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Towards a Healthy Being

ACF works on a range of programmes in its communities depending on the need of the people. This newsletter brings to you the efforts of promoting health with a focus on anemia prevention. This is followed by stories of differently able siblings Gurkamal and Ekam who enrolled in Ambuja Manovikas Kendra (AMK), Ropar and are on the way towards self dependency.



Anemia health camp in progress



Thirteen year old, Trisha Khalasi from Dumas School Surat, would feel tired almost the whole day. She did not enjoy school and neither did she like playing with her friends. When she shared this with her mother, her mother took it as a sign of growing up. However, during a check up camp organised by ACF, Trisha was detected with anemia. She was guided to take regular IFA tablets and eat healthy food especially green leafy

vegetables. However, Trisha was not convinced that feeling tired could be a problem related to blood. She also got negative feedback of consuming the tablet. This was the feeling amongst many young girls and adult women too. ACF conducted regular visits and counseling sessions to clear their misunderstanding. This was coupled with group sessions and discussions on



Gurkamal and Ekum: Enjoying at AMK



occurrence of anemia and methods to prevent the same. Trisha agreed to try the tablets reluctantly.

She was surprised to see the change in herself. She was no more tired and felt energetic. The next test revealed that the anemia had receded. Now that she feels better, she wonders how a slight change in diet and regular intake of tablets could bring about such a change.

Gurkamal and Ekam Singh being differently able siblings were not allowed in any school. Their father Surinder Singh and mother were extremely tensed for their children's future. Gurkamal and Ekam were completely dependent on them even for basic daily work living brushing or eating. With no other option left, they

enrolled the children at Ambuja Manovikas Kendra (AMK). The teachers at AMK worked round the clock with the Gurkamal and Ekam. They also spoke with the parents on a regular basis on methods to deal with them at home.

The consistent use of therapy brought a sea change in the children within a few months. The biggest change was the love for the school and enjoying activities. They participated in arts and crafts workshop and performed on the annual day of the school. Gurkamal and Ekam are now comfortable with people around. The anger tantrums and crying subsided considerably. Gurkamal and Ekum's parents are very happy with the progress their children have made and are hopeful
