



**RAPPORT DE MISSION  
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**Projet 1245 - INDE  
Santé**

**Mission du 07/11/2010 au 20/11/2010  
First aid training for creche workers of PSDF**

## Sur le terrain : déroulement de la mission...

### Appréciation Générale

Arrivée, accueil à l'aéroport :	Satisfaisant
Informations reçues du partenaire :	Excellent
Hébergement :	Excellent
Repas :	Excellent
Qualité de l'encadrement :	Satisfaisant
Organisation des déplacements :	Satisfaisant
Votre intégration dans le milieu de travail :	Satisfaisant
Niveau général de satisfaction :	Excellent

### Planning des activités quotidiennes

The schedule was very well organized with tea breaks allowing to divide units of teaching. It would be beneficial to have a full two week schedule to be able to plan more accurately the sections of the course. For First Aid, there are minimum requirements that have to be met, and although the course was modified, it was important for me to touch on as many topics as possible.

### Support Matériel (salle, équipement à disposition...)

Appréciation Générale :	Excellent
Remarques sur le lieu :	The size of the room was perfect. On one side, there was a big table and chairs where we did the formal teaching of the course. On the other side of the room was a big space where we practiced skills on mats that were made available. On the practice side of the room, I had access to a white board which I used to remind students of the main points of the course.
Remarques sur l'équipement mis à disposition :	Every participant was given a pen and a notebook. The rest i had brought with me as I was not sure what was going to be available. With my computer and a projector, I was able to show the course content and videos. I had also brought 2 first aid mannequins for the adult and infant CPR. As I said, I made use of a white board in the room, and that was all I needed.
Etat du matériel :	I did not have to buy anything, and all the materials I had brought with me was on loan and was returned when I got back to Canada.

### Les participants

Contact avec les participants :	NSPP
Nombre de participants présents :	7
Effectifs annoncés/inscrits/présents :	I was expecting 7 or 8 students. There were 7 participants and 1 social assistant who acted as a translator as she went to university and spoke enough English.
Liste exhaustive des participants :	List of Participants: _ A.Vijayalatha, Teacher for 4 years _ B.Jayabarathi, Teacher for 3 years _ Kanagalakshmi, Teacher for 4 years

- \_ A.Muthazhaki, Teacher for 2 years
- \_ V.Krishnavathy, Teacher for 3 years
- \_ Alamelu, Helper for 4 years
- \_ M.Indra, Teacher for 3 years

Constitution de groupes :

We sometimes worked in pairs but it was mainly to practice First Aid technics.

### **Méthodologie de travail :**

Méthode pédagogique :

I used powerpoint presentations to introduce the materials to students. I would demonstrate on another participant or a mannequin and show a video as well. Then each participant would be given the opportunity to practice until I was sure that the concept was understood.

Outils de travail utilisés :

All the reference books that are usually part of the course material were transferred into a powerpoint presentation format with simplified phrasing. Participants in North America would get a First Aid book as part of the course but the book is in English and would not have been adapted to the level of understanding of the participants in India. I have made a copy of the powerpoint presentations onto PSDF's computer and I can also give a copy to Planète Urgence. As I said, I brought 2 mannequins and the material necessary for the practice sessions. Each participant was also given a First Aid Kit at the end of the course to be used in their respective creche.

Se sont-ils révélés utiles :

I did learn a little bit about the India model of teaching during the mission and it help me understand how my participants were learning. I had the opportunity to visit several creches and an after-school program where students were getting help with their homework. It seemed to me that they were asked, from a young age, to memorize information, and sometimes, not necessarily knowing what it meant. A lot of kids in the streets would come to me and say "Hello, how are you?" but most of the time when I would answer "I am well, and you?" they would be unable to answer my question. Those findings translated into my classroom with participants who, at the beginning, were able to repeat the information but not adjust if one of the parameters was changed and did not understand when I would ask for their participation in a brainstorming exercise. It took more steps and time than usual but I have to say that in the end I was extremely impressed by the level that each participant had achieve.

Quels conseils pour le successeur ?

If another volunteer is sent to give training for educational activities like it has been done in the past, I would focus on activities that require less repetition and more free thinking. During one of the creche visits, I tried to play a game with the kids were I would show a picture of a banana on a poster and ask "Is it an orange?", "Is it an apple?" etc. Even with the translation in their language, the kids still had a hard time to understand what was asked of them and would just repeat the statement. In general, I believe it would be a benefice to the children to promote activities that involve solving problems, guessing, or using simple reasoning.

## Sur le terrain : les réalisations...

### Réalisations :

Rappel de l'objectif initial :	The initial objective of the mission was to teach First Aid to a group of daycare providers. They also express the wish to know more about food safety and general knowledge of what to do when a child is sick.
La formation a-t-elle répondu aux besoins ?	Satisfaisant
Nouvelles connaissances acquises :	The course focused on First Aid procedures for infant and children, and included: CPR and Artificial Respiration, choking, small and big wounds management, poisoning,
Utilité de ces nouvelles connaissances :	This knowledge will allow the participants to manage emergency situations and illnesses.
Impact concret dans leur travail :	First Aid is a set of skill that can be used in everyday life when an emergency or illness arises. Each participant was given a First Aid kit and were explained what each element of the kit was used for. They were also given a pouch to take care of small wounds containing bandages, gloves and antiseptic wipes. Anything I had extra, I left in the care of PSDF to be able to replenish the First Aid kits and small -wound pouches.
A la fin de la formation, peut-on dire des participants qu'ils sont capables de...	
...travailler de manière autonome ?	Complètement
...mener à terme leurs projets ?	Complètement
...transmettre les acquis à leur entourage ?	En partie

## Sur le terrain : témoignage personnel...

### Libre expression :

There are many things I have already addressed in the different sections of this report but there are still a few things I could add.

My first advice to anyone flying in with a short connection time (i.e.. one hour or less) would be to check your luggage at the latest time possible. My flight to India was connecting in Brussels and I checked in fairly early in Paris. The flight leaving Paris was a little delayed and out of 3 connecting passengers, 2 of us did not get our luggage in Chennai. The one passenger who did get her luggage had checked in just before the counter closed and her bag therefore was one of the first ones to get out in Brussels. The airline however did not have time to wait for my luggage or the one of the other unlucky passenger. As a result, I spent 3 days in the same clothes and unable to wash because I had no toiletry. I am usually a better traveler with a change of clothes and my toiletry bag in my carry-on luggage. However, because I had a lot of electronics (computer, projector, video camera, camera, all the chargers and adaptors) I ran out of space and opted to leave out the usual commodities. Big mistake! I landed on a Sunday of a holiday weekend and not only was every store closed, but there was so much rain that the streets were flooded. I was unable to go out to try to find some replacement items. After my first day of work, I did finally have time to go out and buy a bar of soap, a shirt and underwear. I cleaned up and it felt so good. It makes you think how lucky we are to have all the luxuries we are accustomed to in our everyday life.

I had to adapt my teaching a little since most of my First Aid material was in my suitcase and started demonstrating Artificial Respiration on a doll instead of a mannequin. I was so happy to get my suitcase and not only wear my clothes but also teach the course with the proper material. In the end, it made for a more colourful adventure and it was only a minor inconvenience.

I felt ready for India before leaving, my best friend being Indian and having experienced a few parts of the culture and its people in Canada. Eating Indian food on an every day basis was wonderful and the lunches that were prepared for me were amazing. I found myself several times revelling in the beauty of my surroundings, the smells and noises. I remember one day going for an early walk and passing chanting coming out of a temple, the musk of the morning in the air and the dust giving a reddish-brown glow to my surroundings. I felt so peaceful and content to be in that place at that time, and saddened by the fact I would have to leave soon. I have to admit that this feeling of euphoria was not a constant thing. Walking in the streets was most of the time quite an adventure given the lack of crosswalks, stop lights or traffic laws. One thing I could not get used to was the way most locals would throw their garbage on the ground, in the streets, on the beach... I tried not to judge but could not bring myself to adopt that custom. On the other hand, I was met with smiles everywhere I went and felt so welcomed whenever being invited somewhere. Almost everyday, jasmine was put into my hair by my students and whenever entering a new house I was welcomed with ceremonial customs involving being cleansed and blessed.

Another bit of a culture shock revolved around the bathroom. I have to admit that to this day, I am not sure how to use the bucket of water and cup that is made available next to each toilet instead of toilet paper. It would have been awkward to ask for a lesson so I just got into the habit of travelling with some toilet paper in my pocket.

RAM Guest House was a wonderful place to call home for 2 weeks. The owners were so helpful and forthcoming. The only thing I would change would be asking for a tour of the room on the first day. I took cold showers during most of my stay and only realized a couple of days before leaving that there was a switch to turn on the water heater. I should have just asked but I assumed that the water heater was not working.

On another note, I believe that if I were to come back to India I would bring a mosquito net. It's really not like there were a lot of mosquitoes and somehow, their bites were not very itchy. The only thing that bothered me was that each night when I went to bed, there was one mosquito in my bedroom. It would buzz all around my head while I was trying to fall asleep and would of course get some late-night dinner while at it. I would turn the light back on, hunt the sucker and kill it but somehow, a few minutes after I would turn off the light, another one would be buzzing around my head... just one! So, yes, because of that one mosquito issue, I would invest in mosquito net to keep that it away from me at night.

Breakfast was simple but adequate. Every day, I was served toasts with butter and jam, as well a nice little fruit salad and of course, coffee or tea. One day, they did serve croissant and that was a welcomed surprise.

There was a cheap Internet cafe and phone centre a short walk from the guest house but nothing available on site. The guest house is also fairly central in Pondicherry and most days I got around walking.

Having another volunteer working at the same time was such an added bonus. We spent time talking about our experience, gave each other advise and spent time exploring the city together after work. We were working on different projects with different organizations but we could relate to one another. We have kept in touch since coming back to our respective countries and exchanged pictures and final thoughts.

I was able to see first hand what PSDF, the organization I was helping, is doing and the several programs they have running. My job was to teach First Aid to daycare teachers and I visited some of the daycares and met the children fortunate enough to attend them. I was a little worried about teaching these ladies because I discovered that their English was fairly limited. Luckily, one of the employee of PSDF who is a social worker acted as a translator. I didn't know if I would be able to achieve my goal at first. One of the participants had to bring her daughter everyday and had to split her attention between the course and caring for her child. Amazingly enough, she proved to be one of my best students and every time we practice, she was one of the fastest learners. This was really inspiring. We did do a lot more practice than usual because I found that it was sometimes hard for my students to use the deduction process necessary to discover what is wrong with a casualty. I also used practice as an alternative to teaching when my translator had to step out. A few days into the course, I found that it was the one thing that did not require translating because the students memorized and understood quite quickly the key words like "breathing: yes or no"; "pulse: yes or no". The last day, there was a very ceremonial graduation party. Each student gave a little speech expressing what the course meant to them, the good and the bad. I already knew that some of the relevance of the course was not necessarily translating to the reality of life in India. For example, a student pointed out that one of the steps when finding out that a casualty is unconscious is to call an ambulance but she said she would never do that because an ambulance is too expensive. On the other hand, they almost all expressed that they feel more confident dealing with an emergency or sickness in their daycare and everyday life. Each student received a diploma and a First Aid kit that I had brought with me. I also made a

pouch for small wounds with bandages and disinfecting wipes. I left the extra supplies in the PSDF office so that they could replenish the kits in the future.

My "boss", Mohan, was so nice right from the start. He actually bought a helmet so he would be able to take me around on his motorcycle. When I said I wanted to take a tour of Pondicherry on the weekend, he organized it for me and sent Shoba, the social worker who translated my course, with me for the day. It was a very nice day and I enjoyed not doing the tour on my own. He also showed me the other programs that PSDF is running like a rural after-school program for village kids. On my last day, I got to meet a group of women who started investing money together and teaching other women how to help them financially. It was inspiring and interesting to see that PSDF helps people in many different ways. I did many daycare visits and met the children who benefit from the creche program. I made a few safety recommendations but overall I found that the teachers were making the most of fairly limited means. The visits were a little bit like "show and tell" with the children being showcased, reciting songs and rhymes.

Mohan could not take me to the airport on my last day. I went with Shoba, another employe of PSDF and her daughter. Because they were women, they had to return to Pondicherry early. I was dropped off at the airport more than six hours before my midnight flight and it did not bother me because I didn't mind browsing, shopping and people watching for a few hours. However, I was told that I could not enter the airport until three hours before my flight. I did not want to stay outside for that long so after some inquiry, I found out that there are actually dormitories just outside of the airport where beds can be rented. I had dinner and then got a bed in a four-bed dormitory along with three other women. We locked the door from the inside and there was a guard outside so it was a very safe solution to my problem. I enjoyed a nap before my flight and I thought it would be a good option to recommend to future volunteers if there were ever in a situation similar to mine. Unfortunately, I am not as confident with this option as I was before my flight. Throughout the night I became increasingly itchy and when I landed in Paris I was covered in bites that were later found to be bedbugs bites. It was only inconvenient for a few days and I guess it made for one more anecdote about this trip.

All in all, this mission was one of the best experiences of my life and I would certainly want to do it again. There were a few hiccups along the way but they in no way made me regret one bit my involvement with Planète Urgence and PSDF. I would like to thank every one would made this mission possible both in France and in India. I will never forget it.

### **A mon retour...**

Que vous a apporté cette mission ?

It is hard to talk about what the mission did for me. There is an element of joy that comes with giving something and I was able to teach First Aid again, which is something I had not done for a while. I also was able to go to India for the first time and that's a country I had always wanted to visit. I also met wonderful people and feel that I had an impact and they had an impact in my life.

A-t-elle été conforme à vos attentes ?

Overall, yes. i tried to go on the mission with limited expectation and believing that even if i only manage to teach them half of the First Aid skills I set out to teach them, it would be that much more than what they knew before. The participant motivation and efforts allowed me to teach them the complete course and I was impressed and relieved of that outcome.

Pourquoi ?

There is a second group of participants that need to be trained, and I would want to do a refresher course for the first group.

Définition de la solidarité internationale ?

There is actually one thing I realized while being in India. It seems that there is very little knowledge of First Aid in the general population and healthcare as a whole is very different from the western model. I felt that my intervention was like a drop of water in an ocean and that the best way to really help people in the long term would be to create a course geared towards the needs of the Indian population and have Indian instructor teach the course. My going to

India several times would only benefit a small group of people but if instructor in India were taught, they could reach out to a much greater number of people.

Acquis transposables dans mon quotidien :

When I left, I was making a list in my head of different ways I could help PSDF when I came back. They have more than one project on the go and I was introduced to some of their needs and hopes for the future. Fundraising in North America is a very natural thing to do and I had no problem raising funds to go on this first mission. I would like to work on ways to help PSDF not only for the creches but also the other wonderful programs they have going.

This whole experience was very humbling, and talking about it with my friends and colleagues made me realize that it is something that I would like to be ongoing in life. It is not a question of "IF" but "WHEN" I am going to go back.