

Shining Eyes India

(Registration Under Section 60 And Rule 69)

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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 13 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.

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

1. Ghosaldanga
2. Bishnubati
3. Baganpara
4. Nildanga
5. Panchabanpur
6. Bautijol
7. Bekajol
8. Kulbani
9. Doltikuri
10. Tantbadhi
11. Pathargata
12. Khejurdanga



2. Village Activities

2.1 Health workers

Shining Eyes India operates with a team consisting of one social worker and 11 health workers. Each of the 12 villages we serve has a dedicated health worker who acts as a bridge between the villagers and our health clinic. They conduct weekly household visits to identify sick children and pregnant women, referring them to the hospital and arranging their transport. In cases where children are severely ill, our ambulance car is used to transport them either to St. Mary's or to Government hospitals, depending on the required specialized treatment. Once the children return home, our health workers continue their care in the villages, ensuring they follow the prescribed treatment and take their medications. For example, they provide iron drops for children with anemia, and ensure adherence to scheduled pregnancy check-ups.

Additionally, the health workers assist mothers in the villages with some cooking sessions to learn about valuable nutrients, . They also organize mothers' meetings to discuss malnutrition, hygiene, anemia, emergency signs in children, family planning, and they provide social assistance at the household level. Every Wednesday, all health workers and our social worker meet at the hospital to report on the household visits and sick children in the villages, as well as to receive training on relevant topics to educate the mothers. The health workers are key to the design and development of our training programs because they are villagers themselves and know best the challenges and resources in their communities.



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.

2.3 Village anthropometric and Hb measurement

During our village visits, we assess various aspects of children's health, including hemoglobin levels and anthropometric measures such as length/height, weight, and mid-upper arm circumference (MUAC) for every child under two years old. This enables us to identify undernourished or anemic children, who can then be taken to St. Mary's for care.

These measurements also allow us to monitor the growth and development of children through their first two years of life according to WHO standards. This enables us to conduct individual and community nutritional assessments, helping us to continuously design and improve our programs.



2.4 moringa cookies

We provide moringa cookies in our twelve villages

Our farmer Nilu bakes moringa cookies every week which are then distributed to the malnourished children. These cookies provide the 170 children were enrolled with extra energy and nutrients which they urgently need.



2.5 Kitchen gardens

Our farmer, Nilu Murmu, along with his assistant Sanjay, provide training, materials, seeds, and guidance to every family interested in establishing a kitchen garden at home. The aim of this program is to promote self-sustainability by encouraging families to cultivate their own fruits and vegetables. This initiative ensures that children receive a diverse range of minerals and vitamins essential for their proper development.. During the reporting year, a total of 158 families living in the 12 villages had a kitchen garden at home.



3. Activities at St. Mary's Child and Mother Health Care Clinic

Our team at the hospital provides services six days a week to deliver medical care to vulnerable individuals from the villages, with a special focus on women and children. At reception, patients are welcomed and guided through the process of anthropometric measurement, nutrition and health education, and medical treatment by local doctors including pediatricians, a cardiologist, gynecologist, neurologist, dentist, and a sonographer. One staff member is dedicated to guiding patients to the appropriate medical section and contacting the doctors there. We maintain contact with the patient until they are discharged, admit them at our clinic for the necessary after-care, conduct follow-up checks when they return home.

3.1 Nutrition rehabilitation program

We admit malnourished children with wasting z-scores of -3 and -4 SD to our nutrition rehabilitation program. In the reporting year there were 31 children admitted. During this program, children receive five nutritious meals per day, and their mothers are educated on essential topics to prevent and revert malnutrition. Our nurses conduct awareness sessions on topics like the use of low-cost nutritious foods, the intergenerational cycle of poverty and malnutrition, hygiene, and recognizing emergency signs in sick children.



Another crucial aspect is the mother-child interaction and stimulation during meals. We practice responsive feeding, which involves understanding, recognizing, and responding to the child's hunger signals and needs. Mothers are trained to sit next to their child, maintain eye contact, and encourage the child to eat. Children suffering from malnutrition or anemia often have reduced appetites and require active feeding. Given the high workload of the mothers, they sometimes struggle to find time to eat patiently with their children. We advise them to offer at least five meals per day, including three warm cooked meals. Regular meal serving is essential to improve the children's nutrition and health, helping them regain strength and appetite.

We measure and evaluate the outcomes of our rehabilitation program according to WHO recommendations, which suggest that malnourished children should gain 5 grams per kg per day.

Name of admitted child	Age	Admission Date	Discharge Date	WHZ at admission	WHZ at discharge/or end of this month	Weight Admission (kg)	Weight Discharge (kg)	Total Weight Gain this month (g)	Total number of full admission days this month (1-31 days possible/month)	Average Daily weight gain (g/kg/d) minimum 5g/kg/d	Average eaten Kcal/Full Day during stay
R.M.	1 Y 5 M	19.5.23	31.5.23	-3	-3	7,8	8,1	300,0	11	3,50	1.427,47
A.M.	1 y 4 m	20.5.23	29.5.23	-3	-2	7,2	7,8	600,0	8	10,42	1.353,31
S.S.	3 y	20.5.23	29.5.23	-3	-2	10,9	11,8	900,0	8	10,32	1.854,79
P.M.	3 years	23.5.23	06.06.23	-3	-2	9,3	10,0	700,0	13	5,79	1.398,16

After discharge from the rehabilitation program, we continue to do follow-up checks every 2 weeks to make sure the children won't fall again in severe malnutrition.

3.2 Outdoor patients (OPD)

This year we had a total of 4756 outdoor patients at St. Mary's: 3099 children and 1657 adults came to our health care clinic for medical advice and treatment.



3.3 Preventive Newborn Check-Up

In the current year, we extended invitations to newborns aged up to six months from our twelve villages, as well as from an additional villages . welcoming them to join our Newborn check-up sessions at St.

Mary's. For every check-up, we organized transportation, picking up the baby-mother pairs from their villages, transporting them to St. Mary's for the check-up, and returning them back home. Over the span of five check-ups held between April 2023 and March 2024, we conducted assessments for 155 children across our surrounding villages.



3.4 Indoor patients (IPD)

The St. Mary's Child and Mother Health Care Clinic has 5 beds to admit patients who need acute medical treatment, nutritional therapy or are waiting for referral to other health facilities. This year we treated 3 adults and 144 children, including 31 admitted for our nutrition rehabilitation program, as indoor patients. Other diagnoses treated indoors during this year include children with neurological conditions, respiratory infections.



3.5 Laboratory and X-ray

The St. Mary's Child and Mother Health Care Clinic offers laboratory diagnostics for indoor patients and diagnostic x-rays for OPD and IPD patients, all free of cost. Between April 2023 and March 2024, a total of 1572 tests were performed.

Lab and X-Ray report	Lab test	X-rays	Total tests per month
April	65	48	113
May	42	28	70
June	68	25	93
July	72	40	112
August	138	50	188
September	107	35	142
October	38	20	58
November	135	75	210
December	48	25	73
January	183	27	210
February	110	48	158
March	96	49	145
Total 2023/2024	1102	470	1572

Ultra-Sonography (USG)

Every week, Dr. Sandipan Sankar Guha conducts general ultrasound examinations for children, adults, and pregnant women. Last year, he attended to a total of 89 ultrasound patients, comprising 34 pregnant women and 55 other patients. Ultrasound scans are particularly crucial for prenatal care, a significant aspect of Shining Eyes India's initiatives, as they enable the monitoring of unborn children's health without revealing their gender.



EEG patients

During the year between April 2023 and March 2024 34 EEGs were performed.

ECHO and ECG

Every three months, we are fortunate to have the expertise of cardiologist Dr. Nurul Islam, who assists us in screening children suspected of heart problems. Any children identified in the villages with heart murmurs and requiring further diagnostics are brought to the St. Mary Health Care Clinic for an echocardiogram (ECHO). For some children needing additional investigation and surgery, guidance are performed. This year, a total of 42 ECHOs were performed, leading to the identification of 21 patients with heart disease. Two of these patients received heart surgeries through the Government Health Scheme Swasthya Sathi.



Gynecological screenings and family planning methods

This year, our gynecologist, Dr. Utpal Ghosh, provided care to a total of 480 women, among whom 223 were pregnant. Women sought assistance for various reasons, including family planning methods and cancer screenings such as the PAP-smear test, which was conducted 88 times throughout the year. Additionally, Dr. Ghosh help us for gynecological and surgical interventions in other hospitals .



Neurological screening

Throughout the reporting year, Dr. Swapan Mukhopadhyay diagnosed 156 children and 147 adults with neurological conditions.



Cancer patients

Throughout the year, we assisted 4 cancer patients in obtaining treatment, including chemotherapy and surgery, at the different Govt. Hospitals

Dental Checkups

Our dentist Dr. Swarnak, who comes on a weekly basis to our health clinic, performed a total of 91 dental checkups throughout the reporting year. Mothers receive dental awareness, and the children receive a dental kit to take home includes toothbrush and toothpaste.



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. This is conducted in “St. Mary’s Child and Mother Health Care Clinic” at Makarampur, Bolpur.

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