

## Introduction

Dalit villages are located in places far away from developed societies. Due to their remoteness, they do not have proper transportation facilities and hence government health workers seldom reach these villages. Most dalits resort to herbal medicines and traditional methods of cure, partly because they have more faith in traditional medicines and partly because they have no access to a PHC. This project aims at providing health-care facilities at the door steps of the rural dalit people by training local health workers and providing them with simple medicines.

## About Yuvak Sangh

**Yuvak Sangh** is a developmental organization working in rural areas of Rohtas and Bhabua districts of Bihar since 1994. It works with people from the weaker sections, especially dalit community, in rural parts of Bihar for their development. Its goal is to **'Empower weaker communities through social and economic equity and perseverance of natural resources through culturally sensitive and relevant alternatives for sustainable development'**.

The focus of Yuvak Sangh is on **Natural Resource Management** and **Health care**. Since its inception, Yuvak Sangh has worked with more than 78 villages in Rohtas and Bhabua districts. Developmental programmes with children, women and other groups in dalit community are executed. Over the years, we have realized that there are other groups in communities who face problems similar to dalits, hence we have started working with other marginalized communities in different villages.

## WORK of Yuvak Sangh

We have emphasized on **Community Based Organizations** in work with women in communities which take over responsibility of the activities initiated in communities. The organizations play important role in capacity building of groups formed through motivation and awareness generation activities. Sensitization workshops, exposure visits, discussion and reflection on various issues help in mobilizing people in communities. An experience in a village in Rohtas district, young girls were not given freedom to move around freely but the communities realized and released pressures on girls and now encourage their development. We have successfully mobilized 70 groups in forming village level organizations in which women and men play equally important role.

In Bhabua district, 14 women's group and 8 men's group formed in different villages are involved in decision-making process of all developmental activities in villages. **Self Help Groups** have proved to bring about positive change in communities with regards to gender differences.

## **Children's Activities**

Overall development of children is one of the prime goals of our organization. Work has been done on education through awareness and workshops. Work with drop out children has been done by forming linkages with local schools for readmission and now 350 children are studying in schools out of the district. Night schools are run for older children and adults. Developmental centers for children have brought about change in status of women in communities, where, names of mothers of the children were mentioned in enrolment and admission forms.

## **Health Programme**

A pilot programme on **health** issue is operational in Rohtas district, where Village Health volunteers have been trained in 5 villages. These volunteers are now functioning independent of the organization. They impart knowledge to community on health and hygiene issue. The volunteers have supported more than 1500 people in the communities.

## **Objective Of Project**

The project aims to expand the pilot programme to 30 target villages in Rohtas district and 10 in Bhabua district.

- To provide health-care facilities at the door steps of the rural dalits
- To train health workers from the target villages and provide simple medicines
- To generate awareness among the rural people about preventive measures and make them aware of treatment for simple diseases
- To promote the use of herbal medicines and if possible grow some medicinal plants in the backyards
- To promote and spread natural cure methods

## **Summary of the project**

The project duration is a year. The NGO will train village daais/health workers from each of the target villages in the initial 6 month period through a 10 day intensive training camp. A health social worker will be appointed to supervise and guide the daais. After the six month period, a review of the project will be done along with a refresher course for the health workers. The NGO will also conduct two health awareness camp and medical checkup camp. The funding amount requested has been Rs. 168,508

## **Implementation**

The project will cover 20 villages the population of which is approx. 18,000. This is an independent project and not a part of any larger projects.

The project will commence with the selection and training of village daais/health workers. All the health workers would be women from the target villages. This will be

done in the first six months of the project. After the six month period, a review of the project will be done along with a refresher course for the health workers.

Along with the rural health workers, a health social worker will be appointed to supervise and guide the daais. He/she will be reporting the progress of the project to the project coordinator in Yuvak Sangh and provide suggestions for improvement. All the project staff will meet once a month in the office of Yuvak Sangh to share their experiences and problems and seek probable solutions collectively. These monthly meetings will assess the project activities and make plans for improvement. Ideas on securing confidence of the villagers would also be discussed. A referral service will also be arranged for people in cases of emergencies and serious illness.

The daais will regularly visit the houses and explain the need of cleanliness and sanitation to the villagers. Parents would be taught methods to keep their children clean and methods to prevent common diseases.

The daais selected would either have a minimum educational qualification of fifth standard and would have at least a minimum knowledge of health services or would be traditional health workers.

The health social worker would be a qualified nurse, either ANM or staff nurse, depending on the availability and interest of that person to work among the dalit people.

### **Budget:**

#### 1. Personnel cost

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|---|------------|
| a. Health social worker<br>@ Rs. 2000 per month for one year        | Rs. 24,000 |
| b. Remuneration to the 20 village daais<br>@ Rs. 200 each per month | Rs. 48,000 |

#### 2. Trainings

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|---|------------|
| a. A ten day intensive training for the 20 village daais @ Rs. 100 each per day inclusive of all expenses | Rs. 20,000 |
| b. A three day refresher course for the 20 village daais (after 6 months) @ Rs. 100 each per day          | Rs. 6,000  |
| c. Two health awareness camps and medical check ups @ Rs. 5000 each                                       | Rs. 10,000 |

#### 3. Equipment

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|--|------------|
| a. 20 Medical kits @ Rs. 600 each                        | Rs. 12,000 |
| b. Medicines @ Rs. 1000 per village                      | Rs. 20,000 |
| c. 50 CC motor bikes                                     | Rs. 20,000 |
| d. Maintenance of the motor bikes<br>@ Rs. 300 per month | Rs. 3,600  |

4. Administration @ 3% for audit, travel,  
postage, meetings etc.

Rs. 4,908

Total.....Rs.168,508

#### Evaluation and Follow up

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One method of evaluation would be to compare the past with the present. After implementation of the project

1) The organization i.e. Yuvak Sanghs' records can be verified

2) The beneficiaries can be interviewed

Also, a third party representative can be invited to evaluate the project.