



Annual report of Ropheka Foundation



-Hope & better health for the underprivileged- The work of Ropheka Foundation 2020-2021

The mission of Ropheka Foundation is to offer facilities such as primary health care in remote rural areas where healthcare facilities are lacking. As we do this, we aim for sustainability. The previous year we trained a group of 10 people in Kalimpong. These people do social work in villages. This health care course educates people about the art of maintaining good health and how to prevent sickness. It also helps people learn about treatment of common sicknesses, how to help pregnant women to stay healthy, assist during deliveries, how to monitor growth in

babies and children and how to give First Aid. By doing so, we hope to help prevent many deaths, complications of common diseases, unnecessary doctor's visits in town, disruptive and expensive hospital admissions and serious problems during pregnancy and delivery. Therefore, these courses empower people in villages to stay healthy. In 2020/2021 Ropheka Foundation was hardly able to visit regular villages such as Pritamchen, Badey and Lower Santook /Lumbung and Upper Santhook. The problem that we encountered was the onset of the Covid-19

-epidemic. We were in a lock-down and had to stay indoors as much as possible.

After having gotten permission from the local authorities, we were able to help 144 families in and around Kalimpong with food supplies for about 1-2 months. The food packages costed between 800 and 1200 rupees.

Many porters and laborers were without a job for a long time. We helped families in Kalimpong with food packages that contained atta, oil, dal, salt, soya, potatoes, onions sometimes rice and things like toothpaste and soap.



Students helping a patient.



This lady from Lower Santhook is one of the

PLANS FOR 2021-2022

—To continue giving people in several villages the basic medical help they need.

— To conduct another primary health care course in Kalimpong for people who work in villages and are interested to help the rural communities with basic health care. The purpose is that they will be health promoters, that they are able to treat uncomplicated health issues and will be able to run a small sustainable health center.

—To finish the primary health care course workbooks for students in both English and Nepali.

- To develop a short term primary health care course of three weeks.

—To continue a micro credit program for 32 people in six villages and start with new groups in those places.

—To conduct medical camps and village outreaches together with the students so that they can practice what they learned.

— To give certificates to the first 2 groups.

— To help students start and maintain new dispensaries in their villages.

— To provide needed relief and aid in disaster areas of North India after floods, earthquakes and as a result

Activities of Ropheka Foundation in 2020-2021

Health care camps, micro credit projects and Covid-19 relief work.



People that received microcredits



Primary health care camps in the village of Lower Santhook

The three ladies in Lower Sathook continued to practice wound and skin care and treat simple ailments. They also monitor blood pressure of people and check glucose levels. and make sure patients get their medicines in time. Some patients came to the small health

center and the ladies had to figure out how to help them without the help of the team. Only in October/ November, February and March we were able to visit Lower Santhook again.

Micro credit projects

In November we provided 3 groups of 6 people near Darjeeling, in Pumong and in Kalimpong micro-credits.

Three groups of 5 people near Kalchini in Doars- area were also blessed with micro credits for small life stock. This happened in February 2021. Most families bought a piglet, some chickens and one family a goat. By doing this we help improve those families their living conditions. The next groups of beneficiaries have been selected as well. We hope to pass on those first loans to the next selected groups in '22.

...Covid-19 Relief work

The families mentioned were in Lower Bombasti area, Topkana and East main road. We also went to the Lepers' Colony in Kalimpong to distribute food and toiletry items for 45 leprosy families. There was only plenty of atta and rice. Other beneficiaries were laborers and porters from outside the region (e.g. Nepal) who were not able to work for months and had no ration cards. We also went to Tar Khola to help 17 Nepali families staying

somewhere in plastic/ bamboo shelters at the border with Sikkim. They were road workers from Nepal who were not able to go back anymore and got stuck in India, without job and lacking financial resources.

A break in September.

In September the main people of the Primary Health Care team got sick from Covid-19. One was sick for two weeks and another one was sick for two months. Therefore the work could only continue in October and

November because of a winter holiday break in December until half way January.

Health Care Camps in several villages.

During the second half of September, October, November and February till March, the team with students of the Kalimpong-batch went to Lower Santhook, Pitamchen, Badey, Samalbong, Printam and an area below Lower Bong Basti in Kalimpong, for health care camps. The students had the chance to practice and help many patients.

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Activities of Ropheka foundation

Health Care Training in Teesta Valley, Micro Credits, Covid-19– Relief work
Health care camps in Lower Santhook, Samalbong, Badey and Pritamchen

Kalimpong Primary Health Care Training

We finished the theory phase of the health care training in Kalimpong. With the remaining 6 (of the 10) students we conducted health care camps. They also taught certain topics in the health care training of Teesta Valley. Some want to start small health centers in their villages. We hope to assist them with this.

Health care training in the village area of Teesta Valley.

In February '21 we were finally able to start the next primary health care course. Thus far 11 people from four different villages in the area of Teesta Valley faithfully attended the training. Because of a rising number of Covid-19 cases and an increasing amount of casualties, also in the hill areas, we have paused the training from May 2021 onwards and hope to continue when the situation improves.

We trust you have once again enjoyed reading about the work of Ropheka Foundation.

Ropheka Foundation is a small organization that makes a big difference in the lives of many people in rural areas of the hills of North Bengal and the plains of Doars area.

Our main aim is to empower people in remote rural communities to improve their health. The emphasis is on preventative care, training of locals, health education and improvement of their economical status with income generating projects. We help to develop rural communities without creating dependency.

We initiate projects that are sustainable and owned by the locals. Furthermore we assist with relief work in areas of North India when people suffer as a result from natural calamities and lately as a result of the Covid-19 pandemic.

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**Students of the Primary Health
Care Training in Teesta Valley**



Students practicing First Aid



**Covid-19 relief work in the leprosy colony,
Kalimpong and Tarkhola.**

