

MCH CAMP 2009

S. B. Devi Charity Home organized an Awareness Programme and Free Health Check up camp on Mother and Child Health Care in association with Inner Wheel District 329. 19 IWC host clubs participated in this event. It was held on Friday 4th September 2009 at Sovabazar Natmandir, from 11.00 A.M. onwards

Editor PP Pompa Chandra gave a warm welcome to the District Chairman Snigdha Barat, Dist.Vice Chairman Sumita Roy, host clubs, General Secretary of S.B.Devi Charity Home (SBDCH) and other members of SBDCH. This was followed by the welcome of the guests present on the dais. District Chairman Snigdha Barat and Dist.Vice Chairman Sumita Roy appreciated this type of work & project. Sekhar Chattopadhyay, General Secretary of SBDCH also extended a warm welcome to all the guests and spoke about the activities of SBDCH. He also mentioned about the new project launched at SBDCH "KONIKA night Shelter" on 5th of August in the auspicious day of Rakhi Purnima. This shelter is meant for the children of the commercial sex workers. Dr. Gitali Roy Mitra explained the content of the programme. 2 documentary films 'KOINKA' & 'EKDIN SURYER VOR' were shown to all the audience to make them aware & conscious about the activities of SBDCH.

The target population was all slum dwellers & local residents.

The programme was divided into several phases.

Height & Weight:

At first Height & Weight was taken for every participant and Nutritional Status (underweight, normal, overweight & obese) was assessed by calculating BMI from Height & Weight.

Counselling:

Depending upon the nutritional status the Nutritionist counseled the participants according to their status. Counselling on Mental Health, Family Planning & Immunization was done following that. Power point presentation through LCD projector was also used as one of our tools for awareness. The topics were HIV/AIDS, Anaemia & post menopausal problems.

Family Planning:

*MCH Health Camp
SBDCH*

Male Condom, Oral Contraceptive Pills were also distributed amongst the mothers who attended the camp.

Treatment & Prophylactic Measures:

All the mothers and Children were given necessary treatment as per their complaint by Gynecologists & Pediatrician. Iron & Folic acid supplementation were given to all mothers and Vit. A supplementation and Albendazole were given as prophylactic measures to all children. All the patients checked were assured for follow –up treatment round the year at SBDCH.

HB% estimation:

HB% estimation was done for all the mothers.

ECG:

Based on the Doctors recommendation ECG was done to about 15 mothers.

Medicines:

Medicines were also distributed to all the mothers and Children as per Physicians Recommendation.

79 patients were present in this camp. Out of which mothers were **47** and **32** (between 1-12 years) were children. The children were given toys and a food packet and the mothers were also given a food packet each. At about 4.00p.m the programme came to an end.

SBDCH is very much eager to organize this type of camp in future too in association with Inner Wheel Dist.329 & its host clubs.

Through this camp we are able to assess the knowledge, attitude and behaviour of the mothers. It also teaches us about the health status, physical fitness, social, mental health & nutritional status of these mothers and their children. This type of camp always leads to health promotion and disease prevention.

It inspires and motivates people to think & maintain a Healthy life style, which is important because often they don't understand the value of staying Healthy.

Dr. Gitali Roy Mitra
Programme Supervisor

