

ABOUT JIVANMITRA PROGRAM

The JivanMitra project utilizes an individual called a JivanMitra to provide screening of basic health ailments. The JivanMitras receive didactic instruction in human biology, physiology, pathology, chronic disease risk factors, lifestyle education, and disease process using an evidence-based curriculum. They attend hands-on skills training on how to conduct screenings for diabetes, hypertension, and obesity, and how to recognize anemia in an individual. The JivanMitras also learn how to monitor blood pressure, blood sugar, and measure body mass index. They provide education on lifestyle modifications, and collect data on dietary practices, smoking and tobacco abuse, and water sanitation in villages. Overall, they provide education on simple lifestyle changes to prevent chronic disease and improve disease self management. JivanMitras will also attend various trainings and educational seminars annually which will help them become more knowledgeable in healthcare. All the new JivanMitras will attend the 7 days training which will take place at The Manubhai Patel Dental College. In order to apply to become a JivanMitra, individuals must have a high school degree or some college level education, and must display an interest in improving their own community's health. Each JivanMitra must reside in the village in which they are a health advocate and the village should have a population of approximately 1,500-2,500 people. Each JivanMitra will be responsible for a maximum of 3,000 people.

JivanMitras will do home visits and provide public health education that is linguistically and culturally appropriate, collect and manage data, and perform quality control measures, this model of helping rural and underserved communities creates an effective way to provide chronic disease screening, health education for lifestyle changes, and disease self-management.

CLEAN WATER, CLEAN AIR, AND HYGIENE

In addition to focusing on chronic disease screening and management, JivanMitras also strive to educate villagers about a need for clean drinking water. As part of the program, the JivanMitra will conduct a TDS (Total Dissolved Solids) test to identify the level of total deposit solids in the drinking water. This will help determine if we need to take any action to ensure a cleaner and better water supply in the village. Clean drinking water means less water-borne diseases like cholera, typhoid and hepatitis A & E, etc.

JivanMitras also check for clean-burning stoves and proper exhaust, which reduce indoor air pollution and the risk for a range of diseases and saves lives of women and children.

Finally, JivanMitras will check that there is a toilet in each home and that it is being used for its intended purpose. Though most homes are equipped with functioning toilets, we will work with villagers to use them properly in the event they are being ignored.

***SUPPORT A JIVANMITRA PROGRAM FOR Rs.55,000
PER YEAR PER VILLAGE!***















