



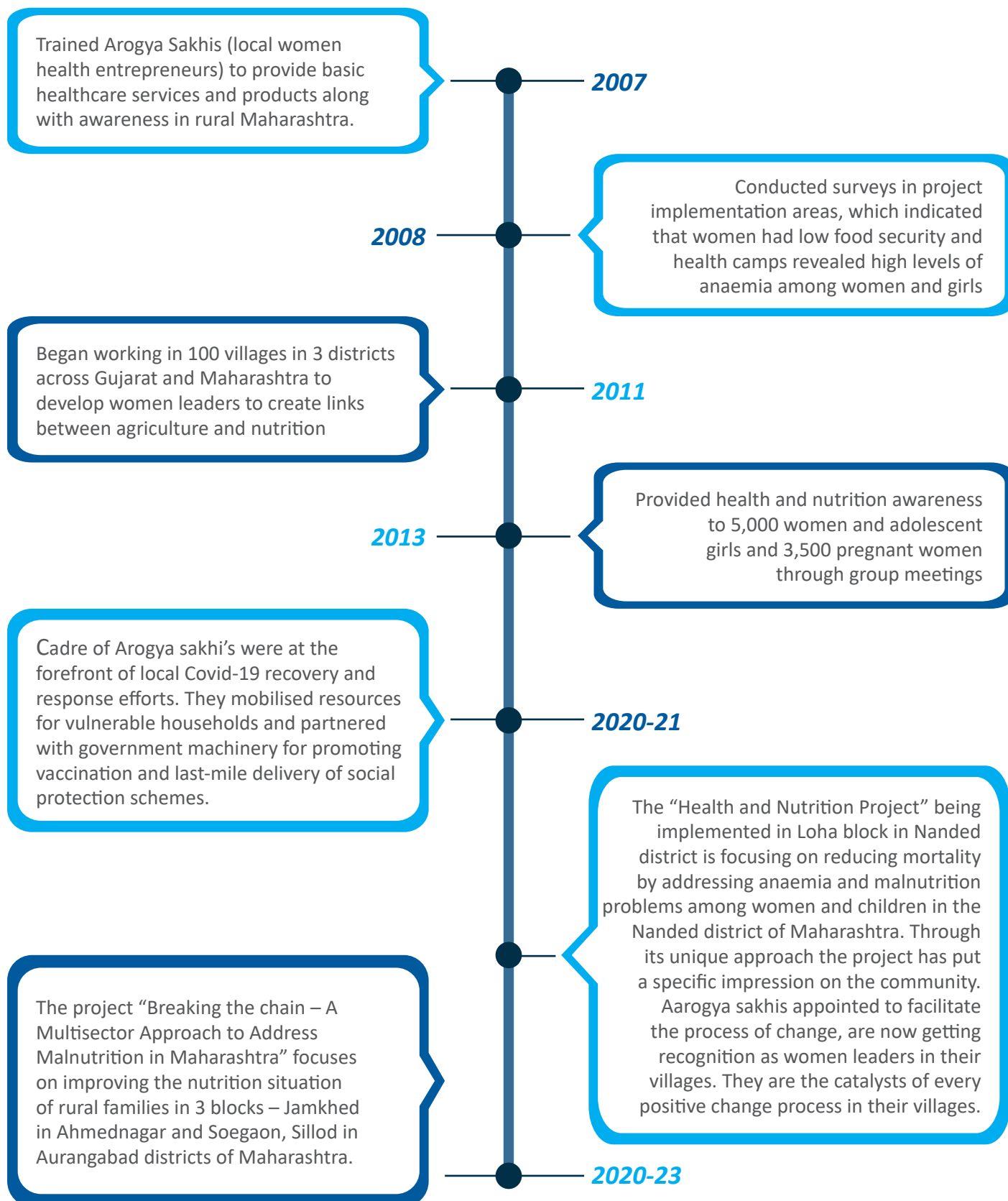
# HEALTH & NUTRITION



## Context

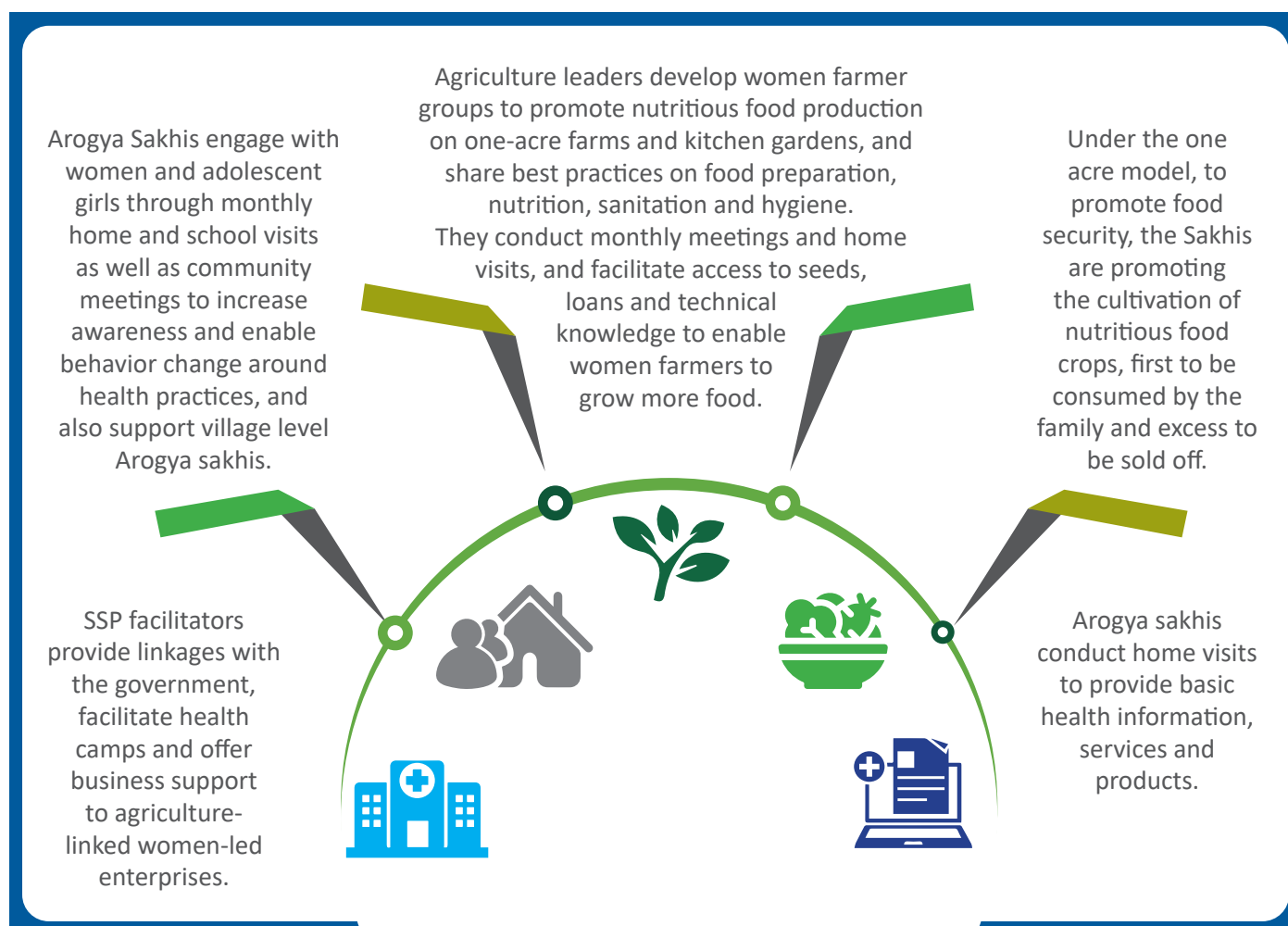
Swayam Shikshan Prayog's (SSP) work within health and nutrition focuses on increasing the resilience of communities threatened by hydrological drought risk in the Marathwada region of Maharashtra. The effects of climate change leading to food and income insecurity, coupled with the limited decision-making power of women has led to disproportionately large negative impacts on the health of women and their families. SSP aims to address these complex issues of climate change, gender roles and their impact on women's health and nutrition by positioning women as key change agents.

## Evolution



## SSP's Approach

The challenge presented by inaccessible and ill-equipped health facilities in rural areas across the country has proven an opportunity for women to emerge as community health service providers and health entrepreneurs—Arogya Sakhis. Arogya Sakhis are trained to use diagnostic health devices and modern technology they deliver preventive healthcare services at the doorstep. Through this work, they are also able to substantially enhance their incomes. SSP's health and nutrition interventions increase awareness of preventive health care by training and creating a cadre of Arogya Sakhis equipped to deliver health information, preventive health services and referrals to partner hospitals (private and public).



At the core of this effort is building women's leadership in promoting decentralised climate risk governance and enhancing the well-being of women, girls and families. SSP believes that women, being primary caregivers of the family, need to be empowered as the first step towards building community resilience. Development of women's capacities trickles down to the households they are directly working with, and helps build social capital in the community.





## Impact

Between 2013-2015, SSP empowered 100 women health entrepreneurs/Arogya Sakhi's to deliver preventive health services, health awareness and services to 60,000 rural households reaching 300,000 community members across Osmanabad, Ahmednagar and Pune districts in Maharashtra. From 2020 onwards, SSP has trained over 100 Community Resource Persons in Arogya Sakhis in Aurangabad and Ahmednagar districts outreaching to 15,000 grassroots women and through 'Breaking The Chain - A Multi-Sector Approach to Address Malnutrition in Maharashtra' project.



**SWAYAM SHIKSHAN PRAYOG**

102 First Floor, Gayatri Building, Orchid School Lane, Balewadi Phata, Baner, Pune, Maharashtra 411045  
Phone: +91 8605016700, +91 9323557456 | [www.swayamshikshanprayog.org](http://www.swayamshikshanprayog.org)