

# ANNUAL NEWSLETTER

## LOK BIRADARI PRAKALP HOSPITAL, HEMALKASA

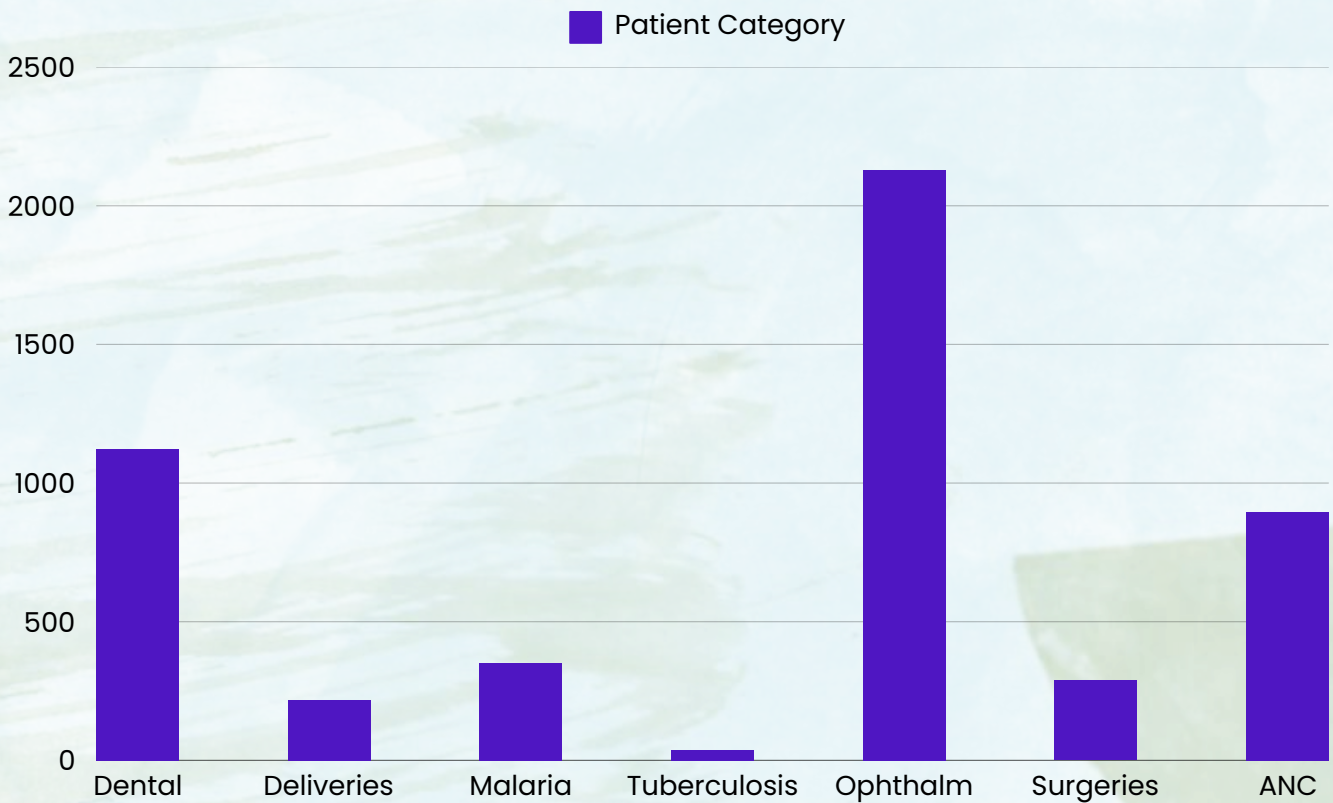
### HIGHLIGHTS

- IMPACT IN NUMBERS: OVERVIEW OF KEY STATISTICS
- COMMUNICATION WORKSHOP FOR ASHA WORKERS
- MIND TALKIES FILM FESTIVAL- A MENTAL HEALTH AWARENESS INITIATIVE
- MALARIA AWARENESS & VILLAGE HEALTH CHECK-UP CAMPS
- MUHS SUMMER INTERNSHIP PROGRAM AT LOK BIRADARI PRAKALP HOSPITAL
- SCHOOL HEALTH AWARENESS PROGRAMME - SHAPE
- FINGER MILLET AMBIL: A STEP TOWARDS BETTER NUTRITION
- EMPOWERING FUTURE PUBLIC HEALTH PROFESSIONALS: INTERNSHIP @ LBPH
- PATIENT AND MATERNITY CARE PHYSIOTHERAPY WORKSHOP FOR LBPH STAFF
- BLOOD DONATION CAMP
- WORLD INDIGENOUS DAY: CELEBRATING OUR HERITAGE
- INAUGURATION CEREMONY: HONORING TRADITION AND LEGACY



## Overview of Annual statistics

SR.NO	CATEGORY	COUNT
1	Outpatient Department	27675
2	Indoor Patient Department	1642
3	Deliveries	216
4	Surgeries	288
5	Malaria Patients	350
6	Ophthalmic OPD	2129
7	Dental OPD	1123
8	Tuberculosis Patients	38
9	Antenatal cases	895
10	CHC OPD	5614





## COMMUNICATION WORKSHOP FOR ASHA WORKERS

A two-day residential workshop was held at Lok Biradari Prakalp Hospital, Hemalkasa, on 6th and 7th January 2024 to enhance the communication skills of ASHA workers from the Arewada PHC, Bhamragad. Led by Dr. Anagha Amte, the workshop empowered approximately 30 participants through interactive sessions, role-playing, and practical tools for effective engagement with the tribal community.

Highlights included a Madia language session by Mrs. Savita Madavi, who explained pregnancy and prenatal care to help ASHA workers communicate better with tribal women. Interns from Azim Premji University, Bhopal, and Symbiosis Institute, Pune, supported the event, with Dr. Aditya Burile facilitating activities. The workshop successfully combined theoretical insights with engaging activities, fostering stronger community healthcare.



## MIND TALKIES FILM FESTIVAL- A MENTAL HEALTH AWARENESS INITIATIVE

The Mind Talkies Film Festival held on 27th February 2024 at Lok Biradari Ashram school Hemalkasa was a collaborative initiative by Yumetta Foundation, Assam, and Lok Biradari Prakalp Hospital to raise awareness about mental health.

Led by Dr. Nilesh Mohite, MD Psychiatrist from Tezpur, Assam, and his team, the event showcased short films addressing topics like addiction, stress, inferiority complexes, and attraction. Interactive discussions followed each screening, enabling students and teachers to engage deeply with these critical but often taboo subjects.

Dr. Aditya Burile's coordination ensured the festival's success, leaving a profound impact on participants and fostering greater awareness of mental health issues through education and dialogue.



## **MALARIA AWARENESS & VILLAGE HEALTH CHECK-UP CAMPS**

On 8th January 2024, a health check-up camp was successfully conducted in Poyarkothi village following a village meeting. A total of 45 individuals were screened for general and oral health concerns. The camp, coordinated by Dr. Aditya Burile with assistance from health worker Sudhakar Durwa and interns from Azim Premji University, identified cases of severe anemia, hernia, neurofibroma, hypertension, and hypotension. A hernia patient was referred to the upcoming surgical camp, ensuring timely medical intervention.

Oral health screenings revealed a high prevalence of tobacco-chewing habits, leading to dental issues such as abrasions, periodontal lesions, and tobacco pouch lesions, with some posing cancer risks. Patients received counseling on tobacco cessation and dental care. One patient with pathological migration of teeth was referred to LBPH, Hemalkasa, for treatment, ensuring long-term preventive measures for oral health.

## **PRE-MONSOON PREPARATIONS IN BHAMRAGAD VILLAGES**

To address health challenges during monsoon, village meetings were held in Moradpar, Mahakapadi, and Gurenur. Community health workers Birju Durwa, Pali Mahaka, and Rajesh Talande led discussions on preventing malaria and home deliveries. They emphasized clean drinking water, mosquito net usage, and mosquito breeding site control, supported by educational films in the Madia language.

Pregnant women with monsoon delivery dates were counseled to seek early hospital admission to avoid home deliveries. Mosquito nets were distributed in Mahakapadi, with support from ASHA workers, village heads, and traditional healers. The initiative, monitored by Dr. Aditya Burile, ensured proactive health measures for vulnerable communities.

These efforts underscore Lok Biradari Prakalp Hospital's commitment to improving health outcomes through community engagement and timely interventions.





## FAMILY PLANNING AWARENESS CAMP

A family planning awareness camp was held in Jinjgaon, organized by CHW Rajesh Talande under guidance of Dr Vinakshi Vaidya (Community health projects co-ordinator). The session highlighted the importance of family planning in improving reproductive health and reducing maternal and infant mortality.

Peer discussions were conducted amongst the attendees. The villagers were informed about various modes of contraception along with pros and cons associated with each of them. Condoms emerged as the preferred contraceptive method, and it was decided to install a condom dispenser outside community health cent which will ensure that condoms are available according to their needs and convenience.

Similar sessions were conducted in Medadapalli and Ghotpadi by CHWs Ms Sunita Majji and Mr Dansu on 07/12/2024 and 10/12/2024 respectively .



## MUHS SUMMER INTERNSHIP PROGRAM AT LOK BIRADARI PRAKALP HOSPITAL

The Maharashtra University of Health Sciences (MUHS), Nashik, launched a Summer Internship Program (SIP) to provide students with exposure to diverse fields and research orientation. This year, four students from government medical colleges in Maharashtra selected Lok Biradari Prakalp Hospital (LBPH) for their internship, though only two could join due to unforeseen circumstances.

The internship, coordinated by Dr. Digant Amte as the Nodal Officer, began on 5th June 2024. Dr. Anagha Amte and Dr. Aditya Burile led the interns in reproductive health and clinical research verticals, respectively. After initial orientation at the LBPH campus, the interns conducted health camps in remote villages, engaging with tribal communities to understand their cultural, socio-economic, and healthcare challenges. They also visited government healthcare facilities like sub-centers, PHCs, and rural hospitals to learn about systemic barriers and explore the role of public-private partnerships in improving healthcare access.

Over four weeks, the interns gained hands-on experience by participating in OPD and IPD activities, assisting in minor surgical procedures, and attending counseling sessions. Under the guidance of LBPH staff, they practiced clinical skills on mannequins, models, and patients. Regular brainstorming discussions with Dr. Anagha and Dr. Digant Amte further deepened their understanding of tribal health and research-based solutions.

Lok Biradari Prakalp Hospital extends heartfelt thanks to Lt. General Dr. Madhuri Kanitkar, Dr. Sandip Rathod, and the MUHS team for the opportunity to contribute to this impactful program.





## SCHOOL HEALTH AWARENESS PROGRAMME:

Dr Vinakshi Vaidya conducted a health awareness session at our Sadhana Vidyalay at Nelgunda. Mr Amol Nighot and Ms Yashashri Gondane, interns from Azim Premji University Bhopal attended the session and assisted Dr Vinakshi in creating awareness about hygiene, addiction illeffect etc among the students through activities, discussions etc.. Dr Prashant Tiwari, our dentist who accompanied them did dental check-up of the students and stressed the importance of oral hygiene.





## FINGER MILLET AMBIL: A STEP TOWARDS BETTER NUTRITION

Rice Ambil is a very commonly consumed porridge-like recipe in this region. Considering the nutritional requirements of Iron and calcium an Ambil of finger millet (Nachni/Ragi) with some recipe modifications which will enhance the bioavailability is made available for all OPD patients or relatives every day free of cost. Our volunteer, Mr Prakash Maykalkar, distributes the ambil to the patients and explains the benefit of this porridge over rice porridge. Recipes with seasonal variations and benefits are displayed for those interested in knowing more.

This crop was grown previously but eventually only paddy farms are being observed.

A small plantation of the finger millet is done in the yard in front of the hospital to promote ragi plantaion.



## COLLABORATION WITH AZIM PREMJI UNIVERSITY BHOPAL

Lok Biradari Prakalp, Hemalkasa has been a great learning place for many students since its inception by providing them opportunities for internships, volunteering, fellowships, etc. In month of August 2023, staff from the Aziz Premji University approached to LBPH looking for opportunity of internship for their Masters in Public Health course students. They found the place will help their student to learn about basics of healthcare in tribal region.





The Azim Premji University (APU), Bhopal conducted a consultative workshop with ten prestigious organizations on 16th October 2024. The objective of the workshop was to develop a shared understanding about the second field practice component (FP-2) of the Master of Public Health (MPH) program on Primary Health Care interventions, and to collaboratively plan for students' engagement in the field. On behalf of Lok Biradari Prakalp, Dr. Vinakshi Vaidya attended the workshop and contributed to discussion. As per the decision two students joined the field in November 2024 from the university.

25th November 2024 to 25th December 2024 One-month field practice of students from Azim Premji University Amit Nighot and Yashashree Gondane. Professor Mayur Tripathi APU mentor visited to Lok Biradari Prakalp, Hemalkasa for three days from 6th December to 8th December



*From left Amit Nighot, Pro. Mayor Tripathi, Mrs. Nirali Tripathi, Dr. Angha Amte, Dr. Digant Amte, Yashashree Gondane, Dr. Vinakshi Vaidya*





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## PATIENT AND MATERNITY CARE WORKSHOP FOR LBPH STAFF

On 9th and 10th September, Dr. Ashwini Kale, a dedicated physiotherapist, conducted a workshop for the nursing staff at Lok Biradari Prakalp Hospital, Hemalkasa. The workshop focused on essential Antenatal (ANC) and Postnatal (PNC) exercises to promote safe deliveries and ease postnatal recovery.

Dr. Kale provided hands-on training in pelvic floor strengthening, deep breathing, gentle stretches, and core stabilization routines. These exercises not only benefit expecting mothers but also aid general patients with body, joint, and back pain.

Additionally, Dr. Ajay Kale led a session on Neonatal CPR, intubation techniques, and basic life-saving skills, empowering nurses to handle newborn emergencies confidently.

The workshop has enhanced the nursing team's ability to deliver improved care for ANC and PNC patients, ensuring better outcomes for mothers and newborns.



Following the physiotherapy workshop, our nursing staff began conducting dedicated sessions for Antenatal (ANC) and Postnatal (PNC) patients. These sessions focus on teaching beneficial exercises that were introduced during the workshop, including pelvic floor strengthening, deep breathing techniques, gentle stretches, and core stabilization routines.

The exercises aim to prepare expecting mothers for smoother deliveries and provide relief from postnatal discomfort, ensuring better recovery. Our nurses are now integrating these practices into routine care, ensuring that patients receive holistic support during and after pregnancy. This initiative has enhanced the quality of maternal healthcare at Lok Biradari Prakalp, Hemalkasa.



## **CELEBRATING OUR HERITAGE ON WORLD INDIGENOUS DAY**

On August 9th, Lok Biradari Prakalp Hospital joyfully celebrated World Indigenous Day, honoring the vibrant traditions of tribal communities. Staff donned traditional attire, and the day featured cultural activities and games that highlighted the essence of tribal heritage.

Ramila Wachami shared insights into tribal festivals and their significance, while Mrs. Parvati Dubey explained tribal businesses and the barter system, dispelling common misconceptions. Dipmala Latkar and Savita Madavi captivated everyone with entertaining and enlightening Tribal Tales.

Cultural songs and tributes to tribal leaders Birsa Munda and Baburao Shedmake added depth to the celebration, making it a meaningful tribute to the rich legacy of indigenous culture.



## **BLOOD DONATION CAMP AT LOK BIRADARI PRAKALP HOSPITAL, HEMALKASA**

On 9th November, Lok Biradari Prakalp Hospital (LBPH), Hemalkasa, successfully organized a Blood Donation Camp in collaboration with the Sub-District Hospital (SDH), Aheri. This initiative was a response to a request from SDH Aheri, emphasizing the importance of community-driven healthcare efforts to ensure adequate blood availability for critical medical needs.

The camp aimed to address the pressing need for blood supply in the region and create awareness about the importance of blood donation. The donated blood will help patients with severe anemia, sickle cell disease, trauma injuries, and other critical conditions treated at LBPH and nearby healthcare facilities.





## INAUGURATION CEREMONY: HONORING TRADITION AND LEGACY

On 25 th December, the rich culture of the Madiya community, who has been associated with our organization since past five decades, was celebrated. The program was inaugurated by the musicians from Hemalkasa and Koyanguda village. Everyone stepped on the dance floor to dance to the rhythm of the dholak (traditional drum).



**A food festival:** A food festival was held to promote the rich culinary heritage of the Madiya Gond tribe and other indigenous communities in the region. “Taste of the Tribes” showcased the traditional cuisine of the Madiya Gond tribe and other indigenous communities in the region, and to promote cultural exchange and understanding between different communities.

**Food Stalls:** Each stall was managed by a local community member who prepared and served traditional dishes like Unpolished roasted poha, roasted spicy moha flowers, cooked and uncooked wild green vegetables some, roots, Herbal tea etc. These items were served in handmade traditional bowls of leaves.



*Left to right Dr. Prakash Amte, Dr. Mandakaini Amte and Shri. Kushal Jain (IAS)-Sub Divisional Officer, Aheri.*

Tribal games are an essential part of indigenous culture and identity, promoting physical and mental well-being, social bonding, and cultural preservation.

Games like Archery, Tug of war, Zita-kola (Stick walking), Katty and High jump were conducted. Children and adults enthusiastically participated in each event. Winners were awarded prizes.

Our volunteers who hail from the local community, Ms Ramila, Parvati Dubey, Savita Madavi, Arvind Madavi took initiative in organizing this program.



### CULTURAL PERFORMANCES

In the evening there was traditional dance program, Rela, in which many local groups from different villages participated.

The unexpected raining in winters expected to disappoint the performers but having the spirit of getting along with the nature, the spectators attended the program despite of the untimely rain.



### HAPPY NEW YEAR 2025!

*As we welcome 2025, we thank all our supporters for being part of our journey. This year, we're excited to announce the launch of our official social media accounts!*

Click to Follow us on:



*Stay updated with stories, events, and activities from Lok Biradari Prakalp Hospital, Hemalkasa. Let's continue building a brighter future together!*

*Warm wishes,  
Team Lok Biradari Prakalp Hospital, Hemalkasa*