

# **Health, Education and Literacy Programme**

## **Annual Progress Report 2008**

### **Maternal and Child Health Centre at Khuda Ki Basti**

The City District Government has given HELP the responsibility to administer, manage and run a health facility at Khuda ki Basti, Gadap Town, Karachi. The health facility was in a dilapidated state. HELP's team is very enthusiastic and committed to renovate and repair it and equip it on standard lines to provide the impoverished community of Khuda ki Basti comfortable, accessible and quality medical treatment. A major part of the renovation has already been accomplished.

An inauguration ceremony of the facility was held at the centre on the 3rd of July 2008 and was attended by various distinguished figures, including Tasneem Siddiqui, Chairman SAIBAN and Ateeb Riaz, Chairman TCF Schools. HELP's Executive Director, Prof. Dr. D.S.Akram discussed plans to expand HELP's health services. HELP's targets for the next year are universal primary education and universal immunization of children in Khuda ki Basti.

Mr. Tasneem Siddiqui and Mr. Ateeb Riaz both agreed with these objectives and promised to work with HELP to achieve these targets.

### **New Pre primary school for girls and boys in Lower Gizri**

A preprimary school (morning shift) was started in March 2008 in Lower Gizri. Because of the increasing demands for admissions, an afternoon shift has been started since Sept 2008. The total enrollment in the two shifts is 80. Four teachers and a cleaner have been employed from the community.

### **Afternoon shift at Neelam Colony School**

A school for less than five-year-old children is functioning since 1999. The school is highly popular amongst the local community. Because of the increasing demand for the admissions an afternoon shift has been opened at Neelam Colony School. One hundred and twenty students are enrolled at present. There are five teachers and two cleaners, working in the school.

### **HELP launched its website in November 2008 [www.helpngo.org.pk](http://www.helpngo.org.pk)**

### **Help' administration policies**

Help' policies were formulated, compiled and formally approved by the executive committee. The policies came into effect from 1st Sep. 2008.

### **Certification by Pakistan Center for Philanthropy (PCP)**

HELP applied for PCP certification in October 2008. PCP team visited our project office and project sites in December 2008.

### **Publication of quarterly newsletter**

It was decided to publish a quarterly electronic newsletter of our activities, the first issue of which was published in June 2008, 2<sup>nd</sup> and 3<sup>rd</sup> issues were subsequently published in Sep and Dec 2008.

### **Teachers training**

Teachers from HELPS schools were given professional training in preschool teaching, by The Education Foundation. Continuous weekly training sessions are held by an expert teacher trainer Mrs Shala Usmani

### **English Language Course**

A six-week course of spoken and written English was held at our Lower Gizri Centre in January 2008.

Another course was held at Neelam Colony School in August 2008.

15 male & female students benefited from these courses.

A volunteer medical student Mehak Hanif conducted the courses

### **Computer Classes**

Computer classes are being held at our project office for members of our staff and others. A course for girls was held during summer holidays by a volunteer computer teacher Mrs. Naseem Mohsin.

28 students were trained in 2008.

### **National Immunization Days**

Our community health workers, community health visitors and social Mobilizers actively participate in the national immunization. In the year 2008, nine polio campaigns were held, during which door to door vaccination were carried out. The provincial govt. held one day crash measles vaccination programme in collaboration with HELP in Neelam Colony.

### **Crash tetanus vaccination programmes**

Tetanus toxoid was not available in the province from February 2008 to July 2008. A crash programme of tetanus vaccination was carried soon after we were provided with fresh stocks in the first week of July.

### **Distribution of Zakat**

Like every Ramazan, this year too, deserving members of HELP's community were provided micro finance to set up small businesses. Financial assistance was provided for the wedding of girls and ration was provided to the needy families.

### **Nutrition Rehabilitation Project:**

A nutritional rehabilitation programme for Nagarparkar, in association with Gavi alliance has been approved. Funds are being awaited.

### **Help's Solid Waste Management Programme**

Shah Rasool colony is part of the Neelum Colony. It has a population of approximately 11050. As part of its solid waste management programme, Help's team has started to provide the families in this area with garbage bins. A resident of a particular street is made responsible for motivating other residents of that street, and the sanitary worker also reports to him. As part of community participation each family will pay a nominal amount to the sanitary worker each month. People of the area are showing interest and soon, the process will be replicated in other areas.

### **Training of CHWs:**

10 Training sessions were conducted for female community health workers by experienced and qualified master trainers on the following topics:

1. Antenatal, natal and postnatal care
2. Care of newborns
3. Breast feeding and Lactation management
4. Family Planning
5. Record keeping
6. Diarrhea
7. EPI and TT vaccination
8. Acute respiratory infections
9. Nutrition of mothers, children and adolescents
10. Immunization

**Recruitment of additional staff:**

- 1 doctor
- 2 male social mobilizers
- 6 teachers
- 2 cleaners were recruited

**School health checkup:**

Like every year health checkup was done for students of HELP schools by our doctors.

**Eid Milan Party:**

Eid Milan was organized at lower Gizri and Neelum Colony, which was attended by HELP's team notably the Executive Director, Prof.D.S.Akram, Dr. Fehmina Arif, Dr.Yasmeen Akbani and the other members and staff of HELP. T.H.O, Saddar town, Dr. Nausheen Keher was also present on the occasion. Influential members and elders of the community were invited to the event. Speaking on the occasion Prof D.S.Akram, welcomed the guests and stressed on the importance of community participation in primary health care and education. Dr. Yasmeen Suleman informed the audience, of the progress made by HELP during the last year. Dr. Nausheen highly appreciated the efforts of HELP in primary health care, especially, in vaccination of the mothers and children of the community (vaccination rate >98%). Community elders and influential members also spoke on the occasion and thanked HELP's team for their contribution in the health care of their community. Issues and problems related to the community were also discussed and eidi was distributed amongst HELP's staff.

**BENEFICIARIES:**

**Antenatal status**

During 2008, 1043, pregnant women were registered at our centers and came for routine antenatal check ups. The total no of antenatal check ups was 6208 and a total of 950 deliveries took place.

**Postnatal status**

950, women paid a total of 2459, visits to our centers for postnatal care.

**EPI status**

EPI coverage for children less than 1 year has been 95% and that for children less than 5 years is also 97%.

**Tetanus toxoid coverage**

The tetanus toxoid coverage to women of child-bearing age has been 88%, the reason being high turnover of population in Neelam Colony. Another reason was non-availability of tetanus vaccine in the province for five consecutive months. The vaccine arrived in the first week of July. A one week crash program was carried soon after.

**Nutrition**

Special emphasis was given to nutrition of women during pregnancy and lactation, breastfeeding of newborns and nutrition of infants and children. As a result, the number of children with normal nutrition status has increased from 87.78% to 99%.

**Mortality**

The infant mortality rate has decreased to 9.47%. Maternal mortality has been zero during the last six months.

**Family Planning**

Support group participants as well as individuals were counseled during home visits on the benefits of family planning and various aspects of reproductive health. This has resulted in an obvious increase in family planning practices by the married couples from 56.41% to 58.5%.

Support group: Additional community health workers were recruited, hence more support groups were formed and consequently more support group meetings were held. During 2008, 4500 support group meetings were held in which total of 49,476 females of child bearing age were counseled and 65,422 home visits were paid.