

## **A holistic programme to bridge the gap in health provisions between rural villages and cities in Central India**

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**Our Vice Chair, Dr Kusum Chopra is on a mission to empower tribal people in central India to lead a healthy life. The programme involves training of health workers and supervisors on health topics as well as yoga, meditation and moral issues.**

This is an ambitious project pioneered by a non-profit organisation called Arogya Foundation, whose aim is to bridge the gap in health care between rural areas and big cities.

Kusum has the responsibility for the state of Madhya Pradesh (population 73 million) in central India. In Madhya Pradesh (MP), five districts with predominantly tribal population has been selected for this project. In each district, 30 villages form a cluster (Sanch) – each served by an Ekal school. Ekal's mission is to use this school as an agent of change to transform the village.

Arogya Foundation's aim is to train one health worker from each village and to train a team of health supervisors to take responsibility for 10 health workers.

Kusum and colleague have so far trained sixty health supervisors as well as a team of health supervisors.

Training included basic anatomy and physiology followed by brief information about selected pathological conditions. There were also training sessions about maternal and child health, menstrual hygiene, nutrition, primary health care and herbal medicine. The health supervisors had additional training as to how to conduct meetings and write reports.

They were also given lessons on yoga and meditation and moral education. The doctors from the district and primary health centers were involved in the training.

Arogya Foundation (<http://arogyafoundationekal.org/>) aims to

- bridge the gap between remote areas and modern health facilities.



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- create awareness by health care education – with emphasis on Sanitation, Nutrition, Personal Hygiene and Mother & child Healthcare.
- create awareness about the National health programme.
- provide preventive and curative health services (Healthcare activity).