IDEX

Program for Global Impact 2013: Goa, India

“To spread awareness on health care and provide medical services among the deprived section of the community”

The main objectives of this project are as below.

- To increase knowledge about low cost healthy food.
- To help slum dweller for their better health and provide health related awareness and education.
- To make communities aware of basic sanitation & proper disposal of garbage.

Introduction of Goa:

Goa is India's smallest state by area and the fourth smallest by population. Located in Western part of India in the region known as the Konkan, it is bounded by the state of Maharashtra in the north and by Karnataka in the east and south, while the Arabian Sea forms its western coast. Panaji is the capital of Goa, while Vasco de Gama is the largest city. The historic city of Margao still exhibits the cultural influence of the Portuguese, who first landed in the early 16th century as merchants and afterwards conquered it. The Portuguese overseas territory in India existed for about 450 years until it was annexed / liberated by India in 1961.

Goa is the state with the highest proportion of urban population (49.76%). The sex ratio is 968 females to 1000 males. Goa also is the state with lowest proportion of Scheduled Tribes at 0.04%. The literacy rate of Goa is 75.51%: male 83.6% and female 67.1%.

Margao is the area this project will work in. It is the second largest city by population and the commercial / cultural capital of Goa. Margao has a population of 78,393. In Margao, 11% of the population is under 6 years of age. Magorda is a small village which is 7km from Margao, where the communities hold a mixed population. Among them most are below the poverty line and are deprived of basic health facilities. As they are self employed either in small shops or they work as daily laborers. Since Goa is a tourist destination the business depends on seasons. During the off season they have to struggle for their livelihood as they don’t have any alternative.
*Background:*

Goa has a flourishing tourism industry; but its social condition is as similar to any other Indian place. Since Portuguese times, there are two classes of people in Goa, one is Zameendar (the landowners and rich) & other is Tenant (who still are poor and work as laborers on farms). Goa also has a large number of migrants who live in slums. Alcoholism is a major problem in Goa which directly affects women and children, especially in these slum areas. Women have to take care of multiple responsibilities. On the one hand they have to struggle for bread and butter and on the other hand they have the responsibility of their family and children. This struggle seriously impacts their self-esteem. Excess work and health negligence effects their health & children and in surrounding beaches there are too many slums from migrated communities who live their life on little income. These communities are of fishermen and net weavers.

People living in the slums have little access to education, healthcare and security. Daily hardships in slum life includes finding food to feed a family, fighting infection (poor health is a chronic problem for the community) caused by poor sanitation, alcoholism etc. Among these the women and child health care is given less importance due to lack of knowledge & awareness about medical facilities that the local government runs for them.

The main illnesses to affect slum life include measles, conjunctivitis, colds and flu, malaria and diarrhea.

From the above mentioned description we can summarize a few points which are as follows:

- Lack of knowledge to access government schemes for free health facilities.
- Lack of basic sanitation in their surroundings.
- Lack of health education in community

With a strong belief in India’s native medical practices, many traditional people of the slums will refuse to go to doctors or hospitals and instead will visit the village local (not qualified) doctor.
Aim & objective of the project:

“To spread awareness on health care and medical services among the deprived section of community through volunteers”

The main objectives of this project are as below.

- To increase knowledge of low cost healthy food.
- To help slum dweller for their better health and health related awareness and education.
- To aware communities about basic sanitation & proper disposal of garbage.

Involvement of IDEX in Margao:

Margao is the second largest city by population and the commercial and cultural capital of the Indian state of Goa. Idex is working in Margao for social changes and community development through community based programs since 2006. The main concern areas where Idex is working is to provide help and assistance in primary education, health awareness, women empowerment sensitization and improvement of infrastructure by way of beautification of schools and day care centers. We utilize the skill, knowledge, time and energy of the national & international volunteers in this endeavor. Idex has actively provided volunteers to government primary schools; day cares centers (Anganwaris – provide food and early child education to poor & needy section children), mentally challenged children schools, community health centers, care center for HIV positive patient, old age homes, orphanage, computer classes, run informal schools for poor and drop out children and to the adolescent girls. Community visit, health camp are organized regularly as a part of the Idex program. we also conduct different awareness activities in Margao vicinity. The community has got benefit from Idex run programs as it is working in certain areas of social and development field for such a long time, it has brought certain level of changes in their life.
**Work Area:**

- Monte Hill Slum (Margao)
- Fishermen Community (Slum), Colva
- Net weavers Community (Slum)
- Monte Hill and Majorda Day Care Centers (Anganwaris)
- Orphanage, Colva

Note: Work Area will be decided upon the number of volunteers.

**Proposals:**

Volunteers will work for health awareness and organize medical camps.

1. **Health Awareness Activities:**

We propose to organize health awareness campaign through community visits, meetings, and organizing rallies etc.

- **Community Visit:** Door to Door visits will be arranged by the volunteers to motivate and aware people on different issues like health & hygiene, nutritious diet, vaccination, family planning, gender discrepancy, HIV, water borne diseases etc.

- **Rally:** Organizing a rally for HIV Aids awareness, in which the participants will be community people, children, volunteers and Idex staff. The preparation and publicity will be done well in advance for such drive by way of community visit and motivation by Idex representatives. The visitors will be carrying flags and banners with slogans on health issues in bold and attractive colors to catch the attention of the villagers.

- **Meetings with women’s:** The volunteers will be meeting with women folk, to provide basic and important information related to women health, which will include pregnant ladies, lactating mothers and DCC (Day Care Center) worker. They will also inform the women about healthy diet for their children and for themselves apart from giving them basic first aid information especially for pregnant women and lactating mothers.

- **Teaching healthy habits to the children:** The volunteers will be visiting primary schools where they can teach the children about healthy habits, which include hand washing, basic sanitation and brushing teeth twice in a day.
• **Infrastructure Development (Construction of Dustbin)**

There is big problem regarding the disposal of garbage as the local surrounding is lush green, so there is no proper place to dispose the garbage. We will propose to construct dustbins either in community or in schools. This will keep their surrounding neat and clean. It will develop healthy habits among the communities and children.

• **Importance of Green Vegetables : Kitchen Garden**

Last year, the students from Seattle College came to volunteer in Lalsot camp and the way they taught techniques of growing green vegetables in kitchen were outstanding.

Our purpose of adding this activity is to educate community that balance and hygienic diet is required for healthy life therefore we propose to develop a kitchen garden in the community which will help to have healthy diet to some extent. For this we have identified orphanage centers where we will develop kitchen garden in which they can grow fresh vegetables for daily use. It will serve two purposes one, they will be getting fresh vegetable and other, and that the children will learn to develop of their own. This will set an example for the villagers to develop their own kitchen gardens also. Most of the times fresh and hygienic vegetables are not available in the market hence developing a kitchen garden will provide fresh and healthy vegetables to the children/villagers.

• **Exhibition & Demonstration** on Low cost healthy food and cooking techniques.

We will organize an exhibition to teach them about notorious low cost food and the technique which preserve the nutritious value of food.

2. **Medical health camps:**

The medical camp will provide primary health services to those people who are underprivileged and not conscious about their health. In the health camps, attempt will be made to provide medicines for common diseases and serious cases will be referred for specialized treatment. Dental checkup, blood pressure checkup and eye checkup etc. will be part of this health camp. There will be a proper arrangement of chairs and table for doctors to sit and do the check up. Separate meetings and community visits will be part of these health camps.
Before the health camp proper preparation i.e. to invite community in medical camps, proper investigation about common diseases, meetings with community peoples, aware community in health & hygiene issue and there registration will be ensured.

We will also conduct vaccination and immunization health camp in slum community for the infant and children According to their age vaccination will be given to them. They will be also treated for common diseases.

We will end the program by education to community about the health services that government is running for them and ways to avail it for their benefits.

-----------------------------------