
Health Programme at Hayden Hall Institute

Message from HOD - Sr. Reachel Dipu Chettri

The Health Department of Hayden Hall Institute is committed to promoting holistic health and well-being among individuals, families, and communities. Health is understood not merely as the absence of disease, but as the total physical, mental, social, and spiritual well-being of a person. Recognizing that poverty greatly affects the quality of life and family welfare, the institute conducts various health and awareness programmes aimed particularly at empowering mothers, children, adolescents, senior citizens, and vulnerable groups.

Mother and Child Health (MCH) Programme

The Mother and Child Health Programme focuses on improving the health and nutritional status of mothers and children through awareness, education, counselling, and regular follow-up care.

Key Activities:

The Mother and Child Health Programme focuses on improving the health and nutritional status of mothers and children through awareness, education, counselling, and regular follow-up care.

- ✦ Conducting health awareness sessions for mothers on hygiene, nutrition, family health, and preventive care.
- ✦ Empowering women through health education, practical health tips, and alternative healthcare practices such as herbal remedies, home remedies, and reflex therapy.
- ✦ Providing special attention and guidance to Antenatal Care (ANC) mothers.
- ✦ Encouraging expectant mothers to access government hospital services for regular check-ups and maternal benefits.
- ✦ Monitoring:
 - ✦ Weight and vital signs
 - ✦ Personal hygiene
 - ✦ Nutritional intake
 - ✦ Emotional and basic counselling needs
- ✦ Conducting home visits and follow-up care for Postnatal Care (PNC), including:
 - ✦ Wound care
 - ✦ Menstrual health awareness
 - ✦ Post-delivery body care
 - ✦ Nutritional guidance
 - ✦ Exercise and recovery after childbirth

Child Health and Development

The institute actively supports the health and development of children between 0–5 years of age through:

- ✦ Promoting government immunization programmes
 - ✦ Linkages with ICDS services
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- ◆ Monitoring growth through Road to Health Charts
 - ◆ Guidance on child nutrition and feeding practices
 - ◆ Educating mothers on child growth, development, and proper childcare practices such as burping after feeding

Adolescent Health Programme

The adolescent programme focuses on building awareness, confidence, and responsible health practices among young people.

Programme Components:

- ◆ Reproductive Health Care (RHC) awareness activities
- ◆ Role plays and interactive learning sessions
- ◆ Education on hygiene and healthy lifestyles
- ◆ Self-esteem and personality development sessions
- ◆ Self-defence awareness and empowerment activities

Individual Health Care (IHC)

The institute identifies individuals and families requiring special support and provides:

- ◆ Monthly ration assistance
- ◆ Health monitoring and counselling
- ◆ Referral support and follow-up services

Burns Club and Senior Care Support

Special care is extended to members of the Burns Club and senior citizens through:

- ◆ Personal hygiene assistance
- ◆ Nutritional support
- ◆ Medication monitoring
- ◆ Regular health check-ups and vital sign monitoring
- ◆ Emotional support and companionship
- ◆ Quarterly get-togethers, recreational activities, and community meals

Community Health Initiatives

The Health Department regularly organizes community-based programmes to promote public health and preventive care.

Major Activities Include:

- ◆ Health Camps
 - ◆ Blood Donation Camps
 - ◆ Monthly awareness sessions on various health topics
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- ◆ Tuberculosis (TB) awareness and advocacy programmes
 - ◆ Eye Camps in collaboration with Lions Club Siliguri
 - ◆ Healthy lifestyle and proactive health promotion sessions
 - ◆ Referral and accompaniment support for patients requiring higher medical care

Focus Areas of the Health Programme

The overall programme emphasizes:

- ◆ Mother and Child Care
- ◆ Reproductive Health and Hygiene
- ◆ Preventive, Curative, Rehabilitative, Restorative, and Palliative Care
- ◆ Promotion of Health and Well-being
- ◆ Senior Citizen Care through the Burns Club
- ◆ Alternative Healthcare Practices including Herbal Supplements and Reflex Therapy

Conclusion

The Health Programme of Hayden Hall Institute reflects a strong commitment towards creating a healthier, empowered, and compassionate society. Through holistic healthcare initiatives, community awareness, preventive care, and dedicated support for mothers, children, adolescents, senior citizens, and vulnerable individuals, the institute continues to make a meaningful impact in improving the quality of life within the community. By combining medical guidance, emotional support, and alternative healthcare practices, the programme strives to promote dignity, well-being, and sustainable community development for all.

H.O.D of Health Department

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