

# Training on "Parivarik Swastiya Baksa"

Health is a major concern of rural people whom BDVS attempts to empower. A rural household spends a substantial percentage of their income on medication for ordinary sickness, which can be prevented, or can be cured using homemade herbal medicines. Fr. (Vydy) Sevanand teamed up with Fr. Mathew M.M., the Assistant Director of BDVS to conduct these workshops in different places. Fr. Mathew remarked: "the enthusiasm of the participants to learn refreshes us and forget our tiredness of these intense workshops one after the other".



To spread awareness on "How to enhance Individual and Family Health" a series of Health workshops were organized by BDVS in Kharagpur, Barbigha, and Barh. In each of these places a group of 30 -40 people consisting of women, men, and youth participated in the workshop. The 5 day workshop in each of these places introduced them to the common sicknesses that villagers suffer from; and how they can treat each of these common sicknesses with a number of herbal medicines they themselves can make at home. "Parivarik Swastia Baksa (family Health Box) contains 8 herbal medicines that can be used to prevent and cure the common sicknesses. The participants were taught to identify the herbal plant; to prepare each of these eight medicines; and the use of these medicines.



The immediate report from the field suggests that many of those who attended the training have already started preparing these medicines. Reports say that a few have begun to make some income too from the sale of these medicines to their neighbors!

A detailed report of this training will be posted on our website once we have completed a series of workshops that are planned.

Interim Report by Fr. Anto

