

# SHA - October 24



During this two-week trip to India with SHA, our group had the opportunity to visit the various projects being developed by the teams in India.

During the first week, we were able to visit and work alongside the local team at the hospital in Satoli, where we were able to share our knowledge and experience. This was a very memorable experience, as it gave us a close-up view of the challenges facing the healthcare system in this region. For me, the most striking point was the limited use of ultrasound scans and the regulations in place due to sex control.

At the same time, we visited the school to meet the children and teachers. We were impressed by the children's level of English from an early age. The emphasis on nutrition of these children is also very important.





In the second week, we travelled to Champawat to discover a mother-child project aimed at improving the living conditions of mothers and young children. This project enabled us to understand the importance of prevention in terms of maternal and child health in regions where access to healthcare is limited. We were deeply inspired by the exchanges with local young workers.

The trip was an unforgettable human and cultural experience, highlighting the inequality of international resource distribution and opening our eyes to the realities of local communities.

Key message?

Less is more.