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# ACTIVITY REPORT

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**Activities Undertaken by IRG**



**JULY 2023- JUNE 2024**  
**INSTITUTE FOR RESEARCH AND GROWTH**  
**E-34, LGF, Greater Kailash Enclave-II, New Delhi-110048**

## **Contents**

- 1. Flood Relief Activities**
- 2. Three State Conference**
- 3. Project Community Led Initiative for Care of Kids (CLICK) and Reproductive and Child Health (RCH), Baddi, Himachal Pradesh**
- 4. Project Reproductive and Child Health (RCH), Bharuch, Gujarat**
- 5. Urban Forest-Green Lungs City**

## **Flood Relief Activities**

**26 July 2024**

The unprecedented floods in Delhi in the month of July 2023 led to the displacement of people inhabiting at the low lying areas and within the Yamuna floodplains. They have had a harrowing time ever since, as they were forced to move to shelters overnight.

People had to be evacuated from their homes and moved to higher grounds. The deluge also forced the closure of three water treatment plants, leading to looming water shortage. Consequently, it was a challenging situation for the affected population, as they were living in shelters, makeshift homes, relief camps without adequate food and drinking water.



In response to this situation, Institute for Research and Growth, New Delhi, visited the shelter homes near Geeta Colony Bridge and interacted with the people who were living there. “We do not have drinking water here and we need medicines because our children are falling sick”, said one of the residents living in the shelter.



IRG Team took the initiative to provide immediate flood relief assistance to the affected population. These activities were aimed at addressing the urgent needs of the flood-affected individuals- drinking water, food and medicines.

About 700 families were catered to during this initiative. Essential relief supplies were distributed, including food, clean water and clothing.



To address health issues arising from flood-related challenges, such as waterborne diseases, infections, and skin problems, health camps were organized. Most of the people complained of fever, skin irritation and children suffering from diarrhea. Children and adults were screened by medical officials and were provided with medicines.



A series of informative sessions were addressed amongst the people to raise awareness about flood-related health risks and impart them with essential preventive measures. In such a vulnerable environment, children are prone to diseases, therefore, the importance of maintaining personal hygiene and sanitation was explained to the people. These sessions can empower individuals with knowledge and can help them safeguard their and their children's well being.

## **Three State Conference**

### **Duration: September 2023 to November 2023**

### **Lucknow Conference**

#### **About IRG**

Institute for Research and Growth (IRG), registered in 2016, is a non-governmental secular organization engaged in human development through research and education in India vis-à-vis livelihood, skill empowerment, agriculture, health and nutrition, employment etc. in targeted geographies. IRG's works with the vision "Working together in building a world that is healthy, just, equitable, empowered and inclusive."

#### **Introduction**

The Institute of Research and Growth (IRG) facilitated a transformative multi-level state conference in collaboration with EQFI and IBM, alongside their esteemed Knowledge Partner, the Organization for Economic Cooperation and Development (OECD). Supported by the Department of Basic Education and State Council of Educational Research and Training (SCERT), Government of Uttar Pradesh, the conference took place at The Grand JBR in Lucknow on 25th September 2023.

#### **Objective**

The primary objective of the conference, orchestrated by IRG, was to enhance skills and competencies in creativity and critical thinking among academic and vocational learners across India. IRG focused on capacitating teachers in competency-based teaching and technology integration. The conference brought together government educators, academicians, and experts from the field of educational technology, DIET, SCERT, and Department of Education, providing a platform for valuable insights and feedback.

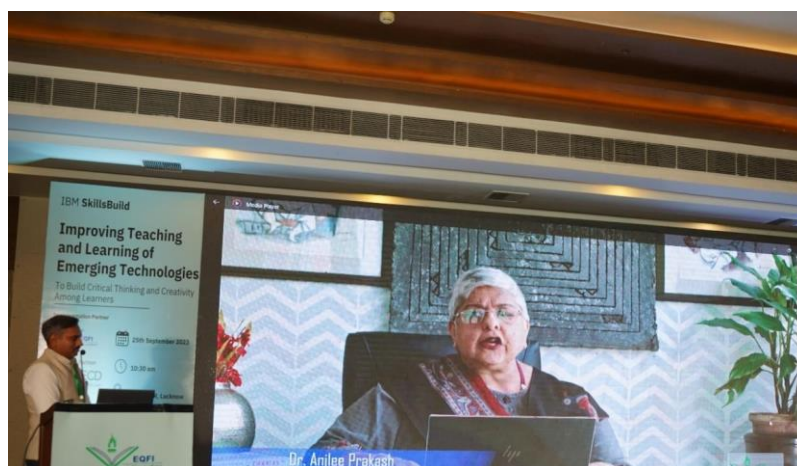
#### **State Conference Registration**

IRG ensured a seamless registration process for all participants, leveraging digital technologies. Each attendee received unique barcodes—one for registration (ITLET) and another (EQFI-IBM SkillsBuild-Lucknow/Uttar Pradesh) to join the WhatsApp group, facilitating access to demonstration sites, IBM Credentials, and feedback forms.



## Lighting Lamp Ceremony and Welcome Address

Following registration, the conference commenced with a ceremonial lamp lighting by distinguished guests, followed by a welcome address. Dr. Anjee Prakash, Managing Trustee of EQFI, though unable to attend physically, shared an inspiring message underscoring the imperative of leveraging emerging technologies for educational advancement.



A welcome note was addressed by Dr. Anjee Prakash, Managing Trustee of EQFI. Even though she could not physically attend the conference, she graced the conference by sharing an inspiring message, *'The use of emerging new technologies to enhance the skills of children is essential for their personal and societal development in these dynamic times. At EQFI, we are committed to ensuring that both teachers and learners learn about these transformative potential and are prepared and excited for the future.'*

## Soft Release/Presentation on Technical Paper

IRG facilitated the soft release of the research paper by Ms. Rohini Chopra of EQFI through a comprehensive presentation. This paper, enriched by desk research and field insights, set the tone for discussions on educational innovation and technology.

## Panel Discussion

A pivotal panel discussion, meticulously chaired by IRG, explored the role of technology in nurturing creativity, critical thinking, and innovation in education. Dr. Urvashi Sawhney, President

and CEO of Study Hall Educational Foundation, Mr. Gulshan from DIET, and Dr. P.K. Shajahan from TISS shared profound insights on integrating innovation into the National Education Policy (NEP) 2020 and fostering a culture of curiosity among learners.

The moderator of the panelist. Dr. P.K. Shajahan started the discussion with the introduction of the panelist and asking them about their views on the innovation and the National Education Policy. Commenting on the National Education Policy (NEP) 2020, Dr. Urvashi Sawhney, said that for the first time, NEP is talking about the school environment and ecosystem of learning and inculcating a culture of creativity. She continued by setting examples on how the curiosity in children comes out from their mind through creativity. The conceptual knowledge of the educators and the academicians should be clear. The academicians should not be wholly depend on book reading. Emphasis should be given more on building natural curiosity as it increases the thinking, critical judgment of a child.



Certain examples have been quoted by Dr. P.K. Shajahan, on how curiosity helps children in building critical thinking. He shared a story of a slum in Mumbai where the children of his organization participated for the International day of Sign language preparing themselves via YouTube. It was observed that there was a team building effort among the students for performing different sign languages.

In second round Mr. Gulshan, Lecturer, DIET, talked about life skill training to teachers. He said that life skills does not require any kind of text books or syllabus rather it's based on day to day life activity. Further, he stressed that life skill should be first implemented for teachers, further it should be applied to academicians because the students first observe their teachers, how they present themselves in day to day basis. They observe their teachers on a daily basis on how they interact with their colleagues and apply it within themselves. He further adds that in the Bahraich district, there was a teachers who used to explain the queries of the students by Yoga, some teachers use different techniques of art to clear concepts amongst children. Mr. Gulshan adds that in today's century there are many online sources which can mislead student therefore, it is important for the teachers to guide the student for the correct source, teachers need to be trained properly.

Dr. Urvashi shared an example of Madanpur Tulsī, a village where the child named Ganesh whose curiosity helped him to learn computer himself. Self-curiosity with some motivation/appreciation helps in problem solving. She further adds mobile phones have been a game changer in learning.

It has been observed that there has been a significant increase in learning skills of a child by the use of mobile phones and internet. Her main focus was that creativity should not be only restricted with students rather the teachers should also encouraged and trained so that they also align themselves with the student's curiosity. She quoted by saying that the "Covid19 has taught teachers as well as students the use of digital platform in their teaching line."



Mr. Gulshan pointed out saying, that in today's 21st century DIET and ICT have helped a lot in spreading the education techniques as the classes, books, notes are available in both online and offline format. It eases the students as there has been an easy access. Various government schools have setup ICT labs to help the children in accessing the digital platform. It helps curiosity of children in learning. Proper training are being given by professional teachers to the students about the use of various apps in mobile.

Dr. Urvashi added that there is a digital 'Saathi' program where the facilitator connects with the teacher and help the children to complete their homework and teach them and also help them to access the technology. So she adds up by saying that we should change the mindset of the teaching by learning new ways and creative ideas, use of extracurricular activity like play, music, and art etc. The change will automatically generate but it will take time we need to change the mindset of only teaching them the syllabus.

After the panel discussion a question was being asked from the audience of teachers and lecturer of DIET that "***What is the impact of the training given to the teachers?***" Although there are many trainings on continuous basis given to them but there is no impact to it. On responding to this Dr. Urvashi said that it is being mentioned in NEP that the teachers should be given proper time in between the trainings as it needs to be practiced for the better results, as well as, the trainers need to be changed. And trainers should also focus on the strategy of the training. Some other questions were being asked by the teachers, responding to their queries, Dr. Urvashi said proper coordination, time management should be done among various stakeholders as collectively performing will fulfill the utmost goal. She also stated that there should be a proper work culture and people should collectively work together.



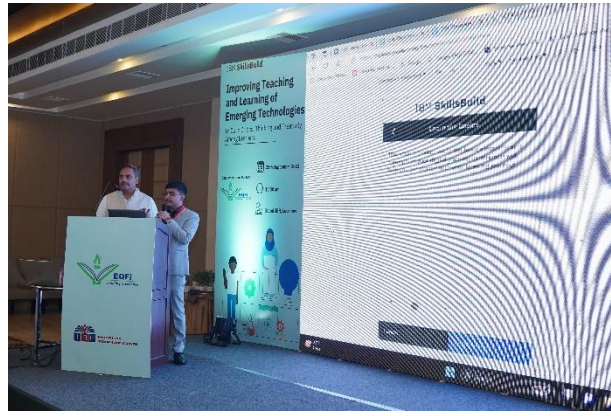
### **Resource Map Site Demonstration & Orientation on Curriculum Curated**

IRG facilitated a comprehensive orientation on the EQFI Resource Map, presented by Ms. Rohini Chopra. This resource, meticulously curated, provides educators and students with diverse tools to develop 21st-century skills such as Critical Thinking, Creativity, and Technology. The presentation had website <https://sites.google.com/view/eqfi-resource-map/home>.



### **Demonstration of IBM SkillsBuild Platform**

The conference culminated with a session on the IBM SkillsBuild platform, led by Mr. Shubam of IBM, facilitated by IRG. Participants were introduced to over 11,000 free courses, including AI and coding, aimed at empowering educators and students globally. He shared a link <https://students-auth.skillsbuild.org/?org=2114&mgr=587019REG&lang=en&isT=true> and it can also be reached by IBM Skill Website.



He gave a basic demo of the platform through an activity in which everyone were taught how to sign up and take use of the resources in the platform. He also demonstrated AI based courses. The IBM SkillsBuild platform have more than 11000 courses which are available free of cost. The session ended with a feedback form which was shared on the WhatsApp group and the participants were quick enough to start giving their feedback. The entire conference came to an end with closing remarks by Mr.Dibyayan Datta, EQFI, followed by a group photograph for everyone.

The conference was attended by 132 participants. The attendees include Assistant Teachers, Lecturers, DIET, representative from SCERT, Uttar Pradesh etc. and others from NGOs and Media Representatives.

## Participant Details

| Category                                                       | No. of Participants |
|----------------------------------------------------------------|---------------------|
| 1. Delegates                                                   | 05                  |
| 2. Assistant Teachers                                          | 111                 |
| 3. Lecturer, District Institute of Education & Training (DIET) | 11                  |
| 4. Others(NGOs, Media)                                         | 05                  |
| <b>TOTAL</b>                                                   | <b>132</b>          |

Dr. Ishtiaq Ahmed, SCERT UP (Rtd.) and Dr. Neelu Singh, Literature Assistant, Dept. of Textbook and Curriculum participated as our key delegates. The conference had other delegates -Dr. Urvashi Sawhney, President and CEO, Study Hall Educational Foundation, Mr. Gulshan, Lecturer, DIET and Dr. P.K. Shajahan, DEAN, Academic, TISS Mumbai as key panelists.

## Conclusion

The Institute of Research and Growth (IRG) proudly concluded the conference, attended by 132 participants, including educators, government officials, and media representatives. The event underscored IRG's commitment to advancing educational excellence through strategic partnerships and innovative initiatives.

## Gujarat Conference

### Introduction:

In Vadodara, Gujarat, the Institute of Research and Growth (IRG) facilitated a pivotal multi-level state conference in collaboration with EQFI, supported by the Organization for Economic Cooperation and Development (OECD) and with backing from Samagra Shiksha Gandhinagar and GCERT, Department of Education, Government of Gujarat.

**Objective of the conference:** The conference aimed to achieve both short- and long-term objectives:

### Short-term objectives:

- Presenting a technical paper based on extensive desk research and field insights gathered through Focused Group Discussions (FGDs) and In-Depth Interviews (IDIs).
- Engaging discussions on leveraging emerging technologies and teaching tools to foster creativity, critical thinking, and innovation among learners.
- Capacity building through curated resources and lesson plans tailored to develop 21st-century skills in students.

### Long-term objectives:

- Establishing a coalition/network within Gujarat to promote the integration of technology and teaching tools for enhancing creativity, critical thinking, and innovation among learners.
- Bridging the technological divide in education.

**IRG's Role and Facilitation:** IRG played a pivotal role in organizing and facilitating the conference, ensuring seamless execution and impactful outcomes. The day commenced with IRG overseeing a streamlined digital registration process for all participants. IRG strategically implemented QR codes for registration, joining a WhatsApp group for resource sharing, and providing feedback post-conference, ensuring efficient participant engagement.

**Lamp Lighting Ceremony:** As a symbolic gesture marking the pursuit of knowledge and enlightenment, IRG led the lamp lighting ceremony. The ceremony, signifying the dispelling of ignorance through the light of knowledge, commenced with IRG extending gratitude to key guests and initiating the proceedings.



**Presidential address by Key Guests Shri. Mahesh P. Mehta - Secretary, Samagra Shiksha, Gandhinagar - Gujarat:**

Mr. Mehta started off by thanking EQFI for organizing a one-day conference with the support of IBM & Samagra Shiksha. To lighten up the mood of the participants he shared his experiences through stories, he informed that from 2013 to 2016 January, he was working as a District Primary Education Officer (DPO) and that he had traveled a lot during his tenure as a DPO, the scenario in schools of those villages were totally different than it is in Vadodara District, he mentioned. He faced lot of challenges to deal with specific talukas as the mindset, scenario and experiences were altogether different according to the demographic area.

Mr. Mehta further said that he completed his post gradation in M.Ed. from Gujarat Vidhyapith, Ahmedabad and that he was working in two to three places during that time. His guru in Vidhyapith was Dr. Dipooaba Devada ma'am. He said that Gujarat State is working well towards achieving goals of National Education Policy 2020 and there are lot of new plans and programs for which a letter was shared with the teachers as well. He shared that Gujarat's percentage in education is 55% only but, the students also excel in various other activities such as music, sports, other extracurricular activities which is equally important. He shared according to a study when an exam of rankers from 1<sup>st</sup> to 10<sup>th</sup> was conducted, they scored only 65% which means that exams can only reflect how much an individual remembers or has memory but, it cannot show how much an individual understood the concept. He discussed that by keeping in mind the National Education Policy, some new changes will be implemented as discussed with the CM and it will be fun based for children.

Albert Einstein was once asked whether he will choose a stupid student or a genius. And he replied saying he will select a stupid student because, a genius student will work on the basis of his mind but, a stupid student will not calculate according to the possibilities but will think out of the box.

He further gave an example of how most of the time in our education system students/individuals don't implement the theoretical knowledge in practice which is the fault of the education system. He said that through National Education Policy the children will be experts in both theoretical and practical knowledge.

Mr. Mahesh also explained that according to the National Education Policy, 2020 if a student doesn't like to study mathematics, then there is a provision to skip it. Students who are interested to learn art & literature and aren't interested to learn mathematics or science should be given such freedom. He asked the participants whether they want to raise such students who cannot even get a job at the age of 30 or want to raise students who can provide occupation and establish their business at the age of 50. And the participants agreed to the second option.

He said that many short-term courses were introduced by the government such as Beauty Parlor, mobile repairing etc. and one of the successful examples of it is **KK Girls High School, Patan** which imparts training to their students in beauty parlor course and during vacation time the students earn Rs.60,000 to 70,000/- and that they are studying in 11<sup>th</sup> STD.

Mr. Mehta went ahead to cite certain examples of people who know to earn with their skills and potential. There is a person named Sanjay who makes fridge made of clay and his income is Rs.8.5 Cr. In Bhuj, a person sells juice and people specially visit him to drink the juice. Eleven students completed MBA by learning from a laptop. Raj shah from Ahmedabad has studied in Oxford and is earning Rs. 9.5/- Cr by processing the flowers on cactus juice named "Fidla" (Gujarati name).

He explained the meaning of a Sanskrit verse- "**अमन्त्रमक्षरं नास्ति नास्ति मूलमनौषधम्। अन्वय अर्थ हिन्दी अनुवाद**" - In this world, no letter is useless, no tree has a root that is not a medicine, no man is useless. There is something rare that connects (all things).

He encouraged all the teachers to keep smiling while fulfilling his/her duties & responsibilities and that every student should feel free to give exams and tests and not fear from it. He said to trust the teachers and the process through which they are working on imparting their knowledge because not every teacher has same method to teach. Children come regularly to the school because of two or three teachers and their teaching methods. He shared that under government scheme residential school for 300 students will be constructed. He completed his speech by saying thank you to the participants, to the team for organizing the conference and supporting organizations named OECD and IBM.

### **Technical Paper presentation by Education Quality Foundation of India (EQFI).**

#### **Aim of presenting the Technical Paper:**

To understand various techniques used around the world to enhance creativity, critical thinking and innovation among individuals in accordance with the curriculum and also to discuss the paper with educators/teachers present in the one-day conference. The paper will help to implement various techniques in above mentioned three states where EQFI is working actively; it will also help to implement the research findings in new states or area of work in the future.

#### **Explanation of Technical Paper:**

If the impact report of 2008 is referred then it will be clear that the curriculum had provision of enhancing innovative minds with critical thinking & creativity and that the concept is not newly added in The National Education Policy, 2020. The famous 4 C's i.e., communication, collaboration, critical thinking & creativity were same in the year 2004 and 2011 hence, it can be analyzed that it is not a new concept which is

introduced in NEP 2020 for the first time. OECD, World Economic Forum and other such well-established organizations also encourage the same concept. It can be learned from the studies that critical thinking, creativity & technical skills are the key skills which needs to be focused for educating children or individuals of 21<sup>st</sup> century. A study on understanding important skills among children was conducted in 100 countries on the basis of which it was found that foundational literacy – numeracy, ITC, financial literacy etc. are included in it, competencies include communication, collaboration, creativity & problem-solving abilities. Character qualities such as value building, curiosity, adaptability etc. are covered. Artificial Intelligence “AI” is also given importance as it will play a main role in the future, example: Chat GPT is a great AI tool to write or know any information asked by an individual. 21<sup>st</sup> century enhances use of such AI tools.

NEP 2020 and National Curriculum Framework for School Education 2023 (NCF) are our educational frameworks and if analyzed NEP is a path breaking step which the government has started implementing effectively. Social, ethical and emotional learning is mentioned smartly in NEP 2020. Various platforms are introduced and will keep on adding by the government and other organizations by keeping in mind NEP, 2020 which will ultimately help to achieve Sustainable Development Goal 04 - Quality education.

National Curriculum Framework for School Education 2023 is a holistic document which includes various subjects and skills. It also includes the 4 Cs mentioned above which makes sure that holistic development of the children in each area is focused. How to implement the NEP 2020 and NCF 2023 inside the classrooms were also experimented. In year 2021, central board redesigned the curriculum, they took care of designing classroom activities in such a way that 4C’s are focused. The 09 principals which were learned during the study are: *Learning the big picture, transfer of learning, Team work, cross cutting the disciplines, learning to learn* (i.e., children are interested to learn by themselves), *Using technology, focus on lower & higher other thinking skills, ambiguity of problem solving, nurture the creativity*.

This study was possible to conduct because of the support provided by the schools in which EQFI had visited during the research in Gujarat. We were able to dump the system of rote learning and accept skills and knowledge-based learning for children. It was also learned through these research and studies that the children are extremely curious to learn new techno-based skills and can adapt easily to NEP, 2020 tools. Children are able to scan the QR code; few children learn or read the lessons before their classes are held in the school which shows how much interested they are.

### **Sharing the insights of challenges faced by students & educators based on research:**

It was learned that because of COVID-19 children are facing problem to sit in the lectures for a longer duration. Problem of no electricity is also experienced in many remote areas by the school staff which becomes challenging to adapt tech-based education. Few children told that if they want to use their device they have to go on top of the hill of their village and login or take their lessons. Educators are open to learn techno-based learnings but few face problems to learn it whereas parents want their children to learn through techno-based modes. According to the curriculum, teachers must be given the space to learn techno-based things and also to develop critical thinking within themselves.



**Panel discussion:** The panel discussion, expertly guided by IRG, centered on governmental initiatives and observed transformations in schools post-implementation of the National Education Policy (NEP) 2020. Distinguished panelists including government officials and educational experts engaged in insightful discussions under IRG's facilitation.

Dr. Devada started the session by greeting all the attendees. She said that all the participants who are present in the conference are representatives of their organization, schools or any other organization and are potential experts in the field of Education. She shared that during 1920, Gujarat Vidyapith was founded by Mahatma Gandhi as he noticed that the education system which was implemented during the time was not suitable for the children belonging to the roots of Indian system. The education system of Gujarat Vidyapith includes regular participation in community work, residential life, social service, community prayers, simple and self-reliant living, study tours and field studies, Hand spinning and training in Craft Work. The program of education has been linked with the national needs of rural uplift with a view to promote education conducive to the grass - root levels of the society. The chief concern of the Gujarat Vidyapith is to conduct experiments in various fields of education with a view to develop the application of Gandhian thought and way in all aspects of education.

Dr. Devada welcomed all the present panelists. She informed everyone that she is the nodal officer of implementing National Education Policy 2020. She said that the government has the most important role when it comes to implementing any policy, she started the session by asking her questions to the panelist in regard with NEP 2020.



**Resource Site Demonstration and Orientation on Curated Resources:** IRG showcased its expertise by presenting the Resource Map, a comprehensive platform aimed at enhancing 21st-century skills such as creativity, critical thinking, and technology. Through IRG's guidance, participants were oriented towards accessing curated courses and lesson plans, promoting multilingual access and detailed guidelines for effective utilization.

**Link of resource site:**

- <https://sites.google.com/view/resource-map-21-century-skills?usp=sharing>

**Introduction of Resource site:**

The Resource Map is a comprehensive document curated to bring to all stakeholders varied resources to foster the 21st-century skills of Creativity, Critical Thinking, and Technology. It aims to offer both educators and students a variety of courses and lesson plans to select from. The resource map can be used in preferable language of an individual and hence, it becomes easy to use.



### Explanation of Resource site:

1. The site is divided into two groups:
  - Grades 6 to 8 and
  - Grades 9 to 12
2. Left side of the home section shows details like:
  - a) **Guidelines:** It helps the teachers to understand how can the website be used, in how many parts is it divided, for whom it is designed, the sources from which the content is taken and complete detail of how to access the course or lessons.
  - b) **Grades 9 to 12:** Students will cover 4 areas i.e., Creativity, critical thinking, creativity/critical thinking & Technology. **The creativity part** consists of 4 subjects i.e., Music-OECD, STEM & Science, Interdisciplinary [Tech & VA]- OECD & Workplace Skills-IBM Skills Build. All these subjects include lessons & complete course guide on how to access it and learn. **The critical thinking part** consist of IBM SkillsBuild workplace skills under which various topics such as problem solving, study skills, Agile explorer, career planning and exploration, digital literacy, financial literacy, job application essentials, leadership, mental health awareness, design thinking, media, sustainability (ocean science explorer), equity-diversity & inclusion (EDI) & climate and environment are covered. **The creativity/critical thinking part** includes subjects such as Music-OECD, Visual arts-OECD, Math-OECD, Interdisciplinary-OECD, Science-OECD & STEM-OECD which again consist of detailed lesson plans. **The technology part** includes 09 subjects i.e. Technology & Emerging Technologies – OECD, Technology & Emerging Technologies - IBM Skills Build, Technology & Emerging Technologies – CBSE, Technology & Emerging Technologies – NCERT, Kendriya Vidyalaya - Technology & Emerging Technology, ICSE - Technology & Emerging Technology, ISC - Technology & Emerging Technology, SCERT - Technology & Emerging Technology & Code .org - Technology & Emerging Technology. All the 09 subjects consist of various courses and its lesson plan.
  - c) **Grades 6 to 8** is divided into 03 parts i.e. Creativity, Creativity/critical thinking & Technology. **The creativity part** includes various subjects such as Music – OECD, Math – OECD, Interdisciplinary – OECD, STEM [Interdisciplinary] – OECD, Science – OECD & STEM IBM Skills Build. All the subjects include detailed lesson plans and topics in it. **The creativity and critical thinking part** includes total 31 subjects. **The technology part** includes 03 subjects.
  - d) **Resources:** It shows name of the websites from which content for grades 6 to 8 and 9 to 12 are developed. Whole website can be translated in the preferable language of an individual with the help of Google hence, it becomes easy to access it. Ms. Rohini Chopra concluded the session by thanking the audience and told them to go through the website afterwards.

**SkillsBuild Demonstration and Orientation:** Highlighting its commitment to technological advancement in education, IRG introduced SkillsBuild, a free learning platform developed by IBM. IRG emphasized the platform's role in equipping students and teachers with techno-based skills, culminating in certifications that bolster employability. IRG's facilitation ensured participants gained valuable insights into leveraging technology for educational enhancement.

### Q & A session for Mr. Shubham Jain, IBM

1. **Is there a time limit to complete the registration of SkillsBuild website?**
  - Students can complete the registration with their pace and the content is easily understood and accessible by 6<sup>th</sup> to 12<sup>th</sup> STD students.

2. **Parents say that their children misuse mobile phones or technology these days so, it is possible that students are given access by registering themselves with Aadhar card or their finger print on the website for proper age verification?**
  - The data of Aadhar card won't be allowed by the government to use because, the data is extremely sensitive and huge. Though it is easy to link such data with the website. But, in future it might be given a thought. In Haryana government has given tablets to the students in which only educational website is accessible and no other sites will open.
3. **Is the course totally free?**
  - Yes, all the courses are free of cost and certificates and credits are given to the learners after completion of the course. The website is cloud computing hence, can be easily used for 2 years.

**Conclusion:** Throughout the conference, IRG's leadership and facilitation were instrumental in driving discussions, fostering collaborations, and aligning stakeholders towards a collective vision of educational excellence. By strategically integrating technology and innovative teaching methodologies, IRG continues to spearhead initiatives that redefine educational paradigms, ensuring every child's potential is maximized.



**Details of participants:**

| Sr No: | Designation/Role                            | No. of the Participants |
|--------|---------------------------------------------|-------------------------|
| 1.     | Principal                                   | 192                     |
| 2.     | Teacher                                     | 33                      |
| 3.     | Asst. Teacher                               | 72                      |
| 4.     | Assistant District Project Coordinator, QEM | 1                       |
| 5.     | QEM co (Samagra Shiksha)                    | 1                       |
| 6.     | OIC gender (Samagar Shiksha)                | 1                       |
| 7.     | ADMIS (Samagra Shiksha)                     | 1                       |
| 8.     | BRC, Co. (Education Dept)                   | 1                       |
| 9.     | Co-chair (CII-Yi)                           | 1                       |
| 10.    | Counselor (Health Dept)                     | 1                       |

|     |                |            |
|-----|----------------|------------|
| 11. | Founder (NGOs) | 2          |
| 12. | Panelist       | 4          |
| 13. | Others         | 2          |
|     | Total          | <b>312</b> |

**Testimonials from the Conference:**

As soon as the conference ended, the participants filled the feedback form to provide their feedback of the conference. A link for Google form was shared with them through WhatsApp group. Quoting few of the feedbacks as shared by the Teachers/educators:

1. Patel Sangitaben Harmanbhai from Kunpad School, Savli Block stated that *“This workshop was very useful for implementing National Education Policy, 2020 in schools and that she is looking forward to attend next conference on this topic”*.
2. Nikunj Patel from Vanadara Primary School, Dabhoi stated that *“The content of the topics covered in the conference should be expanded for better learning and understanding of the participants as it was very useful topic”*.
3. Bariya Saileshkumar Ratilal from Thuvavi Kumar Primary School, Dabhoi shared that *“the conference was extremely useful as discussion on topics of how to implement various tools and techniques to teach the students according to the National Education Policy, 2020 were explained hence, it was beneficial”*.

It was noted that most of the participants enjoyed the encouraging speech given by Shri. Mahesh P. Mehta and his ideas. The participants appreciated the team work done by EQFI & IBM.

## Bangalore Conference

**Introduction:** In Bangalore, Karnataka, the Institute for Research and Growth (IRG) facilitated a transformative state conference in collaboration with EQFI, supported by IBM and the Organization for Economic Cooperation and Development (OECD), and with backing from Samagra Shiksha, Department of Education, Govt. of Karnataka.

**Objective of the Conference:** The conference aimed to address both short- and long-term objectives:

### 1. Short-term Objectives:

- Present technical papers based on desk research, field insights gathered through FGDs and IDIs.
- Discuss the relevance of leveraging emerging technology and teaching tools to foster creativity, critical thinking, and innovation in learners.
- Conduct capacity building on curated resources and lesson plans designed to develop 21st-century skills in students.

### 2. Long-term Objectives:

- Form a coalition/network in the state to promote the acceptance of technology and teaching tools for fostering creativity, critical thinking, and innovation in learners.
- Bridge the technology divide among educational institutions.

**Registration:** The day commenced with a streamlined digital registration process facilitated by IRG. Participants were provided with QR codes for registration, joining the WhatsApp group for resource sharing, and submitting feedback post-conference.

**Panel Discussion:** Ms. Bhagyalakshmi A led the panel discussion with key stakeholders including Smt. Radha P, Mr. Rishikesh B S, Sri. Vishwanath K B, and Dr. Chandrasekar H.B. The panelists deliberated on the pivotal role of government in policy implementation and engaged in a Q&A session on leveraging technology in education.

**Resource Site Demonstration and Orientation:** Ms. Rohini Chopra from EQFI provided an overview of the Resource Map, emphasizing its utility in fostering creativity, critical thinking, and technological proficiency among educators and students. Participants were encouraged to explore the curated resources available on the site via the shared WhatsApp group.

### Links to Resources:

- Resource Map: [Resource Map - 21st Century Skills](#)
- SkillsBuild Website: A learning platform developed by IBM offering free courses and certificates aimed at enhancing techno-based skills.

**Conclusion:** The conference, orchestrated by IRG, served as a platform for stakeholders to exchange ideas, strategies, and resources for integrating emerging technologies into education. It underscored IRG's commitment to advancing educational practices through collaborative initiatives.

### Background of EQFI:

Education Quality Foundation of India (EQFI) is a non-profit organization dedicated to promote education and enhance quality education in India. EQFI believes in every child's potential in becoming future ready

citizens if given right opportunity to learn, explore, discover, create and innovate. Established in 2007, EQFI envisions a world where every educational experience is rooted in quality, enabling students as well as teachers to strengthen their capabilities in every educational experience. The organization's influence spans across 19 Indian states, positively impacting 300,000 students, 15,000 teachers, and 5,000 schools through its programs.

### **Introduction:**

In Bangalore, Karnataka, IBM in support of EQFI organized a transformative multi-level state conference, their Knowledge Partner- Organization for Economic Cooperation and Development (OECD) and with support from the Samagra Shiksha, Department of Education Govt. of Karnataka.

### **Objective of the conference:**

The conference was organized by keeping in mind both short- and long-term objectives.

#### **1. Short term objectives:**

Present the technical paper to the audience which is based on desk-research, review and gathering insights from the field by conducting FGDs and IDIs.

Discussion around the relevance of Leveraging Emerging Technology and Teaching Tools to Foster Creativity, Critical Thinking, and Innovation in Learners. Discussion and capacity building on curated resources and lesson plans that can help to develop 21st century skills in students.

#### **2. Long-term objectives**

Formation of a Coalition/Network in the state to enhance acceptance of Technology and Teaching Tools to Foster Creativity, Critical Thinking, and Innovation in Learner. Bridging the technology divide.

**Registration:** The day began with registration of all the participants. In the beginning of the conference a smooth registration process was set up for everyone to digitally register themselves. Two QR codes were created: one for registration and another to join the WhatsApp group where curated Resource Map demonstration site, IBM Credentials was shared. A third QR code was created for participants to share their feedback after the conference.



### **Lamp Lighting Ceremony:**

The day was commenced by a lamp lighting ceremony. Lighting up the lamp signifies the removal of Darkness (ignorance) through the light of knowledge and is considered as a ritual in Indian tradition. A lamp

does not speak, it introduces itself through its light. All the Key guests were invited on the stage to light up the lamp and begin the conference.



**Virtual message by Dr. Anjee Prakash, Managing Trustee, Education Quality Foundation of India (EQFI), Delhi:**

After the lamp lighting ceremony, a virtual message was shared for everyone by Dr. Anjee Prakash, Managing Trustee, EQFI. She articulated that the conference will help the educators and students in future to use technology-based learnings as the future generation needs to learn technology-based skills:

*“The use of emerging technologies to build skill sets in children that enable them to navigate and steer the future is a critical need in these dynamic times. At EQFI, we are deeply invested in ensuring both educators and educators are future-ready and excited about the potential of these transformative initiatives.*



She requested all the present participants to actively participate in the conversations during the conference, ask questions and contribute towards the cause with their professional work experience in the field of education for the future generation, as the world is becoming more and more competent and it is an urgent demand of the situation that every person learns techno-based skills which will make them an individual with creativity, critical thinking and innovative learners. The conference is based on enhancing techno-based applications or websites which will help the teachers/educators as well as the students to learn and excel in imbining new skills. The welcome address ended by thanking the IBM & OECD team for their support to organize the conference successfully.

**Key Note Address by Ms. Joyeeta Das, IBM**

Ms Joyeeta Das from IBM was introduced and invited for the Key note address. She mentioned the use of in solving students’ problems and its use in education. Ms. Das called Karnataka as one of the best states in terms of education. By 2023, Ms. Joyeeta mentioned that OECD is coming up to support 30 million students.

### **Release of Technical Paper**

Shortly after the Key note address was delivered, the key guests, IBM and EQFI stakeholders released the Technical Paper. The title of the paper goes “Imparting Key skills – Creativity, Critical Thinking and Innovation among young learners in India”.



### **Presentation on the Technical Paper**

Soon after the release, Ms. Anuja, EQFI started with the technical paper presentation.

### **Aim of presenting the Technical Paper:**

To understand various techniques used around the world to enhance creativity, critical thinking and innovation among individuals in accordance with the curriculum and also to discuss the paper with educators/ teachers present in the one-day conference. The paper will help to implement various techniques in above mentioned three states where EQFI is working actively; it will also help to implement the research findings in new states or area of work in the future.

### **Explanation of Technical Paper:**

If the impact report of 2008 is referred then it will be clear that the curriculum had provision of enhancing innovative minds with critical thinking & creativity and that the concept is not newly added in The National Education Policy, 2020. The famous 4 C’s i.e., communication, collaboration, critical thinking & creativity were same in the year 2004 and 2011 hence, it can be analyzed that it is not a new concept which is introduced in NEP 2020 for the first time. OECD, World Economic Forum and other such well-established organizations also encourage the same concept. It can be learned from the studies that critical thinking, creativity & technical skills are the key skills which needs to be focused for educating children or individuals of 21<sup>st</sup> century. A study on understanding important skills among children was conducted in

100 countries on the basis of which it was found that foundational literacy – numeracy, ITC, financial literacy etc. are included in it, competencies include communication, collaboration, creativity & problem- solving abilities. Character qualities such as value building, curiosity, adaptability etc. are covered.

Artificial Intelligence “AI” is also given importance as it will play a main role in the future, example: Chat GPT is a great AI tool to write or know any information asked by an individual. 21<sup>st</sup> century enhances use of such AI tools.



NEP 2020 and National Curriculum Framework for School Education 2023 (NCF) are our educational frameworks and if analyzed NEP is a path breaking step which the government has started implementing effectively. Social, ethical and emotional learning is mentioned smartly in NEP 2020. Various platforms are introduced and will keep on adding by the government and other organizations by keeping in mind

NEP, 2020 which will ultimately help to achieve Sustainable Development Goal 04 - Quality education.

National Curriculum Framework for School Education 2023 is a holistic document which includes various subjects and skills. It also includes the 4 Cs mentioned above which makes sure that holistic development of the children in each area is focused. How to implement the NEP 2020 and NCF 2023 inside the classrooms were also experimented. In year 2021, central board redesigned the curriculum, they took care of designing classroom activities in such a way that 4C's are focused. The 09 principals which were learned during the study are: *Learning the big picture, transfer of learning, Team work cross cutting the disciplines learning to learn* (i.e., children are interested to learn by themselves), *Using technology, focus on lower & higher other thinking skills, ambiguity of problem solving, nurture the creativity.*

**Panel discussion:**

For the panel discussion session all the panelists were invited to the dais and Ms. Bhagyalakshmi A was requested to lead the session of panel discussions followed by Q/A session.

Key Panelists included:

1. Smt. Radha P, Senior Assistant Director Public Instruction (SADPI), Govt. of Karnataka.
2. Mr. Rishikesh B S, Professor and Lead – Hub for education, Azim Premji University
3. Sri. Vishwanath K B, Senior Assistant Director Public Instructor, State Resource person.
4. Dr. Chandrasekar H.B. Senior Lecturer in DIET and State Resource Person.





Ms. Bhagyalakshmi A, being the Moderator welcomed all the panelists. She said that the government has the most important role when it comes to implementing any policy; she started the session by asking her questions to the panelist.

| Sl. No. | Question                                                                                                                                   | Name of the Panelist answering the question    | Answer given by the panelist                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.      | How is the State Education Department taking forward the required changes in curriculum at all levels (Foundation, Primary and Secondary)? | Mrs. Radha P, Senior Assistant director, DSERT | <ul style="list-style-type: none"> <li>Mrs. Radha P stated a slogan “No nation can rise above the education level of the teachers”. Teachers play important role in education.</li> <li>Learning should not be burdened to students, teachers should make sure that it should not be a physical and mental burden to the student. Teaching should be beyond text book. Text book should be supplementary. Teachers should have eagerness to learn the curriculum frame work and need to analyse the syllabus. She also mentioned that the teacher need to develop and focus on analysis and evaluation of student’s development framework according to the needs of the student.</li> <li>Teacher should plan the learning process for the students.</li> <li>Teacher must follow the state guidelines as per the NEP 2020.</li> </ul> |

|    |                                                                                                                                                                                                        |                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2. | How can partnerships between the education sector and industry, as suggested in the paper, be forged to ensure that students are adequately prepared for careers involving emerging technologies?      | Sri. Vishwanath K B, Senior Assistant Director Public Instructor, State Resource person. | <ul style="list-style-type: none"> <li>• Sri. Vishwanath K B talked about value based interaction in education and schooling.</li> <li>• He even mentioned about industrialization as a part and parcel of life which provides food, shelter and helps in maintaining national growth. He spoke about the importance of conceptual understanding. He suggested that practical experience should be provided to students and connect them to technological advancements.</li> <li>• Sri. Vishwanath said that priority should be given to bridging technology and the curriculum. Industry should collaborate with educational sector.</li> </ul>                                                                                                                                                      |
| 3. | How can teacher training programs be adapted to ensure that educators are well-prepared to nurture critical thinking and creativity while integrating emerging technologies in their teaching methods? | Dr. Chandrasekar, H.B. Senior Lecturer in DIET and State resource person                 | <ul style="list-style-type: none"> <li>• Dr. Chandrasekar H.B. stated that automation is happening in all the fields because of computer and electronic evolution where machines are doing everything. In this scenario machine can scan, think, programme thinking but only man has ability to think critically and logically. Therefore it is important to empower the teachers so that they can enable the children to think critically.</li> <li>• He even stated that the teacher should understand the student and help in building the connection between the students and technology.</li> <li>• Teacher must use technology to make class room more effective, attractive, joyfully, interactive and communicative. Thus makes appropriate changes in teacher training programme.</li> </ul> |

|    |                                                                                                                                     |                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4. | How can the paper's recommendations be used to ensure that students from all backgrounds benefit from improved education practices? | Mr. Rishikesh B S, Professor and Lead – Hub for Education                               | <ul style="list-style-type: none"> <li>• He explained- about the educational policy related issues faced by the educators about equality, technology, artificial intelligence like chat GPT. He shared about his visits to different states and told his experience about computer aided education and issues faced while ensuring the equality enhanced to all the students.</li> <li>• All the educators must be mindful and create awareness about equality. Technology can't bring equality but education facilitators should drive equality in every classroom and working environment.</li> <li>• All the educators' play an important role in educational practices.</li> </ul> |
| 5. | How is the State Government prioritizing STEM Education Technology Education?                                                       | Mrs. Radha P, Senior Assistant Director, DSERT                                          | <ul style="list-style-type: none"> <li>• Mrs. Radha.P answering to the question said that computers cannot replace teachers, nothing can replace teachers and the emotional bonding between teachers and students.</li> <li>• She gave the example that few schools have started using STEM labs and vocational education and also improve the use of National Skill Quality Frame Lab (NSQF). These were started in 270 schools she mentioned and also going to start in another 100 schools.</li> <li>• She shared her valuable experience and the emotional bonding between students and how students have skill based training.</li> </ul>                                         |
| 6. | Education collaboration with NGO and Organization Department and what are the advantages of it.                                     | Sri. Vishwanath K B, senior assistant director public instructor State Resource person. | <ul style="list-style-type: none"> <li>• It was stated that the government is a huge system which is made of rules and regulations and has been joining hands with different NGOs and private organizations. It helps in implementing various educational programmes.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                       |

|    |                                                                                                                                                                               |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    |                                                                                                                                                                               |                                                                                  | New ideas can be achieved in collaboration with NGOs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 7. | Is there any existing program at school level in the state which promotes innovation?                                                                                         | Dr. Chandrasekar<br>H.B. Senior Lecturer<br>in DIET and State<br>Resource Person | <ul style="list-style-type: none"> <li>• There are many programmes to promote innovation <ul style="list-style-type: none"> <li>- Innovation inspired program</li> <li>- Innovation in size and pursuit for inspired research.</li> <li>- ATL (Atal Tinkering Labs)</li> <li>- STEM</li> <li>- Computer and STEM learning programme.</li> </ul> </li> <li>• He mentioned that innovation cannot be done by programming. Students needs to be taught to think out of the box through brain storming.</li> <li>• We should create the opportunity to think innovatively and teacher should think about ways of bringing innovation into our class rooms.</li> </ul>                                                                                                                                           |
| 8. | As we look to the future, what steps should be taken to ensure that India's education system remains adaptable and responsive to evolving technologies and global challenges? | Mr. Rishikesh B S<br>Professor and lead –<br>hub for education                   | <ul style="list-style-type: none"> <li>• Mr. Rishikesh answered the question by stating that the educational requirement is a systemic and critical requirement because there are lot of reforms that are needed. As new technology is emerging, the agency to use that should be provided by the system to the teachers. Once the teachers are able to design the curriculum which will bring in various innovations then they will be ready to accept all the changes that are happening. Thus, the curriculum reform is important. STEM should become part and parcel of how we think about things that will bring scientific and technical thinking and bring confidence among teachers and students.</li> <li>• Lastly, he said that there will be innovation and technological advancement</li> </ul> |

from fundamental basic and primary level of education.



**RESOURCE SITE DEMONSTRATION AND ORIENTATION ON CURATED RESOURCES FOR TEACHERS:**

The resource site was explained briefly by resource person of EQFI, Ms. Rohini Chopra. She explained one section of the website and suggested the participants to go through the website after the link was shared in the WhatsApp group.



**Link of resource site:**

- <https://sites.google.com/view/resource-map-21-century-skills?usp=sharing>

### Introduction of Resource site:

The Resource Map is a comprehensive document curated to bring to all stakeholders varied resources to foster the 21st-century skills of Creativity, Critical Thinking, and Technology. It aims to offer both educators and students a variety of courses and lesson plans to select from. The resource map can be used in preferable language of an individual and hence, it becomes easy to use.

### Explanation of Resource site:

3. The site is divided into two groups:
  - Grades 6 to 8 and
  - Grades 9 to 12
4. Left side of the home section shows details like:
  - e) **Guidelines:** It helps the teachers to understand how can the website be used, in how many parts is it divided, for whom it is designed, the sources from which the content is taken and complete detail of how to access the course or lessons.
  - f) **Grades 9 to 12:** Students will cover 4 areas i.e., Creativity, critical thinking, creativity/critical thinking & Technology. **The creativity part** consists of 4 subjects i.e., Music-OECD, STEM & Science, Interdisciplinary [Tech & VA]- OECD & Workplace Skills-IBM Skills Build. All these subjects include lessons & complete course guide on how to access it and learn. **The critical thinking part** consist of IBM SkillsBuild workplace skills under which various topics such as problem solving, study skills, Agile explorer, career planning and exploration, digital literacy, financial literacy, job application essentials, leadership, mental health awareness, design thinking, media, sustainability (ocean science explorer), equity-diversity & inclusion (EDI) & climate and environment are covered. **The creativity/critical thinking part** includes subjects such as Music-OECD, Visual arts-OECD, Math-OECD, Interdisciplinary-OECD, Science-OECD & STEM-OECD which again consist of detailed lesson plans. **The technology part** includes 09 subjects i.e. Technology & Emerging Technologies – OECD, Technology & Emerging Technologies - IBM Skills Build, Technology & Emerging Technologies – CBSE, Technology & Emerging Technologies – NCERT, Kendriya Vidyalaya - Technology & Emerging Technology, ICSE - Technology & Emerging Technology, ISC - Technology & Emerging Technology, SCERT - Technology & Emerging Technology & Code .org - Technology & Emerging Technology. All the 09 subjects consist of various courses and its lesson plan.

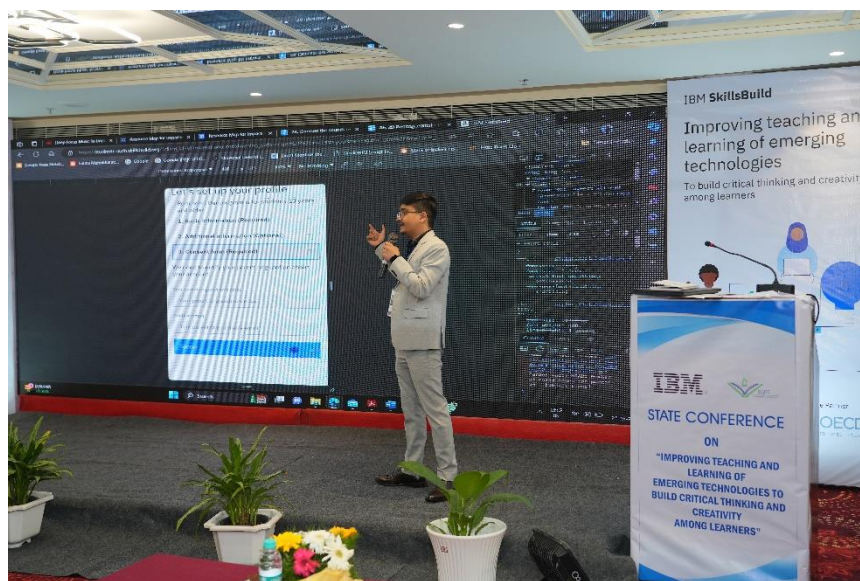


- g) **Grades 6 to 8** is divided into 03 parts i.e. Creativity, Creativity/critical thinking & Technology. **The creativity part** includes various subjects such as Music – OECD, Math – OECD, Interdisciplinary – OECD, STEM [Interdisciplinary] – OECD, Science – OECD & STEM IBM Skills Build. All the subjects include detailed lesson plans and topics in it. **The creativity and critical thinking part** includes total 31 subjects. **The technology part** includes 03 subjects.
- h) **Resources:** It shows name of the websites from which content for grades 6 to 8 and 9 to 12 are developed. Whole website can be translated in the preferable language of an individual with the help of Google hence, it becomes easy to access it. Ms. Rohini Chopra concluded the session by thanking the audience and told them to go through the website afterwards.

## SKILLSBUILD DEMONSTRATION AND ORIENTATION:

### Introduction of SkillsBuild Website:

SkillsBuild is a learning platform of students & teachers who wish to develop techno-based skills. The website is absolutely free for everyone and after the completion of any selected course a certificate will be issued to the learners which will ultimately add value to their C.V. The website is developed by IBM - "International Business Machines" is a global technology innovator, leading advances in AI, automation and hybrid cloud solutions that help businesses or individuals to grow.



### Link of the website SkillsBuild:

<https://students-auth.skillsbuild.org/signup?org=1288&mgr=267375REG&isT=true>

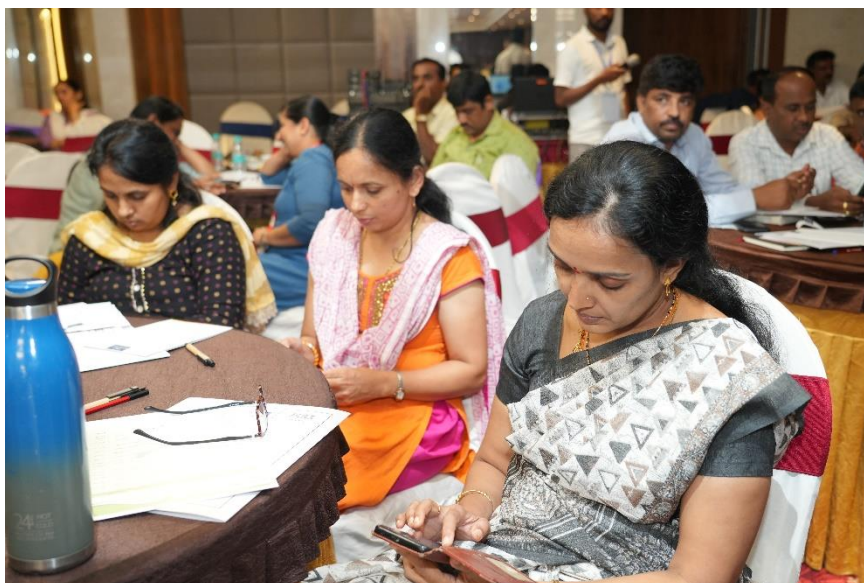
### Steps to access the SkillsBuild website:

| Steps | Select/Click                                                                                                                                                                                                                                                                                                        |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.    | Signup with google (select the Gmail account preferable by you)                                                                                                                                                                                                                                                     |
| 2.    | Select preferable language                                                                                                                                                                                                                                                                                          |
| 3.    | Select areas of your interest & language (select the subjects/topics which you wish to learn) – Technical skills, Workplace skills & expand your horizons. Select Teacher resources and give consent to the below mentioned notification & contact preferences. IBM doesn't collect mobile numbers of an individual |

|     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     | compulsorily. Before giving consent to the website read the notifications carefully. There are two consents asked by the website which are absolutely optional and not compulsory.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 4.  | Learn the basics: two options will flash i.e. Cancel or Begin tutorial. A welcome page will be shown if you press Begin tutorial a brief introduction of the website and what it offers its students will be shown.<br>If you want to go through the tutorial then there are 5 brief paragraphs which explain everything regarding the same. An option to Skip tutorial is also given. If you skip the tutorial, you can directly access the website without an induction.                                                                                                                                                                                                                                                                                                  |
| 5.  | Two types of learners can access the website<br><ol style="list-style-type: none"> <li>1. Students</li> <li>2. Teachers/educators</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 6.  | The tutorial shows the home section for the students in which details like <ul style="list-style-type: none"> <li>• Learning hours competed ‘</li> <li>• Digital credentials earned</li> <li>• Course catalogue</li> <li>• New in SkillsBuild</li> <li>• Recommendations: Learning, Digital credentials, course catalog &amp; Programs &amp; resources are given</li> <li>• Learning shows all the topics which you had selected before enrolling into the website. The course details are available with its duration of completion and a certificate will be issued to the students after the course completion. The website and all the courses are absolutely free of cost and the students can earn certificates as well which will add value to their C.V.</li> </ul> |
| 7.  | Digital credentials show credentials such as Digital & Knowledge related courses with its time duration.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 8.  | Course catalogue shows: Technical skills, Workplace skills, Expand your horizons, Language & Teacher resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 9.  | Programs & resources show various sites from which the courses are designed. The website is developed for both students and educators/teachers who want to earn and develop various skills within them.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 10. | Header portion of the website shows 7 icons namely recommendations, progress, For educators/For students, Search, Ask, Profile of the individual and Skills build & Builder.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

As the interesting session by IBM was over, it was time for the conference to come to an end.





#### Details of participants:

| Sr No: | Designation/Role           | No. of the Participants |
|--------|----------------------------|-------------------------|
| 14.    | Assistant Master           | 9                       |
| 15.    | Assistant Mistress         | 5                       |
| 16.    | Assistant Teacher          | 28                      |
| 17.    | Teacher                    | 30                      |
| 18.    | Graduate Primary Teacher   | 8                       |
| 19.    | High School Teacher        | 1                       |
| 20.    | Principal                  | 1                       |
| 21.    | Block Resource Person      | 7                       |
| 22.    | Cluster Resource Person    | 15                      |
| 23.    | Block Resource Coordinator | 4                       |
| 24.    | Lecturer                   | 1                       |
| 25.    | Panelist+Moderator         | 5                       |
| 26.    | Key Guest                  | 3                       |
|        | Total                      | <b>117</b>              |

#### Testimonials from the Conference:

As soon as the conference ended, the participants filled the feedback form to provide their feedback of the conference. A link for Google form was shared with them through WhatsApp group. Quoting few of the feedbacks as shared by the Teachers/educators:

4. Sujaya Kumari P.M, from GBHS School, Hoskote Block stated that *“The training and conference was good and well organized. Panel discussion was more active and we were able to understand technology based teaching-learning process. Resource mapping navigation session was informative.”*
5. Navya M from GJC School, Doddaballpura stated that *“Overall the conference was nice. It was informative and effective to get updated for the 21st century goals and objectives in the field of education. Thank you for the valuable information.”*

6. Mallikarjun Gogi from NGEF School, shared that *“The training should move to District, Taluka and then gross root villages levels so that everyone should get benefit there by Nation building.”*

## Project Click and RCH, Baddi, Himachal Praedesh

### *Annual Report*

**Project Goal:** To Provide sustainable integrated services to socio-economically marginalized community for their improved maternal, infant and child (< 5 years) health in Solan District, Himachal Pradesh by improving nutrition and health care environment of both children and women through active participation and partnership development.

#### **Area of Glenmark MMU – “Health on Wheels” Baddi/ Nalagarh/ Barotiwala/ Chandi**

- Kishanpura (Baddi)
- Khabari Sandholi (Baddi)
- Chanalmajra (Baddi)
- Malpur (Baddi)
- Sandholi (Baddi)
- Rajpura (Nalagarh)
- Jagatkanah (Nalagarh)
- Dhang Uparli (Nalagarh)
- Bhud (Baddi)
- Civil hospital (Baddi)
- RCH Centre (Baddi)
- Lower Bated (Barotiwala)
- Kaindol (Chandi)
- Kathloh (Chandi)
- Kaintha (Chandi)

#### **Targeted Population:**

- Children 0-6yrs
- Pre-Adolescent 6-9yrs
- Adolescent 10-19
- Women 19-45yrs
- Women 45-65
- And Adults (Male) 25+

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#### **Goal of the project**



To Provide sustainable integrated services to socio-economically marginalized community for their improved maternal, infant and child (< 6 years) health in the Solan District in Himachal Pradesh by improving nutrition and health care environment of both children’s and mothers through active participation and partnership development.

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### MMU Operational Days and Timings

| S.No. | Place                                    | Days      | Dr. Anjali Goel<br>MBBS, MD | Timing of<br>Operation |
|-------|------------------------------------------|-----------|-----------------------------|------------------------|
| 1     | CHC- Baddi                               | Monday    | Dr. Anjali Goel             | 10:00 -03:45           |
| 2     | H. Sandholi<br>Bhud<br>Malpur            | Tuesday   | Dr. Anjali Goel             | 10:00 -03.45           |
| 3     | Barotiwala<br>RCH Centre                 | Wednesday | Dr. Anjali Goel             | 10:15 -03:00           |
| 4.    | Rajpura<br>Jagatkanah<br>Dhang Uperli    | Thursday  | Dr. Anjali Goel             | 10:30 -03.30           |
| 5     | Kaindol<br>Kaithloh<br>Kaintha           | Friday    | Dr. Anjali Goel             | 10:30-03:30            |
| 6     | K. Sandholi<br>Kishanpura<br>Chanalmajra | Saturday  | Dr. Anjali Goel             | 10:15 -03:45           |

### RCH Operational Days and Timings

| S.No. | Place                    | Days    | Vaccinator                                              | Timing of<br>Operation |
|-------|--------------------------|---------|---------------------------------------------------------|------------------------|
| 1     | RCH CENTRE, Baddi        | Monday  | Shweta Sharma (ANM)                                     | 10:00 -01:00           |
| 2     | Sub. Centre<br>Billawali | Tuesday | Shweta Sharma (ANM) &<br>Reena Sharma (Bsc.<br>Nursing) | 10:00 -01:00           |

|    |                       |           |                                            |              |
|----|-----------------------|-----------|--------------------------------------------|--------------|
|    |                       |           |                                            |              |
| 3  | RCH CENTRE, Baddi     | Wednesday | Shweta Sharma (ANM) & Reena (Bsc. Nursing) | 10:00 -01:00 |
| 4  | ESIC Hospital, Baddi  | Thursday  | Shweta Sharma (ANM)                        | 10:00 -01:00 |
| 5. | RCH CENTRE, Baddi     | Friday    | Shweta Sharma (ANM) & Reena (Bsc. Nursing) | 10:00 -01:00 |
| 6. | Chakka / Basanti bagh | Saturday  | Shweta Sharma (ANM)                        | 10:00 -01:00 |

### **Project Objectives**

- ❖ To provide primary health care services including basic diagnostic and referral services in the target geography through Mobile Medical Units where health facilities such as PHCs, CHCs, Sub- Centres or private health care facilities are not adequately available to sprawling, vulnerable, migrant women and children.
- ❖ To promote uptake of curative and preventive health services such as immunization, antenatal and post-natal care, and general OPD services with focus on unreached, migrant, workers and children.
- ❖ To promote uptake of Family Planning services through institutionalized awareness, education, counselling and referral activities through Public Health System – Sub Centres, Primary Healthcare Centres and Community Healthcare Centres.
- ❖ To raise awareness on basic healthcare and hygiene and develop positive health seeking behaviour
- ❖ To contribute to overall improvement in the health indicators particularly women and children of the State

In the reporting period i.e. Feb. to March 2024, **3373 beneficiaries** were provided MMU services in the far off places within the targeted geography of Baddi, Nalagarh, Barotiwala and Chandi in Solan District.

## Highlights

### February to March 2024

- ❖ Village Health & Nutrition Day (VHND) Programme: In this reporting period VHND was organized at Shiv Mandir, Rajpura under Nalagarh block on 1<sup>st</sup> February 2024. 50+ beneficiaries participated with the support of ICDS, ASHA workers and PRI members.
- ❖ A medical health camp was organized in Dhang Uparli village, which benefited 72 individuals. These camps offered health check-ups, medical consultations, advice, and necessary medications to attendees. Furthermore, they emphasized preventive healthcare measures and healthy lifestyle practices, empowering individuals to take proactive steps towards improving their health.
- ❖ The health awareness sessions targeting pregnant mothers were particularly impactful, covering a wide range of topics including prenatal care, nutrition, hygiene, physical activity, emotional well-being, childbirth preparation, breastfeeding, and postpartum care. These sessions equipped pregnant women with the knowledge and resources necessary to make informed decisions about their health and well-being, ultimately contributing to better maternal and infant health outcomes.
- ❖ A community awareness program (VHND) focusing on women's nutrition took place in Dhang Nichli village, Nalagarh Block, on March 14, 2024. The aim was to educate women about the significance of nutrition for their health and well-being. The program, organized with the assistance of AWWs, ASHAs, FHWs, and PRI members, aimed to empower women with nutritional knowledge.
- ❖ On March 7th and 8th, 2024, an event organized by IRG on International Women's Day aimed to raise awareness about women's safety and the laws protecting them. Held at Ward No. 2 of Badli and R.C.H. Center, the event received support from the Glenmark Foundation. Councilor Sunita Devi from Ward No. 1, Baddi, graced the occasion as the chief guest.
- ❖ On March 20th, 2024, IRG/Glenmark Foundation, in partnership with Bhojia Dental College and Hospital, organized a culminating event on World Oral Health Day at RCH CENTRE, Ward No. 2, Baddi. The event included a free medical camp and awareness sessions. Dr. Anjali Goyal, a women's health specialist, provided her services during the event.
- ❖ A capacity building workshop of organized on March 28, 2024 for all FHWs. Attended by Asha workers, healthcare professionals, and the CHO at GSSS, Ward No. 2, Baddi, the workshop welcomed Dr. Raj Kumar, BMO of Civil Hospital, Badli, as the chief guest.
- ❖ From February to March 2024, four community sessions were conducted under Project Kavach & RCH Project. Topics included Calcium benefits for pregnant women, Nutrition for kids, Measles vaccine, TB awareness, empowerment of pregnant women, and promotion of antenatal care & child vaccination. The sessions had a total of 143 participants.

### Detailed Utilisation Data set:

#### Patient Data:

**MMU functioned smoothly as per the schedule in the month of Feb. to March, 2024. Following are the details of OPD service utilisation:**

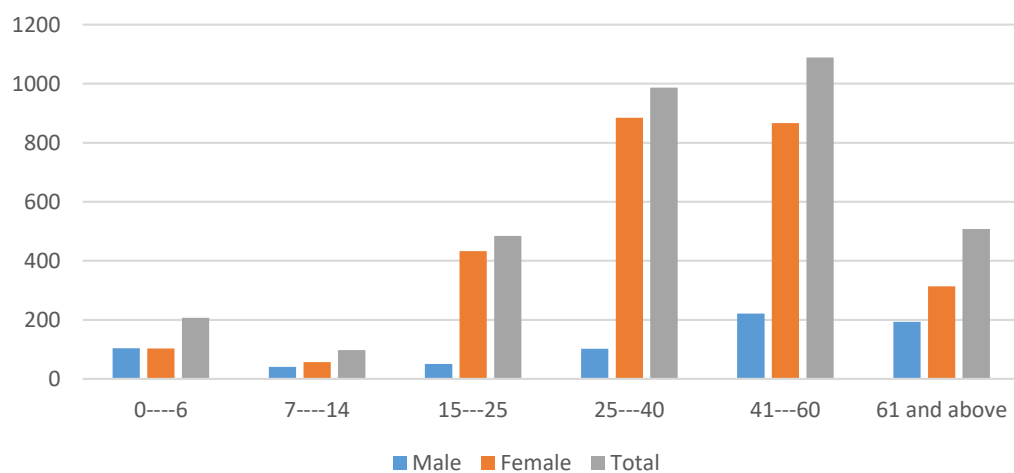
| Villages           | Male       | Female      | New        | Old         | Total       |
|--------------------|------------|-------------|------------|-------------|-------------|
| Kabari Sandholi    | 76         | 220         | 76         | 220         | 296         |
| Kishanpura         | 116        | 292         | 106        | 302         | 408         |
| Haripur Sandoli    | 77         | 150         | 47         | 180         | 227         |
| Dhang              | 45         | 296         | 53         | 288         | 341         |
| Rajpura            | 70         | 327         | 89         | 308         | 397         |
| Malpur             | 127        | 263         | 75         | 315         | 390         |
| CHC Baddi          | 0          | 628         | 377        | 251         | 628         |
| Barotiwala         | 88         | 234         | 71         | 251         | 322         |
| Chandi             | 115        | 249         | 91         | 273         | 364         |
| <b>Grand Total</b> | <b>714</b> | <b>2659</b> | <b>985</b> | <b>2388</b> | <b>3373</b> |

The Mobile Medicare Unit operated for 48 days and provided treatment to 3373 patients.

| Name of Location | All villages of MMU Project KAVACH |             |             |
|------------------|------------------------------------|-------------|-------------|
| Month            | Feb to march 2024                  |             |             |
| Age              | Male                               | Female      | Total       |
| 0----6           | 104                                | 103         | 207         |
| 7----14          | 41                                 | 57          | 98          |
| 15---25          | 51                                 | 433         | 484         |
| 25---40          | 102                                | 885         | 987         |
| 41---60          | 222                                | 867         | 1089        |
| 61 and above     | 194                                | 314         | 508         |
| <b>Total</b>     | <b>714</b>                         | <b>2659</b> | <b>3373</b> |



### Age-Wise Utilization of MMU services



### RCH Centre services

| RCH CENTRE                                 |      |       |       |
|--------------------------------------------|------|-------|-------|
| Month                                      | Feb. | March | Total |
| <b>Total RCH Sessions conducted Q2</b>     | 22   | 20    | 42    |
| <b>ANC Immunization of TD RCH Centre</b>   | 111  | 132   | 243   |
| <b>ANC Visit and Service of RCH Centre</b> | 149  | 151   | 300   |
| <b>Child Immunization of RCH Centre</b>    | 535  | 501   | 1036  |
| <b>BCG</b>                                 | 32   | 32    | 64    |
| <b>Penta 1<sup>st</sup></b>                | 85   | 74    | 159   |
| <b>Penta 2<sup>nd</sup></b>                | 102  | 78    | 180   |
| <b>Penta 3<sup>rd</sup></b>                | 94   | 80    | 174   |
| <b>MR</b>                                  | 93   | 72    | 165   |
| <b>Booster</b>                             | 82   | 85    | 167   |
| <b>DPT 5 years</b>                         | 39   | 62    | 101   |
| <b>TD 10 years</b>                         | 10   | 20    | 30    |
| <b>TD 16 years</b>                         | 1    | 1     | 2     |

## Challenges Identified

The following were the challenges which were faced by the team:-

### COMMUNITY

IRG community field health workers regularly encounter various challenges related to pregnancy, especially in resource-limited or remote settings. Some common issues they may face include:

1. Limited Access to Prenatal Care: In rural or underserved areas, pregnant women may have limited access to prenatal check-ups, ultrasounds, and essential prenatal care services due to the scarcity of healthcare facilities or skilled professionals.
2. High-Risk Pregnancies: Identifying and managing high-risk pregnancies can be challenging without adequate diagnostic tools or specialist consultation available nearby. Complications such as pre-eclampsia, gestational diabetes or multiple pregnancies require specialized care.
3. Transportation Barriers: Accessing healthcare facilities for routine check-ups or emergencies can be difficult due to poor roads, lack of public transport, or long distances, especially in Chandi block areas.
4. Cultural Beliefs and Practices: Some communities have specific cultural beliefs or practices around pregnancy and childbirth that may impact the uptake of maternal healthcare services. Overcoming these barriers requires culturally sensitive approaches.
5. Postpartum Care: Ensuring adequate postpartum care and follow-up visits can be challenging, especially in settings where women return to remote or hard-to-reach areas after childbirth.

### RCH CENTRE & COMMUNITY UIP SESSIONS

RCH services present unique challenges for vaccinators. Some common challenges faced by vaccinators in these settings include:

- Cold Chain Management: Ensuring vaccines are stored and transported at the correct temperatures throughout the supply chain is crucial. Maintaining the cold chain can be challenging in resource-limited settings with unreliable electricity or insufficient refrigeration equipment.
- Vaccine Stock outs: Running out of essential vaccines or supplies can disrupt vaccination schedules and lead to missed opportunities for immunization. Managing vaccine inventory and forecasting demand accurately is essential but can be challenging.
- Parental Hesitancy and Vaccine Misinformation: Some parents or caregivers may have concerns or misconceptions about vaccines, leading to hesitancy or refusal. The team addresses the concerns by providing accurate information.
- Managing Large Volumes of Patients: During vaccination campaigns or busy UIP session days, vaccinators may face large volumes of patients, leading to time constraints and potential challenges in maintaining quality care and accurate record-keeping.

- Language and Cultural Barriers: Communicating with caregivers from diverse linguistic and cultural backgrounds can be challenging, especially when providing information about vaccines and addressing concerns.
- Tracking Migrant Population: Most of the people are migrant workers, it has been experienced that some of the beneficiaries, women travel back to their source areas after few months. It is difficult to track their information.

Addressing these challenges requires comprehensive support for vaccinators, including adequate training, access to essential resources and supplies, community engagement strategies, and strengthening health systems to ensure efficient vaccine delivery and coverage. Collaboration between health authorities, community leaders, and healthcare providers is key to overcoming these obstacles and achieving successful immunization programs.

### **MMU- Health on Wheels (Medical Mobile Clinic Unit)**

Operating a medical mobile clinic for daily outpatient department (OPD) services in community areas presents several unique challenges. Some of these challenges include:

- Weather and Environmental Factors: Operating in outdoor or open-air settings exposes the clinic to weather conditions such as extreme heat, rain, or dust, which can impact patient comfort and the functionality of medical equipment.
- Patient Volume and Time Management: Managing a high volume of patients within limited time frames can be challenging, especially when providing comprehensive care and follow-up services.
- Community Engagement and Outreach: Mobilizing community members to utilize mobile clinic services and addressing community health needs effectively requires ongoing community engagement and collaboration with local leaders.
- Continuity of Care and Referral Systems: Ensuring follow-up care and referral systems for patients requiring specialized services beyond the mobile clinic's scope can be challenging, especially in remote areas with limited access to higher-level healthcare facilities.

### **Additional Information – Case Studies/ Statistics/ Background Material**

### **ENSURING SAFE MOTHERHOOD IN COMMUNITIES**

Expecting mothers in the villages of Billawali, Basanti Bagh, Chakka, Chanalmajra, Ward No. 1 to 7 under Baddi, Himachal Pradesh, are now increasingly availing benefits of the antenatal and prenatal services under the Glenmark RCH Centre & Glenmark MMU- Health on Wheels project operational in the block. This positive development occurred when a marked increase in the Haemoglobin levels of women who had availed of the ANC/PNC services at Glenmark RCH Centre and Glenmark MMU-Health on Wheels was recorded. Lower HB levels had led to many cases of complications during delivery and miscarriages in the community. But with regular checkups, monitoring, follow-ups and making the mothers aware of proper dietary and nutritious intake, by the team at RCH CENTRE & MMU-health on Wheels, the level of HB among the expecting mothers was restored. The project team has been incessantly working with Anganwadi workers and ASHA in the covered villages of Baddi & Nalagarh Block, to counsel and mobilize expecting mothers from the community to visit RCH CENTRE & Glenmark MMU- health on wheels for their ANC/PNC check-ups. The women are also encouraged to opt for institutional deliveries.

## CASE STUDIES



Madhuri, her husband Vikram, and their two daughters left their home in Muzzafarnagar in rural Uttar Pradesh for Baddi, Himachal Pradesh, to pursue new work opportunities. The family stays in a one-room rented accommodation in Chanalmajra Village. Vikram works at the nearby private company as a casual labour and earns about Rs. 11500/- monthly. Chanalmajra is a small village near Nalagarh CHC in the Baddi area under the Solan district of himachal Pradesh.

While the move helped them escape the economic hardship, the age-old gender prejudices followed them to their new home. Despite Madhuri not wanting another child, she was pregnant with her third child on the insistence of her husband for a male child. She gave birth to a daughter at home, whom she lovingly named Jyoti. Her husband's reaction to jyoti's birth was that of despair. He became withdrawn, and the family had to face his bursts of anger. The taunts on Madhuri for her inability to bear a male child were a routine occurrence.

### **Gender Discrimination Scuttles Vaccination**

The negligent attitude of the father towards his daughter(s) and a mother who had no voice had meant that Jyoti (now 1.5 years old) had not received the vaccination recommended under the national immunization schedule. This meant that Jyoti was now vulnerable to 12 vaccines-prevent diseases. Not only did Jyoti miss her vaccinations, but her elder sibling was also not fully immunized. Her father saw Jyoti was as an unwanted child to be left to her fate. Not only was gender discrimination loaded against Jyoti, but the lack of education of parents, no information with her mother regarding the health services available at the government health centre, Glenmark RCH Centre, and no knowledge of the important of vaccination did not help matters.

### **Getting Jyoti into the Vaccination Fold**

IRG Vaccinator Ms. Shweta Sharma and health worker Sushma Sharma during door-to-door visits to migrant slum clusters, got information regarding jyoti. She was then two days old when the duo first visited her. They found that the child has been home-delivered, and her vaccinations had not started. When it was insisted that jyoti be vaccinated, Madhuri replied that her husband made all the decisions and she was helpless. Ms. Shweta Sharma and Ms. Sushma Sharma then met Vikram, Jyoti father, several times and, over long conversation sessions, tried to impress upon him the importance of getting jyoti immunized. The persuasion process was long and daunting, which started with explaining how girls are now challenging the myth that they are second to boys and how they are at the forefront of taking care of their elderly parents, how taking immunization will

save future healthcare costs, and that responsible fathers take care of their daughters. After much persuasion, Vikram finally agreed to get Jyoti vaccinated.

Shweta Sharma accompanied Madhuri and Jyoti to the Glenmark RCH Centre, ward no 2, Baddi, where she got her BCG. Jyoti is now registered with ASHA for routine immunization and has already been vaccinated with Penta1, PCV1, rotavirus, and OPV1.

Getting Jyoti vaccinated is another step towards redeeming the promise of Universal Health Coverage under the Ayushman Bharat Yojna.

### **THE PROVIDER AND THE CARE**



The news of Kanchan Kumari's pregnancy was unexpected to her and Vipul, her husband. When they visited a private practitioner in Sallewal when Kanchan had a high fever, the doctor informed the happy news that Kanchan was pregnant. Kanchan has an intellectual disability and did not realize she was pregnant. Four months into her pregnancy. Vipul was responsible for ensuring that Kanchan was taken care of and that the pregnancy led to happy outcomes. It is incredible that Vipul, with the help of the health workers, navigated Kanchan's pregnancy successfully and helped bring a healthy baby girl to this world.

While Vipul was happy that he would become a father after eight years of marriage, he was nervous, too. His wife's mental state meant that she was not capable of taking care of herself or the unborn child without assistance. Vipul had no idea as to how to look after pregnant women, the tests that needed to be done, and the danger signs he had to keep track of. Being a migrant from Uttar Pradesh, no relative close by to lend a helping hand. Despite being alone and with limited economic means, Vipul was determined to take care of his wife and the unborn child, but he needed help. This help came from the health workers.

The household stays in village Sallewal under Nalagarh Block of Solan district Himachal Pradesh. The health worker accompanies Harjit Kaur, ASHA, providing health advice and antenatal and postnatal care support. Vipul approached Pinki Verma for help and advice. Upon being informed, Pinki and ASHA worker immediately reached out to Kanchan and took stock of the situation. They advised Vipul on the recommended ANC protocol and the danger signs he should monitor. It was also decided that Vipul would opt for the night shift at the factory where he works to be available throughout the day to take care of Kanchan.

### **The Public Health System Stood in Support**

ASHA worker registered Kanchan and was screened by CHC Nalagarh Dr Geeta gupta. She was issued an MCH card, vaccinated for TT, and had an abdominal screening done. Pinki, IRG health worker was in

attendance during the ANC at the CHC. Kanchan reported to Dr. Geeta gupta that she felt weakness, shortness of breath, and occasional restlessness. The doctor prescribed her multivitamins and folic acid. She also recommended kanchan get her blood tested and an ultrasound. Health Worker, Pinki and ASHA worker helped get the blood test and ultrasound conducted at CHC nalagarh. Her HB was found to be 6g/dl, and she recommended iron supplements and advised on diet for kanchan and instructed that her iron supplement intake has to be regular.

In her sixth month of pregnancy, she was given the second dose of TT, and her HB was tested, which had increased to 7.5g/dl. She was kept under regular monitoring by IRG health worker Pinki Verma & ASHA worker. Given her being anaemic, Kanchan was categorized as a high risk pregnancy, and her delivery was arranged at CHC, Nalagarh, which is equipped to handle such cases. It is to the credit of Vipul, Kanchan's husband that he kept a constant vigil and ensured that the required care and support were provided.

Kanchan kumara gave birth to a healthy baby girl through normal delivery. It was a joyous moment for Pinki Verma, ASHA worker and Kanchan's husband Vipul, who, as a team, had taken care of Kanchan Kumari.

### **Action Plan for the next quarter Q1 (April to June, 2024)**

#### **April 2024**

- VHND program at village Jagatkanah (Nalagarh) on 4<sup>th</sup> April 2024.
- Celebrate world Health day through awareness session at Sub centre, billawali on 8<sup>th</sup> April 2024
- Celebrate National Safe Motherhood day at RCH Centre on 10<sup>th</sup> April 2024
- Monthly community sessions on the topic of MNCH at Baddi and Nalagarh block
- Door to Door felid visits
- RCH sessions
- UIP sessions
- MMU –OPD's

#### **May 2024**

- Monthly community sessions on the topic of MNCH at Baddi and Nalagarh block
- Door to Door felid visits
- RCH sessions
- UIP sessions
- MMU –OPD's

#### **June 2024**

- Mega health Camp
- Monthly community sessions on the topic of MNCH at Baddi and Nalagarh block
- Door to Door felid visits
- RCH sessions
- UIP sessions
- MMU –OPD's

### **MONTHLY REPORT FOR THE MONTH OF FEBRARY 2024**

|                          |                                                             |
|--------------------------|-------------------------------------------------------------|
| <b>New Registration</b>  | <b>145 (High Risk - 16)</b>                                 |
| <b>Delivery Out come</b> | <b>135 (Institutional -125, Home- 04 &amp; Abortion-06)</b> |

|                                      |             |
|--------------------------------------|-------------|
| On Call Advice and Services          | 444         |
| Follow up Services(For ANC's)        | 292         |
| Follow up Services (For PNC's)       | 236         |
| MCH Immunization 0 to 5 yrs (KAVACH) | 302         |
| RCH Centre Immunization              | 535         |
| MMU (Health on Wheels)               | 1797        |
| <b>Total</b>                         | <b>3886</b> |

**Health Services provided at RCH Centre, February-2024**

**VHND Program**

**Village Health & Programme:** In this session was organized Rajpura under February 2024.

|                              |            |
|------------------------------|------------|
| Total RCH Sessions conducted | <b>22</b>  |
| ANC Immunization of TD       | 111        |
| ANC Visit and Service        | 149        |
| Child Immunization           | <b>535</b> |
| BCG                          | 32         |
| Penta 1 <sup>st</sup>        | 85         |
| Penta 2 <sup>nd</sup>        | 102        |
| Penta 3 <sup>rd</sup>        | 94         |
| MR                           | 93         |
| Booster                      | 82         |
| DPT 5 years                  | 39         |
| TD 10 years                  | 10         |
| TD 16 years                  | 01         |

**Nutrition Day (VHND)** reporting period VHND at Shiv Mandir, Nalagarh block on 1<sup>st</sup>



50+ beneficiaries participated in these programs with the support of ICDS, ASHA workers and PRI members.

The VHND has been visualized to serve as an important mechanism under NHRM for the convergence of all health related activities and to serve as an effective platform for providing first contact primary health care as well as a range of services which includes - maternal health, child health, immunization, nutrition, sanitation & hygiene, family planning and counseling provisions. VHND is also to be seen as a platform of interface between the community and the health system. In Himachal Pradesh VHND is to be organized once every month.

#### **Objective of the VHND Programs:**

- The villagers can interact freely with the health personnel & obtain basic services and information.
- They can also learn about the preventive and promoted aspects of health care.
- Encourage them to seek health care facilities.
- Weighting of 0-6 years children.
- B.P. check of pregnant & affected women.
- Vaccination for child & pregnant mothers.
- Distribute IFA to pregnant & adolescent girls.



Besides this, they also emphasized on the need of taking care of child & mother in her maternity period & also inform the participants about the mortality rate of the new born babies concerning national & state figures. During this course of VHND activity, the participants were given knowledge on –

1. Early registration of pregnancies.
2. Focused ANC.
3. Referral for women with signs of complications during pregnancy & those needing emergency care.
4. Care during pregnancy.
5. Danger signs during pregnancy.
6. Preparing for Birth.
7. Importance of nutrition for adolescents, pregnant women and 0 – 5 years children.
8. Emphasizing on Institutional delivery.
9. Identification of referral transport.
10. Availability of funds under the JSY for referral transport.
11. Post natal care.
12. Breastfeeding and complementary feeding.
13. Care of a new-born.
14. Contraception.



In addition to this, women's balanced diet was the important topic which was discussed at length.

## महिलाओं को कुपोषण पर किया जागरूक



पोषण अभियान में महिलाओं को जागरूक करने हुए विशेषज्ञ।

**बीबीएन।** ग्लेनमार्क फाउंडेशन की ओर से राजपुरा पंचायत में पोषण माह मनाया गया। पोषण अभियान का मुख्य उद्देश्य कुपोषण की समस्या पर प्राथमिकता के आधार पर काबू पाना है। ग्लेनमार्क फार्मा कंपनी से सुरिंद्र कपूर ने बताया कि सीएसआर एक्टिविटी के तहत इंस्टिट्यूट फॉर ग्लोबल डेवलपमेंट स्वास्थ्य विभाग के साथ मिलकर पिछले 12 सालों से कार्य कर रहे हैं। स्वास्थ्य कार्यकर्ता पिंगी वर्मा ने बताया कार्यक्रम का उद्देश्य आम जन के बीच पोषण को लेकर जागरूकता पैदा करना है। इसके अतिरिक्त गर्भवती व शिशुओं को दूध पिलाने वाली माताओं की पहचान कर उन तक भी पहुंचने की तैयारी है। इसके तहत संस्था के स्वास्थ्य कार्यकर्ता पिंगी वर्मा, सुषमा शर्मा और ज्योति धीमान ने उचित पोषण का संदेश दिया। इसके साथ ही आंगनबाड़ी केंद्रों में होने वाले गतिविधियों सहित अन्य गतिविधियों के बारे में भी जानकारी दी गई।

# पोषण के लिए जागरूकता बहुत जरूरी

## राजपुरा पंचायत में मनाया पोषण माह

नालागढ़, 1 फरवरी (सतविन्द्र): ग्लेनमार्क फाउंडेशन की ओर से राजपुरा पंचायत में पोषण माह मनाया गया। इसकी थीम महिला और स्वास्थ्य रखी गई है। पोषण अभियान का मुख्य उद्देश्य कुपोषण की समस्या पर प्राथमिकता के आधार पर काबू पाना है। ग्लेनमार्क फार्मा कंपनी से

सुरिंदर कपूर ने बताया कि सी.एस.आर. एक्टिविटी के अंतर्गत एन.जी.ओ. पार्टनर इंस्टीच्यूट फॉर ग्लोबल डिवैल्पमेंट स्वास्थ्य विभाग के साथ मिलकर पिछले 12 सालों से कार्य कर रहे हैं। संस्था मोबाइल क्लीनिक व आर.सी.एच. सेंटर के माध्यम से लोगों को निःशुल्क चिकित्सा संबंधी सेवाएं उपलब्ध करवाई जा रही हैं।

स्वास्थ्य कार्यकर्ता पिकी वर्मा ने बताया कि कार्यक्रम का उद्देश्य

आमजन के बीच पोषण को लेकर जागरूकता पैदा करना है।

इसके अतिरिक्त गर्भवती व शिशुओं को दूध पिलाने वाली माताओं की पहचान कर उन तक भी पहुंचने की तैयारी है। इसके तहत संस्था के स्वास्थ्य कार्यकर्ता पिकी वर्मा, सुषमा शर्मा और ज्योति धीमान ने उचित पोषण का संदेश दिया, इसके साथ ही आंगनबाड़ी केंद्रों में होने वाले गतिविधियों के बारे में भी जानकारी दी।



नालागढ़ : राजपुरा पंचायत में पोषण माह के दौरान महिलाओं को जागरूक करते हुए संस्था के प्रतिनिधि। (सतविन्द्र)

### Free Medical Camp & Mass awareness session organized in DhangUparli

On 8<sup>th</sup> February 2024 a free medical camp was organized in Dhang Uparli village. In this exemplary camp, health check-ups were conducted for 72 individuals, where they were also tested for BP, blood sugar, and Mid-upper arm examination.



**Dr Anjali goel and her team**



**Sakshi (Dentist) with her team**

In this excellent initiative, Dr. Anjali Goyal (General Physician), Dr. Sakshi (Dentist), and IRG health workers team provided health check-ups and also provided appropriate advice and necessary medications to the people.

During this event, Dr. Anjali Goel shared expertise and practical advice on various aspects of health, emphasizing preventive measures and healthy lifestyle practices.

Dr Anjali Goel discussed about preventive and promotive healthcare. By empowering individuals with knowledge and resources to make informed decisions about their health, the event contributed to fostering a healthier and more resilient community. Ongoing efforts to educate and raise awareness about health-related issues will be essential for promoting long-term well-being and improving health outcomes for all.



After that, IRG health worker Shweta Sharma told importance of a balanced diet in promoting good health was discussed. The audience was educated about the benefits of consuming nutritious foods rich in vitamins, minerals, and antioxidants, while minimizing intake of processed foods and sugary drinks.

Also, she emphasized the importance of regular physical activity for maintaining optimal health. They discussed the benefits of exercise in reducing the risk of chronic diseases, improving cardiovascular health, and enhancing overall fitness levels.



Objectives:

- Increase health awareness.
- Provide necessary medications.
- Ensure timely treatment of minor illnesses.

## शिविर में 72 लोगों का स्वास्थ्य जांचा



नालागढ़(सोलन)। इंस्टीट्यूट फॉर रिसर्च एंड ग्रोथ की ओर से उपरली ढांग में स्वास्थ्य जांच शिविर लगाया गया। शिविर में 72 लोगों की ग्लेनमार्क फाउंडेशन के सहयोग से निःशुल्क स्वास्थ्य जांच की गई। शिविर में बीपी, खून, शुगर व ईसीजी की जांच की गई। जांच के दौरान लोगों को कई उचित सलाह के साथ आवश्यक दवाएं भी दीं। विशेषज्ञों ने कहा कि समय पर छोटी बीमारियों का भी इलाज नहीं होने पर बीमारी गंभीर हो जाती है। पैसे के अभाव में लोग समय पर छोटी बीमारियों का इलाज नहीं करा पाते हैं। संवाद

# ढंग उपरली में निशुल्क चिकित्सा शिविर लगाया गया

बद्धि:स्वास्तिक गौतम 14 सुपरकार्ड डिजिटल संस्करण

इंस्टीट्यूट फॉर रिसर्च एंड ग्रोथ द्वारा ग्लेनमार्क फाउंडेशन के सहयोग से उपरले ढंग में आयोजित शिविर में लोगों की हुई स्वास्थ्य जांच की गई जिसमें 72 लोगों का निःशुल्क स्वास्थ्य जांच किया गया, वहीं आवश्यक दवाइयां वितरित के साथ साथ बीपी, खून, सुगर व ईसीजी की भी जांच की गई। इस मौके पर डॉक्टर अंजली गोयल, सामान्य रोग विशेषज्ञ, डॉक्टर अभिजीत अवस्थी, दंत चिकित्सक ग्लेनमार्क राजपुरा से सुरेंद्र कपूर और आईआरजी एनजीओ के स्वास्थ्य कार्यकर्ता श्वेता शर्मा, पिकी वर्मा, सुषमा शर्मा, दिनेश कुमार, राज कुमार, आशा वर्कर रीटा देवी, आगनवाड़ी वर्कर सोमा



देवी और वार्ड पंच नरिंदर कौर समेत अन्य मौजूद रहे। ग्लेनमार्क फाउंडेशन के मोबाइल क्लीनिक के डॉक्टर अंजली गोयल ने लोगों का स्वास्थ्य का जांच किया। जांच के दौरान उन्होंने लोगों को कई उचित सलाह के साथ-साथ आवश्यक दवाएं भी दी। लोगों से स्वास्थ्य के प्रति जागरूक रहने की अपील की। उन्होंने कहा कि लोगों को अपनी स्वास्थ्य के प्रति हमेशा सजग रहना चाहिए। क्योंकि समय पर छोटी बीमारियों का भी इलाज नहीं होने पर बीमारी गंभीर हो जाती

है। पैसे के अभाव में लोग समय पर छोटी बीमारियों का इलाज नहीं करा पाते हैं। जिसके कारण आगे चलकर काफी परेशानी का सामना करना पड़ता है। वहीं आर्थिक रूप से काफी नुकसान उठाना पड़ता है। इसलिए लोगों को पहले ही इलाज करा लेना चाहिए। इसके साथ-साथ परियोजना अधिकारी बलजिंदर सिंह ने कहा कि इन कारणों को देखते हुए ही स्वास्थ्य जांच शिविर का आयोजन पिछले बारह सालों से किया जा रहा है।

## Health awareness session for pregnant mothers

Glenmark foundation / IRG organized health awareness session on 21<sup>st</sup> February at ward no 2 Baddi for pregnant mothers to provide essential information and support to expectant mothers to ensure a healthy pregnancy, safe childbirth, and positive maternal and infant outcomes. The session focuses on empowering pregnant women with knowledge and resources to make informed decisions about their prenatal care and childbirth experience.



Ward no. 1 Baddi, Baddi, Haripur Sandoli, Himachal Pradesh 173205, India

Lat: N 30°55'40.46268 Date: 21/02/2024

Lon: E 76°47'35.052 Time: 11:13 AM 17.22°C



## Key Topics Covered:

1. Importance of Prenatal Care: Emphasized the significance of seeking early and regular prenatal care to monitor maternal and fetal health, detect any potential complications, and receive necessary interventions or support.
2. Nutrition and Diet: Educated pregnant mothers about the importance of a balanced diet rich in essential nutrients, vitamins, and minerals to support maternal health and fetal development.
3. Hygiene and Personal Care: Stressed the importance of maintaining good hygiene practices to prevent infections and promote maternal and fetal well-being. Counselling and guidance was provided on proper hygiene routines, including hand washing, dental care, and skincare during pregnancy.
4. Physical Activity and Exercise: Discussed the benefits of staying physically active during pregnancy, including improved cardiovascular health, reduced risk of gestational diabetes, and enhanced mood and energy levels.
5. Emotional Well-being: Addressed the emotional changes and challenges that pregnant women may experience during pregnancy. Offer strategies for coping with stress, anxiety, and mood swings, and provide information on accessing mental health support services if needed.
6. Childbirth Preparation: Information was given on the stages of labor, coping techniques for pain management, and the importance of creating a birth plan that aligns with the mother's preferences and values.
7. Postpartum Care and Support: Highlighted the importance of postpartum recovery and self-care for mothers following childbirth. Strategies for managing postpartum discomfort, promoting rest and relaxation, and seeking support from healthcare providers, family members, and community resources were discussed.

## Health Awareness Session on Tuberculosis (TB)

On 8<sup>th</sup> February 2024 at ESIC Katha hospital, Glenmark foundation / IRG organized health awareness session on Tuberculosis (TB) aimed to disseminate vital information about TB prevention, diagnosis, and treatment to communities at risk. TB remains a significant global health challenge, and raising awareness is crucial for early detection and effective management of the disease.



#### Key Objectives:

1. Understanding TB: The session began by explaining what TB is, its causes, modes of transmission, and common symptoms. Participants learned about the importance of early detection and treatment to prevent the spread of TB within communities.
2. Risk Factors: The session highlighted the various risk factors associated with TB, including overcrowded living conditions, poor ventilation, malnutrition, HIV/AIDS, and tobacco use. By identifying these risk factors, participants could better understand their own susceptibility to TB and take proactive measures to reduce their risk.
3. Prevention Strategies: Practical strategies for TB prevention were discussed, including maintaining good respiratory hygiene, ensuring proper ventilation in living spaces, avoiding close contact with individuals known to have TB, and seeking early medical care if experiencing symptoms suggestive of TB infection.
4. Diagnostic Testing: Participants were educated about the importance of diagnostic testing for TB, including sputum tests, chest X-rays, and tuberculin skin tests. They learned how to recognize the signs and symptoms of TB and when to seek medical evaluation for suspected TB infection.
5. Treatment Options: The session provided information about TB treatment options, emphasizing the importance of completing the full course of medication as prescribed by healthcare providers. Participants learned about the potential side effects of TB medications and the importance of regular follow-up appointments for monitoring treatment progress.
6. Stigma Reduction: Addressing the stigma associated with TB was a key focus of the session. Participants were encouraged to promote empathy and support for individuals affected by TB, dispel misconceptions about the disease, and advocate for a supportive community environment that encourages seeking treatment without fear of discrimination.
7. Community Support Services: Participants were informed about available community support services, including TB clinics, counseling services, and support groups. They were encouraged to utilize these resources for information, assistance, and emotional support throughout their TB treatment journey.

#### Conclusion:

In conclusion, Glenmark foundation / IRG health awareness session on TB served as a valuable opportunity to educate communities about the importance of TB prevention, diagnosis, and treatment. By raising awareness, dispelling myths, and promoting proactive health-seeking behaviors, the session empowered participants to take control of their health and contribute to efforts to combat TB within their communities.

#### **Monthly session on promoting Child Vaccination at RCH Centre & Sub centre- Billawali on 20<sup>th</sup> & 21<sup>st</sup> February 2024**

The health talk on child vaccination was organized at RCH centre ward no 2 & Sub Centre- Billawali under Baddi Block with the aim of raising awareness and addressing misconceptions surrounding childhood immunization. The team emphasized the importance of vaccinating children against preventable diseases, highlighting the role of vaccines in protecting individuals and communities from infectious illnesses.





#### Key Points Covered:

1. Shweta Sharma provided an overview of the vaccination schedule recommended by health authorities and explained the rationale behind vaccinating children from an early age.
2. Benefits of Vaccination: Various benefits of childhood vaccination were discussed, including the prevention of serious diseases, reduction of disease transmission within communities, and the long-term cost-effectiveness of vaccination compared to treating vaccine-preventable illnesses.
3. Safety and Efficacy: Shweta Sharma addressed concerns related to vaccine safety and efficacy, debunking common myths and providing evidence-based information to reassure parents and caregivers about the safety of vaccines.
4. Herd Immunity: The concept of herd immunity was explained by Neha Sharma. She emphasizes the importance of high vaccination coverage rates to protect vulnerable individuals who cannot receive vaccines due to medical reasons.
5. Addressing Vaccine Hesitancy: Strategies to address vaccine hesitancy were discussed, including the importance of open communication, providing accurate information, and addressing concerns and questions from parents and caregivers in a respectful manner.
6. Access to Vaccines: Neha Sharma highlighted the importance of ensuring equitable access to vaccines for all children, regardless of socioeconomic status or geographic location, to achieve optimal immunization coverage rates and prevent disease outbreaks.
7. Role of Healthcare Providers and Community Leaders: The audience was encouraged to actively engage with healthcare providers and community leaders to promote vaccination uptake and advocate for policies that support immunization efforts.

Conclusion:

The health talk on child vaccination was well-received by the audience, with participants expressing gratitude for the opportunity to learn and ask questions about childhood immunization. It is hoped that the information provided will empower parents and caregivers to make informed decisions regarding their children's health and contribute to increased vaccination coverage rates within the community.

#### **MONTHLY REPORT FOR THE MONTH OF MARCH 2024**

|                                             |                                                             |
|---------------------------------------------|-------------------------------------------------------------|
| <b>New Registration</b>                     | <b>107 (High Risk - 11)</b>                                 |
| <b>Delivery Out come</b>                    | <b>108 (Institutional -106, Home- 01 &amp; Abortion-01)</b> |
| <b>On Call Advice and Services</b>          | <b>424</b>                                                  |
| <b>Follow up Services(For ANC's)</b>        | <b>285</b>                                                  |
| <b>Follow up Services (For PNC's)</b>       | <b>227</b>                                                  |
| <b>MCH Immunization 0 to 5 yrs (KAVACH)</b> | <b>189</b>                                                  |
| <b>RCH Centre Immunization</b>              | <b>501</b>                                                  |
| <b>MMU (Health on Wheels)</b>               | <b>1577</b>                                                 |
| <b>Total</b>                                | <b>3418</b>                                                 |

#### **Health Services provided at RCH Centre, March-2024**

|                                     |            |
|-------------------------------------|------------|
| Total RCH Sessions conducted        | <b>20</b>  |
| ANC Immunization of TD RCH Centre   | 132        |
| ANC Visit and Service of RCH Centre | 151        |
| Child Immunization of RCH Centre    | <b>501</b> |
| BCG                                 | 32         |
| Penta 1 <sup>st</sup>               | 74         |
| Penta 2 <sup>nd</sup>               | 78         |
| Penta 3 <sup>rd</sup>               | 80         |
| MR                                  | 72         |
| Booster                             | 85         |
| DPT 5 years                         | 62         |

|             |    |
|-------------|----|
| TD 10 years | 20 |
| TD 16 years | 01 |

### Community Awareness Program on Proper Nutrition for Women

The community awareness program on proper nutrition for women was held in village Dhang Nichli under Nalagarh Block on **14<sup>th</sup> March 2024** with the aim of educating women about the importance of nutrition for their health and well-being. The program was organized by IRG with the help of AWWs, ASHAs, and FHWs & PRI members with the support of Glenmark foundation.



#### Participants:

The program was well-attended by women from the village of Dhang Nichli & Tapprian, including homemakers, working women, and elderly women, totaling 46 participants. The diverse audience represented different age groups and backgrounds within the community.

#### Key Highlights:

The program commenced with an introduction to proper nutrition, emphasizing its crucial role in maintaining good health and preventing various diseases. Participants were provided with insights into the essential nutrients required by the body and their dietary sources.

Special emphasis was placed on addressing the unique nutritional needs of women at different life stages, including adolescence, pregnancy, and menopause. The importance of meeting these specific nutritional requirements to support overall health and well-being was emphasized.

A discussion on the significance of consuming a balanced diet comprising a variety of foods from all food groups ensued. Participants were encouraged to incorporate fruits, vegetables, whole grains, lean proteins, and healthy fats into their daily meals to ensure optimal nutrition.

Common nutritional deficiencies prevalent among women, such as iron deficiency anemia and calcium deficiency were addressed during the program. Participants were educated about the symptoms, causes, and preventive measures for these deficiencies.

The importance of hydration and maintaining adequate fluid intake was highlighted by IRG health worker Pinki verma, with participants encouraged to prioritize water consumption and limit the intake of sugary beverages.



Solan, Himachal Pradesh, India  
2MR7+G3F, Solan, Palasi Boota, Himachal Pradesh 174101, India  
14/03/24 11:54 AM

Practical tips for adopting healthy eating habits were shared with the participants, including meal planning, portion control, mindful eating, and the utilization of cooking methods that retain the nutritional value of food.

Interactive sessions and demonstrations were conducted to actively engage participants in learning about nutrition. Cooking demonstrations showcasing simple and nutritious recipes were organized to provide practical insights into preparing healthy meals.

#### **Conclusion:**

The community awareness program on proper nutrition for women was successful in achieving its objectives of raising awareness and empowering participants to make informed choices about their dietary habits. The program received positive feedback from participants, indicating a significant impact on their understanding of nutrition and its importance for overall health and well-being.

#### **Celebrate International women's Day**

IRG organized on International Women's Day aimed to raise awareness about women's safety through laws enacted for their protection. It took place on *March 7th and 8th, 2024*, at Ward No. 2 of the Badli and R.C.H. Center, with the support of Glenmark Foundation. The chief guest at the program was Councilor Sunita Devi from ward no 1, Baddi.



The primary objective was to empower women regarding their health rights. Dr. Anjali Goyal explained that women often prioritize their families over themselves, resulting in neglect of their health. Consequently, they become vulnerable to various health issues, particularly after a certain age when they undergo physical, mental, and hormonal changes. To avoid such issues, maintaining a healthy lifestyle, exercising, and consuming nutritious food are crucial.



Health workers Pinky Verma and Shweta Sharma educated women about their health rights. Women have the right to choose motherhood at their discretion, and the government is implementing maternal safety programs, acknowledging the nurturing aspect of motherhood.



Nursing students from Chitkara University informed women about breastfeeding techniques through street plays and highlighted the importance of mandatory 26-month maternity leave in every sector. Information about vaccinations during pregnancy was also provided, emphasizing women's autonomy over their bodies.



The event was attended by Dr. Anjali Goyal, IRG project officer Baljinder Singh, health workers Shweta Sharma, Sushma Sharma, Jyoti Dheeman, Neha Gautam, Pinky Verma, Asha Worker Sandhya, Sumgala, along with more than 100 women participants.

At the end of the event, IRG distributed participation certificate & gifts to all the students who presented street plays.

## **HEALTH CAMP**

IRG/ Glenmark Foundation, in collaboration with Bhojia Dental College and Hospital, organized a culmination event on the eve of **World Oral Health Day** on 20st March 2024 at RCH CENTRE, Ward No. 2, Baddi.

A free medical and awareness camp was set up during the event. Dr. Anjali Goyal, a specialist in women's health, also rendered her services.



Baddi, Himachal Pradesh, India  
WQHV+6W4, Baddi, Haripur Sandoli, Himachal Pradesh 173205, India  
20/03/24 10:16 AM



Baddi, Himachal Pradesh, India  
WQHV+6W4, Baddi, Haripur Sandoli, Himachal Pradesh 173205, India  
20/03/24 11:14 AM



Dr. Avijeet Awasthi and Dr. Shashi highlighted that today, many individuals are facing serious health issues and discomfort due to various dental problems. Neglecting dental hygiene can invite various problems and diseases. Many people are unaware or have limited knowledge about oral hygiene issues, which can invite various problems and diseases.





Similarly, many individuals, despite being informed, sometimes overlook dental hygiene due to negligence or laziness.

Dr. Anjali Goyal emphasized that this year's theme of World Oral Hygiene Day, "A Happy Mouth is a Happy Body," is significant. It was stressed that neglecting timely treatment for dental problems or leaving them untreated can lead to the development of mouth or throat cancer. Hence, it is essential not to neglect dental health.

During the camp, dental check-ups were conducted for 52 individuals in the dental OPD, while Dr. Anjali Goyal, a specialist in women's health, examined and provided medication for 46 women and children.

### **CAPACITY BUILDING WORKSHOP WITH FRONTLINE WORKERS**

A capacity building workshop was conducted for the Frontline workers in collaboration with CHC, Baddi. The event was attended by Asha workers, healthcare professionals, and the CHO at GSSS, ward no 2, Baddi on 28<sup>th</sup> March 2024.

Dr. Raj Kumar, the BMO of Civil hospital, Baddi, participated as the chief guest in the workshop. The workshop aimed to provide insights into the annual activities conducted by the Glenmark Foundation. The workshop discussed about the performance of the health workers at Baddi block. In terms of data, the frontline workers updated everyone on the vaccination coverage status. Areas of further improvement were discussed in the workshop.



To raise awareness about maternal health among married couples, pregnant women, and lactating mothers, the foundation distributed flipbooks to all Asha workers. The objective is to provide the latest health information to pregnant women and raise awareness about their health.

During the workshop, Dr. Anjali Goyal provided comprehensive information on maternal and child healthcare in the current scenario.

Dr. Anil Arora, the SMO of Baddi, emphasized the importance of providing nutrition-related information to pregnant women and ensuring that all pregnant women undergo at least four check-ups and deliver at hospitals. All frontline healthcare workers were briefed on this information.



Baddi, Himachal Pradesh, India

3, Sai Rd, Baddi, Haripur Sandoli, Himachal Pradesh 173205, India

28/03/24 03:04 PM



Dr. Raj Kumar, the BMO of Baddi, praised the Glenmark Foundation's project and highlighted its significant role in the last seven years in providing essential maternal and child health services in the CHC Badli area.

### Community Awareness Session Report: Promoting Antenatal Care (ANC) in Kishanpura village on 13th March 2024



XQG2+PH, Baddi, Himachal Pradesh  
174103, India

Date: 13/03/2024

Time: 11:28 AM

The community awareness session on Antenatal Care (ANC) was conducted with the objective of enhancing awareness and understanding of the importance of ANC among expecting mothers and community members. The session aimed to promote ANC as a critical component of maternal healthcare, ensuring safe pregnancies and healthy outcomes for both mothers and babies.

The session commenced with an overview of ANC, emphasizing its significance in ensuring the well-being of pregnant women and their babies. IRG health workers Pinki Verma & Sushma Sharma highlighted the key components of ANC, including health check-ups, screenings, and health education.

#### **Benefits of ANC:**

Participants were informed about the numerous benefits of ANC, including early detection and management of pregnancy-related complications, reduction in maternal and infant mortality rates, and opportunities for health education and support.

#### **ANC Services Available:**

A detailed discussion was conducted regarding the ANC services available in our community. Information was provided on the timing and frequency of ANC visits, as well as the availability of skilled healthcare providers for ANC consultations.

#### **Barriers to ANC Access:**

The session addressed common barriers to ANC access, such as lack of awareness, financial constraints, transportation issues, and cultural beliefs. Participants engaged in a dialogue about strategies to overcome these barriers, including community support, transportation assistance, and financial aid.

#### **Interactive Sessions:**

The session included interactive activities to encourage participant engagement and dialogue. A question and answer session provided an opportunity for participants to seek clarification on ANC-related topics, while small group discussions allowed for the exchange of experiences and ideas for promoting ANC within the community.

#### **\*\*Conclusion:\*\***

The community awareness session concluded with a commitment from participants to actively promote ANC within their families and social circles. It was emphasized that community involvement is essential in raising awareness and ensuring access to ANC services. The session served as a catalyst for collaborative efforts between healthcare providers, community leaders, and residents to improve maternal and child health outcomes in our community.

#### **School Children's Nutrition Awareness Session at Govt Middle School, ward no 1, Baddi on 23<sup>rd</sup> March 2024**

The nutrition awareness session for school children was conducted with the aim of educating students about the importance of nutrition for overall health and well-being. The session sought to empower students with knowledge and practical tips to make healthy food choices and develop lifelong habits for a balanced diet.



Baddi, Himachal Pradesh, India

3, Sai Rd, Baddi, Haripur Sandoli, Himachal Pradesh 173205, India

23/03/24 09:59 AM



The session began with an interactive discussion on the importance of nutrition for growth, development, and overall health. Facilitators emphasized the role of balanced nutrition in supporting physical and mental well-being, as well as academic performance.

Students were introduced to essential nutrients, including carbohydrates, proteins, fats, vitamins, and minerals. Facilitators explained the functions of each nutrient in the body and discussed food sources rich in these nutrients.

#### **Components of a Balanced Diet:**

A balanced diet was explained as one that includes a variety of foods from different food groups, such as fruits, vegetables, grains, protein-rich foods, and dairy products. Facilitators encouraged students to consume a diverse range of foods to ensure they receive all the essential nutrients their bodies need.

#### **Healthy Eating Habits:**

Practical tips for developing healthy eating habits were shared with the students, including:

- Eating regular meals and snacks
- Including fruits and vegetables in every meal
- Limiting intake of sugary and processed foods
- Drinking plenty of water throughout the day

#### **Meal Planning and Preparation:**

Students were encouraged to get involved in meal planning and preparation at home. IRG health worker Pinki Verma discussed the importance of cooking nutritious meals using fresh ingredients and provided simple recipes for students to try with their families.



### **Interactive Activities:**

The session included engaging activities to reinforce nutrition concepts and encourage active participation from the students. These activities included:

- Quiz questions on nutrition facts and food groups
- Interactive games to identify healthy and unhealthy food choices
- Group discussions on favorite healthy snacks and meals

### **Conclusion:**

The nutrition awareness session concluded with a commitment from students to make healthier food choices and adopt a balanced diet. Facilitators emphasized the importance of applying the knowledge gained from the session in their daily lives to promote long-term health and well-being.

### **Mothers' Awareness on Measles Vaccine at RCH Centre & ESIC Katha on 13<sup>th</sup> and 28<sup>th</sup> March 2024**

The mothers' awareness session on the measles vaccine was organized to address concerns and misconceptions surrounding measles vaccination and to emphasize its importance in protecting children's health. The session aimed to empower mothers with accurate information to make informed decisions about vaccinating their children against measles.



Shweta Sharma & Neha Sharma (Glenmark RCH Centre, Vaccinator's) began by providing an overview of measles, including its symptoms, transmission, and potential complications. They highlighted the severity of measles infection, especially in young children, and emphasized the importance of vaccination in preventing its spread.

#### **Importance of Measles Vaccine:**

Mothers were educated about the significance of the measles vaccine in preventing measles outbreaks and protecting children from serious complications. Shweta Sharma emphasized the effectiveness of the vaccine in providing immunity against measles and its role in public health.

#### **Safety and Efficacy:**

Concerns about the safety and efficacy of the measles vaccine were addressed transparently. Facilitators provided evidence-based information to debunk myths and misconceptions, reassuring mothers about the safety profile of the vaccine based on extensive research and global vaccination programs.

#### **Vaccine Schedule:**

Mothers were informed about the recommended vaccine schedule for measles, including the timing of doses and the importance of completing the vaccination series. Facilitators stressed the significance of timely vaccination to ensure maximum protection for children.

#### **Dispelling Myths and Misconceptions:**

The session focused on addressing common myths and misconceptions surrounding the measles vaccine, such as its alleged association with autism. Facilitators encouraged open dialogue and provided factual information to counter misinformation, promoting trust in the vaccine's safety and efficacy.



#### **Interactive Discussions:**

The session included interactive discussions and question-and-answer sessions to engage mothers actively. Mothers shared their concerns and experiences, allowing facilitators to address specific issues and provide personalized guidance on vaccination decisions.

#### **Conclusion:**

The mothers' awareness session concluded with a shared commitment to prioritize children's vaccination against measles. Facilitators reiterated the importance of vaccination in protecting individual and community health and encouraged mothers to spread awareness within their social circles.



# आई आर जी संस्था ने महिला दिवस पर महिलाओं की सुरक्षा के लिए उन्हें जागरूक किया

बड़ी/स्वस्तिक गौतम/24/सुपरकार्ड/डिजिटल संकरण  
इंस्टिट्यूट फॉर रिसर्च एंड ग्रोथ  
एनजीओ द्वारा ग्लेनमार्क फाउंडेशन  
के सहयोग से 7 और 8 मार्च  
को बड़ी के वार्ड नं 2 और  
आरसीएच सेंटर में अंतराष्ट्रीय  
महिला दिवस के अंतर्गत महिलाओं  
की सुरक्षा के लिए बनाए गए  
कानूनों से उन्हें अवगत करवाया  
गया। जिसका मुख्य उद्देश्य अपने  
स्वास्थ्य अधिकारों के लिए महिला  
को सशक्त बनाना है। डॉक्टर  
अंजली गोयल ने बताया महिलाएं  
अपने से ज्यादा घर परिवार पर  
अधिक समय देती हैं। यही कारण  
है कि वे अपनी सेहत पर ध्यान  
नहीं दे पाती हैं और उनको परेशानी  
होने लगती है। एक उम्र के बाद

सबमें शारीरिक, मानसिक व  
हामोनल बदलाव होते हैं। इसके  
कारण महिलाओं में भी कई  
तरह की बीमारियों की आशंका  
होती है। इससे बचने के लिए  
सही दिनचर्या, व्यायाम व पौष्टिक  
खानपान बहुत जरूरी है। आई  
आरजी संस्था के स्वास्थ्य कार्यकर्ता  
पिंकी वर्मा व श्वेता शर्मा द्वारा  
महिलाओं को स्वास्थ्य अधिकारों  
के प्रति जागरूक किया गया।  
एक महिला को अधिकार है माँ  
बनने का, जब वह चाहे तब माँ  
बने, पति को चुनना उसका स्वयं  
का अधिकार है। महिलाओं को  
यह भी बताया गया कि एक माँ  
के ममत्व को ध्यान में रखते हुए  
सरकार द्वारा जननी सुरक्षा कार्यक्रम



चलाया जा रहा है। चितकारा यूनिवर्सिटी के नर्सिंग छात्रों द्वारा नुक्कड़  
नाटक के माध्यम से महिलाओं को स्तनपान की सही विधि के बारे में  
बताया गया। इसके साथ ही यह जानकारी भी दी गयी कि 26 माह  
का मातृत्व अवकाश प्रत्येक कार्यक्षेत्र में अनिवार्य है। गर्भावस्था के  
दौरान होने वाले टीकाकरण की जानकारी भी दी गई। महिलाओं को  
जागरूक करते हुए कहा कि महिला के शरीर पर उसका स्वयं का  
अधिकार है। इस कार्यक्रम में डॉक्टर अंजली गोयल, आईआरजी के  
परियोजना अधिकारी बलजिंदर सिंह, स्वास्थ्य कार्यकर्ता श्वेता शर्मा,  
सुषमा शर्मा, ज्योती, नेहा गौतम, पिंकी, आशा वर्कर संध्या, सुमगला के  
साथ साथ 50 से अधिक महिलाएं शामिल हुईं।

# महिलाओं को उनकी सुरक्षा के लिए बनाए कानूनों से अवगत करवाया

हिमाचल दस्तक ब्यूरो | बददी

इंस्टिट्यूट फॉर रिसर्च एंड ग्रोथ एनजीओ ने ग्लेनमार्क फाउंडेशन के सहयोग से बददी के वार्ड नं 2 और आरसीएच सेंटर में अंतरराष्ट्रीय महिला दिवस के तहत महिलाओं की सुरक्षा के लिए बनाए गए कानूनों से उन्हें अवगत करवाया। डॉक्टर अंजलि गोयल ने बताया कि महिलाएं अपने से ज्यादा घर परिवार पर अधिक समय देती हैं। यही कारण है कि वे अपनी सेहत पर ध्यान नहीं दे पाती हैं और उनको परेशानी होने लगती है। एक उम्र के बाद सबसे शारीरिक, मानसिक व हार्मोनल बदलाव होते हैं। इसके कारण महिलाओं में भी कई तरह की बीमारियों की आशंका होती है। इससे बचने के लिए सही



इंस्टिट्यूट फॉर रिसर्च एंड ग्रोथ एनजीओ की कार्यकर्ताएं महिलाओं को जागरूक करती हुईं।

दिनचर्या, व्यायाम व पौष्टिक खानपान बहुत जरूरी है। आईआरजी संस्था की स्वास्थ्य कार्यकर्ता पंकी वर्मा व श्वेता शर्मा ने महिलाओं को स्वास्थ्य अधिकारों के प्रति जागरूक किया। चितकारा यूनिवर्सिटी की नर्सिंग छात्राओं द्वारा नुककड नाटक के माध्यम से महिलाओं को स्तनपान की

सही विधि के बारे में बताया गया। इस कार्यक्रम में डॉक्टर अंजलि गोयल, आईआरजी के परियोजना अधिकारी बलजिंदर सिंह, स्वास्थ्य कार्यकर्ता श्वेता शर्मा, सुषमा शर्मा, ज्योति धीमान, नेहा गौतम, पंकी वर्मा, आशा वर्कर संध्या, सुमगला के साथ-साथ 50 से अधिक महिलाएं शामिल हुईं।

# लोकतंत्र की मजबूती में महिलाओं का अहम योगदान : डी.सी.

## अंतर्राष्ट्रीय महिला दिवस पर नाहन में हुआ जिला स्तरीय कार्यक्रम

नाहन, 8 मार्च (आशु) : डी.सी. सुमित खिमटा ने कहा कि भारतीय लोकतंत्र की मजबूती में महिलाओं का अहम योगदान है। उन्होंने कहा कि लोकसभा चुनाव में हमारा प्रयास रहेगा कि सिमरौ जिला में जहां मतदान प्रतिशत में वृद्धि हो, वहीं 18 वर्ष की आयु पूर्ण करने वाले सभी युवा मतदाता अपने मत का इस्तेमाल करें। इस लक्ष्य को प्राप्त करने में महिला शक्ति अहम भूमिका निभा सकती है। वह शुक्रवार को चींगान में अंतर्राष्ट्रीय महिला दिवस पर हुए जिला स्तरीय कार्यक्रम में बतौर मुख्य अतिथि उपस्थित जनसमूह को संबोधित कर रहे थे।

कार्यक्रम में विभिन्न स्वयं सहायता समूहों और सी.एल.एफ. को उत्कृष्ट कार्य करने के लिए सम्मानित किया। इससे पूर्व उन्होंने विभिन्न स्वयंसेवी संस्थानों द्वारा स्थापित स्थानीय उत्पादों के स्टालों का अवलोकन किया। डी.सी. ने विभिन्न क्षेत्रों में उत्कृष्ट कार्य करने वाले स्वयं सहायता समूह, कलस्टर लेवल फेडरेशन को भी सम्मानित किया। परिचयनाम अधिकारी डी.आर.डी.ए. एवं नोडल ऑफिसर स्वीप अभिषेक मित्तल ने महिला दिवस के साथ लोकसभा निर्वाचन के संदर्भ में मतदाता जागरूकता के बारे में जानकारी दी।

इस मौके पर सहायक आयुक्त गौरव महाजन, तहसीलदार निर्वाचन महेंद्र टाकुर, बी.डी.ओ. परमजीत के अलावा अन्य संबंधित विभागों के अधिकारी भी उपस्थित रहे। इस अवसर पर स्वास्थ्य विभाग द्वारा निष्कल स्वास्थ्य शिविर का आयोजन किया गया।

आधार शिविर में काफी लोगों ने अपने आधार अपडेट करवाए और आधार के संबंध में जानकारी प्राप्त की। जिला ग्रामीण विकास अधिकरण के सौजन्य से जिला के विभिन्न क्षेत्रों से करीब 16 स्वयं सहायता समूहों ने स्थानीय उत्पाद के अपने स्टाल भी प्रदर्शित किए।



नाहन : कार्यक्रम में सम्मानित की गई महिलाएं डी.सी. सुमित खिमटा के साथ।

(अनुदल)

**नालागढ़ (सतविन्द्र) :** इंस्टीट्यूट फॉर रिसर्च एंड ग्रोथ एन. जी. ओ. द्वारा एलन मार्क फाउंडेशन के सहयोग से बड़ी के वार्ड नं. 2 और आर.सी.एच. सेंटर में महिला दिवस के अंतर्गत महिलाओं की सुरक्षा के लिए बनाए गए कानूनों से अवगत कराया गया। इस मौके पर डॉ. अंजली गोयल, आई.आर.जी. के परियोजना अधिकारी बलजिंदर सिंह, स्वास्थ्य कार्यकर्ता श्वेता शर्मा, सुषमा शर्मा, ज्योति धीमान, नेहा गौतम, पिंकी वर्मा, आशा वकर संस्था व सुमंगला समेत महिलाएं मौजूद रहीं।

**बड़ी (टाकुर) :** अंतर्राष्ट्रीय महिला दिवस के अवसर पर मैजिक बस इंडिया फाउंडेशन संस्था ने मॉडलिंग कंपनी के सहयोग से संडोली ग्राम पंचायत में कार्यक्रम का आयोजन किया। इसमें मुख्य अतिथि कामिनी शर्मा और कार्तिक शर्मा प्रिंजीटेंट रोटरि क्लब बड़ी रहे। उन्होंने महिला दिवस के महत्व के बारे में बताया। कार्यक्रम में समाज के लिए सर्वश्रेष्ठ कार्य करने वाली महिलाओं और बच्चों को सम्मानित किया। इस दौरान कंपनी की और से बलराम बराल एच.आर. हैड व प्रियंका महाजन उपस्थित रहे।

**नालागढ़ (सतविन्द्र) :** सामाजिक संस्था स्त्री सभा ने महिला दिवस के उपलक्ष्य में नारंग और आयुर्वेदिक अस्पताल में रोगियों को

फल और विस्कुट बांटे। इस दौरान संस्था की अध्यक्ष कृष्णा बंसल, सचिव रजनी नैयर, उपाध्यक्ष नाजवन्ती शर्मा, शकुन्तला पटियाल, सुषेन्द्र रेणु जैन, रेखा त्यागी, रजनी जौनी, मीरा चंदेल तथा सुमति सिंघल उपस्थित रहीं।

**अर्की (सुरेंद्र) :** धुंदन ग्राम पंचायत के दुर्गा मन्दिर में सन शिरोपणि नामदेव संगठन सोलन इकाई द्वारा अंतर्राष्ट्रीय महिला दिवस मनाया गया। इस अवसर पर नामदेव समाज की महिलाओं ने समाज व परिवार में महिलाओं की भूमिका पर प्रकाश डाला ज्योत्सना ने बताया कि भारत के इतिहास में महिलाओं को अति सम्मान और आदर के साथ देखा जाता था। परंतु समय के साथ अनेक सन्त पुरुष नामदेव, ज्योतिबा फुले, विवेकानंद, अंबेदकर राजा राम मोहन राय आदि और सोता, सावित्री फुले, दमयंती, अहिल्या बाई होलकर, लक्ष्मीबाई, जैसी वीरंगनाएं पैदा हुईं जिन्होंने समाज का सार्थक मार्गदर्शन किया। वर्तमान परिवेश में महिलाओं ने लगभग सभी क्षेत्रों में स्वयं को सिद्ध किया है।

**कुठाड़ (मदन) :** विकास खंड धर्मपुर के तहत ग्राम पंचायत भावगुड़ी में बाल विकास परियोजना अधिकारी धर्मपुर के तत्वावधान में खंड स्तरीय महिला दिवस मनाया गया। इसमें उपमंडलाधिकारी कसौली नारायण चौहान मुख्य अतिथि रहे। बाल

बली मोहम्मद, भाजपा महिला मोर्चा अध्यक्ष इंदू वेंचू, समिति की प्रधान मनप्रीत कौर, सचिव बरजिंद कौर, अंजना कुमारी व महिलाएं मौजूद रहीं।

**मानपुरा (बस्ती) :** औद्योगिक क्षेत्र लोधी माजरा स्थित बीटी ड्रग कंपनी में महिला दिवस मनाया। इस मौके पर मानपुरा थाने की महिला आरक्षी पुष्पा समेत कंपनी की 65 कर्मचारियों को सम्मानित किया गया है। कंपनी की निदेशक सीमा चौपड़ा ने कहा कि एक महिला को शिक्षित होना बेहद जरूरी है तभी समाज का उत्थान होगा। इस दौरान बजाज एल्ट्रास इंश्योरेंस कंपनी की प्रबंधक अनुपम शर्मा समारोह विशेष अतिथि उपस्थित रहे। समारोह में कंपनी के निदेशक बलवंत टाकुर, सहायक प्रबंधक एच.आर. सरिता चौहान, एच.आर. प्रबंधक प्रीति व संजीव चौपड़ा व अन्य लोग उपस्थित रहे।

**राजगढ़ (गोपाल) :** डिग्री कालेज राजगढ़ में महिला दिवस पर कार्यक्रम का आयोजन किया गया। इस अवसर पर अधिकता आर.एल. कौशल व अधिकता नीलम गुप्ता ने महिला सशक्तिकरण के लिए बने कानून का ब्यौरा दिया विद्यार्थियों को महिला सशक्तिकरण पर आधारित लघु फिल्म भी दिखाई। प्राचार्य डॉ. राजेंद्र वर्मा ने लेखिका पुनम मोल द्वारा लिखी पुस्तक "आरजूओं का जहां" का विमोचन भी किया। इस अवसर पर आयोजित डिजिटल पोस्टर प्रस्तुतिकरण में प्रथम सचिन व अक्षय, द्वितीय रोहित व तृतीय विनित रहे। एन.सी.सी. इकाई द्वारा आयोजित परंपरागत आहार प्रतियोगिता में प्रथम सलोनी टाकुर व सलोनी कंवर, द्वितीय महेक ताला, तेजस्वी, प्रियांशी व सपना तथा तृतीय तमना, भूमिका, मोनिका व भारती रहीं। रंगोली प्रतियोगिता में प्रथम मोनिका व गीतिका, द्वितीय महेक व शगुन तथा तृतीय सलोनी कंवर व सलोनी टाकुर रहीं। मंच संचालन प्रो. वंदना गुप्ता ने किया। कार्यक्रम में डॉ. रणधीर, डॉ. शिव भारद्वाज, डॉ. पंकज शर्मा, प्रो. अमिता मेहता, डॉ. अभिषेक, डॉ. शशि किरण, प्रो. पुनम, प्रो. महिमा व राजेश रमोल उपस्थित रहे।

**नालागढ़ (सतविन्द्र) :** हंडूर महिला बहुउद्देश्यीय सहकारी समिति की ओर से सोबन माजरा में महिला दिवस मनाया गया। इस मौके पर समाज के भलाई के लिए कार्य करने वाली महिलाओं को सम्मानित किया गया। कार्यक्रम में मुख्य अतिथि नालागढ़ कालेज की प्राचार्य डॉ. सपना पंडित ने महिलाओं को उनके अधिकारों व कर्तव्यों के बारे में जागरूक किया। इस मौके पर डी.डी.एम. नाबाई अशोक चौहान, मंडेहरा के प्रधान राजेंद्र कुमार, जोगिंद्रा बेक के प्रबंधक

## सही पोषण के फायदे बताए



नालागढ़ : महिलाओं को जानकारी देती स्वास्थ्य कार्यकर्ता। (सतविन्द्र)

नालागढ़, 14 मार्च (सतविन्द्र): ग्लेनमार्क फाउंडेशन की ओर से ढांग निचली आंगनवाड़ी केंद्र में पोषण माह मनाया गया। इसका थीम महिला और स्वास्थ्य रखा गया। पोषण अभियान का मुख्य उद्देश्य कुपोषण की समस्या पर प्राथमिकता के आधार पर काबू पाना है। आई.आर.जी. एन.जी.ओ. की स्वास्थ्य कार्यकर्ता पिंकी वर्मा, सुषमा शर्मा और ज्योति धीमान ने उचित पोषण का संदेश दिया।

इसके अलावा गर्भवती, धात्री माताओं और किशोरियों को पोषण, स्तनपान के लाभ एवं बच्चों में कुपोषण दूर करने के लिए आहार से संबंधित जानकारी दी। कार्यक्रम में ढांग पंचायत से वार्ड पंच कुसुम लता, आशा वर्कर चरणजीत कौर, ममता, रंजना, आंगनवाड़ी वर्कर श्यामा समेच व महिलाएं उपस्थित रहीं।

## महिलाओं को दी गई सही पोषण की जानकारी

नालागढ़ (सोलन)। ग्लेनमार्क फाउंडेशन की ओर से ढांग निचली आंगनवाड़ी केंद्र में पोषण माह मनाया गया।

इसकी थीम महिला और स्वास्थ्य थी। पोषण अभियान का मुख्य उद्देश्य कुपोषण की समस्या पर काबू पाना है और आमजन के बीच पोषण को लेकर जागरूकता पैदा करना है।

इसके अतिरिक्त गर्भवती व शिशुओं को दूध पिलाने वाली माताओं को पहचान कर उन तक भी पहुंचने की तैयारी है। इस दौरान आईआरजी एनजीओ के स्वास्थ्य कार्यकर्ता पिंकी वर्मा, सुषमा शर्मा और ज्योति धीमान ने उचित पोषण का संदेश दिया इसके साथ ही आंगनवाड़ी केंद्रों में होने वाले गतिविधियों के बारे में भी जानकारी दी। इसके साथ ही गर्भवती, धात्री माताओं और किशोरियों को पोषण देने, स्तनपान के लाभ की जानकारी एवं बच्चों में कुपोषण दूर करने के लिए आहार संबंधित जानकारी दी गई। संवाद

## विश्व ओरल डे पर महिलाओं का स्वास्थ्य जांचा



नालागढ़ : आर.सी.एच. सेंटर में आयोजित शिविर में लोगों के दांतों की देखभाल बारे जानकारी देते चिकित्सक।

(सतविन्द्र)

नालागढ़, 20 मार्च (सतविन्द्र): ग्लेनमार्क फाउंडेशन की ओर से भोजिया डेंटल कॉलेज व हॉस्पिटल के साथ मिलकर बढ़ी स्थित आर.सी.एच. सेंटर में विश्व ओरल हेल्थ डे पर निःशुल्क चिकित्सा और जागरूकता शिविर लगाया गया। डा. अविजीत अक्स्थी और डा. शशी ने बताया कि दांतों की हाइजीन या स्वास्थ्य का खयाल न रखना कई तरह की समस्याओं व रोगों को आमंत्रित कर सकता है। शिविर में 52 लोगों के दांतों की जांच की गई।

स्त्री रोग विशेषज्ञ डा. अंजली गौयल ने महिलाओं और बच्चों की जांच कर दवाइयां दीं। आर.सी.एच. सेंटर के इंचार्ज बलजिंदर सिंह ने बताया कि सप्ताह में दो दिन मंगलवार और बुधवार यहां भोजिया डेंटल कॉलेज के डाक्टरों की टीम निःशुल्क ओ.पी.डी. लगाती है।



नालागढ़ : ग्लेनमार्क फाउंडेशन संस्था की ओर से आयोजित वार्षिक समारोह में भाग लेतीं आशा वर्कर व स्वास्थ्य कार्यकर्ता।  
(सतविन्द्र)

## ग्लेनमार्क फाउंडेशन की कवच परियोजना की वार्षिक गतिविधियों से अवगत करवाया

हिमाचल दस्तक ब्यूरो ■ बद्दी

ग्लेनमार्क फाउंडेशन की ओर से संचालित कवच परियोजना के समापन समारोह के तहत लर्निंग व शेयरिंग वर्कशॉप का समापन समारोह आयोजित किया गया, जिसमें बद्दी क्षेत्र की आशा, स्वास्थ्य कार्यकर्ता व सीएचओ उपस्थित रहीं। कार्यशाला में बतौर मुख्यअतिथि बीएमओ बद्दी डॉक्टर राज कुमार ने शिरकत की। कार्यशाला का उद्देश्य ग्लेनमार्क फाउंडेशन द्वारा संचालित परियोजना की वार्षिक गतिविधियों से अवगत करवाया गया। संस्था के परियोजना अधिकारी बलजिंदर सिंह ने बताया कि संस्था पिछले 12 साल से बीबीएन में अपनी सेवाएं दे रही है। इस साल के अंतर्गत 6230 बच्चों और 1320 गर्भवती महिलाओं का टीकाकरण किया गया। साथ ही साथ 21600 लोगों को ग्लेनमार्क मोबाइल हेल्थ क्लिनिक



कवच परियोजना के समापन समारोह में संबोधित करते बीएमओ बद्दी डॉ. राज कुमार।

■ समापन समारोह में बीएमओ बद्दी डॉ. राज कुमार ने की शिरकत

के माध्यम से निःशुल्क स्वास्थ्य सेवाएं प्रदान की गईं। संस्था द्वारा विवाहित दंपति, गर्भवती एव धत्री माताओं के स्वास्थ्य संबंधी जागरूकता के लिए फ्लिपबुक सभी आशा कार्यकर्ताओं को दी गईं, जिसका उद्देश्य गर्भवती महिलाओं को स्वास्थ्य पर नवीनतम जानकारी देकर जागरूक करना है। कार्यशाला

■ डॉ. अंजलि गोयल ने मातृ शिशु स्वास्थ्य देखभाल पर दी विस्तृत जानकारी

में सिविल हॉस्पिटल बद्दी के बीएमओ डॉक्टर राज कुमार और एसएमओ डॉ. अनिल अरोड़ा, सुपरवाइजर शिल्प, डॉक्टर अंजलि गोयल और 64 फ्रंटलाइन स्वास्थ्य कार्यकर्ता मौजूद रहे। फ्रंटलाइन हेल्थ वर्कर्स को डॉक्टर अंजलि गोयल ने वर्तमान समय में मातृ शिशु स्वास्थ्य देखभाल पर विस्तृत जानकारी दी।

# **Project Reproductive and Child Health (RCH) Centre, Bharuch, Gujarat**

## ***Annual Report***

### **Overview**

- **Total Pregnant and Lactating Women** as well as **Children** covered during Feb-March 2024 are **3734**.
- **New Pregnant (ANC)**women covered at RCH Center and VHND Level =**103**
- **New Lactating (PNC)** women covered at RCH Center and VHND Level=**64**
- **Total Children** covered in Child Immunisation at RCH Center and VHND Level = **1864**
- **Total No. of Awareness Sessions/Group Meetings** conducted = **6**
- **Total No. of people Benefitted** from the awareness sessions/meetings = **1707**
- **Total No. of Health Screening/OPD Camps** = **23**
- **Total No. of Beneficiaries Covered during Health Screening Medical Camp** = **1101**

## Project Overview

**Aim:** The aim of the Reproductive & Child Health Centre is of providing ANC, PNC to pregnant & lactating women and Healthcare services to children between 0-6yrs of age for the residents of GIDC area Ankleshwar, in collaboration with CDHO Office Bharuch of the Government of Gujarat

### Targeted Population

- Children (0-5yrs)
- Women (19-45yrs)

### Main Components

- Family planning
- Child survival and safe motherhood program
- Immunization
- SBC campaign on nutrition

### Immunization under Project RCH

The Universal Immunization against vaccine preventable diseases such as Tuberculosis, Polio, Diphtheria, Pertussis, Tetanus and Measles is routinely carried out. The Routine Immunization Programme has received very good response from the community

### Project Objectives

- To promote health of the mothers and children to ensure safe motherhood and child survival
- To provide RCH services to the most vulnerable and needy unreached population
- To provide timely vaccination service and improve full immunisation coverage
- The intermediate objective is to reduce IMR & MMR
- The ultimate objective is population stabilization, through responsible reproductive behaviour

### Major Highlights:

- Health camp was organized on **7<sup>th</sup> February 2024** at Sub Center at Kosamdi Village from Ankleshwar block, 35 children benefitted
- **Vitamin –A supplementation** was provided to **367 children** at RCH Center
- National Deworming Week was organized at Vision School, GIDC Ankleshwar **On 17<sup>th</sup> February 2024** benefitting **700** students.
- Community meeting was conducted on International Women's Day at Jitali On **5<sup>th</sup> March 2024** with **101 participants**
- Health camp was organized on **7<sup>th</sup> February 2024** at Sub Center at Kosamdi Village from Ankleshwar block, 35 children benefitted

- A medical screening camp was organized on **5<sup>th</sup> March 2024** at Sardar Patel School GIDC Ankleshwar Block covering 101 school children
- Organized **21<sup>st</sup> March 2024** Free Children Medical Health Screening at Gadkhol Village Ankleshwar Block, 107 children benefitted.

**Challenges and Mitigation:**

- The amount of medicine coming from the Urban Health Center is not sufficient
- MMR Vaccines from Urban Health Centres are given only on Mondays due to which the beneficiaries have to rush for vaccines
- Outreach Immunization Sessions, the space is not well arranged for sitting, so the health hygiene of the children needs to be taken care



**MONTHLY REPORT - FEBRUAY 2024**

**TABLE SHOWING SERVICES PROVIDED AT RCH CENTER FOR THE MONTH OF FEBRUARY, 2024**

| <b>Details</b>                            | <b>No. of Beneficiaries</b> | <b>Total</b> |
|-------------------------------------------|-----------------------------|--------------|
| New ANC Registration                      | 59                          | 2393         |
| ANC Visit and Service                     | 87                          |              |
| PNC Visit and Service                     | 125                         |              |
| ANC On Call Advice and Services           | 127                         |              |
| PNC On Call Advice and Services           | 124                         |              |
| General OPD at RCH Center                 | 28                          |              |
| Child Immunization at RCH Center and VHND | 1532                        |              |
| Vitamin-A at RCH Center                   | 367                         |              |
| New Born Data at RCH Center               | 32                          |              |
| ANC Immunization of TD/TT                 | 36                          |              |

In February 2024, there were 59 new ANC registrations, 87 ANC visits and services, 125 PNC visits and services, 127 instances of ANC on-call advice and services, 124 instances of PNC on-call advice and services, 28 general OPD visits at the RCH Center, 1532 child immunizations, 367 administrations of Vitamin-A at the RCH Center, and 36 instances of ANC immunization for Tetanus (TD/TT) recorded at the RCH Center. Additionally, 32 instances of newborn care data were recorded in February 2024.

**IMAGS OF MAMTA SESSION CONDUCTED AT RCH CENT**



## **VHND (VILLAGE HEALTH NUTRITION DAY) CELEBRATION**

In February 2024, VHND (Mamta Day) was commemorated across 21 locations near GIDC Areas in Ankleshwar, Gujarat. During VHND, there were 16 new ANC registrations, 30 ANC visits and services, 38 PNC visits and services, 5 instances of ANC immunization for Tetanus (TD/TT), and immunizations provided to 43 children along with 219 administrations of Vitamin-A at the field level.

### **TABLE SHOWING DETAILS OF CONDUCTED VHND (MAMTA SESSION) AT NEAR BY GIDC AREAS IN THE MONTH OF FEBRUARY 2023**

| Sr. No | Date       | No. of Location | New ANC Registration | ANC Visit and Service | PNC Visit and Service | ANC Immunization (TD/TT) | Child Immunization | Vitamin-A |
|--------|------------|-----------------|----------------------|-----------------------|-----------------------|--------------------------|--------------------|-----------|
| 1.     | 01/02/2024 | 3               | 1                    | 4                     | 8                     | 1                        | 8                  | 28        |
| 2.     | 07/02/2024 | 3               | 5                    | 3                     | 6                     | 0                        | 8                  | 39        |

|    |              |           |           |           |           |          |           |            |
|----|--------------|-----------|-----------|-----------|-----------|----------|-----------|------------|
| 3. | 08/02/2024   | 2         | 2         | 2         | 6         | 1        | 7         | 29         |
| 4. | 09/02/2024   | 1         | 2         | 2         | 2         | 0        | 2         | 16         |
| 5. | 14/02/2024   | 3         | 2         | 5         | 7         | 0        | 7         | 32         |
| 6. | 15/02/2024   | 3         | 2         | 5         | 4         | 0        | 5         | 24         |
| 7. | 21/02/2024   | 3         | 2         | 4         | 2         | 1        | 3         | 36         |
| 8. | 22/02/2024   | 2         | 0         | 3         | 3         | 2        | 3         | 12         |
| 9. | 23/02/2024   | 1         | 0         | 2         | 0         | 0        | 0         | 3          |
|    | <b>Total</b> | <b>21</b> | <b>16</b> | <b>30</b> | <b>38</b> | <b>5</b> | <b>43</b> | <b>219</b> |

**IMAGES OF MAMTA SESSION CONDUCTED AT NEAR BY GIDC AREAS**





### Vaccination details

| Sr. No       | IMI Date   | New ANC  | ANC Visit | PNC Visit | ANC Vaccine | TD/TT | Child Immunization |
|--------------|------------|----------|-----------|-----------|-------------|-------|--------------------|
| 1            | 24/02/2024 | 0        | 0         | 2         | 0           |       | 3                  |
| 2            | 26/02/2024 | 0        | 0         | 2         | 0           |       | 3                  |
| 3            | 29/02/2024 | 0        | 0         | 5         | 0           |       | 7                  |
| <b>Total</b> |            | <b>0</b> | <b>0</b>  | <b>9</b>  | <b>0</b>    |       | <b>13</b>          |

### **INSTITUTIONAL DELIVERY**

| Total | Parity |   |   |   | Child Birth |    | Type of Delivery |           |
|-------|--------|---|---|---|-------------|----|------------------|-----------|
|       | 1      | 2 | 3 | 4 | M           | F  | Normal           | Caesarean |
| 32    | 22     | 9 | 1 | 0 | 11          | 21 | 20               | 12        |

In February 2024, a total of 32 deliveries were recorded. Among these, 22 women were experiencing their first pregnancy, 9 were on their second pregnancy, and 1 was on her third pregnancy. None were on their fourth pregnancy. There were 11 male and 21 female children born during this period. Out of these deliveries, 20 were normal, and 12 were by Caesarean section. Women who opted for Caesarean sections did so due to issues such as low fetal heartbeat, baby overweight, personal preference, maternal HB/BP problems, or sickle cell problems.

### **SANITATION CAMPAIGNS AND NATIONAL DEWORMING WEEK**

#### **Details of Participants and Location**

| Sr. No | Date       | Place/Area                 | Topic                    | No. of Participants |
|--------|------------|----------------------------|--------------------------|---------------------|
| 1.     | 02/02/2024 | RCH Center Ankleshwar GIDC | Sanitation Campaigns.    | 35                  |
| 2.     | 06/02/2024 | Anganwadi Center GIDC      | National Deworming Week. | 70                  |
| 3.     | 15/02/2024 | Chanakya Vidyalaya         | National Deworming Week  | 800                 |
| 4.     | 17/02/2024 | Vision School              | National Deworming Week  | 700                 |
|        |            |                            | <b>Total</b>             | <b>1605</b>         |

#### **Hygiene and Sanitation Awareness-**

**Date:-02/02/2024/ at, GIDC Anganwadi Ankleshwar RCH Center**

A group meeting was organized to raise awareness on sanitation and hygiene, about the importance of handwashing for children's health. During the meeting, a total of 35 people were present. On the occasion of the Sanitation Campaigns, a meeting was conducted by IRG & Glenmark Foundation at the GIDC Anganwadi in Ankleshwar. Establishing handwashing as a habitual practice is crucial. Consistently practicing proper handwashing with soap before meals and after using the toilet can prevent more deaths than any single vaccine or medical intervention, reducing diarrhea-related deaths by almost half and deaths from acute respiratory infections by one-quarter. Handwashing is typically integrated with other sanitation interventions as part of water, sanitation, and hygiene initiatives.

#### **IMAGES GROUP MEETING CONDUCTED FOR SANITATION CAMPAIGNS**



**NATIONAL DEWORMING MONTH CELEBRATION IN SCHOOLS Date:-06/02/2024 to 17/02/2024**

During the National Deworming Month celebration in schools from February 6th to February 17th, 2024, a group meeting was organized at Anganwadi Centers, GIDC/Chanakya Vidyalaya/Vision School GIDC, to educate children about the importance of deworming. A total of 1570 children attended the meeting, where they were informed about the significance of taking Albendazole tablets to combat intestinal worms.

Intestinal worms, parasites that live in the human intestines, were discussed, highlighting their detrimental effects on health, including unexplained weight loss, fatigue, abdominal pain, diarrhea, and dysentery. Suggestions were provided to the children, emphasizing the importance of handwashing before and after meals or playing in soil, and after using the toilet. Additionally, they were advised to take Albendazole tablets twice a year, in February and August, and to chew the tablets for effective elimination of worms.

The meeting also covered information about Albendazole tablets, including their dosage based on the child's age, and potential side effects such as stomach pain, nausea, vomiting, rash, and allergic reactions. Despite the possible side effects, Albendazole was highlighted as an effective deworming drug with minimal adverse effects.

### NATIONAL DEWORMING WEEK IN SCHOOLS





### **ANC AND CHILD CONSULTED BY MEDICAL OFFICER AT RCH CENTER**

ANC and child consultations were conducted by Medical Officer at the RCH Center, providing free regular health and medical check-ups to pregnant women (ANC). The services included blood pressure measurement, sugar level monitoring, fetal heart sounds assessment, monitoring of fetal movements and parts, blood glucose testing, physical and abdominal examinations.

The outcomes of these consultations included the monitoring and supervision of pregnancy profiles, along with explanations about the high-risk approach during pregnancy. Health, hygiene, and nutrition education were provided to all ANC and PNC (postnatal care) attendees. The Medical Officer emphasized the importance of diet-related supplementary iron therapy for pregnant mothers starting from 20 weeks onwards. Furthermore, advice on family planning was given to pregnant women (ANCs) and lactating mothers (PNCs).

A total of 338 patients were screened by the Medical Officer, including 51 ANC and 287 children, during the month of February 2024. This comprehensive approach to healthcare delivery aimed to ensure the well-being of both mothers and children, promoting healthy pregnancies and optimal child development.

| Sr. No | Date of Check up | No. of ANC | No. of Child | Total |
|--------|------------------|------------|--------------|-------|
| 1.     | 02/02/2024       | 6          | 49           | 55    |
| 2.     | 05/02/2024       | 8          | 29           | 37    |
| 3.     | 09/02/2024       | 5          | 44           | 49    |
| 4.     | 12/02/2024       | 2          | 30           | 32    |
| 5.     | 16/02/2024       | 13         | 38           | 51    |



|    |              |    |     |     |
|----|--------------|----|-----|-----|
| 6. | 19/02/2024   | 6  | 36  | 42  |
| 7. | 23/02/2024   | 5  | 26  | 31  |
| 8. | 26/02/2024   | 6  | 35  | 41  |
|    | <b>Total</b> | 51 | 287 | 338 |

**IMAGES OF ANC AND CHILD CONSULTED BY MEDICAL OFFICER**





### **OUTREACH HEALTH SCREENING CAMP IN KOSMADI VILLAGE - ANKLESHWAR**

Table showing number of covered during Health Camp

| Sr No: | Date       | Place/Area                    | No. of Patients |
|--------|------------|-------------------------------|-----------------|
| 1      | 07/02/2024 | Sub Center at Kosamdi Village | 80              |

A health screening event was conducted at Kosmadi Village. The objective was to raise awareness about health upkeep and encourage a healthy lifestyle among the community members. The team provided essential medical treatments and check-ups to children in need at the local GIDC community level.

The camp was held on February 7th, 2024 at the Sub Center in Kosmadi, Ankleshwar Block. During this health screening camp, the team distributed general medicine, Vitamin-A syrup, and Albendazole tablets to children attending the Anganwadi center in the local community.

A total of 80 beneficiaries were covered during the health camp, with 55 children and 25 ANC/PNC receiving treatment from IRG's medical team. Under the guidance of Medical Officer, the team efficiently provided medication and free-of-cost treatment services to the attendees at the Sub Center Kosmadi.

The outcome of the event included providing essential medical care to children and ANC/PNC attendees, thereby contributing to the overall health and well-being of the community. Through this initiative, we aimed to promote better health practices and ensure access to medical services.

### **HEALTH SCREENING CAMP IN ANGANWADI CENTER**



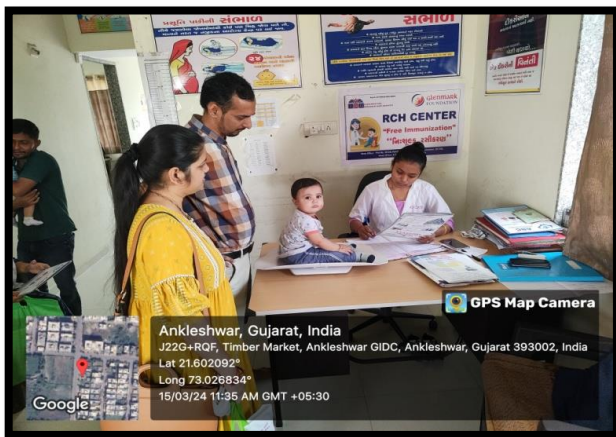
### MONTHLY REPORT MARCH 2024

**TABLE SHOWING SERVICES PROVIDED AT RCH CENTER FOR THE MONTH OF MARCH, 2024**

| Details                                   | No. of Beneficiaries | Total |
|-------------------------------------------|----------------------|-------|
| New ANC Registration                      | 44                   | 1271  |
| ANC Visit and Service                     | 71                   |       |
| PNC Visit and Service                     | 109                  |       |
| ANC On Call Advice and Services           | 157                  |       |
| PNC On Call Advice and Services           | 124                  |       |
| General OPD at RCH Center                 | 377                  |       |
| Child Immunization at RCH Center and VHND | 332                  |       |
| Delivery Outcome at RCH Center            | 32                   |       |
| ANC Immunization of TD/TT                 | 25                   |       |

During March 2024, there were 44 new ANC registrations, 71 ANC visits and services, 109 PNC visits and services, 157 instances of ANC on-call advice and services, 124 instances of PNC on-call advice and services, 377 general OPD visits at the RCH Center, 322 child immunizations at the RCH Center, and 25 instances of ANC immunization for Tetanus (TD/TT) recorded at the RCH Center. Additionally, there were 32 recorded delivery outcomes during March 2024.

**IMAGES OF MAMTA SESSION CONDUCTED AT RCH CENTER**



**VHND (VILLAGE HEALTH NUTRITION DAY) CELEBRATION**

In March 2024, VHND (Mamta Day) was observed across 22 locations near GIDC Areas in Ankleshwar, Gujarat. Throughout the VHND, there were 13 new ANC registrations, 41 ANC visits and services, 48 PNC visits and services, and 11 ANC immunizations for Tetanus (TD/TT). Additionally, 47 children received immunizations at the field level during the event.

**DETAILS OF BENEFICIARIES**

| Sr. No | Date      | No. of Location | New ANC Registration | ANC Visit and Service | PNC Visit and Service | ANC Immunization (TD/TT) | Child Immunization |
|--------|-----------|-----------------|----------------------|-----------------------|-----------------------|--------------------------|--------------------|
| 1.     | 06/3/2024 | 3               | 2                    | 3                     | 5                     | 1                        | 6                  |
| 2.     | 07/3/2024 | 3               | 0                    | 3                     | 6                     | 0                        | 6                  |
| 3.     | 09/3/2024 | 1               | 0                    | 0                     | 0                     | 0                        | 1                  |

|              |           |           |           |           |           |           |           |
|--------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 4.           | 13/3/2024 | 3         | 2         | 7         | 5         | 5         | 5         |
| 5.           | 14/3/2024 | 2         | 0         | 1         | 4         | 0         | 4         |
| 6.           | 20/3/2024 | 3         | 5         | 7         | 7         | 1         | 8         |
| 7.           | 21/3/2024 | 2         | 1         | 1         | 5         | 1         | 7         |
| 8.           | 22/3/2024 | 2         | 1         | 2         | 2         | 1         | 2         |
| 9            | 27/3/2024 | 3         | 2         | 3         | 8         | 2         | 8         |
| <b>Total</b> |           | <b>22</b> | <b>13</b> | <b>41</b> | <b>48</b> | <b>11</b> | <b>47</b> |

**IMAGES OF FIELD VHND (MAMTA SESSION) CONDUCTED ATGIDC AREA**





### **INSTITUTIONAL DELIVERY INFORMATION FOR THE MONTH OF MARCH 2024**

| Total | Parity |    |   |   | Child Birth |    | Type of Delivery |           |
|-------|--------|----|---|---|-------------|----|------------------|-----------|
|       | 1      | 2  | 3 | 4 | M           | F  | Normal           | Caesarean |
| 32    | 17     | 15 | 0 | 0 | 21          | 11 | 16               | 16        |

In March 2024, a total of 32 deliveries were recorded, involving various pregnancy scenarios. Among these, 17 women were experiencing their first pregnancy, 15 were on their second pregnancy, and 1 woman was pregnant for the fourth time, while none were pregnant for the third time. The deliveries resulted in the birth of 21 male and 11 female children. Out of these deliveries, 16 were normal and 16 were by Caesarean section.

Women who opted for Caesarean sections cited reasons such as low fetal heartbeat, baby overweight, personal preference, maternal HB/BP problems, or sickle cell issues. These factors influenced their choice of delivery method.

### **ANC AND CHILD CONSULTED BY MEDICAL OFFICER**

Pregnant women (ANC) received comprehensive and cost-free medical care, including regular health check-ups, from a medical officer. These check-ups encompassed various assessments such as blood pressure measurement, sugar levels, fetal heart sounds, movements, and parts, as well as blood glucose tests. Additionally, physical and abdominal examinations, along with antenatal assessments, were conducted.

Counselling services were provided to explain the high-risk approach during pregnancy. The team also offered health, hygiene, and nutrition education to both ANC and PNC (postnatal care) attendees. Moreover, the importance of diet-related supplementary iron therapy for pregnant mothers from 20 weeks onwards was emphasized. Family planning advice was also provided to pregnant women (ANCs) and lactating mothers.

(PNCs). A total of 334 patients were examined by the doctors in March 2024, including 40 ANC attendees and 294 children who received check-ups.

| <b>Sr. No</b> | <b>Date of Check up</b> | <b>No. of ANC</b> | <b>No. of Child</b> | <b>Total</b> |
|---------------|-------------------------|-------------------|---------------------|--------------|
| 1.            | 01/03/2024              | 6                 | 34                  | 40           |
| 2.            | 04/03/2024              | 2                 | 26                  | 28           |
| 3.            | 09/03/2024              | 2                 | 17                  | 19           |
| 4.            | 11/03/2024              | 5                 | 37                  | 42           |
| 5.            | 15/03/2024              | 7                 | 45                  | 52           |
| 6.            | 18/03/2024              | 12                | 40                  | 52           |
| 7.            | 22/03/2024              | 4                 | 48                  | 52           |
| 8.            | 26/03/2024              | 0                 | 9                   | 9            |
| 9.            | 30/03/2024              | 2                 | 38                  | 40           |
|               | <b>Total</b>            | <b>40</b>         | <b>294</b>          | <b>334</b>   |

**IMAGES OF ANC AND CHILD CONSULTED BY MEDICAL OFFICER**



**GROUP MEETING CONDUCTED FOR INTERNATIONAL WOMEN'S DAY CELEBRATION –AND SANITATION CAMPAIGNS AT RCH CENTER**

**Details of Participants**

| Sr. No | Date       | Place/Area          | Topic                     | No. of Participants |
|--------|------------|---------------------|---------------------------|---------------------|
| 1      | 05/03/2024 | Sardar Patel School | International Women's Day | 101                 |
| 2      | 21/03/2024 | Anganwadi Gadlkol   | Sanitation Campaigns      | 30                  |
|        |            |                     | <b>Total</b>              |                     |

**INFORMATION REGARDING THE SIGNIFICANCE OF SANITATION INITIATIVES**

**Date: March 21, 2024**

A gathering was arranged to discuss sanitation campaigns, with a focus on educating 30 children about the importance of handwashing for their health. This event at Anganwadi Center in Gadkhol Village, aimed to emphasize the exclusive health benefits associated with sanitation practices.

Establishing handwashing as a habitual practice is crucial. Regular and thorough handwashing with soap, especially before meals and after using the toilet, can have a profound impact on reducing the risk of various diseases. This simple habit can prevent more deaths than any single vaccine or medical intervention, significantly reducing fatalities from diarrhea by nearly half and acute respiratory infections by one-quarter.



Handwashing is often integrated with other sanitation measures as part of comprehensive water, sanitation, and hygiene initiatives. By promoting handwashing alongside these efforts, we can enhance overall health and well-being within communities.

### **IMAGES GROUP MEETING CONDUCTED FOR SANITATION CAMPAIGNS**



### **Women's Day Celebration**

The celebration of International Women's Day was marked with an event organized by the team at Government Sardar Patel School GIDC Ankleshwar. Mrs. Bhaktiben, the principal of Sardar Patel School Ankleshwar GIDC, along with adolescent students, participated in the function. The event began with an introduction, providing insights into the organization's objectives and the significance of International Women's Day, which falls on March 8th. The theme for the year 2024 emphasized the vision of a gender-equal world, devoid of bias and discrimination. The event also focused on raising awareness about anemia, particularly among women, adolescents, and children. Causes and symptoms of anemia were discussed, along with hygiene practices to prevent it. The Medical Officer highlighted the importance of personal hygiene, emphasizing the proper steps for handwashing and the use of sanitary napkins over cloth for menstrual hygiene, elaborating on their benefits and effects.

### **INTERNATIONAL WOMEN'S DAY**



**ORGANIZED OUTREACH HEALTH SCREENING CAMP IN VILLAGE LEVEL**

Table showing details of Health Camp

| Sr. No | Date     | Place/Area                     | No. of Participants |
|--------|----------|--------------------------------|---------------------|
| 1      | 05-03-24 | Sardar Patel School Ankleshwar | 101                 |
| 2      | 06-03-24 | Sub Center Kapodra Village     | 56                  |
| 3      | 21-03-24 | Sub Center Gadkhol Village     | 107                 |
| 4      | 27-03-24 | Anganwadi Kosmadi              | 35                  |
|        |          | <b>Total</b>                   | <b>299</b>          |

**On March 5th, 2024**, a health screening camp was conducted at Primary Sardar Patel School GIDC Ankleshwar. The camp, organized by the Institute for Research and Growth (IRG) and Glenmark Foundation (CSR), aimed to raise awareness about health and promote a healthy lifestyle among adolescent girls at the school level. Medical staff provided medical treatments and checkups during the camp, including hemoglobin testing conducted by Dr. Komal Savaliya, a Medical Officer. Iron tablets were distributed by our medical team to address any deficiencies found.

A total of 101 adolescent girls underwent hemoglobin testing, with 22 girls identified as having hemoglobin levels below 10%. These girls were provided with regular iron tablets and instructed to consume iron-rich foods. The causes of anemia were discussed, highlighting both direct and indirect factors such as inadequate food intake, poor dietary habits, infections, and helminthic infections.

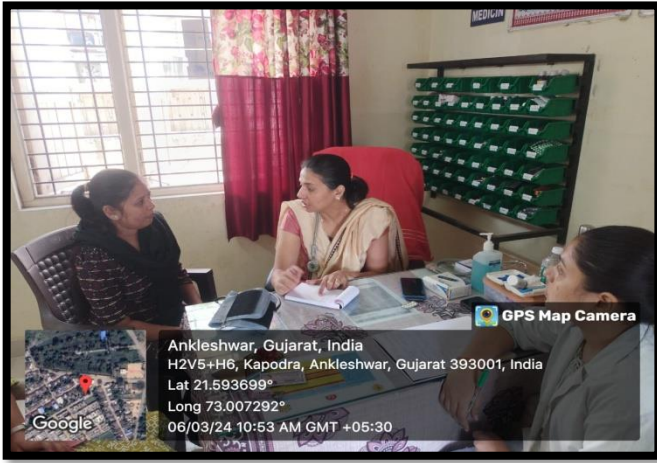
**IMAGES ORGANIZED HEALTH SCREENING CAMP IN PRAIMERY SARDAR PATEL SCHOOL GIDC ANKLESHWAR**





**On March 6th, 2024**, a health screening camp was organized at the Sub Center in Kapodra Village, Ankleshwar Block. During the camp, the team provided health checkups, covering a total of 56 patients, including pregnant and lactating women. The medical team offered comprehensive care and services to pregnant women (ANC) and lactating mothers (PNC) from the communities. The team collaborated effectively to provide medication and free-of-cost treatment and counselling services during the camp.

IMAGES ORGANIZED HEALTH SCREENING CAMP IN SUB CENTER KAPODRA VILLAGE





**On March 21st, 2024**, a health screening camp was conducted at the Sub Center in Gadkhol Village. During the camp, the team provided comprehensive health checkups, covering approximately 107 patients, including pregnant women, lactating women, and children from the local community. The medical team worked collaboratively to deliver medication and free-of-cost treatment services to the residents of these villages. The team focused on identifying and addressing the healthcare needs of pregnant women (ANC), lactating mothers (PNC), and undernourished children from both the local and outside communities.

**IMAGES ORGANIZED HEALTH SCREENING CAMP IN SUB CENTER GADKHOL VILLAGE**



On **27<sup>th</sup> March 2024**, a Health Checkup Camp was conducted at the Anganwadi Center in Kosmdi Village, Ankleshwar Block. A total of 35 patients, including pregnant and lactating women, were benefitted from the services. The team provided comprehensive care and services to pregnant women (ANC) and lactating mothers (PNC) from the community. The team effectively collaborated to offer medication facilities and free-of-cost treatment services to the residents of these villages during the Health Checkup Camp.

### HEALTH SCREENING CAMP IN ANGANWADI CENTER KOSMADI VILLAGE





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## Urban Forest - Green Lungs Cities

**Date:** June 6th, 2024

**Venue:** Delhi Development Authority (DDA), East Delhi

### **Objective:**

IRG organized Plantation Day at DDA's Poorv Delhi Khel Parisar (PDKP), East Delhi on the occasion of World Environment Day with the aim to raise awareness about the significance of trees and promote environmental conservation among the community members, particularly the youth. This urban afforestation initiative through the participation of doctors and key stakeholders, sought to educate and inspire individuals to actively contribute to the preservation of green spaces and the ecosystem. Urban forests are indispensable components of sustainable urban development, offering a multitude of ecological, social, and economic benefits. Recognizing their importance and investing in their preservation and expansion are essential steps towards creating healthier, more resilient, and more vibrant cities for current and future generations.

### **Proceedings:**

The event commenced with a warm welcome address delivered by Mr. Pawan Varma from IRG, setting the tone for the day's activities. His introductory speech highlighted the critical role of trees in maintaining ecological balance and emphasized the collective responsibility to protect the environment for future generations.

Dr. G.K Arora, Dr. O.P Kapoor, Dr, Imran, Dr. Umar Khan, Dr. S Raiz, Dr. Garg were welcomed to be a part of the initiative. Mr. Amrish Chaturvedi from Glenmark Pharmaceuticals, Mumbai and Ms. Shivani Singh, AD, Horticulture, PDKP were among the key guests of the programme. Around 40 participants were part of this programme.

The key guests shared a few words with everyone before initiating the plantation activity. They briefly raised important concerns on climate change with the children present in the audience and its effect on everyone in the near future. Children were made aware about the coexistence of nature and human beings and the role everyone can play in protecting and nurturing the environment.





Following this, the plantation activity commenced. Participants, including the doctors, youth, and other attendees, actively engaged in planting trees. The process involved digging holes, planting saplings, covering them with organic fertilizer, and watering them, ensuring proper care and nourishment for the newly planted trees.





Varied native species of saplings were planted- Amaltas, Ashok, Bakain, Bamboo Plant, Botalburoosh, Chandani, Harshingar, Neem, Pilkhan, Peepal, Raat Rani, Shisham, Tecom etc. Around 1000 saplings were planted with this initiative at PDKP.





**Highlights:**

*Educational Session:* The presence of doctors provided an opportunity for participants to gain valuable insights into the health benefits of trees and the broader impact of environmental conservation on human well-being.

*Community Engagement:* The active involvement of youth from Poorv Delhi Khel Parisar fostered a sense of ownership and responsibility towards environmental stewardship within the community.

*Support from Stakeholders:* The collaboration between Glenmark Foundation, IRG, and the PDKP underscored the importance of collective efforts in promoting environmental sustainability and community development. The growth of the plants will be closely monitored by the stakeholders involved.



**Conclusion:**

The Plantation Day at Poorv Delhi Khel Parisar served as a platform for fostering environmental awareness, community engagement, and collaborative action towards a greener and healthier future. By inspiring individuals to plant trees and nurture the environment, the event contributed to the larger goal of sustainable development and conservation efforts.