



Community Based Health Project

Annual Report 2015



+ Who are we?

Our story

In September 2010, inspired by the success of the Jamkhed model of rural transformation in India, Dr Moses Kharat decided to return to his native town of Buldana to dedicate his energies to working with the rural poor.

The project eventually became known as the Community Based Health Project (CBHP)*.

While the project is still in its infancy, it currently operates in eight project villages.

CBHP focuses on training and empowering Village Health Workers (VHWs) as the main agents of change in their villages, while supporting them with Mobile Health Teams (MHTs) and referral clinics. The long-term goal is to see villagers fully empowered to take ownership of their health to overcome health inequity.

** CBHP India is a project registered with government of India under St. Lukes Community Health & Development Center Buldana (Reg No F 2366)*



+ Again, who are we?

Our mission, vision & values

Mission

To use a community based approach to help mitigate health and social injustices in rural India and to create awareness of these issues in Australia.

Vision

For every person in rural India to be empowered to take ownership of their health and to overcome health and social injustices
For the Australian community to be aware of and engaged in global health issues and solutions

Values

For Buldana – we hold the needs of the Buldana community before our own
Put People First – CBHP is about people and their growth, and this always takes priority
Servant Leadership – those who aspire to lead should first look to serve
Integrity – we strive to perform our work with honesty and transparency
Cultivate relationships – relationships are at the centre of all communities, as well as our own.
Knowledge & Excellence – program development informed by evidence-based research



Message from Dr Moses

2015 has been a year of achievements in challenging health inequity in rural India. Village health workers (VHWs) continued to promote better health in their village communities with Mobile health team visits and Village Health Worker trainings. Our VHWs are showing tremendous potential now. Last year, there was another story of saving twin female babies from being killed by parents. We are proud to call our VHWs “Agent of Change”.

Villages are important to us. We are driven by our passion for the villages and especially women and children who are deprived of quality of life. Now we are in 8 villages. Through the Australian connection and involvement, these obscure villages have become aware of the solutions on their own health issues as they started to apply the knowledge provided by our team. Sickness prevention, sanitation and social empowerment are becoming possible through CBHP.

Meanwhile, with the support and participation of the community, the rainwater harvesting assembly is well in place in Tanda village. It will increase the recharge of local water sources in the future and villagers will not face drought as before.

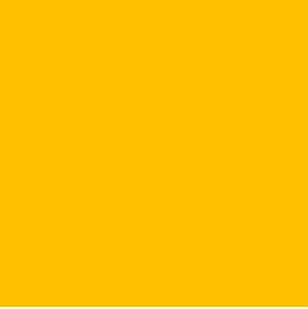
Health and education go hand in hand. This is why we started a school for village children this year. We have already had 52 kids from villages and slums of Buldana. I would like to thank all the families and individuals who have sponsored these kids for better education. We feel grateful to be able to educate these children who may otherwise not have the chance to attend any school.

Our Adolescent Girls Empowerment Program (AGEP) has also shown remarkable outcomes. Women and girls who completed sewing program have not only acquired the skills but also gained a sense of self-confidence and self-worth. We are delighted to see the girls from our program being able to make decisions of their own health and rights, as well as participating in the decision making in their families.

Finally, I would like to thank all our donors and contributors, locally and abroad. It is through your generous financial support that CBHP Buldana has achieved what it has. Thank you for making a difference in the lives of rural communities in Buldana. May God bless you richly.

Sincerely,

Dr Moses Kharat



President's Report

At the risk of sounding unoriginal – it's been a big year! But it really, truly has. Aside from welcoming the youngest member of CBHP Australia (congratulations to our previous president Laura on the birth of baby Levon!), the undisputed highlight was having Dr Moses in Melbourne for 2 weeks in July (another congratulations, to CBHP Australia founder James on his wedding!). Dr Moses filled every spare minute with meetings, presentations, lunches and dinners, winning everyone's hearts with his unexpected hilarity and awakening in us a new drive to action with his emotive tales of the impact CBHP's work has had on the impoverished women, men and children of the Buldana villages. He met with the medical director of Monash Health, who is inspired to assist with medical supplies and health systems strengthening; the principle of Nossal High School, who is supporting the implementation of a sister-school relationship between Nossal and the Vidya Niketan school in Buldana, with pen-pals matched to children (including those who are not yet sponsored). He presented at the Nossal Institute for Global Health, at the Australia India Institute, and to various stakeholders.

But Dr Moses also had some fun! The Gala dinner at Tandoori Junction restaurant was a spectacular evening of delicious Indian food, and stunning dancing by Raas dance; Christmas in July, hosted by yet another ex-president Bharat (who received some expert cooking tips from Dr Moses) was a casual evening of mingling between CBHP members past and present.

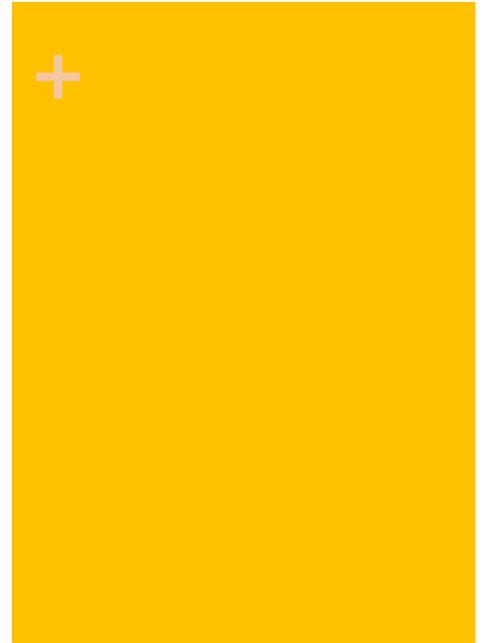
On the more formal side, CBHP Australia achieved official charity status this year, as recognised by the Australian government; we launched our child sponsorship program which is well and truly underway with over 25 sponsors for children at the Vidya Niketan school; the Village Health Worker sponsorship program was inspired by Dr Moses, to support the women of the villages who do so much for so little; we also launched our Melbourne University union-affiliated club, formerly the

President's Report

Melbourne Uni Community Development Club, now Melbourne Uni CBHP, which has enabled us to reach out to the wider university community. Our engagement with Nossal High has again grown this year, with workshops and fundraising initiatives, still very much driven by the enthusiasm of the high school students – we hope that as they graduate from school they will continue their involvement with CBHP, which so far has been nothing short of astounding. We were also able to work with another high school organisation, Feel Think Flow, to run their refugee summit. As a result of CBHP's growing presence in the global health sphere, we were invited to present a series of sessions at the Global Ideas Forum, run stalls at the Doctors in Training conference, University Colleges, the Medical Students' University Global Health Collective Global Health Expo, and featured in the Melbourne medical students newsletter. One of our aims for the year to come will be to extend this awareness to cover disciplines other than medicine, in order to cement the interdisciplinary nature of community health that is so integral to its functioning.

Despite all of this, there is still more to come from 2015, with the highly anticipated Volunteer Immersion Program and Dhoom Medical Charity trips to Buldana. Here, on-the-ground assistance, engagement and earning will no doubt help to propel CBHP to yet more success as it has done in the past.

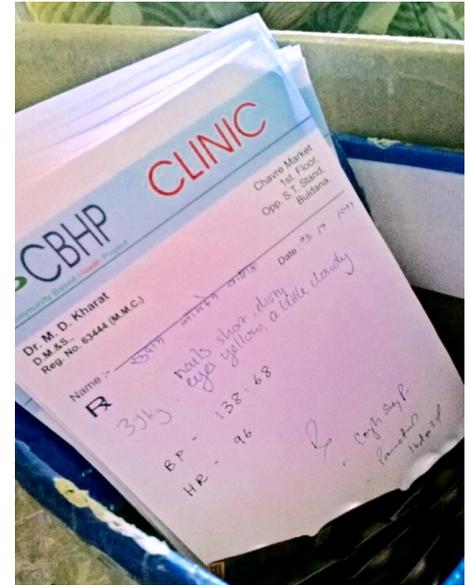
Sincerely,
Katelyn Tadd, CEO



Next Chapter: CBHP India Programs

CBHP India

Health Programs



Tier 1: Village Health Workers

Village Health Workers are at the core of our community based "three-tiered" model of health care delivery in Buldana. The VHWs promote health prevention and teach villagers how to deal with common health problems. Recruited from their own local villages, they conduct regular home visits to provide antenatal care, basic health checks (e.g. blood pressure, blood sugar level) and attend to other health concerns of the villagers. The VHWs are also trained to identify serious medical conditions, which require referral to the nearest hospital, CBHP's mobile health team or the CBHP clinic in Buldana city.

Tier 2: Mobile Health Team

The CBHP Mobile Health Team is comprised of a doctor, a nurse and a social worker that travel together into villages to provide regular on-site healthcare services within project villages. The MHT rotates between different villages each week, providing health access to villagers who cannot easily travel into Buldana town, and allows the CBHP team to deliver preventative healthcare and target health problems within each micro-community. It also helps to build trust and rapport with the villages, which is the vital foundation of a community based approach to health care and development.

Tier 3: Low-cost Clinic

Villagers are referred to the clinic by VHWs and MHT for conditions requiring more complex investigation and management. These include basic surgeries and procedures, management of chronic diseases and infectious disease outbreaks. The clinic has a patient load of approximately 10-15 per day, with usually just Dr. Moses, a trained nurse and a social worker present to help. For many villagers, this is the only opportunity for them to access health care services. CBHP currently plans to move the clinic to a new place and hire an additional nurse to accommodate the growing number of people.

CBHP India

Health Programs



Three-tier Healthcare Model



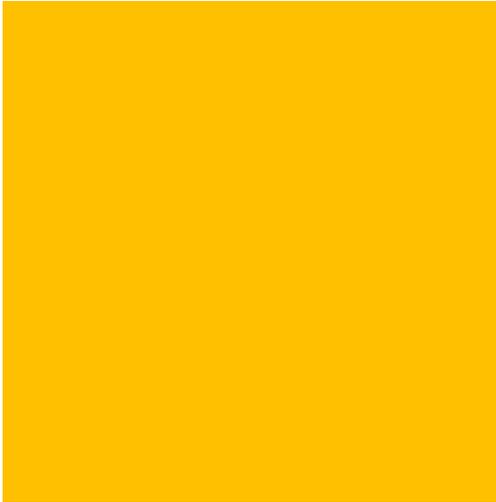
Voices

"I am suffering from severe joint pain, BP and urinary problems. There is no health care facility in our village. CBHP visits our village and provide medicine, which is very helpful. I was unable to see but CBHP checked my eyesight and provided glasses to me."

---Trimbak, a villager from Manubai village.

CBHP India

Community Programs



Water Sustainability

CBHP has worked together with the community of Tanda Village and local engineers to construct a rooftop rainwater harvesting system on top of the local school building and some surrounding houses. This project is running continuously and has provided both a direct water supply and help to recharge local water sources.

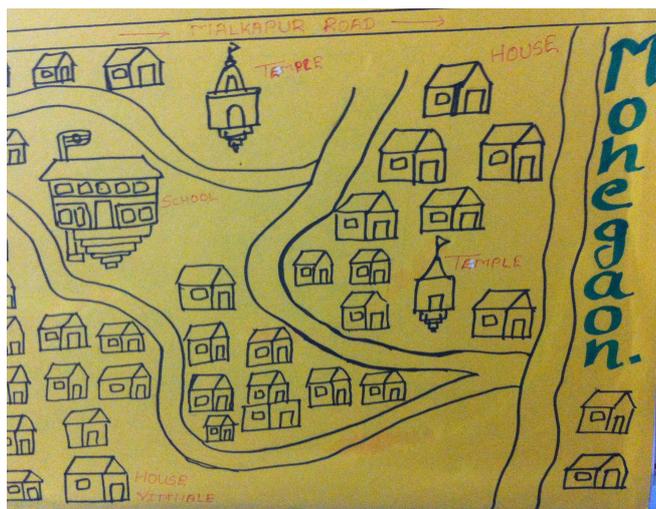
Women's Group

There are many health and social challenges facing women and girls living in rural Buldana. These include high rates of maternal mortality during and after pregnancy, difficulty accessing health care, poor education attainment and literacy, cultural and gender prejudices and poor financial prospects. The aim of women's groups is to provide a platform for communities to meet, discuss and prioritize the issues that are most important to them. This ensures that the community is the spearhead for planning and implementation of any intervention, and any interventions are more likely to succeed because the villagers themselves are dedicated to it.

CBHP India

Community Programs

Local Community



Voices

“What attracted me to the Community Based Health Project was its community model, its achievements to date and the real potential of the organization to address health and social inequalities in rural India.”

----Kevin Vuong, Chief Sponsorship Officer

CBHP India

Community Programs



Vidya Niketan English School

In July 2014, CBHP opened a preschool in Buldana, the **Vidya Niketan English School** (Vidya Niketan means house of education/knowledge). This school was developed in conjunction with village communities, based on a recognized need for quality early education to provide children from poor and disadvantaged backgrounds with better opportunities for development. In VNES, students are taught skills in literacy and numeracy, as well as in basic hygiene and health care. So far, with an annual donation of \$120, our sponsors have enabled us to provide 50 children with:

- A safe space for learning
- Teachers to nurture young minds
- School uniforms
- Learning materials
- Transportation (School bus)

For more information about the Child Sponsorship Program, please visit our website communitybasedhealthproject.org

CBHP India

Community Programs

Vidya Niketan English School



+ Voices

"Several years after joining, I have had no regrets. I pride myself in the child sponsorship program we have set up in Australia to help send disadvantaged children in Buldhana to school."

---Anne, Hong, Chief Operations Officer of CBHP

Next Chapter: CBHP Australia Programs

CBHP Australia

Student Engagement



Melbourne University Student Engagement

CBHP Australia runs educational workshops, speaker events and fundraisers at Melbourne University. Our aim is to educate and promote greater awareness and understanding of global health issues, as well as providing opportunities for engagement and advocacy within the wider community. In the past CBHP has run workshops, covering a wide range of topics within global health, including Project planning & design, Community participation and the Social determinants of health.

CBHP Australia

Student Engagement



Regular Workshops at Nossal High School

CBHP Australia has a partnership with Nossal High School, a selective co-ed public school in Berwick. We work with Nossal High School to teach them about health leadership and healthy living through workshops and interactive seminars. The students reflect on these health lessons and use our mentorship to create a change within their own community, using Buldana as a source of inspiration for their work. Interactive workshops cover topics such as peer pressure; sleep disorders, mindfulness and cyber-bullying. Students participate in an afternoon of structured project planning strategies, followed by workshop-style breakout groups to implement projects based on realistic issues that aid organizations face. These sessions aim to give attendees insight, challenges, and skills applicable to a broad range of situations.

CBHP Australia

Student Engagement (Affiliated club)

Melbourne
University
Community
Development Club



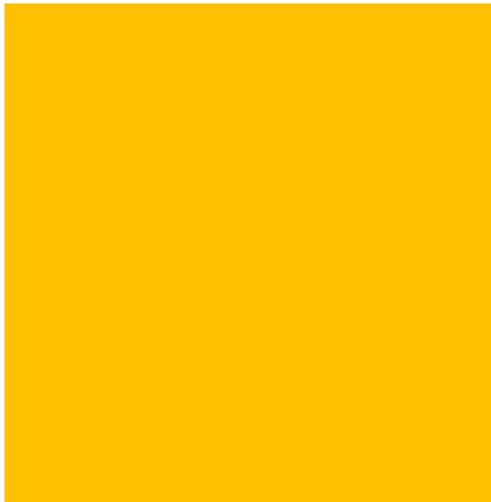
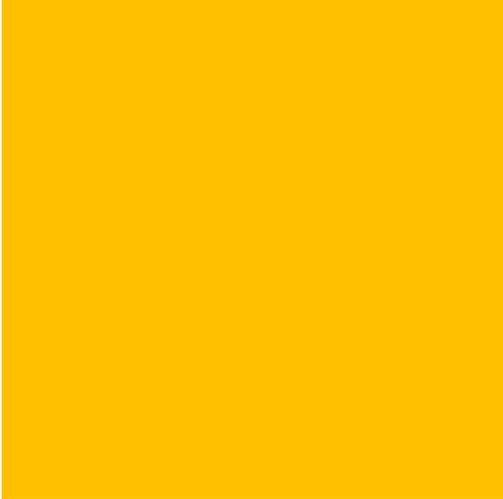
+ Voices

"Teaching is my passion. This interest of mine not only keeps me sane while dealing with the heavy study load, it also constantly makes me feel like I'm making a difference. Over the last few years, CBHP education team has delivered various workshops for high school and university students. These workshops focus on global health topics that are not typically taught in the classroom setting. It's empowering to see what CBHP has achieved so far, and I am excited to see what we as a team can accomplish in the future."

----Jonathan Chen, Chief Education Officer of CBHP

CBHP Australia

Volunteer Immersion Program



The Volunteer Immersion Program (VIP) is a four-week volunteer program that runs in January of each year. University students from Australia are given the opportunity to visit Buldana where they can witness and participate in the grassroots work that CBHP does.

The program includes opportunities for students to teach in village and slum schools, help out in the CBHP clinic and travel out with the Mobile Health Team, as well as travelling and visiting key local attractions. Volunteers also help conduct vital health research for ongoing program development and engage directly with local village communities. The program is packed with opportunities for hands-on engagement, and allows volunteers to gain an immersion experience into the rich culture and diversity of rural India

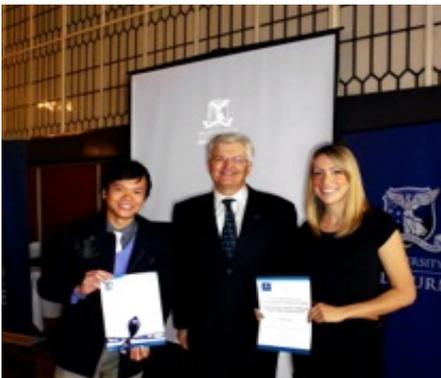


Highlights of the year



Affiliation with Melbourne University Community Development Club (MUCDC)

This affiliation has given CBHP the opportunity to increase our outreach and activities with students at Melbourne University, allowing more students to learn about community development globally and engage with the mission of CBHP.



Awards & Grants

The CBHP Maternal & Child Health team was again the recipient of the Melbourne University student engagement grant, for extension of Women's health program commenced in 2014.



The Community Based Health Project (CBHP) is wrapping up its activities for 2014 and what a year it has been! Here is a snapshot...
In the past year, Dr Moses Kharel and the CBHP team in India have started delivering our health care program to 6 new villages in Subarna, increasing CBHP's outreach to 10 village communities. We now serve more than 6000 individuals in some of the most underdeveloped regions in rural India.
The biggest news this year came on July 30,

Publication

An article was published in the October 2014 edition of The University of Melbourne Medical Students' Society bi-annual publication - the Gube, which highlights some of our proudest achievements.



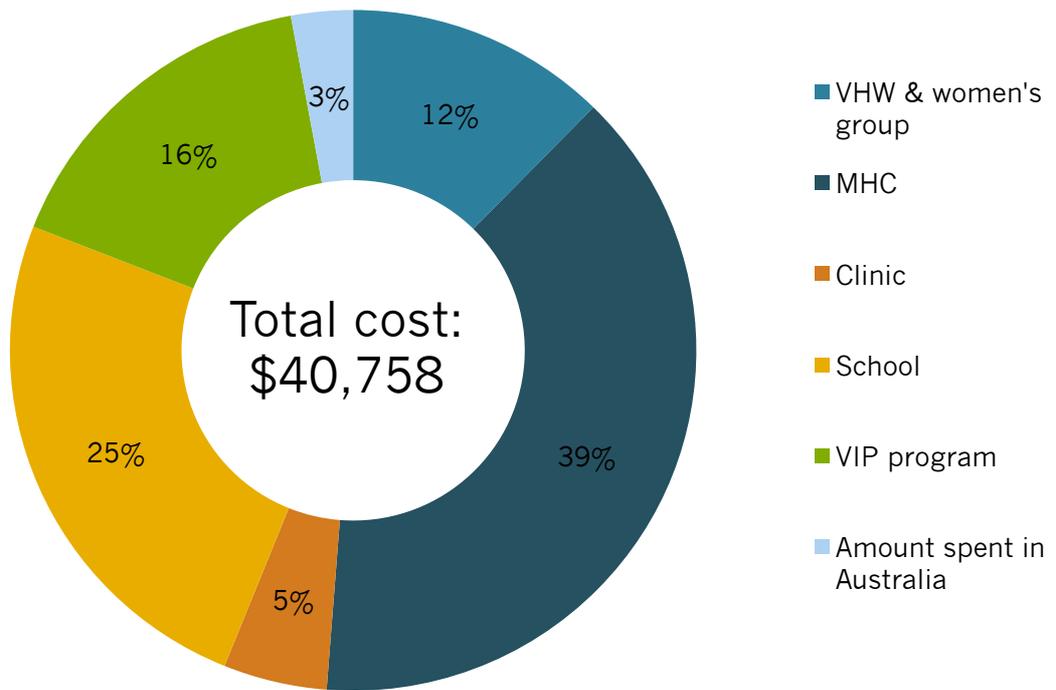
Special Guest: Dr Moses in Melbourne

Early this July, we were excited to welcome Dr Moses for his first visit to Melbourne. During his time of visit, Dr Moses had given speeches at various events including the ones held in the Australia-India Institute, and Nossal High School. Dr Moses shared his experiences and insights into the realities of running a community development program in rural India, and spoke about how global partnerships are shaping the face of rural India, and how Australian university students at the University of Melbourne are getting on board to support his vision to challenge health and social injustices, in the Indian as well as the local Australian community

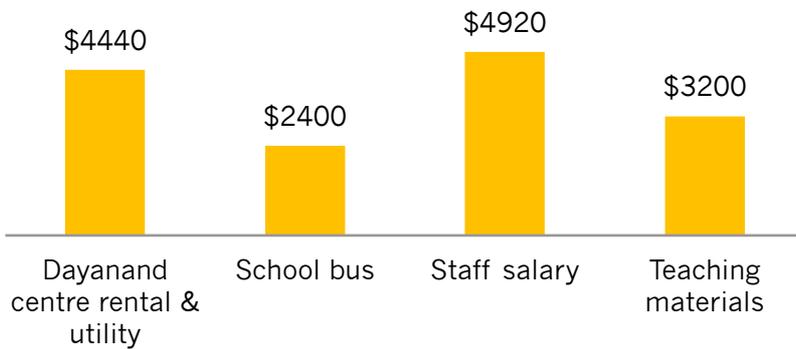
Next Chapter: CBHP Financial Summary

Financial Summary

Cash inflow	
Amounts received by Australia	
Private donations	\$12,967.00
Fundraising	\$1,782.30
Interest & others	\$1,050.32
Child sponsorship- Australia	\$420.00
Amounts received by India	
Melb Uni grant	\$5,000.00
Child sponsorship- others	\$2,340.00
HSA donations	\$1,000.00
Local funding	\$7,064.00
VIP income	\$8,690.00
Total cash inflow	\$40,313.62
Cash outflow	
Amounts spent by Australia	
student engagement	\$564.30
Transaction fee & others	\$164.40
HSA administration fee	\$457.50
Amounts spent by India	
Village health workers (VHW) & women's group	\$5,032.00
VHW kits	\$1,040.00
Rental & utility of Dwarka centre	\$1,596.00
Training costs	\$2,396.00
Mobile health clinic (MHC)	\$15,850.00
MHC conducted	\$2,900.00
MHC remuneration	\$7,200.00
MHC transport	\$5,750.00
Low-cost clinic	\$1,990.00
Clinic rent & utility	\$850.00
Clinic renovation	\$370.00
Clinic supplies	\$770.00
Vidya Niketan English School	\$10,110.00
VIP program	\$6,590.00
Total cash outflow	\$40,758.20
Net cash outflow	\$444.58



School operating costs



+ Voices

"We believe that sustainability is the key to the future success of CBHP and we will continue fostering our strong relationship with the villages."

--- Kelvin Cheung, Chief Project Officer

Before you go...

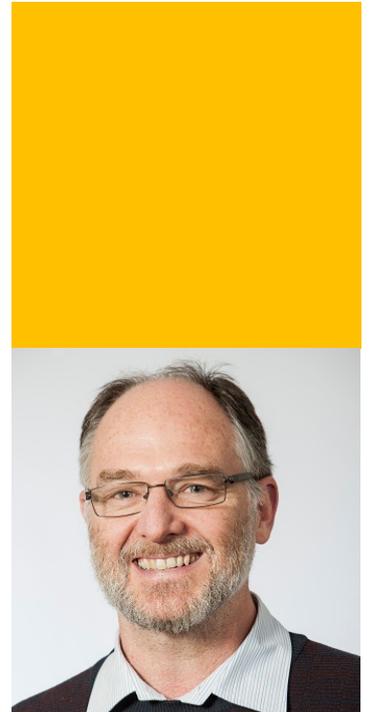
Hear From Our Guest

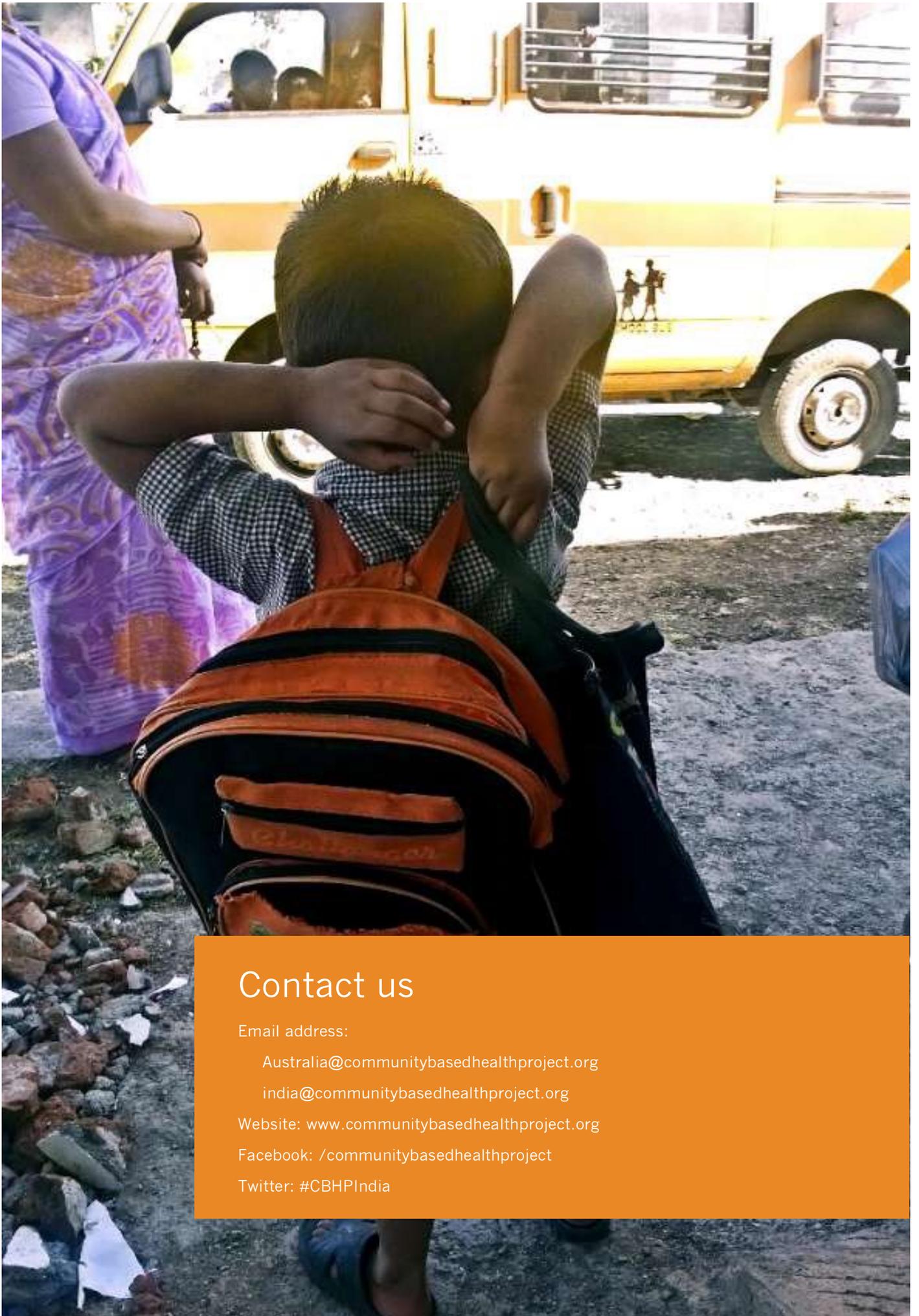
No one would define success as 'the absence of failure'. In the same way, health is not just the absence of disease, but rather a positive state of wellbeing. Not only that, but 'good health' means something different to every individual. But one thing is certain: we are all more successful in improving our health when we work together to understand what influences our health and take action to improve it together.

To me the Jamkhed model, now taking root in Buldana as well, epitomises this. Some of the poorest people in India have shown that when they begin to understand what is holding them back, and then work together to improve their agriculture, their access to water, the nutrition of their children and the like, they can achieve great things. From building communities comes individual and mutual empowerment, and from those flow all kinds of good outcomes.

One definition of 'development' is 'a process through which people come to take more control over the circumstances of their lives'. It is a process, not an end point; so all communities everywhere can always improve their position. And it is about people coming to understand what is limiting them and taking action - not about someone from outside doing things to or for them. When this kind of community development happens, all kinds of good things start to happen. This is what I see in Jamkhed and Buldana, and the reason why I think they are worthy of our support.

----A/Prof Jim Black, Nossal Institute for Global Health





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Twitter: [#CBHPIndia](https://twitter.com/CBHPIndia)