

Strengthening Healthcare Scenario at the Grassroots (Rajasthan, India)

Since its inception in 1983, CUTS has been undertaking various community-based action programmes at the grassroots due to its presence across several villages in Rajasthan. Our Centre at Chittorgarh is working in more than 500 villages in Chittorgarh and adjoining districts on the rights and responsibilities of rural consumers, particularly on reproductive and child health. Appended below is the list of some notable projects.

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Mother and Child Healthcare

The Mother and Child Healthcare Project was undertaken with the support of the Norwegian Agency for Development and Cooperation (NORAD) in 1993-1994. It was implemented in eight villages of Chittorgarh district. The objective was to generate awareness, particularly among women and their households on issues relating to mother and child's healthcare, family size and health services provided by the government agencies.

- *Trained traditional birth attendants and Anganwadi workers*
- *Enhanced awareness on health, atrocities, social evils through conducting awareness rallies and folk drama*
- *Raised awareness through conducting health fairs at the field level*
- *Awareness generated from 8 to 800 villages*
- *Formed self-help-groups to create participation of women*
- *Rehabilitated eye health patients and other disabled persons*
- *Opened Health Sub-centre in Netawalgarh Pachli to reach out to the community*
- *Opened Anganwadi Centre to provide mid-day meals*

<https://cuts-chd.org/mother-and-child-healthcare-project-mchp-1993-94/>



- *Utilise and deliver health services for the reduction in maternal mortality*
- *Improve maternal health care*
- *Ensure child healthcare*
- *Family welfare through multi-stakeholder involvement and action*

CUTS Selected as Mother NGO

CUTS has been selected as the MNGO for Chittorgarh and Bhilwara districts of Rajasthan under the 'Reproductive and Child Health (RCH)' scheme of the Department of Health and Family Welfare, GoI. CUTS CHD has been selected as the Mother NGO in the district. In the ninth five-year plan (1997-2002), the Department of Health and Family Welfare, Government of India introduced the Mother NGO under the RCH.



Women Health Development Project

This project was implemented in two phases, i.e., 1999-2000 and 2000-01. The Ministry of Health and Family Welfare (Government of India), New Delhi, the WHO (South-East Asia Region), New Delhi provided support to the project. The objectives were to enable women to gain a better appreciation, improved negotiating skills, enhanced decision-making power, increased access to information and knowledge of health; improve their access to health services at the village and institutional levels and water and sanitation facilities; and sensitise the related government department officials at the state and district levels and ensure a better response from the administration regarding the services.



- *Improvement in the health status, negotiation skills and decision-making power of rural women*
- *Qualitative and quantitative improvement in the accessibility and availability of government health care services*
- *Establishment of health-service forums, drug depots, etc., at the village level*
- *Constitution of village health committees*

<https://cuts-chd.org/women-health-development-project-whd/>

Youth Health Programme

It aims to prevent sexually transmitted diseases (STD) and HIV/AIDS, increased knowledge and demand for contraception, birth spacing, etc. This project was implemented in the urban slums of the Bhilwara City supported by CARE India in the year 2001-2002. The project aims to eradicate misconceptions regarding HIV/AIDS and educate about good and healthy living.

<https://cuts-chd.org/chayan-youth-programme/>



Adolescent Girls Health Programme

The United Nations Population Fund (UNFPA) supported 'Integrated Population Development' project for 'adolescent girls' was initiated in the Banera block of Bhilwara district from 2000-2003 in association with the District Women and Child Development Department. The objectives of the project were to:



- facilitation of the 'availability of RCH services in the rural & inaccessible areas
- prevention of Reproductive Tract Infections (RTIs)
- decision-making ability of women in family planning

<https://cuts-chd.org/adolescent-girls-health-programme-integrated-population-development-project-2000-01-1st-phase/>

<https://cuts-chd.org/adolescent-girls-health-programme-integrated-population-development-project-2002-03-2nd-phase/>

Empowerment on Emergency Obstetric Care Services

The project, supported by the District RCH Society, Chittorgarh, in 2002-2003 aimed to bridge the gap between government activities and community needs through NGO interventions. Broadly, the main objective was to initiate awareness generation, information dissemination and advocacy activities for



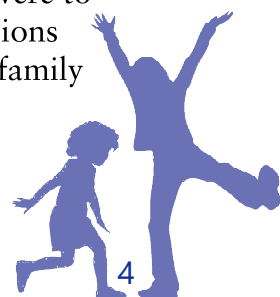
safe motherhood practices by encouraging participatory processes of education and mobilisation of the community.

- Increased usage of 'referral transport' facility and timely availability of 'money' for transportation of pregnant women to health institutions, even from sources other than the 'referral transport' facility (e.g., SHG fund)
- Enhanced knowledge regarding obstetric complications
- Timely referral of cases involving obstetric complications
- Improved interaction with the government health personnel
- Better importance to 'own health' by women

<https://cuts-chd.org/community-empowerment-to-avail-emergency-obstetric-care-beoc-services-2002/>

Reproductive and Child Health Services

This project was undertaken with the support of the Rajasthan Voluntary Health Association, Jaipur, and Health and Family Welfare Ministry during April 2005-March 2006. The objectives were to empower women to make self-decisions related to health and nutrition and family planning; ensure safe motherhood; sensitise male family members to



reproductive and child health issues; and ensure the efficiency of maternity services.

- Women and girls started participating in village meetings
- Demand generated for contraceptives
- Vaccines of tetanus toxoid increased during pregnancy
- Efficiency in governmental services increased
- Mentality of people changed regarding family planning

<https://cuts-chd.org/reproductive-and-child-health-project/>

Jan Mangal Couple Training Programme

The Department of Health and Family Welfare, Government of Rajasthan, started programme for population stability and reduction of maternal and child death ratio. The primary responsibility of Jan Mangal couples is to motivate eligible couples to adopt family planning methods for small families and provide temporary family planning methods to them as per their requirements.

- 325 couples (Jan Mangal Joda) were trained in 15 batches in 11 blocks of Chittorgarh district
- Enhanced knowledge about reproductive and child health
- Increased awareness regarding family planning methods
- Sensitised on safe motherhood and abortion

<https://cuts-chd.org/jan-mangal-couple-training-programme/>

Sexual and Reproductive Health Initiative

With the vision of dealing with adolescents' reproductive and sexual health problems through youth forums, CUTS CHD joined Seva Mandir with other NGOs for the Sexual and



Reproductive Health Initiative for Joint Action Network – Youth Reproductive and Sexual Health Rights (SRIJAN-YRSHR) network in Rajasthan. Through the SRIJAN-YRSHR network programme, the Centre put efforts to build the constituencies and capacities of the rural youth to build a questioning society. The programme created a network for youths in five villages of Banera block of Bhilwara district.

- During the Balika Pravesch Utsav (girl child admission ceremony, a week declared by the GoR to bring drop out girl child back to the school), youths have helped 10 girls back to schools
- Continuous interaction with parents, teachers and village elders has helped them get sensitised towards youth health problems
- Build the capacity of CUTS' staff and local youth representatives on adolescent and youth health issues
- Created an enabling environment for youth and has been instrumental in educating them on reproductive and sexual health problems
- Youths of other villages have started approaching CUTS to start similar initiatives

<https://cuts-chd.org/srijan-sexual-and-reproductive-health-initiative-for-joint-action-network/>



Rural Eyecare: Reaching the Unreached

The aim of the project, undertaken with the support of Sightsavers (Royal Commonwealth Society for Blind), was to raise awareness, facilitate access of patients to eye camps and hospitals, provide training to health workers, extend support to base hospitals in planning or conducting camps, establish linkages with local stakeholders, organise networks and follow-ups of eye patients.

- *Eye screening camps were conducted where cataract patients were identified and later referred to the District Government Hospital for their eye surgeries*
- *A total of 972 eye surgeries was accomplished*
- *The training was provided to 800 Accredited Social Health Activists*



<https://cuts-chd.org/netra-vasant-rural-eye-health-project/>

Disabled People Social Inclusion Programme

‘Community Based Rehabilitation’ project aims to ensure the economic empowerment of people with disabilities, advocate for their rights and entitlements with the government, and develop a network of differently-abled people. Sight Savers India supported the project.

- *Gomabai Netralaya became a major referral centre for eye care services and regular outreach camps were organised in the project area*



- *District Education Department extended all possible support to the children*
- *District NGO forum: 38 registered NGOs covering 11 blocks are part of the forum nurtured by CUTS. CUTS office is the secretariat of the district forum*
- *Consumer resource centres promoted by CUTS are now registered as societies and taking forward consumer rights and other laws in the disability framework*
- *300 Women Self Help Groups formed become major stakeholders, ensuring that PwDs are included and supported by the group*
- *56 existing village-level children collectives (bal panchayats) spread in 12-gram panchayats contribute to this project*
- *State Award was given to the disabled by the Ministry of Social Justice and Empowerment, Rajasthan, for their excellent work in the disability area; and National Award by the President of India to the District Magistrate for doing outstanding work in creating a barrier-free environment for persons with disabilities (PwDs) in Chittorgarh*

<https://cuts-chd.org/chittorgarh-district-community-based-rehabilitation-cbr-programme/>



Giving Greater Voice to Poor Consumers

This project, supported by Consumer International, aims to promote safer and sustainable products among low-income consumers and, in turn, improve their health and wellbeing.



- Adequate demand is generated among the target low-income households for switching over to improved cookstoves, clean energy and detergent powder for livelihood development and domestic use

<https://cuts-cart.org/giving-the-poorest-consumers-greater-voice-in-india/>

Nourishing School Survey

Nourishing Schools is an innovative programme that aims to develop young changemakers who can take charge of their nutrition and their communities. It has been developed by Ashoka India's Health and Nutrition Initiative. The Nourishing Schools programme aims to prevent the vicious cycle of undernutrition from reinforcing itself, generation after generation.

A baseline survey was conducted to roll out the Nourishing Schools programme (2018-19). Several encouraging results were observed through this assessment and shared with education departments for future courses of action

<https://cuts-chd.org/nourishing-schools-survey/>

Strengthening Village Health Committees

Under the National Rural Health Mission, Village Health and Sanitation Committees (VHSCs) in the year 2010-2011 has facilitated addressing the health needs of the entire village with the help of health providers and institutions. With the support of the Department of Health and Family Welfare, the Government of Rajasthan organised VHSC trainings in Chittorgarh and Pratapgarh districts.

- 1540 and 827 VHSCs were trained in Chittorgarh and Pratapgarh districts
- 8220 and 4838 persons were trained in 11 blocks of Chittorgarh; and five blocks of Pratapgarh districts
- Increased community participation in developing Village Health Plan
- Improved accessibility of healthcare services

<https://cuts-chd.org/village-health-sanitation-committees-training-programme/>

Safe Food Practices

With support from the Food Safety and Standards

Authority of India (FSSAI),

CUTS has implemented a national campaign named 'Eat Right India.' 'Eat Healthy' component includes reducing High Fat, Sugar and Salt (HFSS), the importance of a balanced diet and physical activity, whereas 'Eat Safe' includes safe food practices and food adulteration issues.

The initiative will aim to create a model of behaviour change communication regarding good food hygiene, preventing food-borne illness, diarrhoea and promoting a healthy lifestyle among communities in selected gram panchayats in the Chittorgarh and Bhilwara districts of Rajasthan, India.

<https://cuts-cart.org/safe-food-practices-in-rajasthan/>



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