

# PROJECT PROPOSAL

On

BETTER HEALTH STATUS AMONG MEN, WOMEN AND CHILDREN  
WITH THE HELP OF COMMUNITY HEALTH CENTRE

*Implemented By:*

SUKARYA

*(A Registered NGO)*

*E-Block, Sushant Lok – Phase-1, Gurgaon -122002*

*Phone No- 0124-4114253, 4114251*

Project Title	:	Better health status among men, women and children with the help of Community Health Centre
Implementing Organization	:	Sukarya, Gurgaon, Haryana
Project Director	:	Ms. Meera Satpathy
Project Area	:	1 village in Gurgaon Block
Project Period	:	Initially for 1 Year
Total Proposed Budget	:	Rs.5,18,000

### **ABOUT THE ORGANIZATION**

Sukarya is a not-for-profit non-governmental organization based in Gurgaon, Haryana. It was established in 1999 and registered since February 2001 with the aim to contribute to the physical and mental well-being of the marginalized and vulnerable sections of society, particularly women and children. Sukarya initiated its activities by conducting various Health Camps, Health Melas and Free Medical Services including free distribution of medicines in various slums of Delhi and Gurgaon with the help of expert team of doctors. Subsequently Sukarya has been implementing Income Generation and Life Skills Projects in various villages of Gurgaon.

Sukarya is implementing a pilot project on “Assessment, prevention and control of Iron deficiency Anaemia among adolescent girls, pregnant and lactating mothers” which began from May, 2006 in 10 villages of Gurgaon. This project is being supported by Population Foundation of India (PFI), Delhi and the duration of the project is three years.

### **Objectives of the organization**

- To advocate, encourage and guide positive ‘health-seeking behavior’ with special emphasis on physical, mental and spiritual health.
- To reduce mortality, morbidity and fertility through training, awareness campaigns, workshops and health related education for all.
- To initiate and implement social and community development activities in the field of healthcare, income generation for women as well as education for the weaker sections of society.
- To empower women by strengthening their physical and emotional well-being and economic security.

- To provide humanitarian assistance to areas affected by the natural calamities such as cyclones, earthquakes, flood etc. and to facilitate the rehabilitation process.

### **Project Goal**

Better health status among men, women and children with the help of Community Health Centre

### **Project Objectives**

1. To provide basic health care services (preventive and curative) in a regular and a systematic manner.
2. To refer cases to the concerned hospitals
3. Time to time counseling by the doctor and Sukarya staff and volunteers on the adoption of good health practices
4. To provide health education through IEC materials like posters and pamphlets

### **Methodology**

#### **Location**

- The OPD will be located in the middle of the village where everybody can access the medical services easily.
- The venue for the OPD will be participatory selected with the help of local villagers.

#### **Schedule**

- The doctor will be available in the Health Centre 5 days a week (Mon- Fri).The timings of the Health Centre will be 9.00 am – 1 pm. The schedule will be reviewed and adjusted as required by the villagers

### **Target Area**

Village- Bandhwari , ICDS circle –Nathupur ,Block- Gurgaon, District- Haryana

### **Target Group**

The entire villages with special focus on women and children of the target area

### **Project Period**

Initially for one year

### **Physical features of the OPD**

The Out Patient Department will have the following features:

1. It will be functioning in a centre place in " Dhanni ki chaupal" in the village.
2. The OPD will have the basic facilities like:
  - Table and Chairs
  - Examination bed and two stools
  - Rubber sheet, bed sheet, towel etc.
  - Almirah( to store medicines , first aid, papers, documents and other consumables)
  - Fan
  - Cooler
  - Required lights etc
  - Wheel Chair
3. The basic equipments which is required :
  - Stethoscope
  - BP machine
  - ENT set
  - Thermometer
  - Weighing scale
  - Stitching Tray,
  - Sphygmomanometer
  - Ostoscope
  - Ishara charts(Eye charts)
  - Steel drum for keeping sterile gauge
  - Dusting pan
  - Height measuring apparatus
  - Step table for stretcher
4. The human resources to provide the primary health care will constitute:
  - Medical Doctor
  - Medicine dispenser cum OPD Assistant
  - Sukarya staff for time to time monitoring

### **Outcome Indicators**

- The total population of the village is 3500. In the period of one year, at least 80% of the total population will be benefited from the services of OPD. Benefits include regular check up, counselling and provision of medication.
- Sincere attempts will be made in significantly reducing the number of referrals for general ailments
- Only serious patients who cannot be treated in OPD will be referred to hospitals and clinics

- At least 80% of the people from Bhandwari village have received treatment at the end of one year.
- At least 20% of the patients has been referred to concerned hospitals and received treatment
- Increased awareness among 70% of the target group on general health, personal health and hygiene at the end of one year.

### **Monitoring**

The overall supervision of the project will be the responsibility of Sukarya. The Sukarya staff will be monitoring the OPD once a week. The number of patients checked and the follow up will be recorded on a monthly basis. A precise report will be prepared every month to give a understanding of the performance of the OPD as well as the increased health status of the villagers.

### **Sustainability Plan**

The Goal of the project is better health status of men, women and children with the help of regular OPD service. Bringing good health to the community is not a one time activity but a continuous process which has to be sustainable. The OPD services will be provided to the people of Bandhwari village initially for the period of one year with the help of Sukarya and support from a donor organization. The donor organization will be primarily supporting for the equipments and the facilities required in the OPD, the salary for the doctor and the medicine dispenser, medicines, stationary and the conveyance to the village.

Taking sustainability of the OPD (after the initial one year) into consideration, Sukarya has taken the decision of charging a small amount of fees from every patient. The fees will be ranging from Rs.10-Rs.20. The fees collected from the Bandhwari OPD will be saved and this money will be utilized in the consecutive year. Sukarya will take an initiative to form a health committee in the village. The health committee will include the village level health workers and the some of the active panchayat and other members of the village. The health committee will take an active role in the OPD management.

As calculated, the money generated from the community during the period of one year, will be enough for purchasing of medicines, first aid, other consumables, maintenance of OPD and purchase of stationary. Salary to the doctor and the medicine dispenser is a question. For the second consecutive year the support from the donor organization is required for the salary of the doctor, the medicine dispenser and their conveyance. During the time period of two years the Health Committee will be stabilized and will be able to mobilize some funds from the community as well as outside sources. From the third year onwards the OPD in Bandhwari village will be self functioning and self sustaining.

## **Budget Proposal for Bandhwari O.P.D**

### **A. One Time Expenditure**

<b>Sl.No</b>	<b>Heads</b>	<b>One Time Expenditure</b>
1.	Basic facilities and Basic equipments for OPD (The details are in the proposal)	Rs. 20000
	<b>Total</b>	<b>Rs.20000</b>

### **B. Monthly Expenditure**

<b>Sl.No</b>	<b>Heads</b>	<b>Contribution by external organization (yearly)</b>
1.	Doctor (Rs.700 x 30 days =Rs.21000/ month)	Rs.252000
2.	Medicine Dispenser cum OPD Assistant (Rs.250 x 30 days = Rs.7500/ month )	Rs.90000
3.	First aid, Medicines and consumables Rs.5000/month	Rs. 60,000
4.	Stationary and documents, IEC materials Rs.3000/ month	Rs.36,000
5.	Conveyance ( Doctor, medicine dispenser, project manager for monitoring , buying stock and medicines etc) Rs.5000/ month	Rs.60,000
	<b>TOTAL</b>	<b>Rs.4,98,000</b>

**Total contribution by external organization = Rs.5,18,000**