**HEALTH PROGRAMME PROPOSAL**

**The Programme**

The Earth Trust was founded by Ms Vanya Orr and registered as a Not for Profit entity in 2004. ([www.earthtrustnilgiris.org](http://www.earthtrustnilgiris.org/)). It has as its vision, Creating Viability and Well-Being in Rural Communities. Our core concern is health—of the soil, the people who work the soil, their families, women and children.

Our Mission is To Revitalize the Nilgiris by Giving Tools to Create Vibrant and Abundant Communities.

One way we do this is to empower women through our Health and Income Generation programmes.

These programmes were started by our founder Ms Vanya Orr in 2007. She saw a need to bring women into the mainstream of village/community life and have a voice. We do this by bringing them together creatively. This coalesced into the framework of our ongoing Health and IGP(Income Generation programme) programme.

The health team, consisting of an Allopathic consultant, 2 Health Workers trained by Vanya herself, one intern, a Siddha consultant and a nutrition specialist. It makes the programme rounded and very effective.

Vanya is a Registered Nurse from England.

In a selected village, the IGP goes on for 3 days and the Health Programme is held on 2 days in the week.

The Programme consists of an in depth training session in a 12 module syllabus. This helps them to understand how their bodies function and how to identify potential sources of ill health. They are taught about their bodies, shown a lot of visuals etc. and taught the importance of nutrition. They also learn about medicinal herbs and plants. The Earth Trust nursery supplies each participant up to 15 different varieties of herbs/medicinal plants. They are taught how to grow these in their homes and also about their uses. In turn, the Earth Trust Health Team learns from the grandmothers and older women of the village about traditional home remedies. These are documented. The Health Team has to travel long distances to reach these villages.

The Nilgiris, unlike other parts of the country, is well served with Hospitals and with Primary Health Care Centres. Much of this is set up by the numerous Tea Estates in the region and by the State Government respectively. A source of deep concern for all of us at Earth Trust is the severe incidence of malnutrition locally. There is a high incidence of sickle-cell anemia amongst the Tribal population. In order to strengthen our Health Programme in the very poor tribal areas, we need to travel long distances. We not only provide training on nutrition, making more herb-based oils/medicines ET but where intervention is needed, the patients will be referred to appropriate hospitals. Our Trustee Dr. Ramakrishnan works in the Dept of Community medicine in PSG Hospitals Coimbatore. We will be holding medicinal camps for the villagers where we work. We cover 3 villages in a year. There are nearly 370 villages in the Nilgiris.

Our approach to health has been one of strengthening and promoting health at the very source of communities by training village women to take responsibility and care for their own health, their families and their communities. We, therefore, focus on increasing the capacity of rural communities and their empowerment in this field.

**OBJECTIVES:**

* To empower rural women by teaching them to take responsibility for their health and through them, that of their families and communities.
* To inform them of various healing systems including traditional ones available.
* To be pro-active about their health instead of re-active.
* To enable women to develop in mind, body and spirit.
* To build self confidence, to create bonds with the larger community of women in the villages.
* To reduce vulnerability arising out of malnutrition.
* To learn to address delicate issues of family dynamics which lead to stress-related diseases.
* To bring back traditional eating patterns that promotes health.
* To document old herbal remedies and basic home medicines
* Conduct health camps for basic screening

**ACTIVITIES:**

The 12-module syllabus is held once a week for thirteen weeks. Women are taught basic homemade remedies for primary health care. They are also taught nutrition, disease classification, basic hygiene, child care, breathing exercises, simple physical exercises, yoga, meditation, massage for stress management, beside other energy therapies like Reiki, Quantum Touch therapy, and Reflexology. The Advanced training programme includes Herbal Medicine preparation, setting up of an Herbal Garden using indigenous plants; first Aid; Homeopathy; we also train key village women in primary health care to provide counselingand therapy. We acknowledge that every person is unique and that by informing and teaching them various methods and system for healing, we are offering them a choice.

In these 8 years, we have covered **24 VILLAGES** (3 Villages / Year) were we have impacted **377 WOMEN** and their families.

Our target going forward continues to be 3 villages in a year, 3 months in each village.

**IMPACT /OUTCOME OF THE PROGRAMME:**

* Women will be able to monitor the health of their families.
* The Tribal women’s’ group make and sell some of their traditional home remedies oils and Ayurvedic preparations like Triphala, Nutritional flour. This generates a sense of fulfilling and active contribution to family finances.
* The women gain in self-confidence.
* Women’s empowerment will be ensured to some extent
* We always remember –‘Teach a man, you teach one person, teach a woman and you teach a family and through the family impact generations’.
* As an unexpected and invaluable result we also found that the women who had previously been isolated at home found friends and a new supporting community over the 3-month training period. They gradually develop the confidence to start discussing their health issues and family problems in a supportive environment. Our IGP and Health team end up as friends and confidantes. Many troubling issues are resolved. They discover that the problems they face, the issues they are struggling with are shared by a lot of women. This awareness in itself gives hope. The average group varies between 15 and 20 women.
* The villages we work with are of farming communities so we take them for exposure visits -to organic farming fields where they gain awareness about organic farming practices, plants that promote health and herbal plants .We encourage them to grow their own kitchen herbal & vegetable garden.

**BUDGET for I Year**

|  |  |
| --- | --- |
| One Digital Camera | Rs 10,000.00 |
| One two wheeler -Scooty | Rs 45,000.00 |
| Total | Rs 55,000.00 |

* **Capital Expenditure:**

**Running costs per year:**

|  |  |  |  |
| --- | --- | --- | --- |
| **S.No.** | **Activities** | **Rs/Month** | **Total Amount** |
| 1. | Salary for Health Trainers | 2x10,000 x 12 | 2,40,000.00 |
| 2 | Salary for Intern | 7,000 x 12 | 84,000.00 |
| 3. | Travel Allowance for 3 Staff | 3x1500x 12 | 54,000.00 |
| 4. | Honorarium for Siddha Consultant | 2000x12 | 24,000.00 |
| 5. | Honorarium for Nutrition Consultant | 5000.00x12 | 60,000.00 |
| 6. | Cost of Hg count tests, Sugar -test strips etc (basic) | 20x150x3\* | 9,000.00 |
| 7. | Administration Miscellaneous and contingencies |  | 80,000.00 |
| 8. | Fuel/ Maintenance -2 vehicles | 2500.00x12 | 30,000.00 |
| 9. | 3 medical camps in a year @Rs20,000/- per camp | 20,000.00x3 | 60,000.00 |
|  | Total |  | 6,41,000.00 |
|  |  |  |  |

**Total : Rs 6,41,000 + Rs 55,000 = Rs 6,96,000.00 = $ 10,340**