Wellbeing for All

Health Workers in Amrita SeRVe Villages

101 Village Project

Mata Amritanandamayi Math
Health is the most important aspect of Amrita SeRVe’s work in villages, as without it very little else can be achieved. This means complete physical, mental, and social health in addition to the absence of illness. We are developing a vision for the holistic wellbeing of all.

We start by training one person from each village to become a health worker. They visit homes to gather basic information from families about their health histories and needs.

The health workers are then responsible for organising a wide range of activities such as medical clinics by visiting physicians, regular health checkups, care of pregnant women and children, immunisation drives, health education sessions, yoga classes and kitchen garden cultivation.

Their tasks are not simple. The health conditions in India’s villages face many grim realities. Malnutrition, water scarcity, substance abuse and discrimination against women can be common daily experiences.

The key to the work, though, is education—sharing the knowledge that will heal these wounds and lead the way to a better future.
Organise visiting medical clinics to bring doctors, nurses and pharmacists to villages where access is limited. When emergencies happen, accompany the patient to hospital.

Trained to conduct home births, as hospitals are often too distant. Also carry out testing and treatment of pregnant women and foetuses as well as care of new mothers and babies.

Hold education sessions on the topics of smoking, tobacco chewing and substance abuse. Prevention work is crucial as resources for treatment and recovery can be scarce in villages.

Instruct village women and school children how to make oral rehydration salts (ORS). ORS Therapy is a simple way to treat dehydration, especially due to diarrhoea.

Work with Accredited Social Health Activists (ASHAs) to give immunisations and vaccinations to children and pregnant women—especially for polio, tetanus, measles and vitamin supplements.

Show villagers how to grow kitchen gardens for their own nutritional needs. Many cannot afford to buy healthy produce, so finding a good source for vitamins and minerals is essential.

Teach children the need for and steps to hand washing and proper body care. The practices of self-cleanliness can especially prevent life-threatening illnesses like diarrhoea and pneumonia.

Teach simple yoga practices for children and adults to improve physical, mental and spiritual health. Our beginner programme includes asanas and meditation and can be completed in 30 minutes.
A one-month-old baby who was at risk of death in our village in Deurbal, Chattisgarh was taken to hospital in time.

When health worker Jamuna visited the home, the mother told her the baby had stopped taking breast milk. A stressful situation. Jamuna remembered that this is a sign of pneumonia, as per her health training. She got the baby and parents immediately assembled and they went to hospital. Pneumonia was, in fact, the doctor’s diagnosis. In fact, he said it was caught just in time to prevent a life-threatening circumstance.

After the start of treatment, the baby’s condition quickly improved and to the relief of all, the baby began taking mother’s breast milk again.

One of the key points of Amrita SeRVe’s health training is how to recognise the signs of impending health conditions so that treatment can happen in time. Hospitals, doctors, and health care centres are often hours away.
Amrita SeRVe has projects underway in 21 states across rural India. The goal is to empower India’s villages so they can be self-reliant once again. Our focus areas are health, water & sanitation, education, agriculture, income generation, eco-friendly infrastructure and self empowerment.