



Annual activity report of Ropheka Foundation



-Hope & better health in villages- The work of Ropheka Foundation 2022-2023 Primary Health Care Training in Teesta Valley

Our Vision

The vision of Ropheka Foundation is to have primary health care workers in many areas in the hills who will be agents of change and lead people to a better health. We want to see small basic self-sustainable PHC posts all over the hills. Our dream is that basic health care is accessible for people in remote areas where those basic facilities are lacking and that village people will have more grip on their own health.

Our Mission

Our mission is to train local people as primary health care workers who can pass on what

they learned and train others as primary health care workers. We train people to set up small self-sustainable PHC posts with good, basic and affordable medicines, there where there are no basic health care facilities.

Goal of training people in Primary Health Care

We finished 3 long PHC trainings thus far and health care workers who were once students bring into practice what they learned. Some of them are able to teach others as well. We see that they are able to help people in the village with various health issues. They give health education and monitor people with chronic issues as well. In the

mountain villages here, most people don't have nearby health care facilities. People with very high blood pressures or diabetes get monitored by the health workers so that they stay stable and problems don't escalate unnecessarily. Health problems have to get addressed at the grassroots, the bottom of the health pyramid, where people give care to others. Health care workers pass on basic knowledge about prevention, wound care, diarrhea issues, etc.

New Primary Health Care post Samalbong

Where we have small village style primary health care centers, people get used to the services and get proper follow up. The

PLANS FOR 2023-2024

- To continue giving people in several villages the basic medical help they need.
- To continue the practical phase of the primary health care course of Teesta Valley-students.
- To start a new PHC course in September, in Kalimpong for people who live and/or 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 train staff, students and health care workers to teach, pass on their knowledge and skills in this next course.
- To follow up on new health workers, conduct health care camps with them, and assist them to run small sustainable health centers.
- To continue micro credit programs for people in different villages. We plan to get the small loans back and start with new groups in those places.
- Graduation of the Teesta Valley batch end of the year.
- To provide needed relief and aid in disaster areas of North India, where necessary and possible.



Left: new primary health care post in Samalbong during the inauguration April 2022
Below: students, board members and local leaders at the graduation of PHC students



Activities of Ropheka Foundation in 2022-2023

Health care camps, student-outreaches, micro credit projects



The team on the way to a sick patient



A team member gives a tetanus injection during a PHC camp in a village school

people learn to trust them. The health workers do house visits as well, when people are very sick and not able to reach the health center. They reach many people in the village and trust is being built. We helped to start a new PHC post in Samalbong. It was inaugurated in April and is open every two weeks. This primary health care facility is available and cheap. That is what people need in the villages. One patient, who was nearly



One of the students with a very small patient in Kumlai

The 4th PHC training will start in September 2023 and go on till the end of 2024. The theory phase will be from 11th of September till the 15th of December (alternate weeks) and probably two weeks in January.

The length of the practical phase appears to depend on different circumstances, such as political issues, earthquakes, landslides, sickness of leaders, pandemics, holidays and so on, but will take at least a year. Health care workers and students are being trained to teach the course as well.

Students of the Teesta Valley group will have to teach small topics

dead and bedridden with a catheter, got way better and is walking around. Another bedridden man with terrible big bedsores is healed and walks around. This is a result of the treatment, help and coaching of the caregiver.

We hope to start soon another small center in Printam. All that is needed are two rooms, 2 plastic tables, 15 chairs, a cupboard for medicine stocks, instruments and a trunk to store other supplies.

during this new course so that they learn to pass on their knowledge and skills.

Medicines are being purchased at low cost in the government community development facility in Siliguri. Patients pay a small "registration fees".

Villages visited with PHC services:

- Samalbong (healthcenter):12x
- Pitamchen 6x
- Mangargoan 1x
- Lower Santhook (Healthcenter) 12x
- Dodrey1x
- Pumung area:3x
- Baday:5x
- Kalitar:2x
- Bethguri 2x

Teesta Valley group

Our Teesta Valley group is still continuing with the out reach phase of the training after a period of sickness of the main teaching staff. They get lots of exposure and practice to help people, to use the protocol, understand the main health problems and help with that.

Graduation 2 batches & Upcoming Primary Health Care Training.

In May we had a beautiful graduation ceremony of the first two PHC batches. We hope to run a fourth Primary health care school in September and at the same time we will continue to help the students of Teesta Valley.

- Jinglan Teavalley Sinduray Dhura 1x
- Duarally 1x
- Badamtham 1x
- Printam 2x
- Kumai 1x
- Burmadura Doars 1x
- Lower gaysok 1x
- Sundari basti 4x
- Haldibari 2x
- Kumlai 1x
- Durali (Teesta V.1x)
- Upper Cider Basti 1x
- Pachim Kali Basti 1x

In our regular villages we usually see approximately 20-35 patients, in other villages we help 35 to 75 patients.

This man his high blood pressure is carefully being monitored.



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Activities of Ropheka foundation

Micro credit projects

Most people are ready to pay back their small loans. We are going to visit the areas in April/ May and we hope the returned loans can be passed on to the next groups. This depends also on the coordinators of the micro credit groups. People who received small loans for life stock are in in Kalimpong Saling-bong Basti area(6), Pumung(6), Darjeeling (6) and in Doars area (15)

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.

Team on the way to a village school in Pumung area to conduct a PHC camp



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Visiting a bedridden patient in Samalbong

A student receives his PHC worker certificate



Distribution of clothes in a village in Doars area



Checking the blood sugar of a patient in Pitamchen

A regular patient in Kalitar



The students are helping someone in a primary health care camp in Teesta Valley