आरोग्य गाँव प्रयास

शिवगंगा झाबुआ

This playbook has been designed for <organisations planning for healthcare intervention at village level>

Primary user: NGOs/CSOs
Secondary users: social workers, professionals

This playbook was created using **Shivganga's** resources

For Soln details(org)

For services(Link to directories)

What need is this playbook addressing?

1. Preventive health awareness and action at village level
2. Regular and nearby health issues check-up and prescription by quality doctors
3. Information and support related to appropriate treatments needed and various processes surrounding formal health schemes and services access

What are the benefits to stakeholders?

1. Strengthening of community based social and cultural norms for mutual cooperation and help
2. Promotion of traditional knowledge around health
3. Reduce expenses on healthcare and lower unnecessary debt on households from diseases and other health issues

Community mobilisation and team building philosophy for Aarogya Village effort

We want to create people ready for service and help for others, not those seeking help and support - Aarogya Rath is for those members of community who want to help others and inspire others along the same line

The dream of Aarogyam village in Jhabua is the collective vision for all workers in this initiative.

The overall process follows triple development framework during training: inspirational training , knowledge building and skill development

Thought behind team building process

Community members who are inclined towards “parmarth” (परमार्थ) are identified from initial gathering. Post primary training only those are selected who are dedicated to work with the sense of parmarth for community service. Advanced training and exposure is exclusively provided to this selected group. The work domain is self chosen by trainees based on their interest in in themes like water, health, forest, etc.

What aspects does this model have?

Core philosophy: one health of community, forest, land, water, livestock)

Part 1
स्वच्छ गांव स्वच्छ परिवार

- आम बिमारियों और स्वस्थ्य समस्याओं हेतु जानकारी: घरेलु उपचार, पोषण के विषय में जानकारी जैसे क्या खाने से कमी पूरी होगी
- आरोग्य रसोई: इसके पीछे आर्गेनिक फसल का उपयोग कर पौस्टिक खाना बनाने की तरफ ध्यान है मिलेटस का भरपूर उपयोग है। गाऊँ की महिलाएं शिवगंगा के समर्थन से खुद ही इसका अन्वेषण करती हैं।
- हर घर में अच्छे पोषण तत्व हेतु 12-15 प्रजातियों के फल सब्ज़ियों व अन्य पेड़-पौधे का वितरण जैसे आम जाम जामुन शेहतूत, सहजन और अन्य - स्वयंसेवी ग्राम आरोग्य टोली द्वारा मात्र १०० रुपए के शुल्क में यह सेवा उपलब्ध करना
- यहाँ उपयोग आने वाले सभी विषयों में जानकारी हेतु प्रशिक्षण मार्गदर्शिका तैयार की गयी है जैसे आम रोग और उनके घरेलु ईलाज, खाने में पोषण, पोषक खाना बनाने की विधि और अन्य

Part 2
रोगी सहायता केंद्र

- अस्पताल का सुझाव (refer) करने के बाद सहायता केंद्र से जुड़े स्वयंसेवी का मोबाइल नंबर साझा किया जाता है
- केंद्र से जुड़ा व्यक्ति इलाज के दौरान सब सहायता करते हैं - डॉक्टर की बात समझने से लेकर कागज़ी कारवाही करना
- जागरूकता शिविर: आयुष्मान कार्ड बनाना, टीकाकरण को लेकर, और अन्य
- सरकारी ASHA महिलाओं को जोड़ने का भी प्रयास रहता है
- पूरी सोच सहयोग लेने वाले व्यक्तियों को सहायता केंद्र से जोड़कर, आगे चलकर सेवा देने वाले में परिवर्तन की है ।

PART 3 कार्य प्रणाली

प्रक्रिया: गांव से ही चुने हुए रूचिकर्ता लोग प्रारंभिक प्रशिक्षण के बाद स्वयं इसको सँभालते हैं। आरोग्य रथ की आरोग्य टोली के द्वारा संचालन और व्यवस्था। पेशेवर डिग्री के साथ सामाजिक सेवा में रुझान वाले स्थानीय युवाओं का चुनाव किया जाता है जैसे लैब तकनीशियन आदि

टेलीमेडिसिन:ऑनलाइन अभियान द्वारा स्वयंसेवी डॉक्टर्स को जोड़ना (तीन घंटे प्रति सप्ताह) जो दूर से ही कम्प्युकृत सेवाएं देते हैं ।

मोबाइल मेडिकल यूनिट: इसमें सबकी (समुदाय, पशु, पानी, जमीन) स्वस्थ्य से सम्बंधित जानकारी या सेवा उपलब्ध कराई जाती है। इसमें एक ड्राइवर, एक पंजीकरण कर्ता, दवाई देने की डेस्क और एक ऑनलाइन डॉक्टर से मरीज को बात करने वाले होते हैं।

मूलभूत दवाइयों सहित पशु चिकित्सा कर्मी भी होते हैं

जमीन से जुड़े स्वस्थ्य हेतु प्राकृतिक खेती मार्गदर्शिका, जीवाणु संवर्धन किट, जीवामृत और अन्य सामग्री

पिने के जल के लिए जल उपचार किट

संचालन

परिचालन हेतु केंद्रीय स्वस्थ्य टीम, मानक संचालन प्रक्रियाएं (SOPs)
पांच दिन पांच गांव
डॉक्टर की पूर्व निर्धारित समयसारिणी
टेलीमेडिसिन सॉफ्टवेयर
20 रुपये फीस

Step 1:

Community discussions

- Discussions with different segments of community to find collective difficulties (दुःख), not focusing on individual issues

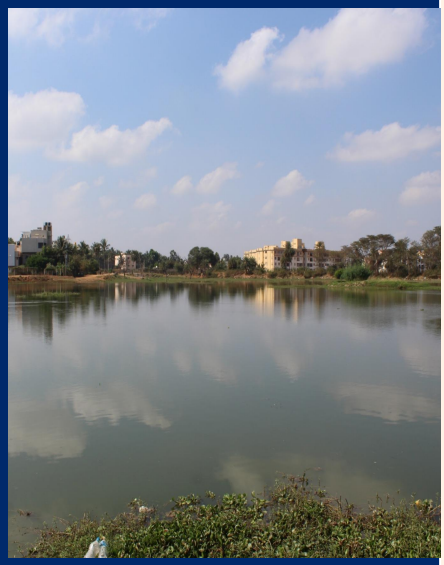
Step 2:

Selecting agents of change within community

School dropouts were identified as agents of change for health related issues in the villages

Out of these, only those with social and community service inclination were chosen for further training

High interest and self motivation among young girls and women for community health related issues



Step 3:

Initiation of community groups

Formation of village paramarthi healthcare team (परमार्थ आरोग्य टोली)

Conduction of youth empowerment camps for initiation of the programme in villages

Composition of group: members with knowledge and awareness for common health issues in community, adept in home remedies and traditional solutions, having knowledge about native nutritional plants

What caveats/disclaimers do we need to keep in mind?

Challenges	Avoidance mechanisms
Involve and Evolve style of work without any blueprint --- Challenges are identified on the go Conflict is avoided as community is planning and taking the work forward	Employee and beneficiary mindset is consciously avoided --- community work and improvise with needed support from shivganga
Finding where traditional medicine works and where external medical practices is needed	Team building from community members is given priority --- followed by planning intervention by themselves with minimal support from Shivganga

References (Links to pdfs or videos)

https://www.shivgangajhabua.org/home_Controller/blogfullview/self-driven-inspiring-story-of-shivganga-jhabua
https://www.linkedin.com/posts/shivgangajhabua_health-tribal-villages-activity-7006465013691404288-MOiJ?trk=public_profile_like_view
https://shivgangajhabua.org/

Resources required and Immersion programme details

Immersion cum Training Programme details:

- No training fee but logistics and fooding charges
- Image vs reality programme is ongoing at Shivganga for different durations
- Immersion cum training camps are decided on a case-to-case basis
- Duration is from few days to few months with different group size

Objectives of immersion programme:

- To change the image of tribal community,
- To change mainstream perception of tribal people of Jhabua
- To share tribal culture of Bhils

Our experience: The programme started around 2010 with a group of young IIT Bombay students visiting Shivganga areas of work with community. Since then different premiere university students join regularly, including social leaders, political leaders, journalists, and development sector professional

Success Stories