



Honouring Heroes, Building Futures- BCTA's Mission to Uplift and Educate

On this joyous occasion of India's Independence Day, BCTA stands united with the nation in honouring the brave souls whose sacrifices paved the way for the freedom we cherish today.. At this juncture, we recall the courage, the faith, the tenacity, and the far-sightedness to all our nation builders whose altruism in all aspects has created the India that we love. BCTA in this regard, concurs with the nation and pays its tribute to the forces of service, justice and compassion that make the spirit of this country.

As we honour and salute the freedom fighters of our country, BCTA reaffirms its mission and purpose to empower people and communities. In the battle against poverty, illiteracy as well as unemployment, we embarked on diverse initiatives. This year, we also mark the Day of Independence with children of all the gurukuls chapters in Delhi and NCR. Meanwhile, as a continuation of our activities, we opened a new Gurukul chapter near Gazipur Paper Market, where 20-25 out of school children from the migrant community are being educated every day. In our fight against illiteracy, BCTA is moving fast to reach out to those in need and lend a helping hand so they could also dream for a better tomorrow.

"Our Soil, our Fertilizer, Our Seeds, and our own Taste. Long live our Seeds,

In the hilly regions of Uttarakhand, through project RLEK, Baptist Church Trust Association (BCTA) in conjunction with the NSF has initiated a project to uplift the local communities. Such relationship can be mended through education and teaching young children about their land, its traditional agricultural practices and the liveliness surrounding it.

Children are not only educated about the agriculture but they are made aware of self-reliance and sustainability by reintroducing self-sufficient crops such as Kauni, Cheena, Chhimi, Mandwa, Moongri, Jhangora, and Santi in the curriculum. This programme subscribes to the concept where people say, "Our soil, our fertilizer, our seeds, and our own taste." People are more and more aware of the use of their own lands and appreciate the multitude of benefits that can accrue from taking care of the land.

Besides this, the program also makes an effort to promote traditional practices like Dubdi festival at Jaunpur which is a synonym for these traditional grains and banners such cultural agricultural practices. It is not only children that BCTA and NSF are empowering through education and awareness, they are also working towards protecting the people's abilities to thrive while living in contact with varied cultures and heritages in the state of Uttarakhand through sustainable farming practices for generations to come.



Cracking the Code -Understanding Mpox (Monkeypox) & How to combat it?

What is Mpox?

Mpox, previously known as monkeypox, is a rare disease caused by the Mpox virus. It is similar to smallpox but generally less severe. Mpox can spread from animals to humans and between people. It is a viral disease that has recently emerged as a public health concern.

How Does Mpox Spread?

Mpox can spread in several ways:

- Direct contact with infected animals: Especially from rodents or monkeys.
- Close contact with an infected person: Through skin-to-skin contact, touching infected sores or body fluids, or sharing items like clothing or bedding.
- Respiratory droplets: Through coughing or sneezing, but usually requires prolonged face-to-face contact.

What are the Symptoms of Mpox?

Symptoms typically appear 5 to 21 days after exposure and can include :

- Fever
- Headache
- Muscle aches
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion
- A rash that starts on the face and spreads to other parts of the body, turning into fluid-filled sores that crust over.

How Dangerous is Mpox?

While Mpox can be uncomfortable, it is usually not life-threatening. Most cases of Mpox are mild, and people usually recover within 2 to 4 weeks. However, severe cases can occur, especially in young children, pregnant women, or those with weakened immune systems.

Prevention : How can we prevent and protect ourselves

- Avoid contact with wild animals: Especially in areas where mpox is common.
- Practice good hygiene: Wash your hands regularly with soap and water.
- Avoid close contact with infected individuals: If you know someone with mpox, avoid close physical contact and do not share personal items.
- Use protective measures: In healthcare settings, wear appropriate protective gear when dealing with patients.

Treatment and Vaccination

There is no specific treatment for mpox, but the symptoms can be managed. The Department of Health in the State and district have issued specific guidelines for treatment and should be strictly adhered to . Smallpox vaccines are also effective in preventing mpox and may be recommended for high-risk groups.

What Should You Do if You Think You Have Mpox?

If you develop symptoms of mpox, especially after traveling to an area where the disease is common,

- seek medical attention immediately.
- Inform your healthcare provider about your symptoms and any recent travel or contact with animals.
- Isolate and stay away from others to prevent spreading the virus
- Follow Health Guidelines: Your doctor will provide guidance on care and isolation.

Mpox in India

Mpox is rare in India, but awareness is important. The government and health authorities are monitoring the situation and are prepared to respond if cases arise. By understanding how it spreads and taking simple precautions, we can help protect ourselves and our communities.

Remember, by staying informed and practicing good hygiene, we can help prevent the spread of mpox and protect our communities.

Stay Informed, Stay Safe!

Dr. Sudhi Nath, Director, Public Health Division

Our Director Dr. Sudhi Nath was invited to be the part of ReAct Asia Pacific Conference on Antimicrobial Resistance (AMR) which took place in Jakarta, Indonesia. With only a few months to go before the UN high level meeting on AMR takes place in September, the conference underscored the imminent need of action from amongst medical practitioners, policy makers and the population as a whole. Important lessons showed works to ensure the education of one's self and of authorities, advises on regular infection control measures in medical establishments, developments of new effective medicines and fights for local and worldwide antigerm resistance politics policies. The conference recognized the fact of necessity for both horizontal and vertical mobilization to counter AMR if the public health and prospects of antibiotic availability are to be preserved.

ASIA PACIFIC CONFERENCE



SCIENCE YOUTH CLUB IN FRANCIS GIRLS SCHOOL



To further our mission of community awareness and empowerment, we are excited to announce the launch of a new Science Youth Club at Francis Girls School, Darya Ganj. This initiative is designed to spark students' interest in science by providing practical, hands-on experiences in various scientific fields. Our first activity focused on hand hygiene, where students actively participated and learned the scientific principles behind this crucial practice. By exploring the reasons behind everyday actions, students develop a lasting appreciation for scientific inquiry. This approach not only makes learning more engaging but also fosters critical thinking and practical knowledge, preparing students for a brighter future.

BCTA'S PARTICIPATION IN BCG VACCINATION CAMPAIGN WITH MINISTRY OF HEALTH

A national adult BCG vaccination campaign has been started by the Government of India against Tuberculosis Free India Mission, in response to the fact that around 25% of the world's population is infected with Mycobacterium tuberculosis. BCTA joined this adult vaccination campaign under the guidance of Special Secretary, Ministry of Health & Family Welfare. The BCG vaccine considerably lessens the severity of tuberculosis, even though it does not offer total protection. In support of this effort, the Baptist Church Trust Association (BCTA) Public Health Division as it pledged we have been able to vaccinate over 250 adults in just 2 weeks making BCTA leading the North East Delhi area and the mission is on, in line with the National Tuberculosis Elimination Program (NTEP) and the WHO's "YES We CAN END TB" effort.



CELEBRATING SUCCESS WITH JAGRITI'S THIRD BATCH



It gives us immense joy to share that we have successfully completed the third batch of our Jagriti program, wherein 10 women from the economically weaker sections of Ibrahimpur, East Delhi imparting them with the skill of Sewing and stitching training. A dedicated trainer conducted intensive training for two months, preparing these women to earn a living. As an organization, our main focus remains empowering the women by equipping them with skills that will enable them to be self-reliant. This achievement strengthens our resolve to transform the lives of the disadvantaged and create avenues for financial independence and self-sufficiency.

August Highlights

