



# Shining Eyes

– medical aid for children and socio-economic village development in India

## Activities during Corona 2020-2021



**(Registration Under Section 60 And Rule 69)**  
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*The Trust enjoys 12 AA and 80G benefit.*

<https://shiningeyesindia.in/>



**St. Mary's Child & Mother Health Care Centre**

- Inpatient care (patient transport/ referral)



## Reception

- with improved concept of hygiene
- village-wise patients can sit in groups
- Corona-suspected persons are isolated and tested immediately



## OPD

### Anthropometric, hematological and health assessment

- from August '20 onwards one pediatrician and one gynecologist came regularly, so that we could restart with the preventive checkups for pregnant women, newborn children and malnourished children. We maintain all hygiene regulations, thereby no direct contact with patients is taking place.

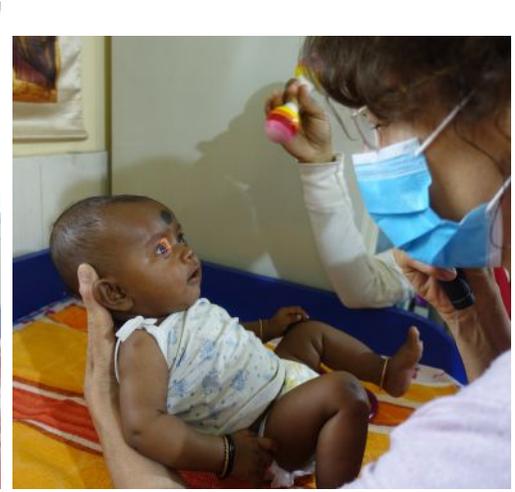


## OPD

### Medical health Checkup

- Our pediatricians come twice a week to investigate vulnerable children
- Our social worker screens for vulnerable children and mothers in the village and guides them to St. Mary's Child & Mother Health Care Centre





## Newborn checkup

- Shuttle service
- Anthropometric, hematological and health checkup
- Medical health checkup and preventive investigations for development  
Milestones, anemia, nutrition status, heart defects, sepsis etc.



## Newborn checkup

- Awareness training

Central awareness topics (1000-day window of opportunity to prevent malnutrition, the intergenerational cycle of malnutrition and poverty, worm infestations, hygiene, healthy nutrition, recognition of sickness in the child, pregnancy and family planning). Mothers learn that taking action is decisive for their child's future. Mothers feel empowered to advocate the health of their children. Family planning sessions show mothers contraceptive methods and help to understand the female body and the process of becoming pregnant.



## Newborn Checkup

- Warm meal & take home ratio

After the medical checkup and awareness training, mothers receive a warm meal and a take home ratio. Then out shuttle service brings them back home.



## Expanded preventive checkup for 4- to 6- year old children

- IPD and village neurological checkup

The older children are not so well used to preventive checkups, and first sit calm and decorous in the waiting hall. But with a ball and plays they are joyful participating in the exercises, and we can check their development and motoric skills.



## IPD - children

- malnourished children with wasting z-scores of  $-3/-4$ , or anemic children are admitted for supplementary food (rehabilitation)
- infectious children (fever, cold, cough, pneumonia etc.)
- non-pulmonal TB (bone TB)
- guidance and follow-up care before or after referral in specialized health facilities
- dressing of wounds, burns, eczema etc.



## IPD

- Admitted children receive five nutritious meals a day. For breakfast and afternoon “Halwa” (wheat-lentil-milk porridge with vegetables/fruits, oil and sugar), “ten- o ´ clock snack” (Moringa cookies/Horlicks cookies, Horlicks drink, fruits), warm midday meal and dinner (rice dish with dal, vegetables).



## ECHO

Dr. Nurul (cardiologist) assists us once in a month to screen children with a suspected heart-defect.

Due to the Corona pandemic no screening for heart children as well as no surgery could be performed in the period Apr '20 to Mar '21.

We support the implementation of the government schemes e.g. Shishu Shati scheme with free-of-cost heart surgeries below 18 years, by guiding children into this scheme: after detecting children in the villages with heart sound, then we provide needed diagnostic, ECHO and ECG and register them in Suri medical hospital. For urgent cases we organize appointments for operation in Durgapur mission hospital, free of cost.



## ECG

- children with epilepsy or neurological disorders receive ECG for further diagnostic

## USG, gynaecological consultation, prenatal care & cervix cancer screening

- on a weekly basis USG is taking place, as well as gynaecological consultation
- Cervix cancer screening (PAP-smear) is offered every week to interested women, our social worker and health worker team raises awareness for this preventive investigation in the villages



## TB patients

- our health worker team screens for TB-suspected patients in the villages and conducts long-term follow-up of medical treatment
- children and adults with non-pulmonal TB (e.g. bone-TB, abdominal TB) are admitted and treated with anti-TB-drugs and provided healthy food for their recovery
- we closely collaborate with the DOT (directly observed treatment)-Center by the government and guide patients into these schemes



### Hematological tests to diagnose Anemia

- hematological tests are performed by our laboratory assistant/village program coordinator Jayanta Das and our radiologist and health manager Debashis Roy Chowdhury
- a woman is brought by our health worker: her Hb accounts for 1.7 g/dl. Unbelievable that this woman still was walking to us. Immediately we brought her to the government hospital for life-saving blood transfusion



### Health worker seminar (weekly basis)

- reporting about their activities inside the 12 villages, to provide overview of sick children
- preparation of weekly ration of NutriMix to be distributed in the villages
- awareness topics (hygiene, healthy family nutrition, breastfeeding, complementary feeding, 1000-day window of opportunity, prevention and treatment (malnutrition, anemia, Corona), emergency signs, sickness in the child, family planning, pregnancy)
- training takes place by social worker, doctors, nurses and volunteers



## NutriMix

- weekly production by our health worker team -guided by social worker, in St. Mary Child & Mother Health Care Centre
- distributed in 12 villages for children under 2 years and those with wasting scores <math>-3</math>
- a roasted instant mix of lentils and wheat with added milk powder, sugar and oil
- families are advised and trained to further enrich the porridge with good amount of fruits and vegetables from the kitchen garden



### Village anthropometric and Hb measurement

- regular visit of 12 villages in order to measure all children aged below 2 years
- malnourished and anemic children can be identified and investigated by our pediatrician in St. Mary's Health Care Centre
- guidance into our NutriMix program, iron therapy program (tonoferon, glycifer), supplemented with probiotics and micronutrients



### Village medical checkup

- children receive anthropometric and hematological checkup
- medical health investigation by pediatricians and general practitioners to screen for malnourished, anemic, infectious, heart-defect children, TB-suspected individuals, newborns, pregnant women and emergency cases to guide for admission/referral to specialized health facilities, provide needed medicine and assign children in our preventive health programs (iron therapy, NutriMix, multivitamin)



### House visits by pediatrician

- during Corona times house visits are more frequently performed to maintain distance amongst the villagers
- moreover, severely sick children are monitored and mothers encouraged to visit our St. Mary's health care centre



### NutriMix distribution in the villages

- In 12 villages we distribute NutriMix for children under 2 years and those with wasting scores  $-3$  on a weekly basis, thereby more than 100 children are regularly provided with supplementary food.
- NutriMix is a roasted instant mix of lentils and wheat with added milk powder, sugar and oil. The families are advised and trained by local health workers and our social worker, to further enrich the porridge with fruits and vegetables from the kitchen garden.





### Interactive community cooking training

- community-cooking trainings on the adequate preparation of specialized infant foods like our wheat-lentil-milk porridge with fruits and vegetables (NutriMix)
- malnourished children often show reduced signs of hunger, in the scope of this interactive cooking training mothers realize through proper mother-child interaction how important nutritious food is for adequate development of their child.
- after few weeks of iron therapy or supplementary feeding, mothers report their child becoming more active, being less sick and showing more appetite



### Iron therapy (Tonoferon/Glycifer)

- all children below two years receive preventive iron therapy as well as children with moderate/severe anemia
- application is advised/supervised by the health worker and social worker regularly
- recently we also investigate the effectiveness of probiotics and multivitamin along with iron therapy



### Community cooking demonstration and awareness training

- social worker and health worker perform cooking demonstration of “vegetable-omelette” with three types of spinach leaves (inspired by the NGO Manab Jamin)
- awareness training about hygiene, malnutrition, and family planning



### Household visit social worker/health worker

- Household visits by social worker: monitoring of preparation of infant and young child foods in the house, awareness training about how to recognize/prevent malnutrition in the child

#### Responsive feeding and stimulation, mother-child interaction, child caring

- hygiene
- keep livestock and flies away from food
- sit next to the child, keep eye-to-eye contact, motivate the child to eat
- food quantity/quality itself but also the assistance during eating are both equally important to maintain a good health status (malnourished children suffer from reduced appetite)
- due to the high work load of the mother, eating occasions are reduced to a simple necessity
- counselling of mothers to offer five times a day food to their child. Timely reactions to any signs of hunger (crying is a late sign of hunger)



### Distribution of clothes and blankets

- In the cold season we provide the poor families with warm clothes and blankets



### Food Packet preparation in St. Mary

- during Corona crisis we started with regular distribution of food packets with rice, soya, lentils, vegetables and egg to families with young children and needy individuals prepared by our staff members



### Food packet distribution in 12 villages

- on a weekly or monthly basis (according to severity of lockdown) we provide each family or needy individuals with a food packet
- in the Corona crisis starting March/April '20 some villagers came back as day-laborer who have lost their job
- in the village the fields were affected by drought and vegetables were scarcely growing. The income source of these workers stopped from that moment on. Beside the government distribution of ground food items, we also distributed food packets with vegetables (green beans & carrots), soya beans, egg, lentils, soap, and self-made masks for protection. On average per month, we provided these food aid to 250 families with malnourished children.



## Distribution of masks and soap

- staff members tailored textile masks in the beginning of the Corona pandemic, later on we distributed medical and FFP2 masks with soap in the villages



- **Cancer patients**

During Corona times some cancer patients had to interrupt their chemotherapy, as it was not possible to enter Kolkata. From October onwards we could transport needy patients again regularly for their continuous interval treatment to Hope Hospital in Kolkata

On the picture we see Rani, who suffers from leukemia. She was brought by Fr. Anthony to us, and then received chemotherapy in Kolkata



## Hospital school

- long-term admitted children as well as children from very poor living conditions can be taught five days a week in our hospital school



## Kitchen Garden and Crop-diversification

- Besides, we distribute seeds for kitchen gardens for growing of vegetables and fruits for families
- Our horticulturist Nilu guides and assists the installation of kitchen gardens and further cultivation. Amongst others all families receive Amaranth seeds, as these plants contain high density of nutrients and were advised for Moringa tree cultivation/usage



### Moringa leaf powder production and baking of Moringa Cookie

- In March '21 Nilu restarted the Moringa leaf harvest and Moringa cookie baking to distribute in villages to malnourished children and for admitted children in St. Mary