

One-day Program on Health Education at Pratyush, Barasat

organized by IEEE Calcutta Section WIE Affinity Group on October 15, 2011

Pratyush is an organisation established in Barasat, West Bengal for the upliftment of downtrodden children and women. Pratyush offers formal education and creates awareness regarding health and hygiene, aptitude, eco-friendliness, and discipline. Members of IEEE Calcutta WIE AG, along with four doctors visited there on October 15, 2011 to conduct a Health check-up and Hygiene Awareness program.

Fifty-five children ranging from 6 years to 18 years along with their parents (20 adults) were present. As soon as we reached there, the children welcomed us with beautifully arranged bouquets of flowers and hand-drawn gift cards displaying their creativity. We were quite overwhelmed by their reception.

There was a big hall where we were seated. Among the four doctors, two were from All India Hygiene and Public Health, Kolkata and the other two from Calcutta Medical College. All the participants of Pratyush were divided into two groups, so that there were parallel sessions on health check-up and Hygiene education. The groups swapped sessions after one round.

The doctors from All India Hygiene and Public Health discussed the cause and effects of various diseases that the children and their parents had heard of, such as malaria, fever, diarrhea, indigestion, diphtheria, typhoid, cough and cold, headache with them. They also taught about the home-made remedies of minor ailments. For the health check-up group, the general health of the participants was examined and for common diseases, the first round of prescribed medicines were also dispensed. These activities continued for about four hours.

There was a lunch break when delicious food was served to all. It was sponsored by a well-wisher of Pratyush.

Some of the participants who were found to have contracted serious diseases, were referred to Calcutta Medical College for proper detailed treatment free of cost. For the adults and teenagers, the doctors also spoke about HIV and AIDs to make them aware of the dangers of those infectious diseases and also to warn them that inexpensive treatment of HIV or a cure for AIDS were not available yet. Few adults with addiction habits were counseled as well.

The program concluded with presentation of token mementos to the doctors and photo sessions with the children along with their parents and the doctors. In spite of being a resident of Barasat I had no previous idea about Pratyush. So it gave me intense pleasure by coming in touch with those people. All of us enjoyed that day to the fullest. We wish all the success for this organization whole heartedly for years to come and that such health education efforts would go a long way in a holistic manner for the well-being of these under-privileged group.

