

## ★ Happy New Year!

Although it has been a difficult year, we have forged ahead to empower communities to lead a life of quality, health and well-being. Thank you for your continued support.

On behalf of all of us at KHPT, we wish you a happy and healthy new year!

We look forward to updating you as we reach for greater heights this year, and invite you to explore [www.khpt.org](http://www.khpt.org) to know more of our developments.



Tuberculosis

### KHPT partners with Central TB Division and USAID to host panel at 51st Union World Conference on Lung Health

KHPT in collaboration with the Central TB Division (CTD) and the United States Agency for International Development (USAID) organized a panel discussion on Latent Tuberculosis Infection (LTBI) in India at the 51st Union World Conference on Lung Health on October 23. The conference highlighted the importance of advancing



### Breaking the Barriers hosts webinars on vulnerabilities among the urban poor and mining and industrial workers

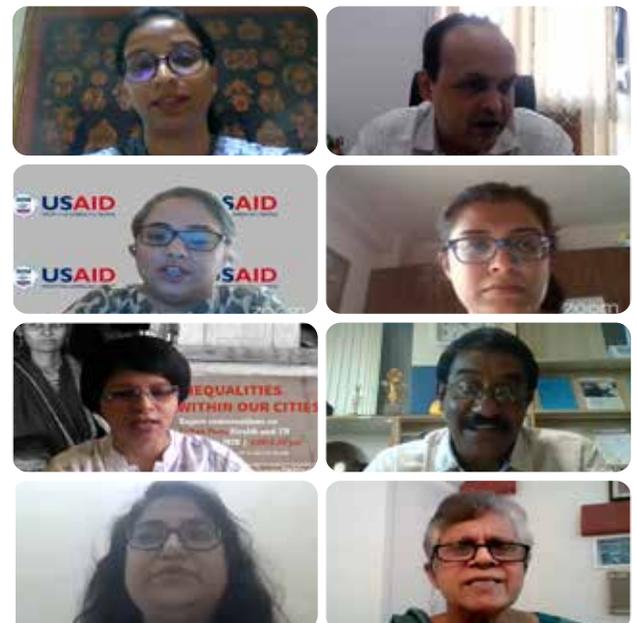
KHPT, as part of its webinar series in collaboration with USAID and the Central TB Division, organized two webinars with experts to integrate key learnings into the implementation of the Breaking the Barriers project. The first webinar, titled 'Inequalities Within Our Cities: Expert Conversations on Urban Poor, Health & TB', was held on October 6 and provided expert insights into the lived realities, the precarious situations and the everyday challenges faced by urban poor populations that makes them vulnerable to TB.

The second and final webinar in the series held on November 24 was titled 'Drivers of Industrialization: Expert Conversations on Mining and Industrial Workers, Health & TB', and specifically focused on the occupational social and economic vulnerabilities of mining and industrial workers as a segment that makes them at risk of TB.

prevention for lung disease, and was streamed online due to the pandemic situation.

The panelists included Dr Kuldeep Singh Sachdeva, Deputy Director General- Tuberculosis, CTD; Dr Reuben Swamickan, Chief, Infectious Diseases Division, USAID India; Dr Karuna Sagili, Senior Technical Advisor, TB & Communicable Diseases, The Union South East Asia (The Union), India; Mr Dalbir Singh, President, Global Coalition Against TB (GCAT); Mr Mohan HL, Chief Executive Officer, KHPT; and Ms. Sunitha D, a 32-year-old TB survivor from Karnataka. They presented a wide range of issues including the roles of policy and community in addressing LTBI in India, the importance of a community-centred approach, leveraging community networks and policy initiatives to address LTBI. The event was picked up in more than 80 publications in print and online media.

Speakers at the webinars were senior leadership from CTD and USAID including Dr K S Sachdeva, Deputy Director General - TB, Central TB Division; Ms. Sangita Patel, Director, Health Office, USAID along with representatives from think tanks, civil society organizations, and research institutions.



### Case story

K Pochaiah, aged 61, from Sangareddy TB Unit, Telangana, is a former Multi Drug Resistant (MDR) TB patient. Pochaiah is an active member of the recently formed Care and Support group at Kandi. During the care and support group meetings, he shared his personal journey of failing to complete the treatment course twice, and finally succeeding a third time with support from the State National TB Elimination Programme (NTEP).

During his experience-sharing, he spoke not only about the entire course of the treatment but also highlighted some of the side effects of medicines, alternative diet, and how a family can support patients during such a crisis.

In his message to other TB patients Pochaiah says, *“The fight against TB is not only medical but also social. If I had received such supportive environment from my peers and family members, I would have come out of my illness much earlier”*. Pochaiah suggests the organization of recurrent TB awareness and medical camps to reach out to the larger community.

### KHPT begins project addressing Gender-based Violence in Bijapur

KHPT commenced a project to address gender-based violence among adolescent girls and young women through life skills education, funded by the Wellspring Philanthropic Fund. A Community Advisory Board (CAB) was formed and the first CAB meeting was conducted on December 2 in Bijapur to induct them and apprise them of their roles and responsibilities. The CAB consists of district child protection committee officers, district programme counsellors, NGO and CBO representatives, Zilla Parishad members, ASHA Workers' Association representatives and adolescent girls.

### Capacity-building and training workshop conducted on Menstrual Hygiene

A seven-day capacity building and training programme was conducted virtually in December on menstrual health and hygiene as part of the ‘Sahaj’ project on menstrual hygiene funded by Mangalore Chemical Fertilizers. Master trainers from the Sukhibhava Foundation conducted an interactive and activity-based online training for KHPT’s frontline workers in Koppal, covering a range of topics including sexual and reproductive organs, puberty, the menstrual cycle, menopause, and menstrual hygiene products.

### Alternative Law Forum facilitates workshop on gender-based violence

KHPT organized a two-day capacity building workshop on 23 and 24 December for research staff and community organizers in Bengaluru, as part of the project to address gender-based violence through life skills education. The workshop, facilitated by the Alternative Law Forum, included legal and feminist ethics training to strengthen participants’ understanding of gender and gender-based violence. The workshop also included training on ethnographic methods to research gender-based violence as well as research ethics.



### Patient support group meetings start in November

KHPT field staff in Mysuru conducted informal meetings of 40 Patient Support Groups (PSGs) in November. The primary objective of these meetings was to discuss the formation of PSGs, motivate patients to participate, and to discuss the future functioning of PSGs and benefits to the patients. The patients that participated in meetings expressed the need to strengthen this platform for their mutual benefit. 522 (157 males and 322 female) patients participated in the initial meetings.



### Medtronic Foundation grant extended for seven months

The Medtronic Foundation has extended the current grant period for the project titled “Developing an innovative community health worker-led outreach and mobilization model towards improved care for non-communicable diseases among underserved populations in urban areas of Karnataka” from December 2020 to July 2021. Due to the COVID-19 pandemic, planned activities could not be accomplished, hence the donor deemed it fit to extend the grant with additional emphasis on the patients’ mental health, capturing the voices of patients and community health workers, and sustaining Patient Support Groups. The project will use this feasibility extension period to bring out technical briefs and manuscripts, which will be useful in interactions with the government and external agencies.

## Case study on KHPT's NCD interventions published in NCD Alliance report

A case study on KHPT's Innovative Community Health Worker Model, "A People-Centred Approach to Optimise NCD Outcomes in South India" was featured in the NCD Alliance Discussion paper. The discussion paper sought to provide a better understanding of how putting a people-centred lens to the concept of social impact and social business models can help drive progress towards sustainable and equitable access to NCD care for all. [Read more](#)



### Case Story

Mrs Mangamma, 58, from the Ningayyankere area of Kumbarakoppala, Mysuru, has been diabetic for the last 20 years, compounded by hypertension for the last 8 years. She believes the stress caused by her eldest son's suicide caused her condition. The mother of three was previously diagnosed with coronary artery disease and had undergone surgery twice. She had complaints of weakness, tiredness, severe itching, and frequent urination, which made her seek medical advice.

Mangamma began receiving care under the Landmark project in April 2019. She underwent Glycated haemoglobin (HbA1c), Urine albumin to creatinine ratio (ACR), Lipid profile, electrocardiogram (ECG) and diabetic retinopathy (DR) screening. She was given regular follow up by the CHW on adherence to medication, and lifestyle modification. The regular tests, follow-ups and counselling by the project counsellor also helped her to improve the control level of blood sugar and lead a healthy life. She says that she is very happy with the services provided to her.

## CPHC lead participates in panel discussion at community health conference

Dr Swaroop N, Thematic Lead, CPHC, represented KHPT at KACHCON-2020, the 32nd annual state conference of Karnataka Association of Community Health (KACH) held from December 21-23. Dr Swaroop was a panellist in a discussion entitled "Did COVID-19 offset the NCD gains?"

Dr Prashanth Mathur, Director, National Centre for Disease Informatics and Research, Indian Council of Medical Research (ICMR), New Delhi, Dr CN Manjunath, Director, Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bangalore, Dr Medha Rao, Principal, Ramaiah Medical College, Bangalore, Dr Rangaswamy, Deputy Director, National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS), Government of Karnataka, and Dr Rajani, Deputy Director, Mental Health, Government of Karnataka, were the fellow panellists. The discussion was moderated by Dr Nayanjeet Chaudhary, Director, Ramaiah International Centre for Public Health Innovations (RICPHI), Bangalore.

## KHPT collaborates with Meghalaya government and GAIN to plan food fortification in the state

The Commissionerate of Food Safety, Meghalaya, organized an inter-department round table meeting in collaboration with KHPT and Global Alliance for Improved Nutrition (GAIN) on October 5.

The meeting, chaired by the Chief Secretary of Meghalaya state, Mr. M. S. Rao, IAS, was organized over an online platform to discuss and plan food fortification implementation in the state. The Principal Secretary and state program heads from departments of social safety, education, civil supplies and food safety were part of the meeting. Officials from FSSAI New Delhi and Calcutta also joined the meeting. Several key decisions with regard to promoting large scale food fortification in the state of Meghalaya were taken at this meeting.

## Resource persons trained in edible oil fortification

KHPT, in partnership with GAIN, conducted a training for national resource persons for edible oil fortification on November 4 and 5 in Kakinada, Andhra Pradesh. Sixteen expert participants from different states participated and were trained as resource persons. The participants including representatives of the food safety department, premix supply industries, and laboratories, as well as edible oil manufacturing technologists. Details of the resource persons will be shared with Food Fortification Resource Centre for upload to the FSSAI website.

## Capacity-building training module piloted in Bihar

As part of CARE India's program on strengthening the capacity of frontline workers (FLWs) to impact critical MNCH outcomes in Bihar, KHPT developed and piloted the first module for the frontline workers, which is focused on upholding the professional dignity of FLWs.

KHPT undertook two pilot trainings for the District Resource Persons (DRPs) in Rohtas and Nawada districts, Bihar on December 14 and 16, respectively. 74 DRPs were trained on the 1st module, which was developed based on community-centric and empowerment-driven perspectives. The training process included participatory approaches including Intimate Interactive Techniques using audio visuals to trigger the participants to actively participate throughout the training.

Participants found this training different from their other trainings as it focused on their personality development. This pilot experience helped the team to fine-tune the training process.



## Voice

“Thank you for teaching us through interactive activities. One of the key learnings from the training is that having a positive attitude will bring success in our personal and professional life. I will teach my ASHAs about the importance of positive attitude and help them to develop a positive attitude during my cluster-level ASHA meetings and field visits.”

**ASHA FACILITATOR, NAWADA DISTRICT**

### **KHPT participates in state-level events on World AIDS Day 2020**

KHPT senior team members participated in the state-level World AIDS Day programme organised by the Karnataka State AIDS Prevention Society (KSAPS) on December 1 in The Bangalore Medical College and Research Institute (BMCRI), Bengaluru. The event was inaugurated by Dr K Sudhakar, Health Minister and Medical Education Minister, Government of Karnataka; Sri Javed Akhtar, Secretary, Ministry of Health and Family Welfare (MoHFW), Government of Karnataka; Sri Pankaj Kumar Pandey, Commissioner, MoHFW, Government of Karnataka; Dr Arundhati Chandrasekhar, Mission Director, National Health Mission; Smt. K Leelavathy, Project Director, KSAPS; Dr M Indumathi, APD, KSAPS ; Dr Uday B Garudachar, MLA, Chikkapete, Bangalore; District TB Officers and District AIDS Prevention Unit Officers, Bangalore, among others.

The District AIDS Prevention Control Unit (DAPCU) and DTOs conducted World AIDS Day programs in all 30 districts. The theme of this year's World AIDS Day being "Global Solidarity and resilient HIV Services", it was an important platform to highlight the role of frontline workers to deliver services like home delivery of medicines to PLHIV communities in the getting essential HIV services during the COVID-19 pandemic. Staff of 36 Care and Support Centers (CSCs), including peer educators, ORWs Project Coordinators, and members of

district level networks boards, participated in Jatha and stage programs. The program highlighted the role of communities at a time of reduced funding and shrinking space for civil society, emphasizing the need for more efforts to mobilize communities to effectively address the barriers that prevent their active involvement in service delivery. Advocacy efforts by the communities is essential to enhance the responsiveness of policymakers and program implementers.

Dr K Sudhakar, appreciated KSAPS and Care, Support & Treatment (CST) Division for their undeterred work through the pandemic, and DAPCU Unit awarded 19 CSCs, 5 ORWs and one Peer Counsellor at the state and district levels for their services.



## *the staff corner*

### New recruits in the quarter

We have around 20 staff (both employees & consultants) who have joined KHPT across projects / locations with diversified skill sets.

### Learning and Development Initiatives

In this quarter, the management nominated / provided opportunity to 17 of our staff across the grades to attend some paid trainings/ workshops in the public domain. These trainings were intended to enhance the soft skills and competencies of the staff on subjects including:

- The common purpose programme for Senior Leaders
- Training on Understanding Self for Leadership for young professionals
- Course on Machine Learning & Artificial Intelligence
- eCourse on Monitoring and Evaluation of Health Programs (eLearning) by IIPH

In the month of October, the KHPT management conducted a 'staff poll' to know what the staff (including field staff) think about the latest initiatives in the organisation i.e. restructuring & re-visioning, COVID crisis management and employee happiness. This was an anonymous poll and the results were very encouraging. Staff were asked to vote 1-10 rating scale (10 being highest score) for the below 3 direct questions

### Staff Poll Analysis

1

After the organisational re-visioning process and restructuring of themes and teams, do you feel that we are moving in the right direction?

**Results:** 88 % of staff voted between 8-10 and 50% responding with 10

2

Happiness is one of the main drivers of motivation to continue working in any organisation. Are you happy in KHPT?

**Results:** 90 % of staff voted between 8-10 with 65% responding with 10

3

COVID- 19 has affected everyone, including our communities and staff. As a public health organisation do you think we handled the challenges of the pandemic well?

**Results:** 90% of staff voted between 8-10 with 54% responding with 10