

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. Vocational training like stitching garments is given to the community mothers. Computer literacy programme is offered to the community people and yearly exams are held for their progress. 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. The Mother and Child Clinic provides free medical treatment to community mothers and children.



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## JAN SEVA NEWS

Diwali, the festival of lights was celebrated with the children of Jan Seva on 28<sup>th</sup> Oct 2019. All our Board Members blessed the children with good wishes and sent sweets which were distributed amongst the children. Children were taught how to maintain safety while playing with crackers. Colourful Diyas and Rangoli were made by the teachers in the hall. Children had fun as they watched the fireworks displayed by the teachers.



Children's Day was celebrated on 14<sup>th</sup> November. Children at Jan Seva played with their favourite cartoon characters, and then assembled in the hall to watch a puppet show. The puppet show was a combination of fairy tales, with melodious songs which comprised of kids songs and nursery rhymes. The children were overwhelmed and they listened to the tales with enthusiasm. The day ended with distribution of chocolates for the children.

Jan Seva Staff Annual picnic was held on 27<sup>th</sup> Dec 2019 where all the staff of Jan Seva was taken to Ucchepota a beautiful place, about 6 kms from the office. Everyone enjoyed boat rides and played various games. This helped the staff to unwind themselves from their daily routine.

# COMMUNITY HEALTH PROGRAMME (CHP)

**CELEBRATING GLOBAL HANDWASHING DAY:** On 15<sup>th</sup> October, the CHP team celebrated Global hand washing day. The CHP team demonstrated the method of washing hands thoroughly with the Children of ECCEC. The method was demonstrated practically and through diagrams in flip charts. The CHP team discussed about the benefits of washing hands before and after eating meals, after using the toilet etc.



**Awareness Programme on Anaemia:** CHP team conducted an Awareness programme in ward No. 107 on Anaemia on 18/10/2019 where the numbers of participants were 20. In the programme CHP team showed a documentary movie showing the signs and symptoms of Anaemia and also its causes. The team discussed about the treatment and diet to overcome Anaemia and advised the participants to get a check up and blood test from the mother and child clinic of Jan Seva. In a short term evaluation there were 95% of participants who could answer correctly the questions that were asked.

## Awareness Programme on Diabetes:

The CHP team along with Dr. Hartnett, Programme administrator of the team organized an awareness programme on the topic of diabetes with 12 participants from Out Patient Department clinic (Mother and child). In the session blood sugar test was held with the participants. Out of 12, 6 participants had normal blood sugar level, 3 participant's blood sugar was very low due to lack of dietary intake and the remaining 3 participants had high blood sugar. Out of this 3 participants, 2 had no idea that they had high blood sugar, one of their measurement being 152 mg/dl and the other one 173 mg/dl. The participants were then advised to attend Dr. Hartnett's mother and child clinic for management and treatment. The team also shared a diet chart for the diabetic patients.



**Educational sessions on Child Health Problems:** CHP team organised an educational session on accidents, injuries and child care practices like management of lice, small burns, small cuts, maintaining cleanliness of the child etc. Total 150 participants were present. Team also made a First-Aid box with medicines required for cuts, wounds and burns. Leaflets were distributed for further knowledge.

**Getting to Zero:** CHP team organized a three days awareness campaign on HIV/AIDS in collaboration with WBSAPCS (West Bengal state AIDS Prevention & control society). On 2/12/2019 the CHP team tied 56 Red ribbons on all the staffs of Jan Seva Organization and distributed leaflets and posters to them. On 3/12/2019 CHP team organized a small session with the helpers of the Organization and explained about HIV/AIDS transmission by playing a game with them. On 4/12/2019 CHP team distributed leaflets, posters, condoms and red ribbons to 55 people in Ward NO. 107 and 108. In the 3 days we were able to reach out to 111 people.





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



**Parent –Teacher Meeting (PTM) on 20<sup>th</sup> December,2019:** 1.Importance of attending these parent-teacher meetings were discussed. 2. Parents were reminded to make Disability Cards for their respective wards in order to enjoy the various benefits connected to it. 3. Soumik's mother was advised to get an IQ test done for her son, as suggested by the Jan Seva Paediatrician 4. Health and hygiene of the children were discussed. 5. The new UDAAN Report card for the special children was explained to their respective mothers.

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

A, was admitted to 'Udaan' in June, 2017. He is a special child with Cerebral Palsy. He has shown great improvement in speech communication, socialization, academics and physiotherapy. He can now walk a few steps without any support. His mother will very soon seek admission in a special school run by Indian Institute of Cerebral Palsy for his further development and better future.



## Physiotherapy

A is 5+years of age and has tremendously improved in his movements with the help of regular physiotherapy sessions in Jan Seva. He has motor problems and delayed development and could not walk by himself a year ago. He can now walk independently and can also turn his body while walking. While sitting in his chair, he can stand up independently, without assistance, which he could not manage earlier.



## Speech Therapy.

After periodical 6 months of Speech and Language stimulations, 'A' tries to utter words with proper articulation, than before. She can recognize body parts successfully. Her drooling problems are decreasing gradually with oro-motor exercises. She enjoys her Speech Therapy sessions.



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

175 patients were treated with free medicines between October and December 2019. There were 4 Male patients and 171 Female patients in the last quarter of 2019. This clinic provides consultation and diagnosis to all patients who attend it, two times a week, throughout the year.

## Some glimpses of 'Udaan'



# EARLY CHILDHOOD CARE AND EDUCATION (ECCE)

In the last week of November all the ECCEC children appeared for their Final Assessment of 2019. The Project Coordinator and the teacher conducted a Parent Teacher Meeting to guide them for the assessment. The teachers tried to make the parents understand about the importance and the need for the child to be present for the final Assessment. Children were assessed on their reading, writing and speaking ability in English, Maths, Bengali/Hindi and Drawing. A total of 190 kids appeared for this final assessment from 25<sup>th</sup> to 28<sup>th</sup> Nov 2019.



114 children were admitted in Jan Seva in the year 2019.

26 forms were filled in from the parents who were interested in seeking admission at Jan Seva for the Academic session in 2020.



A Prize Distribution ceremony was held on 12<sup>th</sup> Dec 2019 where 18 kids were given prizes. The children who passed out received a gift pack from our guests. 73 students passed out from Jan Seva and got admission to mainstream schools. Out of 73 students, 57 children went into Bengali Medium schools, 5 into Hindi Medium and 11 children got admission in English Medium schools.

This quarter is the onset of winter season in India so the temperatures were fluctuating. Thus during this time 104 children suffered from cold, cough, asthma, fever and bronchitis. More than 160 patients in this quarter were checked up by Dr Mary Acharya, the paediatrician in Jan Seva. These children were treated at Jan Seva and were cured. On 22<sup>nd</sup> Oct 2019 and on 6<sup>th</sup> Nov 2019 De-worming medicines were given to 217 children.

On 12<sup>th</sup> Nov 2019 Pulse Polio eradication camp was organised in Jan seva with the collaboration Govt of West Bengal Health Department. 92 children below the age of 5 years were given the polio drops.

Ladies in our Vocational Training unit were regular in their classes. Students' uniform, stitching, knitting and Indian dresses were tailored by local ladies during this quarter. More than five students who were willing to learn and make a living for their family were admitted to the VT unit.

In this year 2019, 20 students attended the Computer Literacy Class for the Basic Course. 7 students passed out with very good results in the month of September 2019. Rest are yet to give their exam scheduled in 2020. Students are interested in applying for jobs and we are helping them to prepare for the interview sessions being held in the city.



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