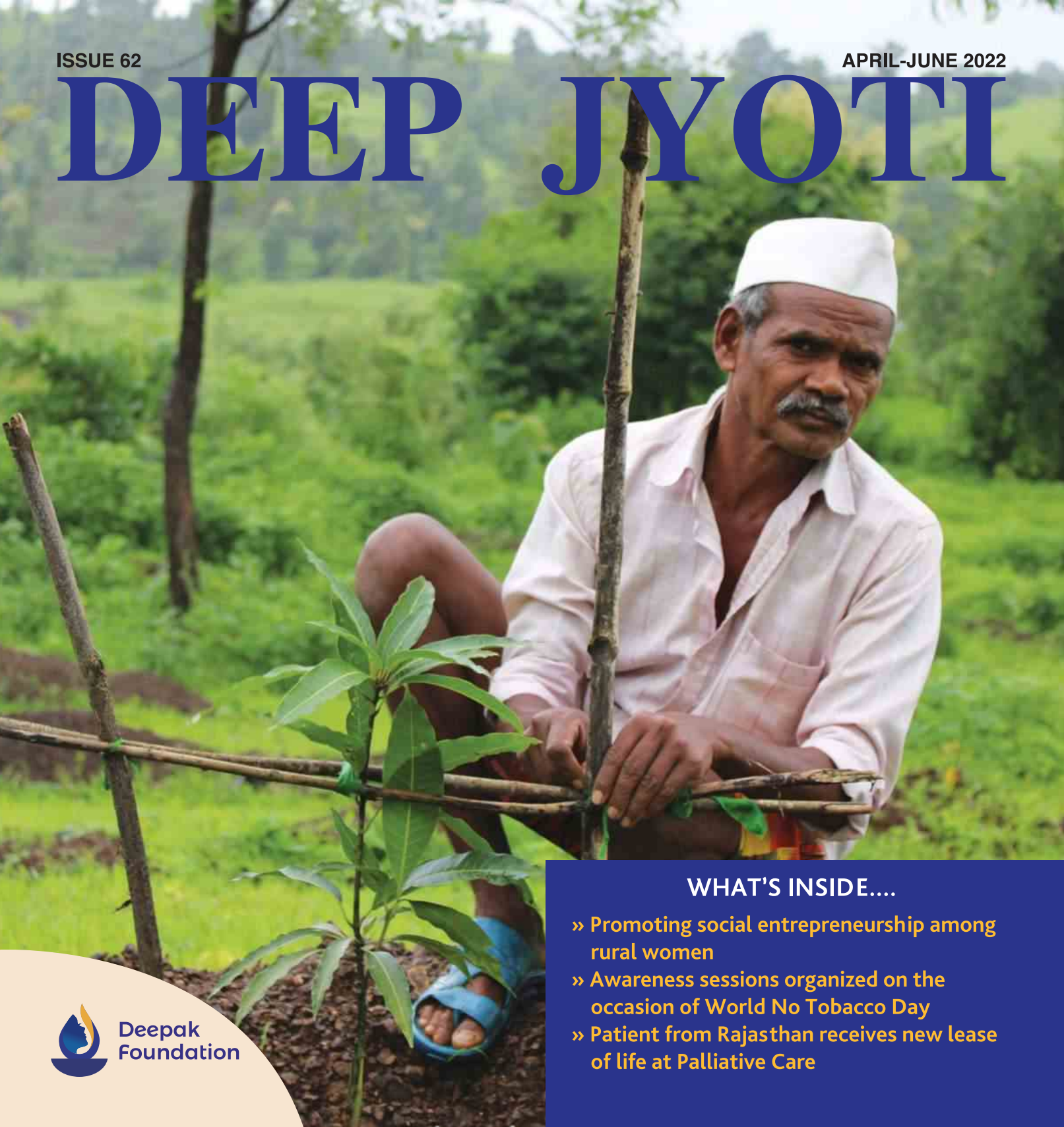


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# DEEP JYOTI



## WHAT'S INSIDE....

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- » Patient from Rajasthan receives new lease of life at Palliative Care



Deepak  
Foundation

## For the women, By the women: Promoting social entrepreneurship among rural women

Women play an integral role in the rural economy as farmers, wage earners and entrepreneurs. They also take responsibility for the well-being of the members of their families, including food provision and care for children and the elderly. With unpaid work, often includes collecting wood and water, they face constraints in engaging in economic activities because of gender-based discrimination and age-old social norms, unequal access to education, healthcare, property, and financial and other services.

Deepak Foundation believes in empowerment of women which also reduces migration to urban areas and also ensures economic upliftment of the rural community. The Foundation has always extended support to break the barriers of stereotypical unpaid role of taking care of household chores, animal husbandry and agriculture labour. Local women in Nandesari were mobilized to form Self-Help Groups to initiate savings. Currently, 130 Self-help groups are federated as the Deep Jyot Mahila Credit Cooperative Society with more than 2000 members. Apart from promoting savings and credit facility through the Cooperative, the women are trained to get themselves into income generation activities. Groups as well as individual entrepreneurship activities are promoted wherein more than 1000 women are engaged. Recently, considering the burning environment issues, a group of women are trained to make cloth bags and paper bags of different variety; as well as to cultivate and sale nursery plants. The average income of more than 1000 women involved in various activities is INR 6000 along with their routine farm, cattle care and household activities.

The Foundation also extends support to these members to display and sell their products through participation at various local, district, state and national level programs and events. Recently, their products were promoted at various events and programs under the aegis of in and around Nandesari area. The products were also displayed at the Bharuch and Vadodara Railway stations as part of One Station One Product. Indian Railways' concept of 'One Station One Product' aims to encourage indigenous and specialised products and crafts of the nation through providing display and sale outlets at railway stations across the country.





### Awareness sessions organized on the occasion of World No Tobacco Day

Substance abuse is on the rise in India. According to National Family Health Survey- Gujarat, the consumption of tobacco is higher in rural population as compared to urban population and more so among the menfolk. Tobacco consumption has dire consequences and hence, need to be addressed. Deepak Foundation runs a De-addiction Counseling Center in Nandesari since September 2020 to promote de-addiction. More than 1200 users are counseled every month through home visits by trained counselors in Nandesari, Fajalpur and Damapura villages of Vadodara (Rural) block of Vadodara district, Gujarat.

On the occasion of World No Tobacco Day, mass awareness program was organized at the Nandesari Industrial Association Hall on May 31. The chief guest was for the occasion was Dr. Nimisha Desai, Associate Professor, GMERS Medical College, Gotri, Vadodara and the guest of honor was Dilipbhai Parmar, Sarpanch of the Nandesari Village. More than 100 local industrial workers, community members participated in the program. Dr. Nimisha Desai addressed the gathering and provided useful tips to ensure de-addiction. The program culminated with all present pledging together to ensure de-addiction from tobacco.



### Vivek Vidya's intervention helps child to refocus on academics

In recent times, the use of smartphones had an equally negative impact on all young people, leading to poor concentration. This can also be extrapolated to individual's loneliness and enhancement or reduction in the sense of loneliness.

In a case study, Project Vivek Vidya's facilitator monitored and enhanced the ability of a girl Anjana (name changed) to concentrate on her regular learning, through Early Childhood Education (ECE) intervention. This was done by the facilitator through converting the use of smartphone to support the learning process, from a point of liability and hindrance to her studies. While her mother was busy in her daily domestic chores of her joint family, Anjana was provided with a smartphone to keep her preoccupied.

Initially it was difficult for the facilitator, to subsume Anjana for ECE interventions at her home due to the attention span reduction caused by continuous usage of smartphone. Anjana's parents were counselled by her for reduction of screen time exposure in daily routine. Simultaneously, small videos on vegetables, fruits and pronunciation to increase Anjana's useful effective screen time for education, were incorporated by the facilitator. It resulted in a positive response from Anjana. Not only did she respond to the facilitator's instructions and questions, but also eagerly waited to attend the forthcoming sessions.



## TB patient cured, gets a new lease of life

In August 2021, Ravishankar Kumar (name changed) complained of persistent cough and fever for over 15 days during his doctor's visit. Dr. V. K. Chaudhary suspected tuberculosis and prescribed a chest X-ray. The result confirmed the presence of Pulmonary Koch TB. He referred the patient for a sputum test i.e. AFB and CBNAAT.

The staff played a significant role in the patient's recovery through a multi-pronged intervention:

- **Facilitation of tests:** The staff contacted the patient and collected his sputum for the AFB and CBNAAT tests. His CBNAAT test report was "MTB positive and rifampicin resistance not detected."
- **Documentation:** The staff filled up the patient's treatment card and collected the required documents of the patient viz. a copy of bank details, Aadhar card, doctor's prescription, X-ray report, HIV-RBS reports under PHAs.
- **Initiating medications:** Adhering to the physician's advice, the staff started the patient on the 4 FDC Medicine course according to the weight-band of the patient.
- **Counsel:** The staff counselled the patient about the importance of continuing medications and doctor's visits, and educated him on adverse drug reactions like red urine, nausea etc. They also informed him that in case of severe symptoms, he needed to rush to the doctor's clinic without delay.
- **6-month follow up:** The team provided support and monitored the treatment regimen for the subsequent 6 months through visits, contact tracing, counselling of family members. Family members were educated on precautions to be followed to prevent contraction of TB from the patient.
- **Nutrition support from the government:** With the team's support, the patient enrolled in Nikshay Poshan Yojna, a government scheme that provides nutritional support to tuberculosis patients and mitigate malnutrition. For a period of 6 months, the patient received a monthly remittance of INR 500 as a direct bank transfer and this enabled him to access better quality nutrition and thereby facilitate a quicker recovery.

### Treatment Regimen:

- Ravishankar Kumar started medications on March 8, 2021 with 3 tablets per day for 56 days (two months) under Intensive Phase (IP).
- At the end of IP, the staff collected his sputum sample for the

follow-up test.

- His IP test was found negative.
- He started the Continuous Phase (CP) Course 3 FDC for the next 112 days.
- With consistent doctor's visits and daily intake of medications, he completed his treatment successfully on 14-02-2022.
- After 112 days at the end of his treatment, a 2nd follow-up test (End of CP) was conducted at Waraseoni Civil Hospital.
- His sputum examination report was found negative. With his negative microscopic examination report (End of CP), the treating doctor reported him with a cured outcome.

Ravishankar Kumar conveyed his deep gratitude to Deepak Foundation for supporting him all through his treatment regimen without missing any doses and for saving him from succumbing to tuberculosis.





## MAHARASHTRA

### Vidya Sathi aligns child with importance of education

Kapil (name changed) lives in Dhankanhe Wadi with his mother, siblings comprise of elder brother, younger brother and sister. The village is located at a distance of 9 km from Roha city. Kapil lost his father when he was young. Post that, Kapil's mother started to work as a daily wages labourer at the nearby farms. However, they were struggling to fulfill their basic needs. Kapil was engaged in cattle rearing activities, and in return, he was provided with one meal a day instead of money. Due to their poor financial condition, his mother could not pay attention to her children. Kapil's time duration for cattle rearing was between 11 am to 4 pm.

After the lockdown was lifted, Project Vivek Vidya restarted the session in Dhankanhe Wadi. Kapil was enrolled in the Vivek Vidya project in June 2021. After the session, Karan expressed his skeptic feelings about the classes and conveyed that he wanted to discontinue the sessions as his work was suffering.

Through proper 15 counselling sessions, Kapil was realigned with the importance of education. After that, he joined the storytelling sessions and broke his negative perception of education. The counsellor became aware about his gambling habits and extended him assistance to create schedule of his daily activities.

Now he is also attending remedial input sessions regularly as per the schedule and has improved his habits too. He also showed interest in the workbook and ensured that Vidya Sathi checks his workbook periodically. Now he has started to take an interest in his studies and participates in art & craft activities too.



## JHARKHAND

### Inaugurated Sanitary napkin production unit at Kuchai, Jharkhand

With the vision to provide self-employment to hundred and twenty women in Kuchai block, Seraikela-Kharsawan District, Jharkhand, Deepak Foundation inaugurated Sanitary Napkin production unit. These women will get training to run the unit and regulate the use of sanitary napkins by creating awareness about menstrual diseases and hygiene amongst the women in the village.



## RAJASTHAN

### Patient from Rajasthan receives new lease of life at Palliative Care

Kiran Singh hails from agriculture background and his main source of income was from farming. His family comprises of wife and two children who lives in Jhalawar, Rajasthan. He had a compulsive habit of smoking and drinking alcohol. Due to his unhealthy lifestyle, he was diagnosed with cancer.

He was facing severe issues in his throat and due to which he couldn't swallow the food. He visited his brother who was working in Vadodara. Due to his cancer, he was unable to speak properly. He came to the Palliative Care and stayed at the Samaj Suraksha Sankul Palliative Care Center for around 20 days. His cancer was rectified in October 2021. After receiving regular treatments, his pain reduced. He was able to consume food after his pain receded.



### World Immunization Week hosted in Zawar, Chanderiya and Agucha in the districts, Rajasthan

To accelerate full immunization coverage and to reach the unreached, the Government of India launched an ambitious programme called Mission Indradhanush, the largest immunization programme in terms of the number of beneficiaries, geographical coverage and quantities of vaccine used. Under the mission, team of Mobile Health Unit (MHU) run by Deepak Foundation in collaboration with 'KHUSHI' program of Care India supported by Hindustan Zinc Ltd. at Zawar, Chanderiya and Agucha in the districts of Udaipur, Chittorgarh and Bhilwara hosted immunization week at Anganwadi centres from 25th April to 30th April. Pregnant women, lactating mothers, and mothers of 0-5 years children being the target beneficiaries, the session covered proper understanding of vaccines, the need of vaccines during pregnancy, the schedule for vaccination and which diseases can be prevented from vaccination then followed by HB check-up and weight monitoring of ANC, PNC, lactating mothers and children from 0-5 years.





## EVENTS AND HIGHLIGHTS

### Inauguration of Project Samanvay

Deepak Foundation is working with FPOs consisting of nearly 500 farmers in selected 10 villages of Savli block in Vadodara district of Gujarat. To further support the member farmers and the community, integrated development through Project Samanvay was rolled out in Savli block in Vadodara district by Shri A. B. Gor, IAS, Collector, Vadodara. The goal of the project is to undertake an integrated cluster development program:

- Empowering women SHG's in village by building their capacity based on identification their training needs focusing on income generating activities
- Establishing linkages of eligible beneficiaries with government social safety net programs and schemes.
- Provision of agri advisory through digital platform to the members of Farmer Producer Organizations



### Celebrating 90th Birth Anniversary of Shri C. K. Mehta, Founder, Deepak Foundation

On the occasion of 90th birth anniversary of our founder Shri C. K. Mehta, we pledge to plant ninety-one banyan trees around Vadodara along with it we are augmenting the Namu Vad Van Drive to thrive for a healthier earth. Let us all heal the world and make it a better place, for you, for me and the entire human race.



## FROM EDITOR'S DESK

In this edition of Deep Jyoti, we talk about imbibing the importance of education among children. Creating hope for better future and paving a way for the next generation through Project Vivek Vidya at various locations. Focused action is what matters the most and where it matters, is the crux of our vision. Every individual in the society should address the broader context of sustainability through environment, economy and society.

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