

A unit of SICW, Jan Seva (Service to the Community) is a non-profit organization. Services include an Early Childhood Care and Education Centre (ECCEC) for underprivileged children between 2-6 years that provides free education, nutrition and health checkups. The 'Udaan' (Soaring High) Project offers similar services for children with disabilities and their families. Jan Seva also runs programmes like Computer Literacy and Vocational Training for the mothers and students who have dropped out of school. The aim is to empower young women and girls through self-employment. A **Community Health Programme (CHP)** is offered, the main aim of which is to protect and improve the health of the families in the community.



### JAN SEVA NEWS

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Jan Seva celebrated Rath Yatra 2019 with the children of both ECCEC and UDAAN. The teachers and the children enjoyed the day by pulling the chariot of Lord Jagannath stepping out with Balaram and Subhadra. These chariots/rath were made by the children. The children were involved in a craft making activity where their Rathes were displayed and gifts were given to those who participated in Rath making. This would encourage the children to take active part in art & craft.

On 19th July 2019 an Eye camp was organized at Jan Seva in collaboration with 'GKB Optical' Corporate Social Responsibility (CSR) activity, this was implemented as a project, namely "**Better Vision Program**" with SICW - Jan Seva, which included Eye Screening and Distribution of Free Spectacles to the target group who will need Vision Correction and who do not have the resources to buy spectacles.

These beneficiaries included the selected children of Jan Seva including UDAAN and ECCEC kids, patients from our Mother and Child clinic, students of the Vocational Training Program and Computer Literacy Program and lastly few selected staff of Jan Seva. 85 patients were seen in this camp.



On 14<sup>th</sup> August 2019, 73<sup>rd</sup> Indian Independence Day was celebrated by the children, students and staffs of Jan Seva. Children enacted and dressed as the different freedom fighters of our country. Some children took part in group dance and some recited patriotic poems. They also sang patriotic songs taught by the teachers. Each program was highly appreciated by the audience. Our SICW Board members were present along with our colleagues from SICW to grace the occasion.



On 5th September 2019 Jan Seva celebrated Teacher's Day with their Staff - Coordinators, Officers, Teachers, Special Educators, Helpers, and Support staffs. Dr. Hartnett one of our Board Members graced the occasion and handed over the gifts to all the staff and greeted them. All the staffs enjoyed the day by playing games, dancing with the music and a staff lunch was organised by the Organisation.

## COMMUNITY HEALTH PROGRAMME (CHP)

**Workshop on Dengue:** The workshop marked the beginning of a campaign that aims to raise awareness on dengue prevention, control and reach a large number of households. It targeted Early Childhood Care and Education centre (ECCE) Parents (1-6) urging them to adopt better practices in the community. The workshop was conducted by the Community Health Programme(CHP). Flash cards were used with easy-to-understand illustrations and messages telling them about dengue symptoms, how it spreads, and the lifecycle of a dengue mosquito and methods that can be used to prevent the spread.



**WORKSHOP ON POCSO AT SCHOOL LEVEL:** In collaboration with West Bengal Commission for protection of child rights (WBCPCR), CHP team conducted a one day workshop on 19/7/2019 on POCSO in Kasba Jagadish Vidyapith School (for Boys), Kolkata. The participants at the workshop included honourable Secretary of WBCPCR, Programme consultant of WBCPCR and law Consultant of WBCPCR and 2 representatives from JABALA Action Research Organization. A total of 58 students from class IX-XII and 39 participants including teachers, parents, staffs and team members received the session.

**Workshop on Fuel Conservation and Sustainability:** The CHP team collaborated with Petroleum Conservation Research Association (PCRA) under Ministry of Petroleum and Natural Gas and Mrs. Debarati Ray, a member of PCRA held a Domestic workshop on Energy conservation in Jan Seva on 13<sup>th</sup> September, 2019. The information was disseminated among 30 participants who were from the community. She discussed about fuel conservation and sustainability.





**Awareness on Hypertension:** The CHP team along with Dr. Hartnett organized a Hypertension awareness programme in Ward No. 107, Kolkata on 21<sup>st</sup> August 2019. The team took interviews and discussed about how to maintain normal blood pressure, the best foods to eat, exercises that can help protect their heart and ways to relieve stress. A total of 16 participants availed free blood pressure check up and learnt about a healthy lifestyle routine in the programme.

**Awareness on Pneumonia:** On 20<sup>th</sup> & 27<sup>th</sup> September, the CHP team organized an awareness programme in Jan Seva with 111 participants. In the Home survey data and ECCE clinic it has been observed that the children suffer from respiratory infections mainly Pneumonia. The team discussed about the causes, symptoms, effects of pneumonia and its treatment and precautions. A short term evaluation was done where 95% of parents answered correctly to the questions asked.



**HYGIENE HABITS FOR KIDS:** All ECCE children were taught the basic hygiene education of hand washing, bathing and bathroom etiquettes, sneezing, coughing and oral health care over the year. The awareness programme was conducted along with follow up session from Feb'19-Jul'19, with 200 children to make them aware of the hygienic practices which will help them in future.

### THE RISE OF THE DOMINATED SOUL

'LB' is a 19 year old female. She is one of the parents of ECCE centre. She wanted to learn Karate since childhood but due to financial instability and societal stigma, she had to give up her dream.

In the meantime she got married and wanted to help her husband in living expenses so she decided to join a stitching course, but the trainer of the course started harassing her sexually. She could not protest against him and spoke to her husband who concluded that she should leave the course and stay at home and take care of the baby as it is not safe for women to survive in the society. 'LB' lost all her confidence and left the course.

She came across 'Self defence workshop' organized by CHP team when her son was admitted to ECCE centre. She learnt self defence techniques which even boosted her confidence and she spoke about her problems. CHP team counselled her to stand against all the wrong doings and fight for her rights. She with the help of her husband complained against the perpetrator and also got motivated to join the vocational training course of Jan Seva. She is very much dedicated towards her training and she has vowed to teach her kid karate in future.



# 'Udaan' (Soaring High)-A COMMUNITY PROGRAM FOR CHILDREN WITH SPECIAL NEEDS

**Parent -Teacher Meeting (PTM) on 18<sup>th</sup> October, 2019:** The necessity and attendance of the quarterly meetings were explained, New Report Card introduced in 'Udaan' and explained to the parents. Importance of Disability, Manobik pension and Niramoy Medical Cards were explained to the new parents - R's and K's moms were happy with their progress. D's mom is trying for admission in an integrated school. Parents advised to positively influence their children at home and refrain from using fowl language which the children may pick up.



## 'Udaan' Achiever: P, 5+years of age

P is a special child with Cerebral Palsy, who had started attending the Udaan special unit at the age of 4 ½ yrs. She has shown considerable amount of improvement in motor and social skills and also academic skills, respectively. She is going to Indian Institute of Cerebral Palsy School from September, 2019. She was provided with necessary prosthetics, with the support of Pathways to Children, for which she is grateful to our funders.

## Physiotherapy

J is a child with Cerebral Palsy, aged 5 yrs. joined Udaan in January, 2018. She has improved a lot on attending our Physiotherapy sessions. She has been provided with cut-out special chair and special shoes. J has been main streamed into Indian Institute of Cerebral Palsy School from September, 2019. She has improved in motor skills and can now control her head and neck movements.



**Speech Therapy:** After 6 months of Speech and Language stimulations, 'A' has tried to utter words with much more clear articulation than before. He can use nearly 120 words. His drooling problems are decreasing gradually with some oro-motor exercises. He attends his Speech Therapy sessions joyfully.

## Twice a week Community 'Mother and Child' Clinics

329 patients were treated with free medicines between July and September 2019. This clinic of Dr.Hartnett is very popular in the neighbouring community and serves the mothers and their children with great dedication and love!



## Some glimpses of 'Udaan'



# EARLY CHILDHOOD CARE AND EDUCATION (ECCE)

Raksha Bandha was celebrated on 14<sup>th</sup> August 2019 where children tied Rakhi. The teachers helped the children and gifts were exchanged between them. Before this festival children were taught to make "Rakhi" with the help of their teachers and helpers.



On 16<sup>th</sup> September 2019, kite flying was organized for the children to celebrate Vishwakarma Puja. During this time of the year Kite flying takes place in the country. The children participated along with their teachers to fly the kites from the Jan Sava lawn.

The second assessment of Jan Seva for the academic year 2019 was held for the Early Childhood Care and Education Centre (ECCEC) students from 9<sup>th</sup> - 13<sup>th</sup> September. Almost 150 students appeared everyday for their assessments on English, Maths, Bengali/Hindi and Drawing. Before the assessment the syllabus was shared and discussed with the parents. Every parent was very conscious so that the child does not miss the midyear assessment



Abhijit Halder comes to Jan Sava ECCEC from Hope Foundation home. On 10<sup>th</sup> July 2019 he came to Jan Sava with a big deep cut inside his mouth. On enquiring we came to know that he has fallen from his bed at night and hit the table fan placed beside his bed. He sustained a sharp cut in the mouth from the metal clip attached to the fan. He was shown to Dr. Mary Acharya and was put on antibiotics and ointments. The child was put into rice and milk diet for the whole day as he was not being able to eat anything else. It took 10 days for the child to recover fully.

De-worming for all the ECCEC children is done once in every Quarter.  
Iron, Calcium and Vitamin is given to all the ECCEC children 4 times in a year.

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*We thank our sponsors - Pathways to Children and Amicale and individual donors; we thank Indian Institute of Cerebral Palsy (IICP) for technical assistance and guidance.*

*Check out our blog- <https://www.sicwforchildren.org/blog>*

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