

Women Centered Program For Preventive Health Action Jalihal
9th Quarterly Report For the period,
July 09 to Sept 09

Sr. no.	Particulars	Months					
		July-09		August-09		Sept-09	
1	Monthly Meetings :	meetings	Attend.	meetings	Attend.	Meetings	Attend.
a	Women's meetings	16	10203	16	10099	16	10169
2	School goings meetings :						
a	Primary school Girls &Boys		4018		4227		4039
b	High school girls and boys		1618		1593		1577
c	None school goings		1309		1367		1411
d	Newly married		161		130		58
e	ANC mother meetings		229		181		160
f	PNC mother meetings		398		185		266
g	Migrating labor		2644		2594		2573
3	Trainings and exposure visit :						
a	VLHWs trg. / meeting at Jalihal	1	17	1	17	1	17
b	Pravartika trg. By external resource person and exposure	1	31	1	17	1	28
c	Monthly Pravartika Trg. at village level		252		247		230
d	Midwives training yearly 4 trainings					1	41
e	Health service providers training		----		----		----
3	Medical Services by Rural Health Center :						
a	Villages visited & services given by YPS doctor	2	51	2	28	2	22
b	Medical camps conducted by experts at YPS campus	3	33	3	69		----
c	Operations done during month		2		1		5
d	Treatments given in YPS Hospital		151		98		105
e	Medical services to poor families		126		72		61
4	Sanitation program						
a	Construction of Toilets						16

Apart from the regular activities the programs conducted in this quarter period are as follows,-

Arogya Pravartika Training Program

Venue : YPS Training Hall, Sangli.

Date : 1st and 2nd August 2009.

Total Trainee : 30

Trainer : Dr. Vivek Kulkarni, Dr. Yashwant Toro, Dr. Jayanti Pathak
Sidhivinayak Ganapati Cancer Hospital Miraj.
Mrs. Shruti Joshi (Dietitian)
and Mrs. Gita Joshi (Psychologist.)

Sub.: 1. Types Of Cancer and how to prevent it.
2. What is balance diet.
3. What is Mental Health, how to keep our family mentally healthy.

Training session started at 9.30 am. This session arranged at Training hall of Sidhivinayak Cancer Hospital. Dr. Toro has given introduction of himself and other faculties to Arogya Pravartika and vice versa.

Session: After the introduction, session started by Dr. Jayanti Pathak. She told about types of cancers found in women. She told how we can prevent it. She has explained symptoms of **Breast Cancer, Overview, Anatomy, Cervical Cancer, Endometrial Cancer, Ovarian Cancer.**

Symptoms: The common symptoms of cancer been explained.

- ◆ A painless swelling or lump on any part of a body.
- ◆ The blistering on the palm.
- ◆ Changes in bowel or bladder habits.
- ◆ A sore that does not heal
- ◆ Obvious change in a wart or mole.
- ◆ Nagging cough or hoarseness
- ◆ Indigestion or difficulty swallowing
- ◆ Unexplained changes in weight
- ◆ Unusual bleeding or discharge

Diagnosis

- ◆ The doctor will do a physical exam and ask about your medical history.
- ◆ X-rays are the most common way doctors made pictures of the inside of the body. In a special kind of x-ray imaging, a CT or Cat scan uses a computer linked to an x-ray machine to make a series of detailed pictures.
- ◆ By radionuclide scanning, the patient swallows or is given an injection of a mildly radioactive substance. A machine (scanner) measures radioactivity levels in certain organs and prints a picture on paper or films. By looking at the amount of radioactivity in the organs, the doctor can find abnormal areas.
- ◆ Ultrasonography is another procedure for viewing the inside of the body. High-frequency sound waves that cannot be heard by humans enter the body and bounce back. Their echoes produce a picture called a sonogram. These pictures are shown on a monitor like a TV screen and can be printed on paper.
- ◆ In MRI, a powerful magnet linked to a computer is used to make detailed pictures of areas in the body. These pictures are viewed on a monitor and can also be printed.
- ◆ Endoscopy allows the doctor to look into the body through a thin, lighted tube called an endoscope.
- ◆ Lab test: special tests are used to measure the amount of certain substances in the blood, urine, and other body fluids, or tumor tissue.

Preventive measures explained by Doctors

Food plays a powerful role in preventing cancer. Every bite of a fruit or vegetable contains a rich stew of plant chemicals which can block, retard or suppress any carcinogen, lower cholesterol, and boost your immunity. Tomatoes, for instance, have red pigment lycopene which reduces the risk of developing prostate cancer. There is evidence that beta-carotene found in carrots, sweet potatoes, papaya and other yellow fruits and vegetables helps shrink tumors. It reduces free radical activity and steps up the enzyme activity to fight cancer. You can get adequate cancer-fighting ammunition by drinking at least two glasses of carrot and spinach juice every day. It is one

of the best vegetable juices against cancer. Broccoli sprouts, cabbage, and garlic.

The habits encourage Cancer:

Late nights, eat too much fatty foods, drink alcohol, gorge on sweets, smoke, overwork ourselves, eat chemicalised food, and eat insufficient vegetables.

Dr. Jayanti Pathak further explained about the peculiar type of cancer in women. She explained about Breast Cancer and ovarian Cancer.

Breast Cancer:

There are two main places in the breast where cancer can occur: the lobules (the milk-producing tissue) and the ducts (which carry the milk to the nipple).

Symptoms:

- ◆ Change in the size or shape of a breast
- ◆ Dimpling of the breast skin
- ◆ The nipple becoming inverted
- ◆ Swelling or a lump in the armpit

Risk Factors:

The primary risk factors that have been identified are sex, age, childbearing, hormones, a high-fat diet, alcohol intake, obesity, and environmental factors such as tobacco use, radiation, and shift-work. However, studies of environmental and lifestyle factors only attribute a small increase in breast cancer to each factor. Furthermore, these studies are not randomized, controlled trials, and so they may associate breast cancer with factors that don't actually cause breast cancer.

Diagnosis

Clinical breast exam: A clinical examination of each breast for lumps and other problems. If you have a lump, its size, shape, and texture will be examined.

Diagnostic mammograms: Mammograms are x-ray pictures of the breast. Through more detailed images of areas that look abnormal on a screening mammogram the diagnosis can be made.

A Biopsy. Fluid or tissue is removed from the breast to help find out if there is cancer.

Dr. Vivek Kulkarni explained about mouth cancer, skin cancer.

Mouth cancer:

Any cancerous tissue growth located in the oral cavity is referred as mouth cancer. It may arise as a primary lesion originating in any of the oral tissues, by metastasis from a distant site of origin, or by extension from a neighboring anatomic structure, such as the nasal cavity or the maxillary sinus. Oral cancers may originate in any of the tissues of the mouth, and may be of varied histological types derived from major or minor salivary glands, lymphoma from tonsillar or other lymphoid tissue, or melanoma from the pigment producing cells of the oral mucosa. Far and away the most common oral cancer is squamous cells carcinoma originating in the tissues that line the mouth and lips. Oral or mouth cancer most commonly involves the tissue of the lips or the tongue. It may also occur on the floor of the mouth, cheek lining, gingival (gums), or palate (roof of the mouth).

In Indian subcontinent Oral Sub mucous Fibrosis is very common. This condition is characterized by limited opening of mouth and burning sensation on eating of spicy food. This is a progressive lesion in which the opening of the mouth becomes progressively limited, and later on even normal eating becomes difficult.

Symptoms:

- ◆ A white patch (lesion), red patches, or non healing sores that have existed for more than 14 days.
- ◆ Tongue problems.

- ◆ Swallowing difficulty.
- ◆ Ulcer on the tongue, lip, or other mouth area.

Risk Factors:

Smoking and other tobacco use are associated with about 75 percent of oral cancer cases. Tobacco contains over 19 known carcinogens, and the combustion of it, and by products from this process, is the primary mode of involvement. Use of chewing tobacco or snuff causes irritation from direct contact with the mucous membranes.

Alcohol use is another high-risk activity associated with oral cancer.

Infection with HPV, particularly type 16 (there are over 120 types), is a known risk factor and independent causative factor for oral cancer.

Diagnosis

The only definitive method for determining this is through biopsy and microscopic evaluation of the cells in the removed sample. A tissue biopsy of the tongue or other oral tissues, and microscopic examination of the lesion confirm the diagnosis of oral cancer.

Skin cancer:

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma (the non-melanoma skin cancers), and melanoma. Skin cancer is the most common form of cancer in humans. Ultraviolet light, which is in sunlight, is the main cause of skin cancer.

Symptoms:

- ◆ A change in the appearance of the skin, such as a new growth or a sore that will not heal.
- ◆ Unexplained changes in the appearance of the skin lasting longer than two weeks.
- ◆ Change in size, shape, color or elevation of a mole. Other signs are the appearance of a new mole during adulthood or new pain, itching, ulceration or bleeding.

Risk Factor

Smoking tobacco and related products can double the risk of skin cancer.

Over exposure to UV-radiation may cause skin cancer. Natural (sun) & artificial UV exposure (tanning salons) are possibly associated with skin cancer.

Diagnosis

Clinical diagnosis is made with visual appearance or with the aid of a dermatoscope. First days all sessions were finished.

All above sessions were conducted with the help of video CDs.

Second day

Mrs. Shruti Joshi has conducted first session on Balance diet. She explained in her speech, importance of balance diet, how to make it available. Also she has given examples of mixing two to three grain flour and makes a chapatti or bhakari which is more nutritious than the regular. Also she told use of raw vegetables in a meal which are locally available. She has given number of recipes written which adds more nutritious value.

Mrs. Gita Joshi has told about mental stress. She has told what the reasons behind it are. How to avoid it. Number of examples she has given, number of exercise she has made participants to do practically. This all exercises gives mental health, reduces stress.

All sessions were given deep knowledge about disease, its prevention, nutritious food or balance diet and mental health. This two days training program were finished at 4.30 pm.

Arogya Pravartika training program by external person at village.

Venue : Khandnal, Akalwadi, Girgaon, Morbagi and Maniknal.

Total Participants: 76

Trainer: Dr. Biradar, Dr. Patil, Dr. Jadhav, Dr. Kumbhar, and Dr. Kale from local villages.

- Sub.: 1. Early Child Marriage
2. Addiction

During this quarter period we have arranged trainings bit wise. Arogya Pravartika came from all villages. Total three trainings were conducted during reporting period. Now the people started taking advances from sugar factories. So far we have selected above mentioned subjects for the Arogya Pravartika training so before migration, we planed their meetings on same subject. All resources persons were explained in their speech that early age marriages are the big problem in our area, also they told that due to younger age that married girl is not physically fit to get pregnant, after wards she may get health problems. Early age marriage is main cause of ill health of the women in the area. Again they told we are not giving chance to continue her education. People are not aware about family planning methods, they think government is implementing various programs skims for family planning these all are for others. Elders from the family should think over it. So try to avoid early age marriages. Also they told about the addiction. They told this create number of problems, family becomes poor and poor, on mental health of all family members, it affects of their children's education. Due to this women are mainly suffer. So family members should give importance to education, whenever they get money they should spend for good things.

Nutrition Day

Date : 9th September 2009.
Village Borgi

We have celebrated nutrition day at Borgi Village. Total 43 women's and 39 men's were attended this program. All key persons and teachers from primary and high schools were participated in the program. Mr. Sdhangoud Patil was the chair person, he told about nutrition, health and care of the child. Response from the local people was good.

Training

Venue: Carel Campus

Date: **Midwives** 20th September 2009.

Total Trainee: 41

Trainer: Dr. Archana Jadhav. Mrs. Yojana Lipane, Mrs. Bharati Patil

Sub.: 1. **Pre and Post Pregnancy Diet.**

2. **Importance of Immunization and its follow-up.**

Training started at 11 O' Clock. First session started with inauguration and prayer. The second session conducted by Mrs. Yojana and Mrs. Bharati. In second session feedbacks were taken of last training. We have asked midwives about progress in work, what was the experiences they have, any problems they have faced. It was more or less experience sharing program. After that Dr. Jadhav has taken recap of last training. Then Dr. Jadhav started following subjects, as follows,-

Pre and Post Pregnancy diet

This was the important subject for midwives. Intention behind that they can come in contact with the pregnant women's family earlier and keep follow up of the pregnant lady. During her follow up, she can check the diet and regular checkup.

Also we have told about requirement of excess food for pregnant women.

Importance of folic acid tablets, when it should be start also we told importance of Iron and calcium tablets. Folic acid, Calcium and Iron tablets should be compulsory for every pregnant woman.

Usually pregnant women are taking two meals every day. But we ask them to take little amount of food of 2 to 3 hours interval.

In her meal she should include,-

1. Chapatti or bhakari
2. Green leafy vegetables
3. Sprouts Searle, pulses
4. Rice
5. Available fruits.
6. Without milk her diet will not be complete so give her one glass of milk.

Mrs. Yojana Lipane has given information on the subject **Importance of child Immunization and its follow-up.**

In case of home delivery Immunization is most important to arrange in time. Midwives should be more careful about child's immunization because if they are conducting deliveries at home child will not get BCG dose after delivery. So far coordination between Govt. Nurse and Midwives are more important. So soon after delivery Midwives should register women's name to government Nurse soon after the delivery. Also keep follow up upto

completion of primary immunization. Also Midwives y told that all anganwadi teachers are doing and keeping pregnant mother and child immunization records, then why should we duplicate the same records. I told that we don't want duplicate the records but we can keep watch and motivate people to immunize their child in time.

After this session Ms. Vaishali Lad and Mrs. Bharati Patil were collected monthly reports from midwives and discussed on the same. Training program was completed at 5.00 o clock.

Masonry Training program at Motewadi (T)

Duration 14th to 26th September 2009.

We have conducted mason training in the Motewadi village in the month of September. Total 32 women's were participated in this program. It was arranged locally. We have formed five groups of participants. We have arranged mason man from Sankh for training. First day he gave introduction of equipments, name and uses of the same. Training was 13 days training. All women's from nearby villages were participated. They have constructed 16 toilets during the training period. We have got good cooperation from the local leaders, village sarpanch, Gramsevak etc. Also three trainers are the participants of last two trainings. They have given practical training to others.

Toilet Construction

During the month of September we have completed construction of 16 toilets in Motewadi. These all toilets are constructed during mason training.

These all activities are conducted during quarter period.

Yojana

Project Co coordinator
WCPPHA Jalihal.