



PHRN NEWSLETTER

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STAFF NEWS

Dear friends and colleagues,

We are glad to share our quarterly newsletter for the period October - December 2022. We continue to demonstrate our efforts toward our committed goals. Our team has shown their dedication in implementing projects on various themes across states, which is highly appreciated.

During this phase we gained more experience through new projects and other development opportunities along with few concerns, regarding the FSSAI's delay in making the most front-of-pack label and fixing higher cut-offs for sugar, salt, and content in processed food. During this period, our team members participated in several workshops and training, that included participation in proposal writing workshops, smart advocacy workshops, etc. We also participated in a consultation on the Food Security and Social Protection Policy option.

In Odisha, visits were undertaken by CEO, NITI Aayog- Sh. Parameswaran Iyer, Sh. Anil Kumar Jha, Union Secretary, Tribal Affairs, Govt. of India, to OPNIP creches at Kundehi village coming under Juang Development Agency (JDA) Gonasika, Keonjhar, and Durdura village, under Hill Kharia Mankidia Development Agency (HKMDA) Jashipur block, Mayurbhanj.

Ms. Roopa Roshan Sahoo, who recently took charge as Commissioner cum Secretary, SSD, GoO visited the Deogada creche of KKDA Belghar. Teams in Odisha were also part of the Training of Trainers (ToT) on PLA in OPNIP villages.

In Jharkhand, an income generation activity by Tejaswini Club called "SAMBAL TANTRA" was conducted for economic empowerment for adolescent girls and young women.

In Chhattisgarh, with support from TDH-BMZ, we started a new project in the month of November 2022, titled- "Gender justice: Equal access to sufficient and healthy food strengthens the food security of women and small children". The project will be implemented in Ambikapur district of Chhattisgarh. The project will contribute to minimizing hunger, acute malnutrition and increased self-reliance in food and nutrition among marginalized communities, especially women and children in the north Chhattisgarh, India

Through the various kinds of work happening in multiple states, PHRS has been able to identify the strengths and weaknesses, and gaps where there is work lying ahead to be fulfilled.

Once again, heartfelt congratulations to the entire team for their endeavours in the past few months. Wishing us all more power to continue on this winning streak with hope, trust and a genuine intention for collaborative work. Thanks to all donors, part-

NEWS FROM THE SECRETARIAT

Participation in press conference on FSSAI's delay in making must front-of-pack label and fixing higher cut-offs for Sugar, Salt and Fat content in processed food

Dr. Vandana Prasad from PHRN along with several health experts played the Food Safety and Standards Authority of India's (FSSAI) proposal to give the food industry four years before making front-of-pack labelling mandatory and for fixing high cut-offs for sugar and salt and fat content in processed food. "The high risk from high sugar content in a bottle of fruit juice doesn't get mitigated just because it has some juice in it. Health risk from high sugar and far in a bar of chocolate will not get reduced just because you add fruits and nuts to

it. But that is precisely what the Indian Nutrition Rating (INR) system of FSSAI with points for 'positive nutrients' will do. A bar of chocolate will get a higher number of stars because it contains nuts or fruits. That is misleading and ridiculous" said Dr. Vandana Prasad of the Public Health Resource Network.



Participation in proposal writing workshop organised TAAC hub

Dr. Nousheen Fatima

As a part of MAGiC project, the Advocacy and Accountability Collaborative (TAAC) hub, Jhpiego organised a two-day workshop for its various partners on 'Proposal writing' in Ranchi on 13th and 14th October 2022. In this two-day workshop principles of proposal writing were explained along with the various components of proposal writing. A brief presentation was made on the planning matrix followed by a group activity on writing the problem statement. Technical sessions were also taken on preparing a thorough implementation plan. Apart from the technical session, the TAAC hub team also took a session on donor mapping. The workshop ended with a feedback session and vote of thanks.

Prevalence and causes of malnutrition among under five children in selected geographies of India

Dr. Nousheen Fatima

The study titled 'prevalence and causes of malnutrition among under five children in selected geographies of India' has completed its data collection in three of the selected states namely Assam, Odisha and Delhi. An internal review meeting was organised with Dr Vandana Prasad (Technical Advisor,PHRS). During this meeting the preliminary findings on the prevalence of stunting, wasting and underweight among the children enrolled in the study were presented and discussed in detail. During this period we also initiated the data collection in Karauli district, Rajasthan.

A Study to determine the factors affecting treatment adherence for Hypertension and Diabetes in different contexts.

Ms. Tanya Lamba

PHRS is currently undertaking study in multiple states including Assam, Chhattisgarh, Delhi, Jharkhand, and Odisha with support from the National Health Systems Resource Centre. The aim of the study is to assess the proportion of treatment adherence for diabetes and/or hypertension and identify factors associated with treatment adherence in different contexts.

The MOU was signed on 26th October 2022 between PHRS and NHSRC. The project is for a period of one year, from 1st November 2022 to 31st October 2023. The study team consists of the principal investigators: Dr. Vandana Prasad

and Dr. Sulakshana Nandi. For the recruitment of research coordinator, written tests and interviews were conducted with shortlisted candidates by a team consisting of ED, PHRS and the Principal Investigators. Research coordinator (Ms. Tanya Lamba) was recruited and joined on 25th November as part of the study team. Thus far the study team has finalised the methodology and the study protocol has been developed. The IEC meeting was conducted on 21st December to review the study and give ethical clearance. Key informant interview of subject matter expert was conducted with Dr. Yogesh Jain by the study team. Currently, the team is working on developing the patient survey tool and desk review of secondary literature and government documents.

SMART Advocacy Workshop

Dr. Aditi Hegde, Mr. Piyush Jha, Ms. Rishita Maiti

A three-day workshop was conducted with NPI (New Partnership Initiative) members of TACC (The Advocacy Accountability Collaborative) in Ranchi, Jharkhand. Four NPI organizations attended the workshop, which was led by the Jhpiego team. Dr. Aditi Hegde

MAGiC project activity report

Dr. Aditi Hegde

October was the month of the famous Hindu festival – Diwali. Just like there is victory of light over darkness, in the community also, women are an epitome of light over the evil dark. With the same theme, 'lit the lamp' event was conducted in the month of October in 12 villages of Madhupur – Sapha, Madina Moholla, Paharpur, patwabad, Govindpur, Tanderi, kajra, Matiyara, Rupabad, Kurmidih, Paniyara, and Billi. In each village around 20-30 women and adolescent girls gathered together to light a candle/ lamp in the name of a girl child (ek diya beti ke naam). They took the oath that whenever darkness arises in the community in the form of female foeticide, early marriage of their daughters, gender inequality, etc., everyone would fight against it and bring back the light. The sevika, sahiya, and school teachers also participated in the events.

November 2022

The theme for November month was Gender and Health. Based on this theme various activities, events, and games were conducted in the villages. The PLA module for gender and health was developed and designed by Dr. Aditi Hegde by the end of October. The main objectives of this month were:

(Senior Program Coordinator), Mr. Piyush Jha (Program Coordinator), and Ms. Rishita Maiti (Research and Documentation Officer), were present during the workshop. Training was done on application of SMART (Specific, Measurable, Attainable, Relevant, and Time-bound) approach to advocacy. The workshop had nine steps in total, combined into three phases. Its ultimate goal was to strengthen

- To emphasize the difference between sex and gender in the community.
- To communicate the biological process of sex determination.
- To accentuate the importance of unity among females in a community.
- To empower females at community level.

Training of the trainers and field coordinators

The PLA module consists of two sections - the micromodule and the technical section. The technical section consists of definitions and technical knowledge of gender and health. The micromodule consists of activities and/or games that were to be implemented in the community. These activities were:

- The flip-chart activity to differentiate between gender and sex
- The lentil and rice game to explain the process of biological sex determination
- The game of goat and tiger to emphasize upon female empowerment

Dr. Aditi Hegde conducted training of Mr. Piyush Jha (Project Coordinator) and Ms. Rishita Maiti (Research and Documentation Officer) on 26th October 2022. The online training session was

Consultation on Food Security and Social Protection Policy Option for the Last Mile

Dr. Rupa Prasad

The National Foundation of India held a consultation on 14th and 15th of December 2022 to constitute a Community of Practice for Social Protection for Nutrition- (CoP-SP4N). The need for the consultation was to chart out ways to listen to voices from the ground, document them and further discuss how to integrate them into policy interventions with reference to ICDS, MDM, MGNREGA, Social Pension Scheme and maternity entitlement amongst others. It would also provide for a space to build a consensus on a route map required to make Community Surveillance for social protection of nutrition equitable.



Photograph 1: Lamps lit in support of the girl child in a village of Madhupur

conducted on the micromodule of gender and health. On 7th November 2022, Mr. Piyush and Ms. Rishita conducted a training session with 20 field coordinators. The training was done on both micro modules and technical parts. A second training session was again conducted with all the field coordinators in on 11th November 2022. The field coordinators eventually implemented the activities in their respective villages.

At the community level, the module was conducted with adolescent girls and women. Each village had to have a gathering of around 30-50 adolescent girls and women, often included by the sevika, sahaika, and other prominent members of the community. Under the mass communication campaign activities, rallies were conducted in each of the 20 villages by the field coordinators. Around 20-30 adolescent girls and women from each village participated in the rallies. Panchayat head from Govindpur, also actively supported the activity by participating in the rally conducted in Kurmidih village.

Program supported by Kerala Institute for Local Administration

Mr. V R Raman, National Convenor, PHRN

Perinjanam Gram Panchayat (Thrissur) plans to conceive and implement a Comprehensive Health Program to ensure better health care, health habits / behaviour and inclusive health initiatives for all populations of the Panchayat. This is probably the first of its kind program by any rural local self governing body. The initiative comprises a comprehensive survey to capture and analyse individual,

family, community level health situation in detail followed by a detailed planning process for formulating a health policy and program for the Panchayat.

The program will be supported by Kerala Institute for Local Administration as well as a number of social, youth initiatives, medical and health professionals in the Panchayat. Mr. VR Raman is supporting this initiative as the lead advisor.

Updates from Odisha

OPNIP Update

Ms. Swati Das

OPNIP interventions were successfully initiated in April 2022, wherein 61 creches, and 75 SFCs were made operational, while MSFCs were put on hold. The OPNIP teams across the 17 MPAs have been quite busy during this period with various activities. While routine functioning of the centres has been going on well, the Anganwadi Workers' strike across the state is affecting the availability of ICDS THR and other ICDS services in the OPNIP intervention villages. This has required NCs' coordination with the CDPOs at the local level to ensure the provision of THR for the beneficiaries. In addition, scoping for feasible villages for expansion of interventions under OPNIP beyond the existing ones is also being taken up to meet the demand of the PVTG

Initiation of Maternal Spot Feeding Centres (MSFCs) under OPNIP

Ms. Swati Das

After long-awaited coordination from WCD, MSFCs were made operational on 2nd October 2022. Currently, 110 MSFCs, and 105 SFCs are functioning under OPNIP. In 4 MPAs (SDA Chandragiri, PBDA Jamardih, KKDA Belghar & LSDA Serango) as MSFCs under SOPAN have been continuing, OPNIP MSFCs have not been initiated. The pregnant and nursing mothers of the community in the intervention villages welcomed the interventions wholeheartedly. The SHG members assigned with the task of cooking and serving in the MSFCs were seen motivating the women to enthusiastically participate in handwashing, before sitting down for their meals. MSFCs in the PVTG



villages/hamlets help to ensure the consumption of one full meal by the expectant and nursing mothers in the PVTG community.



Visit of CEO NITI Aayog and Secretary, Ministry of Tribal Affairs, Govt. of India to OPNIP creches in Keonjhar and Mayurbhanj, 10.12.22

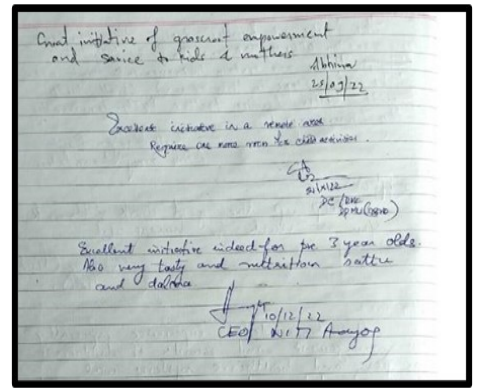
NITI Aayog CEO, Sh. Parameswaran Iyer, Union Secretary, Tribal Affairs, Govt. of India, Sh. Anil Kumar Jha recently visited OPNIP creches at Kundehi village coming under Juang Development Agency (JDA) Gonasika, Keonjhar, and Durdura village, coming under Hill Kharia Mankidia Development Agency (HKMDA) Jashipur block, Mayurbhanj as part of an exposure visit to the OPELIP areas on Dec 10th, 2022. They were accompanied by the Development Commissioner (DC), Govt. of Odisha, Sh. Pradip Jena, Programme Director, OPELIP, Sh. P Arthanari, District Collector, Keonjhar Sh. Ashish Thakre and other dignitaries of the line departments. It was a proud moment for the OPNIP-MPA teams as well as the PVTG SHGs managing the creches that the dignitaries visited their centres and applauded their functioning.

At the creches, the visiting team was welcomed by the children and interacted with the community, creche workers and NCs and GPNAs. They were very happy to see the children playing and engaged in other activities at the creche. At both the creches, they tasted the food being cooked at the creches (Dalma at Kundehi and Sooji Upma at Durdura) and appreciated it. They took a keen interest in understanding the activities of the creche. Sh. Iyer was extremely happy to see such initiatives functioning with a focus to improve nutrition in the PVTG villages and mentioned creches and spoke about his experience in his brief byte to the media. DC, GoO Sh. Pra-

dip Jena remarked that the visiting dignitaries were highly impressed with the creche programme.

They also visited various other development works of OPELIP in the PVTG villages and interacted with the community.

NITI Aayog CEO's words of encouragement in the Visitors' Register at Kundehi creche



NITI Aayog CEO, Sh. Parameswaran Iyer tasting dalma at Kundehi creche, Gonasika, Keonjhar



Children of Durdura creche, Jashipur, Mayurbhanj welcoming NITI Aayog CEO, Sh. Parameswaran Iyer and Union Secretary MoTA, GoI Sh. Anil Kumar Jha

Visit of Commissioner cum Secretary, (CCS)SSD, GoO Ms. Roopa Roshan Sahoo to OPNIP creche at Deobandha, KKDA Belghar, Kandhamal

Ms. Roopa Roshan Sahoo, who recently took charge as Commissioner cum Secretary, SSD, GoO visited the Deogada creche of KKDA Belghar. She was very happy with the concept of the creche and to see its functioning in the PVTG village. In her interaction with the NC and GPNAs, she commended them on their training and understanding of nutrition and its various aspects and was happy to see the engagement of the community and the SHG in the programme.



Meeting with Commissioner cum Secretary (CCS), SSD, GoO Ms. Roopa Roshan Sahoo

A review meeting with Commissioner cum Secretary, SSD, GoO Ms. Roopa Roshan Sahoo was held on 12th Dec, 2022. The PHRS team led by Dr. Vandana Prasad accompanied by Dr. Rupa Prasad, ED and the Odisha State team attended the meeting. PD, OPELIP Sh. P Arthanari along with OPELIP PMU representatives were also present. An update on the OPNIP and its progress was presented. CCS, SSD also shared her experience of visiting the Deogada creche of KKDA Belghar. She expressed her happiness with such an initiative being undertaken in the PVTG areas and asked the OPNIP PMU to submit a proposal for scale up of OPNIP beyond the currently operational centres. The short film on the OPNIP initiative developed by PHRS was also shared and was greatly appreciated by all present.

OPNIP features in the Village Square

The OPNIP creche initiative featured as a commendable model for nutrition & childcare interventions aimed at improving the nutritional status of children of the tribal communities especially the PVTG

community. Aishwary Mohanty presented snippets from her visit to the OPNIP creches in Rayagada and Kandhamal. Hailing the initiative as a “boon for the tribal mothers” she speaks of how these creches are community based and managed by the women’s collectives or the SHGs in the villages, empowering the women of the PVTG & strengthening community ownership.

Her piece can be read at <https://www.villagesquare.in/creches-in-remote-areas-help-tribal-mothers-work-in-peace/>

Trainings & Capacity Building Induction training of CWs and SHG members

To reach the mandated 107 creches, 46 creches spread across 9 MPAs are remaining to be made operational. The OPNIP team has been engaged in preparatory work for the same. Thus, in this connection, induction and orientation training of newly recruited CWs and members of the selected PVTG SHGs of the 46 villages took place during the period Nov-Dec '22. Training has been completed in 8 MPAs and is pending in 1 MPA.

Master Training of Trainers (ToT) on PLA in OPNIP villages

Looking at the involvement and engagement of the women from the PVTG SHGs in the OPNIP interventions, PLA activities are being introduced for the OPNIP intervention villages. A training of trainers (ToT) was organised for the NCs and NAs in two batches at Bhubaneswar from 22nd-24th Dec and 26th-28th Dec. The importance of PLA, major topics to be covered during the three days of the training, micro module demonstration along with different games and activities followed by technical sessions were conducted during the three days of the training. The participants had fun taking part in practice sessions. The training concluded with a discussion on the roll out plan and way forward.



Hundijali creche, DKDA Chatikona Rayagada

Ms. Swagata Lakshmi Tarafdar, Ms. Namita Sahu; Nutrition Coordinator; DKDA Chatikona; OPNIP

The MSPK cum creche in Hundijali village of DKDA Chatikona started functioning on 7th April 2022 as part of the OPNIP intervention in the Dongria Kondha Development Agency, Chatikona. Dasar and Banagari Jakesia are a young couple from the village, who had enrolled their daughter, Janu Jakesika at the creche. Everybody in the family is illiterate and the family completely depends on agriculture and forest products for their livelihood. They basically produce pineapple, turmeric, and jackfruit but in less quantity. The father is a daily labourer and for the last 2 years, he is in Kerala. Mother and grandmother take care of the family. There are 5 members in the family. Sometimes the father sends some money to the family for maintenance. Mother mostly works in the field while she leaves both her children with their grandmother. Janu comes to the crèche regularly. Janu was a happy

and healthy child at the crèche but she had a couple of episodes of diarrhoea. She was immediately given first aid (ORS) but the condition did not improve. The AWW, ASHA, and ANM counselled the family to take her to the hospital but the family denied it. The

OPNIP team visited the child's house and tried convincing the family by showing the current health status of the child and told about all the facilities at the hospital. The team also mentioned NRC and the services being provided there. After almost 3hrs of counselling, the family agreed to take the child to the hospital. Two GPNAs accompanied the family to the hospital. The child was referred to the NRC. Two GPNAs accompanied Janu and her family to NRC and got Janu admitted to

stay at the NRC. After returning from NRC, the family, especially the grandmother, was extremely happy to know of Janu's health. She also told other villagers that home medicines are not enough but should thank the entire OPELIP and the OPNIP team for their support and for making them aware of the d also go to hospitals



Latitude: 19.164622
Longitude: 83.407193
Elevation: 223.1427 m
Accuracy: 116.1 m
Time: 08-02-2022 13:44
Note: NRC Admitted

NRC Admission



Latitude: 19.164584
Longitude: 83.407264
Elevation: 223.1426 m
Accuracy: 6.8 m
Time: 09-08-2022 10:50
Note: NRC visit



Follow-up NRC visit Nutrition Coordinator, Ms. Namita Sahu

DM Nuapada approves building extra room at all OPNIP creches at Sunabeda, Nuapada district

Ms. Swagata Lakshmi Tarafdar, Mr. Prasan Kumar Nayak; Nutrition Coordinator; CBDA Sunabeda; OPNIP

The MSPK cum creche in Cherechuankhol village, Komna block started functioning on 7th April 2022 as part of the OPNIP intervention in the Chutukia Bhunjia Development Agency (CBDA) Sunabeda, Nuapada. 12 children were enrolled in the first month (April 2022). There are 32 households in the village, all completely depending on agriculture for their livelihood. The District Collector of Nuapada Mrs. Swadha Dev Singh was supposed to grace the occasion as Chief Guest but due to other important engagements, she could not come.

NRC. The OPNIP team (NC, GPNAs, AWW, and CRP) visited the child and the family at NRC at regular intervals. The child and the family stayed 15 days at the NRC and availed all the facilities. There was an improvement in the health condition of the child after 15 days of

However, on the request of Special Officer (SO), CBDA, Sri Himansu Kumar Mahapatra the District Collector visited the crèche in Cherechuankehol village on 3rd May 2022. The Thutiguru SHG members heartily welcomed her in their traditional way. The Special Officer, CBDA Sunabeda took her around the crèche and explained the objectives, services, and requirements of the crèche for children under years of age. She saw the crèche infrastructure, kitchen, and toilet. She was very happy to see the colorful and child-friendly wall paintings and the play equipment at the creche. The Nutrition Coordinator of CBDA, Sunabeda then explained to her all the records & registers, anthropometric equipment, and data entry in the eKalika app.

The District Collector while discussing the challenges and issues felt the absolute need for an extra storeroom as the space inside the creche was not sufficient for creche activities as well as storing items. SO then approached the District Collector for the extra room. The District Collector agreed and ordered the Junior Engineer to

CCD fund. For this SHG members, mothers' group and all the staff of CBDA, Sunabeda remains thankful. DWO, DSWO, BDO Komna Block,



CDPO Komna and other ICDS staff also accompanied the District Collector to the creche.

System strengthening & Networking activities In Puri

There has been a good amount of work in areas of system strengthening and networking by the new-



Advika session in progress- Baliapanda, Puri

The "SSPS" has been able to put pressure on the district administration and the health system to address many of the unresolved issues in health, nutrition, fisherfolk's livelihood issues, issues of displacement, migration of fisherfolk community. **The most significant achievement of this SSPS platform is the decision of the district administration to sanction funds for AWCs run in the slums and do not have their own building.** (Vide letter no- 1095/ dated-21.12. 2022). The SSPS has its own WhatsApp group for sharing of SSPS activities.

Rayagada

CDPO Visit at Badanayakguda Creche

As per the invitation of the District team, on 14-12-2022 CDPO of Kalyansingpur block and Lady Supervisor visited Badanayakguda Creche of Kalyansinghpur block. CWs were oriented on crèche activity and crèche activities and participated in few creche activities like singing and playing with children by the CWs in front of them. During the visit 15 children were there at the crèche and were fed by CWs, the CDPO appreciated their efforts and encouraged them to continue the efforts at the crèche.



Discussion on MCP card-A SSPS initiative

make an estimate and gave permission to build an extra room in every creche from the unspent

ly emerged platform (Saharanchal Swasthya 'O' Poshan Sabha"- SSPS)

They were sensitized on record registers maintained at crèche.

The guest of honour praises our activity and informs us to ensure all the efforts needed to be done at the village to enroll all the children aged 6 months to 3 years



AWC-Penthakata-Pre-school activities (Support by a PHRS, Puri, volunteer



and request to disseminate messages on cleanliness and hygiene among the community.

Odisha PHRN network initiatives

Mr. Satya Pattnaik

The network activities of the organization in the state of Odisha are gaining momentum during this period. All possible efforts have been made to meet and appraise about PHRN activities in the state with various stakeholders including the civil society organizations, the NHM, the ICMR-RMRC unit in Bhubaneswar, Puri district health administration and the municipal corporation who have been quite active in the field of health, nutrition and their allied areas.

The details of the networking activities are:

- Coordination with the department of health & family welfare, (H&FW) Women & Child development department (W&CD), ST-SC development, minorities and backward classes welfare department communities (SSD), UNICEF, UNDP/WFP etc
- Coordination with civil society organizations including donor organizations and mobilizing them to join our consultations and other training and capacity building activities. Over the period their participation in our consultation has been quite encouraging.
- Coordination with right to food, Jan Swasthya Abhiyan, right to information, Odisha Alochana Chakra (OAC) and other campaign and advocacy bodies working in the state, participating in their programs, seminars, workshops, conferences and other campaign activities.
- Dialogue with the CSOs working with district mineral foundation (DMFs) and Odisha mineral bearing areas development corporation (OMBADC) for creche implementation are being periodically appraised about their role and responsibility in training, capacity building focusing on protocol and guidelines, CWs training and other system strengthening activities that are basic to a creche program
- CSOs involved in DMF supported creche programs are

being advised to focus on the capacity building activities of the creche workers and front-line managers and PHRS is being constantly requested by them to take care of the training & capacity building activities for their workers. Efforts are on by PHRS national office to honour their request on a fast track mode.

- Coordination and visit to ICMR-RMRC, Bhubaneswar, participating in its "Stakeholders interaction and dissemination for the WH-TDR funded project on "Gender dimension of WASH among urban poor" conducted by "ICMR-RMRC" and discussion with the officials for taking up new initiatives in a collaborative mode.

Discussion with WFP state representative Shasanka Grahacharya on the issue of rice fortification processes in the state with a focus on the supply of rice to ICDS for hot-cooked meals, schools for mid-day meals and PDS for ration to BPL families.

Coordination with Jan swasthya Abhiyan (JSA) on the issue of free medicine through "NIRAMAYA" (a free medicines distribution scheme of the Govt. of Odisha, Health & Family Welfare Dept being implemented since 1st May 2015.)

Networking with one of the most vibrant intellectual platform called "Odisha Alochana Chakra" (OAC)-commonly called as "Odisha Dialogues" who have been constantly in touch with the government

and non-government organizations for establishing innovative development models, bringing policy reforms and advocacy on addressing undernutrition

Networking for programmatic collaboration and resource mobilization

Mr. Satya Pattnaik

Organizations consulted for NHM/ Dept of H&FW on an intervention on Non-communicable diseases (NCDs), especially on a state-wide assessment of the NCD programs, designing NCD modules and undertaking a capacity building program on NCDs for the women collectives (SHGs).

Discussion is going on with NHM to have a collaborative effort on the assessment of the NRCs in the state.

RMRC-ICMR has also been approached for designing a study on the impact of communicable diseases on maternal and child undernutrition. In response to our proposal the research coordinator Dr Mohapatra had advised us to initiate this study in collaboration with RMRC and other academic organisations like OUAT, college of home science. He had also assured us that RMRC will coordinate with the research experts of OUAT who could extend support PHRN in conducting this study

Hindustan Latex family planning promotion trust (HLFPPT) was apprised about PHRN intervention in different districts and states and was approached for a program on adolescent health/menstrual hygiene. The state representative said that he will speak to his national office and let us know the possibility of supporting such an initiative.

For CSR collaboration and financial support, a Chennai based organiza-

tion “Navjivan centre for development” has been in touch. The centre has been organizing online meets and training courses (both paid and free) to enable the organizations/ NGOs to have access to CSR funds.

We are in the process of inviting all the FNGOs working with OPENIP (under ST-SC dev dept), W&CD, H&FW, DMF/OMBADC to a virtual consultation to form a consortium for health, nutrition and their allied areas.

Consultation with WFP and Right to food state representative on the issue of Rice fortification and its status in the state.

Coordinate with H&FW to support and initiate actions through district health administration for children who have been in Red flag category (SAM and severely underweight children) for a prolonged period in our on-going Project captioned “Mainstreaming creches to reduce malnutrition in Odisha

PHRS is constantly in dialogue with various government bodies such as the district mineral foundation (DMF), the Odisha mineral bearing development organization (OMBADC), dept of W&CD and the ST-SC-dept Govt of Odisha on issues relating to the design, management of creches in the state, for promoting a rational bidding processes for creches and to ensure a larger participation of the CSOs in creche mainstreaming process in the state.

Civil society consultation on creche mainstreaming in Odisha

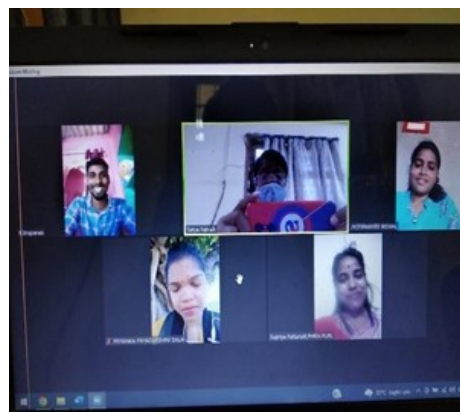
Mr. Satya Pattnaik

PHRN had organized a state level virtual consultation on “Civil society participation in mainstreaming creches to reduce malnutrition in Odisha” on 16th October 2022 (11.00 AM-01.00 PM) where a total

number of 43 organizations had joined.

After a welcome address by Satya Pattnaik of PHRN Odisha the participating organizations had introduced themselves and their activities. The team members contributing to the consultation were Shahanawaz Khan, Swati Das and Satya Pattnaik. Topics of discussion were:

- Welcome and introduction about the CSO consultation
- Self-introduction by the participating members
- PHRN in the creche mainstreaming process with focus on NGO led and SHG led models
- Challenges and successes of SHG led OPNIP creche model
- Relevance of community based creches” & the role of civil society organizations to uphold the spirit of communitisation followed by an interactive session
- Sharing of experience by CSOs currently implementing the creche program
- Conclusion & vote of thanks



State level Civil society consultation

Nabrangpur

Visit of CDPO at Creche

On 9th December 2022, CDPO of Papadahandi block visited Banuasahi and Janisahi creche. During the visit she was happy to see our creche activities. She was aware of record registers maintained at creche level. She advised creche workers to maintain cleanliness and hygiene at creche for children and advised to prioritize follow up of red flag children.

Visit of Papadahandi Chairman at Creche

As per the invitation of CC chairman, on 13th December 2022, chairmen of Papadahandi Block visited Banuasahi Creche centre. During the occasion the Nawab sarapanch and village leaders were present in the CC meeting. During the meeting nutritional status of creche children was discussed, orientation on community growth charts were also done. During the visit she was very happy by seeing the activities and she also investigated all our records maintained at creche. The CC members requested the chairman for one community house for the creche with toilet facility. As per the request of CC members the chairman agrees to discuss the matters with BDO.

Orientation on creche Programme to Deputy Collector

On 16th December 2022, a meeting was conducted with the Deputy Collector, Nabrangpur and orientation was done on creche Programme, importance of the creche in the local context. She was very happy after the orientation on our Programme. She advised on children safety, Security and Feeding practice and on hygiene.

Cross Learning Activity with Creche Worker

On 18th December 2022, cross Learning Activity was organized at Padpadanahi on creche activities and creche learning experience

sharing with CDPO, Lady Supervisor, CSO and CWs. In the programme CDPOs of Papadahandi and Jharigao, Lady Supervisors from Papadahandi and Jharigao, CSO members from SAHARA (Secretary of SAHARA) and Action Aid (BC of Action Aid), Block Chairman of Papadahandi and CWs of 30 creche were attended. On this occasion CWs shared their creche activities with participants and government officials and CSOs were sensitized about the programme objective of the programme and activities conducted in detail manner by district team. To ensure active participation few game activities were conducted. Through this occasion hand washing techniques were demonstrated.

Updates from Jharkhand

Income Generation Activity by Tejaswini Club - "SAMBAL TANTRA" for economic empowerment Mr. Rajesh Sriwastawa

Tejaswini Club has provided a platform for empowerment of adolescent girls & young women (AGYWs). By these clubs, 157 girls were protected from becoming victims of early marriage, issues of menstrual hygiene & nutrition were addressed through pad bank, facilitated its school dropout members to restart education, articulated their concerns on issues of gender discrimination etc. These clubs were also added in SAMBAL TANTRA for AGYWs to address their social concerns in achieving the goal for socio-economic empowerment.

Recently the clubs have started playing the role of SAMBAL TANTRA for economic empowerment also. I am quoting a success story of a lady tailor for reference. I met her on 15th Decem-

ber 2022 at her village in Margomunda Block of Deoghar district. Margomunda is the remotest block of Deoghar district. I met the AGYW Ms. Nitu. She is a student of Master of Arts (Hindi). As she is a student, she was not covered under psychometric tests under the skill component of the project, for ensuring economic empowerment of AGYW.

However, she did a short course, with the help of district administration, on home-based tailoring (business skill). After completing the course, she took the financial help of Rs 5,000 from Tejaswini club and purchased a sewing machine. Cost of the machine is Rs 7500. She started her tailoring business at home from the month of Aug '2022. Now she is earning Rs 250 to 300 per day. She is very happy and stated **"I have saved some money till date (15th Dec '2022), spent some money on my education, repaid the amount to the club and helped my family with some money"**. She has done some branding also (please refer photographs). Her present aspiration is to increase her earning to Rs 500 - 600 per day in the coming months.



She is devoting 4 hours for tailoring work (suit, blouse, school uniform, etc).

She is becoming popular in nearby villages also. She is devoting 2-3 hours in studies. She is helping her mother in daily work also. She and her mother are very happy with this. Youth Facilitator is confident that spread-out effects of Nitu's success will motivate other AGYWs also to come forward with new ideas.

As referred above, there are 603 such Nitu so far doing tailoring, bangle making, goat rearing, vegetable cultivation, AGARBATI, grocery shop, food stall and many more. This happened as Rs 20,000 was provided to Tejaswini Clubs as second seed grant. The guideline indicated clubs to encourage Adolescent Girls & Young Women (AGYW) for economic empowerment. Majority of the clubs decided to allocate Rs 16,000 to Rs 18,000 as income generation fund (IGF) at club level and initiated the movement.

A process was initiated for visioning of clubs to act as empowerment / support system for economic empowerment of AGYWs, early in the year 2022. Gradually, by April 2022, clubs decided to revoke IGF among its eligible and interested members for, initiating or strengthening activities, increase in their income.

At the same time, in the beginning of 2022, AGYWs' aspiration, who were regular in clubs, were mapped. Around 603 AGYWs' aspirations converged so far with the idea of IGF objective in Godda & Deoghar. A total of Rs 28,25,000 was provided by the club through a formal approval process (proper documentation) till Nov'2022 to AGYWs. The amount and number of AGYWs are increasing on a regu-

lar basis. A system is introduced to capture progress and transparency.

A total of Rs 1,69,500 will be earned by the clubs for current financing. IGF's principal amount (for the amount invested so far by clubs) will also be returned to IGF and hence to the clubs. Clubs will decide on this earning (profit from the investment) six monthly, for allocation and use of the club profit. The profit of the clubs will increase with time. Repayments have started and till Nov '2022 Rs 1,28,000 is deposited by AGYWs to IGF.

Case study

पल्लवी हँसदा की कहानी

ये कहानी है स्वास्थ्य उपकेंद्र करमाटांड में पदस्थापित एक ए.एन.एम. पल्लवी हँसदा की। इनका जीवन अत्यंत ही काँटो से भरा हुआ एवं संघर्षशील है। इनका बचपन अत्यंत ही गरीबी एवं कठिनाई से व्यतीत हुआ। इनके पिता किसान एवं माता गृहणी हैं। पल्लवी तीन बहनों में सबसे छोटी हैं। लेकिन कुदरत का कुछ ऐसा कहर हुआ कि दोनों बहनों का एक हादसे में स्वर्गवास हो गया। वो दो बेटियाँ को पल्लवी के सहारे छोड़कर चली गईं। घर की सारी जिम्मेदारी अब पल्लवी के कंधे पर आ गया। ये बच्ची के पढ़ाई के अलावा अन्य खर्च भी उठा रही है। इन्होंने इतनी कठिनाई होने के बावजूद भी कभी हार नहीं मानी। बल्कि इसके विपरीत परिस्थितियों का डट के सामना किया।

जीवन में इतना संघर्ष होने के बावजूद कभी भी इन्होंने जिम्मेदारी

से मुँह नहीं मोड़ा। नर्सिंग की पढ़ाई लगन एवं मेहनत से किया। पैसे की किल्लत के वजह से उन्होंने आगे की पढ़ाई नहीं की। ऊपर से जिम्मेदारी अधिक होने के वजह से उन्होंने ए.एन.एम. के रूप में 2013 में अपना योगदान सुंदरपहाड़ी प्रखण्ड के उप-स्वास्थ्य केंद्र करमाटांड में अपना योगदान दिया। इन्होंने अपने पोषक क्षेत्र में बहुत ही सराहनीय एवं प्रशंसनीय कार्य किया। स्थानीय जिला प्रशासन के द्वारा संचालित "सुपोषित गोड्डा" कार्यक्रम में इनके द्वारा पूरा सहयोग किया गया। इनके द्वारा सबसे पहले "सुपोषित गोड्डा" कार्यक्रम के अंतर्गत मिलने वाली 9 प्रकार की दवाईयाँ को आँगनवाड़ी केंद्र में उपलब्ध कराया गया।

इनके द्वारा चिन्हित 11 अति गंभीर कुपोषित बच्चों की भूख जाँच एवं चिकित्सकीय जटिलता आंकलन की गई है। जिसमें से 8 बच्चों को समुदाय आधारित प्रबंधन एवं 3 बच्चों को MTC भेजा गया है। कुल मिलाकर यदि कहा जाय तो ये अन्य महिलाओं के लिये प्रेरणास्रोत हैं। इनके द्वारा सभी अति गंभीर कुपोषित बच्चों को, जिसका सामुदायिक



आधारित कार्यक्रम में नामांकित हुआ है, उन्हें दवाईयाँ दिया गया।

इसके अलावा इनके द्वारा ग्राम स्वास्थ्य स्वच्छता एवं पोषण दिवस (VHSND) पर भी अच्छे ढंग से सभी कार्य किया जाता है। मातृत्व स्वास्थ्य एवं पोषण के ऊपर कॉन्सलिंग का कार्य भी इनके द्वारा अच्छे ढंग से किया जाता है।

सिमरन देवी का कहानी

दिनांक 18/10/2022 को गोड्डा प्रखंड के परसा गांव की रहने वाली सिमरन देवी पहली बार अपने गर्भावस्था के 6



महीने में आपने ए.एन.सी. जांच करने के लिए सदर अस्पताल गोड्डा आई। जांच में इनका बी.पी. 105/74 और वजन 45 किलोग्राम और ऊंचाई 149.0 cm पाया गया। जांच के बाद PHRS से गोड्डा सदर अस्पताल में पदस्थापित कोउन्सेल्लोर के द्वारा पोषण एवं मानसिक स्वास्थ्य का अवलोकन करने पर पाया कि उनके पति गाँव में ही व्यवसाय करके ठीक

ठाक कमा लेते हैं। किसी तरह की कोई आर्थिक और मानसिक परेशानी नहीं है। लेकिन सिमरन जो पहली बार गर्भवती हुई है, उनकी माँ उन्हें संतुलित आहार खाने से मना करती हैं। दूध और मीट, मछली खाने को मना करती हैं। उनका कहना है कि ये सब खाने से चर्बी बढ़ जाएगा और बच्चे का वजन बढ़ जायेगा और नार्मल प्रसव होने में दिक्कत आयेंगी। इस कारण उसका हीमोग्लोबिन 8.8 gm/dl हो गया है। परामर्श के दौरान उन्हें बताया गया कि माँ और बच्चे के बढ़ी हुई पोषण को पूरा करने के लिए ऊर्जा और प्रोटीन से भरपूर 3 मुख्य आहार 2 पोष्टिक नास्ता जरूरी है। परामर्श फिलप बुक के माध्यम से खाद्य समूह को दिखाते हुए बताया गया कि इन समूह से एक एक खाद्य पदार्थ प्रतिदिन लेना अनिवार्य है। ऐसा नहीं करने से वो कुपोषण का शिकार हो जाएगी। और प्रसव समय काफी दिक्कत आयेगी।

2 आयरन की गोली का सेवन और कैल्शियम गोली का सेवन के साथ गर्भावस्था के दुसरे तिमाही में कृमि से बचने के लिए एक बार कृमिनाशक

गोली का सेवन का सलाह दिया गया। उन्होंने कहा कि अपने और अपने बच्चे के अच्छे स्वस्थ के लिए इन सारी बातों का पालन जरूर करेंगी।

दिनांक 8 दिसम्बर, 2022 को सिमरन अपना गर्भवस्था के 8वा महीने पूरा होने पर अपने पति के साथ जांच में आए सदर अस्पताल आई। अभी इनका वजन 49 किलोग्राम, रक्तचाप 120/72, और



हीमोग्लोबिन 10gm/dl है। इसके साथ साथ काफी खुश नजर आ रही थी। और बताती कि अब वो अपनी मर्जी से सब कुछ खाती है। अब कमजोरी और थकान, चक्कर नहीं आते हैं।

पति भी खुश है कि इनका वजन और हीमोग्लोबिन का स्तर बढ़ रहा है।

NEWS FROM CHHATTISGARH

In the month of November 2022, we initiated the project entitled “Gender justice: Equal access to sufficient and healthy food strengthens the food security of women and small children” to be implemented in Ambikapur district of Chhattisgarh. PHRS and Chapual will be jointly implementing this project. The project will contribute to minimizing hunger, acute malnutrition and increased self-reliance in food and nutrition among marginalized communities, especially women and children in the north Chhattisgarh, India. The aims of the project is to increase gender equality and decision mak-

ing in fair food distribution by women and girls in the 100 villages, ensure food and nutritional security and dietary diversity for children, adolescent girls and women, improve quality and access to public services on general women and child health and nutrition, and promote model of nutrition and health care in community setting for addressing malnutrition and gender rights.

Public Health Resource Network (PHRN) is a growing network of individuals and organizations with the perspective of strengthening technical and management capacities to take action towards the common goal of ‘Health for All’. Its main objective is to contribute and strengthen all efforts directed towards the goal of ‘Health for All’ through promotion of public health, social justice and human rights related to the provision and distribution of health services, especially for those who are generally left underserved. PHRN is currently working directly in the states of Chhattisgarh, Jharkhand and Odisha and has contributed to the on-going work of strengthening public health systems in other states through its partnerships with other institutions. Public Health Resource Society (PHRS) is the core group that has initiated the network. PHRS is a national level organization that is registered in Delhi under Societies Registration Act 1860 (Act XXI). It comprises of a small group of members and full timers that provides leadership to the network as well as functions as its secretariat.

PUBLIC HEALTH RESOURCE SOCIETY
K 65, Hauz Khas Village, Hauz Khas,
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26868118, 011 42576337 Email: delhi@phrnindia.org Website:
www.phrnindia.org

STAFF NEWS

| S.No | Name | Designation |
|--|------------------------|---|
| Following colleagues have joined PHRS | | |
| 1. | Debadutta Rout | Programme Coordinator-MIS, Bhubneshwar |
| 2. | Soka Santap Singh | Block Coordinator, Kalahandi |
| 3. | Tanya Lamba | Research Coordinator, New Delhi |
| 4. | Aabha Murlidharan | HR and Communication Manager, New Delhi |
| Following colleagues have transitioned from PHRS | | |
| 1. | Suraj Kumar Diggall | Block Coordinator, Nabrangpur |
| 2. | Dilip Kumar Basant Ray | Lead Coordinator, Koraput |
| 3. | Rushimani Gahir | Block Coordinator, Kalahandi |
| 4. | Dr. Aditi Hegde | Senior Programme Coordinator, New Delhi |