



# NEWSLETTER

TAMILNADU

APRIL - JUNE 2019

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# HIGHLIGHTS



A summary of activities of this quarter



## ACTIVITIES DONE SO FAR

In the quarter Apr.-Jun.'2019, we focused our core activities in 28 districts of Tamil Nadu. Our district coordinators emphasized on Identified Referrals, Awareness Training, Kitchen Garden, Cleaning Activities, Volunteers' Identification, Village Health Survey, Farmers' Training Programs, Referral Medical Camps & Gram Sabha participation among other activities.



# AWARENESS TRAINING

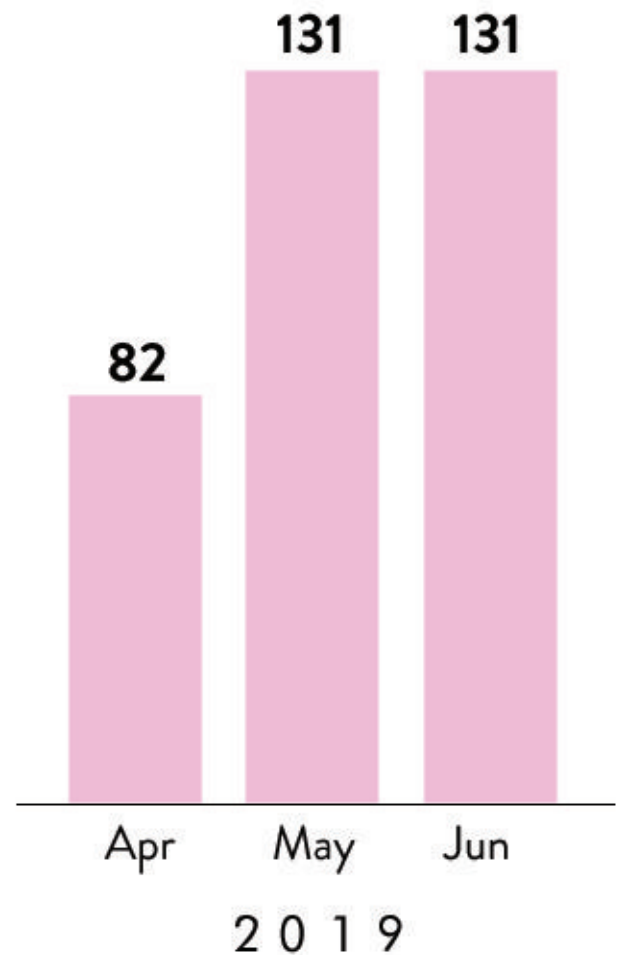


## MATERNAL CHILD HEALTH TRAINING PROGRAM

We conducted the Training for ANC Mothers, ICDS Teachers, College Students, School Children, students of Nehru Yuva Kendra and the general public. In these training programs, the following topics were covered

- Govt. Schemes – 108, 104
- CM Insurance Schemes
- Food & Nutrition
- Kitchen Garden

Around 10448 people attended 344 such training programs in 28 districts in Tamil Nadu.

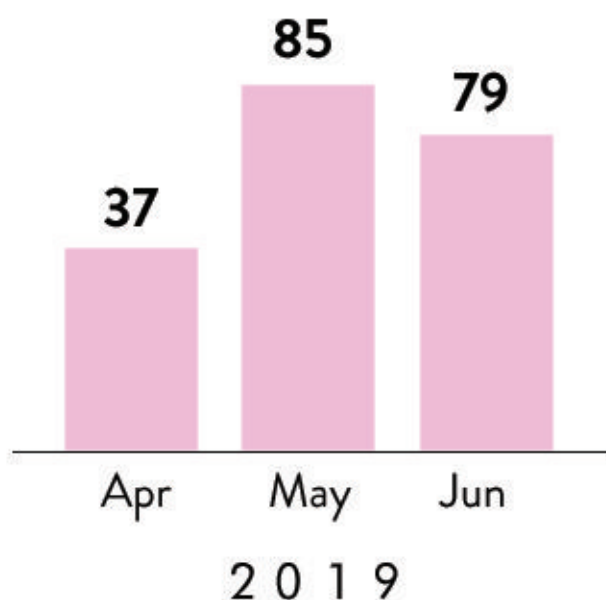




# KITCHEN GARDENING

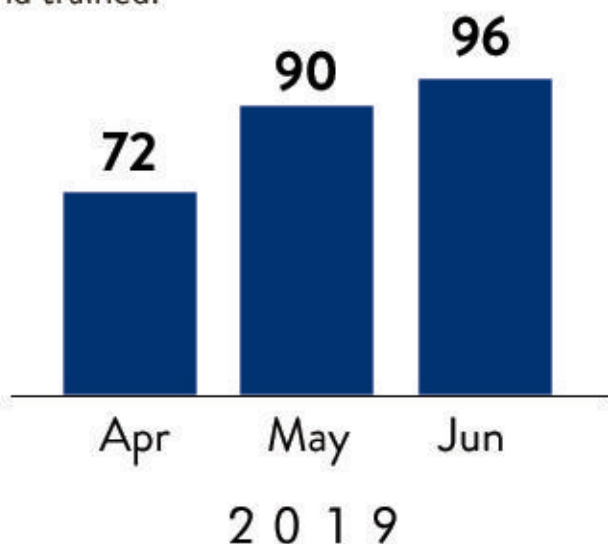
## ICDS CENTRE AND SCHOOL

We started Kitchen Gardens & Herbal Gardens in the ICDS Centres and Schools across 28 districts in Tamil Nadu. This was possible with the support of ICDS Teachers, School Children & volunteers. Around 615 people participated in this project taking shape in 201 places.



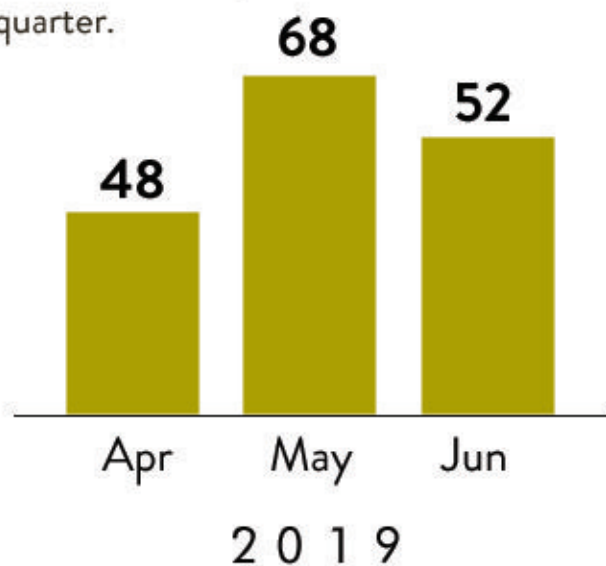
## VOLUNTEER IDENTIFICATION

During the panchayat visit, our District Coordinators identified the interested local volunteers village-wise in all the districts. They then engaged these volunteers in the health and other social activities in their villages and empowered their health knowledge also. In this quarter, 258 volunteers were identified and trained.



## VILLAGE HEALTH SURVEY

During the panchayat visit, the District Coordinators also collected the data to understand the concern and gaps in the basic requirements in panchayats /district wise. 164 villages were covered in this quarter.



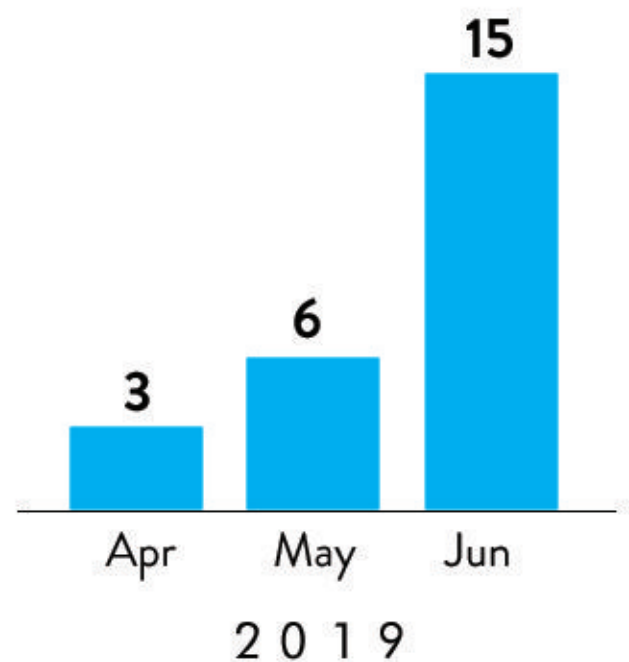
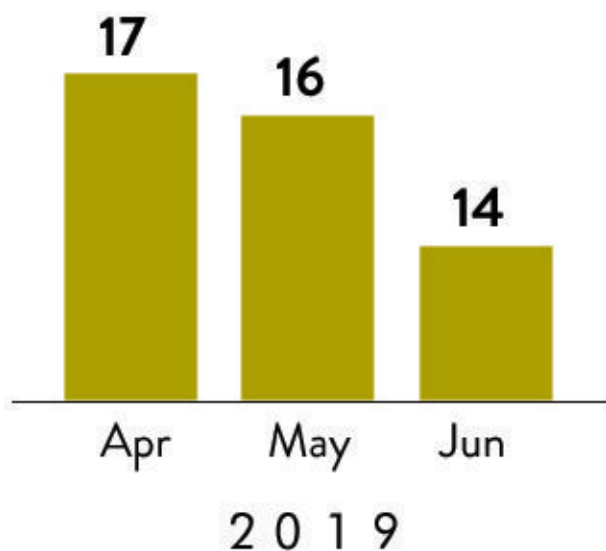
## MEDICAL REFERRAL CAMP

A medical camp was organized for children with Cleft Lip, Palate, Tongue- tie, and Speech Delay problems in DEIC, Trichy Medical College and Hospital. The screening was done by Meenakshi Mission Hospital with the support of DEIC Doctors. A total of 91 children participated in the camp. The doctors referred 38 Cleft lip palate & tongue- tie children.



## FARMERS TRAINING

This project intends to change the concept of Natural farming for all the farmers in Tamil Nadu. In this quarter, we conducted the training program for farmers. During the training the following topics were covered - Natural Farming, Muti Corps System, Water Conservation. Training was given district wise by local farmers. A total of 316 people participated in 14 places in 4 Zones in different districts.





## DISTRICT COORDINATORS & ZONAL OFFICERS TRAINING

Conducted every two months, this is a training program for the DCOs and Zonal Officers. In this quarter, we conducted the Ekam Sustainable Wellbeing Initiative Model for DCOs and ZO from 29th April to 3rd May' 19 and from 25th June to 29th June' 19.

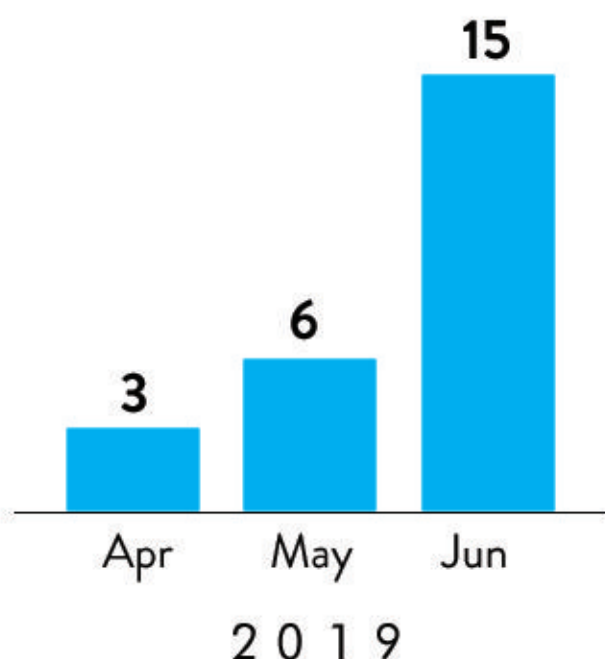
Few of the specific objectives of the training workshop are given below:



1. Refresh participants' knowledge about SWBI model and their basic concept, indicators and approaches into the community.
2. Refresh the Change Management Workshop for Action Reflection Action in the SWBI.
3. Refresh the Child & Mother Health Training for well-being concern into the SWBI Model.
4. To give the basic concept of AYUSH Training.

## E-NETZWERK PROGRAM

E- Netzwerk is an event organizes by Ekam foundation to build a support group in the community. The support group involves families of the children who were benefitted by Ekam, the local donors, pediatricians and the children who are waiting for treatment. The support group will be responsible to take ownership for developing healthy community.





This month, a Training program was conducted from 3rd June 2019 to 7th June 2019 at Sri Ramakrishna Math Vivekananda Centenary Girls Higher Secondary School, Mint, Chennai and from 11th June 2019 to 14th June 2019 at Sri Ramakrishna Mission Sarada Vidyalaya Girls' Higher Secondary School, T. Nagar under the name of HEALTH AWARENESS TRAINING OF GIR ADOLESCENT STUDENTS ON ADOLESCENT HEALTH & HYGIENE- based on Rashtriya Kishor Swasthya Karyakram (RKSK), an initiative by National Health Mission (NHM), Government of India in which around **120 adolescent girl** students had participated from VIII class of the former School and around **200 adolescent girl** students from the latter School.



# TRAINING OF ADOLESCENT GIRL STUDENTS ON ADOLESCENT HEALTH & HYGIENE

Funded by Rotary club of Madras east.  
Facilitated by Ekam Foundation









**Rashtriya Kishor Swasthya Karyakram**, which was rolled out under the National Health Mission (NHM), the flagship program of the Ministry of Health and Family Welfare, Government of India. This program offers a range of services for adolescents to be delivered through government hospitals/dispensaries and frontline health workers available in the community. It focuses on an **‘adolescent friendly’** approach and works to build the skills and capacities of adolescent girls and boys to resolve their health concerns. This is done through rights-based access to services of choice - information, counseling, preventive, curative and referral including referral for legal aid in case of violence. Through this program, adolescent girls were taught on **Nutrition, Sexual reproductive health, Non- communicable diseases, Substance misuse, Injuries and Violence (including gender-based violence) & Mental Health.**

# THANK YOU

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