

Empowering village women to become forces for change in India

Saibani Choudhary has taken the life changing step to make her village a better and healthier place to live. "I used to stay mostly at home, look after my husband and children and cook for them. When Seba Jagat, the NGO working in the area, approached me and asked me if I wanted to undergo training to become a health worker, I was hesitant at first but after being assured that it was a good cause, I completed my training," she explains. Saibani Choudhary is one of 414 voluntary community health workers trained by the Skillshare International India partner network serving 70,000 tribal people.



Saibani Choudhary (front) is a health worker and secretary of the village health committee.

Skillshare International began supporting Seba Jagat under the 'Knowledge, confidence and healthier lives' programme, funded by the European Union. Dr Dinesh Baliga, a Skillshare International development worker currently funded through our PPA with DFID, was placed with the organisation and after witnessing unhygienic and dangerous birthing practices, people sleeping without mosquito nets, and unsafe food preparation practices; he developed a comprehensive curriculum to transform local villagers into effective health workers.

Her training now means that Saibani knows everything that a trained nurse should know about female reproduction and is aware of life saving medicines, especially for malaria. She makes her daily rounds in her village meeting and teaching the pregnant women about eating healthily, working less and taking care of their unborn child. Saibani is also now an expert in checking the wellbeing of the foetus and she promotes and teaches others about innovative ideas, such as the Mati Kundi for pregnant women.



This is an earthenware pot used for saving money for the delivery of the baby. From the day of conception the mother puts a little money in the pot daily and so can use the savings for the delivery and avoid getting into debt with the money lenders.

New mothers start saving for the safe delivery of their unborn child from the day of conception using the Mati Kundi pot.