WHO WE ARE

KHPT was established in 2003 with support from the University of Manitoba, Canada and the Government of Karnataka. We are registered with the Ministry of Home Affairs under the Foreign Contribution (Regulation) Act (FCRA), 1976. We are guided by secular and apolitical ideas.

MISSION

- **Enhance the health and well-being of communities** through the delivery of innovative, results-oriented, gender transformative programs
- **Strengthen the capacity of organisations** to plan, deliver, monitor and evaluate programs that enhance health and well-being of communities
- **Develop as a learning organisation**, continually translating knowledge and approaches through reflection, research and engagement with our peers, in India and globally

VISION

To empower communities to collectively assert their rights to lead a life of dignity and wellbeing.
CORE STRENGTHS

Community centered
Evidence based
Context specific
Life-cycle approach
Scale-up driven
Sustainability based

PRINCIPLES

Our work with communities is guided by our belief in strengthening democratic spaces for community participation, respecting peoples’ local wisdom and knowledge, adopting an inclusive lens across all forms of engagement with people and steering programs based on the centrality of community needs.

Our methodology and approach are carefully defined with paramount relevance and responsiveness to community priorities. We believe in building systems and processes that will increase transparency, accountability at the grass-root levels and ensure equitable ownership of resources.
We adopt a **Program Science approach** which is the systematic application of theoretical and empirical scientific knowledge to improve the design, implementation and evaluation of public health programs. It includes research driven methodologies for intervention design and assessment ensuring the right mix of interventions for the right populations; translating knowledge for global dissemination and creating forums for interaction between scientists, programs & policy leaders, and implementers.

---

**We Engage**

with vulnerable communities to understand their needs and aspirations, mobilise and strengthen their leadership, and facilitate creation of community institutions. Our engagement across all our stakeholders is directed towards guiding evidence-based policy making.

**We Innovate**

by designing interventions that effectively balance community needs and programme objectives as evidenced in some of our chosen methodologies and strategies.

**We Collaborate**

with government, private institutions, community organizations and academia to implement programs, conduct research, and further knowledge sharing and uptake through learning platforms led by us.
"I now have the knowledge and courage to do what is good for my health and the health of my children"
- A new mother, Bagalkote

"Earlier, we did not have the courage or capability to face the Police. Now, we feel supported and empowered to question violence."
- A sex worker

"I now know that girls and boys are equals. Things have changed at home and school. My brother helps me in the kitchen and the boys in class approach me for help in studies"
- An adolescent girl, Bijapur

"This is the first time that ASHAs, Anganwadi workers and the JHAs were brought together for training. This has never happened in the 30 years of my service. We are the three sisters who can bring change."
- Junior Health Assistant-Female (JHA)

"I overcame my fears and found the champion in me"
- A child infected by HIV

Marginalised, vulnerable and socially excluded groups are at the heart of all programs at KHPT. We are committed to see these communities empowered and independent.

Our Communities Include
- Adolescent Girls
- Orphans and Vulnerable Children
- Infants and children < 5 years of age
- Pregnant Women
- Lactating Mothers
- Female Sex Workers
- Men Having Sex with Men and Transgenders
- Migrants
- Women from Backward Caste Groups like SC/ST
- People Living with HIV/AIDS
- Members of Community Structures like SHGs, VHSNCs
- The Urban Poor
- Frontline Health Workers

Marginalised, vulnerable and socially excluded groups are at the heart of all programs at KHPT. We are committed to see these communities empowered and independent.
KHPT collaborates with Centre for Global Public Health, Canada to translate knowledge and experience from India to other developing countries.
We have strong technical and management capabilities in-house. Our core technical advisory team has demonstrated expertise and experience across areas covering:

- Programmes
- Capacity Building
- Community Mobilisation
- Knowledge Translation
- Quality Improvement

Communications
- Health Systems Strengthening
- Monitoring and Evaluation
- Research and Special Studies

They offer strategic direction, inputs and mentoring support for all programs.

Members of our management team serve as technical advisors for the NACO, UoM, ICMR, WHO, and the Karnataka State Health Systems Resource Centre (SHSRC), where they shape policy by sharing their expertise in designing, implementing and monitoring state-wide programmes on HIV/AIDS, TB and MNCH.

We have a total of 430 staff at central and district levels.

Governance

Our governance and management practices ensure accountability, transparency and staff welfare at all levels of functioning. We are guided by several HR, Finance and Admin related policies. We also have well-defined policies/guidelines that oversee our engagement with partners, corporates and communities.

- Organisation HR Policy and Manual
- Finance Policy
- Administration Policy and Procedures
- Partnership Policy
- Right To Information (RTI) Policy
- Procurement and Vendor Management Policy
- Corporate Social Responsibility (CSR) Policy
- Communication Policy
- Green Office Policy
- Internship & Volunteer Policy
- Sexual Harassment Policy
- Gender Policy
- Child Protection Policy
- Domestic Violence Policy for Staff
FOCUS THEMES

1. Maternal, Neonatal and Child Health (MNCH)
2. Adolescent Education and Health
3. Orphans and Vulnerable Children (OVC)
4. Nutrition
5. HIV/AIDS Prevention, Care and Support
6. Tuberculosis
7. Violence Against Women
8. Community Institution Building
Improving the health of mothers, new-borns and infants is our priority. We are committed to promoting the health of the vulnerable population in Karnataka.

Since the advent of National Rural Health Mission (2005), the state witnessed progress in many areas i.e. infrastructural strengthening, formation of VHSCs, rise in institutional deliveries, etc, yet the desired reductions in maternal, newborn and infant mortality were not up to the desired level.

Our project objectives align with the key aspects of the Foundation’s MNCH strategy and the NRHM’s health system infrastructure and mechanisms to:

- **Enable** expanded availability and accessibility of critical MNCH interventions for rural populations.
- **Enable** improvement in the quality of MNCH services for rural populations.
- **Enable** expanded utilisation and population coverage of critical MNCH services for rural populations.
- **Facilitate** identification and consistent adoption of best practices and innovations arising from the project at the state and national levels.

We strive to improve quality of care at birth and immediate postpartum periods through provision of onsite support and mentoring by skilled mentors. The front-line workers and community structures are supported with tools and processes to enhance grassroots-level coverage of services and accountability.

**Innovations**

At KHPT, we have designed several tool kits, innovations and processes that would empower the front line workers (FLW) and village health, sanitation and nutrition committee members (VHSNC), providers and program managers. We have developed:

- Nurse mentor concept
- Case sheets
- ASHA diary
- Subcentre forum
- Supportive community monitoring
- HMIS/MCTS data quality tools and methods

**What We’ve Achieved So Far**

<table>
<thead>
<tr>
<th>Neonatal Mortality Rate</th>
<th>Infant Mortality Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>41 To 30</td>
<td>54 To 44</td>
</tr>
</tbody>
</table>

**Source**: Household surveys done in northern Karnataka by population research centre, Dharwad in 2012 and 2015.

Knowledge is being translated to other high priority regions in India - UP, Bihar, Rajasthan, Orissa and outside as well i.e. Kenya, Pakistan
Adolescent Health & Education

Adolescence is a significant phase of transition from childhood to adulthood, which is marked by physical changes and accompanied by psychological changes. This is an important phase to engage with adolescents to create awareness on the various facets of life and help them make informed choices.

The consequences of the above are severe for the girls, for their children, and for society. Among disadvantaged groups (i.e., families run by a single mother, below the poverty line, or belonging to scheduled castes or scheduled tribes) in northern Karnataka, daughters are deprived of adequate nutrition, health care, and hygiene. Female aspirations are limited due to early discontinuation of their education.

Our Goal

- Keeping girls in school
- Delaying marriage
- Reducing entry into sex work

Our Interventions

- **Empower** adolescent girls by addressing their vulnerabilities and tackling barriers in education, health, nutrition and decision-making.
- **Provide** special tuition, career counselling and leadership training to improve girls’ academic success and broaden their aspirations
- **Establish** reflection sessions for girls to share experiences and build solidarity and confidence
- **Link** families to government schemes that provide incentives for educating girls
- **Sensitise** parents to value girls and recognise the importance of educating them
- **Sensitise** and encourage boys to respect girls and appreciate their rights
- **Train** School Development and Management Committees and school staff to institute measures to increase girls’ safety and academic success
- **Build** community-parent and adolescent girl interfaces
- **Build** adolescent girl role models, parent role models and adolescent boy champions

Target Groups

- Adolescent girls and boys
- Adolescent girls’ parents
- Community leaders and structures
- School administration
- Health service providers

Numbers Reached

- **4240** adolescent girls and their families reached and followed up regularly to ensure their continuation in the high schools. They were also linked to different government schemes which support continuation of education.
- **1150** adolescent girls supported with additional tuitions and 1892 girls mobilised to be part of the 145 adolescent girls groups in the project villages.
- **3817** adolescent girls participated in the Career Counselling sessions organised in 119 schools.
- **431** gender trainings for 409 teachers and 435 SDMC members has helped the teachers and school management to develop gender plans focussed on initiating actions to retain girls in the high schools.
- **1956** boys mobilised to be part of 114 boys groups in the project villages with the main objective of encouraging an attitudinal shift among boys towards girls and shape them as advocates for girls’ education.
Over 112,000 children are registered in Government anti-retroviral treatment (ART) centers out of which 48,145 are on ART. KHPT has triangulated data from various sources to conclude that there are about 6 to 10 children who are affected by HIV/AIDS to every child that is infected.

ORPHANS AND VULNERABLE CHILDREN

Globally, the HIV/AIDS pandemic has orphaned millions of children. In India, children (<15 years) of age constitute 7 percent of the estimated 2.1 million HIV infected individuals.

Children Affected by HIV and AIDS (CABA) are defined as children in the age group below 18, who:

- are HIV infected
- have one/both parents or a family member living with HIV
- have lost one/both parents, guardian, sibling/s, family member to AIDS

Problem Tree (Extracts from workshops held for CABA)

- School Drop out
- Poor Health
- Broken Family
- Child Labour
- Poor Self-esteem
- Physical & Other abuse
- Loss of Childhood
- Fear & Insecurity
- Insensitive Teachers
- HIV, OL, ART side effects
- Marital discord, Alcoholism
- Poverty, No food
- Stigma & Discrimination
- Orphan
- Only grand parents to take care
- Sibling separation, death of parents

Our Interventions

Child
Exercise Resilience · Rights Responsibility · Leadership

Family
Skills to Promote & Protect Child · Economic Strengthening

Community
Reduce Stigma & Discrimination · Manage Children · Safety Net

Government
Child Policy · Schemes · Protection · Increased Investment

CYCLE OF VULNERABILITY

- Exposure to HIV, risk of trafficking & sexual exploitation
- Stigma & Discrimination
- Lack of access to education
- Malnutrition & lack of healthcare
- Homelessness & sick
- Lack of love & caring, emotional distress
At KHPT we believe that adequate nutrition is the cornerstone of good health which benefits the individual, families and communities at large. Insufficient, excess or imbalanced dietary nutrient intake leads to malnutrition which encompasses a spectrum of problems.

What We Do
Our programmes are designed to fight the causes and consequences of undernutrition among infants, adolescent girls, pregnant and lactating women. We tackle infant mortality, low body mass index and other nutrient deficiencies among our target groups through a sustainable programme approach.

We work alongside the State government by providing technical assistance that will improve the coverage of nutrition specific interventions among communities.

Evaluate Nutritional Needs
Baseline data on key nutritional indicators, hygiene and sanitation practices, services available, health indicators and dietary practices are collected to plan initiatives and evaluate the underlying causes of undernutrition.

Build Local Capacity
Field teams consisting of village nutrition volunteers work to bring about behavioural change in the community. We also ensure that local capacity is in place to support continued improvements in communities’ nutritional well-being.

Our Target Groups

<table>
<thead>
<tr>
<th>Target Group</th>
<th>Pregnant and lactating women</th>
<th>Adolescent girls (11-18 years)</th>
<th>Children below 36 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant and lactating women</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adolescent girls (11-18 years)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children below 36 months</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Our Reach in Karnataka

CHINCHOLI TALUK, KALABURAGI DISTRICT

- Infants and young children (7-36 months): 5,578
- Adolescent girls: 8,661
- Pregnant and lactating women: 3,264

DEVADURGA TALUK, RAICHUR DISTRICT

- Infants and young children (7-36 months): 5,676
- Adolescent girls: 8,309
- Pregnant and lactating women: 3,417

Prevent Malnutrition
As part of our intervention, we will provide ready-to-cook supplementary foods to poorest of the poor beneficiaries. The focus is on bringing about consistent behaviour change that will go a long way in lowering nutritional inadequacy among our target groups in convergence with the departments of Health, Women and Child Development and Education.
KHPT was primarily formed to complement the State and country to reduce the incidence and mitigate the burden of HIV.

Prior to 2002, Karnataka, a high HIV prevalent state in South India, was perhaps least considered for external funding of its HIV program. The State HIV prevalence in 2003 was above 1% in the general population and in more than half the districts in the State.

The State and districts (in particular Bagalkot) had very high HIV-TB co-infection rates. Despite scaling up of counseling and testing centres, less than 25% of pregnant women and only 55% of TB patients knew their HIV status in 2007 and less than 12 ART centres were functional.

How We Work
We empower communities to take ownership and work closely with Government to address HIV comprehensively with biological, social, structural & behavioural interventions.

From 2008-12, the State was intensively supported to implement targeted interventions through community based organisations, rapidly expand ART services, implement the TB-HIV initiative and integrate the Prevention of Parent to Child Transmission (PPTCT) with the National Rural Health Mission.

KHPT’s focus is on
- Innovation
- Knowledge translation and
- Technical support for the scale up of programs that will improve health and well-being of marginalised communities.

KHPT has expanded its interventions to address underlying determinants of HIV including gender inequity and gender based violence from intimate partners, adolescent education and child protection, nutrition and alternative livelihoods.

Focus

Focus
- People living with HIV & AIDs
- Men who have sex with men
- Transgender populations
- Female sex workers

Results
In its first decade, KHPT demonstrated success in rapidly scaling up HIV prevention, care and support programs, through direct implementation, provision of technical assistance, and knowledge management, using an evidence-based approach.

HIV-1 infection among FSWs

<table>
<thead>
<tr>
<th></th>
<th>(Round 1)</th>
<th>(Round 3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV-1 infection among FSWs</td>
<td>19.60%</td>
<td>10.38%</td>
</tr>
</tbody>
</table>

Source: IBBA Data
is on vulnerable populations especially the urban poor, including children, women, elderly, mobile populations and those with TB and co-morbidities (HIV, diabetes and under nutrition) and engagement of private health care providers. 

Through our interventions, we expect improved:
- urban community behaviours for health seeking
- TB prevention and treatment adherence
- adoption of standards for TB care by private health care providers
- improved city management of public resources (human, financial, technical) for urban TB services
- increased investment in urban TB prevention and care.

India contributes to the world’s TB burden.

Left uncontrolled, the disease kills more than persons every day in the country, remains a huge economic, social and medical drain on society.

India contributes 23% to the world’s TB burden.

600 persons every day in the country, remains a huge economic, social and medical drain on society.

Working to Eliminate TB in India

- To support India’s effort to eliminate TB, USAID awarded the Tuberculosis Health Action Learning Initiative (THALI) to KHPT. The project engages over 20 million people in multiple cities, including Bengaluru and Hyderabad.
- THALI improves prevention and management of TB in these cities through evidence-based solutions.

The strategy aims to end the global TB epidemic, with targets to:

- REDUCE TB DEATHS BY 95%
- CUT NEW CASES BY 90%

between 2015 and 2035, and to ensure that no family is burdened with catastrophic expenses due to TB.

THALI aligns with the global End-TB strategy and aims at reducing the incidence of TB in India by enabling early and increased detection and improving treatment outcomes.

We work towards:
- improving awareness
- stimulating behaviour change
- exploring resource mobilisation and
- enabling person-centred care through multi-sectorial collaboration and integration with RNTCP (Revised National TB Control Program).
In Karnataka, as per NFHS-3 data, over 20% women reported domestic spousal violence. The experience of such gender-based violence results in physical, sexual, emotional harm or suffering and even economic deprivation that violates women’s human rights and health, affects development and perpetuates poverty. It suppresses their ability to challenge power inequalities that perpetuate violence, thereby inhibiting action against violence.

**Response**
Funded by the United Nations Trust Fund to End Violence Against Women (UNTFTEVAW), KHPT developed a multi layered intervention response to address violence against marginalised women including women in sex work. The program intervened directly with both the primary and secondary stakeholders. This included 30,000 marginalised women across 15 districts of Karnataka and institutions like the police, judiciary and media respectively.

**What We Do**
- **Develop** violence reporting and documenting systems
- **Build** awareness and sensitise women in support groups/self help groups through modular training
- **Strengthen** crisis management teams for violence addressal in Community Based Organisations (CBO)
- **Conduct** district sensitisation campaigns

**Our Coverage**
30 districts of Karnataka

**Direct Intervention**
- **30,000** sex workers and their families
- **15** intensive intervention districts

**Statewide Intervention**
- Strengthening CBO leadership & CMT in all 30 districts
- 13,500 police personnel
- 650 magistrates
- 200 media persons
- 10 district level civil society organisation

**Results**
- **Wide awareness on issues related to violence against women**
- **Induction of women into the paralegal force**
- **Police and judiciary is more sensitive**
- **Media more sensitive and proactive**
- **Couple counselling for FSWs**
- **Decrease in violence**
KHPT’s belief and commitment to institution building of communities stems from its core vision to empower marginalised and socially excluded groups to work collectively to improve their health, and assert their rights and dignity.

We believe that marginalisation is the result of three interplaying social factors:

- **Power imbalances** between sections of the society
- **Social exclusion** arising from discriminatory practices perpetuated by dominant groups
- **Increasing vulnerability** of these communities through continuous exploitation, perpetration of violence, sexual abuse that further marginalises them and robs them of their decision making power.

### Strategy

<table>
<thead>
<tr>
<th>Capacity building and community engagement</th>
<th>Challenging power imbalances</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building critical thinking and enhancing self esteem</td>
<td>Power within</td>
</tr>
<tr>
<td>Collectivization of communities</td>
<td>Power with</td>
</tr>
<tr>
<td>Institution building</td>
<td>Power over</td>
</tr>
</tbody>
</table>

### Outcomes

- **33** FSW institutions built
- **26** institutions of sexual minorities
- **27** PLHIV networks at district level
- **06** FSW cooperatives formed

- **6000** VHSNCs capacitated and strengthened in districts of northern Karnataka
- **70%** of state HIV/AIDS prevention targeted interventions were transitioned to CBOs in Karnataka

### Results

KHPT has viewed all its projects across various issues as opportunities to work with marginalized communities and facilitate the process of institution building.

- Less exploitation
- Financial empowerment of community
- Formation of cooperatives
- Strength and confidence to challenge societal norms
- Community leaders who can effectively represent the needs of the community
Our thrust on innovation has led to creation of several tools, job aids, programme strategies, community centric models, training modules and tool kits. These have been scaled up and adopted across programmes in different geographies.

**Publications**

Our focus on systematic research and documentation has created a rich oeuvre of:

- Peer-reviewed Publications
- Program and Evaluation Reports
- Program Guidelines and Brochures
- Training Manuals
- Documentary Films
- Behaviour Change Communication Materials
KHPT has partners at all levels, ranging from community institutions to civil societies to academia and donor agencies. All our partnerships are aimed at enhancing programme effectiveness and maximising impact on communities. KHPT has also partnered with over 125 NGOs and networks at State and National levels across different program areas.

**COMMUNITY INSTITUTIONS**
- 33 community based organisations
- 15 sexual minorities organisations
- Karnataka Network of Positive People (KNP+)
- National Coalition for People Living with HIV (NMP+)
- 20 district level networks of PLHIV

**STATE/NATIONAL**
- Government of India (GoI)
- Government of Karnataka (GoK)
- The World Bank (WB)
- St John’s Medical College and Hospital/ Research Institute
- National Institute of Mental Health and Neurosciences (NIMHANS)
- Public Health Foundation of India (PHFI)
- Indian Council of Medical Research (ICMR)
- World Health Organisation (WHO)
- GRAAM (Grassroots Research and Advocacy Movement)

**INTERNATIONAL**
- University of Manitoba (UoM)
- Geneva Foundation for Medical Education Research (GFMER)
- London School of Hygiene and Tropical Medicine (LSHTM)
- Boston University
- John Snow International (JSI)
- Research Triangle Institute (RTI)
- Engender Health
- Intra health

**FUNDERS**
- United States Agency for International Development (USAID)
- Bill and Melinda Gates Foundation (BMGF)
- National AIDS Control Organization (NACO)
- Karnataka State AIDS Prevention Society (KSAPS)
- UN Women (UNW)
- Azim Premji Philanthropic Initiatives (APPI)
- Government of Karnataka (Gok)
- The Global Fund
- The World Bank
- Centre for Disease Control (CDC)
- London School of Hygiene & Tropical Medicine (LSHTM)
- South African Medical Research Council (SAMRC)
- ViiV Health Care
- Abt Associates
- Alliance India
- National health Mission (NHM)
- Karnataka State Rural Livelihood Promotion Society (KSRLM)
- World Health Organization (WHO)
- Indian Council of Medical Research (ICMR)
- Clinton Foundation
- Deshpande Foundation
- K2 Solutions
- International Center for Research on Women (ICRW)
KHPT fulfils relevant statutory requirements and has the TRUST registration, TAN, PAN, 12 A, 80G, Professional tax, VAT, EPF, FCRA. It is registered on all leading international grant management portals and with NITI Ayog, Government of India. It is empanelled with UNDP as a program partner in the country.

AWARDS

- Medallion From Governor General Of Canada, 2014
  Promotion of Bilateral Programmes Translating into Policy

- B.M.Patil Oration Award, Karnataka Association Of Community Health, 2013
  Maximum Contribution to Community Health Initiatives in Karnataka

- WHO – ICICI Award For Primary Healthcare, 2013
  Ensuring Continuity of Care for People Living With HIV (PLHIV)

- Avahan Award, 2014
  Best State Lead Partner for Mobilising Communities

Legal & Statutory

KHPT fulfils relevant statutory requirements and has the TRUST registration, TAN, PAN, 12 A, 80G, Professional tax, VAT, EPF, FCRA. It is registered on all leading international grant management portals and with NITI Ayog, Government of India. It is empanelled with UNDP as a program partner in the country.
Head Office:
IT Park, 5th Floor, #1-4, Rajajinagar Industrial Area
Behind KSSIDC Admin Office, Rajajinagar, Bengaluru 560 044, Karnataka
T +91 80 40400200  F +91 80 40400300  E khptblr@khpt.org  W www.khpt.org

Branch Offices:
C/o Flat No. 301, 3rd Floor, Admeasuring Area in “NIKHIL PLAZA”, Near Civil Hospital
Tembhi Naka, Thane 400 708
Maharashtra
M: +91 70836 32298 / 88679 11705

C/o Society for Welfare HIV Infected People
Anjali Township, Amaravati Road
Gorantla, Guntur 522 035
Andhra Pradesh
M: +91 98491 43222

‘KALYAN’ CTS No. 357/17 House 19
Municipal Housing Colony
Ramanagar 1st Cross, Dharawad 580 001
Karnataka
M: +91 83624 40161