

DREAM CATCHERS

JANSEVA – A UNIT OF SICW

VOL – I (APRIL – JUNE 2018)



Jan Seva is a Project of Society for Indian Children's Welfare. It was started in the summer of 2012. Its main initiative is to look into the needs of children from underprivileged homes and children with disabilities by providing them with facilities like nutritious mid-day meals, non-formal education and medical treatment. Jan Seva also takes keen interest in Adult Literacy Programmes and Vocational and Computer training programmes which are very popular amongst women and young girls who are school 'drop-outs' for economic and other reasons. Jan Seva also has a Community Health Programme for the welfare of the neighbouring community from where the children come to avail of the JS programmes.

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CELEBRATIONS

Jan Seva celebrated Rabindra Jayanti, 158th birth anniversary of Rabindranath Tagore on 9th May 2018. The recipient of the Nobel Prize for his book of poems, Gitanjali, Tagore was a great poet, novelist, philosopher, educationist and social reformer. The performance by the Jan Seva staff and the children was joyful!



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COMMUNITY HEALTH PROGRAMME (CHP)

- **TRAINING PROGRAMMES: HEALTH, HYGIENE AND SAFETY**
- **PARENTAL MEETING: AWARENESS OF CHILDHOOD DISEASES**
- **COMMUNITY AWARENESS PROGRAMMES**
 - **MENSTRUAL HYGIENE**
 - **PRE AND POST NATAL CARE**

❖ The Importance of Hand washing, Bathing and Bathroom Etiquette

The CHP team organised an in-house programme for around 200 children from the crèches, in small groups of 30-40 over six sessions.

Materials and methods

1. Demonstration of hand washing techniques
2. Gali Gali Sim Sim (adapted from Sesame Street) - a pictorial chart of using the bathroom appropriately.
3. Short story, Chamcham Basti ki Kahani, is a story set in an urban slum (basti). A flip chart, adapted from Sesame Street, is also about bathroom etiquette.

Meeting with the Parents

❖ Awareness of Childhood Diseases

Almost 200 parents attended these programmes organised for groups of 30-40 parents, mainly mothers, over six interactive Q and A sessions. Both pre and post training informal assessments were conducted. The topics comprised dealing with lice, eczema, insect bites, burns and wounds and the importance of taking anti-tetanus shots. These topics were selected as many of the children face difficulties regarding these issues.



Community Awareness Programme

❖ Menstrual Hygiene



The CHP Team visited an urban slum, Monobikash Field. Dr. Janak Hartnett and the team members highlighted Menstrual Health & Hygiene, and the use of sanitary napkins. It also included



health and hygiene education for adolescent girls and women and included vitally important information on safe disposal of sanitary towels/napkins, prevention of infection and the need to dispel myths about menstruation that exclude women from participating in religious and social rituals. Sanitary napkins and inner wear, iron tablets, cough mixtures, anti-inflammatory gels and vaginal tablets were distributed. Ladies with gynaecological problems were advised to visit the clinic at Jan Seva. There were 50 participants in all.

❖ Demonstration of Low Cost and Durable Sanitary Towels at Jan Seva



An awareness programme on menstrual hygiene was conducted by a visitor, Tasha in Jan Seva, with 25 parents whose children use the Creche. Tasha works in rural areas and brought pad holders and economical, washable cloth pads to



show the participants. She demonstrated effective use and care of these pads.

❖ Pre and Post natal care



The CHP team along with Dr. Hartnett went to visit the slum area of Rajdanga to talk about prenatal and post natal care and its importance.

Many women attended the meeting. The focus was on regular medical check-ups, healthy diet, immunisation,

rest and institutional delivery, rest, diet and safe and hygienic breast feeding. Medicines and ointments were distributed.



CRECHE AND ADULT EDUCATIONAL PROGRAMMES

1. CRECHE –SUCCESS STORIES
2. TRAINING PROGRAMMES – SUCCESS STORIES:
 - ADULT LITERACY
 - COMPUTER LITERACY
 - VOCATIONAL TRAINING
3. EDUCATIONAL TRIP – MOTHERS WAX MUSEUM

Crèche - Success Stories

Khusboo Kumari Das

- DOB: 20/04/2016 DOA: 9/03/2018
- Family Background: Mother: Domestic worker Father: Works in a mobile phone shop.

❖ Before Intervention:



Khusboo refused to eat anything and would not drink a drop of water in the crèche or in the playground. Even with love and attention the child refused a grain of rice during the lunch time. She threw away all the food that was given to her.

It was very unusual behaviour from a child from a disadvantaged socio-economic background.

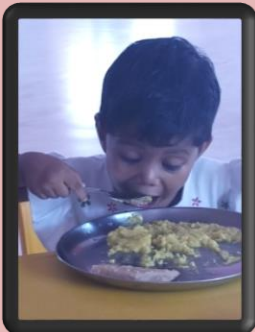


❖ Intervention:

The Pediatrician Dr Mary Acharya asked the mother if she had any idea why the child was behaving this way. The mother replied: *"I am not allowed to give solid food to the child till the age of five as instructed by the elders in the family; my child eats only milk and semolina the whole day".*

Dr Mary advised that all children are fed a 'normal' diet after six months of age and a diet chart for Khusboo to be followed at home was handed to the mother.

After Intervention:



The mother convinced her family that her daughter should be fed according to the doctor's advice.

Gradually, at the crèche, Khusboo started walking towards the feeding table, sat down with her food and ate - she loved the egg. The helpers and teachers were delighted. They started feeding her rice, dal (pulses), eggs, fish, chicken; milk, vegetables and a time came when the plate and bowls of food were eaten very soon!

Training Programmes: Success Stories

• Adult literacy programme

Rupa Halder(DOB: 05/11/1991)

❖ Before Joining the Course

Rupa is married with a 4 year old child and stays in a joint family. Her husband works as a driver and earns up to Rs 4000/- per month. She passed school 10 years ago and could not pursue further studies due to family problems. Thus, she got married at a very young age.



❖ Course Completion

Rupa scored well in the Adult Literacy Course and got a job of Sales Assistant at "Little Shop" in Acropolis Mall in Kolkata. Her duty hours are from 9am to 8 pm. She has started enjoying her work life. Her husband is very supportive.



➤ Computer Literacy Programme

Arpita Das(DOB: 20/05/1994)

❖ Before Joining the Course

Arpita Das lives with her parents. Her father is a salesman in the garment shop having a family income of Rs 7000/- only.

❖ Course Completion

After completing the Computer course she applied for jobs and got through the interview in a private company named "Intergraphics Corporation". She is working as a Data entry officer. She is earning a good salary that enables her to fulfil all her needs and responsibility towards her family.



Vocational Training

Mala Das (Birth Year: 1983)

❖ Before Joining the Course

Mala Das lives with her husband at her Tiljala home. Her daughter Puja completed her pre-schooling from Jan Seva and is studying in standard 2 in a Bengali medium school. Mala's husband is a physiotherapist but very



reluctant to go to work. Thus the family's income was very low.

❖ Course Completion



Mala did a tailoring course and afterwards, she started her own small business. She sold Indian dresses (salwar suits), dress material, bed covers and home decor items. She continued with her classes in stitching and learnt to make frocks, crèche uniforms, petticoats, nightwear, salwar suits etc. She even earns an income from Jan Seva by stitching uniforms for the children. She has now learnt how to manage her time with her different commitments both inside and outside her house. She takes care of her daughter and her family. She even takes order at home for alteration work and other tailoring jobs.

Educational Trip



On 11th April, five trainees from semi-urban areas visited Mother's Wax Museum Kolkata. The museum is named after Mother Teresa and contains wax figures of

Indian politicians, renowned cricketers, singers and film stars of both Hollywood and Bollywood. There are cartoon characters also. The trainees were spellbound!



UDAAN - SPECIAL NEEDS SECTION

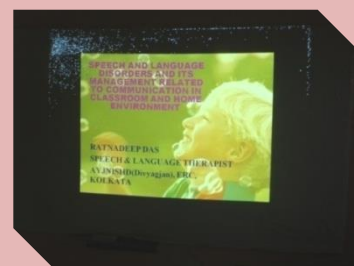
- **TRAINING PROGRAMME**
- **PARENT TEACHER MEETING**
- **VISUAL REPORT CARD**
- **ACHIEVERS OF UDAAN**

Training Programmes

❖ 'Speech and language disorder and its management'

- 16.05.18

Twelve parents, all keen learners, attended this training programme. Some special children in UDAAN are unable to communicate because of hearing and speech impairment; hence this workshop was an eye-opener for many parents. The Speech Therapist, Mr. Ratnadeep Das, ended his presentation by placing emphasis on chewing and swallowing which would develop the muscles of the jaw and mouth of the child and would facilitate speech.



❖ 'Childhood Disabilities' -A Staff Training Workshop by Asis K Ghosh and Arijit Ghosh, IICP - 19.06.18

The objective of this interesting and interactive workshop by a senior physiotherapist Asis Ghosh and a qualified social worker, Arijit Ghosh was to create awareness amongst all staff so they were able to identify children with disabilities in the crèche and report their observations to the staff at UDAAN.



Parent- teacher meeting (16.05.18)

Twelve parents attended this parent-teacher meeting and were explained the importance of punctuality. They were also urged to protect their children from abuse and were instructed to carry Identity Cards for security reasons.



Bi-Annual Visual Report Cards

These six-monthly pictorial report cards of the children in UDAAN are especially helpful for parents with low levels of literacy. They can now clearly comprehend the progress of their child in all domains



of development.

Achievers of UDAAN

Suman Adhikary (D.O.B-26.01.2011) has intellectual disabilities. He had major behavioural problems and was extremely restless. He is much calmer now and has even learnt single digit addition!



➤ **Deep Karmakar** (D.O.B: 23.04.12)



Deep has developmental delay and was admitted to Jan Seva crèche on 12.12.14. He was very nervous and an introvert and would not participate in any of the crèche activities. After his admission to UDAAN, Deep had improved in communication and socialization skills. His biggest achievement was getting admission to Grooming Valley School (English medium) in KG 1 from April, 2018.