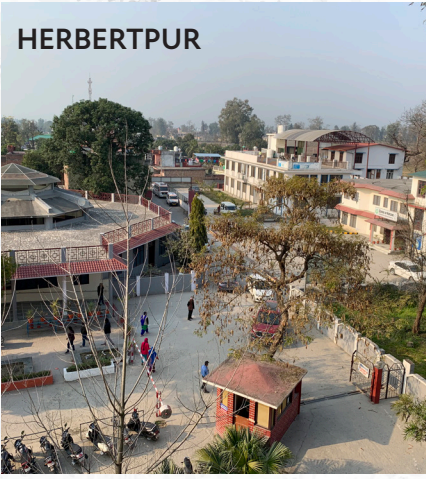


HERBERTPUR



Focus on the NORTHERN REGION

SERVING THE MARGINALIZED

This issue of our newsletter focuses on the four EHA hospitals in the Northern Region of India: **Herbertpur Christian Hospital** and **Landour Community Hospital** in the state of Uttarakhand, **Chhatarpur Christian Hospital** in Madhya Pradesh, and **Harriet Benson Memorial Hospital** in Lalitpur, Uttar Pradesh.

The two hospitals in Uttarakhand are nestled in the foothills of the Himalayan mountains and are near the borders of both China and Nepal. Landour is at a high enough altitude that they see snow in the wintertime, and the snowy mountain peaks are clearly visible from Herbertpur. Chhatarpur and Lalitpur are located in the heart of India and are surrounded by low hills and river valleys. In the heat of the summer, they suffer through temperatures in the 100s, but in the winter they enjoy 70-degree days.

In all four of these locations, EHA's hospital staff and community health teams serve people in the surrounding areas faithfully. We hope these stories encourage and educate you about this part of India.

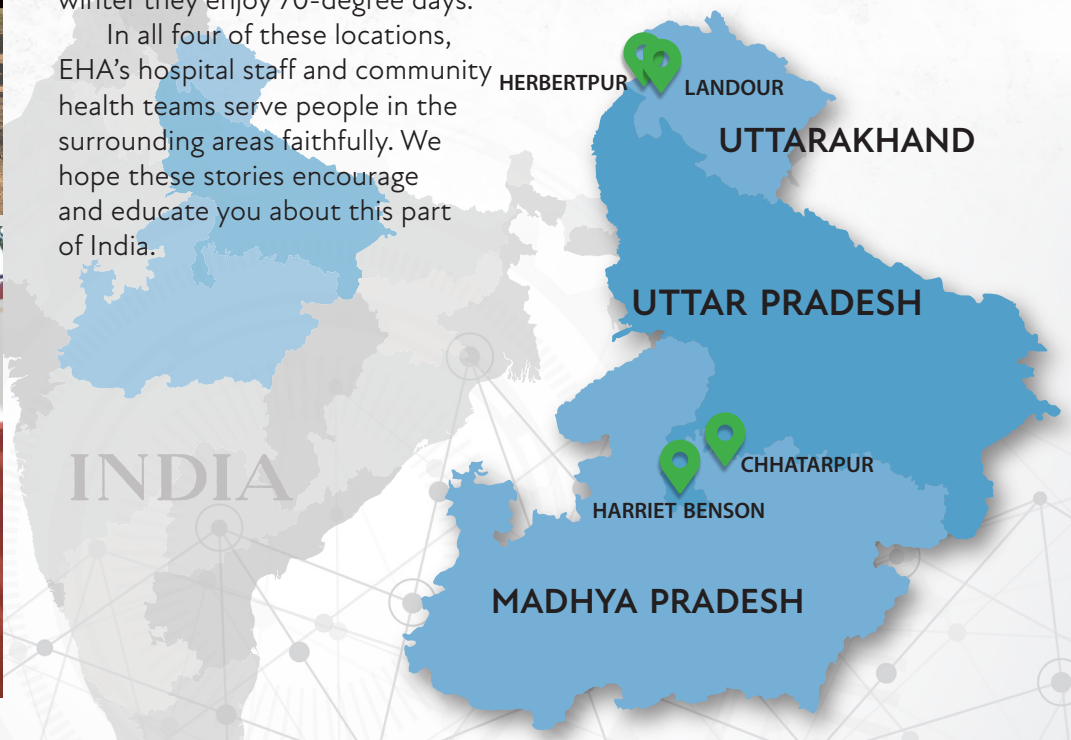
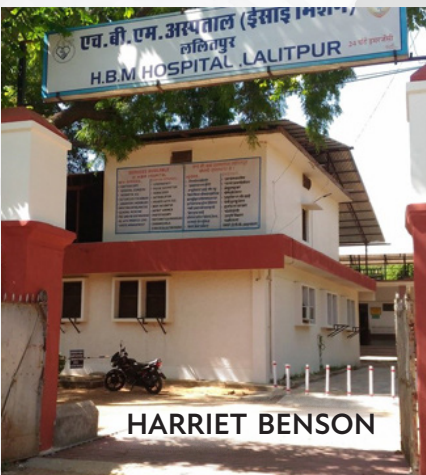
LANDOUR



CHHATARPUR



HARRIET BENSON





overcoming **MENTAL HEALTH** *challenges*

Rohana knew something was wrong with her son at an early age, but she had no way of finding out what the issue was. Kamal's behavior was unusual and his speech was unclear. He was often out of control, and the other villagers were afraid of him. As a widow, Rohana did her best to raise him, but it was a struggle. She felt isolated and incapable of handling him most of the time.

Recently, the **Landour Community Hospital** community mental health project began operating in Rohana's village. The project volunteers heard about Kamal, now 17, and referred him for evaluation. Landour's psychiatrist determined that he was suffering from schizophrenia and started him on medication at a nominal cost. Kamal also received therapy to help him learn to function. The mental health team was thrilled to see slow, steady improvement in his behavior and speech.

Kamal has gone from an out-of-control vagabond to a young man with a job and a daily schedule. He has learned to care for himself and function as an almost-adult. The village mental health volunteers closely monitor Kamal and communicate with his mother to make sure his medication is working and there are no changes in his behavior.

When asked how she felt about her caregiving role for her son, Rohana replied that it had been a great burden. Through the long years of raising her son, she had felt that nobody cared about caregivers and that their issues and problems were unattended to. But because of her interactions with Landour's staff, Rohana is now filled with peace and hope for the future.

Rohana felt that nobody cared about caregivers or attended to their problems.



FINALLY HOME *where she belongs*

Sukhiya had wandered the streets for 20 years and had no idea where she belonged. She was brought in to Nari Niketan, a government home for destitute women, which **Herbertpur Christian Hospital** staff had been asked to take over operation of years ago. Most of the 100 residents struggle with mental disabilities, so the staff—who already give therapy and training to people with disabilities—were well equipped to manage it.

Sukhiya immediately received treatment for her mental illness, and she improved drastically. Soon she was able to recall the name of her village, which turned out to be only 50 km (30 miles) away. The reunion with the entire village was a big event, and the Herbertpur staff were thrilled to be a part of it. They are on the frontlines of helping people and have the privilege of being part of amazing transformations among their patients.

NOWHERE *to turn*

Rahul lived with his wife and three children in a village near Chhatarpur. He had worked as a day laborer but lost his job during the civil war. As a result, he was under great pressure to provide, and problems arose in the family.

His children had to leave school because the couple couldn't afford the fees, and his marriage deteriorated as his wife began to deride him for not working. Eventually, they ran out of food. In despair, Rahul decided to commit suicide, leaving a note for his family and heading for the railroad tracks.

But something told Rahul to try meeting with someone at the Prerana community health project at **Chhatarpur Christian Hospital**. In the past, he had attended training held by Prerana staff, so he headed to the office.

The staff welcomed Rahul and listened as he poured out his story. They spent four hours counseling him and then suggested he open his own business. Rahul had no startup money, but the staff provided a small loan to buy an e-rickshaw.

Today Rahul earns about 800 rupees (\$10) each day. He makes weekly payments on his loan and puts money in savings. He and his family participate in social events. Rahul's children are back in school and the family is in harmony.

But the change didn't stop there. Rahul also persuaded one young man to start a paratha (Indian flatbread) business, and he convinced two others to buy an e-rickshaw like his. The support that Chhatarpur staff provided Rahul saved him, and he is happy to reach out and help others in return.



SMALL BUT MIGHTY

This month we are featuring two of our smallest and two of our larger hospitals. The staff at Harriet Benson Memorial Hospital (HBMH) is tiny, and most of their facilities are old and outdated. By contrast, Herbertpur Christian Hospital is a modern facility with a large staff of specialists. But either way, you can see how hard the staff works when you look at the number of patients served per doctor or nurse.

The biggest statistical difference is in the number of babies delivered. Indian law requires that to deliver babies, a hospital must have an OB/GYN on staff, so HBMH and Landour are very limited in offering this service. But obstetric work is a foundational area for any hospital and it brings in significant, steady income.

A CLOSER LOOK: EHA'S NORTHERN REGION 2021-2022

HOSPITAL	CHATTARPUR CHRISTIAN	HARRIET BENSON	HERBERTPUR CHRISTIAN	LANDOUR COMMUNITY
Year established	1930	1934	1936	1938
Incorporated into EHA	1973	1973	1973	1981
Number of beds	120	10	120	35
Outpatients	42,400	9,975	105,200	22,000
Inpatients	4,500	350	4,700	900
Babies delivered	2,000	0	1,200	5
Surgeries	1,500	230	2,375	2,500
Doctors	9	3	24	8
Nurses	80	7	100	12

HBMH and Landour are in **great need of OB/GYNs**. Both hospitals are several months behind in staff salaries, and this one change would be significant for their financial situations.



BUILDING *a bond of trust*

A couple came in to **Harriet Benson Memorial Hospital** (HBMH) in Lalitpur with their little daughter limping beside them. They had traveled from a neighboring state because they had heard much about this hospital. They were determined to find out if the doctors could cure their 8-year-old, Ruby, who had a deformed left foot and could not rest her heel on the floor.

After an examination, the orthopedic surgeon assured Ruby's parents that surgery would allow her to have a normal gait. They were eager to have their daughter treated, but the cost was beyond their means as simple farmers. HBMH staff reassured them that the procedure would be done for a nominal fee, so a week later, the surgery was performed. Ruby remained in a walking cast for two months to allow her foot to heal.

During that time, the family formed such a strong bond of trust with the doctors and nurses that at Ruby's insistence, the parents brought her grandmother in for a cyst excision on her scalp. Next, two other relatives came in for medical treatment, and then a boy from their village, who also had a deformed foot, received surgery as well.

Finally, the day came when Ruby's cast was removed and she could see her corrected foot, resting on the floor as it should. The joy on her face was all that the staff had hoped for. Within days she was standing tall and straight on both feet, and over the ensuing weeks she attained a normal gait.

Before Ruby left for the last time, she timidly thrust a bag of their farm's produce into the doctor's hands—cherry tomatoes as bright as her smile—a simple gesture of gratitude at being able to walk normally. The entire HBMH staff were only too happy to make this difference in her life and in her village.

The joy on Ruby's face was all that the staff had hoped for.



THANK YOU *for your support*

After reading these stories, we're sure you'll agree that EHA staff at these four hospitals are impacting many lives in Northern India. They not only provide medical care, but look after other aspects of their patients' well-being. Thank you for your support, which helps make this care possible. Go to <https://ehausa.org/donate/> to make a contribution to a specific hospital or to the "Where Needed Most" fund.



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