

Activity Report Of Arogyamatha Rural Rehabilitation Centre, Kollapur For The Year 2015

We are very happy to present the activities done in the center for Leprosy and CBR during this year are described with gratitude. With the technical and financial support you have provided are made use of to the maximum for the welfare of the needy people. We are glad to thank AIFO, the Regional centre at Bangalore ,the president and the Board members of AIFO in Italy and all the benefactors , volunteers those who are working to fulfill our dreams. Our thankful hearts go to God for His Blessings and also all who are instrumental in these services. We thank all the staff members in Bangalore for their hard work and readiness to help us in all our needs.

Leprosy Activity Report - 2015

Care and treatment for the persons affected with leprosy are provided here. Service of a specialized doctor was availed here from the beginning. O .P and I.P sections are functioning effectively. When the field visits are done, ulcer cases if detected are referred to the centre and given treatment .They are admitted here to give rest and above all to make them feel they are wanted. Here they get a sense of brotherly love and affection which they lack at home and neighborhood. Here, they are supervised for regular intake of medicine and dressing of the ulcer. At present, one doctor is coming for the consultation on Saturdays and seen the leprosy affected persons as well as the general cases. Those who need MCR foot wear are provided to them to protect their legs from getting the ulcer cured and to prevent the ulcer become worse. This year 25 leprosy affected persons admitted and treated for ulcer, neuritis and reaction. We were given treatment in the hospital every day. Complicated cases were referred to Sivanandha Rehabilitation Home, Hyderabad. It was found very helpful and supporting for us and especially for leprosy patients. Apart from persons affected with leprosy, general cases are also treated. The project given study support for 11 children affected with leprosy and 12 leprosy affected person's children. The support includes uniforms, School fee, books and school bags. We gave financial support to 11 leprosy affected persons for starting own business. During this year we have registered and treated 24 new cases (13MB cases and 11PB cases). We get MDT medicines from DLO office, Mahabubnagar.

Physiotherapy at our centre is opened to our Leprosy affected persons to improve their mobility. Regular exercises have improved their mobility and they are happy about it.

Anti Leprosy Day

As a part of Anti Leprosy day the project conducted sports and cultural program for the persons affected with leprosy. Those who have participated in the programme we distributed prizes to the winners and consolation prizes to all the participants to encourage them. On that day we provided a delicious meal for all who have attended the programme. There was a public meeting inviting District Leprosy officer, DPO, DSO from Mahabubnagar and some local leaders of the community. There was a presentation of awareness programme in which they highlighted about the social stigma about leprosy and inclusion of Leprosy affected persons in CBR programme and various process of social empowerment to them. All the participants expressed their happiness and satisfaction.

Benefits Given To Leprosy Affected Persons

We also provided support for the leprosy affected persons by giving travel concessions, pensions, loans for business and medical certificates. Our staff has arranged to give guidance on how to avail these benefits from the concerned offices.

Leprosy Clinic

Dr. Hima Kumari comes every Saturday to our center to provide consultation. Apart from persons affected with leprosy, general cases are also treated. Cases where patients suffer from severe ulcer and reaction are admitted and provided treatment. Medicines are provided free of cost to all patients.

Medical Camp

We conducted one day Medical camp programme of each village in every month with the medical support of District Leprosy Officer, Mahabubnagar. The specialist doctors and expert technicians came from district hospital and PHC centers were fully involved in this activity. The doctors check up find out new leprosy cases, we supplied self care kits and MCR foot wears for old patients, who need foot bath and foot wear. The staffs of Arogyamatha and district hospital supported us in successfully conducting these programmes. Since most of the villagers are illiterates and farmers the absence of proper guidance and moral support was felt. So, we thought of extending our greater service to those who are illiterate farmers and the poor. Many patients were given free treatment.

Nutrition Programme

We arranged nutrition camps for pregnant women and milky mothers. Programmes were conducted in different places. Around hundred people participated in each programme. Dr.Prasanthy from PHC gave health education about malnutrition, hygiene, pre and post natal care and causes of deformity and preventive methods. She explained about health and hygiene especially during pregnancy and lactating mothers. During this time how to take

care of them and what are the nutritious food items to be included in their meals are described by her. Our staffs gave detailed explanations on disability and malnutrition. After the programmes we distributed vitamin tablets.

World Health Day Celebration

On 8th April the World celebrated the Health Day. It was a day of celebration at our centre by conducting a seminar on the subject in a group. Dr.Chandrashekar had presented to give a talk to the group about the importance of the day. He described that our harmony of the life depends upon the good health of our body and mind. After the talk, our staff and children performed a street play which gives awareness on various matters to maintain good health. Subjects of leprosy and disability were discussed and tips of prevention of various diseases. The people who attended the seminar were satisfied of the programme. As a part of it, we have conducted health awareness classes in other mandals also. In each programme our staff and disabled children conducted various cultural programmes which attract the people to attend and to learn the important things which are needed in their life. The people attended were happy and expressed their gratitude.

Self care Groups

Groups consist of 10 – 15 persons affected with leprosy who meet once a month, often in our centre. Health care worker take responsible to facilitate the meetings. Daily self care activities are very important to prevent new disabilities and worsening of existing disabilities. In persons affected with leprosy involving other persons affected with leprosy with experience of self care and promoting self care groups of persons affected with leprosy where they give each other advice and support, are important methods of promoting effective self care for prevention of disabilities.

Training Programmes

We conducted training programme for the school teachers Aganvadi teachers, Asha workers, SHG leaders and project staffs. Dr.Narasimha Rao took class on cardinal signs of leprosy, when it effects the human body, how to identify the leprosy patches, examine palpation and functions of nerves and treatment. Then welfare programmes which include general awareness, self motivation, self care, income generation programme were provided for the persons affected with leprosy. The persons affected with leprosy were advised to take care of their health and practice self care regularly. The disabled and persons affected with leprosy in general lose their heart in public appearance and it is our duty to convince them true heartedly by giving a moral support like personal development and regular counseling. This gives them a great satisfaction and also improving their self confidence gradually. By word and mouth our service is being spread around the place and the people in need are reaching out to us more and more. The Arogyamatha team is very encouraged with this activity.

CBR Activity Report – 2015

The CBR program for the persons with disability was carried out in Kollapur Taluk and Wanaparathy Taluk. Multiple activities were executed during this program like survey, follow up, medical and socio economic rehabilitation, educational assistance, health awareness, physiotherapy etc.

Health Awareness Programmes

Awareness program helps to change the perception and attitude towards disabilities and similar persons. The CBR staff and disabled children played a stage show and street play shows about leprosy, TB, HIV, disability, drug addicts and alcoholics. The main themes included are reasons for disability, How to form SHGs and avail IGP loans to improve the standard of living, Care and treatment for HIV & AIDS, leprosy, TB etc. The socially accepted medias like different street plays, cultural programmes, awareness songs, social games, action songs, traditional story telling are also in practice and been used in CBR programme.

Activities are listed below:

Taluk	Date	Theme	Category
Wanaparathy	8-1-15	Awareness on Communicable diseases	To Public
	12-1-15	Kalajatha programme,	"
	18.1.15	"	"
	19-2-15	Sadharam camp	For Persons with disability
	26-2-15	Health awareness programme	To Public
	11-3-15	"	"
	8-4-15	World Health day celebration	"
	3-6-15	Training programme	To parents
	15-07-15	Street play	To public
	22-07-15	Health awareness programme	To school children
	13-8-15	Street play	To public
	18-8-15	Health awareness programme	To School children
	6-9-15	Sadharam camp	For person with disability
	8-9-15	Street play	To public
	16-9-15	Health awareness programme	To school children
	7-10-15	"	"
	14-10-15	Street play	To public
	15-11-15	"	"
	18-11-15	Health awareness programme	To school children
	10-12-15	Street play	To public

Kollapur	16-2-15	Sadharam camp	Persons with disability
	6-5-15 to 10-5-15	Street play training	CBR staff & disabled children
	18-6-15	Health awareness programme	School Children
	25-7-15	"	To the Public
	24-8-15	"	"
	8-9-15	Sadharam camp	To person with disability

Rehabilitation Activities

The project has been able to provide medical rehabilitation for the persons with disabilities of various kind.

Category	Aids and appliances	No. of beneficiaries
Physical handicap	Crutches	12
	Caliper	14
	Special Chair	6
	Tricycle	12
	Wheel chair	6
Hearing Impairment	Hearing aids	16
Speech Problem	Speech Therapy	29
Visual impairment	Blind Stick	2
Others	Travel concessions	226
	Medical certificate	194
	Pension	685
	Scholarship	256
	Surgery	15

Physiotherapy & Day Care centre

Mobility training is given to all the clients those who got calipers. The clients those who come to the center got the therapeutic services like speech therapy , recreational therapy , ADLS. The parents also , motivated to give the above therapies. We provide physiotherapy services and to equip the disabled people.

Training programs for the parents of 46 CP and Hemiplegic children. We taught them the benefit of daily exercises and ADLS practices. We gave R.O.M , Stretching and strengthening exercises for CP children. Parents were advised to bring their children to physiotherapy centre regularly. We trained and supported to do strengthening exercises for polio affected children. Physio technician gives regular follow up and provides gait training .We also gave breathing exercises to muscular dystrophy children with regular

follow up, speech therapy, physiotherapy (pegboard cycling and roll therapy) for Cerebral palsy children in day care centers. They had shown remarkable progress and good improvements.

Educational Activities

In June 2015, 2 days camp was conducted for disabled students, wherein around 345 students had attended the program. Children were involved in cultural activities and were encouraged by providing study materials, uniforms, school fee and bags for their educational support. This assistance was aided by CHAI office, secunderabad. Around 70 disabled children were assisted to get admitted to special schools. 23 children of leprosy affected patients and 42 orphans were provided support for education. During Dasara holidays we distributed new clothes for 395 disabled students and 48 orphan students. The project arranged one day tour programme for disabled children. 58 college students were participated in this programme. It was a real enjoyment for the poor disabled children

Sports competition for disabled children

Sports competitions and cultural programs were conducted for the PWDS at Arogyamatha centre on 29th November. They were grouped into sub junior, junior and senior. Various events were put for the competition like memory test, 50 meters race, seed collection, musical chair, bottle filling, cushion passing, ball throw and light music. 131 PWDS participated very well and enjoyed the programme. They participated in the competition forgetting their disability. Prizes were distributed to the winners and also consolation prizes to all the participants. When the competitions were over lunch were distributed to all those who where there.

World Disabled Day

We celebrated world disabled day on December 3rd in Wanaparathy mandal. Staff and children led a rally on the occasion of world disabled day, holding placards with regards to spreading awareness on disability. In the Rally, leprosy affected persons also participated. It was Happy that all the local leaders including MRO, MEO, MDO, DPO, Surpunch, Wanaparathy mandal S I and School Head Masters were attended this programme. MEO and S I gave their message about the importance of the Day and about disability. After the rally we conducted a public meeting wherein kalajatha programme and other cultural items were performed. The programme was successfully winded up with the submission of the memorandum to the MRO by the DPO committee. All those who participated in the programme felt very happy and satisfied. At the end, all enjoyed the food which was distributed at the premises.

Women development programme

By the support of Balavikasa, a NGO undertaking widowed women and orphan children, we are helping the poor widows and their children for their education and to assist them for self employment. Various activities are performed for their development and welfare.

We have taken up women development programs aimed mainly at eradicating poverty, income generation, self help, thrift, educate them to become aware of their rights and promote cooperative approaches. We enable them to think together and take up common action for building self confidence, increasing their income and promote their leadership in the community. Regular monthly meetings are arranged to solve problems and support women in their enterprises and family endeavors.

Project team - 13 staff members including part-time doctor contribute sincerely for service for the disabled and persons affected with leprosy in Kollapur Taluk and Wanaparathy Taluk. The staff meets once in 2 weeks to discuss and evaluate on details of various works carried out for the period. Planning for the next period is also will be decided at the same time. Each staff have monthly work schedule indicating proposed activities proposed activities, type of beneficiaries, places and purpose of visit etc. The implementation of the planned work is supervised and given proper guidance by the support of the respective coordinators. We are very thankful for the AIFO staff for their whole hearted co-operation, support and guidance.