

1. Comprehensive Health Check-Up & Health Education Initiative

Introduction

ACID's **Comprehensive Health Check-Up & Health Education Initiative**, supported by [FADV](#) is designed to improve healthcare access and awareness among underserved rural communities. Since 2014, this initiative reached 91881 individuals across 18 villages.

Objectives

- To deliver free, periodic health check-ups to children and adults
- To raise knowledge on hygiene, disease prevention, nutrition, and maternal-child health.

Methodology

- **Health Check-up Camps:** Quarterly health camps covering all the Gram Panchayats, held at the learning centres
- **Educational Outreach:** Seminars, posters, and interactive workshops led by registered medical practitioners and government health workers.
- **Follow-up Protocol:** Tracking referrals and treatment compliance.
- **Distribution of Medicines:** As prescribed by the registered medical practitioners, the beneficiaries are provided with free of cost medicines and reimbursements for diagnosis.

Reach & Engagement

- **Health Check-Ups:** Conducted for 49782 adults and 5346 children.
- **Educational Sessions:** Held 200+ times, 55128 participants.
- **Referral Compliance:** 1000+ of those referred to advanced care followed up.

Key Outcomes

- **Early disease detection:** 250+ cases identified (e.g., hypertension, anemia.....).
- **Behavior shifts:** 8911+ more households report consistent hand-washing and clean water storage.
- **Improved maternal knowledge:** 12191 recall key practices.
- **Reduced absenteeism:** School illness-related absenteeism fell by 5000+.

Challenges & Mitigation

- **Logistical:** Reach to remote areas faced delays—mitigated via local transport partnerships.
- **Cultural:** Some resistance to health workshops addressed with support from village leaders.



2. Need-Based Nutritional Support Program

Overview

ACID's **Need-Based Nutritional Support Program** targets at-risk children providing tailored nutrient supplements and support.

Program Goals

- Prevent undernutrition and anemia in 4000+ participants.
- Build community understanding of balanced diets using local foods.

Program Design

- **Assessment:** quarterly screening.
- **Supplement Distribution:** Provided supplements in the form of locally available food items.
- **Education:** Cooking demos and recipe sharing to improve local food use.

Participation Data

- **Children:** 2000+ attended the sessions.
- **Sessions:** 100+ conducted with 9000+ attendees, including children and their parents/caregivers.

Results & Impact

- **Malnutrition reduction:** 60% decrease in underweight prevalence.
- **Dietary diversity:** 40% more families meet diversity standards.

Program Challenges

- **Supply delays:** Caused intermittent disruption; future buffer stocks recommended.
- **Recipe compliance:** Improved via culturally adapted demos.

Future Directions

- Scale to more beneficiaries.
- Introduce kitchen gardens.
- Track growth via digital tools.



3. Self-Help Group (SHG) Health Empowerment Program

Introduction

ACID's SHG Health Empowerment Program leverages women's groups to facilitate peer-led health promotion and access.

Objectives

- Strengthen peer education on reproductive/maternal and child health.
- Enhance participation in government health services.

Program Structure

- **Formation:** 100 SHGs with 12 women each.
- **Capacity Building:** Workshops on health issues and communication skills.
- **Community Linkages:** Each SHG connects with a local health facility.

Participation & Output

- **SHGs established:** 100 SHGs reaching 1200 women.
- **Workshops:** 2400 sessions, 1500 participants.
- **Referrals made:** 55 women referred to health services.

Achievements

- **Immunization:** 20% increase among women and children.
- **ANC participation:** 80% rise in antenatal care attendance.
- **Institutional deliveries:** Grew from 60% to 90%.

Obstacles & Responses

- **Attendance:** Timed meetings to reduce conflict with household tasks.
- **Clinic reluctance:** Resolved via joint outreach with health workers.

7. Next Steps

- Scale SHG support to additional villages
- Introduce income-generation training.
- Monitor via member-led dashboards.



4. Sapling Distribution & Kitchen Garden Promotion Initiative

Introduction

In an effort to ensure sustainable supplementary nutritional support and promote sustainable livelihoods, ACID implemented a **Kitchen Garden Development Program**, supported by [FADV](#) through the distribution of seasonal and perennial saplings to rural households. The program covered 7 villages and benefitted 400+ households, enhancing local food production and dietary diversity.

Objectives

- Promote year-round access to fresh vegetables and herbs.
- Improve nutrition security in low-income rural families.
- Enhance women's role in household food decisions.

Implementation Strategy

- **Beneficiary Selection:** Focus on women from Self-Help Groups, mothers of children, and marginalized farmers.
- **Sapling Distribution:** Each household received a kit of 13 saplings including spinach, brinjal, tomato, coriander, drumstick, etc.
- **Training & Demonstration:** Conducted 300+ on-site sessions on composting, organic pest control, and vertical gardening.

Reach and Outputs

- **Households Reached:** 400
- **Total Saplings Distributed:** 5200
- **Training Participants:** 300 women

Key Outcomes

- **Kitchen Garden Survival Rate:** 90 % at 3-month follow-up
- **Increase in Vegetable Intake:** 80 % of families report daily use of home-grown produce
- **Women-led Income:** 40 % of participants sold surplus at local market

Challenges & Learnings

- Soil salinity addressed through drum-based irrigation and sap cultivation.
- Pest control concerns mitigated using neem spray and ash composting.

Future Plans

- Link with local agri-departments for seed support.
- Introduce micro-irrigation kits.
- Scale to additional 11 villages next quarter.



5. Menstrual Health & Hygiene Awareness Program for Adolescent Girls

Introduction

ACID initiated a targeted **Menstrual Health Awareness Program**, supported by [FADV](#) for adolescent girls to address misinformation, improve hygiene practices, and foster a positive attitude toward menstruation. The program covered 12 government schools and community centers, reaching over 1000+ girls aged 10–18.

Program Objectives

- Educate girls on biological, hygienic, and emotional aspects of menstruation.
- Encourage open discussions and reduce stigma.
- Promote safe and sustainable menstrual hygiene practices.

Intervention Design

- **Awareness Workshops:** Sessions conducted by trained female facilitators using visual tools, flip charts, and real-life testimonials.
- **Mother-Daughter Dialogues:** Encouraged intergenerational learning through joint workshops.
- **Pre & Post Assessment:** Knowledge, Attitude & Practice (KAP) surveys to assess program impact.
- Distribution of monthly sanitary napkins among adolescent girls.

Participation & Coverage

- **Number of Workshops:** 50
- **Girls Participated:** 1000+
- **Schools/Communities Covered:** 12
- **Number of sanitary napkin packs distributed:** 5000+ packs among 200 adolescent girls.

Key Outcomes

- **Knowledge Increase:** 80% rise in correct understanding of menstruation
- **Improved Hygiene:** 90% report consistent use of sanitary pads and proper disposal
- **Reduced Absenteeism:** School absence during periods dropped by 60%

Feedback

“I was scared earlier, now I feel confident and even help my friends.” -Anisha Munda, *Class 8*

Mothers requested more frequent sessions and support for sanitary materials.

Sustainability Measures

- Trained peer educators to continue discussions in schools
- Collaboration initiated with local PHCs for ongoing support



6. Monthly Distribution of Sanitary Napkins to School Girls

Overview

As part of its adolescent health initiative, ACID launched a **Monthly Sanitary Napkin Distribution Program**, supported by [FADV](#), in rural and tribal areas to ensure continued menstrual hygiene management for school-going girls. The program currently covers 5 schools across 7 villages.

Objectives

- Ensure uninterrupted supply of sanitary products
- Prevent school absenteeism during menstruation
- Promote hygienic disposal methods

Distribution Model

- **Monthly Kit:** Each girl receives two packet of sanitary napkins per month
- **Usage Orientation:** Girls oriented on proper usage, storage, and disposal

Program Coverage & Numbers

- **Girls Benefitted Monthly:** 85
- **Schools Covered:** 5
- **Sanitary Napkins Distributed So Far:** 4500

Impact Highlights

- **Attendance Increase:** Average attendance on period days improved by 90%
- **Hygiene Confidence:** 90% of girls reported feeling “clean and comfortable” during periods
- **Pad Reuse Awareness:** Drop in unsafe cloth use by 80%

Challenges & Responses

- Supply disruptions managed through buffer stock
- Stigma addressed via ongoing counseling and teacher sensitization

Future Scope

- Explore eco-friendly alternatives like biodegradable pads
- Install **Vending Machines for bio-degradable sanitary napkins and incinerators in schools**, and also extend the reach to market places, colleges and other public spaces.
- Advocate with local panchayats for co-funding support