

Pre – Awareness Evaluation :

Total Participants :- 488

A. Signs & Symptoms :

	Few / one	Moderate	Fair	Not known	Others / Incorrect
No.	45	7	0	386	50
%	9.22	1.44	0	79.1	10.24

B. Causes :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	9	0	0	0	444	35
%	1.84	0	0	0	90.99	7.17

C. Signs & Symptoms in Females :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	41	10	0	0	409	28
%	8.40	2.05	0	0	83.82	5.73

D. Signs & Symptoms in Males :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	19	3	0	0	445	21
%	3.89	0.61	0	0	91.19	4.3

E. Outcomes :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	39	2	0	0	426	21
%	7.99	0.41	0	0	87.3	4.3

Post – Awareness Evaluation :

Total Participants :- 488

A. Signs & Symptoms :

	Few / one	Moderate	Fair	Not known	Others / Incorrect
No.	98	231	69	90	0
%	20.08	47.33	14.14	18.45	0

B. Causes :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	128	143	92	10	115	0
%	26.23	29.3	18.85	2.05	23.57	0

C. Signs & Symptoms in Females :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	103	12	9	27	77	0
%	21.10	37.29	20.29	5.53	15.79	0

D. Outcomes :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	127	141	122	8	90	0
%	26.02	28.89	25	1.64	18.45	0

E. Prevention :

	Few / one	Moderate	Good	Very Good	Not known	Others / Incorrect
No.	132	98	82	97	79	0
%	27.05	20.08	16.80	19.88	16.19	0

SUDA

STATE URBAN DEVELOPMENT AGENCY

**HEALTH WING
"ILGUS BHAVAN"**

H-C BLOCK, SECTOR-III, BIDHANNAGAR, CALCUTTA-700 091
West Bengal

Ref No. **SUDA-120/ 96(Pt-IV)/355**

Date **13.02.2004**

**From : Project Officer
Health, SUDA**

**To: Dr. (Ms.) S.Ghosh
Secretary, ASHA
BE-135, Sector-1, Salt Lake City
Calcutta 700 064**

**Sub : Conduction of awareness training programme on RTI , STL, HIV/AIDS
during 25th to 28th February, 2004 under R.C.H. Sub-Project, Asansol.**

Madam,

Reference is invited to your communication bearing ref. no. EXT-PROG/SUDA/R.C.H./2004-1 dt. 6.1.2004.

You are requested to conduct awareness training programme on RTI, STL, HIV/AIDS at Asansol Municipal Corporation during the period 25th to 28th February, 2004 for a maximum of 12 (twelve) sessions covering SCs under the Project. Your quoted unit session rate has been accepted. The trainers may please be instructed to report to the Mayor / Health Officer, Asansol Municipal Corporation on 25.2.2004 at 11am.

The programmes may be organised in consultation with Health Officer of the Municipal Corporation. In each session pre and post evaluation are to be done separately and final compilation report is to be prepared.

After completion of all the sessions, bill may be submitted to the Project Officer, Health , SUDA along with final pre & post evaluation compilation report and a certificate from the Health Officer towards successful completion of the programme.

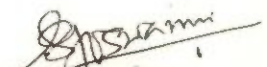
The payment will be made through A/C paycc chequc.

Yours faithfully,


**Project Officer
13.02.2004**

**SUDA-120/ 96(Pt-IV)/355(3)
C.C
Mayor, Asansol Municipal Corporation
H.O., Asansol Municipal Corporation
F.O., Health Wing, SUDA**

*Received
Handa.
13.02.2004.*


Project Officer

Tel/Fax No.: 359-3184

SUDA

STATE URBAN DEVELOPMENT AGENCY

HEALTH WING

"ILGUS BHAVAN"

H-C BLOCK, SECTOR-III, BIDHANNAGAR, CALCUTTA-700 091
West Bengal

Ref No. SUDA-120/ 96(Pt-IV)/
.....

Date 13.02.2004
.....

From : Project Officer
Health, SUDA

To: Dr. (Ms.) S.Ghosh
Secretary, ASHA
BE-135, Sector-1, Salt Lake City
Calcutta 700 064

Sub : Conduction of awareness training programme on RTI , STI, HIV/AIDS
during 25th to 28th February, 2004 under R.C.H. Sub-Project, Asansol.

Madam,

Reference is invited to your communication bearing ref. no. EXT-PROG/SUDA/R.C.H.
/2004-1 dt. 6.1.2004.

You are requested to conduct awareness training programme on RTI, STI, HIV/AIDS at
Asansol Municipal Corporation during the period 25th to 28th February, 2004 for a maximum of 12
(twelve) sessions covering SCs under the Project. Your quoted unit session rate has been accepted.
The trainers may please be instructed to report to the Mayor / Health Officer, Asansol Municipal
Corporation on 25.2.2004 at 11am.

The programmes may be organised in consultation with Health Officer of the Municipal
Corporation. In each session pre and post evaluation are to be done separately and final compilation
report is to be prepared.

After completion of all the sessions, bill may be submitted to the Project Officer, Health ,
SUDA along with final pre & post evaluation compilation report and a certificate from the Health
Officer towards successful completion of the programme.

The payment will be made through A/C paycc chequc.

Yours faithfully,

Project Officer
08.01.2004

SUDA-120/ 96(Pt-IV)/
C.C
Mayor, Asansol Municipal Corporation
H.O., Asansol Municipal Corporation
F.O., Health Wing, SUDA

Project Officer

Tel/Fax No.: 359-3184

Sent to Dr. U. Mulchey
1.8.03

RCH-Sub Project Asansol

Cost wise I.E.C. - Activities

A. Components :

- I. Nutrition Awareness
- II. Adolescent Care awareness
- III. RTI, STI / AIDS Awareness
- IV. Safe Motherland & Child Survival Awareness
- V. Awareness on National Health Programmes for linkage & interaction
- VI. Community Participation -
Involvement of Male Partners for more effective Family Welfare Services
- VII. Organising Baby shows
- VIII. Development of Printed Materials on STI, HIV / AIDS, RCH package
- IX. Development of indigenous media communication channel
- X. Photographic / Model Decoration of SCs
- XI. Providing Electronic media at O.P.D. cum M.H.

B. Cost Design :

- I. Nutrition
 - a) Need for Micro Nutrients
 - b) For Pregnant and lactating mothers
 - c) Child feeding & weaning.

Thro NGO involvement - @ monthly 10 sessions at SC / outreach level.
[from Head Quarters]

Period : September, 03; November, 03 - February, 04
Total Sessions : 5 months x 10 = 50 Sessions
Participants : Service Providers, Community

Method : A.V. Materials, Cooking Demonstration, Question Answers, Local Recipes with Food Value concept etc..

Cost for NGO : Rs..... (to be ascertained)

Local Logistics - @ Rs. 500/- per session i.e. Rs. 25,000/- for 50 sessions.

II. Adolescent Care - Awareness

To arrange locally by ULB @ 1 session covering 2 HAUs.

Cost per session - Rs. 2,100/-

For total 7 sessions - Rs. 15,000/-

III. RTI, STI / HIV AIDS Awareness

NGO from head quarters @ 12 sessions per month at SCs / outreach level

Total sessions

In 5 months - $(5 \times 12) = 60$

Fees to NGO - Rs. (to be ascertained).

Local Logistics - @ Rs. 500/- per session i.e. total Rs. $500 \times 60 = 30,000/-$

IV. Safe Motherhood & Child Survival Awareness

To arrange locally at SC / outreach level.

To arrange 100 sessions during 5 months

Cost per session @ Rs. 250 i.e. total 250×100

= Rs. 25,000/-

V. Awareness on National Health Programs for Linkage & interaction.

To arrange locally 2 sessions for Service Providers and 7 sessions for community :

Cost per session - @ Rs. 1000/- per session

Total Rs. (9 x 1000) = Rs. 9,000/-

VI. Community Participation : Involvement of male partners for more effective Family Welfare Services

To arrange locally - total 13 sessions (1 at each HAU Level) @ Rs. 500/- per session

i.e. total 500 x 13 = Rs. 6,500/-

VII. Organising Baby Shows

To arrange locally total 2 shows in 5 months @ Rs. 5000/- per show

i.e. total (2 x 5000) = Rs. 10,000/-

Criteria : Selection of U-5 children.

Physical & clinical examination

Nutritional Assessment

Personal hygiene standard

VIII. Development of Printed materials :

Centrally - on STIs / HIV / AIDs, on RCH package

Folder / Pamphlets / Fli & Charts / etc.

Rs. 1,50,000/-

IX. Development of indigenous Media

To arrange locally. Local choirs (Tribal etc.), Drama, Role Plays etc. @ 1 per 2 HAUs

i.e. 7 @ Rs. 2000/- per session i.e. Rs. 14,000/-

X. Pholotraphic / Model (Dolls etc.) decoration of SCs

To arrange locally @ Rs. 250 i.e. (97 x 250) = total 25,000/-

XI. Providing Electronic Media at O.P.D. cum MHs.

2 sets @ 1 per each O.P.D. cum M.H.

T.V. spots, Music, Photographs, Features etc.

@ Rs. 15,000/- i.e. total Rs. 30,000/-

Summary of Cost

Local		Central	
(ULB Level)		(SUDA Level)	
	(Rs.)		(Rs.)
I.	25,000		
II.	15,000	NGO Cost -	55,000
III.	30,000		
IV.	25,000	NGO Cost -	55,500
V.	9,000		
VI.	6,500		
VII.	10,000		
VIII.			
IX.	14,000		1,50,000
X.	25,000		
XI.	30,000		
<hr/>		<hr/>	
tal =	1,89,500		2,60,500
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Grand Total Rs. 4,50,000/-

SUDA

STATE URBAN DEVELOPMENT AGENCY

**HEALTH WING
"ILGUS BHAVAN"**

H-C BLOCK, SECTOR-III, BIDHANNAGAR, CALCUTTA-700 091
West Bengal

Ref No. SUDA-120/ 96(Pt-IV)/ 342A

Date29.01.2004

**From : Project Officer
Health, SUDA**

**To: Dr. (Ms.) S.Ghosh
Secretary, ASHA
BE-135, Sector-1, Salt Lake City
Calcutta 700 064**

**Sub : Conduction of awareness training programme on Nutrition &
Cooking demonstration during 4th to 7th February, 2004
under R.C.H Sub-Project, Asansol.**

Madam,

Reference is invited to your communication bearing ref. no. EXT-PROG/SUDA/R.C.H.
/2004-1 dt. 6.1.2004.

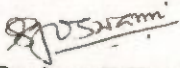
You are requested to conduct awareness training programme on Nutrition & Cooking demonstration at Asansol Municipal Corporation during the period 4th to 7th February, 2004 @ 2 sessions per day, totaling 8 (eight) sessions . Your quoted unit session rate has been accepted. The trainers may please be instructed to report to the Mayor / Health Officer, Asansol Municipal Corporation on 04.02.2004 at 11am.

The venue for the programmes may be organised in consultation with Health Officer of the Municipal Corporation. The training session should include discussion on Balanced diet , Nutrition for pregnant and lactating mothers and Child feeding & weaning .

After completion of all the sessions, bill may be submitted to the Project Officer, Health , SUDA along with certificate from the Health Officer towards successful completion of the programme.

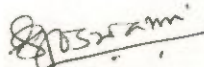
The payment will be made through A/C payee cheque.

Yours faithfully,


Project Officer
29.01.2004

SUDA-120/ 96(Pt-IV)/ 342A(3)
C.C
Mayor, Asansol Municipal Corporation
H.O., Asansol Municipal Corporation
F.O., Health Wing, SUDA

*Received
Balita
29.01.04*


Project Officer

Tel/Fax No.: 359-3184

SUDA

STATE URBAN DEVELOPMENT AGENCY

HEALTH WING

"ILGUS BHAVAN"

H-C BLOCK, SECTOR-III, BIDHANNAGAR, CALCUTTA-700 091
West Bengal

Ref No. SUDA-120/ 96(Pt-IV)/322

Date 08.01.2004

From : Project Officer
Health, SUDA

To: Dr. (Ms.) S.Ghosh
Secretary, ASHA
BE-135, Sector-1, Salt Lake City
Calcutta 700 064

Sub : Conduction of awareness training programme on RTI , STI, HIV/AIDS
during 14th to 17th & 19th to 22nd January, 2004
under R.C.H. Sub-Project, Asansol.

Madam,

Reference is invited to your communication bearing ref. no. EXT-PROG/SUDA/R.C.H.
/2004-1 dt. 6.1.2004.

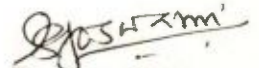
You are requested to conduct awareness training programme on RTI, STI, HIV/AIDS at
Asansol Municipal Corporation during the period 14th to 17th & 19th to 22nd January, 2004 @ 2
sessions per day, totaling 16 (sixteen) sessions covering 13 HAUs and 3 SCs under the Project.
Your quoted unit session rate has been accepted. The trainers may please be instructed to report to
the Mayor / Health Officer, Asansol Municipal Corporation on 14.1.2004 at 11am.

The programmes may be organised in consultation with Health Officer of the Municipal
Corporation. In each session pre and post evaluation are to be done separately and final compilation
report is to be prepared.

After completion of all the sessions, bill may be submitted to the Project Officer, Health ,
SUDA along with final pre & post evaluation compilation report and a certificate from the Health
Officer towards successful completion of the programme.

The payment will be made through A/C payee cheque.

Yours faithfully,

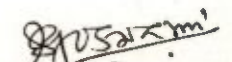

Project Officer

08.01.2004

SUDA-120/ 96(Pt-IV)/
C.C

Mayor, Asansol Municipal Corporation
H.O, Asansol Municipal Corporation
F.O, Health Wing, SUDA

Tel/Fax No.: 359-3184


Project Officer

SUDA**STATE URBAN DEVELOPMENT AGENCY****HEALTH WING
"ILGUS BHAVAN"****H-C BLOCK, SECTOR-III, BIDHANNAGAR, CALCUTTA-700 091
West Bengal**

Ref No. SUDA-120/ 96(Pt-IV)/ 322

Date 08.01.2004

**From : Project Officer
Health, SUDA****To: Dr. (Ms.) S.Ghosh
Secretary, ASHA
BE-135, Sector-1, Salt Lake City
Calcutta 700 064****Sub : Conduction of awareness training programme on RTI , STI, HIV/AIDS
during 14th to 17th & 19th to 22nd January, 2004
under R.C.H. Sub-Project, Asansol.****Madam,**

Reference is invited to your communication bearing ref. no. EXT-PROG/SUDA/R.C.H./2004-1 dt. 6.1.2004.

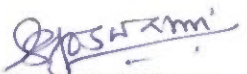
You are requested to conduct awareness training programme on RTI, STI, HIV/AIDS at Asansol Municipal Corporation during the period 14th to 17th & 19th to 22nd January, 2004 @ 2 sessions per day, totaling 16 (sixteen) sessions covering 13 HAU's and 3 SC's under the Project. Your quoted unit session rate has been accepted. The trainers may please be instructed to report to the Mayor / Health Officer, Asansol Municipal Corporation on 14.1.2004 at 11am.

The programmes may be organised in consultation with Health Officer of the Municipal Corporation. In each session pre and post evaluation are to be done separately and final compilation report is to be prepared.

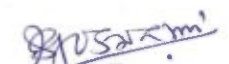
After completion of all the sessions, bill may be submitted to the Project Officer, Health , SUDA along with final pre & post evaluation compilation report and a certificate from the Health Officer towards successful completion of the programme.

The payment will be made through A/C payee cheque.

Yours faithfully,


Project Officer

08.01.2004

SUDA-120/ 96(Pt-IV)/
C.CMayor, Asansol Municipal Corporation
H.O, Asansol Municipal Corporation
F.O, Health Wing, SUDA
Project Officer

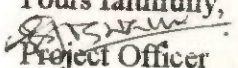
Tel/Fax No.: 359-3184

SUDA**STATE URBAN DEVELOPMENT AGENCY****HEALTH WING****"ILGUS BHAVAN"****H-C BLOCK, SECTOR-III, BIDHANNAGAR, CALCUTTA-700 091****West Bengal**SUDA-120/ 96(Pt-IV)/ 322
Ref No.

Date 08.01.2004

**From : Project Officer
Health, SUDA****To: Dr. (Ms.) S.Ghosh
Secretary, ASHA
BE-135, Sector-1, Salt Lake City
Calcutta 700 064****Sub: Conduction of awareness training programme on RTI , STI, HIV/AIDS
during 14 th - 22 nd January, 2004 under R.C.H. Sub-Project, Asansol.****Madam,**Reference is invited to your communication bearing ref. no. EXT-PROG/SUDA/R.C.H.
/2004-1 dt. 6.1.2004 .You are requested to conduct awareness training programme on RTI, STI, HIV/AIDS at
Asansol Municipal Corporation during the period 18th to 22nd January, 2004 @ 2 sessions per day ,
totaling 16 (sixteen) sessions covering 13 HAUs and 3 SCs under the Project. Your quoted unit
session rate has been accepted . The trainers may please be instructed to report to the Mayor /
Health Officer, Asansol Municipal Corporation on 18.1.2004 at 11am.The programmes may be organised in consultation with Health Officer of the Municipal
Corporation. In each session pre and post evaluation are to be done separately and final
compilation report is to be prepared.After completion of all the sessions, bill may be submitted to the Project Officer, Health ,
SUDA along with final pre & post evaluation compilation report and a certificate from the Health
Officer towards successful completion of the programme.

The payment will be made through A/C payee cheque.

Yours faithfully,

Project Officer


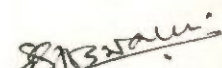
08.01.2004

SUDA-120/ 96(Pt-IV)/
C.C

Mayor, Asansol Municipal Corporation

H.O , Asansol Municipal Corporation

F.O , Health Wing , SUDA


Project Officer
Project Officer

Tel/Fax No.: 359-3184

micprod @ wb.nic.in

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State Urban Development Agency, Health Wing, West Bengal

Sub : I.E.C. activities under R.C.H. Sub-Project, Asansol - involvement of NGO for conduction of the awareness programme.

A no. of I.E.C. activities have already been planned with H.O, Asansol Municipal Corporation for implementation in the project areas. The objective is to promote behavioural changes of the clientele towards motivation and acceptance of health services. Amongst the different I.E.C. activities awareness programme on RTI,STI, HIV /AIDS and Nutrition are to be covered through NGO involvement who are proficient and experienced in the concerned field.

On verbal enquiry , three NGOs submitted rates for conduction of awareness programme in Asansol - comparative sheet is prepared and enclosed.

ASHA submitted lowest session unit rate. All the relevant papers are enclosed along with talking matters, pre & post evaluation questionnaire on RTI , STI.

Under the circumstances, NGO - ASHA may entrusted with the job for conduction of awareness training programme on RTI , STI, HIV/ AIDS in the first phase during the period 18 - 22nd January , 2004 @ two sessions per day , totaling 16 sessions. On successful completion of the said programme, certified by the H.O , Asansol Municipal Corporation , next programme schedule may be planned and fixed in consultation with the M& S Cell, AMC .

This is apropos discussion with Adviser, Health.

The expenditure incurred thereon is to be booked under Sub Project Asansol - sub head "IEC", where adequate provision exist.

X. S. Roy
8/1/04

J. S. Roy
8.1.04

Sub : I.E.C. activities under R.C.H. Sub-Project, Asansol - involvement of NGO for conduction of the awareness programme.

On verbal enquiry , three NGOs submitted unit rate per session of the awareness programme . Comparative sheet is as under :

Comparative Sheet

Sl.No.	Name of the NGO	Unit Rate per session (In RS.)	
		Nutrition Session	RTI /STI session
1	Health Vision & Research 16/3A, Roy Charan Ghosh Lane Kolkata 700 039	1500/-	1500/-
2.	Greater Calcutta Leprosy Treatment & Health Education Scheme 35/1/A, Old Ballygunge 1 st Lane Calcutta 700 019	1650/-	1800/-
3.	Association for Social and Health Advancement (ASHA) BE-135, Sector -I, Salt Lake City Calcutta 700 064	1200/-	1200/-

ASHA is the lowest quotationer .

Goswami
7.1.04.

K. Sen
8/1/04

STATE URBAN DEVELOPMENT AGENCY**HEALTH WING
"ILGUS BHAVAN"****H-C BLOCK, SECTOR-III, BIDHANNAGAR, CALCUTTA-700 091
West Bengal**Ref No. **SUDA-120/96(Pt-IV)/315**Date **30.12.2003****QUOTATION NOTICE**

Sealed Quotations are invited for display of Visual Aids at Maternity Home under R.C.H. Sub-Project, Asansol. The work description is as under :

Sl.No.	Description of Work
1.	24 pcs colour digital prints of photographs and copy size 20" x 12" duly mounted on ply board along with narration of text.
2.	25 pcs colour digital prints of photographs and copy size 20" x 12" duly mounted on ply board in hexagonal or other suitable form along with narration of text.
3.	Glow sign for Operation Theatre . 820

The unit rate for Sl. No. 1 & 2 should include art work, scanning , printing and mounting .For Sl.no.3 the unit rate should include MS box with spray paint, front poly vinyl sheet, vinyl cut out lettering, inside light PL lamp of 18 watt., red light made of red LED with fitting wiring complete. It also include all taxes , carrying charges to Asansol and fixation charges at the site. *the unit rate of 201 1 2 83 will be*

The sealed quotation is to be submitted to the Health Wing , SUDA, ILGUS Bhavan, HC Block, Sector III, Kolkata 91 by 07.01.2004 within 12-00 hrs which will be opened at 12.30 p.m. on the date.

(Project Officer)**Notice Board
Finance Officer
MIES Officer****(Project Officer)**

Tel/Fax No.: 359-3184



ASSOCIATION FOR SOCIAL AND HEALTH ADVANCEMENT

(Registration No. S/92427) under West Bengal Societies Registration Act XXVI of 1961

Registered u/s 80G of I.T. Act, 1961 for Exemption

Registered u/s 6(1)(a) of F.C.R.A.1976

Office :

BE - 135, Sector -1, Salt Lake City

Calcutta - 700 064, West Bengal, India

Ph: (91) (33) 2359 5475

e.mail : ashacal@cal3.vsnl.net.in

Ref.No. EXT-PROG/SUDA/RCH/2104-1
Dated. 06.01.2014

To,
Project Officer (Health),
SUDA,
ILGUS BHABAN
HC Block, Sector - III, Salt Lake
Kolkata-700091 Government of West Bengal

**Sub: Proposal for conduction of training
activities as support to RCH programme in slums of
Asansol**

Sir / Madam,

Greetings from ASHA!

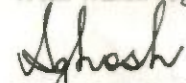
We are a non-profit non-governmental voluntary organization engaged in improving the quality of life of disadvantaged urban and rural communities. The organization works as a support agency to other organizations and institutions as well as undertakes development initiatives in health and socioeconomic sectors on its own. Our latest Annual Report is enclosed herewith for your kind perusal.

We are interested to undertake training activities as support to RCH programme in slums of Asansol, Burdwan district. Please find enclosed herewith a proposal on the same for your kind perusal. We seek your kind consideration and approval for the above.

We look forward to your kind support and cooperation in the days ahead.

Thanking you,

With warm regards,


Dr. (Ms.) S. Ghosh
Secretary

Activities undertaken by ASHA in the area of RCH.

- ASHA has implemented the **Reproductive and Child Health Program** through a pilot group approach operating from the Ahiran Block Primary Health Center in Block Suti I of Murshidabad district under the RCH Sub-project in Murshidabad of the Government of West Bengal. The project aimed at *convergence of services through the formation of women's self help groups. Also conducted Capacity Building Training on RCH for NGO functionaries in the district in collaboration with RCH Sub-project in Murshidabad*
- **Adolescent Health Programme (ongoing)** : ASHA's efforts were initially supported by **Department of Science and Technology**, Government of West Bengal for training high school girls in a school located in Bankura II. Then organized Reproductive Health Education and Training programmes for adolescent girls in selected **schools** located in the Blocks of Sonamukhi, Taldangra, Indpur, Bankura II and Simlapal of Bankura district supported by Indo German Basic Health Project. The training camps aim to **empower adolescents to develop responsible and healthy life-styles. Peer educators** are being selected from the participating adolescent girls and being trained so that they can serve as a conduit of crucial information to the out of school groups.
- **Male participation in RCH (completed)** : Men often believe that reproductive health is only an issue for women and are unaware of how their own attitudes and behaviour affect health of women. A project was undertaken with support from GTZ for "**Increased participation of men in health issues**" in several villages of *Onda Block* in Bankura district.
- ASHA has implemented *Reproductive and Child Health Project in slums of the Asansol Municipal Corporation under the RCH Sub-project managed by the State Urban Development Agency (SUDA) of the Government of West Bengal.* This project focused on bringing about *behavior change through communication especially adolescent girls. Special diagnostic camp including detection of cervical cancer* were also undertaken.

Proposal for conduction of training activities as support to RCH programme in slums of Asansol

Introduction:

The National Family Welfare program, which started in 1951, was purely a demographic initiative. The approach was subsequently shifted from a clinical to 'extension education approach' for motivating people towards accepting the small family norm. It has been amply established that the health of women in the reproductive age group and children is of utmost importance for effectively tackling the problem of population growth. The International Conference on Population and Development in Cairo recommended that the participant countries should implement unified programs for Reproductive and Child Health. The RCH goal has been defined as '*people have the ability to reproduce and regulate their fertility, women are able to go through pregnancy and child birth safely, outcome of pregnancies is successful in terms of maternal and infant survival and well being and couples are able to have sexual relation free of fear of pregnancy and of contacting diseases*'. The current objective of the RCH program has been to stabilize population at a level consistent with the need of the country's development.

Background:

Women of the Reproductive age group and children are the most vulnerable section of the country. RCH program aims at improving the health status of this under privileged segments. As an NGO working for improving the social and health status of the downtrodden people living in urban slums and rural villages, the organization aims to improve the situation as a supporting hand with the government institutions.

Various social issues and prevailing attitudes influence reproductive health behaviour and outcomes in women. The poor status of women in society, their educational background, cultural differences, lack of critical consciousness in general and inherent shyness promoted by traditional society are barriers to enhancement of health particularly reproductive health. There is inadequate access to reproductive health services in terms of quality, affordability and acceptability often due to a non-client friendly environment.

Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs), gynaecological problems such as menstrual irregularities, prolapse, etc. are often neglected and medical help is sought only at very later stages due to lack of awareness, inherent shyness particularly in rural areas.

Despite enormous strides in development it is a matter of concern that during 1998 – 99 in the country 47 % of children under 3 years of age are underweight and a similar proportion (46%) are stunted. The proportion of children who are severely undernourished is 18% in the case of weight-for-age and 23% in the case of height-for-age. In 2000, 22% of newborn in the country were low birth weight. Anaemia is

particularly common in children < 3 years adolescent girls and women. The scenario remains almost similar in the State of West Bengal.

Goal: Improved *Reproductive and Child Health status in the community*

Objectives

- Increase awareness in the community particularly women on Reproductive Health particularly reproductive hygiene, causes, prevention and management of Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs) Awareness Programme.
- To increase critical consciousness among women regarding the nutrition needs of women and young children and equip them with skills to prepare nutritious low-cost food at home and preserve nutrition during cooking through demonstrations.

Activities Envisaged

- **Conduction of Awareness Generation Sessions on Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs) in the community particularly among women relating to causes, prevention and management of RTIs and STIs**

Each session will be of 2-3 hours duration and two sessions will be carried out during the day. We can organize any number of sessions depending on time and other feasibility factors. Pre-training and post-training evaluation will be carried out during each session through use of semi-structured questionnaire.

The copies of the training material and the Pre-training and post-training evaluation questionnaire are enclosed for your kind perusal.

The unit cost for each session will be Rs 1,200/- only which is inclusive of honorarium, travel and boarding & lodging cost for resource person, communication and other preparatory costs.

- **Conduction of Nutrition education cum demonstration sessions to raise consciousness among women regarding the nutrition needs of women and young children and equip them with skills to prepare nutritious low-cost food at home and preserve nutrition during cooking**

Each session will be of 2-3 hours duration and two sessions will be carried out during the day. We can organize any number of sessions depending on time and other feasibility factors

The unit cost for each session will be Rs 1,200/- only which is inclusive of honorarium, travel and boarding & lodging cost for resource person, communication and other preparatory costs.

সাদাস্রাব

মেয়েদের যৌনাঙ্গ দিয়ে বা জন্মনালী পথে যে তরল রস বের হয়, তাকেই সাধারণভাবে সাদাস্রাব বলা হয়। সাদাস্রাব খুবই স্বাভাবিক, সাধারণ জৈবিক নিয়মে ঘটে। সময় বিশেষে সাধারণ নিয়মেই সাদাস্রাবের পরিমাণ বেড়ে যায়। কিন্তু অনেক ক্ষেত্রেই অসুখ বা রোগ ব্যাধির কারণেও স্রাব হয়। যা সাধারণ সাদাস্রাব নয়। তাই স্রাবের কোনটি সাধারণ স্বাভাবিক নিয়মে ঘটছে আর কোনটির পেছনে আছে অসুস্থতা তা বুঝে নেওয়া দরকার।

❁ কিভাবে চেনা যাবে :

স্বাভাবিক সাদাস্রাব :

- ◆ সাদা বা সামান্য হলদেটে রং।
- ◆ পূজের মত ঘন নয়।
- ◆ কোনোরকম দুর্গন্ধ থাকে না।
- ◆ শরীরে কোনো কষ্ট, জ্বালা-যন্ত্রনা হয় না।
- ◆ সবসময় বেশী পরিমাণে বের হয় না।

❁ কেন হয় :

সাদাস্রাব :

- ❁ শরীরের নিয়মেই যৌবনের শুরুতে এবং গর্ভবতী অবস্থায় মেয়েদের শরীরে এস্ট্রোজেন হরমোন নামে একরকম তরল রস তৈরী হয়। যার প্রভাবে স্রাবের পরিমাণ বেড়ে যায়।
- ❁ যৌন উত্তেজনা এবং মাসিক ঋতুচক্রের মাঝামাঝি সময়ে ডিম্বাশয় থেকে ডিম্বানু বের হওয়ার সময় স্রাবের পরিমাণ বেড়ে যায়।
- ❁ অপুষ্টি থাকলে কিংবা মানসিক সমস্যার কারণেও স্রাবের পরিমাণ বেড়ে যেতে পারে। সে ক্ষেত্রে কারণটি কিন্তু স্বাভাবিক নয়। তবে রোগ ব্যাধির কারণেও নয়।

❁ কি পরামর্শ দেওয়া দরকার :

- ❁ বুঝিয়ে বলা এবং মানসিক দৃষ্টিস্তার কারণ দূর করা।
- ❁ অপুষ্টি দূর করার উপায় সম্বন্ধে বোঝানো।
- ❁ যৌনরোগ এড়িয়ে চলার উপদেশ দেওয়া।

প্রজনন তন্ত্রের সংক্রমণ

❁ অ-স্বাভাবিক বা অসুস্থতার কারণবশত: শ্রাব : কিভাবে চেনা যাবে :

- ❁ সামান্য সবুজ রং বা রক্ত মেশা হতে পারে।
- ❁ ঘন দই-এর মতো — ফেনা থাকে — পুঁজের মত।
- ❁ দুর্গন্ধ থাকে।
- ❁ শারিরীক কষ্ট (যোনাঙ্গ বা প্রজননতন্ত্রের) — জ্বালা — যন্ত্রনা — চুলকানি থাকে।
- ❁ শ্রাব পরিমাণে বেশী হতে পারে।

❁ কেন হয় :

- ❁ যৌনরোগ বা জীবানু সংক্রমণ থেকে হতে পারে।
- ❁ জরায়ু বা সার্ভিকসে ঘা থেকে হতে পারে।
- ❁ ক্যানসারের সম্ভাবনা থাকতে পারে।

❁ কি পরামর্শ দেওয়া দরকার :

- ❁ যত তাড়াতাড়ি সম্ভব স্বাস্থ্য কেন্দ্রে পাঠাতে হবে।
- ❁ যৌনরোগের উপস্থিতি জানা গেলে স্ত্রী-পুরুষ দু'জনেরই চিকিৎসার জন্য বলা।
- ❁ যৌন সম্পর্কে কনডোম ব্যবহার করার উপকার ও উপায় বুঝিয়ে বলা, যাতে অবশ্যই কনডোম ব্যবহার করে।

যৌনরোগ

❁ কেন হয় :

এর উৎস বা কারণের ভিত্তিতে দু'ভাগে ভাগ করা যায়:

(১) সরাসরি বা প্রত্যক্ষ কারণ :

যৌন সহবাস বা মেলামেশা করলে হতে পারে।

(২) পরোক্ষ কারণ :

মাসিক রক্তশ্রাবের সময় অপরিষ্কার কাপড় ব্যবহার থেকে, নোংরা ম্লানের জল থেকে, নোংরা

অস্ত্রবাস থেকে, কৃমির থেকে হতে পারে।

মহিলা : যৌনরোগের লক্ষণ

- * স্রাব পরিমাণে বেশী হয়।
- * ঘন দই এর মতো - ফেনা থাকে, পুঁজের মতন।
- * দুর্গন্ধ থাকে। যৌনাস্থের জ্বালা, যন্ত্রণা, চুলকানি থাকে।
- ❖ সহবাসের সময় ব্যথা যন্ত্রণা।
- ❖ সাদাস্রাবের সঙ্গে রক্ত বের হওয়া।

পুরুষ : লক্ষণ

- ❖ যৌন অঙ্গে ক্ষত বা ঘা।
- ❖ মূত্র ও প্রজনন নালী থেকে পুঁজ পড়া।
- ❖ প্রস্রাবের সময় জ্বালা যন্ত্রণা।
- ❖ কুঁচকিতে ফুলে ওঠা, পুঁজ জমে পেকে ওঠা।
- ❖ যৌনাস্থের থলিটি ফুলে ওঠা এবং ব্যথা হওয়া।



কি পরামর্শ দেওয়া উচিত :

- ❖ যত তাড়াতাড়ি সম্ভব চিকিৎসা কেন্দ্রে যেতে বলা।
 - ❖ (স্ত্রী-পুরুষ) উভয় যৌন সঙ্গীর একই সময়ে চিকিৎসা।
 - ❖ কনডোম ব্যবহারের উপকারিতা ও উপায় বলে দেওয়া।
- (২) পরোক্ষ কারণগুলির ক্ষেত্রে যেভাবে যৌনাস্থের রোগ সংক্রমিত হতে পারে :
- ❖ (ক) মাসিক রক্তস্রাবের সময় রোগের জীবানু দ্বারা সংক্রমণ হওয়ার সম্ভাবনা বেশী থাকে। এইসব রোগ জীবানুদের বেঁচে থাকার এবং সংখ্যায় বেড়ে যাওয়ার জন্য রক্ত (মাসিকের) অত্যন্ত ভাল জায়গা। যদি মাসিকের কাপড় সাবান জলে না ধুয়ে রোদে না শুকিয়ে বারবার ব্যবহার করা হয় তবে রোগ সংক্রমণের সম্ভাবনা বেড়ে যায়।



কি পরামর্শ দেওয়া উচিত :

- ❖ মাসিকের কাপড় সাবান এবং জল দিয়ে ধুয়ে রোদে শুকনো করে ব্যবহার করতে হবে।
- ❖ ভিজে বা স্যাঁতস্যাঁতে আবহাওয়া থাকলে যদি পরিষ্কার কাপড় মজুত না থাকে তবে — জল সাবানে কেচে আঙনের পাশে রেখে শুকনো করে নিতে হবে। রোদে আঙনের তাপে রোগ জীবানুগুলি মরে যায়।
- (খ) নোংরা স্নানের জল থেকে — পুকুরের জলে নানা জীবাণু, পুকুরে ডুবে স্নান করলে সরাসরি জন্মনালী পথে জল ঢুকে রোগ সৃষ্টি করতে পারে। মাসিকের সময় সেই সম্ভাবনা আরও বেশী থাকে।



কি পরামর্শ দেওয়া উচিত :

- ❖ মেয়েদের সরাসরি পুকুরে নেমে স্নান না করতে বলা। অর্থাৎ বালতি করে ওপর থেকে জল ঢেলে স্নান করতে বলা।



মাসিক রক্তস্রাব চলাকালীন পরিচ্ছন্নতা ও স্বাস্থ্য নিয়ম :

- ❖ মাসিকের নোংরা কাপড়গুলি সাবান এবং জল দিয়ে ধুতে হবে।
- ❖ ধোয়ার পর রোদে শুকনো করতে হবে। স্যাঁতস্যাঁতে আবহাওয়া হলে আঙনের (উনান) পাশে রেখে শুকিয়ে নিতে হবে।
- ❖ শুকনো কাপড়গুলি পরিষ্কার প্লাস্টিক থলিতে ভরে শুকনো জায়গায় রাখতে হবে।
- ❖ পুকুরে না নেমে ওপর থেকে জল ঢেলে স্নান করতে হবে।
- ❖ স্বাস্থ্যসম্মত Sanitary Pad ব্যবহার করা (কম দামেও পাওয়া যায়)।



স্বাস্থ্য নিয়ম মেনে যৌন মেলামেশা :

- ❖ যৌন মেলামেশার জন্য একজন বিশ্বস্ত সঙ্গী থাকাই নিরাপদ।
- ❖ একের বেশী যৌন সঙ্গী থাকলে অবশ্যই কনডোম ব্যবহার করা উচিত।
- ❖ স্ত্রী-পুরুষ যে কোনো একজনের যৌন রোগ থাকলে অবশ্যই কনডোম ব্যবহার করা উচিত।
- ❖ দু'জন যৌন সঙ্গীর মধ্যে কোনো একজনের যৌন রোগ হলে দু'জনেরই চিকিৎসকের পরামর্শ মতো চিকিৎসা নেওয়া উচিত।

প্রজনন তন্ত্রের অংকুরন ও শোনিরোগ সম্বন্ধে
অচেতনতা ঠিকার

প্রাক-প্রচেষ্টার মূল্যায়ন

১। প্রজনন তন্ত্রের অংকুরন কিভাবে চেনা
মাঝে? (২০)

২। কি কারণে প্রজনন তন্ত্রের অংকুরন ঘটে?
(১০)

৩। মহিলাদের মধ্যে শোনিরোগের লক্ষণ কি কি?
(১০)

৪। পুরুষদের মধ্যে যৌনরোগের লক্ষণ কি?
(১০)

৫। বার বার যৌনরোগ হলে ঔষিদ্ধিতে
কি-ক্ষতি হতে পারে?
(১০)

প্ৰজনন তন্ত্ৰৰ অংকমান ও মৌনৰোগ
অস্থিকে অচেতনতা চিকিৎসার

প্ৰসিদ্ধি ন বুলিয়ায়ন

১। প্ৰজনন তন্ত্ৰৰ অংকমানৰ লক্ষণ কি কি?
(১০)

২। প্ৰজনন তন্ত্ৰৰ অংকমান কি কাৰণে ঘটে?
(১০)

৩। মহিলাদের মধ্যে মৌনরোগের লক্ষণ কি কি?
(১০)

৪। বার বার মৌনরোগ হলে ভবিষ্যতে কি কি
ক্ষতি হতে পারে? (১০)

৫। মৌনরোগ ও প্রজনন তন্ত্রের অক্ষয়
প্রতিরোধ করার জন্য কি কি করা উচিত?

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Greater Calcutta Leprosy Treatment & Health Education Scheme



G.L.R.A.

GERMAN LEPROSY RELIEF ASSOCIATION

REGISTERED SOCIETY (NO. S/16060 OF 1975-1976)

Postal Address : 35/1/A, OLD BALLYGUNGE 1ST LANE, CALCUTTA-700 019

Tel - 247-1917 Fax No. (033) 216-4339 Email : glra-nrs@vsnl.net



GRECALTES

DR. A. K. MUKHERJEE

Director

Ref no. 2/P/1104.

5.1.2004

To,
Project Officer (Health),
SUDA,
ILGUS BHABAN
HC Block, Sector - III, Salt Lake
Kolkata-700091 Government of West Bengal

Sub: Expression of interest for implementation
of RCH programme in slums of Asansol

Sir,

We are a non-governmental organization working in the field of community health status for many years.

We are interested to implement activities in RCH in the slums of Asansol with support from your esteemed agency. Please find enclosed the project proposal regarding the same for your kind perusal.

We seek your kind approval for the above.

Thanking you

With regards

Dr. Ashis Mukherjee
Director

Calcutta Leprosy Treatment & Health
Education Scheme

GERMAN LEPROSY RELIEF ASSOCIATION
REGISTERED SOCIETY (NO. 2117 OF 1957)
75/1A, OLD BALLYGUNGE 1ST LAKE, CALCUTTA-700 018
T. 547 9817 Fax No. (033) 218-1319 E-mail: glra@vsnl.net



Ref. no. 2/9/104

To,
Project Officer (Health),
SUDA,
ILEUS BHABAN
HC Block, Sector - III, Salt Lake
Kolkata-700091 Government of West Bengal

Sub: Expression of interest for implementation
of RCH programme in slums of Asansol

Sir,

We are a non-governmental organization working in the field of community health
status for many years.
We are interested to implement activities in RCH in the slums of Asansol with
support from your esteemed agency. Please find enclosed the project proposal
regarding the same for your kind perusal.

We seek your kind approval for the above.

Thanking you

With regards

[Signature]
Dr. Ashis Mukherjee
Director

Training Programmes :-

Two types of training programmes will be carried out - one on Nutrition demonstration & the other on RTI / STI

- Nutrition demonstration sessions for women so that they can prepare nutritious food at home.
- Reproductive Tract Infections and Sexually Transmitted Infections sessions so that they become aware on the elements of RTI/STI.

Each session will be of one and half (1 & ½) hours and a total of two sessions will be organized in a day. We can organize many sessions depending on work allotted.

Cost of One Nutrition Session :

Sl. No.	Particulars	Unit Cost per session
1	Faculty	Rs. 1,000
2	Travel / Board & stay	Rs. 4,00
3	Administrative expenses	Rs. 250
	Total	Rs. 1,650

The unit cost for each nutrition session will be Rupees One Thousand Six hundred and Fifty (Rs 1,650/ -) only including faculty fees, travel and administrative expenses.

Cost of One RTI / STI Session :

Sl. No.	Particulars	Unit Cost per session
1	Faculty	Rs. 1,200
2	Boarding & Lodging & Travel	Rs. 400
3	Administrative expenses	Rs. 200
	Total	Rs. 1,800

The unit cost for each RTI / STI session will be Rupees One Thousand Eight hundred (Rs 1,800/ -) only including resource fees, travel and administrative expenses.

Health Vision & Research

Regd. Off. 16/3A, Roy Charan Ghosh Lane
Kolkata- 700 039

(Established : Feb'01,
Registered under West Bengal Societies Registration Act)

Ref: No P/1/004
Dated: 5/01/004

To,
Project Officer (Health),
SUDA,
ILGUS BHABAN
HC Block, Sector – III, Salt Lake
Kolkata-700091 Government of West Bengal

**Sub: Expression of interest for support to RCH
programme in slums of Asansol**

Sir / Madam,

We are a non-governmental organization working for improving the health status of poor deprived communities. Since the last few years we have organized many Medical camps in the rural areas of Purba Midnapore and Urban Slums of Kolkata.

We are interested to undertake supplementary activities in RCH project in the slums of Asansol. Please find enclosed the project proposal for your kind perusal.

We seek your kind approval for the above.

Thanking you

With regards



Dr. Arupkumar Chakraborty
Hony. Secretary

Training Activities :-

- **Organizing Training Sessions on Reproductive Tract Infections and Sexually Transmitted Infections** in the slum communities of Asansol
- **Conduction of Nutrition demonstration** sessions among women regarding the nutrition of women and young children so that they are able to prepare nutritious food at home.

Each session will be of 2 hours and a maximum number of two sessions may be undertaken during a day. We can organize any number of sessions depending on time and work allotted.

Budget : Per Session

Sl. No.	Particulars	Unit Cost per session
1	Faculty	Rs. 1,000
2	Travel	Rs. 3,00
3	Administrative expenses	Rs. 200
	Total	Rs. 1,500

The unit cost for each session will be Rupees One Thousand Five hundred (Rs 1,500/ -) only including faculty fees, travel and administrative expenses.