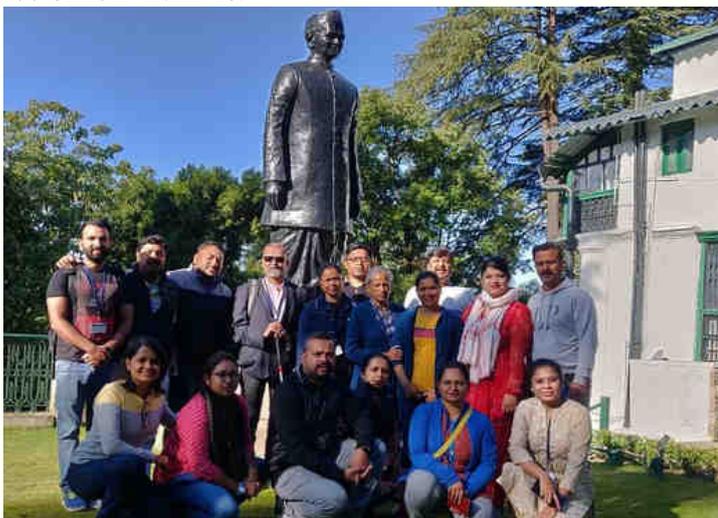




Participatory Learning and Action (PLA) is an approach that can help bring the community together to identify, understand and address common health problems of the community. The process comprises of a series of meetings, in which community groups are encouraged to discuss, learn and engage in participatory decision-making that will enable them to take action to address local problems.

## THROWBACK 2019: INVITATION TO LBSNAA

Team Ekjut was invited to Lal Bahadur Shastri National Academy of Administration (LBSNAA), Mussorie, Uttarakhand to share their experiences of Participatory Learning and Action approaches as an introduction to community engagement with 94th Foundation batches of 400 officer trainees.



## SURVIVE:

High mortality among mothers and new born babies in rural Jharkhand and Madhya Pradesh has led to a unique participatory community engagement process by ASHAs. This enables communities to find feasible local solutions to avert deaths among new born babies due to hypothermia, septicaemia and prematurity and various delays lead to maternal death.

## Jogdibai from Kayampur

Jogdibai, 26-year-old stays with her family in a remote hamlet of a Bhil community in Kayampur village of Raisen district, Madhya Pradesh. After losing her three children, she lost all her hope to be mother again. Her mother-in-law attended PLA monthly meetings and became familiar to take all the precautions during her 4th pregnancy. Timely registration, antenatal checkup, proper rest, family support and nutritious diet helped Jogdibai to deliver a healthy baby.



- PLA monthly meetings are happening in 33+ dialects in rural areas of Jharkhand, Madhya Pradesh and Rajasthan.
- 6,80,000+ PLA monthly meetings are facilitated by Sahiya/ASHA Facilitators/ASHAs in all districts of Jharkhand and 37 blocks of Madhya Pradesh

## THRIVE

In tribal districts of Odisha and Jharkhand, children(6- 36 months) are cared in more than 87 creches. Creches are day care centers for children near their homes where they stay in a safe, smokefree and secure environment for around 8 hours a day, have one hot cooked meal and 2 snacks covering around 70% of their daily dietary intake, exposed to early childhood development activities and their growth is monitored regularly.

### Journey of Kishan Munda

When he was only 8 months old, Kishan lost his mother. His sister took care of him, but he became very weak. His father could not admit him in Nutrition Rehabilitation Center, (NRC) due to distance from the village. With the support of District Mineral Foundation and District Administration Keonjhar when creche opened in his village, Kishan was enrolled. His health status improved and even when lockdown was imposed monthly dry ration and eggs were delivered at his doorstep. With his daily wage earnings and ration from the Public Distribution Center, his father is taking care of Kishan and his siblings.

1800+ children are getting nurturing care and nutritious food in tribal areas of Odisha and Jharkhand



## TRANSFORM

### ADOLESCENT HEALTH AND WELL BEING



Witnessing the poor health of young girls in tribal areas of Jharkhand, in 2017 an initiative was designed to improve health and wellbeing among adolescents (10-19 years). Adolescents are now taking charge of their needs with yuva saathis as facilitators through a series of participatory group meetings on education, health and nutrition and developing practical skills through livelihood promotion activities along with their families.

### RIGHT TO CITY



Ekjut Urban Resource Centre continued to provide inputs to improve quality of services in the shelter homes for the urban homeless in Ranchi and Dhanbad, cities of Jharkhand. During the post covid time these centres doubled as hubs for connecting the vulnerable communities with their entitlements.

### MENTAL HEALTH AND WELLBEING

Community rehabilitation for people with psychosocial disabilities through tele-psychiatry, support group meetings, and counselling is initiated with an idea of providing treatment, and a space for group interactions. During the post COVID time medicine and ration for three months was provided at door steps.



#### EXEMPLARS

Our colleague **Sumitra Gagrai** received CII Women Exemplar Award (Health) in 2020. Earlier in 2019 **Nibha Das** was a finalist. (<https://www.ciiblog.in/community/cii-foundation-woman-exemplar-award-2020/>)

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