



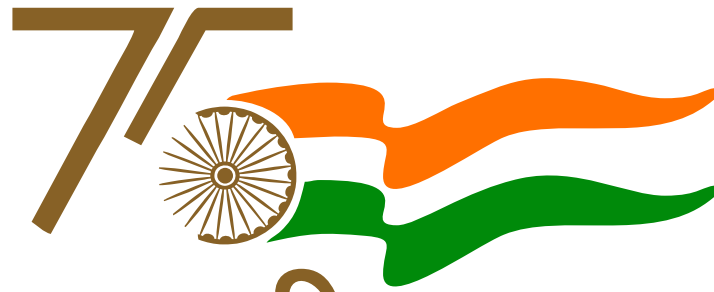
GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE

NIPHTR

National Institute of Public Health Training and Research

Newsletter

April - September 2022



आज़ादी का अमृत महोत्सव



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Editorial



Greetings from NIPHTR, Mumbai!

Welcome to the first issue of Newsletter of NIPHTR for current financial year.

I am indeed proud of all Public Health professional who collectively played a crucial role in fighting against the dreadful pandemic the world faced in the last 2 years; we all deserve a big round of applause.

NIPHTR is back on the forefront post pandemic with the new venture, trip and community activities of Researches at the field level.

Past 6 month was indeed very remarkable. One of the management of visit of the Parliamentary Standing Committee of Health and Family Welfare. The 13 members of the PSC showed keen interest in knowing the functioning of the Institute.

The courses at the institute namely DHPE, PGDCHC, MPH and SHI has started offline. FR training programme for ASHA Workers of Panvel block at Raigad District has started. The institute is conducting orientation training for the Anganwadi workers in association with the ICDS department and Sri Sathya Sai Sanjeevani Hospital Kharghar. They are also getting orientation on how to identify the children with congenital heart disease and where they can refer these children for the free of cost treatment. The institute as again started working with whole heartedly.

The institute has initiated innovative project "Kushth-Kshay Gyani Village" at Poyenje under the Rural Health Training Centre of the institute. The program aims to make at least one family member of the village knowledgeable about the sign, symptoms, causes, treatment and prevention of leprosy and Tuberculosis. It also addresses the stigma and discrimination against these diseases. The institute has completed GIS mapping of leprosy cases of Jharkhand. The GIS mapping for the state of Maharashtra in ongoing.

Community based public health research is one of the core areas of work for the institute. The students of MPH, PGDCHC, and DHPE are encouraged to carry out research activities in the field area on various public health issues. The officers and faculty members are guiding the students for research work regularly. Soon New extramural activities will be launched by the institute. Yoga Club, Seminars, and celebration of various National and International Health days on are being organized by the institute. It is also pleasure to share that the institute has received the appreciation award from Panvel Municipal Corporation during the Swachhata Sarvekshan 2021 for cleanliness. The Arogya Seva Samiti also honored for participation in 1 lakh Surya Namaskar activity during the month of August. 20 students from the institute took active part in this activity.

The institute is working hard to achieve the SDGs by training the health professionals from all over the country. We are determined to make the training and research activities more effective and community based for the wellbeing of the masses.

Regards

Dr. Sunil Gitte,
Director, NIPHTR, Mumbai.

A- Visits of Dignitaries

Visit of Parliamentary Standing Committee on Health and Family Welfare, Government of India to NIPHTR

The Health and Family Welfare Department related Parliamentary Standing Committee lead by Hon. Prof. Ram Gopal Yadav visited the New Panvel Campus of the National Institute of Public Health Training and Research Mumbai. The team of 15 Member of Parliamentary Standing Committee were on Study tour to Maharashtra and other states, as part of this study visit, the team visited NIPHTR on 28th April 2022.



Hon. Members of parliament Dr. Sujay Vikhe-Patil, Dr. Pritam Mundhe, Prof. Ram Gopal Yadav, Dr. L. Hanumanthaiah, Dr. Krishnapal Singh Yadav, Dr. Mahesh Sharma, Dr. DNV Senthikumar S, Ms. Ramya Haridas, Ms. Kavitha Malothu, Dr. Rajdeep Roy, Dr. Lorho S Pfoze, Mr. Anurag Sharma visited the Institute.

On this occasion Prof. Ram Gopal Yadav assured that the Institute will receive adequate support and resources for the development of the organization.

Dr. Sunil Gitte, Director, NIPHTR welcomed the honourable guest and team. Under his leadership the officers of the institute oriented the committee about the past and present activities of the institute. In his presentation Director also discussed about the future development plan of the organization.

The team was accompanied by officers from Rajyasabha Mr. Bhupendra Bhaskar, Addl. Director, Mr. Praveen, Deputy Secretary, Ms. Monika Gabriyal, Committee Officer, and Ministry of health and family welfare, Mr. D Senthil Pandiyan, Joint Secretary, Dr. Pradeep Khasnobis, DDG Dr. Sachin Mittal, Director, Mr. Rohit Dev Jha, Deputy Director, Mr. Rajiv Wadhawan, Director Prof I Acharyan, Dr. Pradeep Halder, Advisor (Immunization), Sandeep Kumar, Under Secretary, Dr Suresh Kumar,



B- Academic Activities

Inauguration of DHPE and PGDCHC

The new batches of Diploma in Health Promotion Education (DHPE) and Post Graduate Diploma in Community Health Care for the Academic Year 2022-23 was inaugurated by lamp lighting at the hands of Dr. D. V. Nagdev, Professor and Head, Dept. Fertility Studies, IIPS Deemed University, on 27th June 2022, 11.00 AM – 12.30 PM at NIPHTR, Panvel campus. Dr. Sunil Gitte Director NIPHTR Chaired the Inaugural function.

On this Occassion Dr. Nagdev in his inaugural address expressed his expectation from the trainees and said that, "you should commit to yourself that you will use the knowledge gained in this course to change the society, but for that you should bring transformation within yourself.



Dr. Sunil Gitte, in his presidential address said that, after two years of COVID 19 pandemic this year the Courses are commencing in offline mode. He Congratulated the students for getting an opportunity to attend the course in person at the institute. He further said that today you all are joining a institute with national repute so should follow the day to day discipline while attending the courses. He also said that the student should use the opportunities to learn more and more skills by participating in the activities of the institute.

Dr. Suparna Khara, CMO (SAG) extended her best wishes and advised the students to focus on the learning.

Dr. Sudhir Wanje, Joint Director delivered the welcome address. Dr. Wanje and Dr. Amol Ade gave brief introduction of DHPE and PGDCHC courses.

The program started with the welcome song by the DHPE-PGDCHC trainees. Twenty six students from Maharashtra, Madhya Pradesh and Telangana State attended the function.

Convocation of DHPE, PGDCHC and PGDHM

The convocation programme for various courses was organized by the International Institute of Population Sciences, Mumbai on 3rd May 2022 in the IIPS campus at Deonar.

The convocation function was chaired by Professor Mr. Balram Bhargav, Secretary, Department of Health Research, MoHFW, Government of India and Director General of ICMR. Dr. K. Vijay Raghavan, Former Principal Scientific Advisor to Government of India, Emirateus Professor, National Centre for Biological Research, Bengaluru was the Chief Guest. Professor K. S. Jems Director, IIPS was present.

Dr. Sunil Gitte Director, NIPHTR, Dr. Suparna Khara, CMO (SAG), Dr. Sudhir Wanje, Joint Director, Dr. Amol Ade, Sr. Medical Officer and other faculty members attended the convocation ceremony.

Total 18 students successfully completed the Diploma in Health Promotion Education (DHPE) in Batch XXXV for the Academic Year, 2021-22. Mrs. Jayashree Nayak was secure the Gold Medal and Mrs. Sagarika Mishra was secure the Silver Medal.

In Post Graduate Diploma in Community Health Care 13 students appeared for the course and passed. Mrs. Anita Jha was awarded the Gold medal for securing first rank and Mrs. Prajakta Autade received Silver Medal for securing second rank.

For the year 2022 the first batch of Diploma in Hospital Management student appeared. Miss Pranita Jaiswal Shirpuriya stood first and received Gold Medal, and Mrs. Richa Tyagi Received Silver Medal for securing second rank.



Inauguration of Sanitary Health Inspector (SHI) and Convocation of SHI Batch

The Inauguration program of the sixth batch of Sanitary Health Inspector course and Convocation Ceremony for the Fifth batch was organized on 4th August 2022 at the Panvel Campus of the institute.

Dr. Seema Redkar, Consultant, Tata Trust was the chief Guest of the function. Dr. Sunil Gitte Director, NIPHTR, Mumbai chaired the function. The Course was inaugurated by lamp lighting by the auspicious hands of Dr. Seema Redkar and Dr. Sunil Gitte. In the inaugural address Dr. Seema Redkar said 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. The NIPHTR is providing the best education in the field of Sanitation and Health so the students should work hard during the course to acquire the requisite skills. Dr. Sunil Gitte, Director NIPHTR, congratulated the trainees who passed out and also expressed his warm welcome and wishes for the newly admitted students. In his speech he said that the institute is committed to provide best of training facilities to them. He also



expressed that now the students have become a part of the national institute should follow all the disciplines and work hard to do the best. Dr. Suparna Khera, CMO (SAG), NIPHTR, Dr. Sudhir Wanje, Joint Director, NIPHTR also delivered a speech on this occasion. Mrs. Rosy Joseph Course Coordinator, gave a brief introduction about the course and presented the report of the fifth batch of SHI.



Convocation

The Convocation of the fifth batch of SHI was also organized on this occasions. In the year 2021-22, total 26 students were admitted for the course and passed. 15 Students were presented the certificate of SHI at the auspicious hands of the guest. Mr. Gaurav Bhujbal received Gold Medal for securing first position in the batch. Mr. Vishnu P was awarded with Silver Medal. Mr. Pranay Kumar was awarded with appreciation certificate.

First Responder Course for the ASHA Workers in Panvel Taluka

The Institute has started the Training on First Responder for Asha Workers from the Panvel Taluka of Raigad District on 24th August 2022. The training program was inaugurated at the auspicious hands of Dr. Sunil Gitte Director, NIPHTR, by lamp lighting in presence of Dr. Sudhir Wanje, Joint Director, NIPHTR. In his speech Dr Sunil Gitte, said that, Asha workers are the first responder for the villagers in true sense as they help community when ever anyone suffers from illness or accident.

The First Responder training equips Asha worker with skills like bandaging, CPR, dressing etc. It orients them how to tackle the situation during the Disasters. Dr Sudhir Wanje Joint Director said that, this is a great opportunity for the Asha workers to get the training in the skills required for emergency situation. Dr. Amol Ade, CMO and Course Coordinator, oriented the participants with detailed information about objective and content of the course.

Valedictory Function

The valedictory function of training was organized on 26th August 2022. Dr. Sunil Gitte, Director NIPHTR, congratulated all participants for successful completion of the training and expressed that all participants will utilize the skills in field. Dr. Vijay Bhagat, Joint Director, CLTRI, Chengalpattu, Dr. Sudhir Wanje Joint Director NIPHTR, Dr. Shubhangi Baviskar, Deputy Commissioner, Dr. Amol Ade, CMO were present on this occasion. The dignitaries distributed the course completion certificates to Asha worker.



Sensitization Workshop for the Angawadi Workers on MCH

National Institute of Public Health Training and Research and Satya Sai Sanjeevani Centre for Child Heart Care, Kharghar organized First Sensitization Workshop on Maternal and Child Health Care for Anganwadi workers from the Panvel Block in association with Integrated Child Development Scheme, Panvel. The Sensitization workshop was inaugurated by lamp lighting at the auspicious hands of Dr Sunil Gitte, Director, NIPHTR. Dr. C S. Srinivas, Medical Director (Academic) SSSH, Kharghar, Dr. Snehal Kulkarni, Paediatric Cardiologist, SSSH, Dr. Sudhir Wanje, Joint Director, NIPHTR, and Mr. Chetan Gaikwad, ICDS officer were present on this occasion.

Dr. Gitte in his inaugural speech said that, Role of AWW is very important in mother and child care as they are closely involved in providing health care services to the under five children and mothers along with nutrition supplements. This sensitization workshop will be very much helpful to enhance knowledge of AWW. Dr. C S Srinivas oriented the participants about services provided by the Satya Sai Sanjeevani Hospital Kharghar. He appealed that if any of the child is suffering with congenital heart disease, please refer them to the hospital for timely diagnosis and treatment. Mr. Chetan Gaikwad in his speech expressed his happiness for organization of such informative sensitization workshop for the ICDS worker in the



Panvel block, by the Institute of National repute. He said that the ICDS is committed to support such training activities for the workers.

Dr. Sudhir Wanje welcomed the guest and participants, he oriented the guest and participants about the objective of Sensitization workshop.

In this sensitization workshop, the experts from the NIPHTR, and Satya Sai Sanjeevani Hospital oriented the participants about the, Congenital Heart Disease in Children, Antenatal Mother care, Essential New Born care, Mal Nutrition, Integrated management of neonatal and childhood illness, growth monitoring etc. 30 Anganwadi workers participated in this first workshop

C- International Health Days

World Health Day



National Institute of Public Health Training and Research, Mumbai, organized world Health Day on 7th April 2022 at the Health and Wellness center, Poyenje Village, under Rural Health Training Center of NIPHTR, Ajivali Primary Health Center. The Theme of the World Health Day was 'Our Planet Our Health'.

Dr. Sunil Gitte, Director NIPHTR, Mr. Anthony Chief Executive officer, Alert India, Sarpanch Mr. Jagdish Mate, Inaugurated the function by lamp lighting in presence of Dr. Suparna Khera, CMO (SAG) NIPHTR, Dr. Sudhir Wanje Joint Director NIPHTR, Dr. Prabhakar Patil, Medical Officer, Ajivali PHC.

Dr. Sunil Gitte In his speech said that, the resources are limited so one should use the natural resources carefully. While using water we should try to avoid the wastage of drinking water, he also added effects of water pollution on our health. He also said to reduce the air pollution use of chulha also should be avoided.

Dr. Suparna Khera, said that, climate impacts our health, hence protection of the climate is very important.

Dr. Sudhir Wanje, congratulated the villagers for their active participation in the WHO day. He emphasized that air, water, sunlight, land is very important for the living. The fertilizers used for land, the impurities, the increasing heat because of tree cutting are affecting our health. Hence everyone in community needs to work for that.

On this occasion the Master of Public Health Students presented poster on the World Health Day theme.

Yoga Day Celebration New Panvel Campus of NIPHTR

The 8th International yoga was celebrated Day at Khetwadi and New Panvel Campus by organizing Yoga Demonstration and orientation on Yoga on 21st June 2022 at NIPHTR, New Panvel Campus.

The program was inaugurated by Dr. Sudhir Wanje, Joint Director, NIPHTR, by lamp lighting. In his inaugural address, he said that Yoga is essential for the healthy life and peace of mind and it helps us to tackle the stress in day to day life. He advised the students of PGDCHC and DHPE that, while studying at NIPHTR, Mumbai they should practice yoga daily for healthy life.

Yoga for Harmony & Peace

Mr. Satish Deshmukh, Karyavah of the Argogya Seva Samiti Panvel, gave brief introduction of activities of their organization. He said that it is great opportunity to be part of the Yoga Day Celebration at NIPHTR Panvel.

Mrs. Pradnya Sahastrabuddhe explained the process of Yogasana while Mrs. Sumedha Risbud, and Mrs. Sarika Shelar demonstrated the Yogasana to the participants. The demonstration started with the prayer. In this demonstration

the team demonstrated, Neck Movement, Shwasan Shudhdhi, Padmasana, Vajrasana, Tadasana, Hastapadasana, Shashankasana, Vakrasana, Makarasana, Shalabhasana, Bhujangasana along with Bhramari Pranayam, Dnyan Mudra. The demonstration ended with Shavasana.

On this occasion officer faculty members, staff and 26 PGDCHC & DHPE students participated. The institute also organized exhibition of the posters of yoga to orient the passengers visiting for Yellow Fever Vaccination at Khetwadi campus.



No Tobacco Day at Dhakata Khanda Village

National institute of public health training and research, Mumbai, organized a health education program and Non communicable disease screening camp on the World No Tobacco Day 31 May 2022 at Dhakta Khanda, New Panvel.

Director, NIPHTR, Dr. Sunil Vilasrao Gitte and Mr. Manohar Mhatre, Corporator and Chairman of standing committee, PMC inaugurated the poster exhibition and the health camp. Dr. Suparna Khera, CMO (SAG), Dr. Anand Gosavi, CMHO, PMC, Mr. Vilas Patil, Mrs. Hemalatha Mhatre, Corporator were present as guests for the programme.

Dr. Sunil Vilasrao Gitte, in his address to the audience, explained the history of tobacco and its products. It was surprising to know that Tobacco was discovered by Christopher Columbus and then people started plantations of tobacco, which was initially used for medicinal purposes but unfortunately now, is abused. He also focused on the adverse health effects of tobacco including cancer. Mr. Manohar Mhatre, Mrs Hemlata Mhatre, Dr. Suparna khera, Dr. Anand Gosawi also delivered speech on this occasion.

The student of Summer Internship Program presented skit and social song to create awareness about tobacco and its



adverse effects. Summer Internship Program (SIP) Students, MPH students and Interns organized rally, posters exhibition on the topic of Tobacco and its adverse effects in Dhakata Khanda. Mr. Ganesh Chavhan, Social Worker Instructor delivered the vote of thanks.

The NCD screening programme started 11.00 am with health camp in Dhakta khanda village. Dr. Krishnaja, Medical Officer NIPHTR, Mrs. Nakusha saindane, Social Worker Instructor, Mrs. Reshma shinde, Lab technician, Ms. Ashlesha Pharande, LHV, MPH students and Interns did the screening of the community.

World Heart Day

The Institute celebrated World Heart Day 2022 by organizing Symposium on "Use Heart for Every Heart" on 30 September 2022. The symposium was inaugurated at the auspicious hands of Dr. Sunil Gitte, Director NIPHTR, and the Panelist of the Symposium Dr. Avinash Guthe, Cardiologist, Dr. Santosh Wadile, Pediatric Cardiologist, Ms. Komal Kulkarni, Nutritionist, Dr. Suparna Khera, CMO(SAG) and Dr. Sudhir Wanje Joint Director, NIPHTR.

Dr. Avinash Guthe, Cardiologist in his presentation, elaborated about the various types of cardiac diseases in the adult, its causes, symptoms, diagnosis and treatment. He highlighted that due to the changing life style of the new generation now days at very younger age people dying to cardiac arrest. He emphasized that every one should be educated to identify danger signs of cardiac disease so that early detection can save the life of the individual. There are many children who suffer due to cardiac problems by birth, many times parents can not identify which lead to loss of the child. So assessing the cardiac health of foetus, new born during the ANC and PNC is necessary this was the message given by the Dr. Santosh Wadile. He discussed about the heart related problems, and described the signs a common man can identify. He further elaborated that about how and when the treatment can accessed. As the cardiac health is dependant on the nutrition and life style of an individual, Ms. Komal Kulkarni in her presentation discussed the appropriate way nutrition for good

health. She said that dieting dose not mean not to eat, or to eat only specific food. In dieting every individual should take balanced diet, at appropriate time and quantity. Every one should also try to follow the active life style, to spend some time for walking or Yoga so that one can prevent the cardiac health issues in future. Dr. Sunil Gitte, Chaired the Symposium, in his concluding remark, he elaborated about the National Program on Non Communicable diseases and highlighted the key program component. Dr. Gitte appealed the health participants that everyone should adopt the active lifestyle and appropriate nutrition for better health outcome.

Dr. Sudhir Wanje, coordinated the Symposium. At the onset of the program he welcomed guest and explained the objective of the symposium on the occasion of World Heart Day. Dr. Amol Ade, CMO (NFSG), Dr. Krishnaja, MO, Mrs. Asha Khandagale, Sr. PHNO introduced the guest speakers. The Guest were honoured with the Mementos on this occasion. Dr. Shubhangi Baviskar, Deputy Commissioner delivered vote of thanks.



World Breast Feeding Week



The Breast Feeding week was celebrated by the trainees of Post Graduate Diploma in Community Health Care and Diploma In Health Promotion Education on 1st August 2022 at NIPHTR Panvel Campus.

The students prepared posters on the importance of Breast Feeding and organized health exhibition on this occasion.

The health exhibition was inaugurated by Dr. Sunil Gitte, Director, NIPHTR. On this occasion he appreciated the posters prepared by the Students. He also motivated the students to carry out such educational activities in future too.

Health Exhibition at the Shri Satya Sai Sanjeevani Hospital Kharghar

As part of the World Breast feeding week celebration the students organized health exhibitions at Shri Satya Sai Sanjeevani Hospital during the ANC clinic on 2 August 2022.

The exhibition was inaugurated by Dr. Snehal Kulkarni, Mentor Pediatric Cardiology, Dr. Meenal Matkar, Consultant Gynecologist and Obstetrician. Dr. C. S. Srinivas, Director Academics, Dr. Rishikesh Wadke HoD, Dept of Public Health, Dr. Shweta Phadke, Principal Tilak Maharashtra Vidyapeeth College of Physiotherapy were also present on this occasion.

The students explained the posters to the ANC mothers attending the clinic at Satya Sai Sanjeevani Hospital. Similar Exhibition was organized on 4th August 2022 for the Pregnant mothers during the ANC clinic. Dr. Sonal Raut, took efforts to organize the exhibition at Shri Satya Sai Sanjeevani Hospital.

D- Special Project

Kushth Kshay Gyani Village

The institute has launched a special project “Kushth Kshay Gyani Village” on the occasion of the world health day 7 April 2022. The aim of the project is to educate at least one member of each house hold about the Leprosy and Tuberculosis, so as to empower them to provide timely guidance and help to the family members, neighbour and other community members for early diagnosis and treatment for Leprosy and TB. The health education can be helpful in reduction of the cases as well as remove the social stigma in the community.

The project was inaugurated unveiling the placard at the auspicious hands of Dr. Sunil Gitte Director NIPHTR and Mr Anthony Sami, CEO, Alert India.

Dr. Sunil Gitte, Director, NIPHTR, who conceptualized the concept of the Gyani village, explained the road map of the project. He in his speech appealed that each and every health



professional, formal-non formal leaders, youth groups, mahila mandal leaders should come forward to achieve the goal of making the village Gyani.

The CEO of Alert India congratulated and assured cooperation and support for the project. On this occasion, Dr Prabhakar Patil, MO Ajivali PHC, and From NIPHTR Mumbai Dr. Suparna Khara, CMO (SAG), Dr. Sudhir Wanje, Joint Director, and other faculty Members were present.

E- National Days

Independence Day Celebration at NIPHTR



The institute celebrated the Azadi ka Amrit Mahotsav on 15th August 2022. The 76th Independence Day was observed and flag hoisting ceremony was organized at the New Panvel Campus of the institute.

Dr. Sunil Gitte, Director, NIPHTR hoisted the flag. The officers and faculties of the institute attended the function. The institute organized Essay Writing and Rangoli Making competition on the theme of Azadi ka Amrit Mahotsav for the students of MPH, PGDCHC, DHPE and SHI course. 15 students participated in rangoli competition and 30 students participated in Essay competition.

After the flag hoisting ceremony the students organized the cultural program. The students of various courses performed group dance, solo dance on patriotic songs. Singing of patriotic songs were performed by some students in the program.

At the end to the program the winners of the various competition were awarded at the hands of Dr. Sunil Gitte Director, NIPHTR, Dr. Vivekanand Giri, and Dr. Mrs. Giri. In Rangoli Competition Ms. Mayuri Rakh received first prize, where as Mrs. Angha Patil was awarded with second prize. Ms. Arti Dongre and Mrs. Puja Nirmalkar received consolation Prize. The essay competition was also organized in this competition 35 students participated. Ms. Puja Bhatwada received first prize and Mrs. Sarika Bhise was awarded second prize. Mrs. Bhagyalakshmi and Mr. Aviraj Palve received consolation prize. On this occasion the prizes for the winners of Population Day essay competition was also presented. Mrs. Prabhavati Gavale got the first prize and Ms. Vaishali Prasad received second prize. Mrs. Jyoti More and Mrs. Archana Sharma were presented consolation prizes.

हिंदी पखवाड़ा

राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान में प्रति वर्ष की भाँती इस वर्ष भी, दिनांक 14-30 सितंबर 2022 तक हिंदी दिवस/पखवाड़ा का आयोजन किया गया।

राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान, खेतवाड़ी, मुंबई कैम्पस में 14 सितंबर हिंदी दिवस के अवसर पर आयोजित कार्यक्रम में माननीय डॉ श्री सुनील गित्ते जी, निदेशक के कर कमलों द्वारा दीप प्रज्वलन कर पखवाड़े का आगाज हुआ। समारोह में संस्थान के सभी अधिकारी एवं कर्मचारी एवं प्रशिक्षणार्थी मौजूद थे। निदेशक महोदय डॉ श्री सुनील गित्ते द्वारा राजभाषा विभाग की परंपरा अनुसार गृह मंत्रालय द्वारा जारी माननीय गृह मंत्री का हिंदी दिवस के अवसर पर जारी सन्देश का पठन किया। सन्देश पठन के पश्चात डॉ. सुपर्णा खेरा, प्रभारी हिंदी अधिकारी द्वारा संस्थान में आयोजित होने वाली कुल 7 प्रतियोगिताओं की विस्तृत जानकारी सभी के समक्ष प्रस्तुत की।

इस पखवाड़े में निबंध प्रतियोगिता, तात्कालिक भाषण, चित्र कहानी प्रतियोगिता समाचार वाचन प्रतियोगिता का आयोजन सभी प्रशिक्षणार्थी एवं संकाय सदस्यों के लिए किया गया। कार्यालय के अधिकारी एवं संकाय सदस्यों के लिए अनुवाद एवं कंप्यूटर टाइपिंग प्रतियोगिता का आयोजन किया गया। तथा ग्रुप-सी (पदोन्नत) एम.टी.एस स्टाफ के लिए आवेदन पत्र/अनुवाद/शुद्ध लेखन प्रतियोगिता का आयोजन किया गया। ग्रुप-सी प्रशासन सदस्यों के लिए प्रशासन सम्बंधित विषयों पर टिपण्णी/मसौदा/अनुवाद प्रतियोगिता का आयोजन किया गया।

हिंदी पखवाड़ा के तहत संस्थान के सभी प्रतियोगिता में संस्थान कि सभी कर्मचारी, और प्रशिक्षणार्थियों ने बढ़ चढ़ कर भाग लिया और हिंदी पखवाड़ा को सफल बनाया, सभी प्रतियोगिता के निर्णय अलग अलग संस्थान से निर्णयको द्वारा लिए गए ताकि निपक्ष निर्णय लिए जाये।



हिंदी पखवाड़ा समापन समारोह

दिनांक 30.10.2022 को राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान के पनवेल कैम्पस में हिंदी दिवस एवं हिंदी पखवाड़ा का समापन समारोह का आयोजन किया गया। मंच पर उपस्थित महानुभावों में से संस्थान के निदेशक डॉ श्री सुनील गित्ते जी ने कार्यक्रम कि अध्यक्षता कि, एवं मुख्य अतिथि के रूप में डॉ उद्धव भंडारे एसोसिएट प्रोफेसर सि.के.टी महाविद्यालय पनवेल उपस्थित थे। अतिथियों के साथ मंच पर डॉ सुधीर वंजे संयुक्त निदेशक, डॉ सुपर्णा खेरा प्रभारी हिन्दी अधिकारी उपस्थित थे। कार्यक्रम का संचालन डॉ सुपर्णा खेरा प्रभारी हिन्दी अधिकारी और सह संचालन अश्लेषा फरांदे द्वारा किया गया। इसके साथ ही डॉ. सुपर्णा खेरा, प्रभारी हिंदी अधिकारी ने कार्यालय की वार्षिक राजभाषा गतिविधियों के बारे में सभी को अवगत कराया। हिंदी पखवाड़ा 2022 में आयोजित सभी प्रतियोगिता के विजेताओं को निदेशक महोदय के करकमलों द्वारा पुरस्कार राशि से सम्मानित किया गया। साथ ही सभी प्रतिभागियों को सान्त्वना एवं प्रोत्साहन पुरस्कार भी दिया गया। साथ ही सभी कार्यालयीन सदस्यों द्वारा सांस्कृतिक कार्यक्रम में भाग लिया गया, जिसमें हिंदी में गीत, कविता एवं नृत्य आदी प्रस्तुति शामिल थीं। संस्थान में हिंदी दिवस/पखवाड़ा 2022 हर्षोल्लास के साथ मनाया गया एवं कार्यक्रम सभी का अभिवादन एवं धन्यवाद करते हुए समाप्त किया गया।



G- Special Article

IMPROVED WASH.....BETTER SCHOOLS..... BRIGHTER FUTURE

Mrs. Rosy Joseph Pullan, Sr. PHNO, NIPHTR

Safe water sanitation and hygiene is extremely important for child and human health. Having “sustained, functional sanitation unit, safe water supply and handwashing facilities (WASH), are extremely critical for the institutions like schools and pre-schools anganwadis. The efforts for WASH in schools contributes significantly towards achieving the vision of true “Clean Village/ Panchayat and Urban Locality”.

Presence of WASH in schools and pre- schools has inherent linkage to child growth, development, health, school attendance and learning outcomes. As schools and pre-schools serve as meeting places, where children stay together for a long duration, and even take food together, this amplifies the risk of contracting infectious diseases (both on general and specially in COVID-19 times).

A meta- analysis of research studies regarding effects of WASH in schools showed a 30% reduction of diarrhoea through sustained improvements in water supply and sanitation and 33% reduction of diarrhoea through improvements in water quality and quantity and 43% reduction of diarrhoea due to improved hand washing with soap.

WASH in Schools and AWCs are crucial for achievement of Sustainable Development Goals 4 on universal education and SDG 6 on ensuring access to water and sanitation for all.

The Ministry of Education (MoE) has been the nodal Ministry for WASH in schools and the Ministry of Woman and Child Development (MoWCD) is nodal for Anganwadis.

The current state of WASH services in pre-schools/ AWCs suggests that there is room for substantial improvement. There are nearly 27% of AWC's in India functioning in rented premises; where the access to functional, child friendly and adequate of WASH facilities remains compromised. 25% of all AWCs in the Country are without adequate toilets and 11% of AWC's don't have water facility.

It is therefore necessary to have deeper engagement with the MoWCD along with the MoE for ensuring that the WASH related gaps may be addressed in Anganwadi centres that are have already been migrated to school premises or are under process of being migrated.

Considering the COVID-19 requirements, this provision is inadequate so there is a need to facilitate enhancement of WASH in schools. The launch of the School Health Programme (SHP), 2020 & National Education Policy 2020, provide additional opportunities to streamline WASH in educational curriculum and framework.

MEASLES – Outbreak ----facts and prevention

Mrs. Asha Khandagale, Sr. PHNO, NIPHTR

Measles outbreak in Mumbai and other parts of Maharashtra has ranged the alarm to public health authorities . The city has reported more than 200 cases in past 2 months and at least 13 deaths, which shows the big jump from the earlier statistics in measles eg.: year 2021-10 cases one death, year 2020-29 cases no death, year 2019-37 cases 3 deaths.

The above data reflects the hurdles for complete immunization under universal immunization programme, according to state government data only 41% of eligible children have been inoculated against measles in Mumbai which still demands the work of grass route level health functionaries in vaccine hesitancy and effective communication on mobilization of parents for vaccination. As per the opinion of researchers and demographers the

outbreak of measles indicates that the covid 19 pandemic may have disrupted the chain of communication on vaccine hesitancy of grass route level health workers as a result there is a gap in routine immunization. During the pandemic due to lock down and restrictions in movement, migration from one part to other part etc. contributed to outbreak since measles is highly contagious disease even a small percentage fall in vaccination rate can disrupt the herd immunity and precipitate the outbreak.

In view to the outbreak the government of India is planning to consider administering an additional dose of measles and rubella vaccine to the children aged 9 months to 5 yrs. in vulnerable areas. MR vaccine in 2 doses schedule has been successfully eliminated measles, rubella in many countries.

Signs and symptoms of measles :

- Fever.
- Dry cough.
- Runny nose.
- Sore throat.
- Inflamed eyes (conjunctivitis)
- Tiny white spots with bluish-white centers on a red background found inside the mouth on the inner lining of the cheek — also called Koplik's spots.
- A skin rash made up of large, flat blotches that often flow into one another

Prevention:

- Infected child should be isolated from others to prevent spread of virus
 - Good diet
 - Proper hydration
 - Maintaining personal hygiene
 - Rest
 - Antibiotics
 - Measles vaccination
 - Health education, awareness to families and community
- As there is only one way prevention is better than cure .

H- Students Corner

Yoga Club for DHPE and PGDCHC Students

Ms. Arti Dongre, PGDCHC Student/ Mrs. Uma Gothwal, DHPE Student

It was great feeling for all of us to join the National Institute of Public Health Training and Research for the Diploma in Health Promotion and PG Diploma in Community Health Care.

As soon as we joined the institute, on 22nd June, 2022 got an opportunity to participate in the International Yoga Day. The experts from the Arogya Seva Samiti of Panvel demonstrated the Yogasana to us.

The session inspired all the trainees, and with the motivation of the Director Dr. Sunil Gitte and other faculty members a Yoga Club was started. Every morning the students started attending the Yoga Club to perform the yogasana under the supervision of the faculty member of the institute.

This is wonderful experience that along with the education we are doing yogasana which are rejuvenating us and keeping us fit for the studies.



मैं हिमालय हो जाऊँ

कु. पूनम उईके, प्रशिक्षार्थी पीजीडीसीएचसी

हो बुलन्द तुझ सा,
मेरा भी हौसला
मन हो पवित्र, और तन शीतल
जैसी है तेरी काया ।

शांत, गंभीर, कभी चंचल
जैसी बहती हो, तुझमें नदियाँ
है कौतुहल मुझमें भी, पर विस्मय नहीं
विराट होकर तुझमें, कोई अभिमान नहीं ।

श्वेत सा चमकता,
ऊँचाई की रखे अभिलाषा
कठोर सा शरीर पर,
निर्मल हृदय की परिभाषा ।

इस बूढ़े हिमालय की गोद में
मैं कही खो जाऊँ,
चरित्र हो ऐसा, मेरा भी....कि
मैं हिमालय हो जाऊँ.. ।।।।।

Surya Namaskar Varg

The institute organized 10 days special Surya Namaskar Varg for the participants during 20th to 30th August 22. Shri Satish Deshmukh, Mrs. Sarika Shelar and Mrs. Ratnamala Kulakrni were the Demonstrator from the Arogya Seva Samiti. They personally daily took the classes and trained the participants to perform the Surya Namaskar scientifically. 20 participants attended the Surya namaskar Varg. Yoga Club is really a value addition made by the institute for fitness of participants attending the institute for courses.



Internship SHI

Mr. Gaurav Darade , Mr. Pranaykumar Rathod SHI Students 2021-2022

Internship forms an important part of our academic curriculum by which we get an on field experience of how actually things work. Under the guidance of our Director Dr.Sunil Gitte and Course Coordinator Smt. Rosy Joseph, The students of NIPHTR BATCH V (2021-2022) did internship at Kalyan Dombivli Municipal Corporation(KDMC).

One month long internship was mentored by Deputy Commissioner, Solid Waste Management (KDMC) Shri. Ramdas Kokare. It was an enriching experience to visit

various shops and see if all rules are being followed. They got to learn various things and even got to interact with shop owners and Workers.

On the basis of our work and dedication during our internship, we were given opportunity by Our Mentor Shri. Kokare To continue working at KDMC as SHI Coordinator for a period of 11 months for a stipend of Rs 11,000/- monthly. We are very much excited to continue and hope that we will learn a lot more new things from this exposure.

Internship MPH

Dr. Gauri Tilak MPH Student, NIPHTR

I still remember the day when we were informed about urban health posting. It was ' DHARAVI UHC;(LTMGH, SION). Yes Dharavi! We had mixed emotions. On one hand I was mentally preparing for daily travel in Mumbai locals in peak summer, on the other hand my inner me was saying "public health mai aana tha na, now let's experience the real public health".

So, our journey started. For two months we have been posted at different departments like adult OPD, Nutritional rehabilitation centre, immunization dept, leprosy clinic, Tb clinic, pediatric clinic, shakti clinic, etc. to learn how the UHC runs (administration), daily OPD, how national health programs are being run, disease surveillance, record maintenance, health education, and promotion etc. It has been a great opportunity to observe and learn from some of

the great NGOs SNEHA (Society for Nutrition, Education and Health Action), Bombay Leprosy Project - India , UNICEF India which are working in integration with UHC, Sion to provide quality health services to the community.

In these two months, I have met many people and learned from them and I can surely tell the improvement in my personal growth graph after this.I have filled my MPH diary with Lots of knowledge, observation, learning, and adventure. I am so grateful for this experience. Thank you Director sir Dr Sunil Gitte , National Institute of Public Health Training and Research, Mumbai, Dr Deepak Raut, Dean, Course coordinators Dr Suparna Khara and Rosy Joseph for providing this opportunity and best platform to learn!

Medal Winners - DHPE, PGDCHC, PGDHM

Diploma in Health Promotion Education



Mrs. Jayashri Nayak



Mrs. Sagarika Mishra

Post Graduate Diploma in Community Health Care



Mrs. Anita Jha



Mrs. Prajakta Autade

Post Graduate Diploma In Hospital Management



Miss Pranita Jaiswal



Mrs. Richa Tyagi

Appreciation Award to NIPHTR



Swachhata Sarvekshan 2021, by Panvel Municipal Corporation



Appriciation for the participation in 1 lakh Surya Namaskar Campaign
by Arogya Seva Samiti Panvel

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