

# GLRA's INSIDER

## Theme of the month - "Personal Hygiene"



Promoting menstrual health is crucial for women's rights and well-being. "Menstrual Hygiene Day" is observed every year on 28th May to create awareness about the importance of menstrual hygiene management, debunk myths and misconceptions, especially on social and cultural norms that cause menstrual stigma and discrimination. We at GLRA India, under our various projects like "Sun Ke Seekho" (Listen and Learn), "Asal Uttar", and "WASH My Eyes" provide comprehensive education on menstrual and personal hygiene to the underserved population. By addressing barriers and challenges faced by women, we work towards achieving gender equality, rights, and their overall health and well-being.

Dr.(Maj.)Archana Trivedi  
Director Health

## News

### 13th National IAE Conference "Epidemiology-Driven Collaboration to Enhance Public Health Programs"



GLRA India actively participated in the 13th National Conference organized by the Indian Association of Epidemiologists in collaboration with ILEP (International Federation of Anti-Leprosy Associations), WHO, and Centres for Disease Control (CDC) in New Delhi on 29th and 30th April 2023. The theme for the conference was "Epidemiology-Driven Collaboration and resource sharing to Achieve More in National Public Health Programs". The topics in the conference sessions were diverse and ranged from non-communicable diseases, and infectious diseases to vector-borne diseases, environmental health, and one health. The program had a dedicated session for Leprosy, where Dr. Srilekha Penna, ILEP India Coordinator and Research Coordinator at GLRA India presented on contributions of ILEP India in Leprosy and discussed the scope for multi-sectoral collaboration to achieve the targets sustainably.

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## Glimpse of projects

### Tracing and Supporting Childhood TB in Mumbai

GLRA's pilot project focusing on Childhood TB in Mumbai Slums, launched in October 2022 is making significant progress with a goal to identify childhood TB and create a model for care that combats stigma and discrimination. In collaboration with MLSM, Mumbai (our partner NGO), the project has enrolled 64 new MDR TB cases and provided counseling to their families. Until the end of April 2023, a total of 195 family contacts have received counseling, Interpersonal Communication (IPC), and TB screenings for childhood contacts under 14 years have led to the detection of 3 new child TB cases. Furthermore, adult contacts were tested and identified 12 new cases. Extensive community mobilization efforts have included five programs reaching 1200 people, three orientation sessions for school children, and a childhood TB screening session for 28 frontline health staff. The project's ultimate objective is to develop effective models of pediatric TB care and enhance community awareness.



### NIRAMAYA II: Strengthening and Streamlining Leprosy Referral Services



NIRAMAYA II, a 3-year project (2021-2023), operates across 8 locations in India, aiming to enhance leprosy-related complication management, treatment adherence, and early case detection. The implementing partners with the support of local government health facilities, providing specialized leprosy care, skin clinics, physiotherapy, reconstructive surgery, and general healthcare services. The social and economic rehabilitation needs of affected individuals are also addressed. In West Bengal, NIRAMAYA actively supports the state leprosy program through advocacy, collaboration, and capacity-building efforts.



## Tuberculosis Prevention & Care Training

GLRA India team recently underwent comprehensive virtual training on Tuberculosis (TB) prevention, testing, treatment, and care led by Dr. Neha Rastogi Pandya from Fortis Memorial Research Institute, Gurgaon. The session focused on preventing and screening TB in the elderly. The training emphasized proactive screening and effective prevention strategies for individuals. This training equipped GLRA's team with valuable insights and tools to enhance care and support for TB affected. The training exemplifies GLRA's dedication to staying updated in healthcare and prioritizing community well-being. The knowledge gained will bolster GLRA's ongoing efforts in combating TB and promoting public health.



## Project ASAL UTTAR - Covid-19 Response in Madhya Pradesh and Uttar Pradesh

GLRA India, with funding from MISEREOR and DAHW Germany, is implementing a two-year COVID response project to address the widespread impact of the pandemic in vulnerable communities. The COVID-19 crisis has extended beyond health concerns, leaving developed countries struggling to maintain control. Lockdown measures, while effective in curbing the virus, have resulted in economic and psychosocial distress. India, in particular, has witnessed the exacerbation of existing inequalities, with the poor and marginalized bearing the brunt of the crisis.

Unfortunately, the focus on healthcare has overshadowed other crucial aspects such as social well-being, the needs of vulnerable populations, health literacy, and community engagement. GLRA India aims to combat these challenges by implementing the project in two high-risk communities: the slums of Agra, Uttar Pradesh, and the tribal areas of Sendhwa, Madhya Pradesh. This initiative seeks to strengthen resilience, promote community-level screening, and foster participatory engagement at the grassroots level, providing a comprehensive approach to tackling the pandemic's repercussions.

## INSPIRING STORY

### Desperate Battle: From Losing Hope to Finding Healing



Before treatment

After treatment

Kavita's (name changed) world crumbled when she noticed a patch on her face. Desperate for a solution, she used a face cream, only to find her condition worsen. The hospital diagnosed her with Leprosy and recommended a year-long Multidrug Therapy (MDT). Two years later, new lesions appeared, and the doctor advised MDT once again. Kavita, disheartened by her previous experience, refused, losing faith in the treatment. Hopeless, she contemplated ending her life. Nevertheless, destiny took its course when she encountered the staff of GLRA India. Through counseling and support, her mindset shifted, and she courageously embraced the regular treatment once again for a year. Today, Kavita has overcome her struggles, recovered, and credits GLRA India for their unwavering efforts and counseling support.

### Staff corner

The benefits of having a positive outlook on life can improve various aspects of our life, including health, relationships, and career. It can lower stress levels and boost the immune system. When we focus on the positive side of the world around us, we tend to feel more motivated, inspired, and hopeful, resulting in better outcomes in our lives, from relationships, and careers to our physical and mental health. Remember, our morning rituals set the tone for the day and put us in the right mindset to take on all tasks with positivity. The first step to training our minds for positive thinking is to identify our bad habits and negative thoughts. Once we have recognized these, they can be replaced with positive habits and words.



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