Mental Health and Development Model: An Impetus to Enable PWMIE

The World Health Organization estimates that more than 450 million people across the globe suffer from mental illness. In India, over 125 million people bear the same burden including 10 million epileptic patients and most of the PWMIE (people with mental illness & epilepsy) have no access to proper treatment. There are merely around 4,500 psychiatrists in India and they can be counted on fingers in the states like Jharkhand and Bihar. Invisibility of such illness hinders rest of the people to understand its impact over the affected one and his or her family members.

NBJK follows the WHO preamble which comprises the state of mental well-being with equal importance as of physical and social well-beings of an individual with health. In June 2002, Community Mental Health program was launched by NBJK in Jharkhand and Bihar under partnership of 24 NGOs with support of BasicNeeds (India), Bangalore. This was a maiden holding initiative before the community which ensured mainstreaming of PWMIE through identification, treatment, rehabilitation, research and advocacy. There were 11 partner organizations including NBJK in Hazaribag, Ranchi, Sarakaila-Khasravan, Kodema, Lohardaga, Garhwa, Palamu, Godda and Dumka districts of Jharkhand. While 14 organizations have served in Namda, Nawada, Gaya, Patna, Bhojpur, Jamui and Muzaffarpur districts of Bihar. RINPAS (Ranchi) has provided training to NGO staffs to identify and deal with PWMIE in field, supported for treatment and started outreach camps at Hazaribag and Sarakaila-Khasravan.

The program has covered 2714 villages, 35 blocks and 16 districts in both the states cumulatively. Till the year 2008, this could serve more than 4500 PWMIE and ensured rehabilitation to around 1100 patients with livelihood/ productive activities after their stabilization or complete relief. For the first time in their lives, mentally ill people were consulted and given space to voice their fears and needs. From July’10, the program was rejuvenated with slight changes and titled as Mental Health & Development program with a target to reach 7500 PWMIE till June’14 in almost same operational areas.

Its execution has reduced the stigma, myths or misconceptions surrounding mental illness and sensitized people towards discrimination and human rights violation experienced by the PWMIE. It motivated them to get treatment under DMHP (district mental health program) in 4 districts of Jharkhand and arranged private psychiatrists to hold monthly mental health camps at Gaya, Patna and Muzaffarpur in Bihar. The program has ensured nearly free and regular treatment with medicines for around 3000 PWMIE of both the states through camps supported by RINPAS in Jharkhand. It developed a network for survey, identification, treatment, rehabilitation and advocacy in rural areas, particularly in Bihar where people are suffering a lot due to lack of mental health care services. A recent delegation led by Mr. Girija Satish (ED, NBJK) on 7 August has suggested the chief minister of Bihar to take suitable action. The program has linked PWMIE and their caretakers under SHGs or local federations to involve them with IGAs with advocacy for their cause. There are 6293 members in SHGs or federations they formed. In August’14, a national federation of PWMIE was formed and seminars were organized to assess the impact of this model in Jharkhand and Bihar. In the seminar held on 19 August at Ranchi, Mrs. Reema Ghosh (BasicNeeds) has referred to the study (2012-14) that shows significant rise for patients under treatment (86%), their association with IGAs (22%) and SHGs or federations (20%). During last four years, the program has catered 6552 PWMIE, out of them 5503 are in far better condition and 3825 are involved with productive works or IGAs. NBJK seeks support to continue mental health & development model at large scale as its worth is already proved to satisfy the basic needs and rights of mentally ill people.
Media Interaction & Exposure for Child Reporters

A media interaction program was held on 16 September at Ranchi under UNICEF supported Child Reporters Program by NBJK. 29 CRs (child reporters) from 5 blocks of Ranchi district and 30 children from Delhi Public School were participants in the event attended by media persons. All were greeted by Ms Varuna Datta (Field Coordinator, UNICEF) and Ms Moyera Dawa (Communication Officer, UNICEF) has remembered 25th anniversary of child rights convention on the day. Mr. Job Zachariah (Head, UNICEF-Jharkhand) has explained the program as an effort to promote child rights as per mandate of UNCRC.

Mr. Meghnath (Film Maker) has talked about the hidden message by visual media and shown some of his films on themes like team work, time management and conviction. Mr. Ram Singh (Principal, DPS) has appreciated village children for their potential while Mr. Vinay Bhushan (Asst. Editor, Prabhat Khabar) has stressed over child friendly news on different media tools and asked for suggestions. Ms R. J. Shanky (Radio Mantra) advised the children to be good observer and recorded them for her channel.

A program of CRs from 10 schools was inaugurated by Mr. Mebroob Alam (DSE) at Giridih on 30 August. In July, CRs have visited government officials and PRI representatives in Simdega, West Singhbhum and Ranchi districts with a lot of queries about problems to get book/ scholarship/ bicycle in time and shortage of teachers/ classroom/ playground/ drinking water/ toilet/ electricity in their schools. They have questioned about child labour, child marriage, gender discrimination, health and environment. The CRs from 10 schools in West Singhbhum district were introduced to group discussion, case studies and wall newspapers on different topics during the training at Chaibasa while an inter-school exposure visit was organized for CRs of Namkum block (Ranchi) also.

Visitors at NBJK - Khunti

On 12 September, Dr. Maan Singh (Deptt. of Agriculture, Jharkhand Government) has visited at Laterdih, Jamunthi and Maranganath villages in Khunti district, the operational area of NBJK to explore agriculture based support for farmers. He assured for promotion of farm activities among tribal population to ensure food security. On 19 September, the members of SRT Trust Board had an interaction with villagers at Bhumro village. They came here to promote the program of “Ensuring Food Security and Livelihood” by NBJK with support of Sir Ratan Tata Trust, Mumbai. The team has provided important feedback to tune up the program.

On 26 September, Mr. Yogesh Kumar (CRURRS) and Mr. Mayank Sharma (IRRI) have visited Bhumro and Kudahaatu villages of Dighi panchayat in Murhu block, Khunti district. They had an interaction with the growers of Sahabargi variety of paddy seed. Both of the experts have discussed upon seed treatment, transplantation, weeding, rouging, use of fertilizers, yield collection method and seed storage. The farmers were provided seed storage bags also. They checked condition of the crop and replied for queries from the beneficiaries. This was a cluster demonstration visit under National Food Security Mission. In last week of July, an awareness program for farmers of Dighi panchayat was organized by District Agriculture Department. The people have been provided black grain seeds and Mr. Armesh Kumar (Agronomist) with Mr. Raibahadur Manjhi (NFSM) have focused upon further support to SHG members.

बाल पत्रकारों के लिए महिला संबंध और परिवारण

गूँजेला के सहयोग से नागैं-अजौ केंद्र द्वारा संचालित बाल पत्रकार कार्यक्रम अन्तर्गत 16 अगस्त को रांची में बच्चों के लिए महिला संबंध और परिवारण हुआ। रांची में 5 खंडों से आए 29 बाल पत्रकार और उनकी परिवारण हुआ। 30 बच्चे इस अभियान में महिलाओं के साथ काम करने लगे। इस सात अंश का समाप्ति का डायरेक्टर देखते हुए कई बाल पत्रकारों के लिए आयोजित किया गया। रांची में 5 खंडों से आए 29 बाल पत्रकार और उनकी परिवारण हुआ। 30 बच्चे इस अभियान में महिलाओं के साथ काम करने लगे। इस सात अंश का समाप्ति का डायरेक्टर देखते हुए कई बाल पत्रकारों के लिए आयोजित किया गया। रांची में 5 खंडों से आए 29 बाल पत्रकार और उनकी परिवारण हुआ। 30 बच्चे इस अभियान में महिलाओं के साथ काम कर रहे हैं।

नव भारत जागरूकता - खुट्टी से

12 सितंबर को दो नाना सिंह (कृषि विद्वान, भारत सरकार) ने खुट्टी में जिला में नागैं-अजौ केंद्र के कार्यक्रम को समाप्त करने पहुंचे। उन्होंने त्योहार में भाग लिया और जागरूकता के लिए काम किया। दो नाना सिंह ने भारत सरकार के लिए काम किया। दो नाना सिंह ने भारत सरकार के लिए काम किया। दो नाना सिंह ने भारत सरकार के लिए काम किया। दो नाना सिंह ने भारत सरकार के लिए काम किया।
Opportunities and Challenges for VOs: A Workshop

Voluntary organizations are facilitators of our social cause and they play important role in advocacy for crucial issues. Mr. Girja Satish (ED, NBJK) has said during the workshop organized by VANI (Voluntary Action Network India), Delhi on 15 July at Ranchi. He opined that VOVs have realized the concept of self help groups for women empowerment despite limitations and they must be entrusted by the government for scheme implementation. He appealed for self-reliance, improved strategy and a team initiative to reduce internal differences. With a brief introduction upon the changing scenario for voluntary sector, Mr. Harsh Jaitly (CEO, VANI) has called for a combined initiative to work smoothly in light of the amendments in Foreign Contribution Regulation Act, 1976 and implications of other revised laws for the sector. He mentioned that around 40,000 VOVs are registered under FCRA and 50% of them file returns. Mr. Ghanshyam (Juda) has differentiated the terms voluntary with non-governmental. He asked for the understanding behind emergence of voluntary activities and their relevance. Mr. Ashok Bhai (Sahbhagi Shikshan Kendra, Lucknow) has insisted for classification of NGOs as per their nature of works as many NGOs like BCCI (Board of Control for Cricket in India) has different motif. He said that all NGOs or VOVs should not come under the ambit of same laws. Also Mr. Narendra (Associate, VANI), Mr. A. K. Singh (LEAD) and Mr. Arvind Kumar (Lok Jagriti Kendra) have expressed their views in this workshop. The program was attended by 100 VOVs of VANI network from all the districts of Jharkhand.

SWABAL Beneficiaries from Dumka

When Lalita Hansda (22) was a child of 10 years only, she became a prey of polio that paralyzed both of her legs. Her father is a small tiller of Dakri village under Dumka Sadar block and very often works as daily labourer also to feed family. In the year 2011, she was picked by NBJK to get physiotherapy under CBR program and despite challenges of poverty and physical impairment, Lalita has passed matriculation. In January 2014, she was selected under SWABAL program by NBJK with support of Axis Bank Foundation, Mumbai for skill training and livelihood support. Lalita got training on tailoring and purchased a subsidized sewing machine with help of the seed money provided to her. Now she earns around Rs. 2000 per month easily at her home. Likewise Krishnamurari Mandal (40) is a resident of village-Dangalpara of Dumka Sadar block. He was a petty coal vendor on bicycle before the accident with a truck which snatched his right leg from knee. This forced his adolescent son to be a migrant labourer as there was no other support available for the family. After association with SWABAL in January 14, Krishnamurari has been motivated to restart and he got training to prepare betel at a shop. He modified his tricycle accordingly and purchased necessary items with the seed money to run his mobile betel shop. Now he keeps other consumer items also and his daily trade is of around Rs. 350.
Vision Centre at Sherghati

A vision centre was started by NBJK run LNJP Eye Hospital (Chouparan, Hazaribag) at Sherghati, the sub divisional town under Gaya district. The centre will provide eye/sugar/BP check up, medicines, spectacles or referral services for eye care at subsidized rates to the rural population of about 1, 55,000 scattered in 1,209 villages and where only 10% villages have any health care facility. Mrs. Manju Agrawal (a local community leader) has inaugurated this vision centre and thanked NBJK for its efforts in this direction. On this occasion, Mr. Girija Satish (ED, NBJK) has expressed his concern over the rising trend of eye problem in villages and stressed over the need of awareness with service at small places. He appreciated the Indian people of Australia who contributed to this initiative under Vision 2020 and thought for their countrymen. It is remarkable that LNJPEH, Chouparan organizes 4 camps every month in Gaya district and a large number of people avail eye care facilities within their reach. Last year, LNJPEHs (Chouparan & Dumka) have attended more than 46000 eye patients and delivered 8039 cataract operations. We want to provide quality service at low cost for ordinary people suffering from eye problems, Mr. Gandharv Gaurav (Director, LNJPEH) said after the opening ceremony of Vision Centre at Sherghati. The centre has served more than 200 eye patients free of cost on the same day.

Not Bohthered Now

Balmukund Prasad (55) is a farmer at Raisa village under Chandi block of Nalanda district in Bihar. About 3 years ago, he was suffering from acute depression after death of his wife and separation in family. He lost his sleep, appetite and became afraid of talking or doing anything normally. Balmukund's younger son has consulted the local hospital, went to a homeopath and again shown him to an experienced physician who sensed for any mental problem and suggested for psychiatric treatment. In the meantime, Kasturba Gramin Vikas Parishad, a partner NGO for NBJK-BasicNeeds supported Mental Health & Development Program at Chandi has identified Balmukund as a probable recipient of the program. His son was counseled to understand the problem which needs different treatment. Balmukund was enrolled for monthly mental health camp at Patna and Dr. Jayesh Ranjan (Psychiatrist) has started his treatment. After two months of regular medication, Balmukund felt better. He could sleep and eat. Also his chronic headache and muscle pain were reduced. He is able to do agriculture works in his field and takes care of his domestic animals. Balmukund feels grateful to the doctor and KGVIP people who brought a positive change in his life. Also he wants to quit the medicines but after doctor's approval only.

CASE STUDY

बिहार में नालंदा जिले के बड़ी खंड के अन्तर्गत समस्त गाँव के बालामुख कुंदल भान्स (65) एक किसान है। पत्नी की मृत्यु और परिवार में अलगाव के बाद इसकी मानसिक स्थिति में बदलाव आने लगा। यह दुरुस्ति और अलगाव से फिर ये लोग छोड़ कोई खेल बदल खेल नहीं थे। बालामुख के अन्ततः, भूमि, मणि, गोनाथ सभी खेलों से परंपरा देखाकर, उन्होंने पुनः इसे जीवन में खेल लेकर खेल खेल नए स्थान का खेल मौजूदा संघ ने दिखाया था। दूरदर्शिता या अलगाव में फिर भी पति उनके पुनः पुनर्जीवन के राजा ने उनके साथ स्थानभर कर दी। इसी तरह कार्य कर्मचारी-नलान्दा के समीप स्थित मानसिक स्वास्थ्य के लिए जीवन का महत्त्व कर दिया। जीवन दृष्टि के रूप में उन्नति लाने के बाद बालामुख का पत्नी के जीवन में पहला भाग हुआ। निर्जन से मात्र किसान घर में जा रहा था। जीवन के भूमिका में खेल विशेषता खेल लेकर दिखाया। इस प्रकार बालामुख का जीवन खुलकर पति को दिखाया। भूमि और मुख्य के समय दो होते है। जीवन में खेल खेल और मानसिक स्वास्थ्य में जीवन शीर्ष के भूमिका दिखाया। उनके उत्साह और में पुनर्जीवन और दूरदर्शिता का भी स्वास्थ्य का संगठन से जीवन में दिखाया। निम्न उपर से मात्र भुमि और मुख्य का भी स्वास्थ्य का संगठन से जीवन में दिखाया। निम्न उपर से मात्र भुमि और मुख्य का भी स्वास्थ्य का संगठन से जीवन में दिखाया।