



## Rural Outreach Programme through Amrit Interns in Saharanpur, Uttar Pradesh

Implementing Agency: Ramrati Education Complex

Supplementary Reading Material for the “Preventive Health Care” - a section of the farmer survey form

IPL Centre of Rural Outreach - A CSR initiative of Indian Potash Limited



**#CHOOSEHEALTH**

**12 TIPS TO BE HEALTHY**

- 1** EAT A HEALTHY DIET
- 2** BE PHYSICALLY ACTIVE, EVERY DAY, YOUR WAY
- 3** GET VACCINATED
- 4** DON'T USE ANY FORM OF TOBACCO
- 5** AVOID OR MINIMIZE USE OF ALCOHOL
- 6** MANAGE STRESS FOR YOUR PHYSICAL AND MENTAL HEALTH
- 7** PRACTICE GOOD HYGIENE
- 8** DON'T SPEED, OR DRINK AND DRIVE
- 9** WEAR A SEAT-BELT WHEN DRIVING AND HELMET WHEN CYCLING
- 10** PRACTICE SAFE SEX
- 11** REGULARLY CHECK YOUR HEALTH
- 12** BREAST FEEDING: BEST FOR BABIES

World Health Organization  
WWW.WHO.INT/HEALTHPROMOTION



The survey by ICRO Amrit Interns, amongst other, is to identify awareness of farmers about preventive health care facilities available, Government Schemes, immunization against disease, maintaining a healthy diet and exercise regimen etc. It includes methods to detect and address an existing disease prior to the appearance of symptoms.

## Foreword

**Indian Potash Limited (IPL)**, under the Ministry of Chemicals and Fertilizers was incorporated under Indian Companies Act with the objective of import-handling, promotion and marketing of Potash in the entire country. IPL is a major player in multiple value chains and inputs, is steadfastly contributing and marching towards agrarian growth and farmers' prosperity in India. The dedicated field work of IPL has led to acceptance of potash across the country which was until then unknown to Indian farmers. IPL has successfully established a vast network, and its services are coordinated by 15 Regional offices in various State capitals. It enables IPL to take any agricultural input or service to farmers' doorstep in about six lakh villages across the country.

**National Productivity Council (NPC)**, established in 1958, is an apex organization under the Ministry of Commerce and Industry, Government of India. NPC is responsible for generating productivity awareness and consciousness across the country by providing solutions for improving productivity and competitiveness through different services, namely consultancy, training, action research, evaluation studies.

IPL as part of its Corporate Social Responsibility together with National Productivity Council (NPC) established the **IPL Centre for Rural Outreach (ICRO)**, in order to undertake long-term social programmes such as rural outreach, healthcare, literacy boost, sustainability, productivity and climate change etc.

**Amrit Internship programme**, one of the first activities taken up by ICRO aims to extend its rural outreach and capacity strengthening activities for farmers and youth simultaneously. This internship program is designed to introduce and provide youth of the country hands-on experience of the challenges in the various facets of agriculture and rural development. During the internship, the interns are encouraged to put to use their academic learning for real-life contexts, acquire new skills and draw lessons which will be helpful in their career ahead. To bring in rigour to the exercise the interns are required to complete reading an E-module Course shared with them and also appear for a test at the completion of the internship. Furthermore, to encourage them for their participation, dedication and meet their expenses, the interns are supported with Rs. 6,000/- per month as stipend during the period of internship, i.e. three months.

In the 3<sup>rd</sup> Phase of the Rural Outreach Programme through Amrit Interns that commenced from August 2023, one of the districts selected was Saharanpur in Uttar Pradesh. The programme is being implement by Ramrati Education Complex through its Hillary Clinton Nursing School. In this programme, besides touching on knowledge gaps/issues of farmers relating to agriculture, the interns will address their awareness of preventive health measures. The questionnaire for collecting farmer responses was accordingly expanded to include a section on preventive health care.

ICRO has developed an e-learning module on agriculture practices for the benefit of the interns. This Supplementary Reading Material for the "Preventive Health Care" section of the farmer survey form has been put together with information available in the public domain. It gives a brief on the needs of farmers for a holistic living, health requirement in the villages, the main illness in the area, Schemes of Central and State Government and the need to maintain a balanced diet.

I thank Indian Potash Limited and National Productivity Council for their active support for making the programme meet its objectives. I would also like to thank the ICRO Team for coming out with this brief but informative brochure for the benefit of Amrit Interns.

**Dr. Rajeev Ranjan**  
Director, ICRO



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**Kisan Diwas is celebrated every year on 23 December**



## A. Needs of farmers for a holistic living

1. **Access to Quality Seeds:** Farmers require access to high-quality and locally adapted seeds to ensure good crop yields and resilience to local environmental conditions.
2. **Irrigation and Water Management:** Dependable access to water for irrigation is crucial for farming. Farmers need proper irrigation facilities, such as wells, canals, and water conservation techniques.
3. **Fertilizers and Soil Health Management:** Access to fertilizers and knowledge about soil health management practices like composting and crop rotation are important for maintaining soil fertility and productivity.



4. **Modern Farming Techniques:** Farmers need training and exposure to modern and sustainable farming techniques, including precision farming, organic farming, and integrated pest management.



5. **Access to Credit:** Credit facilities are essential for purchasing seeds, fertilizers, and equipment. Microfinance and other credit options can help farmers manage their expenses effectively.
6. **Crop Insurance:** Crop insurance provides financial security to farmers in case of crop failures due to natural calamities, pests, or diseases.
7. **Weather Information:** Accurate weather forecasts help farmers plan their activities, especially planting and harvesting, which are highly dependent on weather conditions.
8. **Storage and Post-Harvest Facilities:** Farmers need proper storage facilities to prevent spoilage and wastage of harvested crops. Cold storage and other post-harvest infrastructure are crucial.
9. **Market Access:** Access to markets for selling their produce at fair prices is important. Farmers need information about market trends and opportunities for value addition.
10. **Livestock Management:** Many farmers in villages also engage in livestock rearing. Proper veterinary care, fodder, and knowledge about improved breeding practices are essential for livestock management.

11. **Mechanization and Farm Equipment:** Availability of modern farm equipment and machinery can significantly increase productivity and reduce the physical burden on farmers.
12. **Access to Extension Services:** Regular interaction with agricultural extension officers and experts can help farmers stay updated on the latest farming techniques and technologies.



13. **Education and Training:** Training in financial literacy, sustainable farming practices, and market linkages can empower farmers to make informed decisions.



14. **Healthcare Facilities:** Good health is essential for farmers to carry out their work effectively. Access to healthcare services, especially in remote rural areas, is crucial.
15. **Government Schemes and Support:** Farmers need awareness about government schemes and subsidies related to agriculture, as these can provide financial support and incentives.
16. **Community Development:** Infrastructure development in rural areas, such as roads, electricity, and schools, contributes to the overall well-being of farmers and their families.
17. **Disaster Preparedness:** Farmers need resources and knowledge to mitigate the impact of natural disasters like floods, droughts, and cyclones.



## B. Health requirement in the villages

Health requirements in villages are critical for the well-being of rural populations. Access to proper healthcare services and facilities is essential to ensure the health and productivity of villagers. Here are some key health requirements in villages:

1. **Primary Healthcare Centers (PHCs):** Well-equipped and staffed PHCs are fundamental for providing basic healthcare services such as vaccinations, maternal and child healthcare, minor treatments, and health education.
2. **Access to Doctors and Nurses:** Villages need a consistent presence of doctors, nurses, and healthcare workers who can address common health issues, provide medical advice, and conduct regular health check-ups.
3. **Medicines and Essential Supplies:** Availability of essential medicines, vaccines, and medical supplies in local health centers is crucial for immediate treatment and preventive care.
4. **Maternal and Child Healthcare:** Antenatal care, postnatal care, safe delivery services, and immunization for children are critical to reduce maternal and child mortality rates.
5. **Emergency Medical Services:** Villages need access to emergency medical services, including ambulance services, to transport patients to hospitals quickly in case of accidents or emergencies.
6. **Health Education:** Awareness programs on hygiene, nutrition, family planning, and disease prevention are important to educate villagers about healthy living practices.
7. **Disease Prevention and Control:** Initiatives for preventing and controlling diseases such as malaria, dengue, tuberculosis, and HIV/AIDS are essential to improve the overall health of villagers.
8. **Safe Drinking Water and Sanitation:** Access to clean and safe drinking water, along with proper sanitation facilities, is crucial to prevent waterborne diseases.
9. **Mental Health Support:** Mental health services and awareness campaigns can help address stress, anxiety, and other mental health concerns prevalent in rural areas.
10. **Elderly Care:** Villages need facilities and programs to support the healthcare needs of the elderly population, including regular check-ups and access to geriatric care.
11. **Specialized Care:** Referral services to higher-level healthcare facilities for specialized treatments and surgeries are important for handling complex medical cases.
12. **Nutrition and Food Security:** Promoting proper nutrition, especially for women and children, is vital for reducing malnutrition and related health issues.
13. **Health Camps:** Periodic health camps can provide a range of medical services, including check-ups, screenings, and distribution of medicines, to reach a larger population.



14. **Health Insurance and Financial Support:** Providing health insurance options and financial support for medical expenses can relieve the burden on villagers during health emergencies.



Training of community health workers in Uttar Pradesh

15. **Awareness About Government Health Schemes:** Informing villagers about government health schemes and how to access them can help them avail of benefits and financial assistance.

16. **Community Health Workers:** Trained community health workers can play a significant role in delivering basic healthcare services, conducting health education sessions, and facilitating referrals.

17. **Preventive Measures During Outbreaks:** During disease outbreaks, villages need access to information about preventive measures and the availability of vaccines or treatments.

18. **Public Toilets and Waste Management:** Proper sanitation facilities and waste management systems contribute to overall health and hygiene in villages.

19. **Regular Health Camps and Check-ups:** Conducting regular health camps and check-ups can help identify health issues early and provide necessary treatments.

20. **Health Infrastructure Development:** Improving the overall health infrastructure, including the construction and maintenance of health centers, is essential for sustained healthcare delivery.

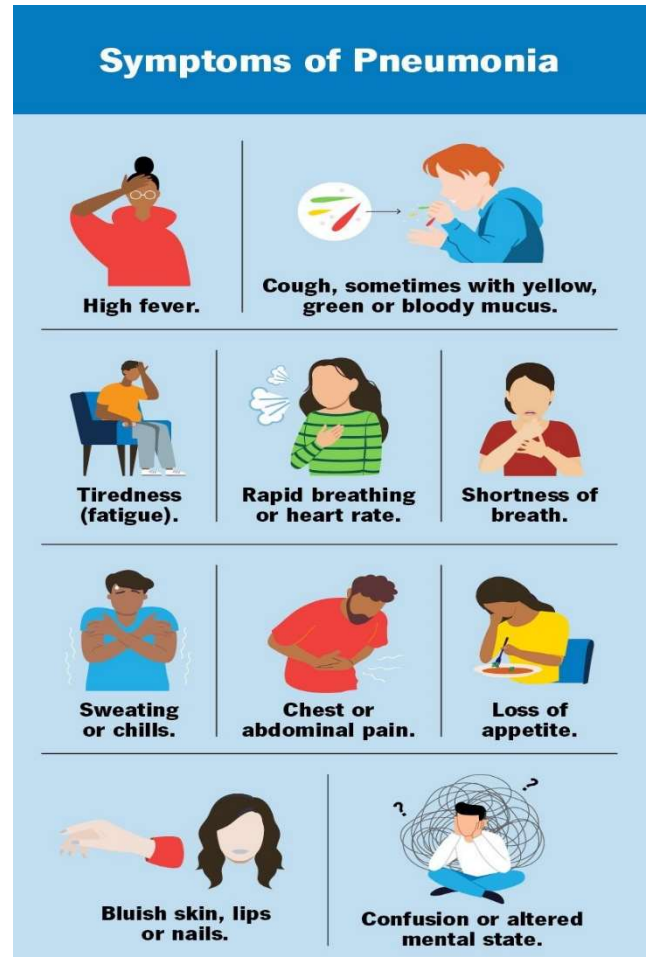
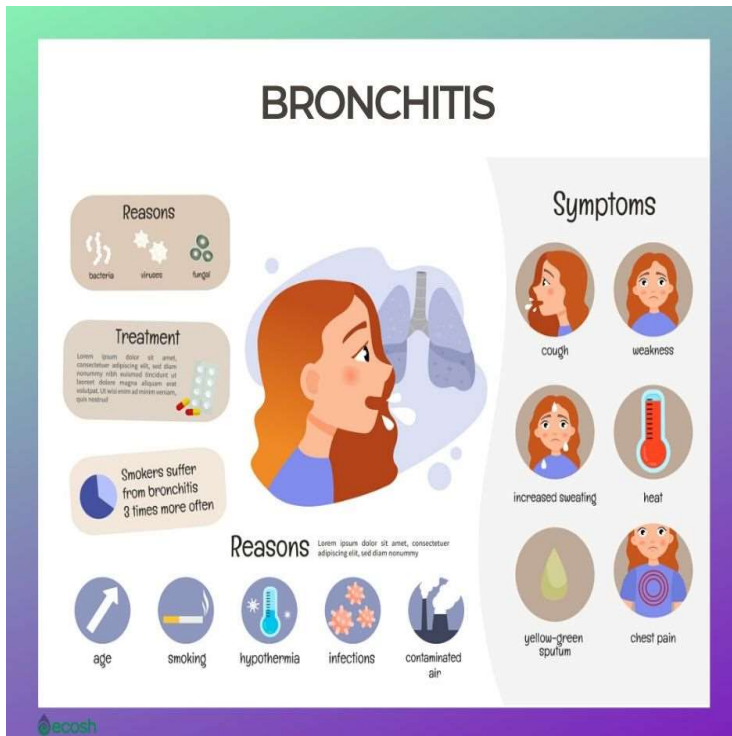


A Primary Health Care Center in Saharanpur District

## C. What are the main illnesses in your area?

Common illnesses in villages can vary based on factors like location, climate, sanitation, and access to healthcare. Here are some of the common illnesses often observed in rural areas:

1. **Respiratory Infections:** Due to exposure to smoke from traditional cooking methods and poor ventilation, respiratory infections like pneumonia and bronchitis are prevalent. Bronchitis is inflammation of the mucous membranes that line the bronchi, the airways that carry air to and from the lungs.



**Pneumonia** is inflammation of lung tissue caused by a bacterial, viral, or fungal infection in one or both lungs accompanied by infiltration and inflammation of the alveoli.

**The flu** (influenza virus) and the common cold (rhinovirus) are the most common causes of viral pneumonia in adults. Respiratory syncytial virus (RSV) is the most common cause of viral pneumonia in young children. Many other viruses can cause pneumonia, including **SARS-CoV-2, the virus that causes COVID-19.**

2. **Covid-19:** Corona virus belongs to such a family of viruses whose infection can cause problems ranging from a cold to shortness of breath. This virus has never been seen before. Its symptoms are similar to the flu. As a result of infection, problems like fever, cold, shortness of breath, running nose and sore throat arise. This virus spreads from person to person. In some cases, the corona virus can also be fatal. Especially older people and who already have asthma, diabetes and heart disease. **Always follow the Government Guidelines.**

**COVID-19**  
Disease caused by the SARS-CoV-2 virus

**Novel coronavirus**  
Coronaviruses are viruses that circulate among animals but some of them are also known to affect humans. The 2019 novel coronavirus was identified in China at the end of 2019 and is a new strain that has not previously been seen in humans.

**Symptoms**  
FEVER  
COUGH  
DIFFICULTY BREATHING  
MUSCLE PAIN  
TIREDNESS

**Prevention**  
When visiting affected areas  
Avoid contact with sick people  
Wash your hands with soap and water  
If you develop cough, use a medical face mask  
Wherever you travel apply general hygiene rules

**Transmission**  
VIA RESPIRATORY DROPLETS  
2-14 days  
estimated incubation period

ecdc.europa.eu/en/novel-coronavirus-china

### Covid-19 vs. Cold vs. Flu Symptoms

SYMPTOMS	COVID-19†	COLD	FLU
Sore throat	Sometimes	Common	Common
Cough	Common	Common	Common
Sneezing	-	Common	Sometimes
Fever	Common	-	Common
Body aches	Sometimes	Sometimes (mild)	Common
Tiredness	Sometimes	Sometimes (mild)	Common
Headache	Sometimes	-	Common
Runny/stuffy nose	Sometimes	Common	Sometimes
Shortness of breath	Sometimes	-	Sometimes
Loss of taste and/or smell	Sometimes	-	-

\*Sources: Centers for Disease Control and Prevention, World Health Organization  
†Information on COVID-19, including its symptoms, is still emerging.

Ministry of Health & Family Welfare  
Government of India

Help us to help you

## NOVEL CORONAVIRUS (COVID-19)

### Protective measures against Coronavirus

**A distance of at least 1 meter is necessary to ensure safety for all**

- Wash your hands with soap and water regularly
- If soap and water is not available, use hand sanitizer with at least 60% alcohol
- Wash hands before touching eyes, nose and mouth
- Throw used tissues into closed bins immediately after use
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
- Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number or 24x7 helpline numbers of Ministry of Health and Family Welfare, Government of India and follow the instructions.

**1075 (Toll Free) | 011-23978046**  
Email to: [ncov2019@gov.in](mailto:ncov2019@gov.in), [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

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NOVEL CORONAVIRUS DISEASE (COVID-19)

Ministry of Health & Family Welfare  
Government of India

## THREE RULES FOR SAFETY

- Always wear face-cover/mask
- Maintain distance from others (at least 2m)
- Wash hands frequently and thoroughly with soap and water

Badalkar Apna Vyavahar, Karein Corona Par Vaar

For information related to COVID-19  
Call the State helpline number Ministry of Health and Family Welfare, Government of India's 24x7 helpline number 1075 (Toll Free), Email at [ncov2019@gov.in](mailto:ncov2019@gov.in), [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

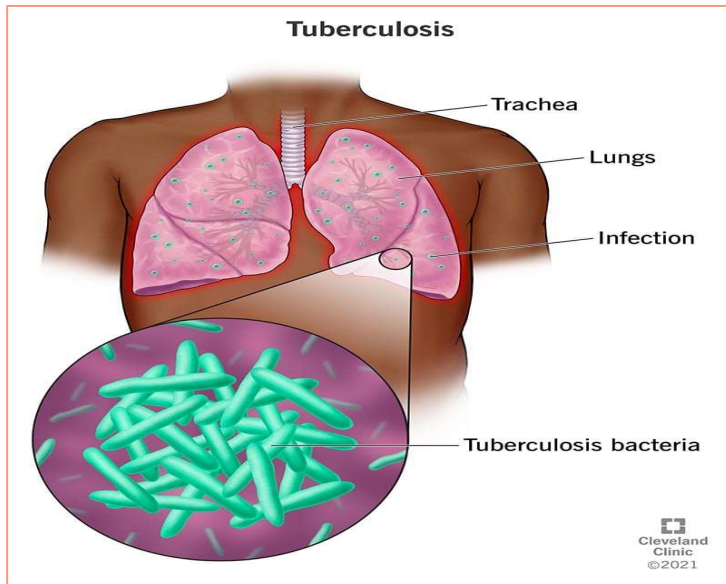
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3. **Tuberculosis:** Tuberculosis (TB) is a contagious bacterial infection that usually affects the lungs. It can also spread to other parts of the body, such as the brain, spine, and kidneys.

Symptoms of active TB include:

- A bad cough that lasts longer than two weeks
- Pain in the chest
- Coughing up blood or sputum
- Fatigue or weakness
- Loss of appetite
- Weight loss
- Chills
- Fever



TB is caused by a bacterium called *Mycobacterium tuberculosis*. People with active TB in their lungs or voice box can spread the disease by releasing tiny

droplets that carry the bacteria through the air. This can happen when they're speaking, singing, laughing, coughing, or sneezing.

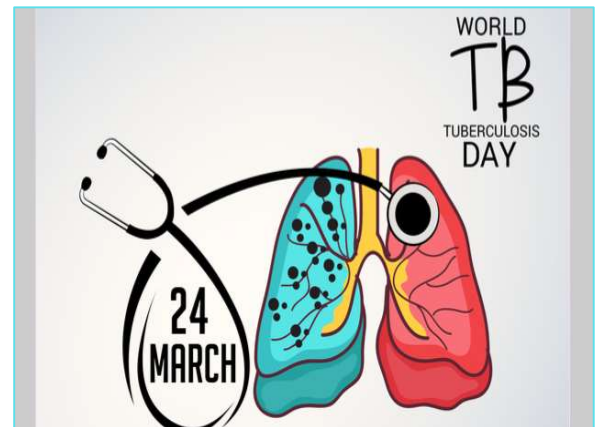
The BCG is the only licensed vaccine against TB. It has been in use since 1921 and is 80% effective in preventing TB for 15 years. However, there are still around 9 million new cases of TB annually.

### Complications of TB

If not treated, TB may result in life-threatening complications. The disease may damage the lungs and may spread to various other organs. Some of the difficulties of TB are:

- Damage to joints
- Heart diseases
- Kidney problems
- Liver problems
- Meningitis (Inflammation in the membrane of the brain)
- Spinal problems

TB is a contagious disease with effective treatment. Various lifestyle changes such as a healthy diet, avoiding smoking and drinking alcohol, and taking medications on time help manage TB.



# Tuberculosis क्षय रोग (टी.बी.)

Tuberculosis (TB) is a communicable disease caused by a bacteria called *Mycobacterium Tuberculosis*. It can damage a person's lungs or other parts of the body like the brain, back, knee, lymph nodes, etc. and cause serious illness.

क्षय रोग (टी. बी.) एक संक्रामक रोग है जो *मायकोबैक्टीरियम ट्यूबरकुलोसिस* नामक जीवाणु से होता है। यह जीवाणु मनुष्य के फेफड़ों, मस्तिष्क, पेट, घुटने आदि को क्षतिग्रस्त कर सकता है और संक्रामित व्यक्ति को गंभीर रूप से बीमार बना सकता है।



*Mycobacterium Tuberculosis*  
मायकोबैक्टीरियम ट्यूबरकुलोसिस

## Common Sites of TB Infection टी. बी. संक्रमण के प्रमुख स्थल



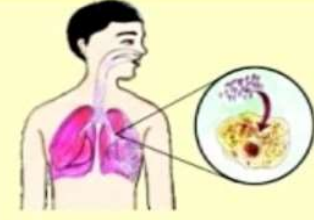
## Causes कारण



Drinking milk from an infected cow.  
संक्रामित गाय का दूध पीने से



Through the cough, sneeze of an infected person  
संक्रामित व्यक्ति को छोक व खाँसे से



A weak immune system activates the TB germs in the body.  
प्रतिरोधक शक्ति कमजोर हो तो शरीर में टी बी के जीवाणु पनपने लगते हैं।

## Symptoms लक्षण



A cough persisting for more than two weeks.  
दो सप्ताह से अधिक रहने वाली खाँसे



Unexplained weight loss  
Loss of appetite  
अकारण वजन घटना व भूख न लगना



Constant Tiredness  
लगातार थकावट रहना



Fever for more than a week  
एक सप्ताह से अधिक समय तक बुखार बने रहना

## Treatment उपचार



Consult a doctor.  
डॉक्टर से सलाह लें।



Take the prescribed medicines (antibiotics) regularly and complete the full course.  
डॉक्टर द्वारा बताई गई प्रतिजीवक दवाएं नियमित रूप से पूरी अवधि तक लें।



Isolate the patient  
रोगी को अलग कमरे में रखें



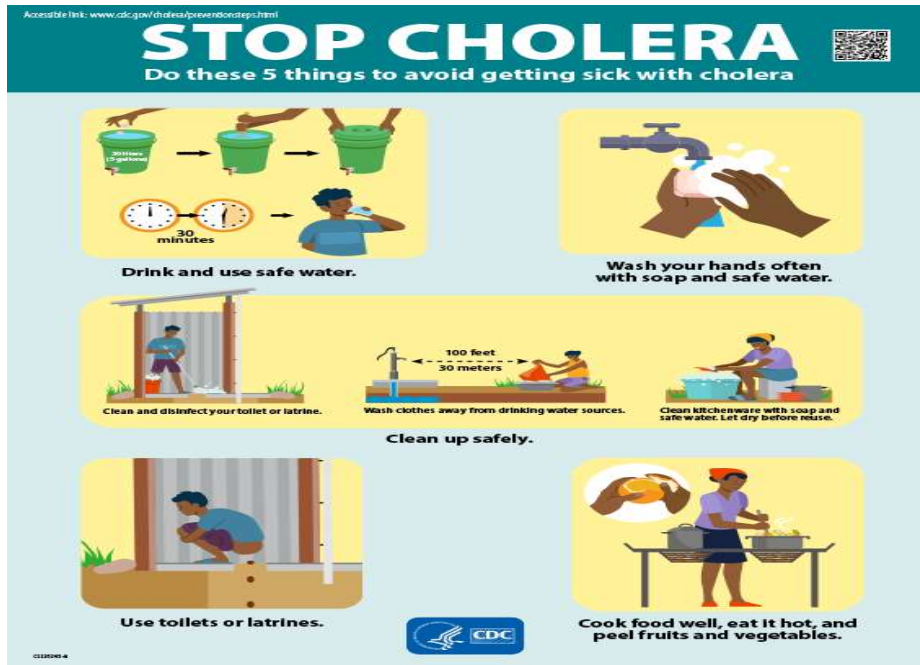
Take a healthy diet of fruits & vegetables and go for morning walk daily to strengthen the immune system.  
फल-सब्जियों से युक्त पोषिक भोजन लें। शरीर में प्रतिरोधक शक्ति बढ़ाने के लिए प्रतिदिन सुबह सैर करने जाएं।



Vaccination टीकाकरण

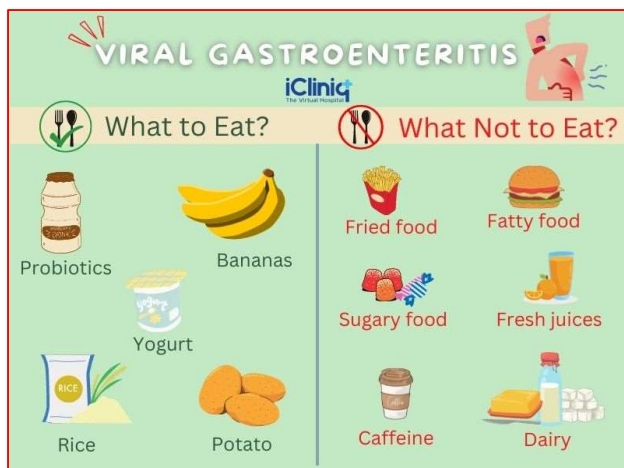
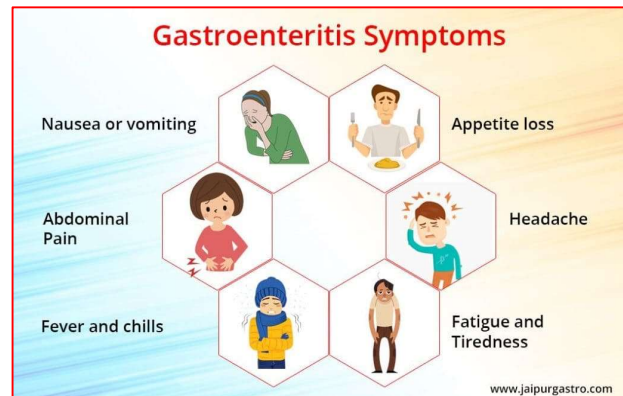


4. **Diarrheal Diseases:** Contaminated water sources, lack of proper sanitation, and poor hygiene practices contribute to diarrheal diseases, including cholera and gastroenteritis.




**Cholera** is a bacterial disease usually spread through contaminated water. Cholera causes severe diarrhea and dehydration. Left untreated, cholera can be fatal within hours, even in previously healthy people.

**Gastroenteritis** is a short-term illness triggered by the infection and inflammation of the digestive system. **Symptoms can include abdominal cramps, diarrhea and vomiting.** Some of the causes of gastroenteritis include viruses, bacteria, bacterial toxins, parasites, particular chemicals and some drugs.





5. **Malaria:** Rural areas with stagnant water sources can become breeding grounds for mosquitoes, leading to the spread of malaria. Malaria is a serious and sometimes fatal disease caused by a parasite that commonly infects a certain type of mosquito which feeds on humans.



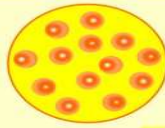
# MALARIA मलेरिया

Malaria is a communicable disease caused by a parasite. Malaria may cause anemia and jaundice. In certain cases, if not treated promptly, it may cause kidney failure, coma and death.  
**मलेरिया** एक संचारी रोग है जो परजीवी के संक्रमण से होता है। मलेरिया के कारण अल्परक्तता व पीलिया भी हो सकता है। यदि इसका तुरन्त इलाज न किया जाये तो गर्द विफल, संमूच्छा व मृत्यु भी हो सकती है।

### Life Cycle of Malaria Parasite मलेरिया परजीवी का जीवन चक्र

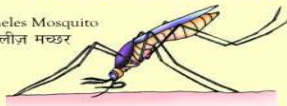
1. An infected **female anopheles mosquito** bites a human.  
1. संक्रमित **मादा ऐनोफ़ेलीज़ मच्छर** व्यक्ति को काटता है।
2. The parasites enter liver cell.  
2. परजीवी यकृत कोशिका में प्रवेश करते हैं।
3. The parasites multiply.  
3. परजीवी कई गुणा बढ़ जाते हैं।
4. They pass into the bloodstream.  
4. परजीवी रक्त धारा में प्रवेश करते हैं।
5. The parasites enter red blood cell and multiply until the blood cell explodes. The parasites then infect other RBCs.  
5. परजीवी लाल रक्त कोशिका में प्रवेश कर तब तक संख्या में बढ़ते रहते हैं जब तक वह फट न जाए और तब परजीवी दूसरी लाल रक्त कोशिकाओं को संक्रमित करते हैं।
6. Some parasites become gametocytes and are injected into another female anopheles mosquito when it bites the infected human. This mosquito then becomes the carrier of malarial parasite.  
6. कुछ परजीवी युग्मकजनक बन जाते हैं और जब कोई **मादा ऐनोफ़ेलीज़ मच्छर** संक्रमित व्यक्ति को काटता है तब ये परजीवी उस मच्छर में प्रवेश कर जाते हैं। इस प्रकार वह मच्छर मलेरिया के रोगाणुओं का वाहक बन जाता है।

**Parasite परजीवी**




Plasmodium फ़ाल्सीपारम

**The Carrier वाहक**




Female Anopheles Mosquito  
मादा ऐनोफ़ेलीज़ मच्छर


### Symptoms लक्षण




**Nausea & vomiting**  
मतली व उल्टियाँ



**Sweating & high fever**  
पसीना व तेज़ बुखार




**Fatigue & body ache**  
थकान व बदन दर्द




**Shivering chills**  
कंपकंपी छूटना व ठण्ड लगना


### Diagnosis & Treatment रोग निदान व उपचार



**Blood test**  
रक्त जाँच




**Take medicines on time**  
समय पर दवाइयों का सेवन करें

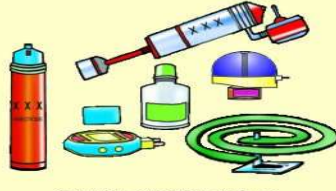


**Blood transfusion (in severe cases)**  
गंभीर मामलों में खून चढ़ाना


### Prevention रोकथाम



**Sleep under mosquito nets**  
मच्छरदानों लगाकर सोयें।



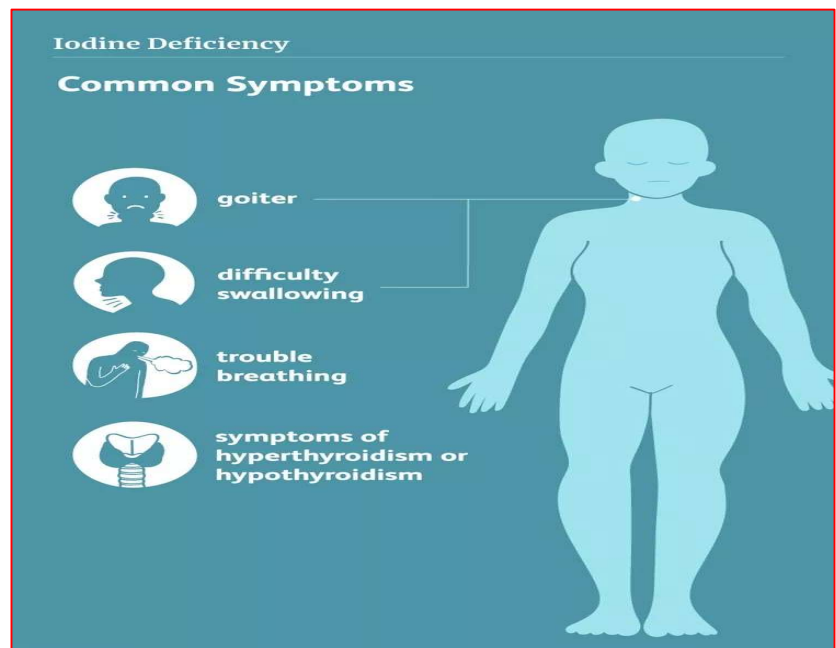
**Spray insecticides and use mosquito repellents**  
कीटनाशक दवाइयों का छिड़काव करें तथा मच्छर भगाने वाले पदार्थों का प्रयोग करें।



**Do not allow water to stagnate and keep the surroundings clean. Keep the water tanks covered.**  
अपने आस-पास सफाई बनाये रखें तथा पानी को खड़ा न होने दें। पानी को टंकियों को सदैव ढक कर रखें।

Publisher: VIDYA CHITR PRAKASHAN  
1 Ansari Road, Darya Ganj, New Delhi - 110 002

6. **Goiter:** Caused to Iodine deficiency. The body needs iodine to produce the thyroid hormone.



# GOITER

Goiter is an enlargement of the thyroid gland. It can be caused by many things, including nodules, inflammation, and Graves' disease.

*It may require no treatment, especially if it is small and thyroid hormone levels are normal. However, if the goiter develops because of excessive thyroid hormone production, fails to produce enough hormone, or causes discomfort, you will need treatment.*

**NORMAL**      **GOITER**

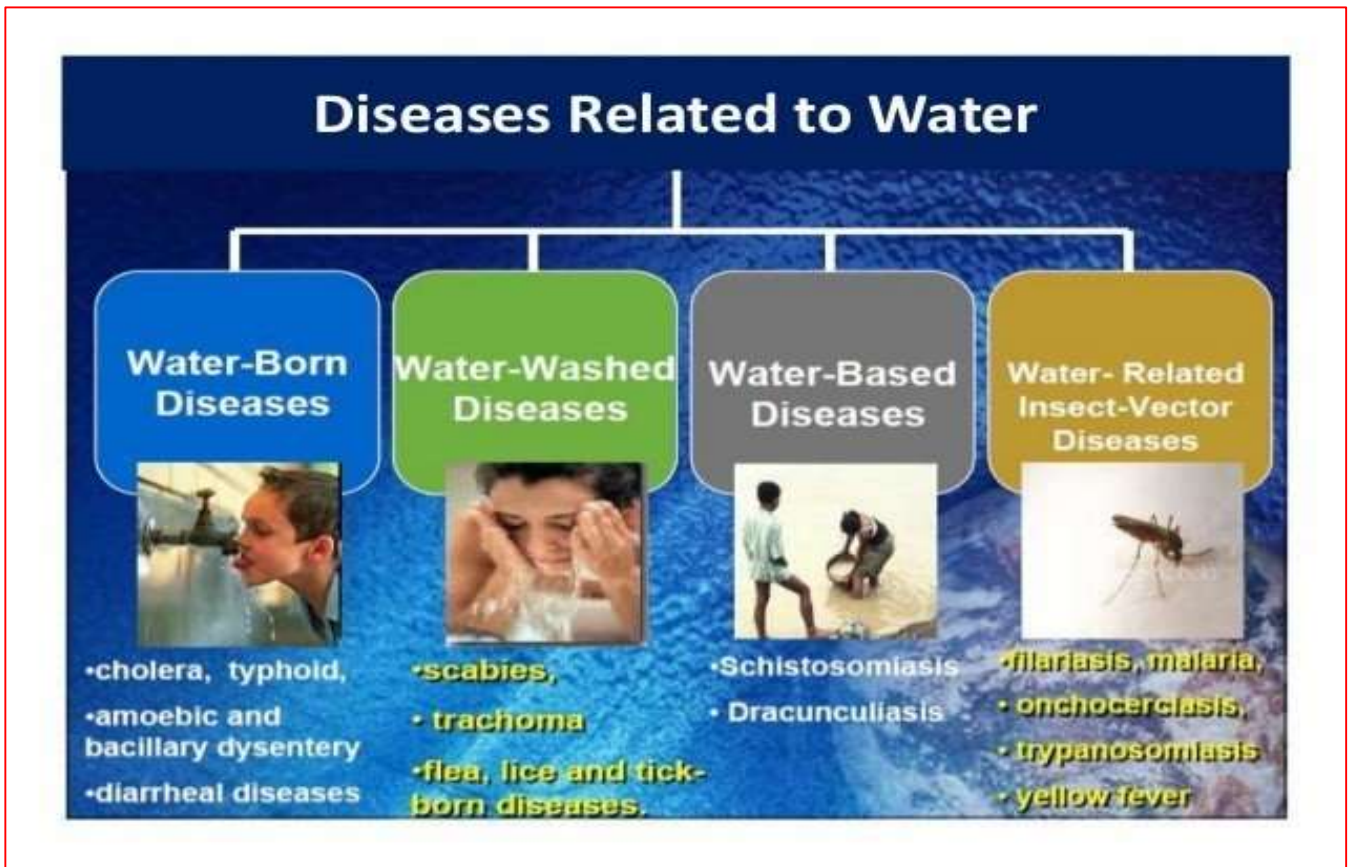
**THE SYMPTOMS OF A GOITER ARE:**

- Swelling at the front side of the base of the neck, ranging from a small lump to a general enlargement.
- If you have hyperthyroidism (an overactive thyroid gland), you may also experience weight loss despite an increased appetite, an increased heart rate, elevated blood pressure, nervousness, diarrhea, muscle weakness, and hand tremors.
- If you have hypothyroidism (an underactive thyroid gland), you may also experience lethargy, slowed physical and mental functions, depression, a lower heart rate, an intolerance to cold, constipation, easy weight gain, and tingling or numbness in your hands.

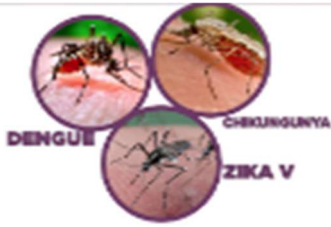
Medical Observer | Source: WebMD



7. **Waterborne Diseases:** Apart from diarrheal diseases, other waterborne illnesses like typhoid, hepatitis A, and dysentery can also occur due to poor water quality.








8. **Vector-Borne Diseases:** In addition to malaria, diseases like dengue, chikungunya, and Zika virus can spread through mosquito bites in rural areas.



Clean surrounding is essential to prevent vector borne diseases



**DENGUE**


RESTLESSNESS  
JOINT PAIN  
PAIN BEHIND EYES

RED SPOTS OR PATCHES ON THE SKIN  
BLEEDING FROM GUMS OR NOSE  
PAIN BEHIND EYES


LOSS OF APPETITE  
HEADACHES  
HIGH FEVER  
NAUSEA AND VOMITING

**CHIKUNGUNYA**

SEVERE JOINT PAIN MAINLY IN THE ARMS AND LEGS  
RED SPOTS OR PATCHES ON THE SKIN










HEADACHES  
MUSCLE PAIN  
HIGH FEVER



**ZIKA**

JOINT AND MUSCLE PAINS  
HEADACHES

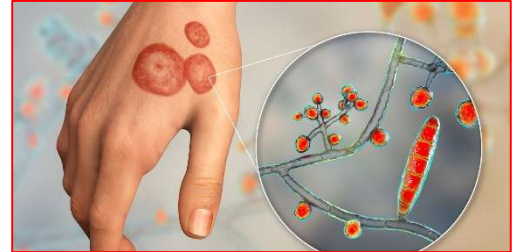
BACK PAIN  
MILD FEVER  
RED AND WHITE PATCHY SKIN RASH

TROPICAL VIRUSES			
	ZIKA	DENGUE	CHIKUNGUNYA
	<b>Vector</b>	Aedes Aegypti	Aedes Aegypti
	<b>Epidemiology</b>	Africa, Southeast Asia, the Pacific Islands, the Americas, and the Caribbean	Africa, Asia, Europe, the Pacific Islands, and the Caribbean
	<b>Incubation</b>	3 to 12 days	3 to 14 days
	<b>Presentation</b>	Absent or low-grade fever, conjunctivitis, joint pain, myalgias, headache, itching, rash, no bleeding.	Abrupt onset fever, arthralgia, joint swelling, macular rash, headache, myalgia, red eyes
	<b>Laboratory</b>	Thrombocytopenia (rRT-PCR) for Zika virus RNA	lymphopenia and thrombocytopenia (rRT-PCR) for Chikungunya virus
	<b>Treatment</b>	Rest and symptomatic treatment, fluids, acetaminophen	Supportive treatment, fluids, acetaminophen+NSAIDs
	<b>Pregnancy</b>	Transplacental transmission, CNS malformations, miscarriage	Transplacental transmission, no fetal malformations, miscarriage

9. **Skin Infections:** Lack of proper hygiene and sanitation can lead to skin infections, fungal infections, and scabies.

**COMMON REASONS FOR FUNGAL INFECTION**

-  Hot and humid weather
-  Not maintaining personal hygiene
-  Sweating too much
-  Wearing unclean socks
-  Wearing damp clothes for an extended period of time
-  Compromised immunity due to underlying conditions








# WHAT IS SCABIES?





Scabies is a skin condition characterized by intense itchiness, caused by burrowing mites in the skin.

## SYMPTOMS


May appear up to 6 weeks after infection

-  INTENSELY ITCHY RASH THAT WORSENS AT NIGHT
-  SORES ON THE SKIN FROM ITCHING
-  TINY BLISTERS THAT LOOK LIKE PIMPLES
-  TINY DISCOLORED LINES ON THE AFFECTED AREAS
-  IN SOME PEOPLE, THICK CRUSTS OF SKIN CONTAINING EGGS AND MITES


## TREATMENT

-  PRODUCTS CALLED SCABICIDES
-  ANTIBIOTICS MAY BE NECESSARY FOR ANY INFECTED SKIN SORES
-  NO OVER-THE-COUNTER PRODUCTS ARE APPROVED FOR SCABIES TREATMENT
-  ITCHING MAY CONTINUE FOR SEVERAL WEEKS AFTER TREATMENT

## DURATION



A SCABIES INFECTION WILL USUALLY LAST UNTIL IT'S TREATED THOROUGHLY. EVEN AFTER TREATMENT, DEAD EGGS AND MITES WILL REMAIN IN THE SKIN FOR SEVERAL WEEKS, UNTIL THE SKIN GROWS TO PUSH THEM OUT.





10. **Anemia:** Insufficient intake of iron-rich foods and poor nutrition can result in anemia, particularly among women and children.

## ANEMIA

### Reasons

- unbalanced diet
- diseases of the stomach and intestines
- blood loss

### Treatment

>Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud

### Symptoms

- weakness, fatigue
- nail changes
- cracked lips
- drowsiness
- heartache
- fragility of hair
- dry skin
- pallor

1.8 billion people worldwide suffer from anemia

### Anemia prevention products

- meat
- eggs
- liver
- sesame
- berries
- beans



## Home Remedies For Anemia

Pomegranate

Fenugreek

Bottle Gourd Soup

Whole Grains

Banana

Tomatoes

Legumes

Spinach

Nuts

Dates

Beetroot and Apple Juice

Liver



## 11. Vaccine-Preventable Diseases:

Inadequate access to healthcare and vaccination programs can make villagers more susceptible to diseases like measles, rubella, and tetanus. Total of 12 vaccine-preventable diseases are:

1. Diphtheria
2. Pertussis
3. Tetanus
4. Polio
5. Measles
6. Hepatitis B
7. Meningitis
8. Pneumonia caused by Hemophilus Influenza type B
9. Rotavirus diarrhea
10. Pneumococcal Pneumonia and
11. Japanese Encephalitis
12. Rubella, severe form of Childhood Tuberculosis



**Inauguration of the Pulse Polio Programme in UP by the hon'ble Chief Minister**



**Laudable & prompt response of Government of Uttar Pradesh to Covid-19**



Ministry of Health and Family Welfare  
Government of India

**We can beat two diseases with one vaccine**



Make sure that all children from the age of 9 months to 15 years get MR vaccine

**MEASLES** is a deadly disease, can lead to:



- Pneumonia
- Diarrhoea
- Other life threatening complications

**RUBELLA** infection during pregnancy can lead to children born with congenital birth defects, as:



- Blindness
- Deafness
- Mental retardation
- Congenital heart defects

Following the MR vaccination campaign, MR vaccine will replace measles vaccine in the Universal Immunization Programme (UIP)  
To know more, contact your ANM, ASHA or Anganwadi worker











IMAGE TWEETED BY @MoHFW\_INDIA

12. **Eye Infections:** Eye infections due to unclean water, lack of eye care facilities, and prolonged exposure to dust and smoke are common.

Prevent contracting & passing on an eye infection with these simple tips:

- Avoid touching your face & eyes frequently
- Wash your hands thoroughly & often
- Avoid using an eye make-up or contact lenses if infected
- Do not share your eye make-up, towels, contact lenses, pillows, or other linens
- Report any negative changes or new symptoms to your eye doctor immediately

### What Parts of the Eye Can Get Infected?

- Essentially any tissue, fluid, or space
- Eyelid (Bleph-)
- Conjunctiva
- Cornea
- Aqueous or vitreous fluid

## BACKGROUND

- \* ENLARGEMENT of the CONJUNCTIVA BLOOD VESSELS
  - ~ aka BLOOD SHOT EYES

## SYMPTOMS

- \* EYE IRRITATION
  - ~ DRYNESS
  - ~ ITCHING
  - ~ PAIN

## DIAGNOSIS

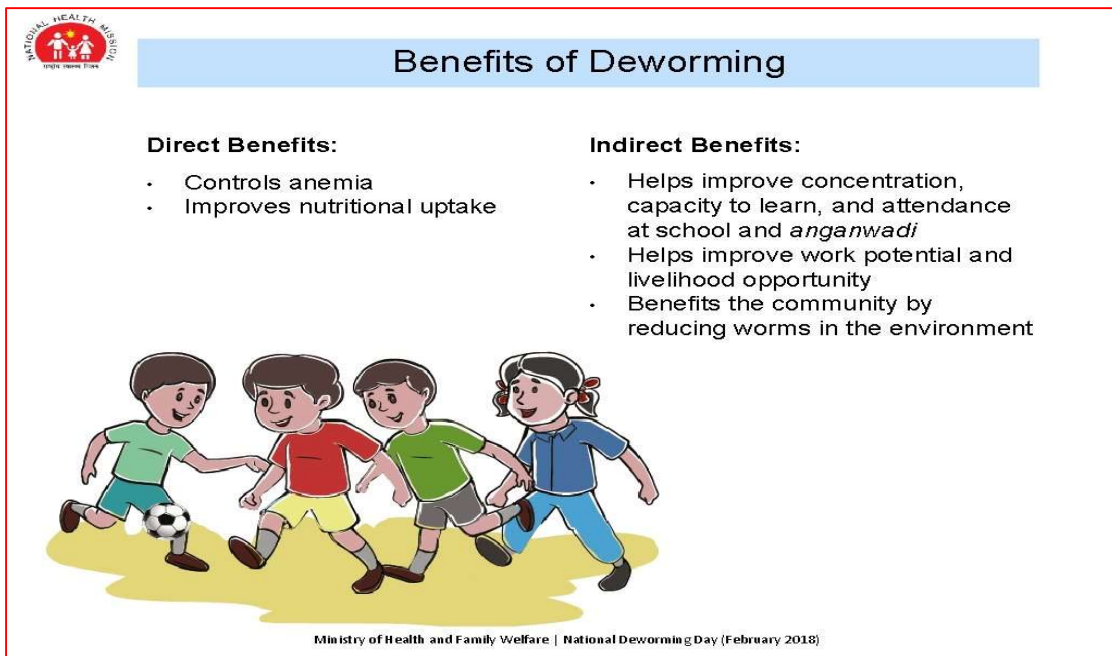
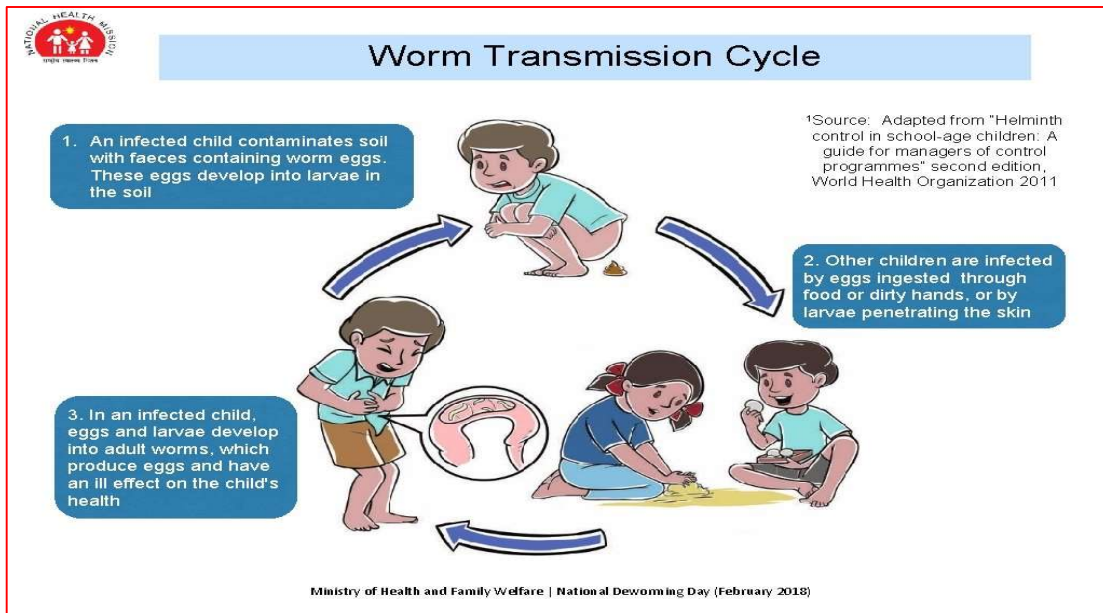
- \* PHYSICAL EXAMINATION
  - ~ ASSESSMENT of EYELIDS & LACRIMAL SAC
  - ~ PUPIL SIZE & REACTIVITY
  - ~ CORNEAL INVOLVEMENT
  - ~ VISUAL ACUITY & TONOMOMETRY
  - ~ FLUORESCIN DYE
- \* CONSULTATION/REFERRAL with OPHTHALMOLOGIST

## CAUSES

- \* ENVIRONMENT
  - ~ ALLERGIES
  - ~ EYE FATIGUE
  - ~ CHEMICAL IRRITATION
  - ~ PROLONGED CONTACT LENS USE
- \* CONJUNCTIVITIS
- \* BLEPHARITIS
- \* CORNEAL ABRASION
- \* CORNEAL ULCERS
- \* FOREIGN BODY
- \* SUBCONJUNCTIVAL HEMORRHAGE
- \* MORE SERIOUS CONDITION
  - ~ UVEITIS
  - ~ GLAUCOMA

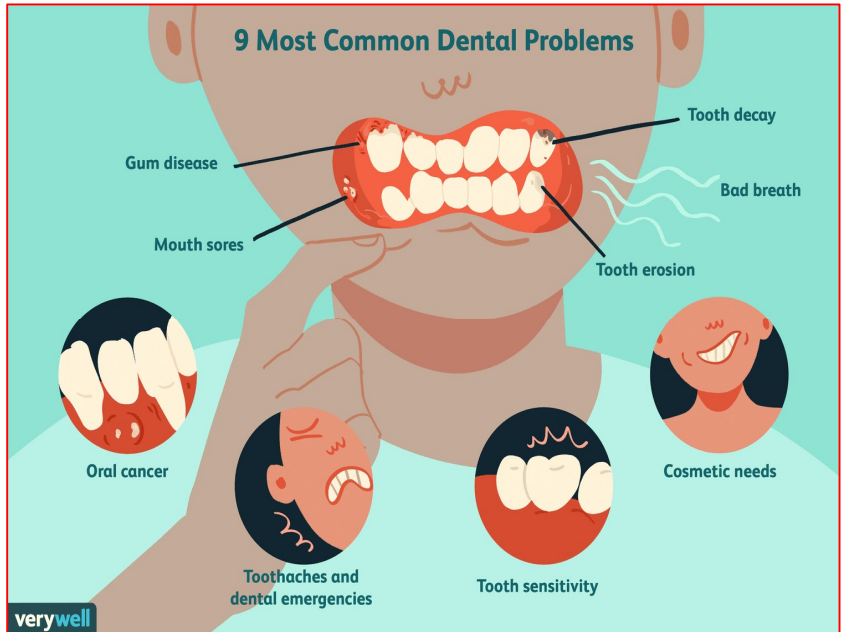
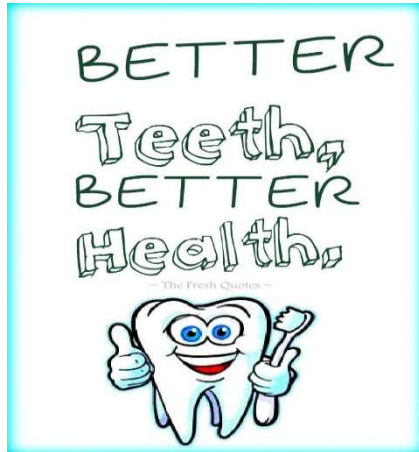
OSMOSIS from ELSEVIER

13. **Worm Infestations:** Poor sanitation and hygiene can lead to worm infestations, causing various health issues, especially in children.

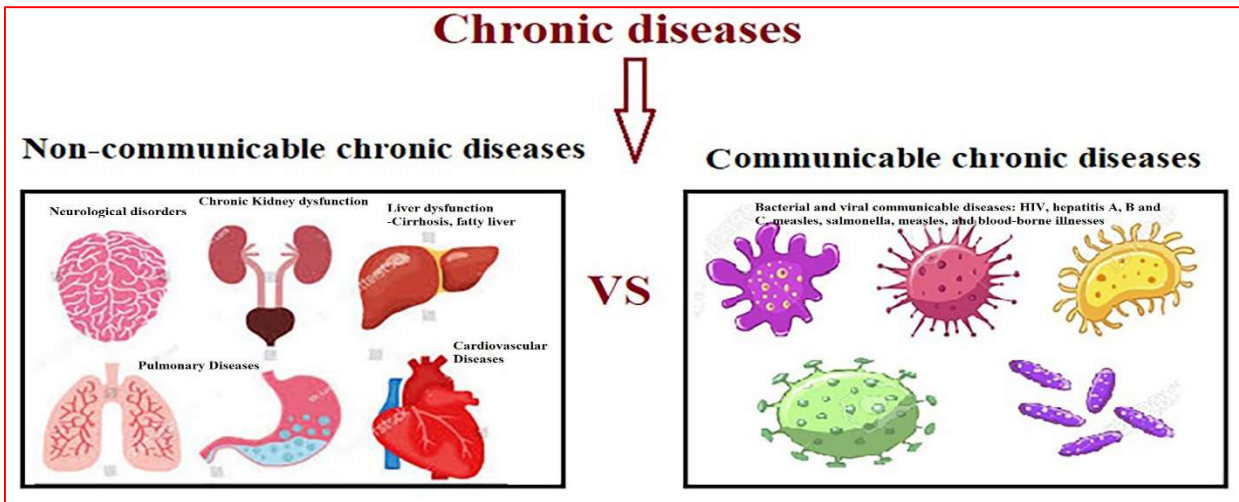





14. **Dental Issues:** Limited access to dental care facilities and poor oral hygiene practices can result in dental cavities and gum diseases.












15. **Non-Communicable Diseases:** The prevalence of non-communicable diseases like hypertension, diabetes, and obesity is rising in rural areas due to changing lifestyles.



**Being healthy is as easy as ABCDE**



<b>A</b> void alcohol 		<b>B</b> e physically active 
		<b>C</b> ut down on salt and sugar 
<b>D</b> on't use tobacco products 	<b>E</b> at plenty of vegetables and fruits 	


**World Health Organization**  
 Regional Office for South-East Asia

## D.Schemes of Central / State Government

*“Health is the greatest wealth”*



**Farmers are the backbone of the economy**

## Schemes of Government of India

The Government of India has launched several health-related schemes to provide better healthcare services and ensure the well-being of its citizens.

Here are some prominent government health schemes in India. These are just a few of the

1. **Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (PM-JAY):** Also known as the National Health Protection Scheme, PM-JAY aims to provide health coverage to over 10 crore vulnerable families (approximately 50 crore individuals) across India. It offers cashless hospitalization of up to ₹5 lakhs per family per year for secondary and tertiary care hospitalization.  
<https://nha.gov.in/PM-JAY>
2. **Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA):** This scheme provides pregnant women with free antenatal care, including diagnostic services and medical check-ups, on the 9th of every month at government health centers.  
<https://pmsma.mohfw.gov.in/>
3. **Janani Suraksha Yojana (JSY):** JSY aims to reduce maternal and infant mortality by promoting institutional deliveries among pregnant women, especially those from low-income families. Financial assistance is provided to pregnant women to encourage them to deliver in healthcare institutions.  
<https://nhm.gov.in/>



many government health schemes in India. Each scheme has its own objectives and target population, contributing to the overall improvement of the healthcare system in the country.

4. **Rashtriya Swasthya Bima Yojana (RSBY)**: Although now subsumed under PM-JAY, RSBY provided health insurance coverage to below-poverty-line families. It offered cashless health insurance coverage for hospitalization expenses up to ₹30,000 per family per year.  
<https://www.india.gov.in/spotlight/rashtriya-swasthya-bima-yojana>
5. **National Nutrition Mission (Poshan Abhiyaan)**: This initiative aims to address malnutrition among women and children by providing them with nutrition education, healthy diets, and access to healthcare services.  
<https://wcdhry.gov.in/schemes-for-children/poshan-abhiyan/>
6. **Swachh Bharat Abhiyan**: While not solely a health scheme, the Clean India Mission focuses on sanitation and hygiene, which play a significant role in preventing various diseases.  
<https://swachhbharatmission.gov.in/sbmcms/index.htm>
7. **Pradhan Mantri Bhartiya Janaushadhi Pariyojana**: This scheme aims to make quality generic medicines affordable to all, especially the poor and marginalized, by opening Jan Aushadhi stores.  
<http://janaushadhi.gov.in/pmjy.aspx>
8. **Pradhan Mantri Swasthya Suraksha Yojana (PMSSY)**: PMSSY focuses on strengthening healthcare infrastructure by setting up new AIIMS institutions and upgrading existing medical colleges across the country.  
<https://pmssy-mohfw.nic.in/index1>
9. **Mission Indradhanush**: This immunization program aims to ensure that all children under the age of two years and pregnant women are fully immunized against vaccine-preventable diseases.  
<https://main.mohfw.gov.in/sites/default/files/216846291201489665182.pdf>
10. **Jal Jeevan Mission**: Jal Jeevan Mission, is envisioned to provide safe and adequate drinking water through individual household tap connections by 2024 to all households in rural India. The programme will also implement source sustainability measures as mandatory elements, such as recharge and reuse through grey water management, water conservation, rain water harvesting.  
<https://jaljeevanmission.gov.in/>

# Schemes of Government of Uttar Pradesh

The Government of Uttar Pradesh has implemented various health schemes to improve healthcare services and ensure the well-being of its citizens. Here are some prominent health-related schemes in Uttar Pradesh.

These are some of the key health-related schemes implemented by the Government of Uttar Pradesh. These schemes are designed to provide better access to healthcare services and improve the overall health and well-being of the people in the state.

1. **Mukhyamantri Jan Arogya Yojana (MJAY):** This scheme provides health coverage to the citizens of Uttar Pradesh. Under this scheme, families are eligible for cashless treatment of up to ₹5 lakhs for secondary and tertiary care in empanelled hospitals.
2. **Mukhyamantri Kisan and Sarvhit Bima Yojana:** This scheme aims to provide financial assistance to farmers and their families in case of medical emergencies or hospitalization. It covers a wide range of medical treatments and procedures.
3. **Mukhyamantri Free Diagnostic Scheme:** Under this scheme, free diagnostic services are provided to patients in state government hospitals and health centers. This includes free medical tests and diagnostic procedures.
4. **Mukhyamantri Samarthya Yojana:** This scheme focuses on providing medical treatment, rehabilitation, and financial support to persons with disabilities. It aims to enhance their quality of life and ensure their inclusion in society.
5. **Mukhyamantri Arogya Aastha Pariyojana:** This scheme aims to provide free and quality medical care to economically weaker sections of the society. It covers medical and surgical procedures in empanelled hospitals.
6. **Mukhyamantri Vaahan Mitra Scheme:** This scheme provides financial assistance for transportation costs to patients who need to travel to other districts for medical treatment. It aims to ensure that lack of transportation doesn't hinder access to healthcare.
7. **Samajwadi Arogya Bima Yojana:** This scheme was launched earlier to provide health insurance coverage to families in the state. While it has been subsumed under the central government's Ayushman Bharat scheme, it aimed to provide health coverage for hospitalization expenses.
8. **Free Ambulance Service:** The state government provides free ambulance services to transport patients, especially those in rural areas, to healthcare facilities for timely medical treatment.
9. **Matra Vandana Yojana:** This scheme provides financial assistance to pregnant and lactating mothers to support their nutritional needs during pregnancy and post-delivery.
10. **Janani Suraksha Yojana (JSY):** This scheme, also implemented at the national level, aims to promote institutional deliveries among pregnant women by providing financial assistance to cover childbirth-related expenses

## BALANCED/ HEALTHY DIET

A balanced and nutritious diet is crucial for the health and well-being of farmers who engage in physically demanding agricultural activities.

A general outline of a healthy diet that can benefit farmers

1. **Complex Carbohydrates:** Carbohydrates are a primary source of energy. Opt for complex carbohydrates like whole grains (brown rice, whole wheat bread), millets, and oats. These provide sustained energy release and keep you feeling full.
2. **Protein-Rich Foods:** Protein is essential for muscle repair and growth. Include lean protein sources like poultry, fish, eggs, dairy products, legumes (beans, lentils), and nuts.
3. **Fruits and Vegetables:** These are rich in vitamins, minerals, and antioxidants that support overall health and immunity. Consume a variety of colorful fruits and vegetables daily.
4. **Healthy Fats:** Good fats are essential for heart health and energy. Include sources like nuts, seeds, etc..
5. **Hydration:** Drink plenty of water throughout the day, especially when working in the sun. Dehydration can lead to fatigue and decreased productivity.
6. **Dairy Products:** Dairy provides calcium for strong bones. Choose low-fat options like yogurt and skim milk.
7. **Iron-Rich Foods:** Iron is important for preventing anemia, which can lead to fatigue. Include iron-rich foods like lean red meat, poultry, fish, fortified cereals, and leafy greens.
8. **Vitamin C Sources:** Vitamin C enhances the absorption of iron from plant-based foods. Citrus fruits, bell peppers, strawberries, and broccoli are good sources.
9. **Snack Smartly:** Opt for healthy snacks like fruits, nuts, yogurt, and whole-grain crackers. Avoid sugary and processed snacks.
10. **Moderation:** Balance is key. Avoid excessive consumption of sugary, fried, and processed foods.
11. **Local and Seasonal Foods:** Fresh, local, and seasonal foods are often more nutritious and cost-effective.
12. **Pre-Workout Fuel:** Have a balanced meal or snack before starting work. This can include a combination of carbs and protein.



13. **Post-Workout Recovery:** After working, consume a meal or snack that includes protein for muscle recovery and carbohydrates to replenish energy stores.
14. **Adequate Calories:** Farming is physically demanding, so make sure you're consuming enough calories to meet your energy needs.
15. **Reduce Salt and Sugar Intake:** Excess salt can contribute to high blood pressure, while excessive sugar can lead to weight gain and other health issues.
16. **Limit Alcohol and Caffeine:** Consume alcohol and caffeinated beverages in moderation, as excessive intake can have negative effects on health.
17. **Regular Meals:** Don't skip meals. Aim for regular meals and healthy snacks throughout the day to maintain energy levels.
18. **Consult a Professional:** If you have specific dietary needs or health concerns, it's advisable to consult a registered dietitian or nutritionist for personalized guidance.

Remember that individual nutritional needs can vary based on factors like age, gender, activity level, and health status. It's important to listen to your body and make dietary choices that support your overall health and energy levels.



## Balanced diet for a farmer in Uttar Pradesh

(suggestive)



A balanced diet for farmers in Uttar Pradesh should take into consideration the regional preferences, agricultural activities, and nutritional needs of the local population. Here's a sample balanced diet that aligns with the food choices commonly available in Uttar Pradesh:

### **Breakfast:**

**Poha:** Flattened rice cooked with vegetables, peanuts, and spices.

**Paratha:** Whole wheat flatbread stuffed with vegetables or served with yogurt and pickles.

**Milk:** With a handful of nuts like almonds or walnuts.

### **Mid-Morning Snack:**

**Seasonal Fruits:** Such as bananas, guavas, or oranges.

### **Lunch:**

**Dal:** A protein-rich lentil preparation.

**Sabzi:** Made from locally available vegetables.

**Chapati:** Whole wheat flatbread.

**Rice:** Preferably brown rice.

**Raita:** Yogurt with grated cucumber, mint, and spices.

### **Afternoon Snack:**

**Chana Chaat:** Chickpeas mixed with onions, tomatoes, spices, and a squeeze of lemon.

### **Dinner:**

**Roti:** Whole wheat flatbread.

**Seasonal Vegetable Curry:** Made with a mix of vegetables.

**Paneer Curry:** Cottage cheese cooked in a tomato-based gravy.

**Salad:** Cucumber, tomatoes, and onions.

### **Before Bed:**

**Milk:** With a pinch of turmeric or a teaspoon of honey.

### **Additional Tips:**

**Include Local Grains:** like bajra, jowar, and ragi in your diet.

**Leafy Greens:** include greens like spinach, fenugreek leaves, and mustard greens.

**Dairy Products:** Include yogurt and buttermilk.

**Use Spices:** like cumin, coriander, turmeric, and fenugreek.

**Stay Hydrated:** drink sufficient water, especially during hot weather and while engaging in physical labor.

**Moderation:** enjoy local snacks and sweets but in moderation.



**Protein Sources:** Include lentils, legumes, and locally sourced poultry or fish.

**Limit Sugary Drinks:** Avoid excessive consumption of sugary beverages and opt for healthier options like lemon water or coconut water.

Remember, a balanced diet is about variety and moderation. It's important to include foods from all food groups to ensure that your body gets the necessary nutrients to stay healthy and energized, especially given the physically demanding nature of farming.

.....











**Remember:**

**“Prevention is better than cure”**

**“Half the costs of illness are wasted on conditions that could be prevented.”**

**“Regular physical activity reduces the risk of chronic conditions like type 2 diabetes, obesity, heart diseases, depression, anxiety and dementia”**

**“Preventive healthcare measure, such as routine checkups, vaccinations, and screening are critical for early detection & prevention of illnesses.**

