



भारत सरकार

GOVERNMENT OF INDIA

स्वास्थ्य एवं परिवार कल्याण मंत्रालय

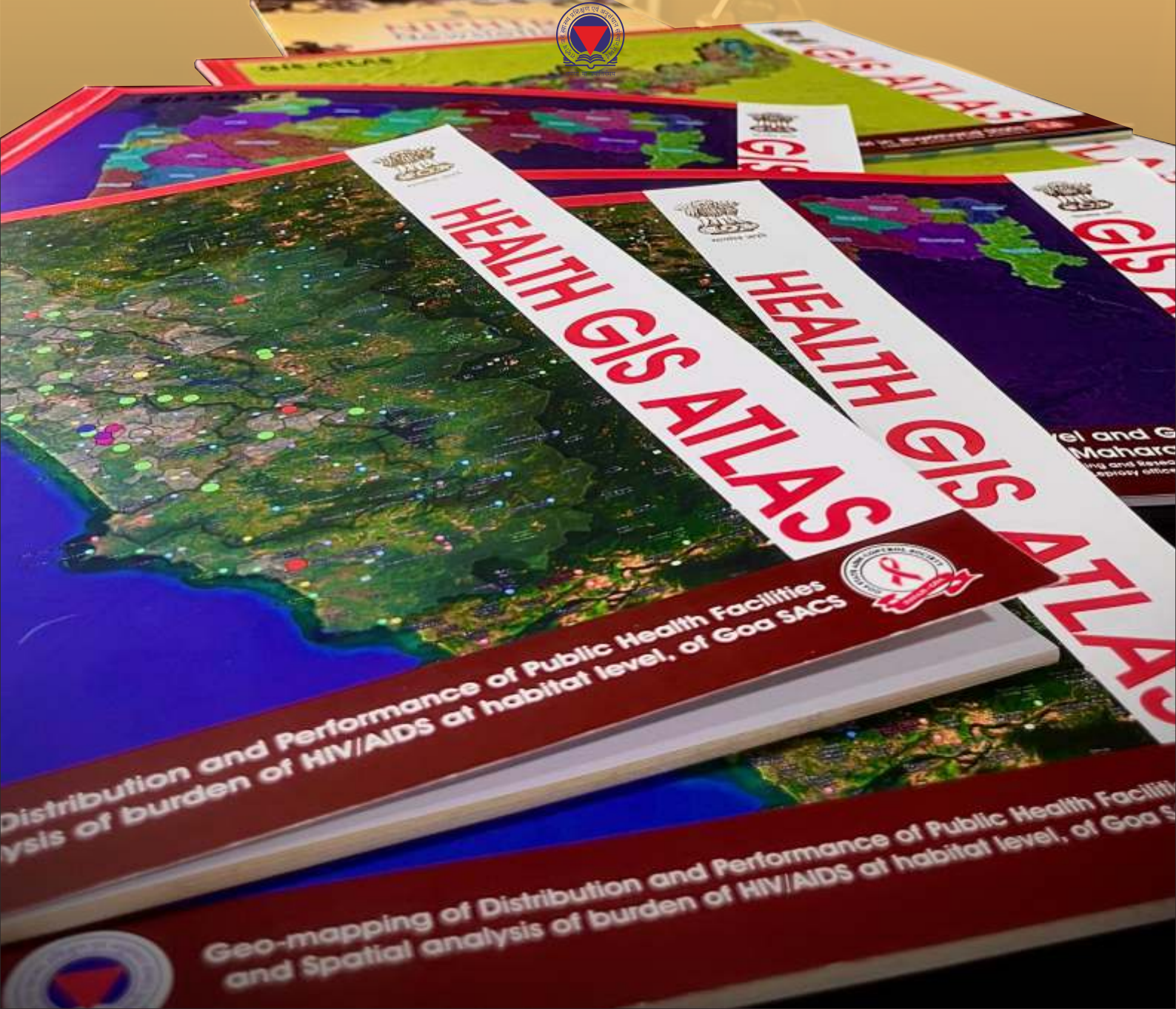
MINISTRY OF HEALTH AND FAMILY WELFARE

रा. ज. स्वा. प्र. एवं अनु. संस्थान  
**NIPHTR**

राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान, मुंबई  
National Institute of Public Health Training and Research, Mumbai

# समाचार पत्रिका Newsletter

समाचार पत्रिका, संस्करण 1 / अप्रैल 2023 - सितंबर 2023  
Newsletter, Issue 1 / April 2023 - September 2023



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डिजाइन एवं लेआउट

श्री. श्रीनिवास म्हेत्रे, कनिष्ठ कलाकार

## संपादकीय



मुझे एनआईपीएचटीआर न्यूज़लेटर में एक मुख्य संदेश साझा करते हुए बेहद खुशी हो रही है, जिसमें 2023 की पहली छमाही के दौरान हुई महत्वपूर्ण प्रगति पर प्रकाश डाला गया है। इस संस्करण में शैक्षणिक गतिविधियों, प्रशिक्षण कार्यक्रमों, क्षेत्रीय गतिविधियों, संगोष्ठियों और अनुसंधान पहलों सहित विभिन्न क्षेत्रों को शामिल किया गया है।

संस्थान द्वारा विभिन्न शैक्षणिक कार्यक्रमों की शुरुआत की घोषणा की गयी है- स्वास्थ्य संवर्धन और शिक्षा में डिप्लोमा का 37वां बैच, सामुदायिक स्वास्थ्य देखभाल में स्नातकोत्तर डिप्लोमा का 14वां बैच, एमपीएच एवं पीजीडीएम का दूसरा बैच, साथ ही हमारे कौशल आधारित प्रशिक्षण कार्यक्रम जैसे फर्स्ट रिस्पोंडर एवं स्वच्छता स्वास्थ्य निरीक्षक को उत्साहजनक सफलता प्राप्त हुई। इसके साथ ही हमारी शैक्षणिक गतिविधियाँ योजना के अनुसार आगे बढ़ रही हैं।

सार्वजनिक स्वास्थ्य अनुसंधान हमारे संस्थान का केंद्र है, एमपीएच, पीजीडीसीएचसी और डीएचपीई कार्यक्रमों में छात्र हमारे अधिकारियों और संकाय के निरंतर मार्गदर्शन के साथ विविध सार्वजनिक स्वास्थ्य मुद्दों का समाधान करते हैं। राष्ट्रीय एवं अंतर्राष्ट्रीय स्वास्थ्य दिवस संस्थान एवं बाहरी क्षेत्र में मनाए गए। हमारे समर्पित संकाय सदस्यों के मार्गदर्शन में छात्रों द्वारा सक्रिय रूप से भाग लिया गया।

एम.ओ.एच.एफ.डब्ल्यू द्वारा वार्षिक क्षमता निर्माण योजना (मिशन कर्मयोगी) के तहत हमने 377 पाठ्यक्रमों को पूरा करने वाले सभी कर्मचारियों को आईगॉट प्लेटफॉर्म पर शामिल कर लिया है। हमारे द्वारा दो ऑनलाइन पाठ्यक्रमों- बुजुर्ग स्वास्थ्य देखभाल पर आधारित राष्ट्रीय कार्यक्रम (एनपीडीएचसी) और एनएचएम आर्किटेक्चर हेतु भी सामग्री विकसित की गयी है।

जीआईएस एटलस हमारी एक उल्लेखनीय उपलब्धि है जिसे गोवा एस.एस.सी के साथ मिलकर बनाया गया है, जो सार्वजनिक स्वास्थ्य सुविधाओं के वितरण और प्रदर्शन एवं आवास स्तर पर एचआईवी/एड्स की चुनौतियों का मानचित्रण करता है। यह ई-एटलस ठोस प्रोग्रामेटिक क्रियाओं को सुविधाजनक बना रहा है। संस्थान ने स्थानीय संगठनों और नेताओं के सहयोग से शहरी और ग्रामीण क्षेत्रों में सामुदायिक स्वास्थ्य के प्रति हमारी प्रतिबद्धता को प्रदर्शित करते हुए स्वच्छता ही सेवा अभियान में भाग लिया।

मैं स्वास्थ्य और परिवार कल्याण मंत्रालय, भारत सरकार के प्रशिक्षण प्रभाग को उनके अटूट समर्थन और मार्गदर्शन के लिए अपना आभार व्यक्त करता हूँ, जो हमारी उपलब्धियों में सहायक रहा है। हमारे संकाय सदस्यों और हितधारकों का निरंतर समर्थन और सहयोग हमें अपने लक्ष्यों की दिशा में प्रयास करने के लिए निरंतर प्रेरित करता है हम इस न्यूज़लेटर को और भी व्यापक बनाने हेतु आपके सुझावों का उत्सुकता से स्वागत करते हैं।

डॉ. सुनिल विलासराव गिते,

निदेशक, एनआईपीएचटीआर, मुंबई-04



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## Editorial



I am delighted to share a keynote message in the NIPHTR newsletter, highlighting significant advancements during the first half of 2023. This edition covers various areas, including academic pursuits, training programs, field activities, symposiums, and research initiatives.

The Institute has announced the commencement of educational programs - the 37th batch of the Diploma in Health Promotion and Education, 14th batch of the Post Graduate Diploma in Community Health Care, 2nd batch of the MPH course, and PGDHM. Our skill-based training program for SHI and First Responders has seen enthusiastic success, and our academic activities are proceeding as planned.

Public health research is central to our Institute. Students in MPH, PGDCHC, and DHPE programs address diverse public health issues with continuous guidance from our officers and faculty. National and international health days were observed both at the institute and field levels. Students actively participated under the guidance of our dedicated faculty members.

Under the MOHFW Annual Capacity Building Plan (Mission Karmayogi), we've onboarded all staff onto the iGOT platform, completing 377 courses. We've also developed content for two online courses: National Programme for Elderly Health Care (NPEHC) and NHM Architecture. We're actively engaged in two extramural projects - SAATHII GFATM and ICMR - contributing significantly to public health.

A noteworthy achievement is our GIS atlas created with Goa SAC, mapping Public Health Facilities' distribution and performance and HIV / AIDS burden at the habitat level. This e-atlas is facilitating tangible programmatic actions. The Institute has participated in the Swachhata Hi Seva Abhiyan, showcasing our commitment to community health in urban and rural areas, in collaboration with local organizations and leaders.

I extend our gratitude to the training division of the Ministry of Health and Family Welfare, Government of India, for their unwavering support and guidance, which have been instrumental in our achievements. The continued support and cooperation of our faculty members and stakeholders inspire us to strive towards our goals. We eagerly welcome your suggestions to enhance this newsletter, making it a comprehensive repository of NIPHTR's remarkable accomplishments.

**Dr. Sunil Vilasrao Gitte**  
Director, NIPHTR, Mumbai

## A - Academic Activities

### DHPE –PGDCHC Inauguration



Dr. James, Director IIPS, Dr. Sunil Gitte, Director NIPHTR, inaugurating the DHPE-PGDCHC Course, along with Dr. Sudhir Wanje Joint Director and Dr. Shubhangi Baviskar

The inauguration ceremony for the new batches of the Diploma in Health Promotion Education (DHPE) and Post Graduate Diploma in Community Health Care for the Academic Year 2023-24 took place with the ceremonial lighting of lamps by Prof. Dr. K. S. James, Director & Senior Professor at IIPS, Mumbai Deemed University. This significant event occurred on July 7, 2023, at the NIPHTR Panvel campus. Dr. Sunil Gitte, Director of NIPHTR, presided over the inaugural function.

On this Occasion, Dr. K. S. James, in his inaugural address, extended a warm welcome and heartfelt congratulations to all the students for joining the program. Dr. James shared valuable insights from numerous research studies, emphasizing their significance across various facets of health and healthcare services. Furthermore, he underscored

the pivotal role healthcare providers play in delivering services with utmost care.

Dr. Sunil Gitte, Director, NIPHTR in his presidential address congratulated the students for getting an opportunity to attend the course in person at the National Institute. He mentioned that for nominations personal communication was done with state authorities across India. Dr. Gitte emphasized the importance for students to capitalize on the opportunities provided, encouraging active participation in various institute activities to acquire a diverse set of skills.

In the welcome address DHPE Course Coordinator Dr. Sudhir Wanje, Joint Director, provided a brief introduction to the DHPE course.

Dr. Shubhangi Baviskar, Deputy Commissioner (Immunization), provided a concise introduction to the PGDCHC course. The program commenced with a welcome song performed by the DHPE-PGDCHC trainees. This year, a total of 29 trainees joined the DHPE course, representing Maharashtra, Madhya Pradesh, Telangana, Odisha, Chhattisgarh, and Nagaland states. Additionally, a total of 9 trainees enrolled in the PGDCHC course, representing Maharashtra and Madhya Pradesh states.



Dr. James, Director IIPS, Dr. Sunil Gitte, Director NIPHTR, Dr. Sudhir Wanje Joint Director and Dr. Shubhangi Baviskar at on the occasion of inauguration of the DHPE-PGDCHC Course



## The Convocation programme of DHPE batch -XXXVI and PGDCHC - batch-XIII -2022-23

The 64th convocation ceremony took place at the International Institute of Population Sciences, Deonar, Mumbai, on May 6, 2023, starting at 10:00 am. Dr. Indu Bhushan, former CEO of Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana, National Health Authority, Government of India, served as the Chief Guest for the ceremony.

Dr. Rajiv Bahl, Secretary to the Government of India, Department of Health Research & Director-General, ICMR, presided over the function. Professor K. S. James, Director of IIPS, and Dr. Sunil Gitte, Director of NIPHTR, were among the distinguished special guests in attendance.

During this convocation ceremony, 17 out of 18 trainees from the Diploma in Health Promotion Education awarded a diploma certificate in person. Ms. Pooja Nirmalkar was honoured with the gold medal for securing the first rank, while Ms. Arpita Mishra earned the second position and received the silver medal. For the Post Graduate Diploma in Community Health Care, 14 out of 15 trainees attended the ceremony in person. Ms. Poonam Uikey, a trainee from Madhya Pradesh, was awarded the gold medal for achieving the highest rank in the course, and Ms. Vaishali Prasad received the silver medal for securing the second position.



DHPE -XXXVI and PGDCHC - XIII Trainees with the Faculty members of NIPHTR at Convocation Ceremony

## SHI Inauguration & SHI convocation

### Convocation Ceremony



The inauguration program for the seventh batch of the Sanitary Health Inspector course and the convocation ceremony for the sixth batch took place on July 13th at the Panvel Campus of the institute. Mrs. Rosy Joseph, the Course Coordinator for SHI, hosted the program, extending a warm welcome to the dignitaries and coordinating the convocation proceedings. Mr. Krishna Korti, Assistant Engineer from MCGM Solid Waste Management, served as the Chief Guest and honoured the function. Dr. Sunil Gitte, Director of NIPHTR, Mumbai, presided over the event.

The inaugural function commenced with a prayer song performed by the students, followed by the lighting of the lamp by the esteemed dignitaries. In his inaugural address, Mr Krishna korti appreciated the institute for a very well organised programme for the future torch bearers in Sanitation and Health both of which important for a sustainable growth of the society. He added that there are ample opportunities for the students of Sanitary Health inspector course. There is great demand of the trained youths in the field of sanitation and health.

Dr. Sunil Gitte, Director of NIPHTR, extended congratulations to the graduating trainees and offered a warm welcome and best wishes to the newly admitted students. In his address, he emphasized the institute's commitment to providing the best training facilities. Mr. Aviraj Palve received the Gold Medal for securing the first rank in the final examination, while Mr. Jayaram Kaldhole was awarded the Silver Medal for securing the second rank. Dr. Shubhangi Baviskar, the Course Coordinator for SHI, presented a brief curriculum and report on the sixth batch of the Sanitary Health Inspector program. The function concluded with a feedback session and the sharing of gratitude by the students.



Dr. Sunil Gitte, Director NIPHTR, and Chief Guest Mr. Krishna korti Presenting the Gold and Silver Medals to Mr. Aviraj Palve and Mr. Jayaram Kaldhole In presence of Dr. Suparna Khera CMO (SAG), Dr. Sudhir Wanje Joint Director and Dr. Shubhangi Baviskar



## B – Short Term Course

### Skill-Based Training of First Responder



Dr Amol Ade, demonstrating the skills to remove the airway blockages

The Institute is offering skill-based training on First Responder techniques to various categories of the employees and general public. The institute organized special batches of this course for the ASHA Workers from the Panvel Taluka of Raigad District. a total of 9 batches were conducted from August 2022 till June 2023 and 224 Asha workers were trained. This specialized training has equipped ASHA workers with essential skills such as bandaging, CPR, dressing wounds, and more. It has also oriented them on how to handle situations during disasters, ensuring they are well-prepared

to respond effectively.

The training sessions were conducted by esteemed professionals in the field. Dr Sudhir Wanje, Joint Director; Dr Suparna Khera, Chief Medical Officer (SAG); Dr Shubhangi Baviskar(DC); Dr Amol Ade, Chief Medical Officer; Dr. Krishnaja(MO); Mrs Rosy Joseph, Sr. PHNO; Mrs Asha Khandagale, Sr. PHNO; and Mrs. Tejaswini Meshram, PHNO, delivered sessions on various important topics, imparting their knowledge and expertise to the ASHA workers.

To enhance the understanding of disaster preparedness and management, Mr Rajendra Lokhande from the Disaster Management Cell of Brihan Mumbai Corporation conducted sessions dedicated to these crucial aspects. The training programs aimed to equip the ASHA workers with the necessary skills and knowledge to respond promptly and effectively during emergencies, disasters, and other critical situations. By empowering them with these vital skills, the Institute strives to enhance the overall preparedness and response capabilities of the healthcare system, ultimately benefitting the communities they serve. Dr. Amol Ade, the Chief Medical Officer of the institute, spearheaded the coordination of the program, receiving valuable assistance from Mr. Ganesh Chavhan, SWI.

#### Batches Completed From August 2022 to June 2023

Sr.no	Dates	No. of participants
1.	24 to 26 August 2022	21
2.	12 to 14 October 2022	25
3.	14 to 16 December 2022	23
4.	11 to 13 January 2023	29
5.	15 to 17 February 2023	24
6.	15 to 17 March 2023	28
7.	26 to 28 April 2023	23
8.	29 to 31 May 2023	25
9.	26 to 28 June 2023	26
Total		224



ASHA Workers redemonstrating the skills learned during the first responder training program.

## Sensitization Workshops on Maternal and Child Health Care



Session on Congenital Heart Disease by Dr Ashish Bhanpurkar Cardiologist of Shri Satya Sai Sanjeevani Hospital Khaghar

The "Sensitization Workshops on Maternal and Child Health Care" were collaboratively organized by the National Institute of Public Health Training and Research (NIPHTR) and Satya Sai Sanjeevani Centre for Child Heart Care in Kharghar, in partnership with the Integrated Child Development Scheme (ICDS), Panvel. These workshops serve as valuable platforms where experts from NIPHTR and Satya Sai Sanjeevani Hospital provide comprehensive orientation to Anganwadi workers from the Panvel Block.

Covering a diverse array of essential topics, the sessions include discussions on congenital heart disease in children, antenatal mother care, essential newborn care, malnutrition, integrated

management of neonatal and childhood illnesses, growth monitoring, and more. The primary goal is to enhance the knowledge and skills of Anganwadi workers, empowering them to deliver effective healthcare services to the community.

Since the initiation of these sensitization workshops, a total of 281 Anganwadi workers have undergone training. The participants derive substantial benefit from the expertise and guidance provided by experienced trainers, ensuring they are well-prepared to address the specific health needs of mothers and children in their respective areas.

By facilitating these workshops, NIPHTR and Satya Sai Sanjeevani Centre, with the support of ICDS, actively contribute to the improvement of maternal and child health care services in the Panvel Block. The training not only enhances the capabilities of Anganwadi workers but also plays a pivotal role in building a robust foundation for the overall well-being and development of the community.

Sr.no	Dates	No. of participants
1.	24 September 2022	31
2.	24 August 2022	30
3.	4 November 2022	31
4.	8 December 2022	33
5.	22 December 2022	27
6.	05 January 2023	30
7.	10 March 2023	29
8.	12 May 2023	29
9.	20 June 2023	23
10.	28 July 2023	18
<b>Total</b>		<b>281</b>



Session on Growth Monitoring by NIPHTR Faculties for the Anganwadi workers



## C- Internship

### Summer Internship Training for MUHS for Undergraduates



Summer internship students learning to use GIS mapping

The National Institute of Public Health Training and Research (NIPHTR) actively participated as one of the centers in the Summer Internship Program (SIP) initiated by MUHS Nasik. The institute organized a comprehensive two-week program designed to address three specific learning objectives approved by MUHS. These objectives included "GIS (Geographical Information System) in Health," coordinated by Dr. Sunil V. Gitte (Director); "Health Education," coordinated by Dr. Suparna Khera (CMO-SAG); and "Nutrition and Health," jointly supervised by Dr. S. Wanje (Joint Director) and Dr. Shubhangi Baviskar (Deputy Commissioner). Each learning goal was undertaken by a group of twelve students, with four participants assigned to each goal. The program took place from June 16th to June 30th, 2023.

The primary objective of the SIP program was to provide students with an immersive experience in these fields, offering hands-on learning opportunities to gain valuable insights and a deeper understanding of their individual interests. The program participants consisted of students ranging from the first to the third year, studying health sciences.

As part of their learning goals, the students were actively involved in field projects and community-based assignments, expanding their knowledge beyond the confines of the classroom. Upon the conclusion of the two-week program, the students organized a Health Education program, featuring engaging activities such as role-playing and exhibitions focused on diabetes, held at the Nimkar Health Post. Simultaneously, students specializing in Nutrition and Health executed a project involving the assessment of nutritional status among preschool children through anthropometry in Anganwadi's.



Summer Internship Training



Summer Internship Trainees visited to Anganwadi

Additionally, students specializing in GIS in Health delved into mapping and data assessment, utilizing the information provided for their projects. The feedback from the students at the conclusion of the program was overwhelmingly positive. They regarded the SIP program as a productive and valuable experience that successfully aided them in achieving their learning goals.

## D- Projects

### GIS Mapping for Goa SACS on HIV/AIDS

GIS (Geographic Information System) Atlas focusing on the geospatial mapping and analysis of public health facilities, NGO areas, and HIV burden at the habitat level in the Goa State AIDS Control (SAC). This GIS health atlas was prepared in collaboration with officials from the Goa SAC. Health GIS is a useful tool that aids and assists in planning, monitoring evaluation, Health education and coverages of services of health programmes. it also plays a vital role in strengthening the whole process of epidemiological surveillance, information management and analysis

**Key features of the GIS Atlas include:**

**1. Distribution and Performance of Public Health Facilities in-context with Programme:** The atlas provides a detailed geospatial overview of public health facilities in the Goa SAC, including healthcare centers, testing sites, treatment centres, and support services. By analyzing the distribution and performance of these facilities, we can identify gaps, prioritize resource allocation, and enhance accessibility to quality healthcare services.

**2. Geo-Mapping of NGO Areas:** The atlas explores the spatial distribution and coverage of non-governmental organizations (NGOs) working in the field of HIV/AIDS in Goa SAC. This mapping facilitates collaboration, coordination, and partnership between government entities and NGOs.

**3. Geospatial Analysis of HIV Burden at Habitat Level:** Through geospatial techniques, the atlas provides a detailed analysis of the HIV burden at the habitat level (Village level and Urban area). in Goa SAC. This analysis enables the identification of high-risk areas, vulnerable populations, and spatial patterns of HIV prevalence. By understanding the localized dynamics of HIV transmission, state authorities can tailor interventions, target resources, and implement evidence-based strategies for prevention, care, and support.





## Blended Training Programme –GFATM–Phase III



Dr. Sunil Gitte, Director NIPHTR interacting with Peer Educators.

Blended Training Programme -GFATM-Phase III: SAATHI, a principal Recipient (PR) of the Global Fund grant, as a part of support to NACO, has identified NIPHTR as one of Regional kshamata kendra (RKK) for Mumbai district and Goa state. The purpose of kshamata kendra is to provide adequate and appropriate capacity building support to TI projects in their respective states. Till date NIPHTR has completed training of 226 (113 ORW & 113 PE ) TI service providers from Mumbai district and 68 (30 ORW & 68 PE) TI service providers from Goa state.

The successful organization of the training program was made possible through the able guidance of Dr Sunil V Gitte Director, NIPHTR and diligent efforts of Dr. Sudhir Wanje, Joint Director, and Program Manager; Dr. Shubhangi Baviskar, Deputy Commissioner; Mrs. Vanit a Nachanekar, Regional Training Coordinator at SAATHI; NIPHTR KK Staff; Shri. Prathamesh Patil, Training Coordinator; Accounts Officer Jyoti Gupta; NIPHTR faculty Shri Sanjay Bhonge.



Dr, Sudhir Wanje Joint Director discussing with the participants of Peer Educator training.

Sr No.	Date	Training of	Cadre	No. of participants	Venue
5.	12-16 <sup>th</sup> June 2023	TI staff training	ORW	15	NIPHTR, Panvel
6.	3-5 <sup>th</sup> July 2023	TI staff training	PE	26	NIPHTR, Panvel
7.	10-12 <sup>th</sup> July 2023	TI staff training	PE	22	MDACS, Vadala
8.	17-19 <sup>th</sup> July 2023	TI staff training	PE	9	MDACS, Vadala
9.	7-9 <sup>th</sup> August 2023	TI staff training	PE	14	MDACS, Vadala
10.	10-12 <sup>th</sup> August 2023	TI staff training	PE	20	MDACS, Vadala
11.	21-23 <sup>rd</sup> August 2023	TI staff training	PE	2	MDACS, Vadala
12.	4-6 <sup>th</sup> September 2023	TI staff training	PE	3	Shape India Chembur
13.	11-13 <sup>th</sup> September 2023	TI staff training	PE	14	Malwani, Malad
14.	12-13 <sup>th</sup> September 2023	Senior Master Trainers TOT	PM	15	NIPHTR, Panvel



Training of the Peer Educator at the Field level in Chembur and Santacruz

## ToT of Senior Master Trainers for Targeted Interventions on HIV AIDS



Participants of Senior Master Training presenting group work

NIPHTR Kshamata Kendra organized a two-day Senior Master Trainers workshop for PM cadre in collaboration with SAATHII at NIPHTR, Panvel campus from September 12th to 13th, 2023. Dr. Mukut Bhowmik (Team Leader -GFTA India SETU) and Mr. Prasad Sant (Regional Team Leader – Cluster 9 Mumbai SETU) were invited as facilitators to train the Senior Master Trainers for Targeted Interventions on HIV/AIDS. A total of 15 Senior Master Trainers participated in the training from across India. Mr. Arpan Bose, National Program Specialist-SAATHII, and Mr. Hedvees Christopher, Specialist – TI Capacity

Building SAATHII, also took part in the training. Ms. Smita Chougule, Deputy Director TI-MDACS, and Ms. Karuna Borkar, ADTI-MSACS, visited the institute and provided valuable inputs to the participants. The training was concluded with a vote of thanks by Dr. Sudhir Wanje, Joint Director & PM KK – NIPHTR.



Dr. Sunil Gitte, Director NIPHTR, Dr. Sudhir Wanje Joint Director with the participants of ToT for senior Masters Trainers Training workshop on Targeted Intervention for the prevention of HIV/AIDS

## Mission Karmayogi

The Ministry of Health & Family Welfare, Government of India, has initiated its Annual Capacity Building Plan (ACBP) under Mission Karmayogi. This plan is designed to facilitate role-based capacity building for civil servants, offering a diverse range of learning resources on the iGOT platform. The objective is to enhance the knowledge, skills, and attitude of officials, thereby supporting the development of their career trajectories.

NIPHTR has made significant progress in implementing its training initiatives. A designated nodal officer has been appointed, overseeing the successful onboarding of all officers and staff onto the iGOT platform. Notably, 37 faculty and staff members have already completed the six mandatory courses provided by the Department of Personnel and Training (DoPT). The collective effort has resulted in an impressive total of 377 courses being successfully completed on the iGOT platform.

Furthermore, NIPHTR is actively engaged in contributing to the creation of content for two online courses: (i) National Programme for Elderly Health Care (Q-3) and (ii) NHM Architecture (Q-4). This demonstrates our commitment to enhancing knowledge and skills in critical areas, showcasing our dedication to providing valuable educational resources.



## ICMR project for Burn Injuries



Data Collection by the field workers in Mumbai slums

NIPHTR, Mumbai, functions as one of the ten peripheral centers for the ICMR's National Taskforce project titled "Multi Centric Community-Based Study of Prevalence, KAP (Knowledge, Attitude & Practice) for Prevention & First Aid of Burns, Quality of Life, and Out-of-Pocket Expenditure of Burns Injury, and Evaluation of IEC (Information, Education, Communication) Interventions."

The objectives of the project are to determine the prevalence, risk factors, KAP for the prevention of burns, out-of-pocket expenditure, and the health-related quality of life of patients with burn injuries. Additionally, the study aims to assess the impact of IEC interventions on KAP regarding the prevention and first aid of burns.

The study is conducted in phases. In Phase I, there is a KAP study of respondents from urban and rural households. This is followed by an intervention in the form of IEC regarding burns prevention, with an assessment of the intervention's impact in phases II and III. The total duration of the project is three years, with a total sample size of 3400 households, half of which are urban and the remaining 50% rural. The representative population includes slum, semi-slum, and non-slum populations in urban sectors and respondents from kuccha and pukka houses in rural areas. Data is collected using a standardized questionnaire and entered the BICS App. The data will be centrally analyzed from all centers, and IEC will be implemented using standardized material across centers. To date, data from more than 2459 households have been collected.

The ICMR project team comprises two Project Technical Officers, two field workers, and one Data Entry Operator. The Principal Investigator (PI) for the project is Dr. Suparna Khera, with Co-PIs Dr. Sunil Gitte and Dr. Shubhangi Baviskar.



Data Collection by the field workers in Village

## First Aid for Burns



## NCD screening Camp for AWWs of Panvel Taluka



Health checkup of Anganwadi worker during the NCD screening camp.

breast examination, which can be performed at home on a regular basis to detect breast cancer. Pre- and post-counselling assessments are also done.

Height, weight, BMI, waist circumference, blood pressure, and a random blood sugar test were all taken as part of the AWWs evaluation. After getting consent in writing from individuals who were willing, a Pap smear was taken, and the sample was forwarded to Tata Memorial Hospital for analysis. Each AWW underwent a full physical examination, including a CVS, RS, abdominal, oral, and clinical breast examination, as well as a detailed history inquiry to identify any NCD risk factors. AWWs with elevated BP or RBS were sent

NIPHTR, along with Shri Satya Sai Sanjeevani, Kharghar, started the non-communicable disease screening for Anganwadi workers of Panvel Taluka on every Thursday from June 15, 2023, at the NIPHTR Panvel Campus.

Anganwadi workers were screened in batches of 30. Initially, counselling sessions were conducted regarding noncommunicable diseases like diabetes, hypertension, oral, cervical, and breast cancer, with explanations of symptoms and signs and how to detect these NCDs at an early stage for a better treatment outcome. It also includes a demonstration and video presentation about self-



Blood pressure checkup of Anganwadi worker during the NCD screening camp.



Health checkup of Anganwadi worker during the NCD screening camp.

to SDH, and those with gynecological problems contacted NIPHTR for a gynecological consultation on the first Monday of each month. A total of 253 AWWs were screened until August 31, 2023, and a pap smear examination was conducted for 46.

With the continuous support from the Director, NIPHTR, and the initiative taken by Dr. Sudhir Wanje, JD, screening is ongoing, and along with the SSSSC team, Dr. Krishnaja (MO), Mrs. Asha Khandagle (Sr.PHNO), Mrs. Tejaswini Meshram (PHNO), Mrs. Reshma Shinde (Lab Technician), and Ms. Ashlesha Pharande (LHV) are actively involved to give better service to the beneficiaries.

**“Early Detection and Early Treatment is key  
for prevention and control of Non Communicable diseases!”**



## E – Swachhata Hi Seva Abhiyan

### Shramadan Program at Dhakta Khanda and Tulsiwadi



Dr. Sunil Gitte, Director NIPHTR, Dr Sudhir Wanje, Joint Director, and Dr Amol Ade actively participated in Swachhata hi Seva abhiyan on 1st October 2023 interacting with Peer Educators.

The Swachhata hi Seva campaign is being observed from September 15 to October 2 this year, jointly organized by DDWS and MoHUA. The campaign aims to undertake shramdaan activities to foster a Jan Andolan through community participation. Its objectives include providing impetus to the implementation of SBM, disseminating the importance of a Sampurna Swachh city, reinforcing sanitation as everyone's business, and serving as a prelude for Swachh Bharat Diwas on October 2 with nationwide participation.

NIPHTR, Mumbai, actively participated in Swachhata Pakhwada – Swachhata Hi Seva (SHS) 2023 by organizing two events. The institute contributed to a massive cleanliness drive scheduled for October 1, 2023, at 10 am. Event details were created on the <https://swachhatahiseva.com> web portal, and information was shared on the Twitter handle of the Director, NIPHTR (@NIPHTR), and the Instagram handle (@NIPHTR).

#### **Dhakta Khanda Village area under Panvel Municipal Corporation**

At Dhakta Khanda, Municipal Corporation Ward No. 14, the event was organized from 10 am to 11 am in collaboration with local organizations such as Ratnadip Krida and Sanskritik Mandal, Vasundhara Foundation Panvel, and the Nach Ga Ghuma group Panvel. The participants were divided into five groups, and they engaged in cleaning activities in various areas, including the surroundings of the school, near the railway track, around the Ganpati Temple, the main road, and the alleys of the village. They also focused on the cremation center, the area around the lake in the village, and the gutters of the village.

Approximately 400 participants, including community leader and former corporator Shri Manohar Mhatre and his team members, joined the event. Under the leadership of NIPHTR, Director Dr. Sunil Gitte, Joint Director Dr. Sudhir Wanje, Deputy Commissioner Dr. Shubhangi Baviskar, Chief Medical Officer and Nodal Officer for Swachhata 3.0 Dr. Amol Ade, Medical Officer Dr. Krishna N. P, and other faculty



participants of Swachhata hi Seva Abhiyan





Faculties and Staff members participated in Swachhata hi Seva abhiyan on 1st October 2023 at Tulsiwadi

members, along with 42 trainees of Diploma Health Promotion Education, Post Graduate Diploma in Community Health Care, and Masters in Public Health, actively participated in the Shramdaan activity. Notably, there was significant participation by women, including Mahila Activist Adv. Aparna Nadgoundi-Kulkarni, Ms. Gauri Chitale, Ms. Amita Mhaskar, and others. Members of the Nach Ga Ghuma group, including Mrs. Akshya Chitale, Mrs. Sunita Kumbhar, Mrs. Sangita Pardhi, Mrs. Swati Desai, Mrs. Priti Bhagwat, and Mrs. Leena Bhonge, also actively

contributed. The Ganesh Vidya Mandir of the Panvel Municipal Corporation was represented by 10 school teachers and 150 students from class 5 to 8, who participated in cleaning the area around the school and Ganesh Mandir.

### Output of the Event:

The participants successfully collected nearly 35 bags of garbage from the community, which were subsequently handed over to the PMC ghanta gaadi for disposal. The cleaning efforts extended to approximately 2 km of the main road, along with the alleys. Additionally, a substantial area of around 5000 sq. ft was cleaned with the assistance of a JCB.

### Arya Seva Mandal, Tulsiwadi

The NIPHTR Khetwadi campus team organized the second event at Arya Seva Mandal, Brihan Mumbai Municipal Corporation, Tulsiwadi D Ward, Mumbai Central (W), Mumbai. The Swachhata Hi Seva initiative was successfully conducted from 9:30 am to 11 am, with approximately 100 participants in attendance. The participants included Mrs. Rosy Joseph, Sr. Public Health Nursing Officer, Mrs. Meenakshi Mantri, Computer, Mrs. Smita Sawant, UDC, Ms. Ashlesha Pharande, along with other staff members, including five officials/faculties from NIPHTR, officials from PAO Mumbai, 14 students of the Sanitary Health Inspector Course, local leaders, Municipal Corporation officials, NGOs, and community members.

The participants were divided into different small groups, and each group initiated a cleaning campaign in Arya Nagar society, roads, and the school premises, covering the area around the Arya Nagar Society and Tulsiwadi Path. The output of the event was significant, with more than 10 bags of waste materials and garbage collected from all places, including the school playground. The collected materials were safely disposed of with the assistance of a city corporation waste vehicle carrying van. Additionally, nearly 2 km of the main road, along with gullies, was effectively cleaned during the event.



Rally by SHI students on 1st October 2023 at



Dr. Sunil Gitte Director NIPHTR, Dr. Sudhir Wanje Joint Director, Shri Manohar Mhatre, Ex Corporator, Dr. Amol Ade CMO, Adv. Aparna Nadgoundi, President Vasundhara Foundation and other participants from



## F – National Day

### 77th Independence Day



**Dr Sunil Gitte Director NIPHTR,  
hoisted the National Flag on 15  
August 2023**

The 77th Independence Day of India was joyously observed on August 15, 2023, at the New Panvel Campus of NIPHTR. The National Flag was proudly hoisted by the Honorable Director of the institute, Dr. Sunil Gitte. Notable figures in attendance included Dr. Sudhir Wanje, Joint Director of NIPHTR, Dr. Vijay Bhagat, Public Health Specialist Grade-I of Airport Health Office, Mumbai Dr. Shubhangi Baviskar, Deputy Commissioner of NIPHTR, Dr. Amol Ade, Chief Medical Officer of NIPHTR, and Dr. Krishnaja, Medical Officer.

In his address, Dr. Sunil Gitte extended congratulations to all the staff members, emphasizing the significance of the occasion in commemorating the valor and spirit of the freedom fighters who ardently fought for the independence of the nation. He emphasized the collective responsibility to strive for integrity and unity in society.

The celebration saw active participation from the trainees of Diploma in Health Promotion Education, Post Graduate Diploma in Community Health Care, and Master in Public Health, who beautifully adorned the institute campus under the guidance of Shri Shrinivas Mehetre.

#### **Traditional Dress Competition and Cultural Program**

This year, the institute organized an innovative competition aimed at familiarizing the trainees with the diverse cultures of various states in India. A Traditional Dress competition was a highlight of the cultural program, where participants donned traditional attire and provided brief introductions to the states they represented through poems, songs, dances, or 1-minute speeches. Almost 30

students enthusiastically participated, showcasing the traditional dresses of states such as Assam, Kashmir, Rajasthan, Gujarat, Maharashtra, Kerala, Karnataka, Tamil Nadu, West Bengal, Chhattisgarh, Madhya Pradesh, and Nagaland.

The judging panel, consisting of Smt. Smita Sawant (Head Clerk), Smt. Manisha Kerkar, and Ku. Ashlesha Pharande (Lady Health Visitor), assessed the participants. Smt. Chitra Surve secured the first prize, the second prize was awarded to Shri Damrudhar Sai Painkra, and the third prize was given to Smt. Asha Rathod.



**Traditional Dress Presentation by DHPE and PGDCHC Trainees**



## Rangoli Competition

Rangoli competition on the theme of “Atma Nirbhar Bharat” was organized for the trainees of the various courses. 12 Trainees participated in this competition and prepared the rangoli on the eve of the Independence on 14 August 2023. Dr Sunil Gitte Director NIPHTR, Dr. Sudhir Wanje, Joint Director, Dr. Vijay Bhagat, Public Health Specialist Grade - I, Airport Health Office, Dr. Shubhangi Baviskar, Deputy Commissioner, Dr Amol Ade Chief Medical Officer.

These Rangolis were assessed by Shri Vijay Naikwadi, Library Information Assistant, Shri Shrinivas Mehetre, Jr. Artist and Shrimati Sukanya Paralkar. Smt Monika Bhovate received first prize, Smt Chitra Surve, got second and Ku. Mayuri Rakh received third prize in the rangoli competition.

During the cultural event, trainees showcased various regional dances, including the Sarguja group dance from Chhattisgarh, Gan Gour Group Dance from the Nimad region of Madhya Pradesh, and Koli Dance from the Konkan region of Maharashtra. Some trainees performed solo dances to patriotic songs, while those in the Sanitary Health Inspector Course presented group songs. Several participants also sang patriotic songs.

The winners across the competitions were honoured with trophies presented by Dr. Sunil Gitte, Director of NIPHTR, Mumbai. Ku. Nida Chowdhari, MPH trainee, expressed gratitude in the vote of thanks. The event was attended by Dr. Sudhir Wanje, Joint Director, Dr. Shubhmagi Baviskar Dy. Commissioner, Dr. Amol Ade, Chief Medical Officer, Dr. Krishnaja N P, Medical Officer Smt. Asha Khandagale (Public Health Nursing Officer), Smt. Tejaswini Meshram, Shri. Vijay Naikwadi, Smt. Nakusha Saindane (SWI), Shri. Ganesh Chavan (SWI), Shri. Rajaram Gavade (SA), Shri. Shrinivas Mehetre, and Shri. Swapnil Kharde. was given to Smt. Asha Rathod.



Dr. Sunil Gitte Director NIPHTR, Dr. Vijay Bhagat Joint Director, APHO, Presenting awards to the winners on 15th August 2023



### World Health Day



DHPE trainees explaining posters to patients at Civil Hospital Ranjhi, Jabalpur on WHO day

#### World Health Day observation by DHPE students at Jabalpur

The Diploma Health Promotion Education (DHPE) trainees, placed at the Health and Family Welfare Training Centre in Jabalpur, observed World Health Day at Civil Hospital Ranjhi on April 6, 2023, representing NIPHTR Mumbai, HFWTC Jabalpur, and Civil Hospital Ranjhi. DHPE trainees Ms. Pooja Nirmalkar, Ms. Arpita Mishra, and Ms. Sitha Jharia organized a poster exhibition at the Outpatient department from 9 am to 1 pm.

The poster exhibition was inaugurated by Dr. Mamata Diwan, Principal HFWTC, and Dr. Sanjay Chattani, In-charge Medical Officer of the Civil Hospital. The trainees provided orientation to the participants on the importance of handwashing,

immunization, prevention of accidents, balanced diet, yoga, regular health checkups, and avoiding alcoholism and tobacco chewing for a healthy leaving.

#### Health Education Program by MPH students at Poyenje

The National Institute of Public Health Training and Research (NIPHTR) commemorated World Health Day 2023 by organizing a Health Camp and poster exhibition for school children and Ante Natal Mothers on April 10, 2023, at Poyenje Sub-centre & Zilla Parishad Poyenje School. The WHO theme for the year was "Health for All," and the program aimed to create awareness about health for all through a poster exhibition.

Master of Public Health (MPH) students arranged the poster exhibition focusing on various non-communicable diseases such as hypertension and diabetes. The trainees conducted an Oral Health check Camp for Anganwadi children (11), Zilla Parishad Poyenje School children (156), and pregnant women visiting the MCH Clinic (25).

Dr. Sudhir Wanje, Joint Director of NIPHTR, inaugurated the health exhibition and the Oral Health Check-up camp. In his address, he emphasized the importance of health, urging participants to take care of their well-being by improving their lifestyles. Given the rising cases of non-communicable diseases like hypertension and diabetes, he highlighted that simple healthy living practices can help prevent such diseases.

On this occasion, Dr. Shubhangi Baviskar, Deputy Commissioner, Dr. Krishnaja, Medical Officer, and Dr. Rekha Gaikwad, Community Health Officer, were also present. munity Health Officer were present.



Dr. Sudhir Wanje, Joint Director addressing on occasion of WHO day at Poyenje, with him Dr. Shubhangi Baviskar, Dy Commissioner, Dr Krishnaja MO, Dr. Rekha Gaikwad, CHO Poyenge

## No Tobacco Day

The National Institute of Public Health Training and Research (NIPHTR), Mumbai, organized a health education program and a poster exhibition on World No Tobacco Day on May 31, 2023, at Classroom No. 215, NIPHTR Campus, New Panvel. The institute dedicated a special session to discuss the ill effects of tobacco and non-communicable diseases.

Dr. Sudhir Wanje, Joint Director of NIPHTR, and Dr. Amol Ade, CMO of NIPHTR, inaugurated the poster exhibition in the presence of Guest Faculty Dr. Kranti Phadnis from SSSSC Kharghar and Dr. Amol Ade, CMO of NIPHTR.



Dr. Sudhir Wanje Addressing Asha workers on occasion of No Tobacco Day.

During his inaugural speech, Dr. Sudhir Wanje emphasized the significance of No Tobacco Day and highlighted the role of Asha workers as motivators in educating and inspiring the community to reject tobacco. He stressed that while the government has initiated various activities to create a tobacco-free society, behavioral change communication is crucial for influencing people's minds.

Dr. Kranti Phadnis conducted a session during which she discussed the adverse effects of tobacco and its products on the human body. She provided information about different forms of tobacco consumption, particularly among women, such as mishri and tobacco consumption, and detailed various cancers related to tobacco, focusing on educating pregnant women.

Dr. Amol Ade, CMO, underscored that tobacco consumption is prevalent in society, especially among the youth, and warned against the dangers of chewing tobacco at a young age, citing the increased risk of cancer. He delivered a message urging everyone to "say no to tobacco" and provided insights into the history of tobacco, its various forms, and the associated side effects.



Dr. Kranti Phadnis offering the oath on the occasion of No Tobacco Day.

The program saw the participation of 25 Asha workers from the Panvel block, and all faculties and staff members attended the function.

*Stay healthy and happy  
without tobacco.*





## International Yoga Day 2023



Dr. Sunil Gitte Addressing on occasion of International yoga Day.



Inauguration of the Yoga club for the Year 2023-24

The institute celebrated International Yoga campus. The program was inaugurated with the presence of Dr. Sudhir Wanje, Baviskar, Dr. Amol Ade, Chief Smt. Ratnamala Kulkarni, and Smt. Samiti Panvel.

During the event, the team from demonstrated Yoga Asanas, and trainees from various courses Kulkarni explained the importance performing them. She also conducted pranayama, emphasizing breathing

As part of the celebration, the institute was inaugurated for the Diploma in Health Promotion Diploma in Community Health sessions at the institute's Yoga Club.



Day on June 21, 2023, at the NIPHTR Panvel by Dr. Sunil Gitte, Director of NIPHTR, Joint Director, Dr. Shubhangi Medical Officer, Dr. Krishnaja NP, Sarika More from Arogya Seva

Arogya Seva Samiti Panvel faculty members along with performed them. Smt. Ratnamala of each asana and the process of a demonstration of various types of exercises for stress management.

Yoga Club for the trainees of the year 2023-24. Trainees from the Education and Post Graduate Care participate in daily yoga



The Faculties, Staff and Trainees performing Yogasana

## World Population Day



Inauguration of Symposium on World Population Day at the hands of Dr Sunil Gitte, Director, NIPHTR, Dr Geeta Pardeshi, Professor HOD Grant Medical College Dr K C Das, Professor and , International Institute of HOD IIPS, Shri Santosh Payas, Joint Director and Head of Office of Census India, Maharashtra, and Dr. Amol Ade,

World Population Day NIPHTR Mumbai organized a symposium on July 20, 2023, to commemorate World Population Day 2023. The symposium commenced with the ceremonial lighting of the lamp by Dr. Sunil Gitte, Director of NIPHTR, Mumbai, and Chairperson of the seminar. The event was graced by the presence of Dr. Geeta Pardeshi, Professor and Head of the Department of Community Medicine at Grant Medical College and Sir J. J Hospital, Mumbai, Dr. K C Das, Professor and Head of the Department of Migration and Urban Studies at the International Institute of Population Sciences, Mumbai, Shri Santosh Payas, Joint Director, and Head of the Office of Census India, Maharashtra, Ministry of Home Affairs, Government of India, and Dr. Amol Ade, CMO, and Program Coordinator of NIPHTR, Mumbai.

World Population Day is observed annually on July 11th to increase awareness and educate people about the challenges and consequences associated with global population growth. The United Nations has designated the theme for this year as "Unleashing the Power of Gender Equality: Uplifting the Voices of Women and Girls to Unlock Our World's Infinite Possibilities." To shed light on various dimensions of population issues in line with this theme, four distinguished guest speakers from esteemed institutions working in the field of population studies, including the Directorate of Census Maharashtra (Government of India), International Institute for Population Sciences (IIPS) Mumbai, Grant Medical College and Sir J J Group of Hospital Mumbai, and Tata Institute of Social Sciences (TISS) Mumbai, have been invited.

Dr. Gitte initiated the symposium by welcoming all the dignitaries and presenting saplings. Dr. Sunil Gitte, the Director of NIPHTR, was warmly welcomed by Dr. Amol Ade. A warm welcome to all the guests from various institutions and elucidation of the purpose and objectives of the symposium was done by Dr Amol Ade.

### Session I: Population Projection @ 2050

The inaugural session of the symposium featured a presentation by Shri Santosh Payas, Joint Director and Head of the Office of Census India, Maharashtra, Ministry of Home Affairs, Government of India. His presentation focused on "Population Projection@2050," providing detailed insights into the purpose of population projections. Shri Santosh Payas emphasized their crucial role in forecasting population size, composition, and distribution over the coming decades.

During his presentation, Shri Santosh Payas highlighted the significance of population projections in shaping future policies and programs. He underscored their relevance in the development of infrastructure, encompassing areas such as housing, transportation, education, employment, and health services, tailored to both urban and rural communities.

Concluding his presentation, Shri Santosh Payas emphasized the pressing need for enhanced policies in India to capitalize on the demographic window of opportunity, given the rising working population. Stressing the importance of creating more employment opportunities for youth to stimulate economic development, he advocated a focus on universal skilling and entrepreneurship. Additionally, he called for the healthcare sector's attention to the reproductive age group and readiness to address the health needs of the elderly population.





## **Session II Migration Trends and Challenges in India**

Dr. K. C. Das, Professor and Head of the Department of Migration and Urban Studies, delivered the second session of the symposium. He highlighted that India has surpassed China in population, making it the world's most populous country. Despite the overall population increase, Dr. Das noted a positive trend with the declining Total Fertility Rate (TFR), indicating a potential demographic shift. Additionally, he pointed out that while mortality rates are decreasing, migration is on the rise, leading to increased urbanization and social change. The 2011 census data revealed that 38% of people are migrants, with four types of migration identified: Rural to Rural, Rural to Urban, Urban to Urban, and, notably during the COVID-19 pandemic, Urban to Rural (reverse migration).

Dr. Das elucidated on the positive and negative impacts of migration and urbanization. Skilled worker migration contributes to industrial development and enhances family income and living standards. However, he also highlighted the challenges, such as brain drain, as the migration of skilled individuals affects the country's human capital. The migration of youths from rural to urban areas results in a labour shortage in the agricultural sector, leaving behind unattended children and elderly individuals. Dr. Das emphasized the need to address these emerging problems in a timely manner.

## **Session III Impact of Demographic Trends on Health Care System in India.**

Dr. Geeta Pardeshi, Professor and Head of the Department of Community Medicine at Grant Medical College, Sir J J Hospital, Mumbai, delivered a comprehensive presentation on the "Impact of Demographic Trends on the Health Care System in India." Dr. Pardeshi reiterated concerns expressed by earlier speakers, emphasizing the need to prepare for upcoming challenges arising from population growth and changing demographic patterns.

Addressing the audience, Dr. Pardeshi highlighted that, based on factors such as reduced fertility, mortality rates, increasing urbanization, migration, immigration, and projected demographic data, the elderly population is expected to rise significantly in the future. She stressed the necessity of equipping the health system to provide adequate geriatric health services and strengthening services to address chronic and long-term illnesses.

Dr. Pardeshi brought attention to the National Programme for the Health Care for the Elderly (NPHCE) initiated by the Indian government in 2011. However, she emphasized the need for increased awareness about this program and comprehensive training for healthcare service providers at various levels. Creating awareness within the community about available health services for the elderly and ensuring the implementation of social security schemes by the government are essential steps.

Looking ahead, Dr. Pardeshi called for the development of a healthy aging strategy that considers the functional abilities of older individuals, their intrinsic capacities, and their environment. Healthcare professionals should work towards strengthening the health system to meet the evolving needs of the aging population. She urged the government to formulate policies promoting active aging.

In the final session, Dr. Lakshmi Lingam, former professor at Tata Institute of Social Sciences, addressed gender equality. She highlighted societal burdens on women and advocated for increased awareness about family planning options, emphasizing that the responsibility should be shared between genders. Dr. Lingam raised concerns about early marriages and multiple pregnancies, calling for an increase in the marriage age for girls. Additionally, she addressed the rise in Caesarean section operations and stressed the need for the public healthcare system to address women's overall health, including issues related to ovaries, uterus, and breast cancer.

### **Concluding Remark Chairperson Dr. Sunil Gitte, Director, NIPHTR, Mumbai**

The symposium was chaired by Dr. Sunil Gitte, Director, NIPHTR, Mumbai. He congratulated the participants for getting an opportunity to listen to such a wonderful symposium and expressed heartfelt gratitude to the speakers who contributed to the program.

In his concluding remarks, Dr Gitte in his concluding remark said that this is the the "Amrit kal" of India. On the one hand now, the country has emerged as the most populous country in the world, on the other hand, it has a younger population in more numbers which is giving an opportunity to grow in terms of socio-economic growth. So, there is a huge need for the development of policies to create more opportunities for employment and entrepreneurs in the country to achieve the highest growth rate. Secondly, while working on present challenges, there is a need to look beyond and plan for the future.

Acknowledging the current challenges, Dr. Gitte emphasized the importance of looking beyond and planning for the future. He underscored the projections indicating a rise in the aging population by 2050, emphasizing the necessity to build infrastructure capable of serving this demographic. Dr. Gitte called for the strengthening of facilities for primary, secondary, and tertiary healthcare services, emphasizing the crucial role of capacity building for service providers. He noted the initiation of the National Programme for the Health Care for the Elderly (NPHCE) by the Government of India in 2011 and stressed the need for its effective implementation.

### **Prize Distribution of Essay Writing Competition**

The institute conducted an Essay Writing competition for trainees enrolled in the Diploma in Health Promotion Education, Post Graduate Diploma in Community Health Care, and Sanitary Health Inspector courses. The chosen topic was "Impact of Population Explosion on the Development of the Nation." Participants were allotted one hour in the classroom to craft their essays. Dr. Vijay Bhagat, Public Health Specialist, Airport Health Authority, Mumbai, undertook the responsibility of evaluating the essays.

Following the assessment, three winners were selected, and the prizes for the competition were distributed by Dr. Sunil Gitte, Director of NIPHTR, along with other dignitaries. Dr. Sudhir Wanje announced the names of the winners, with Ms. Prachi Dabholkar (PGDCHC) securing the first prize, Shri Damrudhar Sai Painkra receiving the second prize, and Ms. Poonam Phanse earning the third prize. Trophies were presented to the winners in recognition of their achievements.

Shri Rajaram Gavade, Statistical Assistant, expressed gratitude in a vote of thanks. The symposium was well-attended by trainees from various courses, including Diploma in Health Promotion Education, Post Graduate Diploma in Community Health Care, Masters in Public Health, and Sanitary Health Inspector. Faculty members, doctors, social workers, and fellows from Satya Sai Sanjeevani Hospital Kharghar were also present. The program concluded with the rendition of the National Anthem.

Guest presenting awards to winners of Essey





## World Breastfeeding Week



Inauguration of the Breastfeeding week at Sathya Sai Sanjeevani Hospital by Lamp lighting

World Breastfeeding Week 2023 The National Institute of Public Health Training & Research (NIPHTR) Panvel, in collaboration with Sri Sathya Sai Sanjeevani Center Kharghar, joyously celebrated World Breastfeeding Week from August 1st to August 7th, 2023. The theme chosen for this year's celebration centered around Health Promotion through Traditional Communication Mediums, such as dance, street plays, Bharud, and more.

The week-long festivities commenced with a grand inaugural event on August 1st at the premises of Sanjeevani Kharghar. The occasion was made even more special with captivating

performances from the acclaimed Kathak Group, led by Dr. Purva Pandit, and the enthusiastic participation of students from the Diploma in Health Promotion Education and Post Graduate Diploma in Community Health Care programs at NIPHTR. The collaborative initiative aimed to infuse fervor and enthusiasm into the celebration, emphasizing the vital role of traditional communication mediums in health promotion.

The event commenced with the ceremonial lighting of the lamp by esteemed guests, including Dr. Shubhangi Baviskar, Deputy Commissioner of NIPHTR, Dr. C. S. Srinivas, Director Academics of SSSSCCHC, Dr. Satish Shahane, Consultant Paediatrician, Dr. Rishikesh Wadke, HoD of the Dept. of Public Health at SSSS-Centre for Child Heart Care, Dr. Amol Ade, CMO of NIPHTR, and Dr. Purva Pandit, Kathak Artist. Dr. Satish Shahane delivered an insightful talk on the Importance of Early Initiation of Breastfeeding. Following the talk, NIPHTR students engaged in a role play that centered around this year's Breastfeeding Week theme: "Enabling Breastfeeding: Making a Difference for Working Parents."

The DHPE students of NIPHTR presented a Bharud, a popular folk art of Maharashtra, set in a village setup. The performance skilfully addressed prevalent myths in society regarding breastfeeding practices. The event's finale featured a mesmerizing dance drama by the Kathak group. This musical performance depicted the transformative journey of a woman, from being a young bride to becoming a mother, emphasizing the manifold benefits of breastfeeding for both the mother and the child. The event garnered a positive response from the target audience, comprising pregnant and lactating mothers, as well as parents present in the cardiac OPD. As part of the health promotion activity, a poster exhibition was also arranged, adding to the comprehensive and impactful nature of the celebration.

Kathak Dance performances on theme of importance breastfeeding .



Street play presentation by DHPE and PGDCHC trainees on Importance of breast feedingmg .



Street play presentation by DHPE and PGDCHC trainees on Importance of breast feedingmg .

### Health Education program at Poyenje, NIPHTR and Apta PHC

The second day of the National Nutrition Week was marked by celebrations at the Poyenje subcentre of Ajivali PHC. An engaging poster exhibition and skits were presented to enhance community awareness. On the third day, a similar poster exhibition took place at the NIPHTR campus, specifically for the Anganwadi Sevikas of Panvel ICDS.

A community awareness program unfolded at Apta PHC on the fourth day, featuring a captivating Bharud performance in Apta village. The act garnered an enthusiastic response from villagers, including pregnant and lactating mothers, ASHA workers, Anganwadi Sevikas, and adolescent girls and boys. The unique approach to health promotion was well-received, prompting the villagers to express their appreciation and request more events to further spread awareness about health initiatives. Dr. Amogh Shahane added value to the fourth day by delivering an informative talk during the Well-baby clinic at SSSSCCHC, addressing the parents of infants.

The week-long celebrations culminated with a final poster exhibition at the MCH clinic of NIPHTR on August 7th. Teams from both institutes played active roles in ensuring the success of the event. The SSSSCCHC team, comprising Dr. Sonal Raut, Dr. Vaishali Sonawane, Dr. Poonam Valvi, Dr. Garima Srivastava, and the staff of the Dept. of Public Health, collaborated seamlessly with the NIPHTR team, including Shri. Sanjay Bhonge, Ms. Rosy Joseph, Mr. Ganesh Chauhan, Mr. Shrinivas, and other NIPHTR staff members. Their collective efforts made the event a resounding success, reinforcing the commitment to community health and awareness initiatives.

### Campaign on Social Media,...

During Breastfeeding Week, a special awareness campaign was executed through the WhatsApp Social Communication application. Shri Ganesh Chavan, SWI, Ms. Ashlesha Pharande, and Mrs. Reshma Shinde guided by Dr. Shubhangi Baviskar, Deputy Commissioner, developed messages highlighting the importance of breastfeeding. These messages were disseminated to approximately 200 Asha workers through WhatsApp groups. An appeal was made to the Asha workers to share these messages with the Antenatal Care (ANC) and Postnatal Care (PNC) mothers registered in their respective villages. The initiative by NIPHTR was well-received, and the Asha workers expressed their appreciation for this proactive approach to raising awareness about breastfeeding.

### माँ तेरा स्तनपान ..मेरे लिए है

जब तक रूँ इस जग में तेरा करूँ गुणगान ।  
माँ तेरा स्तनपान मेरे लिए है जीवनदान ॥  
नौ माह तक तूने पेट में पाला मुझको ।  
जन्म होते ही आँचल में छुपाया मुझको ।।  
पहला पीला गाठा कोलेस्ट्रम दूध पिलाया मुझको  
तेरा दूध मेरे लिए बन गया है वरदान ।।  
माँ तेरा स्तनपान मेरे लिए है जीवनदान ॥  
तेरा दूध केवल पोषण नहीं जीवन की धारा है ।  
तेरा दूध प्रतिरोधी शक्ति बढ़ाने वाला है ।  
तेरा दूध बिमारियों से हमको बचाने वाला है ।  
तेरा दूध बोद्धिक शक्ति बढ़ाने वाला है ।  
तेरा दूध मेरे लिए है अमृत समान ।  
माँ तेरा स्तनपान मेरे लिए है जीवनदान ॥  
माँ का दूध सम्पूर्ण आहार होता है ।  
माँ का दूध छः माह की खुराक होता है ।।  
माँ का दूध खुद ही एक वैक्सीन होता है ।  
माँ का दूध है हर शिशु के जीवन की मुस्कान ।  
माँ तेरा स्तनपान मेरे लिए है जीवनदान ॥  
स्तनपान माँ को कैसर से बचाता है ।  
स्तनपान माँ का प्रसव बाद हीमोरेज घटाता है ।  
स्तनपान माँ को माँ होने का गर्व कराता है ।  
स्तनपान है हर माँ के जीवन का स्वाभिमान ॥  
माँ तेरा स्तनपान मेरे लिए है जीवनदान ॥  
मेरे रोने से मेरे भूखे होने की आहट तुम पाती हो ।  
माँ भरी भीड़ में भी तुम मुझको स्तनपान कराती हो ।  
दूध पिलाने से तुम कभी ना कतराती हो ।  
माँ तेरा है मेरे जीवन में कर्ज महान ॥  
माँ तेरा स्तनपान मेरे लिए है जीवनदान ॥

राम नारायण सरावगी  
डी एच पी ई प्रशिक्षणार्थी  
एन.आई.पी.एच.टी.आर. मुंबई





## National Nutrition Week



Role presentation by PGDCHC trainees on Importance of Nutrition .

NIPHTR enthusiastically celebrated the National Nutrition Week program for the year 2023, focusing on the theme "Healthy diet going affordable for all." On September 1, 2023, a comprehensive health exhibition and talk on nutrition were meticulously organized at R S Nimkar UPHC in Tardeo, Mumbai. The event aimed to promote awareness about nutritious food choices that are accessible to everyone.

The health exhibition showcased a diverse array of nutritious food items, including pulses, millets, fruits, vegetables, and dairy products. Informative posters adorned R S Nimkar UPHC, providing valuable insights into the importance of a

balanced diet. Particularly noteworthy was the emphasis on millets, given that 2023 was designated as the Year of Millets. Students specializing in Sanitary Health Inspection (SHI) took the lead in highlighting the significance of millets.

The nutrition talk was led by Dr. Krishnaja N P, Medical Officer of UPHC, and Mrs. Rosy Joseph, Senior Public Health Nursing Officer. Other key participants included Mayuri, a nursing staff member from UPHC, and the dedicated team from NIPHTR, including Mrs. Tejaswini Meshram and Ms. Reshma Shinde. Sanitary Health Inspector students from NIPHTR actively engaged in the program, making a significant contribution. The event witnessed the active participation of 45 attendees, comprising patients and UPHC staff members.

On September 4, 2023, DHPE (Diploma in Health Promotion Education) and PGDCHC (Post Graduate Diploma in Community Health Care) students conducted a poster exhibition on nutrition, coupled with showcasing recipes for nutritious dishes. This exhibition took place during the ANC clinic and follow-up visits of Anganwadi sevikas at the NIPHTR Panvel clinic.

The students not only displayed posters but also demonstrated the preparation of nutritious recipes like Rice Kheer, groundnut dates laddus, Khichdi, and more. The significance of incorporating various millets, fruits, jaggery, rajgira, and nuts in the diet was explained. To further engage and educate, the students presented an informative and entertaining skit on nutrition.

The program was organized by Dr. Krishnaja N P, Mrs. Asha Khandagale, Mrs. Tejaswini Meshram, Mr. Sanjay Bhonge, and Ms. Reshma Shinde.

The event garnered active participation from NIPHTR faculties and staff, and also welcomed Dr. Sonal Raut and Dr. Garima Shrivastava with their team from Shree Satya Sai Sanjeevani Center Kharghar. Additionally, 30 ANC (Antenatal Care) and Anganwadi sevikas participated in the program, contributing to the overall success of the initiative.



PGDCHC trainee explaining posters on Importance of Nutrition .

**“National Nutrition Month in India, is a reminder that holistic nutrition is an integral part of your well-being”**

## Population Explosion and its Impact on the Development of the Nation.

Dr. Prachi Dabholkar,  
PGDCHC Trainee. 2023-24

The growth and development of any nation require manpower. Even in today's technologically advanced world machines are taking over the majority of the human workload. Human presence is still mandatory to assess and perform activities. It took nearly hundreds of years for humans to reach the population mark of 1 billion. Post this, It only took Us 200 years to increase the population by 7 folds. In 2021 the population globally reached 79 billion and is expected to increase up to 10.9 billion by 2100. It was in 1987 when the population of humans reached 5 billion. United Nations decided to commemorate the date 11 July as World Population Day to highlight the serious implications of increasing population and to spread awareness to control it.

Growing population was a necessity for India post-independence as we were a developing nation. Number of the workforce was an asset to every sector including science, technology, Commerce, mathematics, and arts in our country. China during all these years was much ahead in development and also regarded most populous country in the world. Surprisingly, in April 2023 India surpassed China and was ranked as the number one country having the highest population in the world. This event is an alarming sign of a call threat to the development and balance to all aspects here.

The population which was an asset in early times has now become a liability. This speedy rate of rising births has led to problems like unemployment, and migration. Increase in crime rate and the list is unending. No one problem could hamper the development of our country. This could be related to web causation. The above-mentioned problems are just at the tip of the Iceberg.

Previously people used to stay in their villages and had their works fixed so the social and financial life was much in harmony. With increasing innovations and scientific development, the people doing basic jobs now face the heat of unemployment. Under average wages and hence it becomes challenging for them to meet the needs of highlights this hovering problem. India was always known as a country of agricultural abundance. But no farmer today wants his next generation to do farming. People are fantasizing about modernization, and urbanization and working hard to achieve luxury. This might not seem huge but is a big concern that India is now dependent on other nations for importing food items other side of the story is many young farmers in India have experienced mammoth finances and freedom after entering the world of exports. This has led our produce to flow out of the nation. Lastly, it has distributed the balance of food supply and food demand in the country.

An increasing number of people are migrating to the cities for better job opportunities, Tons of applicants are fighting for a nominal number of vacancies. This leads to unemployment and poverty. Poverty in turn promotes negligence towards health care, education, and nutrition forming a large number of unproductive members increasing burden and low per capita income. Migration has also led the way to deforestation as cities have fallen short of space to accommodate their growing residents. Environmental balance has been disrupted. Animal ecology has been invaded leading to the extinction of species migration also leads to the dissolution of culture.

To summarise the never-ending list of concerns and their effect on the progression of our nation. Currently, the average person in India is 32 years. It is regarded as the most productive years of life hence we could see rapid development in all phases in India but the underlying problems are eventually going to slow down this pace and affect our lives economically, and socially as well as our well-being and sustainability. The occasion of population marks the right time to opt for measures of controlling the expansion of families such that the development of our nation does not reach a platform of stagnation, and we keep rising above all.



## हिंदी पखवाड़ा



भारत सरकार के अधीनस्थ कार्यालय, राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान में प्रति वर्ष की भाँती इस वर्ष भी, 2023 में दिनांक 14-30 सितंबर 2023 तक हिंदी दिवस/पखवाड़ा का आयोजन किया गया। जिसकी रूपरेखा इस प्रकार है:-

हिंदी दिवस/पखवाड़ा 2023 का आगाज़ हिंदी दिवस के उदघाटन समारोह से शुरू हुआ जो 13 सितंबर को राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान, मुंबई के पनवेल कैंपस में संपन्न हुआ। जिसमें माननीय मुख्य अतिथि के रूप में डॉ.ए.एल.पासी, हवाईअड्डा स्वास्थ्य अधिकारी, हवाईअड्डा स्वास्थ्य संगठन मुंबई उपस्थित थे। संस्थान के निदेशक महोदय डॉ. सुनिल विलासराव गिते की अध्यक्षता में कार्यक्रम का आगाज़ दीप प्रज्वलन के साथ हुआ। समारोह में संस्थान के सभी अधिकारी एवं कर्मचारी मौजूद थे।

निदेशक महोदय डॉ. सुनिल विलासराव गिते द्वारा हर वर्ष की तरह इस वर्ष भी परंपरा अनुसार स्वास्थ्य एवं परिवार कल्याण मंत्रालय के माननीय स्वास्थ्य मंत्री का हिंदी दिवस के अवसर पर जारी संदेश का पठन किया। माननीय स्वास्थ्य मंत्री के संदेश पठन के पश्चात डॉ.सुधीर वंजे, संयुक्त निदेशक द्वारा स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री का संदेश पठन किया। संस्थान की क.अनुवाद अधिकारी श्रीमती शिवाली त्यागी द्वारा पखवाड़े में आयोजित होने वाली कुल 7 प्रतियोगिताओं की विस्तृत जानकारी सभी के समक्ष प्रस्तुत की। उदघाटन समारोह के दिन ही, निबंध लेखन प्रतियोगिता का आयोजन किया गया। निबंध प्रतियोगिता के लिए निबंध के विषयों की घोषणा भी हिंदी अनुभाग द्वारा की गयी। निबंध लेखन हेतु 3 विषय दिए गए थे, जिनमें से किसी एक विषय पर सभी प्रतिभागियों को निबंध लिख कर कार्यालय में जमा करना था।

संस्थान में आयोजित समस्त प्रतियोगिताओं की विस्तृत जानकारी इस प्रकार है:

1. निबंध प्रतियोगिता (सभी कार्यालय सदस्य एवं छात्रों के लिए) दिनांक 14 सितंबर को आयोजित। जिसमें कार्यालय के सभी उपस्थित सदस्यों एवं छात्र छात्राओं ने भाग लिया।

2.चित्र कहानी प्रतियोगिता (सभी कार्यालय सदस्य एवं छात्रों के लिए) दिनांक 25 सितंबर को आयोजित। जिसमें अधिकाधिक लोगों ने हिस्सा लिया।

3.तात्कालिक भाषण, पर्ची उठाओ माध्यम से (सभी कार्यालय सदस्य एवं छात्रों के लिए) दिनांक 26 सितंबर को आयोजित। इस प्रतियोगिता में निर्णायक के रूप में श्रीमती गार्गी गाडगिल, सहायक निदेशक (भाषा) हिंदी शिक्षण योजना, नवी मुंबई मौजूद थीं।

4.अधिकारी एवं संकाय सदस्यों के लिए अनुवाद एवं कंप्यूटर टाइपिंग दिनांक 27 सितंबर को आयोजित। इस प्रतियोगिता में संस्थान के सभी संकाय सदस्यों एवं अधिकारियों द्वारा भाग लिया गया।

5.आवेदन पत्र/अनुवाद/शुद्ध लेखन: ग्रुप-सी (पदोन्नत) एम.टी.एस स्टाफ के लिए दिनांक 27 सितंबर को आयोजित। इस प्रतियोगिता में संस्थान के अधिकांश ग्रुप-सी (पदोन्नत) द्वारा भाग लिया गया।

6.ग्रुप-सी प्रशासन सदस्यों के लिए प्रशासन, आचार-संहिता विषयों पर टिपण्णी/मसौदा/अनुवाद दिनांक 27 सितंबर को आयोजित। इस प्रतियोगिता में संस्थान के लगभग सभी ग्रुप-सी (पदोन्नत) द्वारा भाग लिया गया।

7.समाचार वाचन दिनांक 03 अक्टूबर को आयोजित। इस प्रतियोगिता में संस्थान के छात्र छात्राओं ने बढ़ चढ़ कर हिस्सा लिया।

दिनांक 05.10.2023 को राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान के पनवेल कैम्पस में हिंदी दिवस एवं हिंदी पखवाड़ा का समापन समारोह का आयोजन किया गया। कार्यक्रम की अध्यक्षता संस्थान की सी.एम.ओ.(एस.ए.जी) एवं प्रभारी हिंदी अधिकारी डॉ.सुपर्णा खेरा द्वारा की गई जिसका संचालन शिवाली त्यागी क.अनुवाद अधिकारी द्वारा किया गया। मुख्य अतिथि के रूप में डॉ.मीना राजपूत, पूर्व-वरिष्ठ सहायक प्रबंधक (राजभाषा), केंद्रीय भंडारण निगम, क्षेत्रीय कार्यालय, मुंबई मौजूद थीं। इसके साथ ही डॉ. सुपर्णा खेरा, प्रभारी हिंदी अधिकारी ने कार्यालय की वार्षिक राजभाषा गतिविधियों के बारे में सभी को अवगत कराया। हिंदी पखवाड़ा 2023 में आयोजित सभी प्रतियोगिता के विजेताओं को मुख्य अतिथि महोदया डॉ.मीना राजपूत, पूर्व-वरिष्ठ सहायक प्रबंधक (राजभाषा), संस्थान की सी.एम.ओ.(एस.ए.जी) एवं प्रभारी हिंदी अधिकारी डॉ. सुपर्णा खेरा, संयुक्त निदेशक डॉ. सुधीर वंजे के करकमलों द्वारा पुरस्कार राशि एवं प्रमाण पत्र से सम्मानित किया गया। साथ ही सभी प्रतिभागियों को प्रोत्साहन पुरस्कार से भी नवाज़ा गया। साथ ही संस्थान के सभी छात्र छात्राओं एवं कार्यालय सदस्यों द्वारा सांस्कृतिक कार्यक्रम में भी भाग लिया गया, जिसमें हिंदी में गीत, कविता एवं नृत्य आदी प्रस्तुति शामिल थीं। संस्थान में हिंदी दिवस/पखवाड़ा 2023 हर्षोल्लास के साथ मनाया गया एवं कार्यक्रम का समापन धन्यवाद ज्ञापन एवं अभिनंदन से किया गया।



हिंदी प्रतियोगिताओं में विजेता रहे प्रतिभागियों को पुरस्कार वितरण







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