The World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO). This year’s theme aims to mobilize action on depression, the condition that affects people of all ages, from all walks of life, in all countries. It impacts on people’s ability to carry out everyday tasks, with consequences for families, friends, and even communities, workplaces, and health care systems. This points to the need for looking at the mental health needs of populations across geographies to enhance overall wellbeing of communities.

**Role model girls vow to keep their promise**

A two-day residential leadership camp organised in Koppal district for about 541 role model girls to motivate them to play the leadership roles in their community, build their management skills in terms of forming groups, handling group conflicts and addressing concerns of other AGs in their villages. The camp included innovative activities for the girls to do everything that they were prohibited from, be it climbing a tree to gather the fruits, or throwing a ball at a target to knock off stacked glasses and many more. It ended with them taking an oath to go back to their villages and be change agents.

A Self Help Group (SHG) has been formed in each of the production units which includes the plant workers. As part of women’s day celebration, bicycles were distributed to empower the women to commute independently to work. The family members were delighted to see their daughters/daughters-in-law handling huge machineries and running the entire unit all by themselves.

"I was going to drop out of school after std 10 and get married. But after I joined Sphoorthi project, I am convinced that I can have a better future. I have convinced my parents to let me continue my education and have also communicated to them that I will not marry a boy who is interested in taking dowry. I will stand on my own feet and earn for myself."

- Shilpa, Wanballary village, Koppal

"I was protecting our country as a soldier, but here you all protecting several children & mothers by providing nutritious food. Thanks to all"

- An ex servicemen

"My daughter was not ready to work with me in the field as daily wage labourer despite the work being very easy, but I was afraid as how can she work in this factory with these huge machines. But today after seeing her work, I am very proud of my daughter. Thanks to factory team."

- Plant worker’s mother

**Multi Sectoral Nutrition Project**

**A visit to the factories to see our wonder women**

Eight summer camps organised in Karnataka and Andhra Pradesh in which 636 children participated with the aim to help CABA learn leadership, decision making and management skills in a fun and innovative way.
UP TSU

Engaging media on RMNCH+A

63 media journalists from print and electronic media of 3 districts of UP have been sensitized on health communication in order to help identify community based issues, establish and institutionalize linkages between the system and media for increasing coverage of news in this area. With the support of District NHM Nodal officers 15 best practices have been identified and shared with media in these workshops.

Namma TSU work recognised and appreciated by NACO

Dr Madhulekha Bhattacharya, NACO visited Karnataka for the review process. She appreciated the excellent coordination of the TSU with KSAPS for enhancing support to the TIs. The TSU was also appreciated for prioritisation of high risk groups for government health services proximity analysis as a best practice, link ART centres in TI settings - first of its kind in India.

Karnataka TSU

Theme: Maternal, Neonatal and Child Health

Kangaroo Mother Care (KMC) Project

Emphasizing importance of KMC

On the occasion of International KMC awareness day on 15th May, an awareness program for mothers and families conducted at SNCU, District Hospital Koppal by the SNCU paediatrician, staff nurses and nurse mentors.

Hospitals recognising and promoting KMC

Training session of ASHAs on KMC completed in Koppal taluk following which the district hospital realising the benefits of KMC deputed a staff nurse to KMC ward to promote the practice among mothers and their families.

Reinforcing KMC message improves its uptake

“When I gave birth to my daughter, her weight was 1700 gm. I was worried. They (in the hospital) taught me about KMC and I started practicing it 3-4 hours in a day. I started observing that my daughter is gaining weight and there is increase in the breastmilk. Now, I am motivated to regularly practice KMC at home.”

- Shakuntala (name changed)

Theme: Orphans and Vulnerable Children

OVC Project

A bee hive of creativity

We organised a workshop in Maharashtra led by Dr. Troy, PD, OVC project to develop communication materials to be used as job aids for the counsellors of ART centres of Mumbai District AIDS Control Society (MDACS). The workshop was attended by APD MDSACS and Director NMP+, Counsellors from Paediatric Centre of Excellence in Sion Hospital, staff from the OVC project, adolescent representatives, artists and creative writers. Nearly 30 creative concepts for behaviour change materials were developed on HIV testing, ART adherence, disclosures, and relationship issues among adolescents affected by AIDS.

Theme: Tuberculosis

THALI Project

Participation at National Healthcare Summit

KHPT-THALI was invited to set up a stall at the National Healthcare Summit. The stall was visited by Shri. Ramesh Kumar, Minister for Health and Family Welfare Department and KHPT communication material was presented to him. Participation in this event created visibility for KHPT among various government departments and administrators.

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Creating alternative livelihood opportunity

KHPT has signed a MOU with Gujarat Narmada Valley Fertilizer Corporation (GNFC) to launch a neem project which creates opportunity for rural marginalised women in north Karnataka to supplement their income by way of Neem seed collection. This initiative has the potential to be the state’s first and possibly largest self-sustaining long term social enterprise model which involves sex worker CBOs as leaders in the management of the neem seed collection at the district level.

Foraying into the NCD space

KHPT has signed a MoU to design and pilot an integrated continuum of care model for elected population group in an urban PHC area of Mysore district in collaboration with the social initiative unit of the Landmark Group. KHPT and Landmark are committed to develop a novel model in Non Communicable Disease (NCD) response to be adopted and up-scaled by the State Govt.

PUBLICATIONS

- KMC brochure for the mothers
- Link card to strengthen the linkage between facility and community for KMC
- Microplanning tool for ASHAs to identify barriers to practice KMC and provide solutions to overcome KMC barriers
- BCC materials for ASHAs to screen high risk cases and counsel mother and family to continue KMC
- Reducing intimate partner violence against FSWs - Samvedana plus baseline study report
- Keeping adolescent girls in secondary schools - Samata baseline study report
- Eight technical briefs for Samata and Samvedana
- Community engagement tools for THALI
- Resource directories of East Godavari, Krishna, Thane & Pune for OVC project
- Thematic brochure on nutrition
- Report on the vulnerability of street children in Mumbai

INTERN TESTIMONIAL

"I interned for four months under Project Sphoorthi. I had a great, fruitful experience working with mentor Mr. Ravi Prakash and I learnt a lot through field visits to Koppal. KHPT is a place not only for learning but also for enjoyment. The friendly atmosphere, events helped me become an extrovert. The internship helped me develop skills & build confidence."

- Damaraju Ashwini

Delhi TSU

Reaching migrant populations through DMRC

About 1.20 lakhs of the construction workers are being covered every year through HIV awareness program in Delhi, which is one of the preferred destination points of seasonal migrants involved mainly in the sectors of construction, casual labour and industries. The Delhi TSU consistent advocacy with Delhi Metro Rail Corporation (DMRC) has ensured regular support of their contractors in integrating HIV prevention sessions into their weekly safety sessions. The efforts helped to extend HIV testing services through mobile vans during awareness program organized at DMRC sites. A total of 537 HIV tests were done between April and June 2017 and one was found HIV positive and has been linked to care services.

Reaching the unreached population

The Active Case Finding (ACF) campaign is designed and implemented at brothels of GB road, Delhi to detect active TB cases at early stage amongst sex workers and to find the symptomatic clients and refer them to diagnosis and treatment center. Sensitization and outreach sessions on TB was conducted in 22 buildings of 95 rooms of GB Road and a total 1875 (out of 2580 active) sex workers attended these sessions. Four teams were trained for screening and identifying the symptomatic cases on field by using interview methods (one to one screening). Suspected TB cases clients referred to LNJP hospital for further diagnosis/ check-up.

EMPLOYEE CORNER

Fun fitness day

Celebrated global health awareness day on April 7 in a unique way to promote healthy lifestyle among KHPT employees.

Employee wellness is important

A health screening camp organised on June 5 by a team of doctors from Fortis hospital, Bangalore followed by free doctor consultations.

www.khpt.org | www.ihat.in