

## **ANNUAL REPORT FOR YEAR 2009 - 10**

### **Health Checkup Camp**

RAH has conducted a free health checkup camp at Khairachattar focusing on the low income people in rural areas to facilitate them free health checkup that included antenatal care of pregnant women, post natal care of nursing mother, Giano problem and treatment for ailments like diarrhea, dysentery, worm infestation, viral fever, cold & cough etc. Many doctors and dignitaries such as officials from health department were invited to give their valuable suggestion and make the people understand the benefits and effectiveness of protecting health.. People were examined and provided free medicines and supplements, and were educated to take necessary precaution and preventive measures for good hygiene.

Referral services were provided to the patients. High risk cases were provided appropriate facilities at the PHC, Sub centers, clinics, District Hospitals, and referral Hospitals.

### **Art & Cultural Programme**

People were trained and informed on local art, handy crafts, painting, folk dance etc for general awareness. A competition was held for painting and folk dance for mass participation. About 50 participants including students & local residents took participation and displayed various folk art & culture.

### **AIDS awareness Programme**

Under the programme 'Sar Utha Ke Jiyo' which was held at Khairachattar, Kashmar, Petarwar & Bahadurpur a awareness was spread about the cause & precautions among the rural & illiterate people about AIDS/HIV. RAH has focused on reduction of stigma & discrimination, promotion of services viz, counseling& testing, ART, routinisation of condom use and blood safety, special emphasis has been given to youth and women who are more vulnerable to the HIV infection. Intensive IEC among general populations has resulted in increasing awareness of HIV/ AIDS and rural population. The Key component of the campaign was nukka natak, wall painting. Condom distribution to encourage the community to have safe sex and in turn minimize the spread of HIV.

### **Agriculture Awareness**

RAH organized a Farmer training programme to educate them on soil testing to identify the impurities of soil, measures to improvise the composition of soil. Encourage them for the use of Bio-fertiliser instead of using chemical fertilizers to maintain the fertility and moisture of soil. Furthermore were encouraged on modern farming methods, use of latest tools and equipments instead of traditional.

### **Educational Awareness**

RAH carried out programmes for skill development to empower all individuals through improved skills, knowledge, recognized qualifications to gain access to decent employment and ensure competitiveness in the market. The objective was to enhance individuals employability and ability to adapt to changing technologies and labour market demand.