



PHRN NEWSLETTER

January 2024

Volume 8, Issue 1

Dear friends and colleagues,

Wishing everyone a very happy new year!

We are glad to share our newsletter for the period October – December 2023. 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 our ongoing projects in Odisha, and Chhattisgarh and through our research studies in state of Assam, Delhi, and Jharkhand. During this phase, PHRS has initiated a new project focusing on mental health literacy. This is a research collaboration, and the project will be implemented in urban slums of Delhi. We completed the review of WHO Growth standards and their relevance for India, and the assessment of the World Breastfeeding Trends Initiative. Our team members participated in various workshops, trainings, and orientations such as workshop on governance, project finance management, and legal compliance, exploring partnerships for improving Food Nutrition Health & WASH Outcomes, etc.

In Odisha, under the rural creche initiative, various activities were undertaken to address malnutrition and foster early childhood development in remote tribal villages. Monthly PLA Meetings were conducted in OPNIP

villages to foster Health and Nutrition Awareness, and state-level training program was conducted on ECCD for NCs and GPNAs. PHRN also participation in the Odisha Development Conclave.

In Chhattisgarh, under the Gender Nutrition project, a three-day refresher training for creche workers was conducted, along with a one-day training of PLA facilitators on PLA modules. With the currently ongoing dietary diversity study, data collection has been completed. The project villages also saw various events, workshops, and rallies under the climate change (GC-26) initiative.

In Jharkhand, PHRN participated in a one-day workshop that was organized by TACC Hub on Writing featured content, and a state-level CSR Conclave. Under the NPI Project- Mobilization and Advocacy for Girl Child (MAGiC), a video documentation was conducted by TAAC Hub in Deoghar district of Jharkhand.

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 and partners.

EDITORIAL

NEWS FROM SECRETARIAT

Mental Health Literacy Project
Workshop on Mental Health Literacy
HCL Foundation's field visit to Jharkhand
Participation in Exploring partnerships for improving Food Nutrition Health & WASH Outcomes
Participation in workshop on governance, project finance management, and legal compliance
Training of APF's resource person on the creche programme
Review of WHO Growth Standards and its relevance for India
World Breastfeeding Trends Initiative assessment
PHRS Governing Board meeting
PHRS General Body meeting
A Study to determine the factors affecting treatment adherence for Hypertension and Diabetes in different contexts
Internship Programme

NEWS FROM ODISHA

Empowering Early Childhood Development in Remote Tribal Villages
Video Documentation
Community Connection Chronicles: Monthly PLA Meetings Foster Health and Nutrition Awareness
PHRN's participation in the Odisha Development Conclave (OVC)
Training on Early Childhood Care and Development

NEWS FROM CHHATTISGARH

Creche workers' refreshers training
Training on PLA modules
Transaction on PLA modules in the community
Dietary diversity Study
Observation of Climate Change (GC-26) events

NEWS FROM JHARKHAND

Video documentation by TAAC Hub
Writing featured content for media
State-Level CSR Conclave

STAFF NEWS

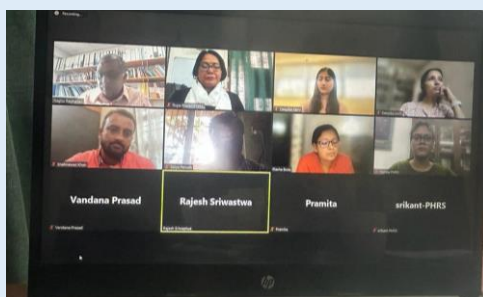
NEWS FROM THE SECRETARIAT

Mental Health Literacy (MHL) project

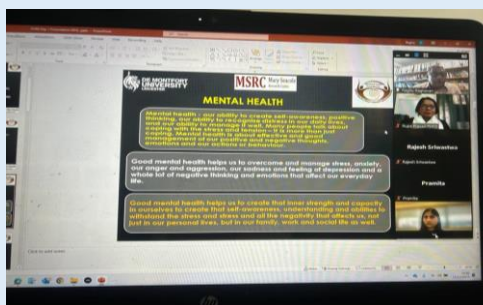
This project is a research collaboration with De Montfort University, Leicester, United Kingdom. It is a nine months intervention (November 2023 - July 2024). The project aims to take forward the findings of MeHeLP India project (<https://www.mehelp.in/>). The idea is to engage with public health professionals and policy makers for knowledge exchange and impact by developing a sustainable mental health literacy programme. Key activities planned are as under:

- Workshops on mental health literacy (MHL) with public health professionals from Public Health Resource Society
- Workshops on MHL with public health frontline workers
- Development of a Participatory Learning Action programme (module) on mental health literacy for public health workforce
- Pilot the Public health mental health literacy programme with public health professionals and workers in Delhi
- Evaluation of the programme and modifications for sustainable MHL learning resources for public health professionals and frontline public health workers
- Submit a substantive research proposal to UKRI (ESRC) based on the participatory action learning programme research for public health professions in other Indian States in association with the Public Health Resource Society, the Public Health Foundation of India and the National Institute for Mental Health and Neurosciences, Bengaluru, India (NIMHANS).

Workshop on Mental Health Literacy (MHL)



PHRS in collaboration with the De Montfort University, Leicester, United Kingdom organised an online workshop on mental health literacy between 11th to 15th December 2023. The workshop was attended by the PHRS core team members and network members. The workshop focused on understanding the concept of mental health, the various mental health disorder and treatment. As a follow up of this workshop, it is expected to organise more workshops at the state and national level with frontline workers and partners.



PHRS national and state team visit to project sites in Jharkhand.



Dr. Rupa Prasad, Executive Director, Ms. Swati Das, Senior Programme Coordinator and Mr. Rajesh Srivastawa, Senior Programme Coordinator conducted a field visit to Jharkhand on 31st October 2023 to understand the implementation and learnings of Tejaswini and MAGiC projects. They conducted interviews and group discussions with the communities, FLWs, PHRS field team, and other stakeholders.

The visit started at Sarath block of Deoghar where a meeting was held with the Tejaswini club members, ASHAs, and AWWs. The discussion went about the impact of Tejaswini project on the lives of adolescent girls and young women, the innovative approach of pad bank, and few success stories from the field. Post the group discussion, the team went to Madhupur block of Deoghar to meet the field team of MAGiC project. The community members and field coordinators of the team discussed about the successful approach of PLA in creating awareness in the community on gender equality, early marriage, sexual and reproductive health, etc. The group also talked about the mass communication campaigns that were conducted in the villages for reaching out to the masses.



Participation in exploring partnerships for improving Food Nutrition Health & WASH Outcomes

Dr. Rupa Prasad, Executive Director participated in the partners meeting on food, nutrition, health and WASH integration in DAY-NRLM organised by the Department of Rural Development, Government of India on 14th December 2023. The meeting was organised for exploring partnerships for improving food, nutrition, health & WASH outcomes. The sessions focussed on experiences from FNHW partnership: voices from partners, highlights of FNHW interventions and partnerships from SRLMs, and exploring convergence and possible partnership with DAY NRLM for community engagement on FNHW.

Participation in workshops on governance, project finance management and legal compliance

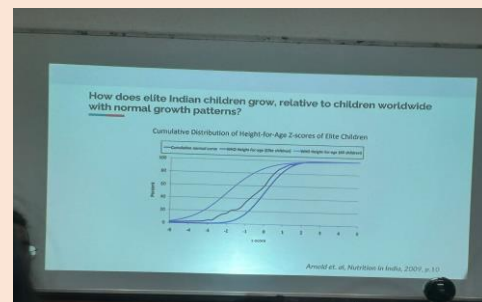
Azim Premji Foundation organized a one-day workshop on 13th October for the Odisha partners on governance, project finance management, and legal compliances. The workshop was attended by Dr. Rupa Prasad, Executive Director, and Mr. Vivek Goel, Senior Accounts and Admin. The workshop focussed on NGO governance, financial management in NGOs and legal compliances.

Training of APF's resource person on the creche programme

Dr. Rupa Prasad was invited to share the Odisha experience of the creche programme. The session was for the newly recruited resource persons of Azim Premji Foundation, who would be providing technical support and monitoring to rural creche initiative in Jharkhand and Odisha.

Review of WHO Growth Standards and their Relevance for India

A second round of consultation on WHO-Growth Standards was conducted at National Foundation for India, India Habitat Centre on 9th October 2023. Dr Vandana Prasad, Dr Dipa Sinha, Mr Rohit James Joseph, and other eminent participants from WHO, UNICEF, ICMR-NIN, AIIMS, BPNI, NFI, IFPRI, SBUSR, and RTFC participated in the consultation to share their valuable inputs regarding the ongoing analysis of WHO growth standards and their relevance for India.



Post the consultation session, the review paper on WHO Growth Standards and their relevance for India was released in November 2023. Dr Vandana Prasad, Dr Dipa Sinha, and Mr Rohit James Joseph contributed significantly for analyzing the appropriateness of WHO Multicentre Growth Reference Study (MGRS) standards in the Indian context. The paper revolves around three themes: (1) MGRS study methods, (2) Appropriateness of the MGRS standards to the Indian context and, (3) Alternative growth references. The study found that WHO Growth Standards for stunting/linear growth are appropriate for use in the Indian context. However, any policy must be based on the understanding that stunting, wasting, and underweight are all population-level indicators and there is nothing intrinsically “wrong” with a given child being short or lean, relative to the reference population.

The paper indicated that there is a need to focus on the multiple proximal and distal determinants of undernutrition. Stunting is a marker of deficient environments and hence may not only reflect poor diets but also poor economic conditions, unhealthy living conditions, lack of education, low status of women, lack of sanitation facilities and other such determinants. Addressing all of these would reflect in better improvements in stunting, but more importantly, the overall quality of life, of which stunting is only one marker.

World Breastfeeding Trends Initiative assessment

As part of the ongoing assessment of India's 6th World Breastfeeding Trends initiative (WBTi), PHRS completed the assessment of Indicators 4 and 5 successfully by December 2023. Dr Dipa Sinha, Dr. Vandana Prasad, Dr. Rupa Prasad, Ms. Shalmalee Aidoor, and Ms. Rishita Maiti contributed significantly in the assessment for Indicator 4 (Maternity Protection) and Indicator 5 (Health & Nutrition Care System). In indicator 4, India scored 6 out of 10, which is the same as the last assessment in 2018. Few gaps that were found in this regard were:

- The Maternity Benefit Act does not cover women in the unorganized sector.
- Lack of provision of space for breastfeeding/expression of breastmilk at the workplace, among others.

In Indicator 5, India scored 6 out of 10. The score increased by 1 point since the last assessment in 2018 because in-service training programme materials providing knowledge and skills related to IYCF have been strengthened for all relevant health/nutrition care providers. Few recommendations given for improving the health and nutrition care system of India are:

- Strengthen skill based pre-service training on breastfeeding/IYCF practices for health care providers, including doctors.
- Standards and guidelines for mother-friendly childbirth procedures and support need to be developed and disseminated to all facilities, including private facilities, where maternity care is provided.

PHRS Governing Board meeting

The 14th Governing board meeting was conducted on a virtual platform on 2nd December 2023. During this meeting, two new members were invited to the board - Dr Chandrakant Lahariya and Dr Indira Chakravarty. The board members were then appraised on the financial reports for 2022-2023, ongoing projects and current funding status, and outlines for future plans. The board was also updated on the current status of the human resource of the organization and the key decisions taken by the Executive Committee by PHRS secretariat. This was followed by a brief discussion on the amended byelaws of the organization, the role of PHRS as secretariat of PHRN, and the need to replenish the core funds of the organization.

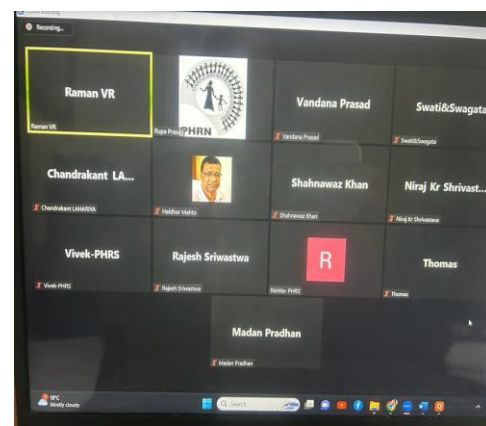


A Study to determine the factors affecting treatment adherence for Hypertension and Diabetes in different contexts

Between Oct-Dec'23, the data analysis was undertaken by the research team. Several rounds of data presentation were done to validate the data. The final report writing for the study has been initiated.

PHRS General Body meeting

The 13th General Body meeting was conducted on a virtual platform on 2nd December 2023. Dr Chandrakant Lahariya and Dr Indira Chakravarty were invited to the General Body. The members were appraised on the financial reports for 2022-2023, ongoing projects and current funding status, and outlines for future plans. The project team then presented the status of the ongoing projects and research activities on field. Mr. V R Raman presented the activities done at the national and state level by the network to the general body members. The board members paid their respect to Mr Rajesh Sriwastawa for his contribution and support to the PHRS board.



Internship Programme

As part of its internship program, PHRS, Delhi is hosting Ms. Amisha Sachdeva who is currently pursuing her Master's in Public Health from Dr. B. R. Ambedkar University, Delhi. She has been working on the MHL project, reviewing the policies and programmes related to mental health in Indian context. Apart from the projects she is also undertaking other organisational development work.

UPDATES FROM ODISHA

Rural Creche Initiative Update

Empowering Early Childhood Development in Remote Tribal Villages

We bring you inspiring updates on our efforts to address malnutrition and foster early childhood development in remote tribal villages.

1. Handover of Creches to Partner Organizations:

- Coordinated efforts by PHRS and APF representatives led to the smooth transition of existing creches in Koraput, Nabarangpur, and Kalahandi to partner organizations.
- In-person meetings fostered understanding and coordination among all involved parties.
- Creche workers were formally informed of the transition, and essential documents were shared with partner organizations.
- Login credentials for the eKalika application were provided, ensuring a seamless transition.
- Preliminary orientations for supervisory teams were successfully conducted, laying the foundation for effective collaboration.

2. Direct Implementation (Establishment of New Creches in Rayagada):

- A meticulous selection process identified 55-60 villages in the 1st phase for establishing new creches in Rayagada.
- Criteria for village selection were based on the availability of houses/buildings and potential caregivers.

3. Ongoing Creches in Rayagada, Kalahandi, and Malkangiri:

- Operations in existing creches in Rayagada, Kalahandi, and Malkangiri continue seamlessly.
- Supportive supervisions through field visits ensure the effective functioning of creches.
- Monitoring visits to various creches, including Karanjkot, Ramachandrapur, Bagdori, Sindhivadi, Sialjodi, and others, highlight our commitment to quality care.

Video Documentation

- A compelling film capturing the crèche setup processes is in development in English, Odia, and Hindi.
- The film, aimed at training and engaging with new partner organizations, nears completion in English, with Odia and Hindi versions in the finalization stage.
- Another short film, focusing on the crèche concept, its necessity, and benefits, is also in the works for community engagement.

OPNIP Update

Community Connection Chronicles: Monthly PLA Meetings Foster Health and Nutrition Awareness!

We're excited to bring you an update on our proactive engagement in villages where OPNIP interventions are making a positive impact.



Our Monthly Participatory Learning and Action (PLA) meetings have been set in motion with a clear objective: to extend our reach and sensitize a larger number of community members to crucial health and nutrition issues.

Connecting with Enthusiasm:

The response from the heart of the community has been nothing short of inspiring. Mothers attending these meetings have shown remarkable enthusiasm, actively participating in discussions. Their engagement is a testament to the relevance of the topics covered, with many mothers expressing a personal connection to the issues discussed in the modules.

Modules in the Spotlight:

Currently, we are proud to announce the successful transaction of five modules at the village level. These modules delve into critical aspects of health and nutrition, providing valuable insights and fostering a deeper understanding among community members.

Empowering Communities:

Our commitment to community empowerment remains steadfast. The PLA meetings serve as dynamic platforms for open dialogue, shared learning, and the dissemination of knowledge that empowers community members to make informed decisions about their health and nutrition.



PHRN's participation in the Odisha Development Conclave (OVC)

The Odisha Development Initiative (ODI), a broad coalition involving CSOs, the Government, the Corporate Sector and Academia drives towards building synergy among stakeholders articulating a transformative development agenda for the State "Odisha @ 2036".

The conclave is being organized bi-annually since the year 2018. This year the OVC was organized at hotel Mayfair, convention hall, Bhubaneswar on 7th December 2023. On behalf of PHRN Sri Satya Patnaik had participated in the conclave.

Collaboration

The OVC-2023 was organized with the collaboration of the following organizations.

- Government of Odisha
- Watershed support service and activities network, (WSSAN)
- Coalition food and nutrition security, (CFNS)
- Centre for youth and social development, (CYSD)
- UNFPA and
- NITI Ayog

The Conclave- a collaborative effort by numerous development organizations within and beyond the state, showcased a unique gathering of like-minded organizations, including civil society, government representatives, community-based organizations, PRI members, academia, students, and the media. The collective contributions played a crucial role in making this Conclave a big success.

Objectives:

- Analyze challenges in Odisha amid demographic transition
- Conclave goal: Develop an action plan with key deliverables
- Programmatic plan to guide strategies for transformative Odisha by 2036
- Identify roles of CSOs, CSRs, media, academia, and others in driving positive change
- Conclave (OVC-2023) focus: Demography & Development
- Foster collaboration among stakeholders for a transformative development agenda

The event was focussed on areas such as 1) School education, 2) Health & Nutrition, 3) Migration and urbanizat-

-tion, 4) Ageing population, 5) Youth, skilling and employment, 6) Localizing SDG in local governance.

After the inaugural session there were parallel technical sessions. The parallel session on health and nutrition was attended by Sri Satya Patnaik from PHRN Odisha. At the end of the presentation of the parallel session-Health & nutrition, it was agreed by all the participants that the summary of the technical session (final report) will be circulated among the participants after inclusion of some critical feedback by Mr Rajesh Patnaik, founder director of "Odisha Dialogue" and facilitator for the technical sessions.

Training on Early Childhood Care and Development

PHRS has been consistently providing support to the Scheduled Tribes (ST) and Scheduled Castes (SC) Development Department of the Government of Odisha in enhancing the capabilities of Nutrition Coordinators (NCs) and Gram Panchayat Nutrition Assistants (GPNAs) as part of the Odisha PVTG Nutrition Improvement Programme (OPNIP). In this context, a state-level training program on Early Childhood Care and Development was conducted for NCs and GPNAs on November 17th-18th and November 20th-21st, 2023. Representing the PHRS team during this training was Manas Ranjan Padhi.

The training sessions included comprehensive coverage of the Biju Swasthya Kalyan Yojna, with expert guidance provided by resource persons from the Department of Health & Family Welfare Affairs, Government of Odisha. This initiative aims to strengthen the skills and knowledge of NCs and GPNAs, enabling them to contribute effectively to the implementation of nutrition-related programs and projects in the region. The involvement of PHRS in these training activities underscores its commitment to supporting the developmental goals of the ST and SC communities in Odisha.



UPDATES FROM CHHATTISGARH

Gender-Nutrition project update

Creche workers refreshers training

From the 26th to the 28th of December, 36 creche workers, 8 PLA facilitators, and 1 Block Coordinator gathered at the Jagarnathpur Centre for an intensive training session. PHRS staff - Ms. Rishita Maiti, Mr. Srikant Behra, and Md Wesal Ahmad were present during the training session. It was by led by the Mr Rajesh Sriwastawa. The visit helped in getting a deeper understanding of the ground reality about crèches. The training by led by the Mr Rajesh Sriwastawa.



The primary focus of this training was to provide refresher courses for creche workers, emphasizing Early Childhood Development (ECD) activities, growth chart measurements, and the meticulous procedures related to health card child listing registers. Additionally, a comprehensive review of the content covered in the previous creche workers training was conducted. Throughout the session, meticulous attention was given to equipping the participants with essential skills and protocols essential for handling various aspects of Creche facilities, including associated paperwork. The aim of the session was

enhancing efficiency and ensuring compliance with established standards. This training initiative reflects our ongoing commitment to maintaining high standards in Early Childhood Development, and we look forward to the positive impact these learnings will have on the quality of care provided by our dedicated creche workers.



Training on PLA modules

On December 29, 2023, a one-day training program unfolded at the Chaupal Resource Centre, situated within the Lundra Block of the Surguja District. The primary objective of this training was to empower 30 PLA facilitators and 3 block coordinators on PLA module 5 (Malnutrition and Childhood Diseases) and module 6 (Managing diarrhoea, measles, pneumonia). The training garnered notable success, marked by the enthusiastic participation of 39 engaged attendees. The training session was attended by PHRS staff - Ms. Rishita Maiti, Mr. Srikant Behra, and Md Wesal Ahmad and was led by the Mr Rajesh Sriwastawa.



This training program stands as a testament to our commitment to fostering knowledge and skills among our PLA facilitators and block coordinators, ultimately contributing to the holistic well-being of the communities we serve.

Transaction on PLA modules in the community



PLA modules on- social determinants of malnutrition, understanding food and nutrition, life cycle approach and breastfeeding, and understanding malnutrition and complementary feeding, have been successfully transacted in 100 villages. A total of 8819 participants from the selected villages participated during the transaction of the PLA modules.



Dietary diversity Study

A dietary diversity study is being conducted in 55 villages of Surguja district of Chhattisgarh under the Gender Nutrition project. The sample for this study is: 500 adolescent girls (15-18 years), 500 mothers (18-45 years), and 500 children (6-24 months). The questionnaire has been adapted from a standardized dietary diversity questionnaire by FAO. Data has been collected on socio-demographic profile, anthropometric profile, childcare practices, household dietary diversity, individual dietary diversity. Data analysis of the study is currently ongoing.



Observation of Climate Change (GC-26) events

Public Health Resource Society and Chaupal Gramin Gramin Vikas Prashikshan Evam Shodh Sansthan collaborated in conducting environment and climate-based awareness workshops and rallies in 17 villages of Chhattisgarh's Surguja district. The events were undertaken under the GC-26 initiative in December 2023.

A total of 1044 children, youth, and teachers from primary and middle schools participated in the workshops and rallies, which were focused on the following topics: (1) Water conservation and management, (2) Awareness against the burning plastic (e.g. Menstrual pads, wrappers, etc); (3) Understanding climate change in simple terms; (4) Doing our bit: Promoting cleanliness, starting change at home, speaking about conserving trees and biodiversity, speaking truth to power (at home or in the village or school); (5) Learning more about richly biodiverse forests in forested areas like Surguja. The field staff undertook several activities, including making children clap to mimic a water-patter sound to indicate the importance of turning off taps when not in use. Another activity included asking children to adopt a tree each in their schoolyard and to describe their chosen tree in words or drawings. Children were also included in the mapping of local biodiversity activity that was undertaken by Chaupal staff in 100 of its project villages.



UPDATES FROM JHARKHAND

Video documentation by TACC Hub

As part of the NPI Project-Mobilization and Advocacy for Girl Child (MAGiC), a video documentation was conducted by TACC Hub. Representatives from TACC Hub visited the project site on 9th November 2023. Key personnel from the project along with field coordinators were present during the shooting process.

The team also visited community members and other stakeholders documenting project video.

Writing featured content for media

A one day workshop was organized by TACC Hub on Writing featured content for media at Hotel Le Lac Sarovar Portico, Ranchi on 17th October 2023 which was attended by Mr. Rajesh Sriwastawa. The aim of this workshop

was to understand the key elements of developing the content highlighting stories/events as suited for media publication. The session was conducted by Faculty / students from Central University Jharkhand. The event will also saw a "Media Meet" where representatives from Print and Electronic Media shared their insights through a panel discussion impacting the young people with respect to the SRH.

State Level CSR Conclave

A state-level CSR conclave was organized by TACC Hub at Hotel Le Lac Sarovar Portico, Ranchi. Mr. Rajesh Sriwastawa attended the session on November 30th, 2023. Sri Bhor Singh Yadav, IAS, Director, Department of Industries chaired the event. Various representatives from Federation of Jharkhand Chamber of Commerce and Industries (FJCCI) were also present. The event started with lighting of the Lamp and address by dignitaries. This was followed by Panel Discussion on “Civil Society and; CSRs- exploring areas of collaboration”. The session ended with reflections from Sri Bhor Singh Yadav and concluding thoughts by the Jhpiego team.



STAFF NEWS

SL. No.	Name	Designation
The following colleagues have joined PHRS		
1.	Mr. Rajeshwar Digal	Creche Supervisor, Rayagada
2.	Mr. Kumar Bibar	Creche Supervisor, Rayagada
3.	Mr. Kameswar Adangaka	Creche Supervisor, Rayagada
4.	Ms. Janeil Yumnam	Research Associate, Delhi
5.	Md. Wesal Ahmad	MIS Officer, Ambikapur
6.	Mr. Satya Narayan Patnaik	Part-time Consultant, Bhubaneswar
The following colleagues have left PHRS		
1.	Ms. Arpita Uzir	Research Assistant, Assam
2.	Mr. Poonam Chand Kurre	MIS Officer, Ambikapur
3.	Ms. Joyti Bansal	Accounts Officer

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, New Delhi-110016 Contact No.: 011 26868118, 011 42576337 Email: delhi@phrnindia.org Website: www.phrnindia.org