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AND PUBLIC HEALTH

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‘Finding Creative and Science-informed solutions to enable self-care for children in a COVID-19 affected world’

Dr.Kezevino Aram
President, Shanti Ashram
May 14th ,2022



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Goals of this Presentation



- How do we view health?
- Why is WHO speaking about 'Self Care' ?
- What is the ground experience during this ongoing COVID 19 Pandemic?
- Explore deeper what evidence tells us?
- Is **self actualization** a possibility us and for our children?
- **Solidarity, Self Care & Self Actualization – the healthy continuum !**



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WHAT IS HEALTH?

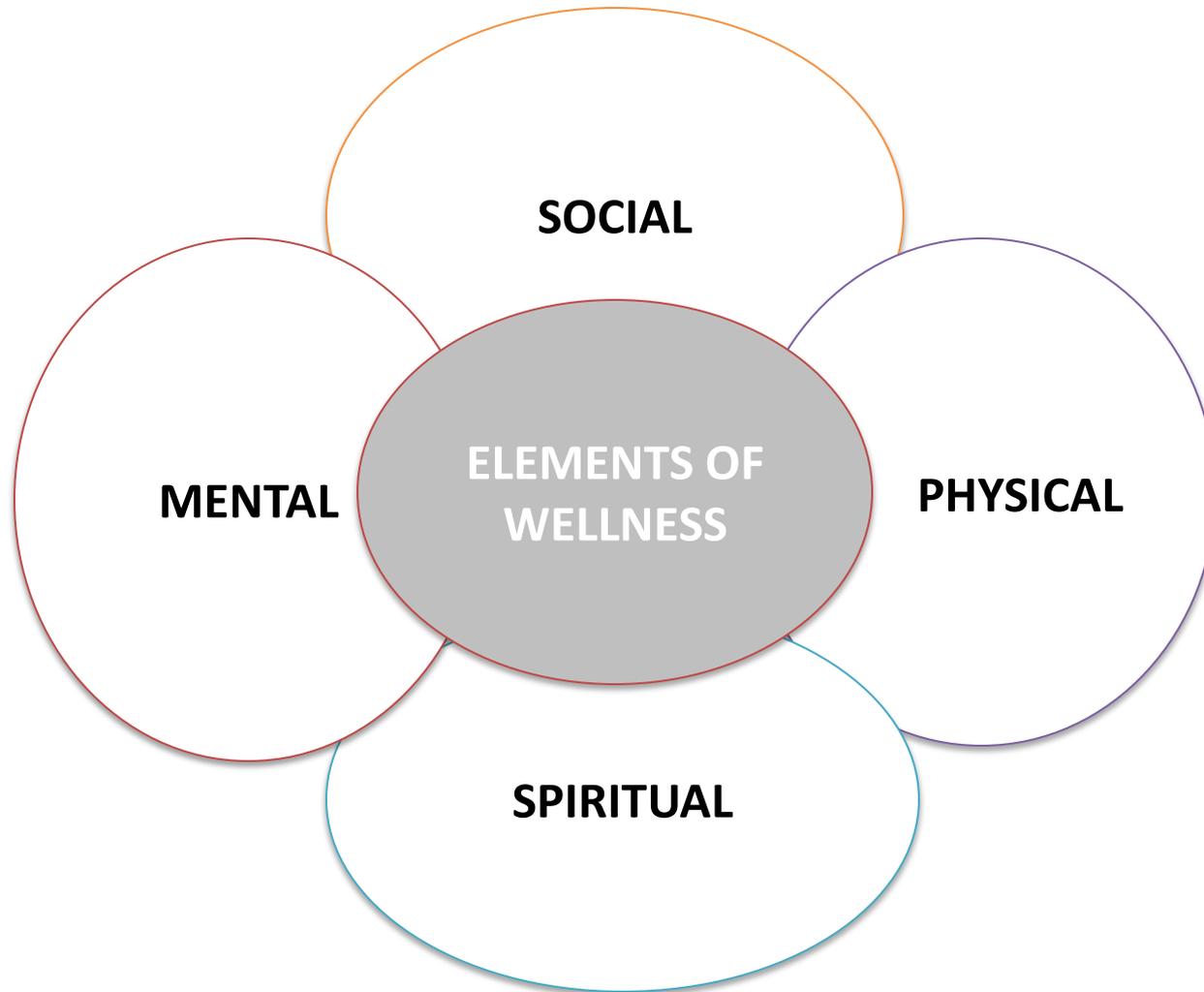


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According to WHO health is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

Does COVID -19 offer us a window?



43,119,112 People have tested COVID -19 positive in India
520, 664,225 People have tested COVID -19 positive in worldwide

14th May 2022
John Hopkins Global Dashboard

The burden of disease, deprivation and powerlessness is placed disproportionately on our girls

We must reimagine public health to impact the future of our girls together

Why is WHO speaking about 'Self Care' ?

Some key factors:

- Epidemiological Transition : Mortality to Morbidity
- From Curative Medicine to Preventive Medicine
- Hospital centered to Community Centered approach
- From Medicine to a whole life approach!
- From episodes of illness to life cycle approach...
- **The unequal Doctor-people ratio**
the skewed Health care provider – population ration

WHO : World Health Organization



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What is Self Care?

- The World Health Organization defines self-care as ‘the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.’
- Simple things like taking time out for a water break, doing a short series of eye exercises or simply taking a few deep breaths in classroom for a few minutes after the students have left are all important and contribute to self-care.



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What is self care?

- **Physical Care** that leads to **sound physical health**
- **Emotional Care** that leads to **emotional well-being**
- **Social Self Care** that leads to **resilience & better social support**
- **Spiritual Care** that leads to **calm, receptiveness, rather than reactivity & sense of fulfillment**
- **Beyond Health:** socio – economic determinants of health
 - Personal care
 - Care of the Environment: home & work
 - Financial care
 - Interests, hobbies and recreation
 - De-constructing success & failures & Re-constructing life



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Life cycle approach



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Physical, Mental,
Social & Spiritual
Health

COMMON SENSE APPROACH

- Physical Activity
- Nutrition
- Sleep
- Water
- Time Management
- Balance between I & We
- Volunteering & Building Resilience
- Reflection, Contemplation & Gratitude



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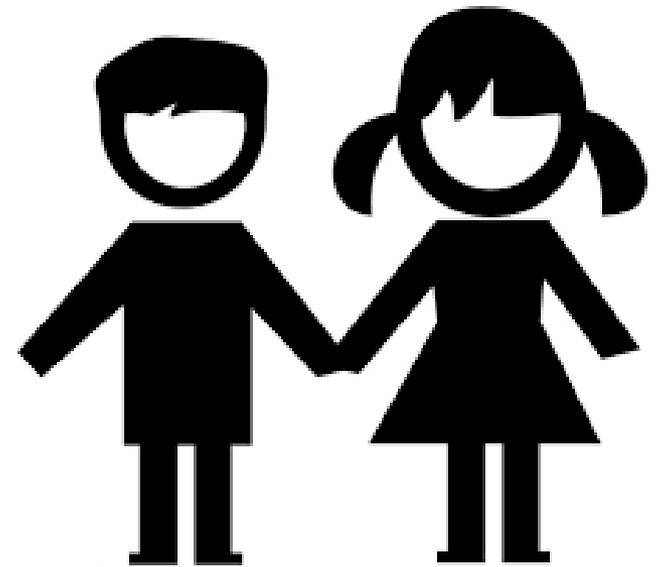
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So, how is 'SELF' understood today ?

The totality of the individual, consisting of all characteristic attributes, **conscious and unconscious**, mental and physical.

Apart from its basic reference to personal identity, being, and experience, the term's use is wide-ranging.

The 'self' is an individual person as the object of its own reflective consciousness.



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Ecosystem in which our children grow



Data that helps us visualize the Ecosystem



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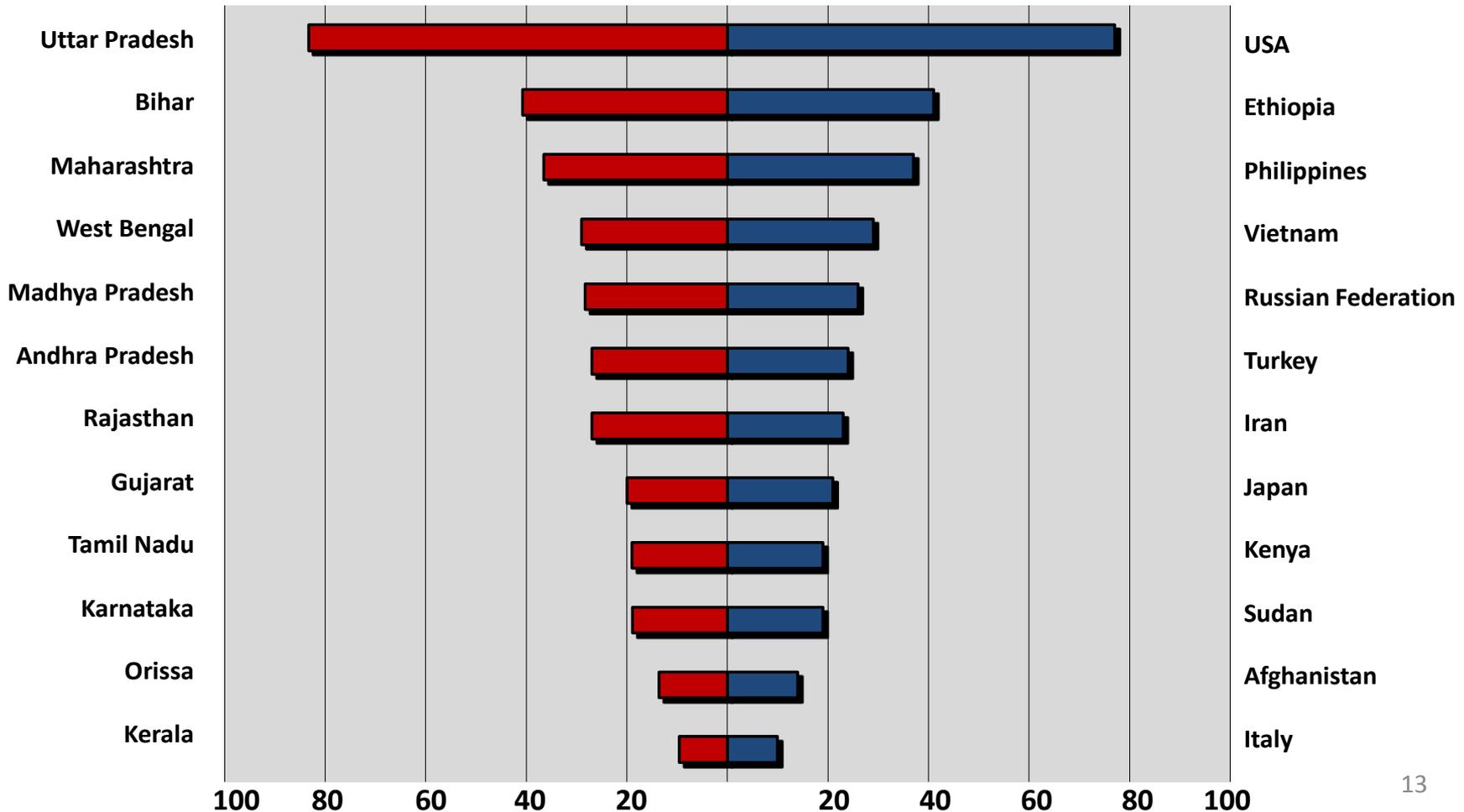
India: The scale of things

Population: 1,156 million (under 18 years): 424 million (37%)

Population: 1210 million (census 2011 P)

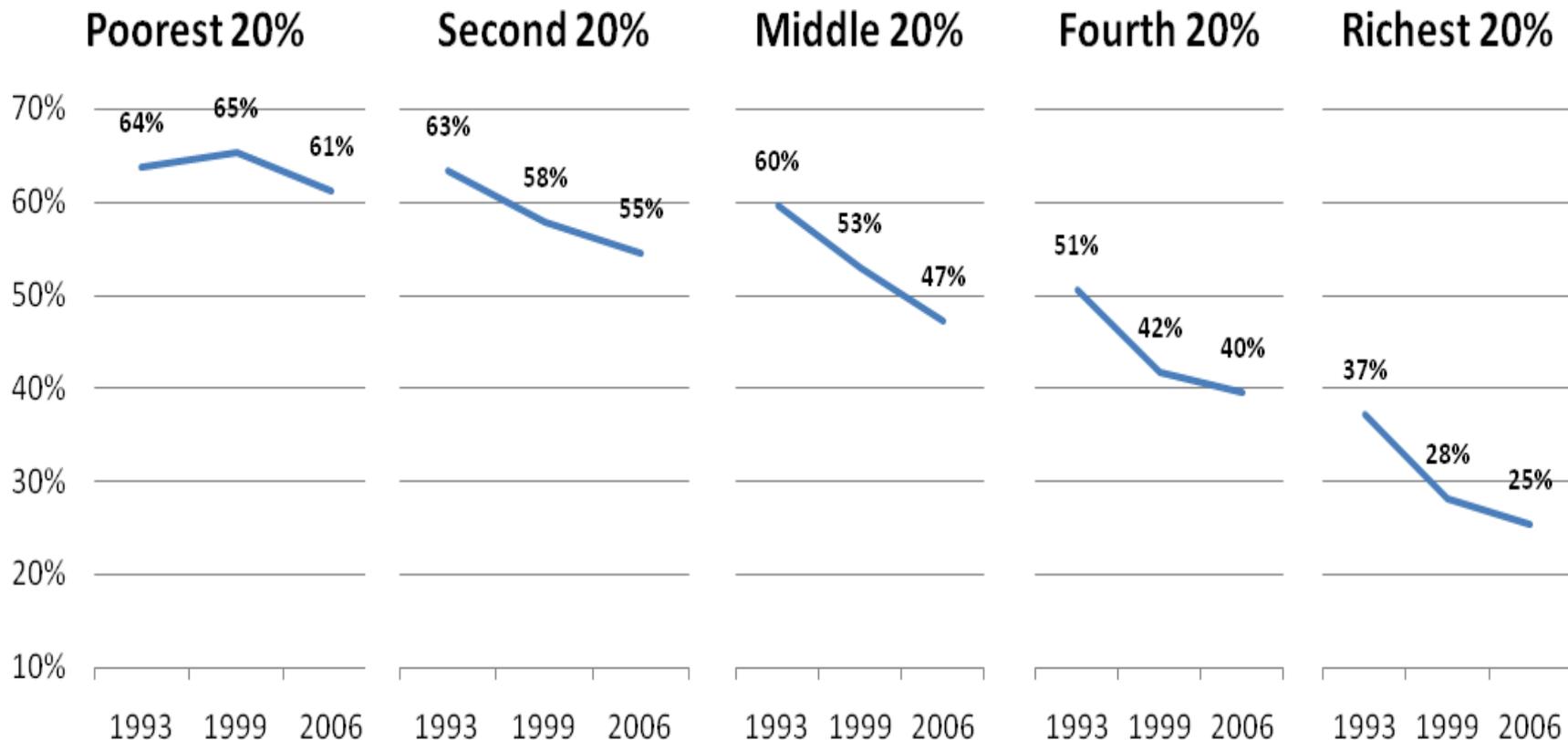
2008 (SOWC)

Many states have child populations similar to the child population of large countries



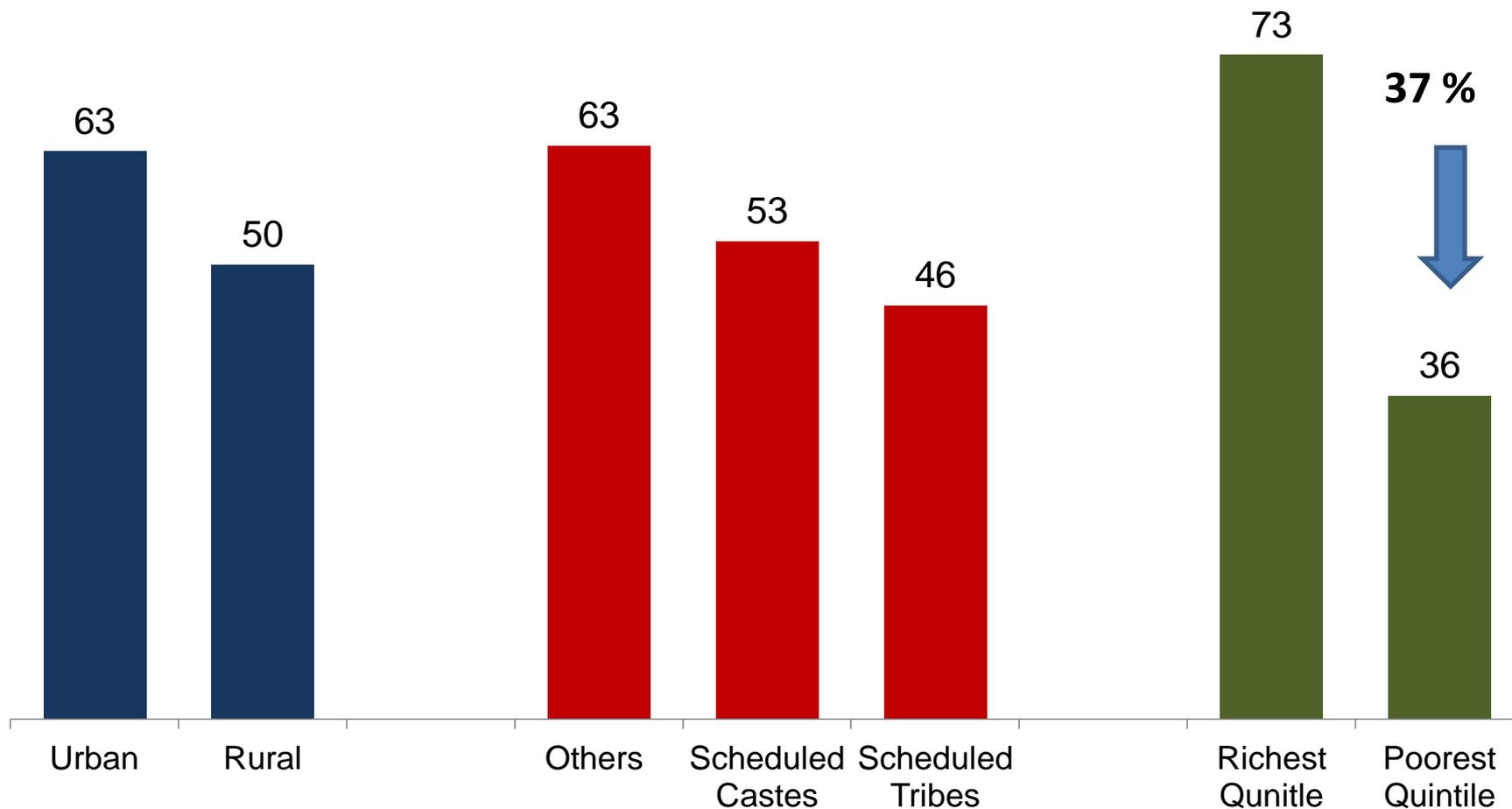
Level of under-nutrition in children belonging to the poorest households has remained stagnant in more than a decade

Proportion of children under 5 years who are underweight, by household wealth quintile



Immunization coverage varies significantly among different population categories

Percentage of children age 12-23 fully immunized : 54 %



District Level Household Survey 2007-2008



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Defining Health



Therefore understanding the
dimensions of **HEALTH** becomes important



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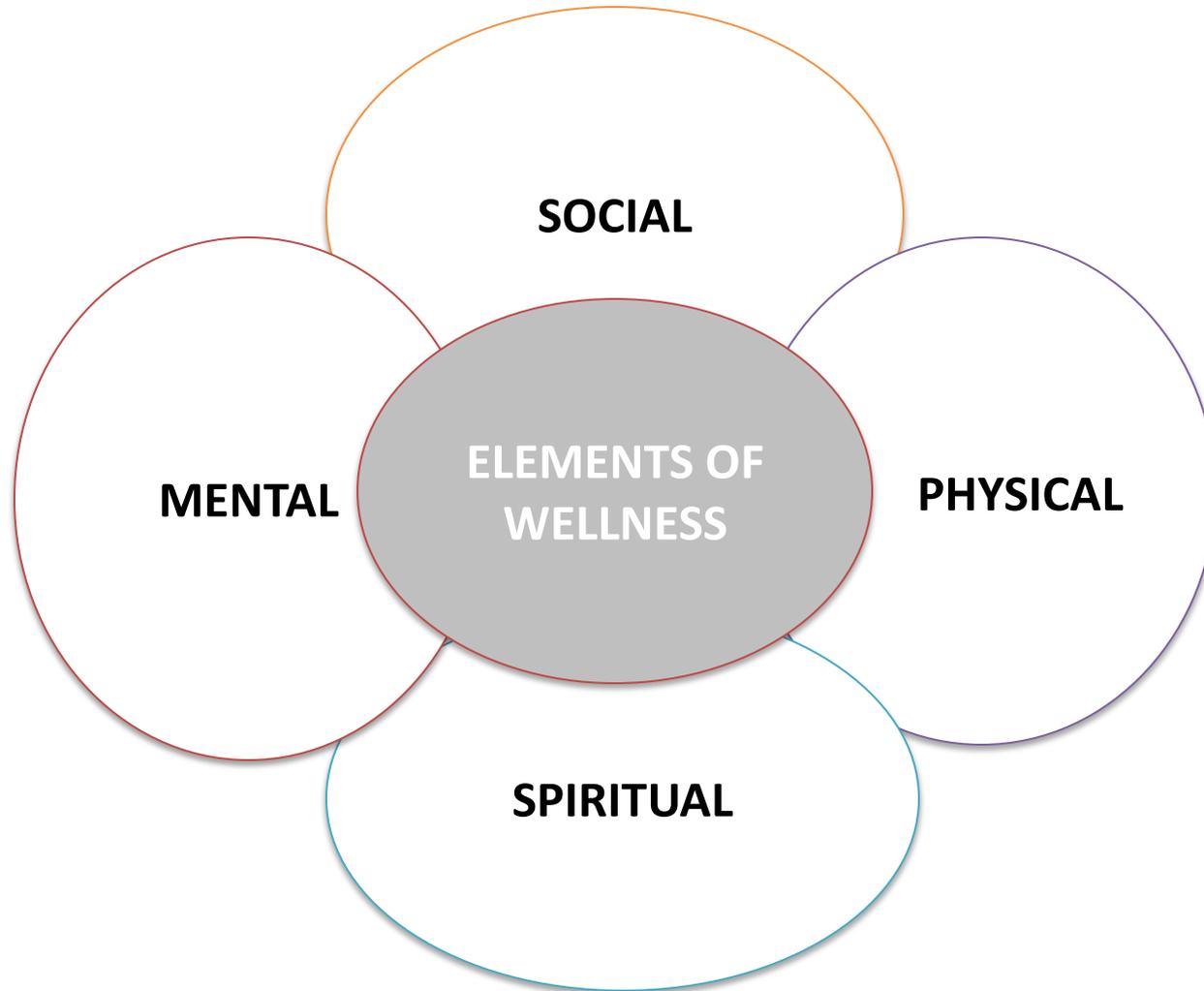


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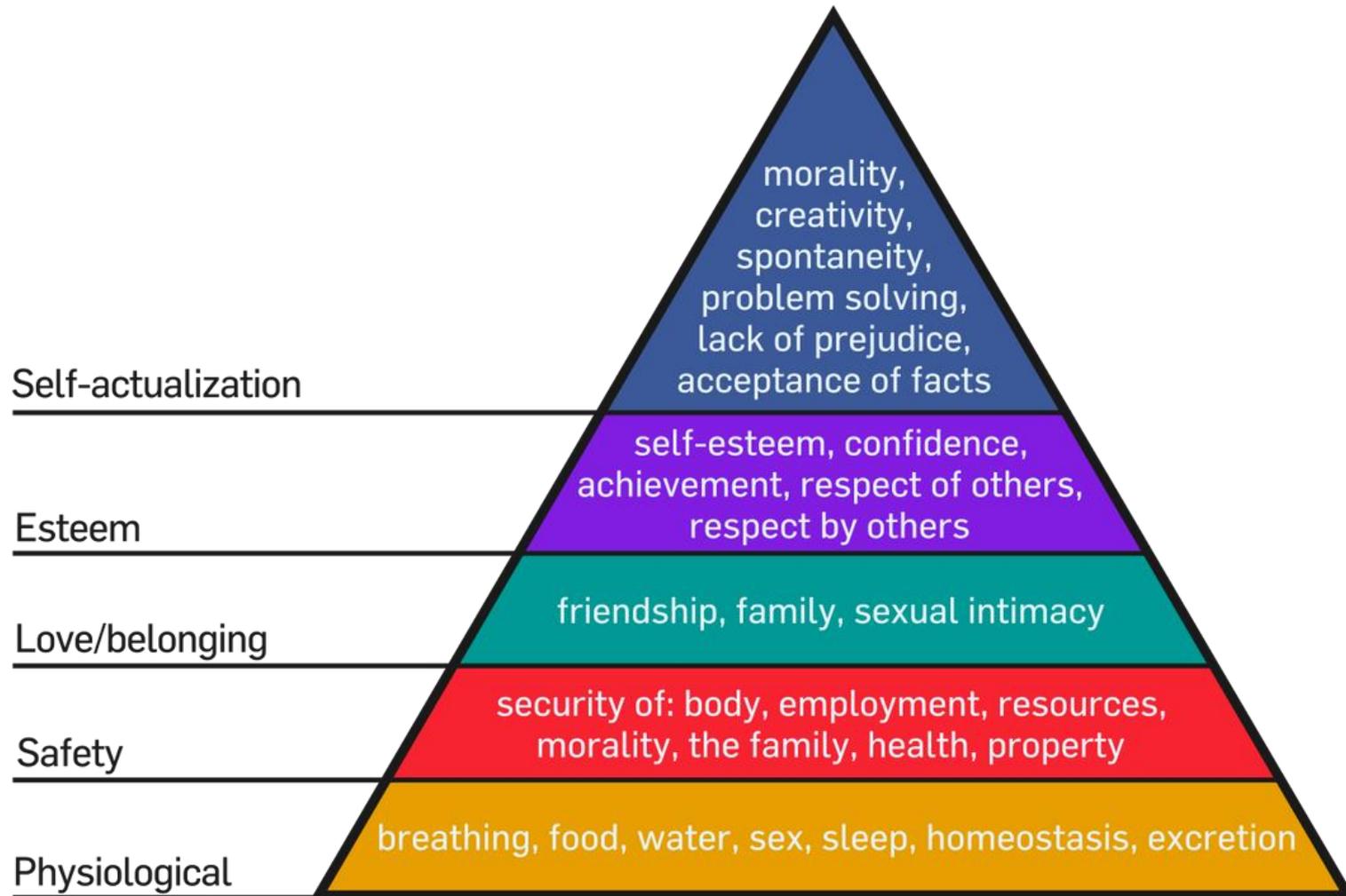


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Self Actualization



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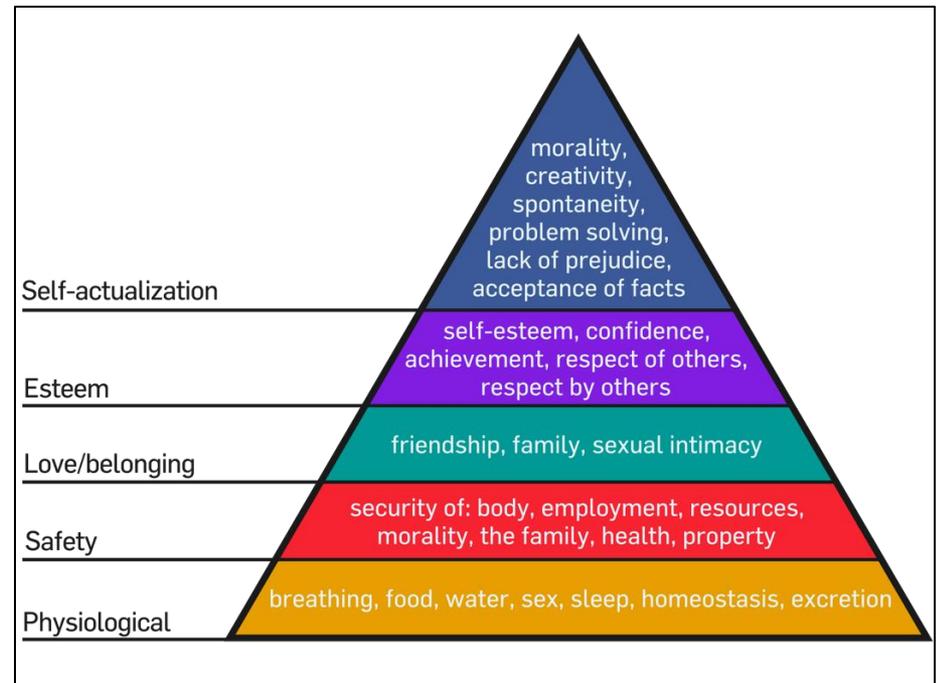
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Self Actualization

Self-actualization was a term made popular by psychologist Abraham Maslow in his landmark paper “A Theory of Human Motivation”.

This perspective differed from the traditional thinking of psychologists and psychiatrists who saw people’s minds from a deficient or pathologized perspective rather than from a perspective of a potential for high self-fulfillment.

His theory came to be a big part of what is now known as **humanistic psychology** which helps inform my own personal philosophy of therapy and counseling.



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Solidarity

values,
vision and
varied action
in alignment



Every Child matters!

Coming together in solidarity to ensure the well-being of vulnerable children

Image credits: C. Satish Kanna



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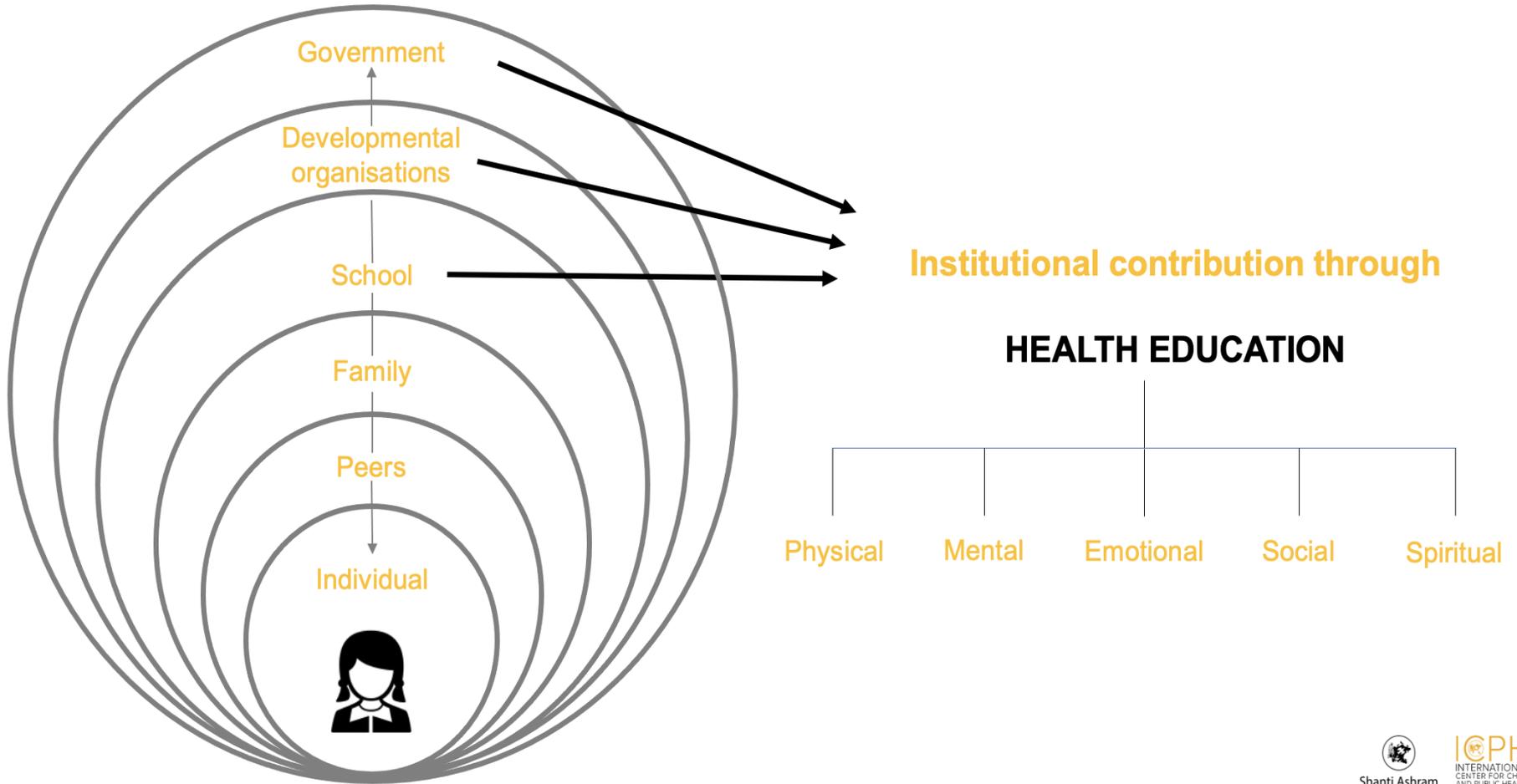
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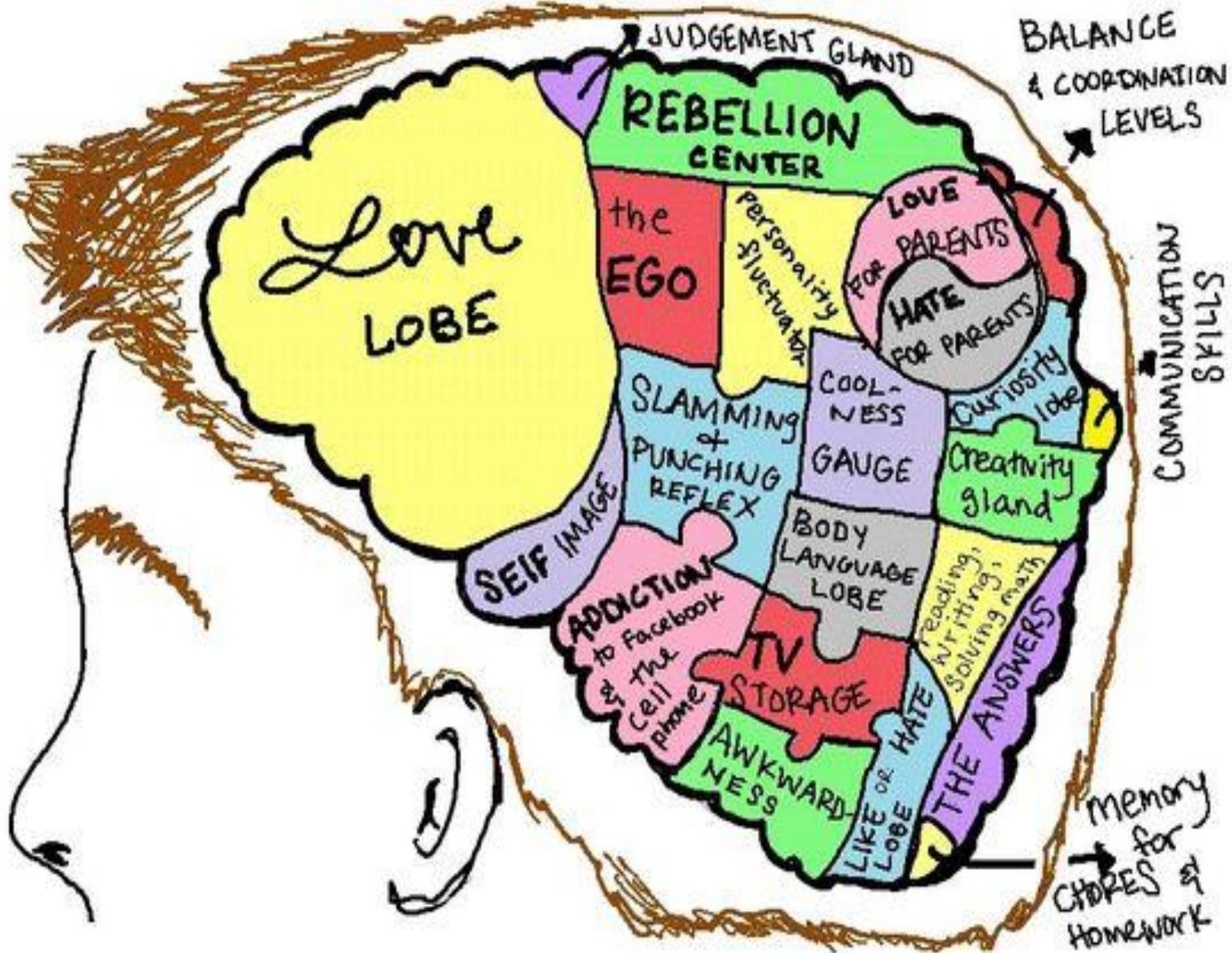
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How can we contribute to advancing child health?



Causality Analysis



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Every child is a promise, a sacred gift, a living sign of the future.

Source: Learning to Live Together Manual



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