

# FIELD WORK REPORT

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(C.MALSAWMTLUANGA)



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## ABOUT THE INSTITUTION

Place of field work: MHIP SUB HQRS LUNGLEI

## HISTORY

For the upliftment of Mizo Women in all fields and to help the needy, Mizoram Hmeichhe Insuihkhawm Pawl (MHIP) was established in Aizawl 6th July 1974. It is one of the first statewide women federations in Mizoram. It was established mainly to address the following:

- i) Women Empowerment
- ii) Promotion of Christian Life
- iii) To Help the Needy

Within 20 years it expanded throughout the state, and as of 2015, it has members of more than 2 Lakhs. Now, it becomes one of the largest civil society organizations in the state. It occupies an important forum in almost all government undertaking public programs and most of the government facilitated co-ordination committee.

## PROFILE

The MHIP Sub-Hqrs, Lunglei was established in 1.2.1975 and has its own building in Venglai, Lunglei since 1996. As a Voluntary Organisation, its sole aim is to "Help Others" and work fervently amongst women and children for their rights, upliftment and socio-economic empowerment. Under the MHIP Sub-Hqrs, Lunglei, there are 143 branches, one block and three joint MHIP. The organization is spearheaded by an executive committee member which has 37 members in it. Governance, however, is performed by an Office Bearers committee which has 6 elected members for 2 years term.



## PURPOSE AND OBJECTIVES OF MHIP

1. Empowerment women for the development of Mizoram Society and the State to prepare them for higher authority in the government.
2. To reconstruct the status of women in the society and family; and to protect the rights of women.
3. To guide and look after children regarding their mental and health eg. Preprimary school, Aganwadi, Creches etc.
5. 4. Recreation center for children, school for handicrafts, games, park and books for children.
6. To carry/ do the duties of women for the development of Mizo Society and the state.
7. To literate illiterate women and to provide education, to provide education for those women having financial problems and to show them their capabilities of work.
8. To unite this who are different in social status, different religion and opposite in political opinion to work for the development of Mizoram.

## MISSIONS

MHIP functions as a crisis Response System especially for women in distress, victims of violence, offence, etc. Hence, currently it has 80 functionaries under these projects

The supplementary effort is to focus on providing alternatives. The MHIP take up AIDS project under Mizoram State AIDS Control from 2001 by opening Drop –in Center. At the beginning the projects focus on Taxi and Rickshaw drivers. From 2004, it takes up IDU's project the main objective of this project is to minimize and prevent the growth rate of HIV to give awareness to the peoples as much as possible, and now especially to high-risk group. The center targeted to cover 390 IDU's. The project today focuses on the high-risk group of IDU's. It takes up SNEP programs, Condom distribution, IEC materials and pamphlets for the prevention of the spread of AIDS. The center helps the IDU's by providing medical help, refer to the Doctor, and it also gave financial support. The moral life of the client is given importance in this project. The NGO's take up program for the behavioral strategy is the main step in the project work.

The working girls Hostel are 35 bedded accommodations for women who are pursuing studies or training to training to urban setting from their native rural residence.



As our environment have been facing many changes in various kinds of social life since the last quarter in structure and content. Women cannot freely overcome sufferings in their family; this eventually affected their children and yields broken family. With the emerging needs of counselling centre for women and children, family counseling center was set under MHIP Sub-Hqrs Lunglei. There are two counsellors working under FCC and works on the following principles.

Migrants bear a heightened risk of HIV infection, which results from the condition and structure of the migration process. Available evidence suggests that migration could be fuelling the spread of HIV epidemic in high out migration states such as Uttar Pradesh, Bihar, Rajasthan, Orissa, Madhya Pradesh and Gujarat. Hence, under NACP, the Organization has also worked to contain the HIV/AIDS epidemic amongst migrants and their sexual partners in Lunglei district. The organization has intervened with the migrant population since 2007 only. A total number 5000 migrants are target in the current year. Harm reduction with one teacher and 5 supporting staffs. Currently, the highest number of HIV infected migrants came from the neighbouring state of Assam.

Migrants are defined in many ways. The Census of India defines migrants as a person who has moved from one politically defined area to another similar area. Migration is a complex process. People migrate either due to distress or for better livelihood from their place of home to cities and towns within or outside their states for employment. The high prevalence among Migrants reported in ICTCs in Lunglei civil hospital is worrisome as it could spiral an epidemic in their places of origin which are currently low prevalence. Studies have also shown that migrants per se are not at risk but it is the conditions and the environment that puts them at risk of acquiring HIV infections. Strategic guidelines for prevention of HIV prevalence by MHIP. Enhance migrant data to strengthen evidence. Structural interventions such as making services more accessible, available and increase demand through certain legal and social regulations Design strategies to improve access to services for migrant populations Migrant populations are heterogeneous in terms of types, size, language and culture. HIV prevention strategies and services need to be tailored according to the needs of these populations.



Place of field work : GRACE SOCIETY, VENGLAI, LUNGLEI

## HISTORY

Grace Society NGO Achievement Grace Society is a Church based Organization set up by the Mizoram Baptist Women Fellowship (MBKHP), to address the various social problems existing in the society.

## PROFILE

The organization mainly deals with the increasing problems of HIV/AIDS & Drug/Substance abuse in the community, in the field of Prevention, Intervention, Care and Support and Rehabilitation. It also deals with various women and children issues and addresses other vulnerable areas of the society. The organization has been working in Targeted Intervention programme since 2000, beginning with intervention among Commercial Sex Workers, followed by Core Composite of FSW & IDU in 2008, and with MSM and Spouses of IDU adding to the intervention since 2010.

## MISSIONS

- 1) To create a better, healthier and harmonious society by reducing HIV/AIDS and Drug/Substance abuse in the society.
- 2) Economic empowerment of PLWHA and drugs victims, by providing rehabilitation through skill training and Income Generating Programme.
- 3) Social and economic upliftment of destitute women.
- 4) Promoting and facilitating behaviour change among those practicing high-risk behaviour and people living with HIV/AIDS.



## VISION

To create a better, harmonious, healthier society and improved economic condition by reducing HIV/AIDS and addiction in the community.

## OBJECTIVES

Increase awareness on HIV/AIDS and addiction among general population as well as high risk/marginalized communities, intervention to promote behavior change and harm reduction among high-risk group, providing care and support to the affected, detoxification/de-addiction and rehabilitation through skill building, capacity building to enhance service delivery.

## ACTIVITIES

1. Targeted Intervention among FSW, IDU, MSM, & Spouses of IDU: Sponsored by MSACS, the programme includes peer education and outreach, focus group discussion, awareness, community events, STI clinic & general healthcare, counseling, condom promotion, needle syringe exchange programme, referral to ICTC .
2. Integrated Program on drugs & HIV/AIDS: This mostly focus on aftercare program such as psycho-social support for recovering addicts through self-help group meetings and support for income generation activities, educational support.
3. Rehabilitation Center (Chhawmdawl In): This centre is set up by the Mizoram Baptist Women Fellowship in its own initiative. Today the Rehab Centre can accommodate 30 boys and 20 girls at a time. It offers services like detoxification, Counselling, Meditation, Healthcare, Work therapy (including vegetable/flower gardening, Pig rearing, Dairy farming, Candle making etc) and Physical Activity (Volleyball, badminton, table tennis).
4. Mental Health Program: One of the new project taken up by the NGO since 1st April, 2016 under National Health Mission in collaboration with National Mental Health Program. The Program mainly ensures the availability and accessibility of minimum mental health care for all in the foreseeable future.



Place of field work : LUNGLEI OBSERVATION HOME AND LUNGLEI SPECIAL HOME

## HISTORY:

Lunglei Observation Home and Lunglei Special Home are Government recognized child care institutions run the Social Department, Govt. of Mizoram since 2008. The Home's original name Remand Home was superseded by Observation Home and Special Home since the execution of the Juvenile Justice (Care and Protection of Children) Act, 2015. Therefore, the Home is now officially known as Observation Home and Special Home and is presently run by Women and Child Development, Social Welfare Department, Govt. of Mizoram.

## PROFILE

Lunglei Observation Home and Lunglei Special Home are Government certified Child Care Institutions (CCIs) registered under Section 41 of the Juvenile Justice (Care and Protection of Children) Act, 2015 and is run by Women and Child Development, Social Welfare Department (SWD), Govt. of Mizoram, the capacity of the home is 50 (40 Boys & 10 Girls).

The Observation Home is maintained for the care and rehabilitation of any child alleged to be in conflict with law during the pendency of any inquiry, the inquiry shall be completed within a period of six months from the date of first production of the child before Juvenile Justice Board (JJB).



Observation Home:

Capacity: 25 children (both males and females)

Age group: below 18 years.

Special Home is established for rehabilitation of those children in conflict with law who are found to have committed an offence and who are placed there by the Juvenile Justice Board (JJB) for such period not exceeding three years for providing reformatory services including education, skill development, counselling, behaviour modification therapy and psychiatric support during the period of stay in the special home.

Special Home:

Capacity: 25 children (both males and females)

Age group: below 18 years.

## OBJECTIVES

To provide rehabilitation and social re-integration measures, to ensure proper care, protection, development and treatment of children in conflict with the law by keeping in view the best interest of the child in mind.



Place of field work : WOMEN ANTI DRUG ASSOCIATION, LUNGLEI

### **1) History:**

During 1994 & 1995, a drug called Proxyvon was widespread within Mizoram. Many Mizo women were in misery and upset because many of their sons were engaged in substance abuse. Due to the urgency to save their sons, the women informally formed a group in 1996. It was named Women's Anti-Drug Association. However, WADA Project only started from the year 2000.

The association grew, and the State Government gave recognition to their activities and functions. The fundings are from Mizoram State AIDS Control Society (MSACS) to fight HIV/AIDS and drugs among Injecting Drug Users (IDU). WADA functions as a Target Intervention (TI) under the project of MSACS. At present, 549 clients are being registered.

WADA also have a Rehabilitation Centre, the Ministry of Social Justice and Empowerment. The Centre gives a comprehensive program with a three-stage treatment program: Detoxification, De-addiction and Rehabilitation. It also tries to give patients a holistic care, not only in terms of physical but also emotional, mental and spiritual healing. At present, around 15 clients are admitted in the centre.



**2) Target community:**

Injecting Drug Users (IDU) from areas of LungleiChanmari to Tawipui South (10 localities and 4 villages).

**3) Aims and Objectives:**

- a) To control the spread of HIV, specifically among Injecting Drug Users (IDU).
- b) To help the IDU patients to overcome the addiction by providing OST.
- c) To provide need based professional and therapeutic counselling to the clients and their family members.

**4) Services provided:**

- a) Needle Syringe Exchange Program (NSEP).
- b) Distributing Condoms.
- c) Providing Opioid Substitution Therapy (OST).
- d) Providing Blood Test for the clients twice annually.
- e) Preparing awareness campaigns on issues like HIV/AIDS and drug addiction.
- f) Providing trainings for Outreach Workers (OW) and Peer Educators (PE).
- g) Taking Anti Retro-viral Therapy (ART) for clients with HIV/AIDS from Civil Hospital, Lunglei.
- h) Distributing ART to clients with HIV/AIDS to their own homes.



## DAILY FIELD REPORT

Name: C.Malsawmtluanga

Name of the organization: Observation and Special Home

Date: 5th February, 2024

### Activity/work done:

The Institution was located at pukpui, we reached the destination at 9:55 am. First, we interviewed the case worker, asking all necessary and important questions regarding the Observation Home. After the interview, we had a friendly conversation with some of the workers including the Superintendent. After that we observed the children while they were doing their vocational training and interacted with them. Then we ended the day by talking one on one with three out of the seven children in the Observation Home.

### Learning outcome:

The observation home which was previously known as 'Remand Home' was changed to the current name on 2015 under the Juvenile Justice Act, 2015. There has been 123 cases so far since the past five years. And repeated cases have been seen a number of times. The home focuses greatly on rehabilitation of juveniles with a maximum stay of 4 months which can be extended to 2 more months. Through the one on one session we learned that the children are more comfortable and happy at the Observation Home than their real home as the workers are very nice to them and take care of them very much.



Photo 1: The interns along with the staffs at Lunglei Observation Home





Name: C.Malsawmtluanga

Name of the organization: Women Anti Drug Association (WADA)

Date: 12th February, 2024

Activity/work done:

Our group reached the destination, Women's Anti Drug Association (WADA) Chanmari, Lunglei at around 9:55 am but could not enter right away as they were having devotion. We entered at 10:05 and had a short interview with the project manager about the organization/project and its goals. After that the workers told us how the organization runs and also see and experience what they do on a daily basis (i.e, syringe exchange and giving out OST to clients)

Learning outcome:

The women's anti drug association (WADA) was established in 2000 with their target being majority of Injecting Drug Users (IDU). Their main goal is to see behavior change in the IDU and give out HIV awareness. They have 24 workers currently (with 14 peer educators (PE)). They have 549 clients currently, 112 taking OST and 155 are HIV positive.



Photo 2: The interns along with the Project Manager at WADA Drop-in-centre.





Name: C.Malsawmtluanga

Name of the organization: MHIP Drop In Centre

Date: 19th February, 2024

Activity/work done:

We reached the MHIP Drop In Centre at around 10:03am where we were welcomed generously. Since, the project manager was not in, due to different schedule, the workers told us little about the centre and their goals, then we waited until 1:15 when the project manager arrived and briefed us about the project and led us around the centre and saw and taught us how they work

Learning outcome :

The main goal of MHIP drop in centre is to spread out AIDS prevention and syringe exchange and give out free condoms as part of their AIDS prevention. They have a yearly target of 529 per year and currently they have estimate 475 cases so far this year. They also provide counseling and always have a fellowship with their clients and have outreach program regularly.



Photo 3: The interns along with the Project Manager at MHIP Drop-in-Centre.





Name: C.Malsawmtluanga

Name of the organization: Grace Society Drop In Centre

Date: 24th February, 2024

Activity/work done:

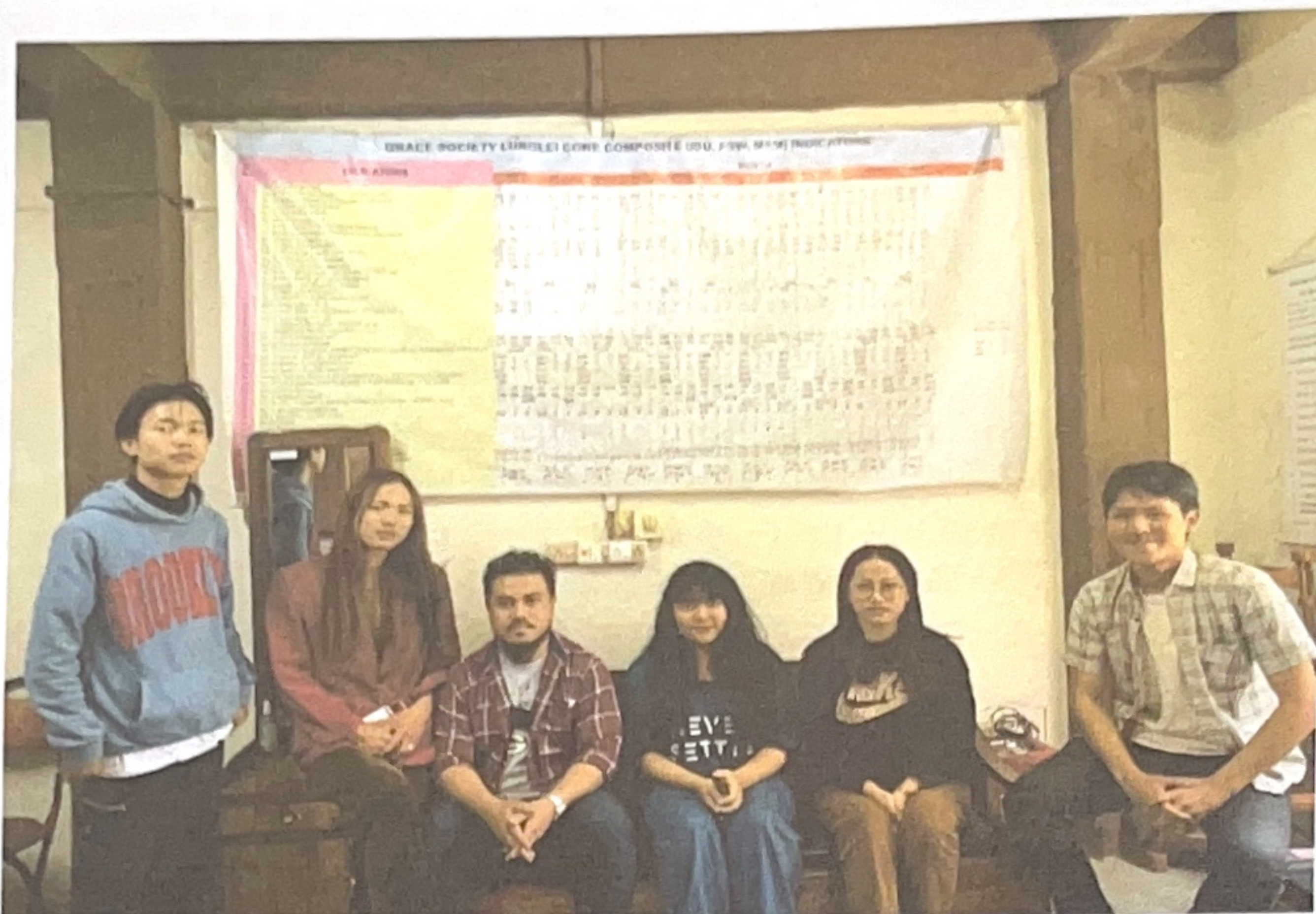
We reached the office at 9:56 AM and since it was quite cold, we had a cup of tea and then we attended the meeting. The first meeting was a review meeting of injecting drug user (IDU) and female sex worker (FSW) and the second review meeting was held in the afternoon after lunch. The meeting was basically about the interaction between the peer educator and the leader. After attending the meeting, we had an interaction with the counsellor and project director and also one of the peer educators from men having sex with men (MSM). We talk about the importance of counselling and dealing declined with empathy and following up declined. After taking OST is very important to help the client overcome the addiction. After a long interaction with the counsellor and project director we left the office at 3:45 PM.

Learning outcome :

Grace society drop in centre give importance to treat the injecting drug user client very nicely like we treat normal people. As they need food, shelter and love. What is very important is the educator and how plans are required to proceed for the next step for various task (from review meeting). They told us that all the gay transgender and lesbian are facing many hardships, and it is not their will to be in that way, some biologically and genetically deviated to that way and therefore they really need to be treated well with understanding and love.



Photo 4: The interns along with the Project Manager, Accountant and Peer Educator at Grace Society Drop-in-Centre.





## SUMMARY OF THE REPORT

Different institute have different ways, technique, plan and strategies as to how to deal with the clients and how to approach them and also, they differ in their task. Some institute focus only to Injecting Drug User (IDU) and some institute focus on Migrants, Sexually Transmitted Infections (STI) and Injecting Drug User (IDU) and some institute focus mainly on the child care and so on.

The Women Anti-Drug Association (WADA) mainly concern on the prevention of HIV through the syringe exchange and also providing the IDU an Oral substance therapy (OST) and counselling was also done to the needy clients. They also have their own clinic where doctors come twice a week to check the patients and recheck their OST dose. They also have a rehabilitation centre where a serious clients are referred. They provide OST and let the clients exchange the used syringe with a fresh syringe.

The Mizoram Hmeichhe Insuihkhawm Pawl mainly focused on three parts; Injecting drug user (IDU), Migrants and Sexually transmitted infection (STI). They cover 7 locality and they are the only institute in the town to have a task on migrants. They take 8000 sample of HIV and syphilis to the migrants in the town during a one financial year. The sample is taken in Community Base Serenity (CBS) and Integrated counselling and testing centre (ICTC). They also help the clients facing an issue with STI, they help them by medication and therapy.

The Grace society is also the only institute in town where it deals and concern with Men having sex with men (MSM) and Female having sex with women (FSW). The common task with the former institute is the Injecting Drug User. They do provide OST but apart from that they deal with the FSW and MSM. The institute mainly focus on counselling and therapy, and indeed they are the most dedicated institute among all the institute so far in the town.



Lastly, the Observation and special home are quite different from the rest of the institute because they do not focus on the IDU, FSW, MSM or any other clients. They mainly work among the child and they are Government recognised child care institution (CCIs) under Social Welfare Department (SWD), Govt. of Mizoram since 2008. They can take only boys 18 years and below. The clients are mainly admitted for stealing case, murder case, rape case etc. They are observed in the Home and during the staying they are given counselling, and case study is also going on. They are provided with all the necessary stuff that they are required and they are not allowed to interact with the family if not very genuine case. They also have a special home for the severs clients.



## CONCLUSION

The four institutions the interns had visited are working earnestly for the betterment of the Society at Lunglei District and the state. Even though they are working independently and having all different task yet their main goal i.e., betterment of the society put them together in one cluster. They may have different strategies and plan but they don't conflict among the institute. All the Project Manager (PM) are really working hard for the institute and they give almost all of their time for training and assisting all the workers. It can also be concluded that most of the clients be it in the observation home or WADA, the main issue is of family. The family member especially the father and the mother are really responsible for this, because almost all the clients are from broken family. They need to be taught at home and even if they come for taking Ost, they need to be taken care with love and understanding at home. Some of them also really need to be back up by the society like the MSM. All these issues are what the institute worked for and having experienced in the practical settings was fruitful, we benefitted a lot from the practical field work.

## LIMITATIONS

1. They need more counsellor who have a psychology background, because in psychology many techniques are learned systematically.
2. The workers need to be more active and follow up should not be neglected.
3. The institution should be more well equipped.
4. It will be beneficial if the interns can have field activity in the Clinical Psychology settings.