PROVIDING HEALTH SUPPORT TO URALI AND SOLAGAR TRIBES BY PARAN TRIBAL CENTRE

Project Context:

The Urali and Solagar tribes in the Sathyamangalam forest region of North Tamil Nadu face many health issues problems. arise These from poverty, malnutrition, and a lack of basic healthcare services. Over 80 villages in this area are home to these tribes. wage labourers in work as daily agriculture because they do not own land. Their literacy rate is very low, and many children stop their education after primary and middle school. This lack of education affects their understanding of social and political issues and their overall growth. They also struggle to access essential resources like nutritious food, clean drinking water, and proper sanitation, which has led to widespread malnutrition and chronic illnesses. Healthcare services in the region are limited. The nearest hospital is 15-25 kilometres away, making it hard for them to get care. The government has tried to set up healthcare centres, but these centres often

lack staff and offer only basic facilities. This leaves the community with very few healthcare options. Traditional healthcare practices are part of the community's culture, but they do not meet the health needs of the people. As a result, the tribes have high rates of diseases like skin disorders, tuberculosis, uterine problems, and kidney issues, which make them more vulnerable.



Rationale:

The Urali and Solagar tribes need urgent help to improve their health and reduce chronic illnesses. They face serious problems, such as not having enough nutritious food, poor sanitation, and limited medical facilities. This has led to severe malnutrition, weak immune systems, and many preventable diseases. Additionally, the community lacks knowledge about modern healthcare and often relies on traditional treatments, which makes matters worse. This project aims to enhance healthcare access, lower the number of chronic illnesses, and empower the tribes to manage their health better.

We will work on improving healthcare facilities by partnering with local government, NGOs, and community groups. The project will also provide health education to teach people about nutrition, sanitation, and available health services. Advocacy efforts will help the community claim their right to healthcare, enabling them to demand better support and infrastructure.

Better health is vital for the tribes' overall development.

When health improves, the community becomes more

productive, children can attend school more regularly, and the quality of life improves. By addressing the health needs of the Urali and Solagar tribes, this project supports broader goals of social justice and equity, ensuring that marginalized communities get the healthcare and rights they deserve.

Beneficiaries:

★ 80 villages of Urali and Solagar tribes in Sathyamangalam.

Objective of the project:

- → To enhance access to basic healthcare services by providing necessary medical support.
- → To address malnutrition and common chronic illnesses through nutrition education, better food access, and awareness.
- → To educate the tribal communities on health rights, sanitation, hygiene, and disease prevention.

Activities of the Project:

- Strengthen the two existing health centres (Makkampalayam and Arihiyam) by providing necessary medical supplies and ensuring the presence of medical professionals.
- → Conduct Community meetings to educate tribal populations about basic hygiene, sanitation, and nutrition practices.
- → Develop and distribute informational materials on common diseases, prevention methods, and the importance of seeking modern medical treatment.

Expected outcome of the Project:

- → Enhanced healthcare infrastructure in the region, including more accessible health centres and mobile units, leading to better health outcomes.
- Increased knowledge of health practices and improvement in the nutritional status of the tribal population, particularly children, pregnant women, and the elderly.
- Increased access to better livelihoods through health and nutrition-related programs.



Possible Collaboration:

- → Work with doctors, nurses, and medical institutions to provide training for local health workers, organize medical camps, and ensure access to specialized care.
- → Set up mobile health units to reach remote villages and provide regular medical check-ups and treatment.
- → Conduct workshops and community meetings to educate tribal populations about basic hygiene, sanitation, and nutrition practices.
- → Organizing community-based nutrition programs that focus on increasing awareness about balanced diets and providing nutrient-rich food, especially for children, pregnant women, and the elderly.