is 45.68% and 48.21% of the people are using contraceptives.
- 10.) 71.35% people wash hands before taking meal.
- 11.) 61% families agreed to the fact that they take bath regularly.
- 12.)63.33% people believe that they are living in a clean neighbourhood.
- 13.) 24.53% families have toilets inside home.
- 14.) Drinking water is available to 23.71% of the overall population and 50.27% people say that Animals bath near their source of drinking water.
- 15.) 13.06% families agreed to the fact that they drink boiled water during rainy season.

Following is the table which depicts how many families consists of patients suffering from the diseases.

Comparison between Baseline and Final Survey

Attribute	Baseline	Final
Fever	771	422
Malaria	336	223
Diahorrea	507	341
Worms	752	391
Scabies	897	211
Cough	625	245
Eye Disease	194	38
Ear Disease	120	71
Teeth	211	84
Others	428	297
Tuberculosis	50	50
Tobacco consumer	71.07%	46.11%
Alcoholic	70.21%	54%
Smoker	69.40%	52.60%
Doctor visit last month	55.83%	38.68%
Medical Expenditure	Rs277.63	Rs173.95
Couples req family planning	29.16%	45.68%
Using Contraceptives	22.97%	48.21%
Wash hands before meal	36.35%	71.34%
Use footwear	65.90%	81.80%
Wash Vegetables	41.67%	74.26%
Regular Bath	28.11%	60.03%
Wash hands after Defecation	75.47%	82.34%
Clean Neighbourhood	35.96%	63.33%
Toilet inside home	13.91%	24.53%
Drinking water available	7.89%	23.71%
Animal bathing near source of drinking water	64.93%	50.27%
Drink boiled water	2.60%	13.06%

Observations:

There is a tremendous change between the Baseline survey and the Subsequent survey with the help of Arogya Foundation of India and CHIP Foundation under the Health Awareness Campaign. The rural and vanvasi people were sensitized about their health. The organization, first of all, taught the importance and benefits of cleanliness to the students of Ekal schools. The teachers themselves started keeping their students tidy and as a result, their parents were motivated towards cleanliness

.The volunteers of Ekal schools started reaching every household and taught the importance of personal hygiene and remedies from diseases to the villagers. Keeping in view the health related problems in these areas, the Foundation also started to organize free health camps. Renowned and senior doctors from the cities treat the villagers and children in these camps and the Foundation also provide free medicines to them besides the deworming of the children. A research carried out by the Foundation confirmed that the cause of a majority of diseases in villagers and vanvasis is due to unhealthy eating habits, way of living and insanitation.

Thus the volunteers taught the importance and construction of 'sokhta gadda' (Soak Pit) to drain sewerage, as a result the surroundings of the villagers and vanvasis turned clean. Today all of them collectively keep their surroundings clean.

Keeping the rural resources in mind, the Arogya Foundation of India has also started popularizing the home remedies among the masses. Poshan Vatikas (Nutritive Nursery) can be constructed in the vicinity of the houses or in fields where vegetables along with medicinal herbs can be grown. Such efforts by the organization have transformed the unhealthy eating habits of families. The foundation trained its volunteers time to time and these volunteers in turn visit the rural houses to aware them about cleanliness and Arogya. Awareness campaigns to make the people conscious are also organized by the volunteers.

The efforts of volunteers and Sevikas, Sanyojika made this project successful. Monthly training camps were organized by the project coordinators for the volunteers to teach them about hygiene ,sanitation ,nutrition and health education. Constant Motivation was provided by the trustees, executives & doctors of Arogya Foundation of India throughout the campaign.



Dr. Sarita Mittal training the Arogya Sevika



Cleanliness of Ekal school students



Demostration of Kachra Gaddha



Training of construction of Soak Pit



Dewarming of Children at Medical Camp



Dr. H.K Mittal examining patients at Medical Camp



Dr. Sarita Mittal providing Medicines



Dr. Harish Anand examining patients at medical camp.

Conclusions:

In the health awareness campaign of Arogya Foundation of India & CHIPIN Foundation of USA done in 30 villages of Jhadol, Udaipur Rajasthan the comparison between the baseline & final data from the survey forms clearly demonstrates that the healthcare education can bring significant change in the health of the population by changing the hygiene & sanitation practices. With the help of the Training of the health workers, Awareness of the villagers regarding sanitation & hygiene, Kachra Gaddha (Soak pit) & the Medical Camps the foundation was able to achieve its aim to improve the health and sanitation condition in all the 30 villages in the area of Jhadol. There was significant decrease in the number of patients suffering from diseases such as Malaria, Diarrhoea, Scabies, Worms, Cough, Fever which are directly related to hygiene & sanitation. The average monthly Medical Expenditure has extremely decreased. The practices & habits of the villagers of Personal Hygiene and Sanitation have tremendously improved. The number of families having toilet inside home has also increased although because of lack of supply of water most of the population is reluctant to make toilet in the house. The percentage of Tobacco consumers, Alcoholics, Smokers have decreased with the help of efforts by Arogya Foundation of India. The Health Awareness Campaign has led to the awareness among the villagers about living in a clean neighbourhood and the people were able to understand that it is important to keep themselves as well as their family healthy in clean village environment. Adopting self hygiene has benefited them drastically. The positive results of the Health Awareness Campaign confirms that the dream of realizing a 'Clean India, Healthy India, Capable India' is not far.