

Detailed Report

Activity- “Villagers Awareness Program (Deendayal Dham Nagla Chandrabhan Village)”

Scheme- Health Awareness

Organized by- Eshan Female Teachers & NSS Girls Students

Women are taught and expected to suffer in silence. If she is able to do that, she is considered a high value woman in the society. Hence, issues related to their health are always neglected, never spoken about. In rural India, it is worse than the cities. Many women have high risk pregnancies, which is a result of ignoring nutrition intake and subtle signs of complications. Anaemia and urinary tract infections (UTIs) are pretty much rampant among women here. However, they often avoid getting it treated and end up increasing their complications. Women are reluctant to go to faraway places for check-up even for severe problems. **“Villagers Awareness Program (Deendayal Dham Nagla Chandrabhan Village) on Women Health through talk & discussions with females of village”** was suggested and held by Eshan Female Teachers & NSS Girls Students under the scheme Health Awareness of Indian government.

They visited the village and encouraged women to come for a talk. Students tried to remove their hesitation and communicate in a simple manner. After which, the following points were highlighted-

- Strengthen them in a way where women not only pool their savings, discuss their daily chores but also talk about their health. Giving trainings at community level to selected women representatives can be very helpful.
- Second is to develop effective communications skills among the nurses and rural health organisers. They have knowledge but often lack skills to communicate with the women in a way that will help them to open up.

39 participants were present and made this programme successful. Stepping out and talking to these women boosted student morale as well, according to our Director Dr. Pankaj Sharma.

