



HEALTH IS WEALTH

Shabana, a 36 year old widow with 7 children, has been suffering from severe backache & anaemia for over 2 years. Often due to weakness she is unable to go for work regularly which results in losing several jobs. Shabana is a migrant from Bihar, lives in a small makeshift *jhuggi* and works as a house maid.

She earns approximately Rs.4500/- depending on availability of work. There is no job security. To manage to feed all her children she is forced to make four of her children work as child labourers. They earn approximately Rs.600/-. With such paltry household income just providing two meals a day is a constant challenge. In these circumstances, medical care is a luxury the family cannot dream off.

CEQUINs Community mobilizers helped her out of this situation by making Shabana aware of the Weekly OPDs and Health Camps organised by the *Gender Resource Centre*. The Centre is providing free health checkups through a weekly doctor's visit. The objective is to be able to provide regular health check-ups and the required privacy for women from these deprived households to talk about their medical problems. The Health camps also provide general check up and free medicines for all poor people especially women and girl child.

Shabana consulted the Centre's Doctor in weekly OPD and was greatly benefited by the medicines prescribed. She also attended the health camps and availed of the facility to get free medicines. A very relieved Shabana says, *"qualified doctors would charge nothing less than Rs. 100 – Rs. 200/- consultation charges and prescribe medicines from outside. I am so relieved that if I ever face some health related problems in future, I will not be forced to leave work because of poor health. I can seek help from CEQUIN and ensure my children also get the required medical care organised in the Health Camps regularly."*