

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. The Community Health Programme (CHP) aims to protect and improve the health of the families in the community. The Mother and Child Clinic provides free medical treatment to mothers, children and women from the geriatric group.

### NEWS AT A GLANCE

#### January 2020

On 4<sup>th</sup> January, 2020 a dental camp was held by visiting doctors, who accompanied the Pathways to Children Group, from USA. They were assisted



by an Indian dentist in Kolkata, namely, Dr. Meenakshi Pyne. The beneficiaries of this two day programme were the children from ECCEC and UDAAN. Of the 141 children who were checked up in the dental camp, 47 were detected with dental problems. An awareness programme on dental hygiene was arranged for the parents of the ECCEC and Udaan children. As a special gesture, Pathways to Children also gifted blankets to the parents.



On 9<sup>th</sup> January 2020, Seminararians from Pathways USA, spend a day with the ECCEC and Udaan children. They sang, danced and played outdoors with the children for three hours. There was plenty of positivity, laughter and chatter of children having a good time.



Saraswati Puja was celebrated on 29<sup>th</sup> January. Goddess Saraswati is worshiped as Goddess of knowledge, music, art, speech, wisdom and learning. Children of UDAAN and ECCEC sat together to participate in the puja proceedings. It was a day of celebration and the children were allowed to wear their colourful dresses. Many children attended the ceremony and enjoyed a delicious vegetarian meal. As always, our colleagues from SICW also attended this program. Our Chairperson Ms. Jyoti Bhatia,



Treasurer Mr. Pessi Dadina and other Board members also graced the occasion and spent some time with the children.

## February 2020

Immunization program with the children of ECCEC and UDAAN was conducted by Dr. Mary Acharya in the crèche clinic. Typhoid vaccines were given to 110 ECCEC children and 6 Udaan children.

## March 2020

Sports Day was celebrated with the children of ECCEC and UDAAN on 2<sup>nd</sup> March, 2020. Various events were organized for the children and who enjoyed taking part in activities like: Chocolate race, Orange Race, Arithmetic Race, Go as you like etc. 123 children participated in this event. Prizes were distributed by the Chairperson, Ms. Jyoti Bhatia and Board member Mrs. Sarita Dhir. Children were very enthusiastic and enjoyed themselves for a few hours under the sun.



On 6<sup>th</sup> March the children of ECCEC celebrated Holi in a different way. Instead of playing with powder colors, the children used flower petals to play with. This was a unique idea given to us by our Board members. Since the fear of Corona virus was in the air already, we took precautions and decided not to use the traditional color powders for Holi this year.

## May 2020

On 20<sup>th</sup> May, 2020 the city was badly hit by a cyclone called AMPHAN which left Kolkata in a devastated state. Homes of many staff members of Jan Seva were damaged. Many families of the crèche children also faced similar problems. There was an acute shortage of food and water and most places had no electricity after the cyclone. There was water logging in the streets and more than 3000 trees were uprooted in this storm. Many of our beneficiaries had a tough time. They, along with their families, were accommodated in local clubs arranged by the government as temporary shelters.



Food bags were distributed on 30<sup>th</sup> May 2020 to the families whose children are currently registered in Jan Seva. This wholesome grocery bag was meant not just for the children but for their families, too. These bags were prepared with the help of an organization called HUMANITY. They were distributed to the families of both ECCEC and UDAAN children. Parents were contacted in advance to collect the bags from Jan Seva premises. They were allotted date and time slots to avoid getting too many parents at the same time. Social distancing

was strictly maintained as the parents queued outside Jan Seva. Only parents were allowed to collect the bags with the Identity cards of their wards. The local police were informed about this distribution program. During that period there was partial lockdown in various containment zones





of the city. Each family received a bottle of sanitizer along with the grocery bag. The parents were given instructions regarding the use of the sanitizer.

## June 2020

The families, who were out of station during the grocery bag distribution in May, were allowed to receive them in the month of June. Special arrangements were made to maintain social distancing. Total numbers of bags distributed were as follows: ECCEC: 166 and Udaan: 13.

## July 2020



Grocery bag distribution took place again on 7th & 8th of July. It included the families of the ECCEC and UDAAN children. In all, 180 bags were distributed. This time we gave groceries in jute bags which were made from recycled items. The bag had the logo of SICW printed on it. Social distancing was strictly maintained and use of mask was mandatory. The local police was once again informed of the food bag distribution. This was necessary to keep away other people from entering Jan Seva.



(Compiled by Twisha Ganguli, ECCEC Coordinator)

# Community Health Programme (CHP)

## January 2020

**DENTAL CLINIC AND ORAL HYGIENE AWARENESS PROGRAM:** From 3<sup>rd</sup> to 4<sup>th</sup> January, 2020, a



dental Clinic was organized in Jan Seva where Dr.Sit Wong and Dr.Elise Sarvas, both dentists from USA were accompanied by 2 Indian dentists, who gave the children of ECCE and Udaan a routine dental checkup and provided dental kits. Based on this dental clinic, an awareness programme was organized for the parents by the CHP team in Jan Seva along with the team of visiting dentists. A total of 200



parents attended the session. The doctors demonstrated the proper method of brushing teeth and other information regarding oral hygiene.



**SELF DEFENCE WORKSHOP:** The CHP team had conducted the first activity of the year 2020 by organizing a self-defence workshop like they did in 2019. Women who were victims of domestic violence were given some counter measures that involved defending themselves from harm. WENLIDO Trainer Ms.Sumita Majumder from SWA-



**SHAKTI** was invited to guide all the participants regarding self-defense techniques. 3 students from the University Of Minnesota School Of Public Health also participated.

## February 2020

**CANCER AWARENESS PROGRAMME:** The CHP team along with Dr. Hartnett organized an in-house awareness program in collaboration with the **CANCER FOUNDATION INDIA** on 27<sup>th</sup> February, 2020. Mrs. Sutapa Biswas, Executive Director of CFI, with her team gave a presentation on cancer and its causes, treatments and precautions. They also demonstrated the methods of self examination for any breast lumps. They informed them about the free screening tests that take place in their organization's clinic. The CHP team had planned to send 125 participants to **CANCER FOUNDATION** Clinic for a free screening but it had to be postponed due to the COVID-19 lockdown.



**Hand washing, bathing and bathroom etiquettes:** All ECCE children were educated on the basic methods of hand washing, bathing and bathroom etiquette. Materials that were used in this programme included, flash cards, flip charts, pictorial charts etc. The children also enjoyed a story telling session organized by our team.

**Case study:** A 24 year-old lady who has a child studying in our ECCEC, went against her family and got married, but after few days of marriage her husband and in-laws began to abuse her, physically and mentally. She could not protest against them. She asked CHP for help and participated in the training organized by the CHP team on **SELF DEFENCE**. Later we had her liaise with **SWAYAM** that works with women facing domestic violence. She now gets all types of legal, medical and psychological support from them.

## March 2020

**AWARENESS ON NOVEL CORONA VIRUS (COVID-19):** The CHP team had conducted an awareness programme on COVID-19 and its impact, with the 150 parents of UDAAN and ECCEC. In a one hour-fifteen-minute session, the team raised awareness on the importance of the use of masks, sanitizer, maintaining social distancing and do's and don'ts in this situation. At the end of the session, all the participants were provided government helpline numbers for any type of emergency.



## April 2020

As a regular follow up measure the CHP team contacted the victims of domestic violence. Those who needed urgent help were counseled and referred to **SWAYAM**, an organization that specializes in this field. The CHP team works in collaboration with them for the community domestic violence cases. Follow up reports of the cases are maintained on a regular basis.



The CHP team has always laid emphasis on promoting health and hygiene in the community. Awareness programmes were held before the lockdown to demonstrate the technique of proper hand washing, maintaining proper hygiene and sanitation, sneezing-coughing safely, and so on. As the community areas where the CHP team work are very unhygienic and the people living there are

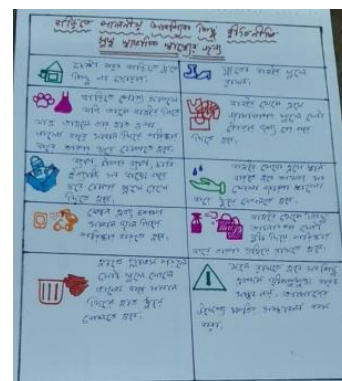


negligent about their health issues, the team produced an audio-visual aid on COVID-19, in which they explained the importance of keeping themselves safe during this pandemic.

As part of the video, Indrani Dey (Programme Coordinator) explained the importance of washing hands after coming home from outside, or touching any common objects like door knobs, cash – notes and coins, plastic bags etc. She also demonstrated the WHO authorized hand washing steps for them to follow and put



into practice. Debolina Roy (Public Health Officer) talked about the importance of wearing masks every time one steps outside, washing groceries thoroughly, and drying them in the sun to kill the germs. Tania Mukherjee (Documentation officer) explained how to keep their immune system strong with home remedies and proper diet and nutrition, as a strong immune system can help fight diseases. The video was in Bengali which is the mode of communication with the community mothers. A leaflet was also made with COVID-19 safety information in Bengali, with pictures for better understanding. This video and leaflet were shared with some community mothers who were told to spread this message amongst their neighbors so that many more would be aware of this.



## May 2020

A follow up session on the previous month's video on COVID-19 was conducted through online video calls



with some community mothers. Basic hygiene and sanitation related questions were asked. They had some queries which were answered by the team. They were asked to share the video with more community parents for further dissemination.



During the lockdown, the CHP team followed up on the cases of domestic violence. They found out that during lockdown there were many cases of mental and physical abuse due to their loss of jobs and lack of income. As the liquor shops were closed the

violence increased due to frustration. Even after the liquor shops reopened the violence continued. The severe cases were referred to SWAYAM for their help and counseling. The team also found out that the victims were getting some ration, sanitary napkins and medicines from SWAYAM.

## June 2020



In this pandemic situation when keeping our immune system strong was the main focus, the CHP team observed No Tobacco Day, as strong lungs and respiratory tract can keep the corona virus at bay. Chewing or smoking tobacco is very common in India and is responsible for the many cases of lung and oral cancer in a majority of India's population. Stressing the importance of a strong immune system CHP team along with Dr. Hartnett consulted the District Consultant and Psychologist of National

Tobacco Control Programme (NTCP) of West Bengal to talk about the harmful effects of tobacco and how it triggers our immune system and how corona virus is directly proportional to tobacco consumption. A video was put together in which Mrs. Kakoli Mukherjee (District consultant of NTCP, West Bengal) spoke about how smoking and chewing tobacco play a dangerous role. These habits increase the risk of breathing problems associated with lungs, one of the main symptoms of corona virus. Sharing the same cigarette among friends or colleagues is also harmful. Mr. Prodyumna Rakshit (Psychologist of NTCP, West Bengal) discussed how chain smokers can get rid of tobacco consumption by drinking 3-4 liters of water, removing matchsticks, lighters, cigarettes from one's sight, avoiding meeting with friends or colleagues or people who indulge in tobacco



consumption. He suggested that keeping mints or mouth fresheners as substitutes, eating vegetables and fruits, and having self-control and self-confidence would lead to reduction of tobacco consumption and increase of immunity. Debolina Roy (Public Health Officer of CHP) spoke about how tobacco consumption not only leads to oral or lung cancer but also stomach cancer, digestive issues, pancreas and gall bladder problems, cancer of lips, tongue and jaws. Mrs. Indrani Dey, explained that in every area there is a Tobacco Control Centre where an expert is available to guide or help one to get rid of addiction to tobacco. This video was shared among the community parents who, in their feedback, requested for many more such videos on different topics

in the near future. The team also shared some posters and leaflets regarding tobacco and COVID-19 with the community mothers.

## July 2020

As the lockdown continued throughout the month, it was found that the rate of domestic violence cases had increased. The physical and mental violence against women prompted the CHP team to put together a video on Domestic





Violence in collaboration with SWA-SHAKTI organization. “Let’s Fight and Rise Together” was an educative video for the victims of domestic violence. Ms. Sumita Mazumdar, a WENLIDO trainer urged the victims to stay safe, physically and mentally, from being abused and also motivated them to fight back in legitimate ways. A similar workshop on self-defence had been held in January 2020 demonstrating physical moves by which women could defend themselves against abusers. She reviewed the methods that she had explained during the workshop. She asked them never to fear and to believe in themselves, and to have the courage to overcome



obstacles they had to face. The video was specially made in Bengali to enable the target audience to easily understand. Their positive feedback indicated that they have found courage to fight back and protect themselves.

A follow up session was done regarding the videos that were shared among the community mothers, and they were asked to give their feedback. The feedback was collected mostly through telephone conversation as most parents do not use smart phones. Some mothers who had smart phones were asked to send in their videos giving their views. Some of the feedback that

was received is as follows:

1. Husbands of two community mothers were motivated with the video on tobacco and wish to get rid of the habit continue the process with the continued support of the team.
2. One parent said that after watching the video, her older son got scared that if he continued smoking he would face an additional risk of COVID 19.
3. One mother shared that her husband did not like the video of tobacco control, as according to him, smoking is the only source of enjoyment during the pandemic and hence he is not willing to give up this habit.
4. One parent commented that it was not always feasible to follow all the five steps of hand washing due to restricted time and water supply.
5. One parent said that some neighbors in their community did not wear masks and did not follow rules so they showed the video of hand washing to them which got them motivated.

The process of follow up is still in progress with the mothers in the community.



(Compiled by- Indrani Dey,CHP Coordinator)

## Udaan (Soaring High)

**January- March, 2020**

**Parent–Teacher Meeting (PTM) :** 1.An awareness meeting on oral hygiene for the students was organized in January, 2020 2.Guardians were informed about the measures for protection from COVID-19 at a meeting held on 13th March, 2020. The CHP team educated the parents about health and sanitization methods.





### **Udaan' Achiever: E, 8+years of age**

E, was admitted to 'Udaan' in July, 2016. He is a special child with Down's syndrome. He has shown great improvement in activities of daily living, communication, socialization, academics, speech and recreation. He loves attending school and he takes care of his peer group. He shows great interest in the game of cricket. He is a smart boy and enjoys his classes. His parents are very satisfied with all the intervention and guidance provided to him by his special educator, caregivers and speech therapist - for which they are grateful and happy.

### **Physiotherapy**

T is 7+years of age and was unable to stand without support when she joined UDAAN in 2018. But now, due to structured physiotherapy sessions, bi-weekly, she can now hold the grill and take 8-10 steps sideways, with her leg gaiters on. The 'UDAAN OPD Clinic' has many children from the community with motor problems who come from distant places and have improved with corrective postures, appropriate physiotherapy and suitable prosthetics.



### **Speech therapy.**

A is 7+years of age, with Autism Spectrum Disorder and was admitted to 'Udaan' in December, 2017. He was non-verbal with poor eye contact. Regular speech and language sessions have helped him to improve his communication skills. He is verbal and can respond using a few words. He is able to say his address with prompting.



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

199 patients were treated with free medicines between January and March 2020. There were 9 male patients and 190 female patients in the last quarter of 2019. This clinic provides consultation and diagnosis to all patients, twice a week, throughout the year. They are provided with medicines and their blood pressure and weight is checked. Blood sugar is also tested for those who require it. They pay a fee of Rs.20/-each. The community is grateful for the services this clinic provides.



### **April-July, 2020**

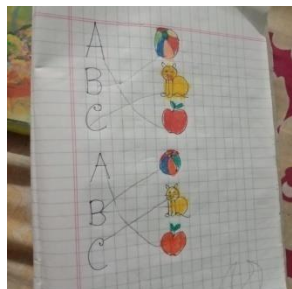


Due to the worldwide pandemic caused by the COVID -19 virus, regular schooling for the special children of 'UDAAN' could not be continued in Jan Seva from the middle of March.. To keep the children constructively pre-occupied in the comfort and safety of their homes, the special educators decided to initiate online classes via mobiles and smart phones with the guidance of the Program Administrator, Mrs.Sarita Dhir, from 13<sup>th</sup> May, 2020. With these online classes, it was also ensured that children would be connected and would not forget the activities which



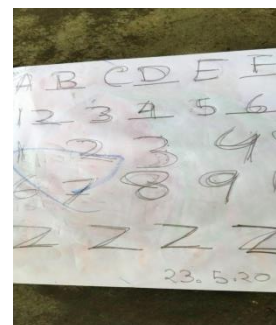


had been earlier taught to them, according to their individual disabilities and capabilities.



These online classes were **goal-oriented**, covering domains like communication, academics, behavior modification, art and craft and activities of daily living (ADL). The method used by the teachers were simple and could be easily comprehended by the guardians. The parents were taught and instructed by the educators, which they later taught their respective children. At times, worksheets were created by teachers, via which the child was taught. Computers and smart phones were also used by the teachers to show the

children photos of various articles to those children who were incapable of writing due to cerebral palsy. Questions were asked, rhymes were taught, etc via mobile phones. The parents were asked to maintain completed work sheets with dates of various assignments which would be later assessed and reviewed by the Educators, after the resumption of 'UDAAN' classes. Children are also continuing the appropriate exercises taught to them during the earlier physiotherapy sessions in Jan Seva, under the guidance of their parents. They are also participating in the daily activities of living, such as bathing, dressing, combing eating etc.



These online classes are a great success and the children are responding very well, under the guidance of their parents and teachers. Despite difficult times and network problems, both parents and teachers are relentlessly working very hard towards the development and progress of the special children. Unfortunately, we have been able to connect with only 14 out of 27 children due to the others not having facilities of a cell phone and internet connection.

- **Academic: Online classes-**1. Rote counting, number writing, before and after numbers, identification, addition, subtraction. 2. Alphabet identification, alphabet writing, word writing, meanings of words. 3. Colour and picture identification. 4. Names of days and months. 5. Matching and sorting.

11 students showed improvement in this area.



- **Social and Communication skills** 1. Childrens' communication skills developed with friends, teacher and relatives. 2. Children were taught to share their toys in a play way method. 12 students have improved in this.



- **Recreation :** 1. Udaan children are showing keen interest in block building, puzzles, rhymes with action, colouring, collage making, paper pasting, art and craft. 7 students showed improvement.

- **Behavioural Modification:** 1. The children have shown notable development in behaviour modification and many of them have become less aggressive. 2. They are very eager to return to school at the earliest and are quite restless. They are enjoying the virtual classes and interaction with the teachers.



All UDAAN parents were grateful for the bags of ration received by them from SICW at Jan Seva in the months of May and June. Most of them had not received any other form of aid from the government or local club in these past months. Medicines were provided on an emergency basis to the children who required them.



(Compiled by- Sumaya Gupta, Udaan Coordinator)

## Early Childhood Care and Education Centre (ECCEC)

### January 2020

On 21<sup>st</sup> January, 2020, Pulse Polio program took place in Jan Seva where 91 children below 5 years of age were administered polio drops by the health workers from the Government of West Bengal in collaboration with World Health Organization.



### March 2020

On 11<sup>th</sup> March, parent - teacher meeting was held to discuss the upcoming class assessments to be held in April for the ECCEC children. The discussion focused on the syllabus and progress of the child.



On 13<sup>th</sup> March 2020 children attended their classes as usual. But from 14<sup>th</sup> March, 2020 we suspended all classes in Jan Seva due to spread of COVID 19 in Kolkata. We decided to have a meeting with parents of the Jan Seva children on 16<sup>th</sup> March. This awareness session was conducted by CHP team on how to protect oneself from COVID-19.



Discussion was held on hygiene, sanitation, basic information of the virus, regular breathing exercises to build up a healthy stamina. Importance was stressed on staying at home as much as possible. The parents were divided into two groups so that social distancing could be practiced. We explained to the parents that we would keep in touch with them over phone. They too were told to contact us, if required.

### April 2020

The crèche parents were contacted to collect information about the family, the child, their health condition and whether the family has received any food ration from the government. Many of the parents had lost their jobs and were dependent on the rations being provided by the Government or by the local political party / local donors. Most of the families of the crèche parents faced hardship during this period.



## May 2020

**Fire Fighting Equipment** - the water pump was repaired due to leakage in the connecting pipe. This repair was given priority because this particular pipe is connected to the water tanks reserved for fire fighting. Work was completed satisfactorily.



## June 2020



Online classes for the crèche children started on 22<sup>nd</sup> June 2020. A thorough discussion was conducted between the Coordinator of the crèche, the class teachers and the parents of the children via mobile phones. The parents' willingness to help their children with the online classes was essential. Parents, who had a smart phone, were selected in the preliminary list. Rest of the children were taught over the phone on a one to one basis. The platform for online classes was WhatsApp through video calling. Parents were not aware about Zoom or Google meet. Many parents confessed that due to financial constraints they were unable to recharge their internet package. We started the online classes for ECCEC 4, 5 and 6 consisting of a total of 84 children. Each online class was scheduled for 25 minutes. Priority was given to the older children because they were being prepared for admission tests into various mainstream schools. Parents have shown immense support and interest in attending the online classes.



## July 2020

The installation work of the CCTV which had started before the lockdown was finally completed in the month of July. The entire building, both interior and exterior, has been covered with the CCTV cameras. A total of 46 cameras have been installed.



A portion of the lift in Jan Seva was damaged during cyclone Amphan. It was mostly the upper part of the exterior body and the terrace door that were damaged. Due to lockdown, the repair work was delayed and it was completed in the month of July.



## Vocational Training Programme

### January 2020 to Mid-March 2020

Come January and the Vocational Training Programme is booming with activity. It is the season for stitching new uniforms for the crèche children. The beneficiaries of this programme are the ladies from in and around Kasba area and the mothers of our crèche children. This year too as many as 350 to 400 uniforms were stitched between January



and Mid-March. In between stitching uniforms the ladies were also given to embroider towels and face napkin sets. This is in big demand and very often visitors to Jan Seva show an interest in these fancy items. Utility cloth-bags are also in demand. They are colorfully matched with stylish prints and motifs to enhance and give it a smart or even further, an up-market-feel. While making these bags the ladies learnt the art of colour combinations and quite a few of them gave their ideas which were used in designing the bags. Besides all this bibs and bed sheets were made for SICW in-house children. Very often just before a festival the ladies are encouraged to stitch for themselves a set of new clothes to wear on the special day. Here the Vocational Training teacher gave her ideas on fashion and the ladies were taught different types of designs from which they chose to make their new set to wear on the special day. This type of encouragement has a very positive reaction on the ladies in the Vocational training class.



## Computer Training Programme

**January 2020 to Mid-March 2020**

In this Programme the basic Computer Courses are taught. Our affiliation with NIIT DELHI was revived and the students were preparing to answer online exams. Unfortunately this will have to wait till the Pandemic is over and classes can be resumed. Thought was also given to train students in Tally and other courses that are much in demand.

On March 14th due to the spread of COVID-19, Jan Seva was closed till further notice from the West Bengal Govt.

(Compiled by- Twisha Ganguli, ECCEC Coordinator)

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