

Report on Mother & Child Health Care Camp

On 24th November, 2010, Wednesday, Inner Wheel District 329 including 13 IWC host clubs organized a Mega Awareness Programme and Free Health Check up camp on Mother and Child Health Care in association with S. B. Devi Charity Home. It was held at Sovabazar Natmandir, from 11.30 A.M. onwards.



IWC North Calcutta President Mitra Dutta gave inaugural speech. Then District Chairman Sumita Roy appreciated this type of programme. Sekhar Chattopadhyay, General Secretary of S.B.Devi Charity Home (SBDCH) also extended a warm welcome to all the guests and spoke about the activities of SBDCH. Then Dr.Gitali Roy Mitra explained about the activities & motto of the camp. Representative of 13 IW host clubs were also present. Rotary Club North Calcutta President Aron Roy & our governing body member Dr. Ajay Mukherjee were also present in our programme.



In the year 2000 during UN Millennium Summit it was determined that Millennium Development Goals (MDGS) are eight goals that 147 different nations agreed to achieve by 2015.



- Goal 1:** Eradicate extreme poverty and hunger.
- Goal 2:** Achieve universal primary education.
- Goal 3:** Promote gender equality and empower women.
- Goal 4:** Improve child mortality.
- Goal 5:** Improve maternal health.
- Goal 6:** Combat HIV/AIDS, malaria and other diseases.
- Goal 7:** Ensure environmental sustainability.
- Goal 8:** Develop a Global Partnership for Development.

This year we have given emphasis on number 4, 5 & 6 goals which are:

- Goal 1:** Improve Child Mortality.
- Goal 2:** Improve maternal health.
- Goal 3:** Combat HIV/AIDS, malaria and other diseases.

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.

Counseling:

Depending upon the nutritional status the Nutritionist counseled the participants according to their status.

Questionnaire:

Through a structured questionnaire physical health, mental health, Knowledge on Nutrition, child vaccination, Mothers pre natal vaccination & post natal care, Knowledge on Malaria, Dengue and HIV / AIDS was done.

Immunization:

The mothers who attended the camp were given valuable opinion about immunization.

Hemoglobin estimation:

Hemoglobin estimation was done for all the mothers.

E.C.G:

Under Doctor's recommendation E.C.G. was done to 35 mothers. Reporting was done by Dr. Ashes Ratan Nandy, Specialist cardiac medicine.

B.M.D Test:

This year BMD (Bone Mineral Density) test for women was organized by us in association with Ranbaxy. Screening of Osteoporotic was done through this test. In India the awareness of osteoporosis is sub optimum. Osteoporosis is characterized by low bone mass with micro architectural deterioration of bone tissue leading to enhanced bone fragility, thus increasing the susceptibility to fracture. Worldwide, lifetime risk for Osteoporotic fractures in women is 30-50% and in men is 15-30%. By 2010 it is expected that over 91 million adults will be in the age group of above 60 years thus relating to the population at risk for osteoporosis.



All the mothers were given opportunity for this expensive test completely free of cost. The result is denoted as **T Score**. Osteopenic-1.1 to -2.5, Osteoporotic-2.5 to 4, Normal-1

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.

Award:

Finally top 3 conscious mothers were rewarded.

1st: Tulu Mishra, score 72

2nd: Sharmistha Sil, score 70

3rd: Baby Singh, score 69

Our target was all slum dwellers & local and surrounding residents.

All the patients checked were assured for follow –up treatment round the year at SBDCH.

Near about **84 patients** attended this camp. 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. 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.