

## ***Bridging Health Gaps 2024***

In our endeavour to foster holistic well-being among tribal populations, we conducted a series of extension activities aimed at raising awareness about non-communicable diseases (NCDs), promoting hygiene practices, distributing sanitary items, and addressing prevalent health challenges. These initiatives were strategically implemented across diverse tribal regions of Kashmir and Jammu Divisions of the UT of J&K, each presenting unique cultural contexts and health disparities. Central to our mission was not just disseminating information but engaging with communities, understanding their specific needs, and fostering sustainable health practices.

One of the primary focal points of our extension activities was the dissemination of knowledge regarding non-communicable diseases prevalent within tribal communities. Through interactive workshops, seminars, and community gatherings, we shed light on the risk factors, prevention strategies, and management techniques for conditions such as diabetes, hypertension, and cardiovascular diseases. By employing culturally sensitive approaches and local language mediums, we ensured that the information resonated with community members, empowering them to take proactive steps towards better health outcomes.

Moreover, our efforts extended beyond mere awareness campaigns to address fundamental hygiene practices especially among womenfolk critical for disease prevention. Recognizing the intricate link between hygiene and health, we organized workshops on hand-washing techniques, sanitation practices, and safe drinking water habits. These sessions not only imparted practical knowledge but also instilled a sense of ownership and responsibility among community members towards maintaining clean and hygienic living environments. Furthermore, we collaborated with local authorities and concerned government agencies to help address the issues that the tribals face during their seasonal migration to the upper reaches and meadows alongside their livestock, and promoting access to adequate sanitation infrastructure in remote tribal areas.

In addition to education and awareness initiatives, we embarked on a mission to alleviate the challenges faced by tribal communities in accessing essential sanitary items. Recognizing the socioeconomic barriers that often hindered access to hygiene products, we initiated distribution drives aimed at providing menstrual hygiene products, soaps, toothpastes, toothbrushes, and sanitation kits to women and families in need. These efforts not only addressed immediate hygiene needs but also catalyzed conversations around health and dignity, challenging cultural taboos and fostering a supportive environment for their health.

However, our engagement with tribal communities also unearthed systemic challenges and entrenched disparities that posed formidable barriers to health equity. Limited access to healthcare services, inadequate infrastructure, and socio-economic marginalization emerged as recurring themes, underscoring the need for comprehensive, community-driven interventions. In response, we advocated for policy reforms, collaborated with local stakeholders, and mobilized resources to address these systemic inequities, working towards sustainable solutions that prioritize the health and well-being of tribal populations.

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**Community Outreach Programme at Lisser Shalhard, Anantnag on 21-10-2023.**



**Meet up with Deputy Director Tribal Affairs, Govt. of UT of J&K (Dr. Abdul Khabir) on 06-02-2024 .**



**Community Outreach Programme at Gaithenger, Surara, Samba on 08-02-2024.**



**Community Outreach Programme at Surara, Samba on 14-02-2024.**





**Meetup with local stakeholders and community heads at Gujjar & Bakerwal Boys Hostel Nandni Hills, Samba on 14-02-2024.**



**Community Outreach Programme at Ameli, Samba on 18-02-2024.**



**Community Outreach Programme at Panjgrain, Nagrota, Jammu on 21-02-2024.**



