

NEWSLETTER- APRIL 2023

World Health Day: On the occasion of World Health Day SIGN organized seven Health Camps in schools viz. in Immaculate Heart of Mary Middle School, Plandu on



4th April, R.C. Girls' Middle School, Gangutoli on 11th April, St. Charles' Tribal Girls' Boarding, Kereng on 14th April, St. Charles' Tribal Girls' Boarding, Kuru on 15th April, Holy Cross High School, Katukona on 16th April, St. Francis High School, Bahya on 17th April and R. C. Primary School, Muriya on 20th April. In all these Health Camps all the children of these respective schools were HB, Glucose, SGOT/AST test, SGPT/ALT ratio, creatinine, TSH test, eye test and dental check-ups were done. During the check up some of the children have expressed as part of their ill health excess sleep, stomach related issues,

dysmenorrhea, nocturea, weakness, leg pain etc. Children are given medicines such as de-worming tablet, calcium, IFA tablets, Vitamin-C, protein powder and multivitamin syrup. Children who need further investigations and check-up are referred to the Government Primary Health Centers



Training on Soil & Water Conservation: SIGN organized a training on Soil & Water



Conversation from 24th April to 26th April at Hoffman Social Service Society Training centre. 28 farmers from different villages of Khunti participate in this training. Mr. Mansaram Mahato was the resource person for this training. The resource person said that Soil and Water conservation are those activities at the local level, which maintain and enhances the productive capacity of the land including soil, water and

vegetation in areas prone to degradation through a) prevention or reduction of soil erosion, salinity, b) conservation or drainage of water and c) improvement of soil fertility. He said there are four methods of soil conservation; a) increase the area under forest (plant more trees), b) check overgrazing, c) construct dams and d) change

agriculture practices i.e., crop rotation, strip cropping, contour ploughing, contour bunding, checking shifting cultivation, and ploughing the land in right direction. Then



he went on to explain about staggered trench, 30x40 model, 5% model and homestead. He said that *Staggered Trenching* the low cost model of soil and water conservation, which comprises shorter trenches along the contour with 6 ft space between

them at suitable intervals to hold the expected runoff. **30x40 model** is a method mainly done in uplands, where the slopes are of 5-8%. It involves upland into small plots of 30-40ft. it checks the soil erosion, increases moisture in uplands, and increases soil fertility. **5% model** is suitable for medium uplands, in which every plot has its own water source comprising 5% of plot land. The best time to construct 5% is from December to June. It assures paddy cultivation, helps in paddy transplantation on time, helps in irrigation in dry spell, increases ground water, and checks runoff of water, whereas **Homestead land** is small structure pond of 50 ft x 50ft. it is usually constructed near house for checking run off of water, doing kitchen gardening, fishery, duck rearing and meeting house hold requirement. Training was appreciated by the participants.

