

# Shining Eyes India

(Registration Under Section 60 And Rule 69)

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## ANNUAL REPORT 1<sup>st</sup> April 2022 to 31<sup>st</sup> March 2023

### 1. Shining Eyes Background

Shining Eyes India was founded as a trust in February 2013 with the aim of improving the health and well-being of tribal women and children, particularly in the rural areas surrounding Bolpur, in the Birbhum District of West Bengal.

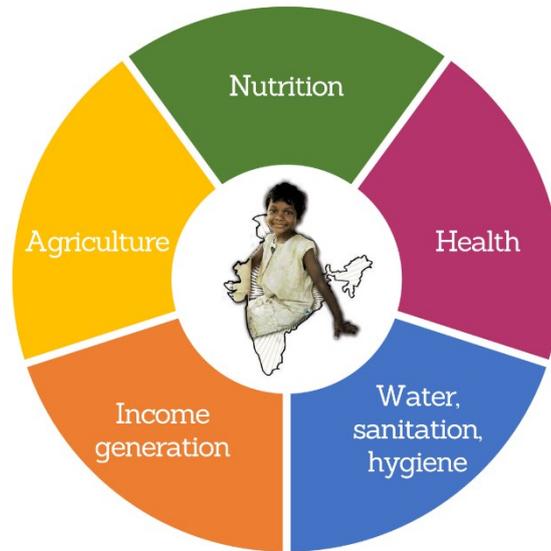
From the beginning, our mission has combined acute medical care with preventive health measures, focusing on the most vulnerable—mothers and children. Our programs currently reach 12 villages, offering comprehensive services in nutrition, maternal care, child health, and education. Awareness sessions are regularly conducted to promote hygiene, nutrition, and safe childcare practices, empowering families with essential knowledge.

Shining Eyes India run St. Mary's Child and Mother Health Care Clinic ,Bolpur by taking over as land and lease in the year 2022 for our charitable work. This health Care Clinic serves as a vital link between rural communities and professional medical care. It offers a safe, welcoming space for the poor, providing all facility free of cost.

We carry out regular screenings for newborns and pregnant women, provide nutritional support to undernourished children, we treat and guide a wide range of conditions—such as anemia, infections, neurological and cardiac disorders. Critically ill patients are guided by us to specialized government hospitals, with our team ensuring they receive support and follow-up throughout their treatment journey.

Through our proactive village-based programs and the vital work of our village health workers and social worker, we aim not only to treat illness but to prevent it—reducing child and maternal mortality by addressing the underlying causes of poor health. Promoting hygiene, preventing undernutrition, and improving access to healthcare are key pillars of our work, especially in the 1,000-day window of opportunity, when children are most vulnerable





Today Shining Eyes India embraces three main pillars of action:

- **Health** - to provide medical diagnostic, treatment and follow-up care to the poor
- **Nutrition** - to raise awareness for the importance of balanced nutrition in order to break the intergenerational cycle of malnutrition and poverty
- **Agriculture** - to help every family to establish a kitchen garden with a variety of vegetables and fruits, further to start crop-rotation to increase dietary diversity

These three main pillars are complemented by water, sanitation and hygiene activities, as well as by income generating activities. This holistic network embraced by Shining Eyes India aims to stop the intergenerational vicious cycle of malnutrition.

The Trust Shining Eyes India is active in 12 villages around Bolpur:

1. Ghosaldanga
2. Bishnubati (Santal, Hindu)
3. Baganpara
4. Monedanga/Nildanga\*
5. Panchabanpur
6. Bautijol
7. Bekajol
8. Kulbuni
9. Doltikuri
10. Tatpandi
11. Pathargata
12. Bonerpukurdanga (Khechurdanga)

\*Nildanga joined the program in summer 2023, replacing Monedanga. The information on this report is still based on the data from Monedanga from April 2022 to March 2023.

## 2. Village Activities

### 2.1 *Health workers*

Shining Eyes India works with a team of 1 social worker and 12 health workers. Each of the 12 villages we work with has a responsible health worker who serves as a bridge between the villages and the health centre. They make weekly household visits to identify sick children and pregnant women and they refer them to the Health Care Centre and organize their transport.

In cases where children are severely sick, our ambulance car is used to pick them up and transport them either to St. Mary's or to Government hospitals, depending on the specialized treatment that is necessary. After the children return back home, our health workers take care of them in the villages. They make sure they follow up the treatment as prescribed and take their medicines.

Furthermore, the health workers help mothers in the villages with the implementation of our nutrition program: cooking session at low cost and they also organize mothers' meetings to talk about malnutrition, hygiene, anemia, emergency signs in children, family planning, and tuberculosis. They provide social assistance on household level.

Every Wednesday there is a meeting with all 12 health workers and our social worker at the hospital, where they report about the house-visits, sick children in the villages and receive training on relevant topics to teach the mothers.



## 2.2 Medical Screening in the villages

During these screenings, we identify children who have anemia or are malnourished. Pregnant women are identified as well and receive regular prenatal care through the government program "Asa-workers". Beyond raising awareness, these screenings are crucial for identifying emergency cases that require immediate attention.



## 2.6 Kitchen Gardens

As complementation to our nutrition programs, we offer training, material and seeds to families who want to start a kitchen garden to grow their own fruits and vegetables to improve the diets of their children and women. This is one of our sustainable solutions to fight malnutrition. Our gardener Nilu, together with his assistant Sanjoy, guides and assists the families during the installation and further cultivation of their gardens. He distributes the seeds for the different cultivation periods and supervises the harvest. If the social worker during the house visit recognizes some difficulties with the garden, she reports it to the gardener, who then helps the family take care of it.

Because of the kitchen gardens the families can afford to enrichen their meals with vegetables containing important vitamins and minerals for the malnourished children. Amaranthus for example, a green leafy vegetable rich in iron is present in every season. The other plants harvested were for example lady fingers, beans, carrots, tomatoes, beetroot and other green leafy vegetables like spinach. Thanks to assuring good fences around the gardens, better watering than before and regular mentoring through our gardener Nilu, more families started a kitchen garden and took profit of their harvest. In June 2022 67 of the families under our program had a kitchen garden, whereas in March 2023 we counted 255 families growing their own food in their garden.



### 3. Activities in the St. Mary's Child and Mother Health Care Centre

Our team at the health care centre offers its services six days a week in order to provide medical treatment for vulnerable people from the villages, especially women and children. At the reception patients are welcomed and guided through anthropometric measurement, nutrition and health education and medical treatment by local doctors. One staff member is specialized to guide patients to the right medical section and contact the doctors there. We remain in relation with the patient until he/she will be discharged, do follow up next check up.

#### *3.1 Malnourished children*

We admitted malnourished children with wasting z-scores of -3 and -4 SD to our rehabilitation and therapy program. During the program, the children receive five nutritious meals per day and the mothers get schooled about important topics to prevent and fight malnutrition. The teaching sessions conducted by our nurses include information about valuable nutritious food at low cost, the intergenerational cycle about poverty and malnutrition, hygiene, and the recognition of emergency signs in sick children.

We also measure and evaluate the results of our rehabilitation program according to WHO recommendations: malnourished children should gain 5 grams per kg/day.

Another important topic is the mother-child interaction and stimulation of the child during the meals, practicing responsive feeding, that means understanding, recognizing, and responding to the child's hunger signals and needs. The mothers are trained to sit next to their child, keep eye contact and motivate the child to eat. Children suffering from malnutrition or anemia may have reduced appetite and need someone to feed them actively. Because of the high workload of the mothers, they sometimes don't make time to eat patiently with their children. We advise them to offer at least five meals per day, including three cooked warm meals. Only the regular serving of meals can improve the nutrition and health status of the children and help them regain strength and appetite.

After some weeks of supplementary feeding and/or iron therapy, the mothers predominantly reported a change in their children's behavior, being more active, showing more appetite and less infections.



### 3.2 Outdoor patients

This year we had a total of 5770 outdoor patients at St. Mary's. 3562 children and 2208 adults came to our health care center for medical advice and treatment.



### 3.3 Preventive New born Check-Up

This year we invited all newborn children up to 6 month of age village-wise to our Newborn check-up at St. Mary's. In the five Newborn check-ups that took place between Mar/Apr' 22 and Mar/Apr' 23 we checked 272 children from the near villages.



Dr Prabir Mondal



Dr Prabir Mondal with Dr Monika Golembiewski

### 3.4 Indoor patients

The St. Mary's Child and Mother Health Care Centre has 5 beds to admit patients who need acute medical treatment, supplementary feeding or are waiting for referral to other health facilities. This year we treated 329 children and 37 adults as indoor patients. From Apr' 22 to Mar' 23 we had 36 malnourished children for our nutrition program as indoor patients.

### 3.5 Laboratory and X-ray

The St. Mary's Child and Mother Health Care Center offers laboratory diagnostics only for indoor patients free of cost and diagnostic x-rays for OPD and IPD patients. Between April 2022 and March 2023, a total of 1984 test were performed.

Lab and X-Ray report 2022/23	Total number of lab test	X-rays	Total tests per month
April	86	48	134
May	75	65	140
June	112	54	166
July	98	58	156
August	102	67	169
September	112	87	199
October	54	28	82
November	132	106	238
December	56	42	98
January	109	76	185
February	128	67	195
March	141	81	222
<b>Total 2022/23</b>	<b>1205</b>	<b>779</b>	<b>1984</b>

#### Ultra-Sonography (USG)

Once a week Dr.Sandipan Sankar Guha does general ultra-sonography checks for children, adults and pregnant women. Last year's patients were 91 pregnant women and 89 other patients which adds up to 180 USG-patients in total. Especially for prenatal care, an important segment of Shining Eyes India, USGs are very important to check on the unborn children's health, but without detecting the gender.

#### EEG patients

During the year between April 2022 and March 2023 72 EEGs were performed.

#### ECHO and ECG

The cardiologist Dr. Nurul Islam assists us quarterly to screen the children suspected for heart-problems. Some children need further investigation and surgery in this year 72 ECHOS were performed, and 35 patients were identified with heart disease. Three of them received heart surgeries by the Government Health Scheme Swasthya Sathi.

#### Gynecological screenings

This year our gynecologist Dr. Utpal Ghosh attended a total of 720 women. 600 were pregnant. The patients come looking for family planning methods or to get cancer screenings, like the PAP-smear test, of which 155 were done throughout the year.

## Neurological screening

Throughout the reporting year, Dr. Swapan Mukhopadhyay diagnosed 260 children and 105 adults with neurological conditions



## Dental Checkups

The dentist Dr. Swarnak is coming weekly to St.Mary hospital and could perform this year a total of 240 dental checkups . Regularly dental awareness were given to the mothers and twice he conducted village dental camps.

## 4. Trustees

All members are working on a voluntary basis. The overall goal of this charitable trust is to provide medical care and guidance to the needy children and mothers in the rural area. This includes curative measures with follow-up and village health checkups as well as preventive programs to improve nutrition and hygiene. The trust works for the poor and tribal families surrounding Bolpur at Birbhum District.

The focus is to give care for malnourished and anemic children, pregnant women, handicapped children and also TB patients for diagnostic and medical support. This is conducted in “St. Mary’s Child and Mother Health Care Centre” at Makarampur, Bolpur.

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