

LOK BIRADARI PRAKALP, HOSPITAL



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As we start in 2024, we're really happy to keep helping our patients. There's a lot of exciting stuff happening with new projects and ideas on the way. We've just finished celebrating our 50th anniversary, and it's given us a real boost to work even better. We want to give a big shout-out to the tribal community, donors, and everyone else who's been a part of our journey. Your support means the world to us! We're hoping to meet more amazing people like you who can join us in making a difference. Thank you all so much for being with us and helping us out.

IMPORTANT STATISTICS AT A GLANCE (January to March -2024)

SR.NO	PATIENT CATEGORY	JAN-2024	FEB-2024	MAR-2024
1	General OPD	2868	2478	2167
2	Indoor Dept.	213	218	68
3	Ophthalmic Patients	555	408	187
4	Dental Patients	106	85	116
5	Malaria Patient	27	24	24
6	Tuberculosis Patients	3	6	2
7	Antenatal Cases	62	49	74





Communication Workshop for ASHA workers at Lok Biradari Prakalp Hospital, Hemalkasa

The two-day residential workshop organized at Lok Biradari Prakalp Hospital, Hemalkasa aimed to enhance the communication skills of ASHA workers from the Arewada Primary Health Center (PHC) in Bhamragad on 6th and 7th January 2024. The workshop focused on empowering these frontline health workers to effectively engage with the tribal community they serve. Dr. Anagha Amte led the team, ensuring a valuable learning experience for all participants. Approximately 30 ASHA workers and ASHA mobilizers were participated in the workshop. The workshop was thoughtfully designed, incorporating fun-filled activities to impart essential communication skills. Here are some key aspects covered during the sessions:



1. Interactive Sessions:

- Each session encouraged active participation and interaction among the participants.
- ASHA workers shared their experiences, challenges, and success stories, fostering a sense of community and mutual learning.

2. Effective Communication Techniques:

- Participants learned various strategies for clear and empathetic communication.
- Role-playing exercises helped them practice active listening, non-verbal cues, and building trust with community members.

3. Language Sensitivity:

- Given the diverse linguistic landscape, special attention was given to language proficiency.
- Mrs. Savita Madavi, a dedicated member of the LBPH nursing staff, conducted a session in Madia Language.
- She explained the process of pregnancy, prenatal care, and related health issues, ensuring that participants could communicate effectively with tribal women.

ASHA workers left the workshop equipped with practical tools to enhance their communication skills. The newfound knowledge will empower them to bridge gaps, build rapport, and provide better healthcare services within the tribal community. The success of this workshop lies in its holistic approach, combining theoretical learning with interactive activities. Dr. Anagha Amte's leadership and Mrs. Savita Madavi's language-specific session contributed significantly to its effectiveness. Interns from Azim Premji University, Bhopal and Symbiosis Institute, Pune also attended and helped in workshop. Dr. Aditya Burile facilitated the activities and ensured smooth functioning of the workshop. Lok Biradari Prakalp continues to be a beacon of community development, fostering positive change in the lives of tribal populations.



Sickle Cell Disease Awareness Session at Lok Biradari Ashram school

On 15th March 2024, an enlightening session on sickle cell disease awareness was conducted for the tribal students of Lok Biradari Ashrams school at Lok Biradari Prakalp, Hemalkasa. The session aimed to educate students about the causes, symptoms, prevention, and management of sickle cell disease, a prevalent health concern among tribal communities. The session was organized by Lok Biradari Prakalp Hospital in collaboration with the Indian Council of Medical Research-Centre for Research and Management of Haemoglobinopathies, Chandrapur.



Dr. Gavit and Dr. Burile began the session with an informative presentation outlining the basics of sickle cell disease, including its genetic basis, symptoms, and prevalence among tribal communities. To reinforce learning, interactive games were organized wherein students participated enthusiastically. Following the presentation and games, students were encouraged to ask questions and share their thoughts on the topic. This segment facilitated open dialogue, allowing students to clarify doubts, busted the misconceptions and deepen their understanding of sickle cell disease.

The success of the awareness session was made possible by the invaluable support of Lok Biradari Ashrams school staff & students. They ensured smooth conduct of the session. Their dedication and cooperation were instrumental in creating a conducive learning environment for the students. In conclusion, the sickle cell disease awareness session conducted for the tribal students of Lok Biradari Ashrams school proved to be highly beneficial. Through interactive and engaging activities, students not only gained knowledge about sickle cell disease but also learned practical ways to prevent and manage it.

The collaborative efforts of Dr. Gavit, Dr. Burile, school staff, and enthusiastic participation from students made the session a resounding success. Such initiatives play a crucial role in promoting health awareness and empowering tribal communities to lead healthier lives.



Dr. Gavit is providing guidance to students at Lok Biradari Ashram school on sickle cell disease.



The engaging gaming portrayal of sickle cell disease caught the attention of students.



Mind Talkies Film Festival- A mental health awareness initiative

The Mind Talkies Film Festival, held on 27th February 2024 at Lok Biradari Ashrams school Hemalkasa, was a remarkable initiative aimed at creating awareness about mental health. The festival was organized in collaboration with the Yumetta Foundation Assam and Lok Biradari Prakalp Hospital, Hemalkasa. This collective effort underscores the importance of addressing mental health issues as a community.

A dedicated mental health expert from the field Dr. Nilesh Mohite, an MD Psychiatrist from Tezpur, Assam, led the event along with his team. Their expertise and dedication contributed significantly to the success of the festival. The festival featured a series of short films that tackled relevant mental health topics. These films served as powerful tools for education and awareness.



Students had the opportunity to engage with the films, one by one. Topics such as addictions, stress, inferiority complexes, and attraction were explored. Following each film, interactive discussions were facilitated by the team. This allowed students and teachers to delve deeper into these usually taboo subjects.

Dr. Aditya Burile played a crucial role in coordinating the festival's activities. His commitment ensured a seamless experience for all participants. By shedding light on mental health through film and dialogue, the Mind Talkies Film Festival left a lasting impact on everyone involved.



INTERNSHIP REPORT: UNDERSTANDING TRIBAL HEALTHCARE AT LOK BIRADARI PRAKALP HOSPITAL HEMALKASA

Three students pursuing their Masters in Public Health from Azim Premji University (APU), Bhopal undertook a month-long internship at Lok Biradari Prakalp Hospital Hemalkasa. This internship aimed to provide the students with a comprehensive understanding of tribal culture, healthcare structures, and the ground-level challenges faced by the tribal community and healthcare workforce.

With consultation with APU team objectives of the internship period were set as -to understand the work culture of Lok Biradari Prakalp, a 50-year-old community-based organization, to gain insights into the healthcare delivery system in tribal areas, to assess the ground-level problems faced by the tribal community in accessing healthcare, to study the role of community health workers in delivering healthcare services, To explore the cultural aspects of the Madia-Gond tribe.

Activities Undertaken

1.Orientation and Immersion: The students spent initial days getting acquainted with the work culture and ethos of Lok Biradari Prakalp Hospital Hemalkasa. They familiarized themselves with the hospital's operations and interacted with its staff to understand their roles and responsibilities.



Interaction with Dr. Anagha Amte

2. Field Visits to Community Health Centers : The students visited various community health centers operated by Lok Biradari Prakalp. They observed the functioning of these centers and interacted with the community health workers to understand their daily routines and challenges.



Interaction with community health workers during health-centre visit

3.Participation in School Health Awareness Programme: The students actively participated in the School Health Awareness Programme organized by the hospital. They visited local schools and engaged with students to promote health awareness and hygiene practices.



Interns at School Health Awareness Programme (SHAPE)

4. Situational Analysis and Survey Preparation: Based on their observations and interactions, the students conducted a situational analysis to identify key healthcare issues prevalent in the tribal community. Subsequently, they designed household survey forms to gather data on healthcare utilization and health outcomes.

5. Village Survey: With the assistance of community health workers, the students conducted a village survey to collect data on healthcare access, utilization, and health status. This hands-on experience allowed them to gain practical insights into the healthcare challenges faced by the tribal population.



village survey

6. Exploration of Tribal Culture: The students attended a local tribal fair and participated in the 'Arogya-Jatra' organized by the hospital at Bejur village. They interacted with local tribal activists and social workers to learn more about the Madia-Gond tribe's cultural practices and beliefs.



Interns at Arogya-Jatra

7. Visits to Government Healthcare Structures: To gain a holistic understanding of the healthcare ecosystem in the region, the students visited government healthcare facilities in Bhamragad. They met with the staff at Rural Hospitals, Primary Healthcare Centers, and Sub-centers to learn about their roles and the challenges they face in delivering healthcare services to the tribal population.



Visit to government healthcare structure

8. Presentation of Experience: At the conclusion of the internship, the students presented their experiences and insights gathered during their stint at Lok Biradari Prakalp Hospital Hemalkasa. This provided an opportunity for reflection and sharing of learnings with peers and mentors.

The internship at Lok Biradari Prakalp Hospital Hemalkasa provided the students with invaluable exposure to the complexities of healthcare delivery in tribal areas. Through hands-on fieldwork, interactions with healthcare workers, and immersion in tribal culture, the students gained practical insights into the challenges and opportunities in improving healthcare access and outcomes for tribal communities. This experience not only enriched their academic learning but also equipped them with a deeper understanding of public health issues in resource-constrained settings.



School Health Awareness Programme Report (SHAPE) Jan 2024 to March 2024

‘Knowledge is the best pill & best vaccine’ Therefore Health education is important for improving health status of people in the tribal region like Bhamragad. Tribal Ashram schools & ZP Schools at villages provides a platform to give proper health education & helps to achieve Age appropriate sex education activity.



Hand washing demonstration by school kids & teachers Kids watching health education video in Madia



Dental check up with personal counselling

In 2016, Lok Biradari Prakalp Hospital started a health programme especially for school going children. It's named as SHAPE (School Health Awareness Programme). LBPs School Health Awareness Programme focuses on awareness of students and teachers about adolescent health, sex education, hygiene, menstrual health and addictions. For most of the Madia families it is their first generation who are attending the formal schools. Doctors from LBP conduct this programme. They guide about personal hygiene and good touch - bad touch to the students of 1st to 5th standard. For the students of 6th to 12th standard, focus is on adolescent health education and sex education.

It covers the scientific information about physical and mental changes in adolescents, human reproductive system, menstruation, nightfall, sexual reproduction, hazards of consanguineous marriages and early pregnancy, masturbation, difference between love and attraction, sexually transmitted diseases, methods of contraception etc.

Thorough oral health screening is done by dentist from our hospital along with personal counselling of students. Complete health & hygiene check-up is conducted & nail cutting is done to demonstrate kids how to maintain it at their home. Different tools of health education like videos, power point presentation, games, competition, Media short films, questionnaire, group discussions, puppet show, etc. are used in this programme. During this quarter from Jan to March 2024 we have conducted 41 School camps & reached out to 1378 students.



POYARKOTHI VILLAGE MEETING & HEALTH CHECK UP CAMP

A successful health check-up camp was conducted in Poyarkothi village on 8th January, 2024 after a village meeting. total 45 individuals undergone screening for general health complaints and oral health. Dr. Aditya Burile, along with the assistance of health worker Sudhakar Durwa and three interns from the Azim Premji University, Bhopal played a crucial role in coordinating the event.

During the camp, one severe anaemia patient, one Hernia, one neurofibroma patients were detected along with many cases of hypertension, hypotension with anaemia. Hernia patient called for a surgical camp scheduled for January. This proactive approach ensures timely intervention and necessary medical attention for the community, addressing both immediate health concerns and planning for future healthcare initiatives.



During the oral health screening at the Poyarkothi village health check-up camp, a concerning trend emerged as the majority of patients were found to have a tobacco-chewing habit. Many individuals exhibited dental issues, including teeth abrasions, periodontal lesions, and tobacco pouch lesions, which pose a potential risk of developing into cancer in the future.

In response to these findings, extensive counselling was provided to the patients, emphasizing the importance of addressing their tobacco-related habits and seeking timely dental care. A proactive step was taken for a patient with pathological migration of teeth, who was promptly counselled and urged to seek treatment at LBPH, Hemalkasa. This multi-faceted approach ensures not only immediate awareness and intervention but also long-term preventive measures to safeguard the oral health of the community.



Tribal girl with Severe anemia



Health check-up and counselling

'We are thankful to Infina and Kotak Mahindra team for their generous contribution with continuous assistance which is helping us to secure the financial stability. The organization is working for 50 years and will continue to work hard for benefits of tribal and other people in central India. Your support is greatly appreciated...!' - Team Lok Biradari Prakalp Hospital



Branch of Maharogi Sewa Samiti, Warora

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