

HMF VAARTA



NSVK first claim committee meeting – November 2012

FOCUS ON

Prevent diarrhoea

FIELD VISIT

Sama Vedana Organisation

SUCCESS STORY

The story of Noor Mohmad at Ambojvadi- NSVK

One wonders about how time flies !!! The health insurance programme started by Uplift with only around one hundred women has expanded manifold and now this programme has thousands of members and is still expanding day by day.

We are pleased to inform you that many more persons and organisations are joining us in this crusade. This year three new organisations have been associated with Uplift's novel programme - around 15000 families from 'Navnirman Samaj Vikas Kendra' from Malad, Mumbai, 'Premseva Mahila Credit Cooperative ' from Santacruz, and 'Janashiksha Evam Vikas Sangathan (PEDO)' from Dungarpur, Rajasthan have decided to participate in this programme for safeguarding their health. We welcome them all and hope that in this crusade all of us will offer all out cooperation to each other so that not only our members would be able to benefit from the proper treatments but also would be able to lead a healthy life.

Once again, our hearty welcome for all these to the Uplift family.

Kumar Shailaabh - Uplif

RESULTS OF THE MONTH

Indicators

Number of on-going members (Sept)	149 366
Amount saved due to services (Sept)	92 200 Rs
In €	1 400
Number of member attending health check up camp (Aug)	598
Number of claims (Sept)	211
Amount of claims disbursed (Sept)	621 189 Rs
In €	9 411
Earn contribution (Sept)	810 664 Rs
In €	12 282

FOCUS ON

Prevent diarrhoea

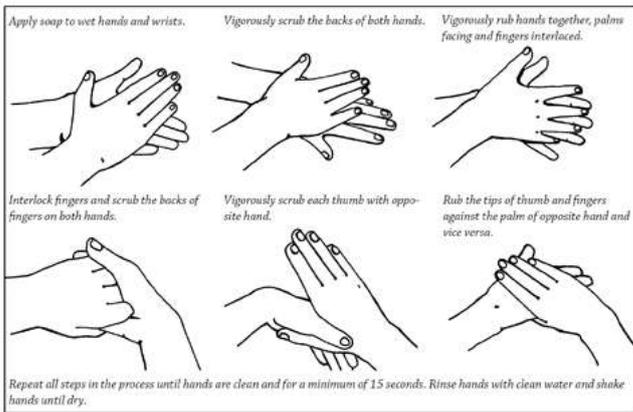
Lack of access to safe drinking water and basic sanitation impact the health of many slum dwellers. Diarrhoea is closely associated with insufficient water supply, inadequate sanitation, water contaminated with communicable disease agents, and poor hygiene practices. **In India, in 2009, 11984 490 persons suffered of acute diarrhoea.**

Diarrhoea is the passage of 3 or more loose or liquid stools per day, or more frequently than is normal for the individual. It is usually a symptom of gastrointestinal infection, which is spread through contaminated food or drinking-water, or from person to person as a result of poor hygiene. The main origin of diarrhoea is: EXCRETA! One gramme of faeces can contain: **10 000 000 viruses, 1 000 000 bacteria, 1 000 parasite cysts and 100 parasite eggs.**

Severe diarrhoea leads to fluid loss, and may be life-threatening, particularly in young children and people who are malnourished or have impaired immunity. The best way to protect a person from diarrhoeal diseases is to keep the living space free of the microbes that cause diarrhoea. That means adopting a number of safe hygiene practices in and around the home:

Getting rid of faeces

Faeces in the public and domestic environment are the primary source of diarrhoea pathogens. **Safe disposal of stools is the best way to prevent infection.** Ideally, adult and child stools should be disposed of in toilets or latrines. In places where this is not possible, stools should be buried. As a last resort, it is better to carry stools to a place far from play areas or water sources and cover with earth, than to leave them lying in the yard. Faeces of animals like pigs, cows and chickens can also carry diarrhea microbes and need to be kept out of the home and where children play.



Hand Washing Diagram

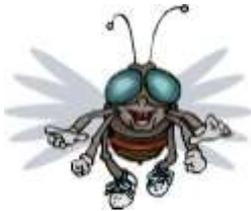
Hand washing

Hands readily become contaminated with faecal material after anal cleansing or after cleaning children's bottoms and stools. Rinsing fingers with water is not enough to remove sticky particles which contain microbes. Hands need to be well washed after contact with faeces; either rubbed with an abrasive such as ash or mud, or with a detergent such as soap. Hand washing before eating, before feeding children and before preparing food are all helpful. **Most important is hand washing with soap (or ash) after stool contact.**



Keeping water clean

A plentiful and accessible water supply makes hand washing and cleaning easier, which helps to keep the environment free of pathogens. Boiling, filtering, and covering water jars is important as **ensuring that faecal material does not get into water supplies at the source. Safe stool disposal is a priority.**



Fly control

Flies can carry microbes from faeces to food. If stools are disposed of in toilets or latrines and these latrines have covers, then fly-based disease transmission will be minimized. **Here also safe stool disposal is the priority. It also important to cover the food to reduce his contamination.**

Food hygiene

Food stored in a warm place is an environment that microbes like, where they can multiply easily. Feeding bottles are especially dangerous because they are hard to sterilize and bacteria grow quickly in warm milk. Poor handling of bottles and child food are therefore major risk factors for diarrhea diseases in young children. Hence a cup and spoon is preferable to a bottle, both for infant milk and semi-solid weaning food. But the microbes that cause diarrhea come from stools. **Preventing stools from getting into the domestic environment in the first place is therefore a priority.** Diarrheas often peak in warm and humid seasons, when conditions are favorable to the multiplication of bacteria on food.

Oriana – Inter Aide

FIELD VISIT



'Sama' means together and 'Vedana' means pain, so the meaning of 'Sama Vedana' is to understand the pains of others and be with them to offer help and support.

The most important factor in the success of treatment is early detection.

At the beginning of this decade, if anybody was diagnosed with cancer then that person would have to live constantly in the fear of death. However, due to research, early diagnosis and cancer specialists, the cancer patients can live a better life today.

In this research it was found that the incidence of cancer is on the rise in women. Up to year 2010, it was estimated that about 79000 women had cervix cancer while 59000 women had breast cancer. In the undeveloped countries and in the developing countries like India, the increasing number of women having cancer is a cause for concern.

'Sama Vedana' organisation has been working with 'UpLift' for the last 4 years. This organisation has lived up to its name i.e. 'Sama Vedana'. Mrs. Preeti Damle is associated with us in this work. The 'Sama Vedana' organisation was established in 2003. This intervention is carried out at the Sahyadri Hospital in the Deccan Gymkhana area in Pune City, which is associated with the organisation. During the last four years, around one thousand members of our organisation have benefited from this intervention.

'Sama Vedana' implements the cancer pre-diagnosis programme for those women in the age group 40 to 60 years who belong to low income groups and who do not have access to the health services. Sama Vedana organisation focuses on the prevention of breast cancer and cancer of the cervix. Under this programme, the checkups by gynaecologists, mamography, sonography, testing of uterus piece and checkup by cancer specialists is arranged. The expenses for such tests are to the tune of Rs. 5000 at other diagnostic centres, but these tests are done by Sama Vedana organisation free of cost.

The mission of Sama Vedana organisation is that not a single poor and needy patient should return without treatments as he/she did not have enough money to pay for the treatments. For this, the help is provided in various ways as follows:

- The entire responsibility of the patient's treatments is accepted.
- Financial assistance to specific patients from the lower income group
- Asking for donations for specific patients and to collect donations

DR.Wadkar Amit Suryakant

SUCCESS STORY

The story of Noor Mohmad at Ambojvadi- NSVK



Noor Mohmad has availed a loan from Navnirman Samaj Vikas organisation. This is his fourth loan. He is associated with NSVK for the last 4-5 years. His financial conditions are just ok. He started a grocery shop after availing a loan from NSVK Ambojvadi. Initially it was a very small shop but now he has a lot of items in his shop and he gives the entire credit for this to NSVK. However, for the last few days his family had some health related problems. His wife was pregnant. His first child is just 9 months old, so he could not even think about a second child. The first child is very weak and so he has to look after his health.

He visited the branch office and asked for guidance from Service Executive (SE).

SE told him to call the help line to get a proper guidance, so Mr Noor Mohmad called the help line and received guidance from Dr. Amit. The doctor advised him to go to Prime hospital and have proper treatment. Immediately after receiving this advice Mr Noor Mohmad and his wife Najama visited the Prime Hospital. There they were told that the entire expenditure for the abortion and treatment would be around Rs. 4000 to Rs. 4500. He came back and again visited the SE and told that he would not be able to afford such expenses. Though his financial conditions were ok, he would not be able to raise so much money immediately. So SE asked him to come to the guidance centre to meet Dr. Nilesh (HMF program Dr). Accordingly on Monday he visited the office and he told his experience at the Prime hospital, to the doctor. Dr. Nilesh immediately called Sanjivani Hospital at Charkop and the response was good.

Dr. Nilesh gave him a referral letter, in the referral letter he described his financial conditions and asked him to go immediately to Sanjivani Hospital. Mr Noor Mohmad and his family immediately went there her wife was admitted Najama and they got a concession and saved Rs. 1700. He was very happy due to this and told all the others that the health related work that is carried out in NSVK is very good because, thanks to this program you can have proper advice and guidance and saves money.

Kanchan – Ambojvadi SE- NSVK