



Annual report of Ropheka Foundation



-Hope & better health for the underprivileged- The work of Ropheka Foundation 2021-2022 Primary Health Care Training in Teesta Valley

The mission of Ropheka Foundation is to offer facilities such as primary health care in remote rural areas where healthcare facilities are lacking or insufficient. As we do this, we continue to aim for sustainability.

Primary Health care courses

The previous year we ran a primary health care course for a group of 10 people. These people do social work in villages. The health care course educates people about the art of maintaining good health and how to prevent sickness. It also helps people learn about the treatment of common sicknesses (also with local resources), how

to help pregnant women to stay healthy, assist during deliveries, how to monitor growth in babies and how to give First Aid. By doing so, we prevent many deaths, complications of common diseases, unnecessary doctor's visits in town, disruptive and expensive hospital admittances and serious problems during pregnancy and delivery. These Kalimpong-students are still occupied with the practical outreaches in villages.

The PHC-courses empower people in villages to help their own people to stay healthy. In 2021/2022 Ropheka Foundation was hardly able to visit regular villages from May till September. The problem

was the ongoing Covid-19-epidemic. There were lock-downs and other restrictions. Therefore we stopped the latest Primary Health Care training in Teesta Valley for a while. And the outreaches. In September 2021 we continued the health care training in Teesta Valley. After a break in December, the 10 students finished the theory phase of the training successfully in March. At present, they also join health care camps in villages in order to bring into practice what they have learned. It needs time and practice to become good health care workers and some are picking up faster than others.

PLANS FOR 2022-2023

—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 follow up on new health workers, conduct health care camps with them, and assist them to run small health centers.

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

—To continue micro credit programs for people in different villages and start with new groups in those places.

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

— Graduation of the first 2 student batches. .

— To provide needed relief and aid in disaster areas of North India after earthquakes, floods and as a result of Covid-19, if necessary.



Activities of Ropheka Foundation in 2021-2022

Health care camps, student-outreaches, micro credit projects



Health care camp at a construction site



Health education



We visit people in the village (here: Santhook) who can't walk to the health center.



This man in Salibong basti bought a piglet from the loan he got from Ropheka Foundation.

Primary health care camps in the village of Lower Santhook, Pitamchen and Badey.

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. They will graduate in June this year. Together with them we also continue to con-

Other villages besides Santhook, Badey and Pitamchen.

Till May and during the second half of September, October, November(2021) and January till March(2022), the team, together with students of the Kalimpong-batch, visited Lower Santhook, Pitamchen, Badey, Samalbong, Printam, Damdim, Sundari basti, some villages in Doars area and Malchar for health care camps. The students had the chance to practice and help many patients. Some are doing well

duct health care camps in Pitamchen and Badey.

Micro credit projects

The three groups of 6 people near Darjeeling, in Pumong and in in Salibong Basti(Kalimpong) were able to pass on the micro-credits to the next people. Most had benefited well from it and bought new life-stock stock for themselves.

One man had a lot of profit from running a small shop. It helped the family during the Covid crisis.

Others from selling the pig, buying sows and let them have piglets. Some people who had chickens had problems selling the eggs to companies because of Covid. Luckily they were able to sell some eggs locally and were able to buy chicks again. Thus far it has been a success. The groups in Doars area still have to pay back and are taking more time.

and are able to access common health problems, follow up high blood pressure-patients and diabetes patients, give health education and help with most common health issues. Some need more practice or can only work alongside someone else. In June we have planned the graduation for this group. We will also start the recruitment of new students for the upcoming health care training next year. The plan is that staff and the health students from Kalimpong who are doing very well ,will plan and

execute this next health care training (2023)with the leaders having a supportive role. With the new batch of students we have been to villages in the tea plantations around Teesta Valley, such as Kamjet, and Mangargoan. The nearest PHC health center is in Takdah and the small health center near the tea factory is not well supplied. The villages are spread through huge tea plantation areas. Hospitals are far away. The economical status of people is in general low. We promote health and deal with (minor) health issues before they escalate.

Annual report of Ropheka Foundation 2021-2022

Activities of Ropheka foundation

The students learn to help patients



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.



Rophekafoundation@gmail.com

Delo Rd, Dr.Grah.Homes,above
dispensary,Kalimpong, Darj.district W.B.
Reg.nr: P/523-V-40/2011

Distribution of second hand clothes in Doars area



This lady passes her loan on to the next person
In her village (Pumung) and bought again chicks



The new group of beneficiaries of the micro credit project.



One of the Kalimpong students teaches a topic to the new group of students in Teesta Valley