

## Chhattisgarh – AYUSH Gram in Tekari and Mana Villages

### Introduction

AYUSH Gram component of the scheme includes selecting one village per block for the adoption of AYUSH as a way of life. It started to gain some momentum towards the end of 2016-17 FY. While some initiatives have been taken in Kerala, Mizoram and Telangana, there have not been any other initiatives undertaken. Normative guidelines had been provided under NAM. Maximum flexibility is provided to the States/UTs under this component for implementing activities. The population norms and different strategies for implementation of the program have already been spelled out in the guidelines.

### Implementation of the Practice

- Herbs are grown within the Dispensary. Herbal drinks are distributed to villagers and school kids
- Women in SHG are involved in gathering and coordinating with the villagers and organising various street plays, dances and other awareness campaigns
- Yoga teacher is present in the school and takes classes on a weekly basis
- Every 15-18 days either health check-up camps/yoga camps/ street plays/ dances/awareness campaigns are conducted (termed as Kala Jatta)
- Health check-up camps are regularly organised with grant support of INR 4,000 (for 3months interval)
- AYUSH training to ASHAs, Anganwadi workers and school teachers is given every quarter

### Initiatives in Tekari Village



### Initiatives in Mana Village



### Lessons Learnt and Conclusion

- Ayurveda Gram Centre is the first approach point for any type of illness or preliminary treatment. They are not dependent on Sub-centres or PHCs.
- Villagers indicated an increase in reliability on Ayurveda. Food habits have changed for better and awareness towards Medicinal herbs has increased
- Farmers are still not motivated to cultivate herbs as selling of these herbs remains to be a challenge. It is difficult to recover the invested money.