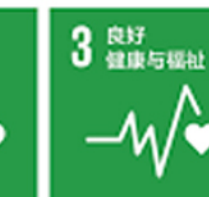# KESHAV SRUSHTI SELF –RELIANT
(ATMANIRBHAR GRAM SWASTHYA PROJECT)
(आत्मनिर्भर ग्राम स्वास्थ्य योजना)

SWASTHYA RAKSHAK DAMPATIS
(HEALTH CARE COUPLES)
& DIGITAL HEALTH LOCKET

SWASTHYA RAKSHAK DAMPATIS (HEALTH CARE COUPLES) & DIGITAL HEALTH LOCKET

India's vast healthcare system has been consistently falling short of providing accessible, affordable and quality healthcare services for a large part of the population. The existing infrastructure, especially in smaller towns and tribal villages, is inadequate to meet the demands of the growing population. The complexity of the situation is such that, realistically, a single-point solution isn't going to work. We need multi-pronged solutions that address these problems at different levels.

The Keshav Srushti Atmanirbhar Gram Swasthya Project (self-reliant village health project) aims to address this problem by implementing-'' Sustainable Tribal Community Health through Collaboration, Awareness, Education & Use of Digital technology (आत्मनिर्भर ग्राम स्वास्थ्य योजना).   By providing the services of selected and trained Health Care Couples called as Swasthya Rakshak Dampatis, .through its following five projects .

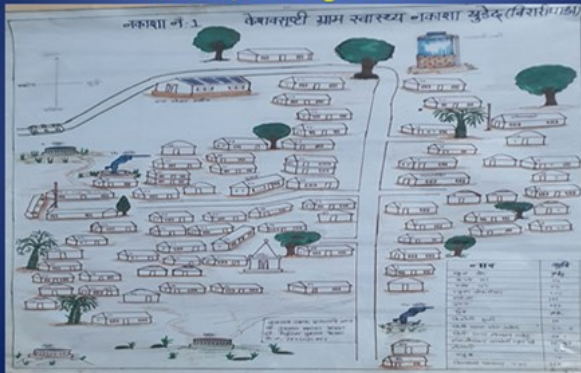| THREE BROAD PROBLEM AREAS IDENTIFIED (As per the Tribal Health Report of Govt. Of India)	PROBLEM STATEMENT. – POVERTY AT ALL LEVELS
• Significant Lack of Healthcare human resource • Near Absence of Health Record- • Total Absence of Community Participation	• Poor Economy • Poor Health Literacy • Poor Health Parameters, • Poor Healthcare Services leading to Poor or non-existent health records and Consequently • No treatment and Poor Health Outcomes

What can be done to improve the state of tribal healthcare?

What is needed is- Active Community Participation and Collection of Health Data Main Objectives - Empowerment, Self-Reliance, Health Data Collection& its Digitalization

I) They are educated & trained in following areas Prevention, Control & Promotion of Self- Health.

II) Root causes of Communicable & Non communicable diseases (CDs & NCDs)

III) Advanced Education & training on Digital Medical diagnostic appliances have been provided to them. And they have been given these appliances in a "Diagnostic Kit" for the primary diagnosis of NCDs mainly Anemia, Hypertension, Malnutrition, Diabetes

IV) Preparation of "Pariwar Swasthya Card" through Mapping of Villages - for data collection of all family members by door to door visits and to prepare a Family Health Card of all families in their village and based on that to prepare Village Health Map (Gram Swasthya Nakasha)

1.) Gram Swasthya Nakasha (Health Map of Village Mapping of Availability of basic amenities like Wate Toilets, Cooking Gas etc.

2) Gram Swasthya Nakasha (Health Map of Village) - Mapping & Marking of all homes for prevelent diseases

Active Community Participation (Through Swasthya Rakshak Dampati (Health Care Couples)) Who are Swasthya Rakshak Dampatis? Community participation and Gender Equality is encouraged by selecting an educated couple called as 'Swasthya Rakshak Dampati" from each village. They are educated & trained to collect the Health Data by door to door visits in their villages.

DIGITALISATION OF HEALTH RECORDS "DIGITAL HEALTH LOCKET PROJECT,"

⇒ **No health Records and Painstaking created records being lost**

⇒ **To come out of this situation, , recently, we have introduced "'Digitalised Health Locket Project,"**

⇒ **We have developed the wearable locket embedded with QR code, which is linked to the digital data of Family Health Card collected by our existing robust network of the ''Health Care Couples '', Swasthya Rakshak**

⇒ **Dampatis (SRDs) working in villages These records will be available and accessible all the time & in emergency situations.**

⇒ **Digitalised Wearable Health Locket will allow immediate following broad improvements-**

⇒ **Easy Health Record Access Shortening the time to treatment**

⇒ **Reduction of the repetition of diagnostic cost burden**

⇒ **Early detection of diseases avoiding future complications & emergencies**

To cover the maximum services to maximum population
The project is divided & carried out in following five verticals namely-

1) Health Mapping of a Village for accessing current Health Situation through Swasthya Rakshak Dampatis – Award of ''Parivar Swasthya Card'' & Preparation of ''Gram Swasthya Nakasha'' of a village and Digitalization of Health Records . Education on sanitation, Hygiene & Clean drinking water

2) Monitoring Growth of Children through ''Star Health Grade Cards'' (Age 5 to 12) to control malnutrition & anemia

3) Special Health Education and Awareness for the Adolescent Boys & Girls –Vivekanand Swasthya Mitra (मित्र) & Savitribai Swasthya (मैत्रीण)

4) Self – Reliance & Health Security through
A) Providing referral facilities for Tertiary Health Care at Sir J. J. Hospital, Mumbai and Vedanta Hospital , Dahanu
B) Gram Swasthya Vima (Insurance) Yojna – Providing free medicines & basic emergency services

5) Tele- consultation for treatment through Digital Health Locket (Out of these five projects only the first vertical is described in this note

Milestones Achieved-2022-2023

(Our Health Projects have been Presented & Approved in following National & International Level Conferences)

March-2022- National Commission for Scheduled Tribes, Government of India, New Delhi. All India Level Conference on "Tribal Health"-

April 2022-& February -2023- International United Nation's Conference on Sustainable Development Goals)

March 2023- Consulate Meeting of Asian African Rural Development Organization, (AARDO), New Delhi

March-2023-Invited to present in a national level webinar on Smart Tribal Village to present our Digital Health Locket project by Shobhit Technical University,   Meerat.

June-2022- -Dindayal Research Institute,(DRI) Chitrakoot – Our Swasthya Rakshak Dampatis were invited to train Swasthya Shilpi couples working under DRI . We were invited for training on our health projects and it was decided to implement our health schemes in 550 tribal villages of Madhya Pradesh   through   their   Samaj   Shilpi   Dampatis.

Since September 2023- ISKCON, an international social organization, has participated an working in in collaboration and active participation in Star Health Grade project.

Dr. Suresh Saravdekar
Date – 21.01.2024
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