

Spiritual Health in Public Health System of India- Need for Integration

Dr. Neera Dhar and Prof. Deoki Nandan

Body and mind are inseparable. Health of the two is interlocked. Balance of the two is a necessary condition for healthy and meaningful life. WHO, in 1958 defined

health not merely as the absence of illness but as physical, mental and social well being. In 1980's other components like intellectual, environmental and spiritual health were included. All these dimensions have to operate in a harmony. In the present era, spiritual health assumes significance since anxiety and emotional discomfort are on rise. There is a craving for peace and freedom from agony of the life condition. In spite of the glaring progress on all fronts, be it science and technology, infrastructure, economic prosperity or access to tremendous material comforts, there exists a lag. Happiness, restlessness and purposelessness is widely discerned. Futility syndrome prevails heavily. Why? What after? Suicides are the regular

Spiritual Health

feature of National Dailies. Whither public health? It is a major challenge. A formidable pressure is discerned to redefine the meaning and interventions of public health in India.

There is a great need to heal oneself of resentment, jealousy, anger, agony of existence and death anxiety; and seek higher dimension of work. While as science focuses on objectivity, spiritual life focuses on inner self, consciousness and intuition. All these have a direct impact on health. "Science gets us physical comforts, spirituality brings us mental calm" (Dalai Lama 2006).

Positive values, attitudes, beliefs and strength that one acquires through spiritual practices contribute to the sense of well being, physical health and happiness. Empirical evidence is available to indicate a direct relation between religious involvement, spirituality and positive health outcomes. Spiritual practices have a positive correlation with survival, low blood pressure, less remission time from depression, less number of cigarettes smoked per day per week, less severe medical illness, better quality of life, cooperativeness, lower IL-6 levels, etc. (Bansal et.al 2003). Researches suggest a positive relation between spiritual well being and positive health outcomes, greater self confidence, assertiveness and fewer symptoms of anxiety and depression. Evidence shows spiritual well-being is positively related with self ratings of physical health and vitality. Spiritual well being is positively linked with adjustment to dialysis treatment, cancer induced pain, negatively to hypertension (Hoffman 2002). Studies in USA indicate that patients and physicians would like to consider spiritual factors in the medical care including its assessment. Also a positive correlation is indicated between patients' spiritual/religious commitments and health outcomes and would also like physicians to consider these factors in their medical cases. Subsequently, they have suggested spiritual assessment as a first step in including patients' spirituality in medical practice. A formal tool called HOPE has been designed for the purpose. Here H stands for sources of hope, comfort, strength, meaning, peace, love connection; O stands for role of organized religion for the patients; P stands for personal spirituality and practices; and E stands for effects on medical care (Anandarajah, G. et.al 2001).



आरोग्यम् सुखसम्पदा

Vol: X No: 2 April-June 2008

Newsletter

A Quarterly Report

National Institute of Health and Family Welfare

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for Restricted Circulation

Lately much thought and attention has been given in academic and intellectual circles towards introducing spiritual health in the community. Improving spiritual health may not cure a disease but it does help one feel better, assume the role of a preventive measure and act as coping mechanism to deal with varied problems and challenges of life.

What Does Spirituality Mean?

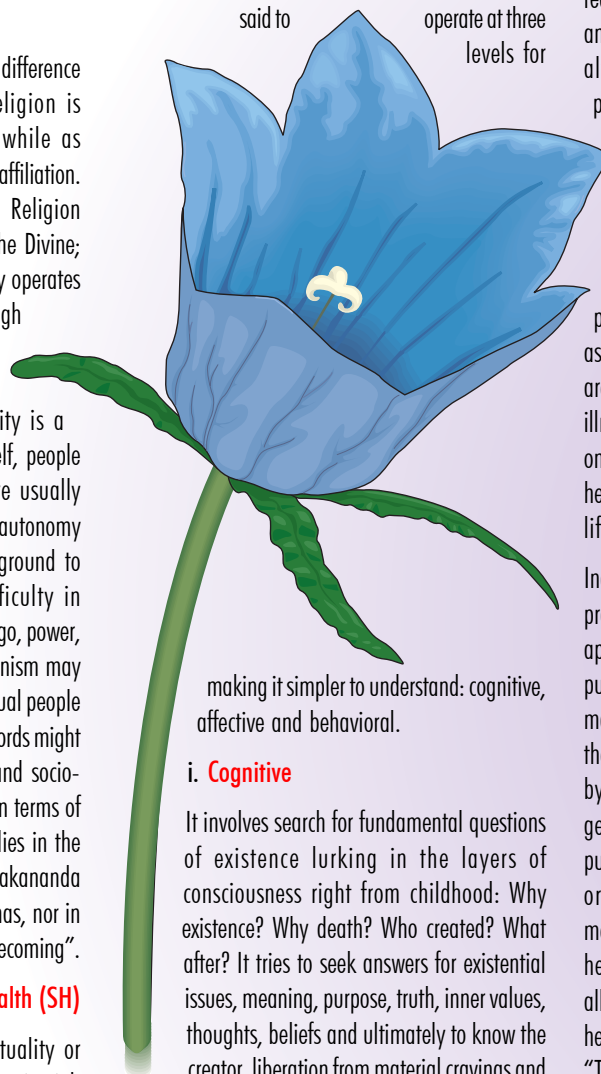
It has been realized now that there is a difference between spirituality and religion. Religion is associated with formal organization while as spirituality does not depend on institutional affiliation. Religion and spirituality are not same. Religion indicates an organized way to relate to the Divine; focuses on controls and morals. Spirituality operates in private. It is intrinsic and chosen, though religion may sometimes act as a driving force. Religion is accessible at church/mosque/gurdwara or temple. Spirituality is a personal way of relating to the Divine, self, people and the world. Religious institutions are usually discerned with doubt. Spirituality offers autonomy from institutions and provides an open ground to explore. In religion, people have difficulty in interactions- 'my way is right'. Craving for ego, power, control, prestige and arrogant authoritarianism may act as underlying currents of religion. Spiritual people have a common communication flow. The words might vary in terms of individual, time, place and socio-economic set-up, yet acceptance is same in terms of distinctiveness of the people. Spirituality lies in the kind of religion about which Swami Vivekananda says; "religion is not in doctrines, in dogmas, nor in intellectual argumentation; it is being and becoming".

Operational Definition of Spiritual Health (SH)

There is no absolute definition of spirituality or spiritual health since it is relative and experiential. Nevertheless, an operational meaning can be certainly evolved. Spiritual health does include mental health and emotional health but goes beyond towards inner fulfillment, self realization and self-actualization. Spiritual Health (SH) means Spiritual Intelligence or spiritual quotient (SI/SQ) put into practice. IQ (Logical Intelligence) is about rational, logical, rule bound thinking. EQ (Emotional Intelligence) is about associative, habit bound, pattern recognizing, emotive thinking. Spiritual Intelligence (SI)/spiritual quotient (SQ) "is about creative, insightful, rule making, rule breaking, transformative thinking" (Zohar, et.al 2000). Zohar

et.al (2000) mention nine (9) characteristics of SQ/SI: Self awareness, vision and values led, the capacity to face and use adversity, to be holistic, diversity, field Independence (Courage), the tendency to ask Why?, the ability to reframe and spontaneity.

Spiritual Intelligence (SI) is "the ultimate intelligence". Spiritual Intelligence could be said to operate at three levels for



making it simpler to understand: cognitive, affective and behavioral.

i. Cognitive

It involves search for fundamental questions of existence lurking in the layers of consciousness right from childhood: Why existence? Why death? Who created? What after? It tries to seek answers for existential issues, meaning, purpose, truth, inner values, thoughts, beliefs and ultimately to know the creator, liberation from material cravings and issues related to reincarnations. It also includes envision of unrealized possibilities and transcending the givens of life, a sense of being a player in a larger whole, heightened consciousness and faith and craving to know the divine.

ii. Affective

It explores the issues related to living in HIM by seeking bliss, peace, joy, cheerfulness, tranquility, compassion, empathy, strength, fearlessness, generosity, material detachment, music and lyrics, laughter, art, painting, sculpture and dance, love for nature; perform with the feelings of absolute surrender to HIM, engaging in emotionally gratifying practices

like active listening, getting healed of jealousy, resentment and death anxiety.

iii. Behavioural

Includes practicing spiritual cognitions and affects. It also focuses on activities like prayer, bhakti, yoga meditation, sacrifice, forgiveness, truthfulness, reading biographers of great spiritual philosophers and taking lessons from them, listening to discourses, altruism, using spiritual resources in practical problems, using suffering, liberation from material cravings and creativity.

Suggestions for Initiating Spiritual Health in Public Health System of India

Much advances have been made towards the physical health both in terms of prevention as well as interventions. India is no exception in that. Efforts are also enormous in containing and treating mental illness and morbidity. But very little has been done on spiritual health of people by health scientists and health professionals which concerns one's quality of life.

India being a seat of spiritual thought, literature and practice, must take a lead in adopting a proactive approach of initiating spiritual health in the general public health system. At present, spiritual health is mainly the domain of religious leaders in India. It is the high time that it should be urgently looked into by health professionals. There is an urgency to generate research, training and material for the purpose which could be rooted in rich Indian and oriental philosophical thought; and evolve mechanisms to integrate spiritual health in public health system of India. "It is unfortunate that allopathy does not define spirituality while spiritual health should be a part and parcel of normal health." "The time is ripe for us, the white apron community, to get exposed to the scientific aspects of Eastern Philosophy, shift our approach from body to mind and soul and start using it in our daily practice" (Aggarwal, 2008). "One could be physically ill but still be mentally happy and content. In fact physical pain can be subdued by mental calm" (Dalai Lama, 2006). Yoga which has its roots in India 5000 years back could be inbuilt in informal and formal health systems and practice in India. Physiological studies conducted show the prophylactic, promotive and curative potentials of yoga through experimental studies. Yoga strengthens the parasympathetic tone and stability of autonomic equilibrium and the stress responses are optimized in the process. Physical

performance at sub-maximal level of work and cognitive function also improve through regular yoga practice. It has demonstrated therapeutic value in control and management of hypertension, coronary artery disease and diabetics (Selvamurthy 2007).

An effort towards definition, measurement and training in spiritual health has been made by Bansal et al. (2003) in their study. They have made an attempt to quantify spiritual health in terms of biochemical measurements, quality of life parameters and religious activity parameters. NCERT has introduced the concept of spiritual health in the curriculum for school going children. A Cross sectional study was carried out in Govt. Medical College and hospital sector 32 and General Hospital, sector 16, Chandigarh and Community Health Centre, Manimajra. (Goel et.al 2006). The results revealed that out of 150 health personnel, 72.4% believe 'strongly' to 'very strongly' that spiritual dimension exists. 24% of doctors and 16% of paramedics believed that 'spiritual dimension is the first priority in maintenance of health'. 73.34% doctors and 50.7 paramedics expressed the view that 'spiritually healthy person can cope better with illness'. Similar results were revealed in a North Uttar Pradesh study, where 90% of the doctors felt the same. This also matches with the findings of two USA studies where 70% physicians reported that spiritual dimension is important in healthy subjects, diseased or terminally ill patients. 96% of physicians expressed the view that spiritual well being is important for health. (Goel et.al 2006).

Since the onset of spiritual health in India by a few professionals has already made the humble beginnings, we may take this opportunity to delve into the matter more profusely. A profound focus needs to be given in the following directions:

1. Evolve a definition and indicators of Spiritual Health (SH) through empirical interventions.
2. Develop a Spiritual Health Assessment Scale (SHAS). Many such scales are available in USA and other countries. None is available in India.
3. Evolve strategies for introducing Spiritual Health in Indian public health system including MBBS and MD curriculum.
4. Evolve methods of integrating spiritual health with general medical practice in and out of hospital.

5. Suggest mechanisms, methodology, curriculum and material for orienting professionals and key persons in spiritual health training.
6. Mechanisms to roll down spiritual health training for larger public.

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Events

World Health Day Celebrations

World Health Day was celebrated on 7th April 2008 at the NIHFV by M.D. CHA first year students. Dr. Indu opened the function by quoting the theme of World Health Day –



Dr. Kumud making a presentation on World Health Day

"Protecting Health from Climate Change." It was followed by brief presentations by the students on multifarious aspects like , "overview on climatic change and its effects on health", "effect of climate change on vector borne disease", "effect of increasing air pollution on climate change and resulting health problems", "temperature related disorders" and "food and water borne diseases due to climate change". In the end, a Health Quiz was conducted consisting of ten (10) questions. This was followed by the prize

distribution. Prof. Madhulika Bhattacharya, Dean of the Institute, gave the concluding address.

Farewell to Final Year MD (CHA)/(DHA) Students

2nd April was the day when MD/DHA students of the Institute bid farewell to the final year students. It was attended by many faculty members and all the students. Prof. Deoki Nandan, Director, NIHF, chaired the function. Dr. Indu Grewal and Dr. Madhu Raikwar were



Prof. Deoki Nandan addressing students

program moderators for the event.

At the outset, a warm welcome was extended to the final year students. The function started with a very inspiring address by the Director, Professor Deoki Nandan. After this, Dr. Kumud

Bala performed a solo skit showing positive impact of strong leadership on an institution. All final year students shared their most memorable and funniest moments during their tenure in the Institute. Some faculty members also participated in sharing their experiences with students and also blessed them with the heaps of good wishes. Dr. Neera Dhar sang a song with a very motivating lyrics to boost the morale of the outgoing batch.

Labour Day Celebrations (1st May, 2008)

NIHF participated and contributed significantly towards labour day celebrations by putting up an Exhibition on "value of food and nutrition for survival of the labouring communities, prevention of HIV/AIDS and diseases, RCH, including breast feeding" at Shramic Referred Centre for Living



Prof. Deoki Nandan, Director, NIHF and Prof. M. Bhattacharya performing 'Kanyadaan' on Labour Day



Prof. Deoki Nandan, Sh. K.G. Balakrishnan and MD(CHA) students at the site of NIHF Health Exhibition on Labour Day

With HIV/AIDS, Shram Kalyan Kendra, Kalkaji, New Delhi on 1st May 2008.

Director, NIHF, Prof. Deoki Nandan was involved in "Samohik Vivah" (Group Marriage) at this occasion. He also performed "Kanyadaan" in his distinct style of magnanimity.



Prof. Davison delivering a guest lecture

Health care services also were provided in the camp through our M.D. students. The function was chaired by the Hon'ble Chief Justice of India, Sh. K.G. Balakrishnan.

Lectures by Guest Speakers

A lecture on "Health promotion in a globalized world: threats and opportunities" was delivered by Prof. Davison Munodawafa, Regional Adviser, World Health Organization, SEARO Office, New Delhi on 9th April.



Prof. Bhattacharya handing over Institute's memento to Prof. Davison. Prof. D. Nandan and Dr. Marta Levit-Dayal, Chief of Party, MCH-STAR INITIATIVE, N.D., India, witnessing the same



Ms. Jill Mathis delivering a guest lecture

- A lecture on "Effective supervision and delivery of technical assistance" was delivered by Prof. Rich Feelay of Boston University, USA, on 15th May.

- A lecture on "From chaos to order: system for managing proposals" was delivered by Ms. Jill Mathis, Senior Manager at Emerging Markets Group, Ltd. of Arlington, Virginia on 13th June.

Training Courses/Workshops (April- June 2008)

1. TOT on "Integrated Disease Surveillance Project for District Surveillance Officer"

Course Coordinators: Dr. Vivek Adhish and Dr. Gyan Singh

Date: 21-26 April

Objective:

To establish a decentralized district-based system of surveillance of communicable and non-communicable diseases so that timely and effective public health actions can be initiated in response to health challenges in the urban and rural areas

No. Trained: 21 (All from Delhi)

2. An Orientation Training Course for "State Programme and PMU officials"

Course Coordinators: Dr. Saroj Menon and Ms. Renuka Patnaik

Date: 28th April – 2nd May

Objective:

To enhance the knowledge and strengthen the skills of the officials in effective management and implementation of NRHM.

No. Trained: 25 Andaman & Nicobar-4, Meghalaya-4, Nagaland- 4, Pondicherry-3, U.P-9, Kolkata- 1

3. Training Course on "Public Private Partnership in Health" in collaboration with WBI

Course Coordinators: Dr. Sanjay Gupta and Dr. K.S. Nair

Date: 28th April-3rd May

Objective:

To facilitate implementation of public private partnership initiatives in health sector in NRHM focused states.

No. Trained:

47 (Orissa-3, Himachal Pradesh-4, Rajasthan-8, Uttar Pradesh-12, Uttarakhand-6, Chhattisgarh-4, Delhi-1, Karnataka-2, Madhya Pradesh-3, NIHF-2, Development Partners-2)

4. 2nd Contact Programme of the "Distance Learning Course in Hospital Management"

Course Coordinators: Prof. J.K. Das and Dr. Neera Dhar

City	Dates	No. Trained
Delhi	April 28-May 2	40
Calcutta	April 15-19	11
Mumbai	April 21-25	12
Hyderabad	April 8-12	10

5. 2nd Contact Programme of the "Distance Learning Course in Health and Family Welfare Management"

Course Coordinators: Dr. Rajni Bagga and Dr. Vivek Adhish

City	Dates	No. Trained
Delhi	May 5-9	92
Kolkata	May 12-16	20
Bangalore	June 9-13	9
Mumbai	April 28-May 2	18

6. Training Course on "Management of Training"

Course Coordinators: Dr. Poonam Khattar and Dr. Neera Dhar

Date: 12th-16th May

Objectives: To enhance the capability of trainers of health training institutes, managers of State/District/Block Missions under NRHM and NGOs in planning, management and evaluation of training programmes.

2, Madhya Pradesh-4, Tamil Nadu-1, Karnataka-2, Kerala-1, Himachal Pradesh-1, Uttar Pradesh-1, West Bengal-1, Mizoram-2, Goa-1, J&K-1)

7. TOT on "Integrated Disease Surveillance project for District Surveillance Officers"

Course Coordinators: Dr. Vivek Adhish and Dr. Gyan Singh

Date: 12th-17th May

Objectives: To establish a decentralized district-based system of surveillance of communicable and non-communicable diseases so that timely and effective public health actions can be initiated in response to health challenges in the urban and rural areas.

No. Trained: 21 (All from Delhi)

8. Training course on "Strengthening Human Resources for Health" in collaboration with WBI at Puri (Orissa)

Course Coordinator: Dr. U. Datta

Date: 26th-31st May

Objectives: To develop strategic plan for the human resource for health in their respective state.

No. Trained: 51 (Bihar-2, Chattisgarh-3, DFID-6, Himachal Pradesh-5, Jharkhand-3, Karnataka-3, Madhya Pradesh-2, Orissa-6, Rajasthan-6, Tamil Nadu-5, Uttar Pradesh-10)

9. Workshop on "Planning and Designing Training Course on Improving Quality of Care in Health Sector" jointly organized by NIHF and WBI at Shimla

Course Coordinator: Prof. M. Bhattacharya

Date: 4th-8th June

Objective: To design a framework for a course on improving quality of health care for mid-level health officials so that they are able to conceive and frame policies and strategies to improve the quality parameters in the health care system at all levels.

No. Trained: 37 (NIHF-10, MOHFW-3, DPs-9, West Bengal-1, Andhra Pradesh-1, Rajasthan-1, Uttar Pradesh-2, Himachal Pradesh-6, Maharashtra-2, Delhi-2)



Participants in a group discussion: training course on Management in Training

No. Trained: 50 (Andhra Pradesh-4, Assam-2, Delhi-4, Gujarat-6, Maharashtra-8, Punjab-9, Orissa-

10. 1st Pilot Training Course for "Block Public Health Managers under NRHM"

Course Coordinators: Dr. Sanjay Gupta and Dr. Renu Sehrawat

Date: 16th-27th June

Objective: To enhance the knowledge and strengthen the skills of the officials in effective management and implementation of NRHM.

No. Trained: 32 (Assam-7, Tripura-2, Meghalaya-8, Himachal Pradesh-7, Orissa-8)

11. Workshop on "Re-visiting Baby Friendly Hospital Initiatives" (WHO)

Operational Officer: Prof. Deoki Nandan

Date: 18th June

Objective: To re-visit baby friendly hospital initiatives- looking beyond hospitals to health centers (PHC's)

No. Trained: 38 (Delhi-28, Rajasthan-1, Maharashtra-1, UP-3, MP-4, TN-1)



Participants of Regional Workshop on Immunisation



Inaugural session of Regional Workshop for Master Trainers for the use of Mid-level Managers' modules for training in Immunisation

12. Regional Workshop for "Master Trainers for the use of Mid Level Managers (MLM) modules for Training in Immunisation" jointly organised by NIHFV and WHO SEARO for South East Asian countries

Course Facilitators: Prof. M. Bhattacharya, Ms. Vaishali and Ms. Divya

Date: 23rd-27th June

Objectives: To train the master trainees for the use of Mid-Level Managers (MLM) modules for training in Immunisation.

No. Trained: 25 (India-5, Maldives-2, Bangladesh-3, Bhutan-2, Indonesia-3, Nepal-3, Srilanka-2, Thailand-3, Timor-leste-2)

Meetings

- A meeting of Sub-Committee of Research Advisory Committee was held on 10th April at the Nirman Bhavan under the chairpersonship of Dr. M.S. Jayalakshmi, Deputy Commissioner (FP) to discuss the project proposals. Dr. K. Kalaivani, Prof. Department of Reproductive Bio-Medicine, NIHFV attended this meeting.
- A meeting was held on "Yashoda training" on 21st April at the NIHFV. The meeting was chaired by Mr. Prasanna Hota, Executive Director, NIPPI.



Mr. Prasanna Hota, Executive Director, NIPPI speaking at a meeting on Yashoda Training



Ms. Aradhana Johri, Jt. Secretary, MOHFW addressing NIHFV faculty on RCH monitoring visits

- An interactive session was held with programme officers of the Ministry including MH, CH and FP division to discuss assessment of the programme performance of RCH-II on 14th May at the NIHFV. Ms. Aradhana Johri, Joint Secretary, MOHFW chaired this meeting.
- Meetings for 'finalisation of monitoring checklists for RCH services' were held on 9th and 17th June. First meeting was chaired by Ms. Aradhana Johri, Jt. Secretary, MOHFW.

The second meeting was chaired by the Director, NIHF. Officials from the programme divisions of Ministry of H & FW, NIHF faculty and consultants participated.

Visitors to the Institute

- Ms. Sylvia Sax, Consultant, University of Heidelberg, Deptt. of Tropical Hygiene and Public Health, Heidelberg, Germany visited NIHF for “planning and designing training course on improving quality of care in health sector” on 2nd and 9th June.
- Ms. Monika Krengel, Sr. Health Consultant, EPOS Health Consultant GmbH, Hindenburgring Bad Homburg, Germany, visited NIHF for “planning and designing training course on improving quality of care in health sector” in collaboration with NIHF faculty from 9th to 13th June.
- Mr. Rakesh Nangia, Acting Vice President, World Bank Institute, Washington, visited NIHF on 25th June for interaction with the faculty regarding further strengthening of the



Mr. Rakesh Nangia, Acting Vice President, World Bank Institute, interacting with Director and faculty of NIHF

collaborative activities between the NIHF and the World Bank Institute.

Forthcoming Training Courses/ Workshops Next Quarter 2008

- Workshop for “officials of SPMSU and DPMSU of high focus states to exchange their experiences and address key issues for implementation of interventions under NRHM” (2nd-4th July and 19th-21st Aug.)
- Workshop on “research methodology using qualitative and quantitative techniques” (7th-11th July and 1st-5th Sept.)
- Professional development course in “management, public health and health sector reforms for district medical officers” (7th July-13th Sept.)
- Workshop on “operations research in health” (14th-18th July)
- Training of the “state and district surveillance teams on integrated disease surveillance” (28th July-2nd Aug.)
- Workshop on “quality services under NRHM for faculty of medical colleges and nursing colleges of high focus states” (29th July-1st Aug, 16th-19th Sept.)
- Training Course on “monitoring under NRHM/RCH” (4th-8th Aug.)
- Training Course on “health and human rights” (4th-6th Aug.)
- Field Epidemiology training programme for “district surveillance officers under integrated disease surveillance project” (25th Aug.- 6th Sept.)

- Training Course on “hospital administration for senior hospital administrators” (8th-26th Sept.)
- Training course on the “role of NGOs in National Rural Health Mission in India” (8th-19th Sept., 18th-22nd Aug.)
- Training Course on “gender, health and development for the health personnel” (24th-26th Sept.)
- Professional training on “capacity building for IEC officials in communication skills under National Rural Health Mission” (22nd-27th Sept.)
- Training Course on “data analysis for feedback and action” (15th-20th Sept.)

Activities of the Director

In addition to his regular activities in the Institute, Prof. Deoki Nandan, Director, participated as an expert in several scientific meetings, seminars, workshops, symposia, and other such activities organized by various national and international organizations during the quarter. Some of his significant activities include:

- Attended the “2nd All India Health Universities Vice-Chancellor’s Conference” (VC Con. 2008) at Tamil Nadu, Dr. MGR Medical University, Chennai from 2nd-3rd April.
- Acted as an “UGC observer to oversee the selection process for promotion from reader to professor under career advancement scheme” at the Punjab University, Chandigarh on 7th April.



- Attended the “selection committee meeting as a member for the post of Director”, State Institute of Health and Family Welfare, at Jaipur, on 10th April.
- Acted as the “examiner of MD (SPM) for the oral and practical examination” at the Chatrapati Shahuji Maharaj Medical University, Lucknow from 11th-12th April.
- Acted as a “resource person in the NIHF-WBI partnership course on public private partnership” at Agra from 28th April-3rd May.
- Inaugurated and delivered a key note address in the “professional development course” at the IIFW and BM, Kolkata on 19th May.
- Acted as a resource person in the “NIHF-WBI Partnership course on strengthening of human resources for health” at Puri, Orissa from 26th-31st May.
- Acted as a resource person in the “NIHF-WBI partnership workshop on planning for a course on improving quality of care in the country” at Shimla, Himachal Pradesh, from 4th-8th June.
- Attended a presentation on ‘comprehensive development plan Valtoha Block’ by Shri Balvinder Singh of Guru Ram Das School of Planning before the Hon’ble Chief Minister of Punjab on 10th June.
- Attended the second meeting of the task force on ‘strengthening of public health system at all levels under NRHM’ as a convener held under the chairmanship of Dr. R.K. Srivastava, Director General of Health Services, at New Delhi on 13th June.
- Chaired the inaugural session of the Expanded Programme on Immunisation-Regional Workshop for Master Trainers for the use of Mid-level Managers Modules for training in Immunisation for South East Asian Countries, jointly organised by NIHF and WHO SEARO on 23rd June .

Activities of the Faculty

Prof. (Mrs.) M. Bhattacharya, Head, Department of Community Health Administration:

- Attended a “post surveillance review meeting of SACS of Southern Region” on 8th April at National Institute of Epidemiology, Chennai.
- Attended a “post round meeting” on 14th and 15th April at AIIMS, New Delhi.
- Attended a meeting regarding “HIV estimation in India” on 18th and 19th April at ICMR, New Delhi.
- Attended a meeting of “technical consultation to review HIV surveillance” in India at WHO / SEARO, from 23rd – 25th April at New Delhi.
- Attended a training course on “public private partnership in health (PPP)” by World Bank from 2nd – 3rd May, Agra.
- Acted “as an examiner” at Postgraduate Institute of Medical Education and Research, Chandigarh on 9th and 10th May.
- Attended a “meeting of the State Health Society (Delhi)” on 13th May at Delhi Secretariat.
- Attended a “workshop on data analysis and report writing on HSS” on 21st and 22nd May at National Institute of Epidemiology (ICMR), Chennai.
- Attended a “core group facilitators meeting” at WHO / NPSP at R.K.Khanna Tennis Stadium, Africa Avenue, New Delhi from 26th-27th May.
- Attended a training course on “strengthening of human resources for health” at Puri, Bhubaneswar from 29th-31st May.
- Organized a “workshop on planning for a course on improving quality of care in the country” from 4th-8th June at Shimla.

Prof. J.K. Das, Head, Department of Epidemiology and Medical Care and Hospital Administration:

- Took a session on “Climate change and human health: complexities, risks, response” on 29th April at National Institute of Disaster Management, New Delhi .

- Attended a seminar on ‘consumer based global health care platform’ on 19th May at Quality Council of India, New Delhi.
- Took a session on ‘materials and equipment management’ on 25th May at IGNOU, New Delhi.
- Attended a “meeting to develop the guidelines/ standards for primary urban health centre for state of Delhi” at the office of Delhi State Health Mission”, on 27th May at New Delhi.
- Attended a meeting on “P.G. diploma programme in public health management and diploma in public health economics and public policy on 30th May at MOHFW, New Delhi.
- Attended a workshop on “planning a course design for improving quality of care” from 4th-8th June at Shimla.

Prof. T. Mathiyazhagan, Head, Department of Communication:

- Attended an “editorial advisory board meeting of the Nursing Journal of India” on April 25 and May 8 at TNAI Headquarters, New Delhi.
- Attended a meeting to “review and strengthen the BCC/IEC strategies for prevention and control of vector borne diseases” on May 8 in the Directorate of National Vector Borne Diseases Control Programme, Delhi.
- Attended a meeting to “review IEC video spots under NPPCD”, held under the chairmanship of Dr. Arun Agarwal, Addl. D.G. at Nirman Bhavan, New Delhi on May 29.
- Attended a workshop on “planning and designing training course on improving quality of care in health sector”, jointly organized by the NIHF and World Bank Institute from June 4-8 at Shimla.
- Acted as an “external examiner for conducting practical examination/viva-voce” for students of Bachelor of Journalism (Mass Communication) at Madhubala Institute of Communication and Electronic Media, New Delhi, on 2nd May.

Dr. Saroj Menon, Reader, Department of RBM:

- Took a session on ‘counselling as applicable to NSV beneficiaries’ in Maulana Azad Medical College on 3rd April, for Medical College Faculty.

- Took a session on 'adolescent health' in Haryana Institute of Public Administration on 28th May in a course sponsored by DOPT for Personnel from Departments of Education, Health and Family Welfare, PRI and ICDS.
- Coordinated an "orientation training for the state programme and SPMSU officials" from 28th April to 2nd May held at NIHF.
- Attended a review meeting chaired by Ms. Aradhana Johri, Joint Secretary, MOHFW on 14th May on "monitoring visits made by NIHF faculty and RCH II/NRHM consultants", at the NIHF.
- Attended a meeting chaired by Shri Pravir Krishan, Joint Secretary, MOHFW regarding "monitoring of training in Health and Family Welfare conducted by all States/UTs" held on 23rd May.

Dr. V.K. Tiwari, Reader and Acting Head, Department of Planning and Evaluation:

- Attended a meeting on "public private partnership" at Agra jointly organized by World Bank and NIHF from 28th-30th April.
- Finalized the report of eight (8) institutions under RAHI project.

Dr. S. Vivek Adhish, Reader, Department of Community Health Administration:

- Went for "RCH monitoring visits" to Jharkhand, Ranchi and Lohardaga. from 1st-4th April.
- Attended the "NIPI retreat" at Manesar on 28th May.
- Attended the "Review meeting of the progress by CTIs on PDC course" from 7th-8th May.
- Submitted a proposal to UNICEF for the "IMNCI review in selected districts of the country."
- Submitted a proposal to India Country Office of WHO for a workshop on "baby friendly hospital Initiative and recasting it to move beyond hospitals to health centers when deliveries under JSY are occurring" held on 18th June.
- Reviewed an article for Indian Journal of Community Medicine.

Dr. Utsuk Datta, Reader and Acting Head, Department of Education and Training:

- Coordinated a training course on

"strengthening human resource for health" World Bank Instituted funded training course organized in collaboration with WBI with technical support of Harvard School of Public Health, at Puri from 26th-31st May.

- Went for "monitoring visit" to Assam, district Kamrup and Naogaon in the month of April.
- Carried out the "evaluation of mass media campaign for HIV/AIDS" as a coordinator in the state of Andhra Pradesh, in the month of April.

Dr. Rajni Bagga, Reader, Department of Management Sciences:

- Prepared and submitted final draft report of the "assessment of nursing management capacity" in selected states of Uttar Pradesh and West Bengal.

Dr. T. Bir, Reader, Department of Social Sciences:

- Participated in the training course on "public private partnership in health" jointly organized by NIHF and World Bank Institute at Agra, from 28th April-3rd May.
- Participated in the meeting on "promoting public private partnership for strengthening the implementation of NRHM in the different parts of the country" from May 27- May 28 at Centre for Policy Research, New Delhi.
- Participated in a workshop on "planning and designing training course on improving quality of care in health sector" jointly organized by NIHF and World Bank Institute at Shimla, from June 4-8.

Dr. Y.L. Tekhre, Reader, Department of Social Sciences

- Presented an empirical data based research paper entitled "qualitative analysis of community response to birth dose of MOPV1 (monovalent oral polio vaccine 1)" in the National Conference organized by Indian Association for Social Sciences and Health (IASSH) at Xavier Institute of Management, Bhubaneswar from 7th-9th April.
- Visited two states namely Andhra Pradesh and Tamilnadu in connection with the study entitled "Rapid Evaluation of Multi Media Campaign" sponsored by National Aids Control Organisation (NACO), New Delhi from 3rd April

to 3rd May and 7th May to 10th May respectively.

- Attended a meeting in the Nirman Bhawan on the occasion of launch of "save the girl child" by the Prime Minister of India on 2nd April.
- Participated in the National Workshop on 'fathers and families- responsibilities and change' and presented a paper on 'males involvement in reproductive health in India' organised by DWARF-LTMI in association with UNFPA, UNIC and ICRW at UN Office, New Delhi on 14th May.
- Submitted a chapter entitled 'sustainability through people's participation in health sector' in the book 'Sustainable Development and Environmental Challenges in India for Publication.

Dr. T.G. Shrivastav, Reader, Department of RBM

Published a paper on "development of rapid and sensitive one step direct enzyme linked immunosorbent assay for 17 6-OH-progesterone in serum". Vinay Tripathi, Shail K. Chaube, Kiran Rangari, Harpal Singh, Tulsidas G. Shrivastav. Journal of Immunoassay and Immunochemistry. 2008, 29: 117-127

Dr. M.M. Misro, Reader, Department of RBM

A patent was granted to Dr. M.M. Misro as notified on May 27th 2008 on the subject: "A method of preparing an inexpensive, non-messy, safe and fast acting aqueous synergistic spermicidal composition". Indian Patent No. 217810.

Dr. Gyan Singh, Chief Medical Officer (NFSG), Department of Community Health Administration

- Visited Pune for "evaluation of multi media campaign under NACO Project" from 29th April-2nd May.
- Visited Itanagar Arunachal Pradesh for "RCH II Monitoring" from 5th May-7th May.

Dr. Neera Dhar, Reader, Department of Education and Training

- Attended a meeting on "Yashoda training" of NIPI at NIHF on 21st April. The meeting was chaired by Mr. Prasanna Hota, Executive Director, NIPPI.
- Attended a "dissemination meeting of South Asian infant feeding research network (SAIFRN)" at UNICEF, New Delhi on 11th April.

- Attended a review meeting chaired by Ms. Aradhana Johri, Joint Secretary, MOHFW on 14th May on “monitoring visits made by NIHF Faculty & RCH II/NRHM Consultants”, at the NIHF

Dr. Pushpanjali Swain, Reader, Department of Statistics and Demography

- Attended and presented a paper entitled “vulnerability aspects of ageing in India, district level analysis” in 5th All India conference for IASSH from 7th-9th April at Bhubaneswar.
- Visited Ambala for DLHS monitoring on “training of investigators” from 2nd-3rd April and 11th-12th April.
- Attended a “Workshop on data user census 2011” at Vigyan Bhawan during 24th-25th April.
- Went for a “field monitoring of DLHS survey in Haryana state during 28th May-2nd June.

Dr. D. Sinha, Medical Officer, RBM Clinic:

- Attended the 52nd National Conference of “Indian Public Health Association” from 7th-9th March at Maulana Azad Medical College as a Delegate.
- Acted as a faculty supervisor for the “Pulse Polio Day” on 1st June.

Dr. Renu Sehrawat, Lecturer, Department of RBM

Prepared and submitted final draft report of the “assessment of nursing management capacity” in selected states of Uttar Pradesh and West Bengal.

Dr. M.H. Meithi, Lecturer, Department of Statistics and Demography

- Went for a “monitoring visit of DLHS-3 field work of mapping and listing” to Ambala, Yamuna Nagar and Kurushetra from 5th-7th May.
- Went for a “monitoring visit of PIP under RCH project” to Lucknow and Unnao during 31st March-3rd April.
- Went for a “monitoring visit of PIP under RCH project” to Meerut and Saharanpur from 23rd-25th April.
- Went for a “monitoring visit for DLHS-3, training of investigators” in Delhi from 7th-9th April.

- Went for “DLHS monitoring visit for mapping and listing” at Delhi on 22nd, 23rd and 28th May.

- Attended a meeting on “Save Girl Child” at Vigyan Bhawan on 28th April.

Dr. K.S. Nair, Lecturer, Department of Planning and Evaluation:

- Was involved in organizing a training Course on “public private partnership in health sector, jointly organized by NIHF and WBI at Agra during 28th April-3rd May.

- Acted as resource person in a training Course on “strengthening of human resources for health” in collaboration with WBI at Puri, Orissa from 26th-31st May.

- Was involved in organizing a “workshop on planning and designing training course on improving quality of care in health sector” jointly organized by NIHF and WBI at Shimla from 4th-8th June.

- Visited District Pauri, Uttarakhand state in connection with Evaluation of MNGO from 17th-22nd June, 2008 “Training Course on Tobacco Free Initiative” at NIHF organized by WHO, PHFI & NIHW from 24th March to 4th April.

Mr. J.P. Shivdasani, Research Officer, Director’s Office:

Attended the ‘IBM-Clinical Document Standard (HL7 CDA) for implementers’ workshop in Bangalore from April 16th-17th.

Mrs. Reeta Dhingra, Research Officer, Department of Planning and Evaluation:

- Attended “Training Course on Tobacco Free Initiative” at NIHF organized by WHO, PHFI & NIHW from 24th March to 4th April.

- Visited Mumbai for data collection in a study, “Rapid Evaluation of Mutli Media Campaign in India”, sponsored by NACO from 21st April to 24th April.

- Attended “Expert Group Meeting on Health Insurance” at MOHFW on 6th May.

Mrs. Vandana Bhattacharya, Research Officer, Department of Social Sciences:

- Attended a training course on “tobacco free initiative” in collaboration with GOI, John

Hopkins School of Public Health, PHFI, The Union, NIHF and WHO 24th March-4th April.

- Attended and presented a paper on “assessing impact of job-related stress on the health of the employees in corporate sector” for the IASSH conference in Bhubaneswar, April 7-9.

- Attended a colloquium on “obesity in children and adolescents: emerging issues and challenges” organized by Govt. of India, Ministry of Women and Child Development on April 17.

- Visited Coimbatore for “rapid evaluation study of multi media campaign coverage in India by NACO from 30th April to 3rd May 2008 and Vijawada from 7th May to 10th May.

- Published a paper on “mental health needs of elderly living in old age homes in Delhi” Indian Journal of Gerontology, Vol. 22, No. 2, 2008.

Dr. Rachna Agarwal, Assistant Research Officer, Department of Medical Care and Hospital Administration:

Delivered a talk in the National Conference on “climate change and impact on health” held on 22nd and 23rd May at IIC, New Delhi.

Sh. Salek Chand, Documentation Officer, NDC:

- Acted as an “external examiner” at Nalanda Open University, Patna for BLIS Course, Paper III from 7th April to 10th April.

- Acted as an “external examiner” at Patna University, Patna for BLIS Course, Paper V from 12th May-14th May.

Sh. Som Dutt, LDC, Deptt. of Social Sciences

Obtained “100% marks in Hindi typewriting examination” held in January, 2008 under Hindi Teaching Scheme, Ministry of Home Affairs, Deptt. of Official Language. Hindi Teaching Scheme (Examination Wing) has awarded him a “Certificate of Merit” on having acquired 10th Rank on All India Level.



Sh. Som Dutt obtained 100% marks in Hindi typewriting examination held in January, 08 under Hindi Teaching Scheme, Ministry of Home Affairs

Activities in NRHM/RCH- II

Meetings

- A meeting was held on 14th May 2008 at NIHF on "monitoring visits made by faculty and consultants of NIHF for monitoring the services at DH/CHC/24x7 PHC and sub-centre in high focus states". Joint Secretary (AJ) chaired the meeting. Programme officers from MOHFW, Faculty and Consultants of NIHF attended the meeting.
- A meeting of ASHA Mentoring Group was held on 16th May at NIHF for review of "ASHA training programme and issues from the states". Members of ASHA mentoring group, MOHFW officials, Nodal Officer, Faculty and Consultants of NIHF attended the meeting.
- A meeting to "finalize the format and to identify the gaps in training, and mechanism of getting regular and comprehensive progress report of training conducted from the states" was held on 23rd May at MOHFW in the room of Jt. Secretary. (PK). Sr. officials of training division (MOHFW), nodal officer, asstt. nodal officer, dean of NIHF and consultants of NIHF attended the meeting.
- A Meeting was held under Chairmanship of JS(AJ) on 29th May to discuss "mode of provision of technical assistance in the area of Child Health within RCH, based on the document: Child Health in the state PIPS-Mapping Technical Assistance Needs given by NHSRC. Sub-committee members of Child Health Division, NIHF, PMSG and NHSRC attended the meeting.

Visits

- Dr. Pritha Sehgal, Mr. Madhav Verma and Dr. H. Meithi visited Lucknow and Unnao districts of UP from 31st March-2nd April for monitoring of health facilities under RCH.
- Dr. Bindoo Sharma, Mr. Aditya Bhargava and Dr. A.M. Khan visited Bhopal and Sehore districts of MP from 31st March-2nd April for monitoring of health facilities under RCH.
- Ms. Nagalakshmi Sankar, Mr. N.S. Rawat and Dr. Vivek Adhish visited Ranchi and Lohardagha districts of Jharkhand from 1st-4th April for monitoring of health facilities under RCH.
- Mrs. Renuka Patnaik, Mr. N.P. Chauhan and Dr. Poonam Khattar visited Bhuneshwar and Puri districts of Orissa from 8th-11th April for monitoring of health facilities under RCH.
- Mr. S.C. Garg, Mr. V.K. Gopal and Dr. U. Dutta visited Kamrup and Nagaon districts of Assam from 8th-11th April for monitoring of health facilities under RCH.
- Mrs. Nagalakshmi Sankar, Mr. N.S. Rawat and Dr. Sanjay Gupta visited Jaipur and Dausa districts of Rajasthan from 8th-11th April for monitoring of health facilities under RCH.
- Mrs. Renuka Patnaik, Mr. Madhav Verma and Prof. M. Bhattacharya visited Patna and Vaishali districts of Bihar from 15th-18th April for monitoring of health facilities under RCH.
- Dr. Bindoo Sharma and Mr. Aditya Bhargava visited Raipur and Mahasamand districts of Chattisgarh from 21st-23rd April for monitoring of health facilities under RCH.
- Mr. S.C. Garg, Mr. V.K. Gopal and Dr. H. Meithi visited Meerut and Saharanpur districts of Uttar Pradesh from 22nd-25th April for monitoring of health facilities under RCH.
- Mrs. Renuka Patnaik and Mr. N.P. Chauhan visited (West Tripura) Agartala and Dhalai districts of Tripura from 5th - 9th May for monitoring of health facilities under RCH.
- Mr. S.C. Garg, Mr. V.K. Gopal and Dr. Gyan Singh visited Papum Pare (Itanagar) and Lower Subansiri districts of Arunachal Pradesh from 5th-9th May for monitoring of health facilities under RCH.

- Dr. Bindoo Sharma and Mr. Aditya Bhargava visited Aizwal and Mamit districts of Mizoram from 6th-10th May for monitoring of health facilities under RCH.
- Mrs. Nagalakshmi Sankar and Mr. N. S. Rawat visited East Kashi Hills (Shillong) and Ribhoi districts of Meghalaya from 12th-16th May for monitoring of health facilities under RCH.

Promotions

Dr. D. Sinha has been promoted from Medical Officer to Sr. Medical Officer w.e.f. 24.7.2007.

Dr. Pushpanjali Swain has been promoted from Sr. Lecturer to Reader w.e.f. 12.12.2006.

Sr. Parimal Parya has been promoted from Assistant Research Officer to Research Officer w.e.f. 26.12.2007.

Ms. Vinod Joon has been promoted from Research Assistant to Assistant Research Officer w.e.f. 15.4.2008.

Financial upgradation under ACPs

Sh. Gaurav Kisan, Programmer, has been granted 1st financial upgradation in the pay scale of Rs.10,000-300-15,200 w.e.f. 16.1.2003.

Ms. Shashi Dhiman, Sr. Artist, has been granted 2nd financial upgradation in the pay scale of Rs. 6,500-200-10,500 with effect from 3.1.2008.

Recruitment

Sh. Sunil Gautam, LDC (SC) joined on 11.4.2008.

Retirements

Smt. Veena Mongia, Steno. Gr. II, retired on 31.5.2008.

Smt. Saroj Arora, Assistant, retired on 31.5.2008.

Sh. Durga Prasad, Daftry, retired on 31.5.2008

Corrigendum

- Dr. T. Bir conducted a national workshop on "tribal health and development for NGOs" supported by the Ministry of Tribal Affairs from 28th-30th January 2008.
- Mr. Gaurav Kisan attended a training course on 'designing learning interventions that last' at Clombo from 11th-15th Feb. 2008 organized by the World Bank.



“If one who lives in the Lord becomes miserable, what is the use of living in him? What is the use of such a God?

Throw him over board into the pacific ocean!

We do not want Him!”

Swami Vivekananda

Announcement

Community medicine departments of medical colleges, state institutes of health and family welfare and partner institutions, nursing schools/colleges, mother NGOs are requested to become members of public health education and research consortium networking and partnership.

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Printed and Published on behalf of the Director at the printing press of

National Institute of Health & Family Welfare

Ministry of Health & Family Welfare
Government of India
Munirka, New Delhi

Website: www.nihfw.org

Email: editor@nihfw.org

April-June, 2008

The Newsletter is available on www.nihfw.org