

CRHP 3-Week Experiential Program in Health and Development (June 22nd – July 13th 2014)

The Comprehensive Rural Health Project (CRHP), Jamkhed, has been working among the rural poor and marginalized for more than 40 years. Founded in 1970 by Drs. Raj and Mabelle Arole to bring healthcare to the poorest of the poor, CRHP is an organization that empowers people to eliminate injustices through integrated efforts in health and development. Pioneering a comprehensive approach to community-based primary healthcare, known as the Jamkhed Model, CRHP has become a leader in public health and development within India and around the world.

CRHP's Jamkhed International Institute for Training offers this experiential course to familiarize students with CRHP's integrated approach of equity, integration, and empowerment. Topics are based on relevant themes in global health, rural development, and community participation. In addition to classroom sessions with CRHP staff, students engage in village visits and discussions with community groups such as Farmers' Clubs, Women's Self-Help Groups, Adolescent Groups, and Village Health Workers. Students of all disciplines are welcome, and no previous experience in public health or development is required.

Please note that this is not a clinical course, although limited hospital observation opportunities are available. Students should have a genuine interest in learning about a health and development model which goes beyond the incidence of disease and recognizes the social determinants of health such as gender, caste, culture, environment, and economic status.

Participants will observe and participate in: Village Health Workers' Trainings, Mobile Health Team village visits, Adolescent Girls Program, Women's Groups, Farmers' Clubs, Science Center, Joyful Learning Preschool, Rural Indian Wedding, Farm activities, Marathi Lessons

Sessions:

CRHP Story

The inspiration behind CRHP and the mission and vision of the organization

Community Based Primary Health Care

How equity, integration, and empowerment fit the Jamkhed model

Cultural Context

How the caste system, gender inequality, and other social divisions affect all aspects of life

Alternative Medicine

The history of Ayurvedic medicine and how alternative medicine and philosophy shape medical care in India

Community Organizing

Role of the Mobile Health Team, Village Health Workers, Farmers' Clubs, Women's Self-Help Groups, and Adolescent Groups

Community Evaluation

Assessment of problems and resources, problem analysis, appropriate action

Appropriate Technology

Practical, scientifically sound, and socially/culturally acceptable methods and technology that suit the situation of the people

Low Cost Secondary Care

The importance of providing affordable, community-based health care to the poorest of the poor

Excursions:

Village Visits

Participate in exposure visits of our project and non-project villages with a debriefing session to follow

Jaggery Factory

Witness how raw sugar cane is processed and used in daily food preparations and sweets

Herbal Medicine Factory

Witness the process of making herbal medicines and talk to the practitioners that use them

Aurangabad

See the Bibi Ka Maqbara ("mini Taj Mahal"), the Daulatabad Fort, and the Ellora caves known for its Jain, Buddhist, and Hindu carvings

Farm Overnight

Spend an afternoon working at Khadkat Farm and the Mabelle Arole Rehabilitation Center, followed by an evening eating with the staff

Village Overnight

Spend a night in a CRHP project village eating dinner and meeting the family of one of our Village Health Workers

Cost: \$1650

Includes housing, food, basic healthcare, course materials, all program activities, and domestic travel; does NOT include airfare.

Want to Apply? Send us your resume and a brief letter of interest or direct any questions to info@jamkhed.org. Deadline for applicants is **April 1st** (after that date, applications will be accepted if space is available). We will notify applicants of final decisions by **April 15th**.

www.jamkhed.org

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Twitter: @CRHPJamkhed

Frequently Asked Questions

Can I get academic credit for this course?

That is up to your home institution. If there are requirements that you need to fulfill to obtain credit, such as doing a presentation or writing a paper, we can help you attain these goals.

What are the requirements for this course?

No previous background in health and development is required to participate in this course. All that is necessary is a genuine interest in learning about rural India and the ability to adapt to new and uncomfortable situations.

How will I get to CRHP?

CRHP can arrange airport pickup from **Mumbai**. Since CRHP is located in a remote area, we strongly recommend that you contact us directly to arrange for pickup, as most drivers are not familiar with directions to Jamkhed. We strongly discourage taking public transportation.

How will departure from CRHP work?

Cars will arrange to take you from CRHP to Pune on July 13th at 10:00 am. Please make your other travel plans accordingly. If you need to get to Mumbai we can help you arrange that travel, but those expenses are not included in the cost.

What does “experiential” mean?

There will be no assignments or exams. Although there will be some classroom time and debriefing sessions, we mostly focus on actively engaging participants in life in rural India.

What will be expected from us during the course?

Students will be expected to actively participate and engage in discussions and lectures. On an average day, planned activities will last from 9:00 am to 5:00 pm. Indian time and scheduling is very flexible, so participants are expected to also be flexible and open to last minute changes.

Is there anything I should do to prepare myself to come to India for this course?

We will provide you with reading materials and language guides before you arrive. We strongly advise that you consult your physician regarding appropriate vaccinations and medications required for travel to India. The CDC is an excellent resource <http://wwwnc.cdc.gov/travel/destinations/traveler/none/india> to consult regarding vaccinations and staying safe.

What will the weather be like?

The rainy season begins early June and lasts through October; you may want to bring appropriate rain gear. The months of March-June are extremely hot and dry due to intense heat and lack of cloud cover. Temperatures can peak at 45°C (115°F) during the day.

What should I pack? *We will provide a more thorough packing list in your pre-departure packet.*

- Appropriate clothing
 - For women, it's important to have your knees, shoulders, and chest covered when in public. Long skirts, capris, and pants are strongly recommended. Please avoid low-cut jeans and tight-fitting clothing. For men, long pants are preferred. Many guests also choose to wear Indian-style dress, which is available for purchase in Jamkhed. If you exercise, please ensure that your workout clothing also follows these guidelines.
 - Buckets and detergent are available to do laundry; you will not need a full three-weeks worth of clothing
- Flashlight or headlamp
- Sandals and closed-toe shoes
- Light colored hat and sunglasses
- Sunscreen
- Insect repellent
- Combo-lock for your accommodations

Is there an ATM in Jamkhed?

Jamkhed has multiple ATMs where you can withdraw a maximum 10,000 Rupees (approximately \$160 USD) per day per debit card. Remember to contact your bank and inform them that you will be traveling to India to avoid account suspension. There are no currency exchange services available in Jamkhed.

What kind of accommodations can I expect?

Guests stay in suites, on campus, with one common room and multiple bedrooms with one or two beds. Each suite has two shared bathrooms. All bathrooms are equipped with hot, running water and western-style toilets. We try to conserve water as much as possible and ask our guests to do the same. There are frequent power outages, but CRHP has a generator to ensure that these are brief. Each room has a ceiling fan (no A/C). Mosquito repelling plug-ins are provided. Towels, sheets, pillowcase and pillow are also provided.

The CRHP campus encompasses our training center, a 50-bed hospital, administrative buildings, and housing facilities for both domestic and international visitors.

What kind of food can I expect?

Bottled water is provided by CRHP free of cost. Our kitchen staff prepares Indian and western-style meals that are mainly vegetarian, with a limited meat selection at dinner. Please inform us if you have any specific dietary needs or allergies prior to arrival. You can buy various snacks near the CRHP compound and different foods, sweets, and fruit/vegetables are available in the Jamkhed market, about a 1-kilometer walk from campus. Eat street food at your own risk, though tea and biscuits tend to be a safe choice. Most of the food served at CRHP comes from our organic farm, therefore, the food, including dairy, is always very fresh, nutritious, and high quality.

Drugs and Alcohol Policy

Drug use is absolutely prohibited. We live in a community where alcohol use is a sensitive topic, therefore purchasing alcohol in town or consuming alcohol on campus is not allowed.

Voltage/Electricity

Voltage is 220, electricity tends to go off periodically and a diesel generator is used at times. Bring a plug adapter with you and a small transformer if necessary. You can also bring a surge protector or a stabilizer for any sensitive electronics.

Should I bring my laptop to Jamkhed?

Some guests do choose to bring laptops. Our on-campus library has a number of computers available for use. WiFi is available throughout the campus. In addition, we have a Xerox machine, printers, and a scanner.

Can I receive packages or letters by mail while at CRHP, Jamkhed?

Use of the Indian Postal Service is at your own risk. It takes a few weeks for items to get back and forth.

Our mailing address is: *Comprehensive Rural Health Project*

Jamkhed, Dist. Ahmednagar

Maharashtra, India 413-201

What is there to do in Jamkhed in my free time?

Since CRHP is located outside of Jamkhed, a small town in a very rural setting, much of your activity will take place on and around campus. The CRHP campus is made up of a training center, staff housing, hospital, administration, other project buildings, and a mess hall/social space. In your leisure time you can socialize with fellow visitors and staff in common spaces, read, watch movies, play sports, exercise, walk, and go shopping in Jamkhed. Even though CRHP is remote, we have a lot of fun!

Is it safe?

Yes! If you get sick there is a hospital on campus with a wonderful nursing staff. Many of our interns walk and run outside of the grounds. We recommend that you do activities outside the CRHP campus with a buddy. We have day and night watchmen on campus 24-hours a day.

For any other inquiries, contact: info@jamkhed.org with "Experiential Course" as the subject line.

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