



**Vidya Wellness Centre
Project: Community Based
holistic Approach to
Improve Women's Health
(10 years to 49 years)**

Late Vidya Kulkarni Foundation

Introduction:

The purpose of this project proposal is to outline a comprehensive plan to enhance the holistic health of females aged 10 to 49 years, improving their quality of life. With a growing population and increasing health needs, it is crucial to invest in upgrading existing knowledge and building new initiatives to meet community demands. This project aims to address women's health issues and empower them to take appropriate action through continuous community-level interventions, ultimately leading to improved health outcomes.

Project Goals:

The broad Goals of this project are as follows:

- **Identifying Need of the Females of age group 10 years to 49 years:** Assess the current health status in the target area and identify areas requiring immediate improvement, such as physical and mental health.

- **Construct New Project activities:** Identify key health areas affecting females and develop intervention plans to meet growing demands.

- **Holistic Health approach:** Develop a comprehensive village-level plan for females to achieve health through a holistic approach.

Project Objectives:

The primary Objectives of this project are as follows:

- Increase anaemia testing among females from 6% to 70%.
- Determine the prevalence of anaemia among females and reduce it by 25% within one year.
- Identify and reduce menstrual health issues by 20% within one year.
- Address mental health issues with various activities.
- Create nutritional awareness regarding Body Mass Index (BMI) among beneficiaries.

Project Details:

To achieve the objectives, the following activities will be undertaken:

Conduct a Comprehensive Needs Assessment: A house-to-house survey will identify health issues among females aged 10 to 49 years in Srirampur. The survey aims to design appropriate interventions based on its findings. Trained volunteers will use a predesigned questionnaire for this purpose, covering all females in the age group through house visits. The survey will include training for volunteers, piloting the questionnaire, field monitoring, data error correction, data analysis, and report preparation. The findings will inform project activities.

(Note: This activity is done. Please refer the Need Assessment survey report)

Intervention Details: Based on Need assessment following key areas are identified for intervention.

Anemia and related activity- Hb testing and anemia detection, Nutritional counselling.

□ **Menstruation related identification & treatment:** Awareness, treatment and prevention.

□ **Nutritional Education & behavior change activity:** Address issues like overweight, obesity, and underweight, and crosscutting systemic issues such as ophthalmic problems, GIT issues, and anemia.

Evaluation and Monitoring:

Regular monitoring and evaluation will be conducted throughout the project to assess progress, identify challenges, and make necessary adjustments. Key performance indicators (KPIs) will measure the project's impact, including improved hemoglobin levels, increased Hb testing rates, reduced menstrual complaints, enhanced BMI outcomes, and increased access to healthcare services.

Conclusion:

The proposed Women's Health Improvement Project aims to address the pressing needs of the community by upgrading existing knowledge, enhancing physical and mental health status, improving hemoglobin levels, and strengthening preventive and control measures through BCC activities. We aim to provide a village-level Women's Health Model that meets the population's evolving needs through this comprehensive approach. We invite interested stakeholders to support and collaborate on this initiative to ensure the project's successful implementation and long-term improvement of women's health holistically.

