

INSTITUTIONAL UPDATE: COMPREHENSIVE PRIMARY HEALTH CARE

OCTOBER-DECEMBER 2023

KHPT's approach to Comprehensive Primary Health Care

Comprehensive Primary Health Care (CPHC) is a holistic approach to health and well-being, which encompasses all services and is delivered in partnership by an interdisciplinary team through a range of services and programs that are accessible, equitable, culturally appropriate, and effective. KHPT's goal is to design, implement, and sustain need-based urban and rural CPHC models to achieve Universal Health Coverage in select cities and rural areas in India.

KHPT's current CPHC initiatives include

- 1 A CPHC model to deliver Universal Health Coverage with a special focus on Reproductive Maternal New-born Child and Adolescent Health (RMNCH+A) in Bengaluru, funded by Wipro Cares
- 2 Establishing a CPHC-Innovative Learning Centre (ILC) in collaboration with the NHSRC to strengthen the capacity of selected Urban Primary Health Centres in delivering CPHC services in Bengaluru and Mysuru city
- 3 The Arogya Sangama project, which involves building a sustainable model of convergence and community engagement through the Gram Panchayat Task Force (GPTF) for responsive primary care in Chamarajanagar (Kollegal) and Raichuru (Devadurga) districts, funded by the Department of Rural Development and Panchayat Raj, Government of Karnataka
- 4 Grama Arogya, formerly known as the Grama Panchayath Arogya Amrutha Abhiyaana (GPAAA), a convergence initiative to strengthen Gram Panchayat (GP) leadership to ensure the health of rural vulnerable communities across 31 districts of Karnataka
- 5 A Holistic Health and Community Development (HHCD) intervention in Vandse Gram Panchayat area, Udupi, Karnataka, to conduct participatory action research and develop local interventions addressing the social determinants of health, in close collaboration with community stakeholder
- 6 Developing an urban healthcare delivery model to ensure equitable access to Comprehensive Primary Healthcare (CPHC) in urban areas for vulnerable populations in the Gottigere UPHC areas of Bengaluru involves adopting an Implementation research approach

Government Engagement

KHPT presents Grama Arogya initiatives to Chief Minister at Vidhana Soudha event



Chief Minister of Karnataka, Shri Siddaramaiah, visited the Grama Arogya stall with Shri Priyanka Kharge, RDPR Minister, and senior government officials [left], Shri Anjum Parvez, IAS, Principal Secretary to RDPR, GoK took a BP test [right]

KHPT exhibited information, education, and communication IEC materials on the Grama Arogya programme and organized a health screening camp at an event held by the Government of Karnataka at the

Vidhana Soudha in Bengaluru on October 2 to mark Gandhi Jayanti. The Honourable Chief Minister of Karnataka, Shri



Siddaramaiah, visited the Grama Arogya stall, accompanied by Shri Priyanka Kharge, Minister, Department of Rural Development and Panchayat Raj (RDPR); Shri Naseer Ahmed, Member of Legislative Council

(MLC); Dr K Govindaraj, MLC; Shri Anjum Parvez, IAS, Principal Secretary, RDPR; Smt Uma Mahadevan, Additional Chief Secretary (Panchayat Raj), and Smt Priyanka Mary Francis, Commissionerate, Karnataka Panchayat Raj.

Ms Elizabeth Joy, Programme Support Lead at KHPT, explained Grama Arogya initiatives to the dignitaries, including the portable Health Management Kit, which is being distributed to Gram Panchayats in 31 districts for screening within communities and at worksites throughout the Grama Arogya programme.

During the event, Shri Anjum Parvez, IAS, Principal Secretary, RDPR, and other senior officials underwent screening and expressed their support for the programme. Gram Panchayat members who took part in the event were also screened for diabetes, hypertension, TB through verbal screening, and anaemia.

KHPT facilitates a session on the role of Panchayati Raj Institutions in community health for PRI officials in Hyderabad



■ Ms Poornima BS, from KHPT, facilitates the session

KHPT facilitated sessions on “Social Accountability for Better Maternal and Child Health Outcomes in Rural India: Role of PRIs” for the faculty from the State Institute of Rural Development, officials from Community Based Organisations (CBOs) and NGOs working on public health at the National Institute of Rural Development and Panchayat Raj in Hyderabad. The training was held on November 16 as part of the national training program on “Capacity Building of PRIs for Strengthening Community Health with a focus on LSDG Theme 2: “Healthy Village”.

The training programme focused on the role of Panchayati Raj Institutions (PRIs) in social accountability, involving the active participation of PRIs in improving Maternal and Child Health (MCH) outcomes, by

actively engaging with the community, improving health infrastructure, monitoring service delivery, and fostering gender equality, PRIs can contribute to reducing maternal and child morbidity and mortality. Additionally, there was a focus on the role of PRIs in community health, in line with Localised Sustainable Development (LSDG) goals. Ms Poornima BS, Deputy Director-Programme, CPHC, facilitated these sessions.

Deputy Director General, Central TB Division, visits Grama Arogya camps in Mysuru and Mandya districts

Dr Rajendra P Joshi, Deputy Director General, Central TB Division (CTD), visited Mirle and Holalu Gram Panchayats (GPs) in Mysuru and Mandya districts on November 24. The purpose of the visit was to understand more about how GPs are leading TB-related initiatives as part of the Grama Arogya programme. During the



■ Dr Rajendra P. Joshi, DDG, Central TB Division, with senior officials and GP Members [left], Dr Rajendra P. Joshi interacting with Front Line Worker [right]

visit, Dr Joshi witnessed health camps in action and spoke with representatives from the Health, RDPR, and WCD departments, GP-elected members, frontline staff, and camp beneficiaries at Mirle GP along with Dr Shivayogappa, State TB Officer, Dr Mohammad Sirajuddin, Mysuru District TB Officer, Mr Harish, Executive Officer, Dr Shazia, WHO Consultant, Mr Mohan HL, CEO of KHPT, and Dr Shobha Reddy, Director of Programs and Strategy, KHPT. Food baskets were distributed to Persons with TB (PwTB) and their families, funded by a local NGO. The team also interacted with TB champions at Holalu GP. The three departments’ efforts to come together, the GPs’ systematic documentation, and the way panchayats are allocating resources, and time to TB-free initiative were appreciated, and Dr Joshi emphasized that the current Grama Arogya initiative will be highlighted as a best practice at the national level.



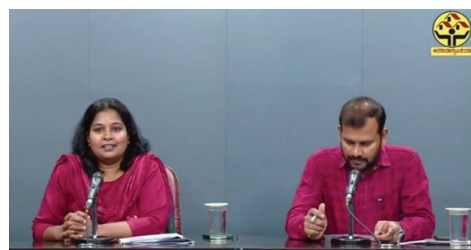
KHPT facilitates session to capacitate GPs on TB Mukta Panchayat initiative



■ KPRC Facilitators at the live YouTube session (left) Ms Elizabeth Joy, from KHPT, facilitated at live YouTube session (right)

The Department of RDPR, Government of Karnataka hosted a live YouTube session for all PRI officials and GP elected representative from the Karnataka Panchayat Raj Commissionerate (KPRC) Studio on December 16. KHPT, in collaboration with the state TB programme facilitated a live YouTube session to inform PRIs about the Grama Arogya programme and TB Mukta Panchayat initiative. A joint session was chaired by Smt Nagaveni, Deputy Directorate, KPRC, Shri Jagadish KS, Assistant Director, KPRC, and Dr Shivappa, Senior Specialist, NTEP.

Ms Elizabeth Joy, Programme Support Lead, led the discussion on Grama Arogya programme, its significance, the necessity for



camp organisation, and the role of GPs in anchoring the programme. Approximately 32,000 people from all over Karnataka participated in the live session on YouTube.

KHPT article on India’s approach to TB published in RDPR’s Karnataka Vikasa Magazine

KHPT article titled “India’s Holistic Approach to Tuberculosis: Ni-kshay Mitra and TB Mukta Panchayat” Initiatives published in Rural Development Panchayat Raj’s monthly edition of December 2023 magazine was authored by Dr Shobha Anand

Reddy, Director-Programmes and Strategy, Mr Raghavendra T, Project Lead, Grama Arogya and Ms Elizabeth Joy, Programme Support Lead from KHPT.

The magazine is circulated to all 5759 panchayats in Karnataka. The Ni-Kshay Mitra programme and the TB Mukta panchayat initiative were discussed in the article as examples of paradigm shifts in the fight against TB and how these initiatives can bring about long-lasting change by addressing the socio-economic variables that contribute to the disease’s persistence in addition to its medical features. The article can be accessed on the RDPR Portal.



■ The article published at Karnataka Vikas Magazine

KHPT and JHU team meet Raichur DSO, CEO to discuss programme activities



■ KHPT-JHU Arogya Sangama team with ZP CEO, Raichuru

The KHPT and JHU team visited the Raichur district as part of the Arogya Sangama project on November 28 to provide project updates and seek support for commencing field activities. Dr Ganesh, the District Surveillance Officer of Raichur, chaired the presentation, during which the KHPT team shared the project updates. Following this, the team met with Shri Pandve Rahul Tukaram, Chief Executive Officer of the Zilla Panchayat of Raichur, to ask for his support in starting field activities

in Devadurga taluka. Then, the team visited one of the intervention Primary Health Centres (PHCs) in Gabbur, where they had a brief discussion about the Arogya Sangama and various aspects of programme with the PHC Medical Officer and other health facility staff.

The meeting helped the PHC staffs to gain insights into the Arogya Sangama Programme and the role and responsibilities of the staff in the current programme.

KHPT and GPs lead community campaign on mental health

Grama Panchayats (GPs) capacitated by KHPT through the Grama Arogya Programme across 31 districts of Karnataka and led the community awareness campaign from October 10-17, as part of the World Mental Health Day. The objective of the campaign is to create awareness and promote positive mental health practices among rural communities and to ensure access to mental health support through Sahita Careline/Tele Manas. The campaign was a joint initiative of the Department of RDPR Health Department, and KHPT.

KHPT developed the detailed concept note to operationalise the campaign and the required IEC prototype and facilitated the process with the active involvement of the GP and organised awareness events



■ KHPTs Sahita Careline card distributed to the community for seeking counselling support (left) SHG Women holding the mental health slogan placards (right)

targeting GP members, MGNREGA group, Self-help group, School Children, Youths and Adolescents, Community structures, Local Leaders, Community based organisations (CBOs), Non-Government organisations (NGOs), Parents and caregivers, and the elderly population. Awareness programs were conducted through Jathas, speeches, using Jingles, informative videos, flipcharts, and placards used to reach specific target



groups. Sahita Careline-**1800 532 4600** and District Mental Health/Tele Manas-**14416** contact details publicised at a campaign for people to reach out for further services such as counselling. A total of **1098** awareness activities were organised in **1046** GPs from 30 districts of Karnataka and **61021** people reached through the awareness campaign among them **26,227** were male and **34,891** were female participants.

Grama Panchayats lead community campaign on Menstrual Hygiene

KHPT collaborated with RDPR to conduct a menstrual hygiene awareness campaign. The campaign was implemented on a pilot basis in November in seven GPs of Shivamogga district. The purpose of the campaign was to address myths surrounding menstruation,

confront taboos, and raise awareness among girls, family members, and communities. The campaign also aimed to provide information on increasing access to and use of sanitary napkins and safe disposal of napkins in an environmentally friendly manner.

The campaign included awareness creation at schools, self-help group (SHG) meetings,

and orientation of GP members for their active involvement. It also included essay and speech competitions on menstrual hygiene in schools. As a result, GPs took responsibility for ensuring the availability of menstrual hygiene materials to adolescent girls and women in villages, conducting monthly meetings with adolescent girls to create awareness, sensitizing men about menstrual hygiene, and discussing the topic during VHSNC meetings and Village Health and Nutrition day. They also arranged easy access to sanitary napkins for girls and women's through local NGOs support and explored the possibility of providing incinerators for girls' hostels and solid waste disposal units under the 15th Finance Commission grant. Based on the positive response received by the GPs, the menstrual hygiene campaign is planned to be extended to other blocks of the Shivamogga district.



■ A Mother and Girl rangoli drawn by the school students (left) Shri. Araga Gyanendra, former Home Ministers Karnataka Govt, addressing the community (right)

KHPT support special health camps for differently-abled persons

KHPT supported the Health Department, and RDPR Department, WCD, the Department of Empowerment of Differently Abled and Senior Citizens,



■ Specially abled women getting health awareness/screening at Grama Arogya camp [left], Health Screening for PwD at door step in Kampli village [right]

Government of Karnataka, in conducting special health screening camps for differently-abled persons or persons with disabilities across 31 districts of Karnataka through the Grama Arogya programme in November and December. The KHPT's Grama Arogya staff coordinated with the

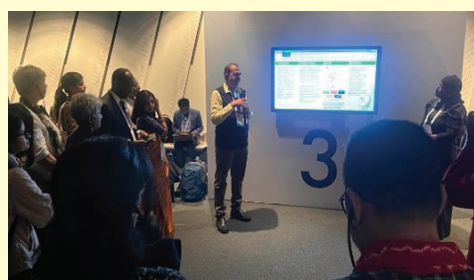


ZP to issue circulars/directives to Gram Panchayats to organize special health camps for screening differently-abled persons. Information about differently abled persons was collected from the District Handicapped Welfare Officer, Multi-Purpose Rehabilitation Workers (MRWs) at the Taluk level, and Voluntary Rehabilitation Workers (VRWs). Grama Panchayat Task Force (GPTF) members and VRWs assisted in mobilizing the differently abled persons for the camps and got them screened in the camps. People with mobility issues were screened at their door- steps. A total of **273** special camps were held by **256** GPs, and during the camps, **10,000** individuals with disabilities underwent screening. Numerous GPs are still holding camps across the state.

Partner Engagement

KHPT presents abstract on Capacity-Building of GPTF at the Union World Conference on Lung Health

Mr Raghavendra T, Project Lead of Grama Arogya, presented an abstract at the conference 2023 Union World Conference on Lung Health (Union Conference) took place in-person on 15-18 November 2023 in Paris, France under the theme 'Transforming evidence into practice'. Abstract titled -



■ Mr Raghavendta T, presents at the Union World Conference on Lung Health-2023

Capacity building of Gram Panchayath Task force members through distance learning enabled by digital technologies and impacting wider audience; experience from Karnataka State, India. His presentation highlighted Capacity-Building of Gram Panchayath Task force and the experience of working with PRIs at the grassroots level as a nodal agency to reach unreached populations and build effective linkages to health services. This was one of six abstracts presented at the conference by KHPT.

Communications and Advocacy

Grama Arogya model presented at International Tuberculosis Conclave in Mysuru



■ Dr Mallika Tharakan, presents at the International Tuberculosis Conclave 2023 [left], Dr Rajendra P Joshi and delegates visited KHPTs IEC stall [right].

Dr Mallika Tharakan, Lead, Knowledge Management at KHPT, gave a presentation on November 24 at the International Tuberculosis Conclave 2023. The theme of the event, hosted by the Department of Community Medicine and Respiratory Medicine of Jagadguru Sri Shivarathreeshwara (JSS), Mysuru, was "Accelerating Progress towards a TB-Free World: Innovation, Challenges, and Solutions." The presentation was based on experiences from the Grama Arogya

programme, which is a convergence approach to engage and empower Gram Panchayats to improve public health status



and build TB Mukta Grama Panchayats. The event featured keynote speeches, panel discussions, interactive workshops, and presentations, providing a platform to exchange knowledge and foster collaborations. As part of the event, KHPT set up an IEC stall on November 23 and 24. Dr Rajendra P Joshi, Deputy Director General of the CTD, and delegates from CTD, representatives from NGOs, NTEP officials from various states visited the IEC stall.

KHPT's case study on Grama Arogya published by USAID Health Systems Strengthening initiative

KHPT submitted the Grama Arogya programme as a best practice under the theme 'Locally-led Development to the USAID Health Systems Strengthening Case Competition 2023. The case study, titled "Engaging Grassroots Governance Structures for Community Health and Development through a Whole-of-Government Approach in the South Indian State of Karnataka", aimed to highlight the contributions of KHPT in strengthening health systems and improving health outcomes. The Health Systems Strengthening Case Competition poster on the Grama Arogya model was published on USAID portal in November.



■ Grama Arogya Model presents at the USAID HSS Case Competition 2023

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Voices from the Ground

Women are frequently the victims of mental torment due to chronic illnesses, familial issues, stress, domestic abuse, and a lack of avenues to share their pain. They ignore their suffering and go about their everyday lives. The awareness programme is very helpful, as have to know that there is a confidential mental health Careline- SAHITA to listen to our mental pain and provide counseling support.

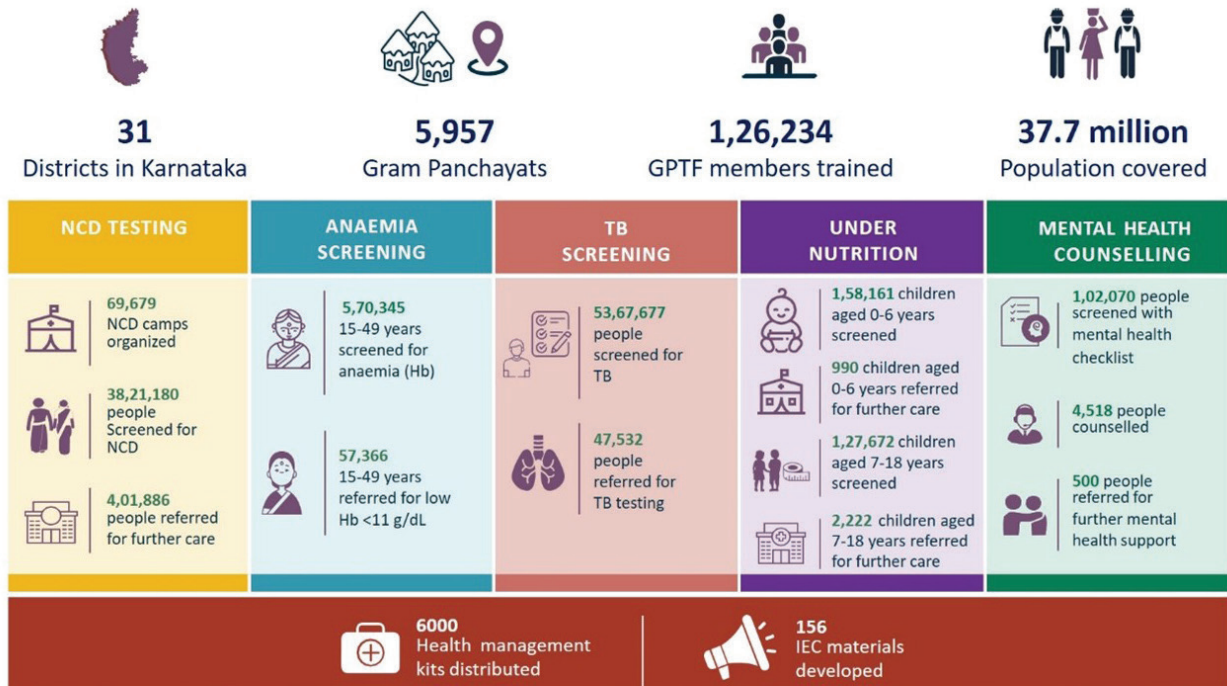
- **Ratnamma**, Sanjeevini Federation of Women Self-Help Societies, Mysuru district

Children today frequently experience confusion; they are unable to discuss issues with parents or teachers, which leads to mental depression and they are also plagued by exam stress and anxiety. For these reasons, children are grateful to the Grama Panchayat and KHPT team for alerting students to the helpline, which will be extremely beneficial in resolving issues.

- **Nagaraj Aras**, Principal, Government Boys Pre-Graduation College, Mysuru district

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Programme Impact



*The above figures are a summation of 31 districts in Karnataka for the September 2021 - December 2023 period. The project was initiated in 14 districts from 2021 and scaled up to the remaining 17 districts in September 2022. The undernutrition data is from December 31, 2022 onwards.



KHPT
engage, innovate, empower

As we pause to reflect on the year gone by and contemplate the future, we wish to thank you for taking this journey with us, and making 2023 a memorable year.

As we continue our shared pursuit to touch more lives through collaboration with communities, we wish you and your loved ones a joyful and meaningful new year!

Happy 2024!

Follow us on: 

KHPT

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