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## Community based approach to improve health and nutritional status and to reduce deaths of tribal of Melghat, Maharashtra (Report July to September 2021)

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MAHAN (Meditation, AIDS, Health, Addiction, Nutrition) is a non-government organization established in 1998 to improve health care in Melghat region. MAHAN was touched by Gandhian teaching that “youths should go to the villages to serve as real India is in villages”. Melghat is the hilly forest area in the beautiful Satpuda mountain ranges. Population is 300,000 & 75% of them are tribal. Korku is the major tribe of Melghat. Most of the tribal (>90 %) are farmers or laborer, living below poverty line (>80%) & very hard life in huts (>90%) mostly without electricity & illiterate (>50%). Medical facilities are grossly inadequate in Melghat as compared to rest of Maharashtra. Due to lack of proper medical facilities & superstitions, tribals go to traditional faith healers/quacks (pujari & bhunkas) for treatment of illness. Skin is burnt with red hot iron rod for reducing pain known as Damma. This lead to very high under 5 children mortality (>100 per 1000 live births) especially Malnutrition related deaths and very high mortality in age group (16-60 years) & maternal mortality. Moved by such things, we started the project in Melghat in November 1997. MAHAN Trust has dedicated its work to reduce malnutrition and mortality among under-five children, women and economically productive age group through various programs like HBCC, MCPEPAG and SAMMAN. Below is a snapshot of our achievements in these projects aided by our generous donors.

### SAMMAN (COMMUNITY BASED MANAGEMENT FOR SEVERELY MALNOURISHED CHILDREN)

#### Aim of the Project

To reduce prevalence and death of severe malnutrition in under 5 children (SMC) (SUW & SAM) using local therapeutic food (LTF) distributed by Village Health Workers (VHWs).

#### Activities and Impact (32 Villages)

Particulars (September 2021)	Numbers
Total 0-5 years Children	3006
Anthropometry of 0-5 Year Children (measured)	2788
(%) of measured children	92.75%
Total SMC (By Supervisor)	367
<b>Total Prevalence of SMC (September 2021)</b>	<b>13.16%</b>
Total SMCs treated in SAMMAN	386

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Case fatality rate (CFR) of Treated SMC	0
Case fatality rate (CFR) of overall SMC	0

**Hence, we achieved the target of prevalence of SMC <15%.  
There was not a single death amongst treated SMCs and hence we could achieve  
WHO target of CFR of <4%.**

### **SUCCESS STORY**

#### **SAMMAN**



One 3 years 1 months of age, girl from Bhulori village was suffering from severe malnutrition ( MAM/SUW). Her weight was 8.240 kg and height was 81.5 cm on 28-04-2021. VHW treated her with local therapeutic food (LFT) for six months and medications like Amoxicillin and Albendazole as per her requirement. As a result of this after completion of these 6 months period, she recovered from Severe Malnutrition. On 28-04-2021 her weight was 10.610 kg and height was 85 cm (N/MUW) .

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**HBCC (HOME-BASED CHILD-CARE PROGRAM)**

**Aim of the Project**

To reduce under 5 children mortality rate and prevalence of malnutrition.

No. of 0-5 years patients treated by VHWs	2323
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Intervention Area	Number of deaths	Impact achieved
Under 5 Mortality Rate.	8 (187 live births)	42.78

**SUCCESS STORY**



*Before treatment*

*After treatment*

One poor tribal woman of Biroti delivered a girl at home on 2.08.21 with birth weight of 3.700 K.G. After 2 days, baby had small boils all over the body and pus discharge from umbilical cord. When VHW examined her, baby was lethargic, had reduce movement, reduced sucking and respiratory rate was 60 per minute with hypothermia. VHW diagnosed the case as neonatal sepsis and started her treatment with gentamycin injection once a day and Cotrimoxazole syrup for 1 week. She recovered and now is normal.

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MCPEPAG (MORTALITY CONTROL PROGRAM FOR ECONOMICALLY PRODUCTIVE AGE GROUP, 16-60 YEARS)

### Aim of the Project

To reduce number of deaths in 16-60 years age group from 32 villages.

### Activities and Impact

This program involves treatment of patients suffering from hypertension, malaria, diarrhea, asthma and referral of patients of TB, heart diseases, etc. to hospital.

Intervention Area	Impact achieved – April to June 2021
Population	19287
Total number of 16-60 years treated	4023
Total Behavior change communication beneficiaries	6025
Total number of deaths	22
Age specific mortality rate per lakh population	456.3

### Success story:



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A 41 years old male from Nimdhana, had loose motion with blood (7-8 times/day). VHW went to his house and checked his weight, temp. and elasticity of skin for dehydration and treated him with O.R.S and Norfloxacin immediately. She referred him to nearby hospital for further treatment. After 2 days of treatment at hospital, he recovered.

### HOSPITAL REPORT:- JULY-SEPTEMBER 2021

S. No.	Particular	Number
1	Hospital care Beneficiaries (OPD)	1287
2	Total Hospital Inpatient Beneficiaries (IPD)	151
3	Critical Care Beneficiaries (ICU)	113

### Success story:



One young poor tribal patient was admitted in our ICU in critical condition who had DM, ketoacidosis, tense ascites, sepsis, septic shock and encephalopathy. She was in ICU for 5 days.

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She started abusing doctors. Her family members lost hope about her survival but our doctors counselled them. And our doctors were able to resuscitate her from septic shock and other complications. She was finally discharged with a smiling face. Thanks to MAHAN staff and donors.

**Expenses...Rs. 34,40,000= 00.**