

# THE TRANSCENDENCE



National Institute of Health and Family Welfare

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## Stress - a public health menace of the day Combat it

Dr. Neera Dhar and Prof. Deoki Nandan

*“Happiness does not  
depend on outward things,*



*but on ourselves alone and on  
flowering of what is best and  
inward within us.”*

*Sri Aurobindo*


Joy comes from within. Happiness does not have an external source. Nobody can give you happiness. Nor can anyone snatch it. Saying so, will mean acting irresponsibly. Peace is intrinsic. It does not depend on circumstances. No one has the ability to hurt you against your will. One chooses to be happy or unhappy. We live by perceptions and not facts. There is a saying that two people looked out of a window, one saw the stars and the other saw the mud. If a string is hanging out of a balcony, one person sees a rope in it, the other may see a snake in it. Life is a game of perceptions and responses. In one of his discourses on Budha, Osho quotes an anecdote. Two people residing in a multistoried building would usually use lift together while coming back from the office in the evening. Amazingly the one who would get down on 7<sup>th</sup> floor would always abuse the man living at 10<sup>th</sup> floor. Lift man always felt bad and was rather amazed at nonreactive behavior of the man living at 10<sup>th</sup> floor. One day he geared up the strength to ask him, “*Sahib woh uper wala sahib tow apko roz gali thethai hai aur aap kuch nahi kahtay*”. The 10<sup>th</sup> floor man said in reply, “*mainay gali lii hi kab*”. Life is about making choices. Whatever you internalize is the reality, rest is all absurd.

Situations, events and people do not cause stress.  
Perceptions, attitudes, beliefs and values lead to stress.



You create the stress. You filter information with subjectivity. You are the architect for designing a structure for yourself in which there is no way out. Take a minute. Introspect. Refer yourself to yourself. Eighty percent of stress is invited by you like : too many material cravings, extreme form of ambitions, comparisons, jealousies, strong ego's, partial faith in God, indulging in the “you are ok, I am ok dynamics”, unrelenting anger, extreme resistance to apologize even if you are at fault, expecting people to follow your thought and work patterns, learned helplessness syndrome, aggression-passive modes, winning in an argument, too many expectations from others, why should it happen to me syndrome, living in past –future modes ignoring here and now, not getting out of routine, non-aesthetic attitudes, always indulging in the process of changing others rather than changing yourself, should's and must's and many others. Twenty percent of stress could be genuine like suffering from an incurable disease or pain, disasters, death in the family, traumas, accidents, rape, non gratification of libido and other such issues over which you have no direct control. However, in such cases also stress management mechanisms can lead to at least neutralizing their impact. “*Barbadiyon kaa soog manana phazool tha, barbadiyon kaa jashn manata chala gaya*”, invincibly calls for a paradigm shift in thinking.

What is stress? When your physical, emotional and spiritual abilities are experienced to be less than the environmental pressures and demands, they trigger a stress response. Those environmental pressures can be real, imagined or anticipated. Fundamentally you tend to enter into a flight mode rather than a fight mode. This response occurs both with physiological as well as psychological manifestations. Physiological manifestations include symptoms like palpitations, headaches / bodyaches, digestion problems, giddiness, lips turning blue or pale, drying of throat, butterflies in the stomach, shivering, stammering, dilation of



*“Stand up, be bold, be strong, take the whole responsibility on your shoulders, and know that you are the creator of your own destiny”.*

*- Swami Vivekananda.*

pupils, listlessness, nausea and other such symptoms. Psychological manifestations include withdrawal, disinterest, irritability, addiction, lack of self esteem, psycho-somatic symptoms, anticipatory anxiety, lack of performance at work place/ family/ social groups, dysfunctional marital/ sexual relation and many similar indications.

But there is good news too. Stress is not always bad. In fact, a minimum level of stress is required to lead a productive and creative life. For instance, in case of a student, stress related to poor performance in the examination can gradually lead to better work efficiency and output. But if it surpasses the required and manageable level, the consequences can be highly counter-productive and even fatal. Tolerance level for the degree of stress varies from individual to individual. No absolute standard exists for that. Individual ‘A’ might have the capacity to manage ten stressors at a given point in time, individual ‘B’ might have the capacity to cope up with five stressors only, while individual ‘C’ might not possess the capacity to handle even one stressor. Some people have the notion that stress indicates some psychological disorder. It is not true. It is not that some of us have it and other’s do not. All of us have it. Many of us live days, weeks and even months in a constant state of stress, our body and mind never relaxing and enjoying a moment of peace. There is tremendous pressure. The person becomes totally dysfunctional.

All of us have to be well versed with the coping mechanisms of managing stress, both preventive as well as intervention measures as per our need, aptitude and capacity. They have to be made part of our life style, otherwise non-stop-stress can act as a killer in terms of performance. Since your perception, thinking, attitudes, beliefs and values lead to stress, so the million-dollar questions are : how to change thinking and attitudes and how to shape behavior?

This editorial addresses these two

questions. The approach adopted here is “**cognitive behavioural approach**”. The interventions suggested here are not absolute in nature. Their application varies from individual to individual. Considering one’s idiosyncracies, each person may choose those mechanisms which are compatible to his or her personality profile.

#### **COPING MECHANISMS :**

The coping mechanisms for *cognitive approach* suggested are :

❖ **Accept death as basic existential condition** : Fear of inevitable non-being at conscious, subconscious and unconscious levels drives people to lot of emotional and psychological disturbances. It is essential to realize that we are mortal and not eternal. Death is inevitable. Treat it as an opportunity for growth. Though physical death finishes us but the idea of death can serve as a driving force to act and add meaning to living. We can choose to be creative and useful to our society during our span of being in this world.

❖ **Carve out a meaning of Life** : We are born in a meaningless world. You are the one to attach a meaning to your life. Decide on your aims and ambitions. Decide on ideals of your life within a given cultural setting and even beyond depending on your strength. Think divergently. Living without meaning will lead you to a futility syndrome. Life is like a flowing stream. Its flow will stop if you do not contribute in your own way to it. No absolute meaning can be attached to life. Meaning is relative and subjective. You explore your inner core, decide on your ideals and work towards seeing them gratified.

❖ **Realize that stress is in-built in life** : Stress cannot be eliminated from life. Take preventive measures. All of us have got to learn to manage stress. Be prepared to face at least ten stressors everyday. View death as an eventuality. Take it as a positive indicator leading to growth and creativity. Live for every moment. Life is a paradox. We have to plan for future and yet live in here and now. “*Dho pal kae jeevan sae ikk umr churani hai.*” is the message.

❖ **Practice stress incolution** : It is a psychological and behavioral analogue to immunization on biological level. It includes three phases : *Educational Phase* : understand the ways in which you respond to stressful situations. *Rehearsal Phase* : acquire and rehearse new set of thoughts. *Application phase* : get into relaxation, self rewards, discussion and problem solving.

❖ **Indulge in cognitive restructuring** : What you say to yourself directly influences the things you do. Self statements effect a person’s behavior as much as statements made by others. Become aware of your self talk and your inner speech. Modify your negative self talk to positive self talk. If you say to yourself that you are dull, you will start behaving in a dull fashion and if you say to yourself that you are intelligent, you will behave intelligently. Self statements work like self hypnosis. Once a monk meditated on a bull for a couple of months giving a self statement like: “I am a bull”. Consequently he started actually visualizing himself, looking and behaving like a bull. Self

statements have a deep and lasting effects. Say wonderful things to yourself.

❖ **Dispute irrational beliefs** : Situations, people and events are not a source of stress. Perceptions and irrational beliefs lead to stress. So confronting / disputing the irrational beliefs and substituting them by positive and rational beliefs reduce stress. Others will not change. You have to change your reactions. Empower yourself. Take control of everything in your life. Do not let loose your ownership. Believe, you can change the whole world. “ *stand up, be bold, be strong, take the whole responsibility on your shoulders, and know that you are the creator of your own destiny*”, says Swami Vivekananda.

❖ **Use positive imagery** : Healthy imagery and day dreaming help in reducing stress. So, use positive imagery as a stress relieving mechanism. Engage in it to the extent that it does not make you dysfunctional. You can imagine yourself doing challenging tasks with positive results. It makes you feel good and can help in operationalizing the things which appear beyond your control or impossible.

❖ **Listen to your feelings** : Feeling is the core of existence. Pay attention to your inner feelings and needs. Do not ignore them. Never suppress them. Make efforts to gratify them. In case you are not able to actualize them, work on them, sublimate them. If you do not, then the result will be frustration and irritability. Suppressing feelings means snowballing them. Regular introspection can be helpful. Weeping to an extent in private can be therapeutic. Sharing can be good if the other person demonstrates empathy and ensures confidentiality.

❖ **Accept responsibility for yourself** : All of us must take a responsible stance in work situation as well as personal life. Do not get into the trap of passing on the buck to others. Past unfortunate events / experiences of life and situations should not be carried along. One must shun learned helplessness. Focus on here and now. Make choices and be ready for consequences. People with habitual routine of shirking responsibility have learnt to select a life style in which others can be maneuvered to take responsibility. Such people tend to blame others for their failures. “ *We are responsible for what we are; and whatever we wish ourselves to be, we have the power to make ourselves*”, says Swami Vivekananda

❖ **Accept that you are not in control of the world** : Events and people will not follow the course of action you want. Events are beyond your control. Attempts to change people and events is self defeating. Accept what you cannot change, rather change your self. Follow “I am okay, you are okay” approach; rather than “you are okay, I am okay” approach. Delete “the other must do”, “ the other should not be unfair to me”, “ why me” type of internal dialogues from your personal dictionary of beliefs and values. Unfair things will happen in life. What worst could have happened to the mythological legends like Ram and Sita in Ramayana.

❖ **Stop perfectionist attitude** : Do not accept mediocrity in

your life. Make success as your goal and not perfection. Perfection is like a bachelor’s wife. Achieve as per your ability and situational constraints. Accept that you may not be the best. There can be better performers than you. Give them credit. Realize the fact that one cannot get everything in life.

The coping mechanisms suggested for *Behavioural approach* are :

❖ **Plan and organize your life and work** : Set your goals / objectives and make decisions: Define your personalized goals in terms of being: meaningful, measurable, realistic, deciding on 5 W *h*s; who, why, when where, what and how well? Develop steps to reach the defined goal – primary, secondary and check steps. Learn to make decisions about how to use time, energy and other resources required in actualization of your goals and objectives. Learn to take risks and manage them.

❖ **Management of habits** : Habits do change. But they do not change by sheer will power, they demand change in beliefs and values. It requires practice. It requires learning skills. Make a “To Do” list, hang it. Associate “Target Habit” with one of your routine activities. Use reinforcers. Use support system of your office, home, school and others. Use some devices as memory aids.

❖ **Management of time** : Set priorities. Complete one assignment at a time. Limit telephone calls. Regulate visitors. Stop unnecessary repetitive activities. Limit meetings. Organize and reorganize your work and home environment. Avoid procrastinations. Make weekly and monthly Time Management Schedules. Hang it in front of a place where you can see it conveniently. Get out of your routine one day a week. Good time management enhances performance and reduces stress. Reverse is also true. It is well known that the most busy person has time at his disposal because he knows managing time.

❖ **Be assertive** : Learn to say NO. Assertion is a form of appropriate behavior – direct, honest and concrete expression of emotions, beliefs, needs and feelings. Learn the difference between assertions, aggression and passiveness. Accept and identify your personal rights and rights of other person. Reduce obstacles to acting assertively like irrational thinking, excessive anxiety or guilt or negative self talk. Develop assertive skills through active practice methods. Avoid bipolar approaches – passiveness and aggression.

❖ **Act as a problem solver** : Look at your problem objectively. Own responsibility. Make choices. Prepare in advance for expected consequences of your choice. The solution may not be the best, choose the second best or the third best as per the personal, situational, time and other constraints. Do act with mental coolness. Critically and systematically locate the problem, define the problem and cause and effect relationship, find and examine alternate solutions to the problem, choose and implement one or more of these solutions, organize an action plan into a sequence of specific action steps, establish a definite time limit and dates for completing each step, announce publicly



*Music and Lyrics elevates you to a state of Bliss*

your commitment to the action plan among the “significant others”, develop check points to measure the progress, reinforce / reward yourself for making progress, act here and now and evaluate the results of the chosen solution.

❖ **Music/Lyrics therapy** : Listening to music may depend on the aptitude and receptivity of an individual. Those with such personality types can get benefited both by the rhythm and harmony of classical / semi –classical music as well as by the lyrics which contain deeper meaning of life and also many times, the answers to various questions of life. Meaningful lyrics directly penetrate into the mind and heart leading to positive mental programming. The act of singing goes many steps further. It is a physical exercise in terms of respiratory involvement and a mental exercise as well. It can also be quite useful in terms of acting as a pranayama, a breathing exercise and also as a medicine for emotional ailments. Music relaxes and calms you. It elevates you to the state of happiness. Music works as an effective therapy. Total indulgence in it generates a feeling of oneness with the Divine: a state of peace and bliss. Cultivate the habit of listening to good lyrics and music. Learn it. Seek training from an expert.

❖ **Laughter therapy** : Laughter therapy and humour create relaxation and reduce stress. Laughter and humour act as cathartic medicine to cope with and cure emotional and psychological set-backs. Laughter works as an effective muscle exercise. It is known as internal jogging. Laughter takes you to a higher level of consciousness leaving no scope for stress. Once your mind is free, it enhances creativity.

❖ **Take time off your leisure/ sublimate energies** : Engage regularly in leisure / physical exercises. Sublimate your energies. Get out of your office and home at reasonable breaks. Raise your activity level. Develop and groom your hobbies and interest. Take time off for yourself and your family from your routine monotonous work and domestic life. Use your time management skills for fixing up the slots for such activities. Schedule it in your time management ‘to do list’. Visit your close friends, relatives and significant others at some convenient time.

❖ **Take nutritious diet and develop proper sleep habits** : Develop proper food and sleep habits. They promote physical and psychological well being. Quality of diet and proper sleep improve health. They enhance physical and mental energy. Choose and take your food thoughtfully. Concentrate on the details of the act. Enjoy your food. Gradually eliminate “Rajasic” and “Tamasic” food habits. Cultivate the food habits, which enhance “Sathwic” temperament.

❖ **Develop interpersonal communication skills** : Inter personal skills enhance self-esteem. These skills make you a good communicator, helping to have a better self image. They enrich your social, professional, personal life. Interpersonal skill deficits cause inferiority complex. These reinforce social avoidance and withdrawal. It has a negative impact on professional venture / assignments and personal life. Grooming one’s interpersonal skills is absolutely essential for performance in all walks of life. Practice and perfect your interpersonal skills.

❖ **Dress up neatly and smartly** : Physical appearance reinforces confidence. You feel important and strong. It strengthens your interpersonal skills. Observing hygiene, dressing up pleasantly and smartly is essential for upholding one’s sense of well being. Identify the most striking aspects of your physical personality. Take it as your strength. Develop it further. Seek feedback. Focus on it. Nurture it.

❖ **Cultivate and mobilize group support** : We are basically alone in this world. Yet we have opportunity to relate to other people. People are concerned about preserving their identity, but at the same time strive for connectedness with others. One of the most important elements in managing stress is the utilization of a good support system. Supportive relationships are those marked by warmth, empathy and care. Support systems help us to manage stress at least in distinct ways. They give us emotional support. Simply knowing that others understand our situations, care for us and respect our problems provides us a lot of strength. It provides a platform for consensual validation.

❖ **Build on spiritual strength/intelligence** : We have an option available to begin the process of developing a spiritual temperament or health, which can be adopted to neutralize the stress. The objective here is to evolve certain spiritual practices from the rich spiritual heritage for our growth and psychological well being. One has to make the choice! *It is only the spiritual knowledge, says, Swami Vivekananda, that eternally destroys the miseries of life.* Any other knowledge leads to temporary satisfaction of wants.

Danah(2002) considers “Spiritual Intelligence” as an essential part of healing process in life and also setting a direction- “thinking of ourselves as an expression of higher reality”. It is basically a command over meaning, vision and value as per our thinking and decision. Awakening of the “spiritual Intelligence”, thus assumes a lot of significance. It develops confidence, control, clarity and meaning in every action. Sinha( 2004) has identified some indicators of spiritual intelligence like flexibility, self awareness, an ability to use and face suffering, a tendency to

probe and ask fundamental questions, the ability to be inspired by a vision, ability to work against convention, ability to see connection between diverse things, think holistically, a desire and capacity to cause as little harm as possible. Spiritual intelligence is reported to enhance creativity.

Gradual and rigorous cultivation of values of working with detachment and training self in the control of ego is considered fundamental in Indian spiritual thought. *“Without attachment perform ever the work to be done, doing work without attachment, man indeed attains to the highest. He who abandoning all desires lives and moves without any longings, free from the sense of I or mine, attains to peace.” - Bhagavad Gita*

We have been taught in our spiritual culture that ego struggles and attachments are the roots of stress. It is not a child's play to

eliminate them, because they are inbuilt in human system. However their limits can be consciously kept under check and reduced with gradual efforts. Attempts can be certainly made in this direction by changing our beliefs and following certain practices. To begin with, we need to restructure our cognitions by changing our views about creation, existence and internalize our role in it. *“Maira Muj Main Kuch Nabi, Jo Kuch Hai, So Tor, Tera Tuj Ko Sonpta, Kya Lagath hai Mor” (Kabir)*. Combined with these is the role of **faith** in the Divine and **prayer** which is therapeutic in nature. These heal us eternally.

Stress can be a **motivator** in terms of performance.  
Stress can be a **killer** in terms of performance.



YOU HAVE TO MAKE A CHOICE!

## events

### WORLD POPULATION DAY

World Population Day was celebrated on 11<sup>th</sup> July in the NIHFW auditorium. At this occasion Prof. Ashish Bose delivered a talk on **“Reflection on Population Issues”**. A quiz programme was conducted for group B, C and D staff. This was followed by a prize distribution. Prof. Madhulika Bhattacharya, Dean of the Institute, gave the concluding address and also presented an Institutes' memento to the guest speaker.



*Prof. A. Bose delivering a lecture on world population day*



*Prof. M. Bhattacharya giving Institutes' memento to Prof. Bose (L) Director NIHFW*

### INDEPENDENCE DAY CELEBRATIONS

This pious day began with a flag hoisting ceremony by the Director, NIHFW, followed by reciting the National Anthem. The Dean of the Institute, Prof. Madhulika Bhattacharya, Prof. A.M. Khan and the Acting Deputy Director, Dr. T.G. Shrivastva addressed the faculty and staff of NIHFW. They focused on the considerable developments that the Institute has made in the recent past with respect to work culture, academic growth, administrative efficiency and the structural modifications under the proactive and action oriented leadership style of our esteemed Director, Prof. Deoki Nandan.

National flag was also hoisted at the residential campus by our Director. Dr. Vibha Sharma planted a tree near the flag hoisting site. Celebrations on this day were marked by chivalry and buoyancy. Patriotic feelings were distinctly manifest in the campus children during the cultural event. They appeared like small divine souls from the heaven, dancing and singing on this earth. Talent

demonstrated by these children touched the hearts of the audience. Feelings of joy were very prominent. Filled with radiance and colours, the event was chaired by our director. His presence was a great source of inspiration for these young budding artists and patriots. Dr. Vibha Sharma distributed the prizes. The event was concluded by a brief address and blessings to the children by Prof. Deoki Nandan.

*Glimpses of Independence Day celebrations*



## HINDI PAKHWADA

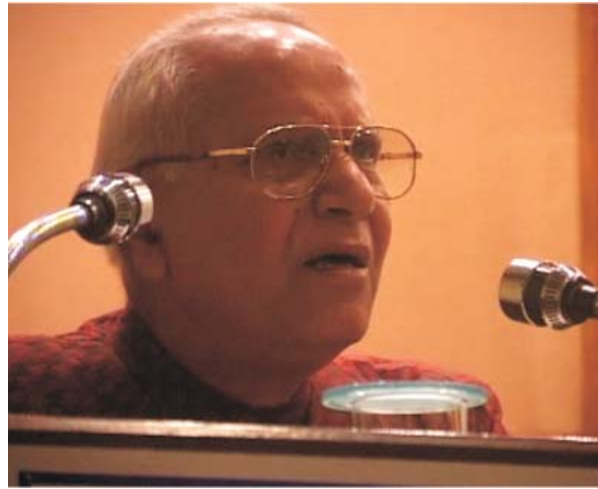
Hindi Pakhwada was organized in the Institute from 1<sup>st</sup> to 11<sup>th</sup> September. The various events included “nibhand pratiyogita” (essay competition), ‘wak pratiyogita’ (oration skills), poster making, “prashan-uttri” (question-answer session) and ‘kaaryshala’ (workshop). The Pakhwada was concluded by celebrating a ‘Hindi Diwas’ on 11<sup>th</sup> September. Prof. Anand Kumar from JNU delivered a guest lecture on “Status of Hindi on the Time Cycle of Globalization”. It was followed by the prize distribution.



*Prof. Anand Kumar addressing NIHF staff on Hindi Diwas*

## SAHITYIK KAVYAPATH (LITERARY ORATION OF HINDI POETRY)

NIHF family was privileged to have the Kavivar Som Thakur, a renowned Indian poet with them on 23<sup>rd</sup> September. The function began with a warm welcome to the outstanding Hindi Poet by our Director, Prof. Deoki Nandan in his piercing flow of Hindi language. Shri Thakur delivered a melodious oration of his Hindi poetry. He beautifully and subtly touched upon various aspects of life condition of the day and the dynamics of sensitive human relationships in his poetry. His spontaneity coupled with his ideational and emotional investment in each piece of the lyrics could be clearly discerned from his formidable flow of delivery. The oration touched deeply the aesthetic and emotional health dimensions of our staff. A good catharsis indeed!



Vote of thanks was proposed by Dr. Y.L.Tekhre, who profusely thanked the renowned poet by adding some sense of pleasant humour to this serene event. The signature of the Kavivar has been recorded in this Newsletter as a symbol of honour and sweet memory for the Institute. His message to this Institute has also been placed on record

SP  
हिन्दी पखवाड़ा  
2008

A vertical handwritten signature in black ink, reading 'Som Thakur'.

सत्यं शिवं सुन्दरम् का सजीव एवं साकार प्रतीक।

Message of Kavivar Som Thakur

Signature of Kavivar Som Thakur

## AN EXTENDED ACTIVITY OF HINDI PAKHWADA

As an extension of Hindi pakhwada activities, a “HASYA KAVITA” recitation in Hindi was made by Shri Anand Agarwal, Under Secretary, Ministry of Health and Family Welfare, at NIHF Auditorium on 30<sup>th</sup> September. The hall echoed with joy and laughter of audience. It provided an effective platform of laughter therapy to defreeze the staff and faculty.



## MEETINGS

- A “National Review Meeting to Review the NSV Programme in the Country and to Discuss in Detail the Proposed action plan for the year 2008-09” was held on 24<sup>th</sup> and 25<sup>th</sup> July at NIHFW. Mission Director (NRHM), Mr.G.C.Chaturvedi addressed the participants.
- A workshop was organized on “Sharing End Evaluation Findings of the Community Led Initiatives for Child Survival CLICS Project” by Aga Khan Foundation at NIHFW on 8<sup>th</sup> August.
- A meeting on “Financial Matters Pertaining to RCH-II” was inaugurated by Ms. Aradhana Johri, Joint Secretary (MOHFW) on 16<sup>th</sup> September and 17<sup>th</sup> September.
- An “Orientation Training to the Regional Evaluation Teams (RETS)” was conducted by Dr. Rattan Chand, Chief Director, MOHFW on 22<sup>nd</sup> September.
- A “Workshop on Multivariate Analysis” was conducted by MCH STAR from 29<sup>th</sup> September to 1<sup>st</sup> October.

## LECTURES BY GUEST SPEAKERS

- A lecture on “Advocacy” by Ms.Danielle Grant from MCH Star was delivered on 29<sup>th</sup> August in the Auditorium of the Teaching Block of the Institute.
- A lecture on “Motivation” was delivered by Dr. Harry Sangeet Jooseery, Executive Director, from Partners in Population and Development, DHAKA on 24<sup>th</sup> September in the Auditorium of the Teaching Block of NIHFW.



*Ms. Danielle Grant delivering a Guest Lecture*

## VISITORS TO THE INSTITUTE

Prof. M.K.Bhan, Secretary, Department of Bio Technology addressed the faculty of NIHFW on 14<sup>th</sup> July.

Ms. Shalini Prasad, Joint Secretary, MOHFW, discussed the “training related issues” with the faculty of NIHFW on 24<sup>th</sup> July.

Dr. Peter Berman and Dr.Jerry La Forgia, Lead Health Specialists of the World Bank had a meeting with the Director and Faculty of NIHFW on 5<sup>th</sup> August.



*Ms. Shalini Prasad addressing the faculty*

## training courses/workshops conducted at the institute : an overview

### ■ Workshop on Operations Research in Health

**Course Coordinators :** Dr. V.K.Tiwari and Dr. K.S.Nair

**Date :** 14th-18th July

**Objective :** To discuss concepts and applications of Operations Research in health care and national health programmes for improving efficiency in order to bring improvements in health and family welfare services.

No. Trained : 17 ( Delhi – 3, M.P. - 1, Haryana - 1, U.P. - 1, Jharkhand – 2, Pondicherry – 2, Maharashtra – 2, Assam – 1, Orissa – 1, Uttarakhand – 1, J & K – 1, Kerala – 1)

### ■ Training Course for Block Public Health Managers under NRHM

**Course Coordinators :** Dr.Sanjay Gupta and Dr. Ankur Yadav

**Date :** 14<sup>th</sup> to 25<sup>th</sup> July and 1<sup>st</sup> to 12<sup>th</sup> September

**Objective :** To build up the capacity of Block Public Health Managers for the effective implementation of NRHM at block level.

**No. Trained :** 1<sup>st</sup> Course: 33 (Uttarakhand – 8, Rajasthan – 13, Bihar – 12)

2<sup>nd</sup> Course : 46 (H.P – 11, Gujarat – 8, Rajasthan – 8, Manipur – 9, Meghalaya - 10)

**TOTAL : 79**

### ■ Capacity Building Workshop on “Rapid Appraisals of Health Interventions under RAHI-II

**Course Coordinators :** Dr.V.K.Tiwari and Dr. K.S. Nair

**Date :** 21st-25th July

**Objective :** To build the capacity of Public Sector Medical Institutions in conduction of Rapid

Assessment under NRHM.  
**No. Trained** : 22 (M.P – 4, U.P. – 8, Jharkhand-1, Uttarakhand – 1, Bihar – 4, Rajasthan -4)

■ **Training Course on “Community Participation and Inter-Sectoral Coordination”**

**Course Coordinators** : Prof. A.M.Khan and Dr.Y.L.Tekhre  
**Date** : 21st-25th July  
**Objective** : To provide an understanding of the nature and dynamics of “community participation and intersectoral coordination” as a unifying approach for effective and sustainable health care delivery system.  
**No. Trained** : 22 (Assam-3, Dehradun-2, Haryana-1, H.P.-3, Rajasthan-1, Karnataka – 2, Kashmir – 1, Maharashtra – 3, New Delhi – 2, Orissa – 2, Punjab – 1, Tamil Nadu – 1)

■ **Training of Trainers on “Integrated Disease Surveillance Project (IDSP) for State and District Surveillance Officers of Phase III States”**

**Course Coordinators**: Dr.S.V.Adhish and Dr.Gyan Singh  
**Date** : 28<sup>th</sup> July to 2<sup>nd</sup> August  
**Objective** : To establish a decentralized district based system of surveillance for communicable and non-communicable diseases so that timely and effective public health action can be initiated in response to health challenges in the urban and rural areas.  
**No. Trained** : 14 (Delhi)

■ **A Training Course on “Orientation Training Programme for Divisional Project Managers under NRHM”**

**Course Coordinators** : Dr.S.Menon and Dr. Bindoo Sharma  
**Date** : 28<sup>th</sup> July – 1<sup>st</sup> August.  
**Objective** : To enhance the knowledge and strengthen the skills of the official in effective

management and implementation of NRHM.  
**No. Trained** : 14 (U.P.)

■ **Workshop on “Health Promoting Schools”**  
**Course Coordinators** : Dr.Poonam Khattar and Dr. Neera Dhar

**Date** : 29th-31st July  
**Objective** : To sensitize the key personnel working in the Health and Education sector with the concept and framework of Health Promoting Schools.  
**No. Trained** : 34 (Rajasthan- 3, New Delhi - 25, Tamil Nadu - 1, Chattisgarh – 3, Himachal Pradesh- 1, Madhya Pradesh- 1)

■ **10<sup>th</sup> Professional Development Course in “Management, Public Health and Health Sector Reforms for DMOs”**

**Nodal Officer** : Prof.M.Bhattacharya  
**Date** : 28<sup>th</sup> July – 4<sup>th</sup> October  
**Objective** : To enhance the managerial capacities of the in-service senior level District Medical Officers  
**No. Trained** : 17 (Haryana-7, J & K – 2, Kerala – 1, Delhi – 2, Uttarakhand – 5)

■ **One day “Orientation Meeting on WHO-GOI Collaborative Programme Implementation”**

**Advisor** : Prof. Deoki Nandan  
**Coordinator** : Dr. Sanjay Gupta  
**Date** : 1<sup>st</sup> August  
**Objective** : To share the WHO-GOI guidelines on collaborative programmes with collaborative partners, to present and discuss current priorities in family and community health (FCH) area of work and to discuss effective implementation of the WHO collaborative programme.  
**No. Trained** : 48 (Tamilnadu – 1, West Bengal – 2, Delhi – 36, Andhra Pradesh – 1, Maharashtra – 4, Rajasthan – 1, Karnataka – 1, Chandigarh-1, Haryana – 1)



*Inaugural session of “Workshop on Health Promoting Schools”*

■ **Training Course on “Health and Human Rights”**

**Course Coordinator** : Mr.Y.L.Tekhre and Dr. Neelam Makol  
**Date** : 4<sup>th</sup> – 6<sup>th</sup> August  
**Objective** : To enhance the capacity for building up skills in planning, implementation, monitoring and evaluation on issues related to health and human rights  
**No. Trained** : 16 (Assam - 3, Madhya Pradesh – 1, Delhi- 6, H.P.-1, Gujarat – 2, Rajasthan – 1, West Bengal-1, Orissa – 1)

■ **Training Course on “Monitoring under NRHM / RCH”**

**Course Coordinators** : Dr.V.K.Tiwari and Dr.K.S.Nair  
**Date** : 4<sup>th</sup> – 8<sup>th</sup> August.  
**Objective** : To enhance the competence of state / district level officials in policies and strategies relating to monitoring of activities under NRHM with special focus on RCH programme.  
**No. Trained**: 8 (Delhi – 2, Haryana – 1, J & K – 2, Andhra Pradesh – 1, Bihar – 2)

■ **Training Course on “TOT for Alternative Training Methodology in IUD Services”**

**Course Coordinators** :  
1<sup>st</sup> Course : Dr.S.Menon and Dr.Pritha Biswas Sehgal  
2<sup>nd</sup> Course : Dr.S.Menon and Dr.Renu Shahrawat  
3<sup>rd</sup> Course : Dr.S.Menon and Mrs.Renuka Patnaik

**Date** : 4<sup>th</sup> to 9<sup>th</sup> August; 18<sup>th</sup> to 23<sup>rd</sup> August; 25<sup>th</sup> to 30<sup>th</sup> August  
**Objective** : To enhance the clinical training skills and update knowledge about CuT 380 A of participants for provision of good quality IUCD services at all levels of health facilities.

**No. Trained** :

1<sup>st</sup> Course : 23 (Andhra Pradesh – 3, J & K – 5, Pondicherry – 2, Sikkim – 3, Tamil Nadu – 5, HLFPT – 2 & NIHFV – 3)  
2<sup>nd</sup> Course : 19 (HP – 2, MP – 3, Goa – 2, Orissa – 3, Haryana – 4, HLFPT – 2, PSI – 1 & NIHFV – 2)  
3<sup>rd</sup> Course : 30 (Bihar – 4, Chandigarh – 2, Delhi – 1, Haryana – 1, Orissa – 2, Punjab – 4, Rajasthan – 3, Tamil Nadu – 2, Uttarakhand – 4, HLFPT – 2 & NIHFV – 5)  
**TOTAL** : 72

■ **First Course on “Continuous Medical Education for CGHS Doctors in Family Medicine”**

**Course Coordinators** : Prof.J.K.Das and Dr. Neera Dhar  
**Date** : 18<sup>th</sup> – 29<sup>th</sup> August.  
**Objective** : To enhance the knowledge and skills of the participants in clinical and managerial aspects towards improving upon the functioning of CGHS Dispensaries.  
**No. Trained** : 27 (Delhi)



*Dr. Harry Sangeet Jooseery giving inaugural address at the training Course on "Gender, Health and Development"*

■ **National Workshop for "Master Trainers for the Training of Medical Officers in Immunization"**

**Course Coordinator :**

Prof.M.Bhattacharya

**Date :** 9th – 11th September

**Objective :** To enhance the knowledge and strengthen the skills of the Master Trainers in Immunization programme so as to enable them to conduct the Training of Trainers courses for the immunization training of medical officers

**No. Trained :** 38 (Delhi – 16, U.P. – 4, Rajasthan – 2, West Bengal – 2, Karnataka – 3, Assam – 1, Maharashtra – 5, M.P. – 2, Bihar – 1, Jharkhand – 1, Orissa – 1)

■ **Training Course on the Role of NGOs in National Rural Health Mission**

**Course Coordinators :** Dr. T.Bir and Dr. Neelam Makol

**Date :** 8th-19th, September

**Objective :** To orient the participants to the prevailing health scenario in the country in order to develop and strengthen NGO's for implementing NRHM and various National Health programmes.

**No. Trained :** 36 (Gujarat -2, Uttarakhand -1, U.P. – 5, Rajasthan -2, M.P. – 2, Maharashtra -2, Tamil Nadu-4, J&K -2, Assam -7, Haryana -2, Nagaland – 2, Jharkhand -2, Orissa -1, Delhi – 1, Tripura – 1)

■ **80<sup>th</sup> Training Course on "Hospital Administration for Senior Hospital Administrators"**

**Course Coordinators :**

Prof.J.K.Das and Dr.Neera Dhar

**Date :** 8th – 26th, September

**Objective :** To improve the knowledge and managerial skills of the participants in the area of hospital administration so that they become more effective administrators.

**No. Trained :** 27 (Delhi – 11, Tamilnadu – 3, Uttar Pradesh-1, Bihar – 1, Maharashtra– 2, Mizoram – 1, Andhra Pradesh– 1, Orissa – 1, West Bengal– 1, Himachal Pradesh– 1, Assam– 1, Uttarakhand –1)

■ **Training Course on "Data Analysis for Feedback and Action"**

**Course Coordinators :**

Dr.Pushpanjali Swain and Dr.M.Hemanta

**Date :** 15th – 20th September

**Objective :** To enhance the knowledge and skills of the participants in data analysis, generating and understanding information for decision making to perform their job responsibilities.

**No. Trained :** 23 (Tamil Nadu – 5, Haryana – 1, H.P. – 1, Orissa – 3, U.P. – 2, Delhi – 2, Sikkim – 2, West Bengal– 1, Pondicherry – 2, Karnataka – 1, Jharkhand – 1, Maharashtra – 1, M.P. – 1)

■ **Training–cum–Workshop on "Counselling Skills for Health Professionals"**

**Course Coordinators :**

Dr. Rajni Bagga and Dr. Neera Dhar

**Date :** 22nd – 26th September

**Objective :** To enable the health professionals to develop the competencies in some basic counselling skills in order to promote quality of health care as well as support and assist the clients to find suitable solutions to health related problems.

**No. Trained :** 34 (Punjab-1, Gujarat-2, Delhi-3, Haryana-1, Jharkhand-2, Mizoram-2, Himachal Pradesh-1, Goa-4, Pondicherry-1, Maharashtra-5, Uttarakhand-5, Madhya Pradesh-1, Uttar Pradesh-2, Meghalaya-2, UNICEF-2)

■ **Training Course for the Health Personnel on "Gender, Health and Development"**

**Course Coordinators :**

Dr.Poonam Khattar and Dr.K.S.Nair

**Date :** 24<sup>th</sup> – 26<sup>th</sup> September

**Objective :** To sensitize and enhance the knowledge of health personnel for operationalizing Gender

Approach in the health system.  
**No. Trained :** 35 (West Bengal-1, Himachal Pradesh-1, Tamil Nadu-3, Uttarakhand-2, Punjab-2, Jharkhand-1, Haryana-3, Rajasthan-3, Meghalaya-2, Manipur-2, Andhra Pradesh-2, Jammu and Kashmir-3, Mizoram-2, Uttar Pradesh-4, Kolhapur-1, Chattishgarh-1, New Delhi-2)

■ **Course on "Professional Training on Capacity Building for IEC Officers in Communication Skills under National Rural Health Mission"**

**Course Coordinator :**

Prof. Mathiyazhagan

**Date :** 22nd – 27<sup>th</sup> September

**Objective :** To enhance the knowledge and skills of IEC officers in designing an effective IEC strategy for implementation of National Rural Health Mission (NRHM) in a district.

**No. Trained :** 30 (Tamil Nadu-2 Punjab-1, Haryana-1, Rajasthan-1, Meghalaya-2, Manipur-2, Andhra Pradesh-4, Jammu and Kashmir-2, Arunachal Pradesh-2, Assam-1, Goa-2, Gujrat-3, Nagaland-1, Karnataka-2, Madya Pradesh-2, Delhi-2)



*Director, NIHFV interacting with the participants of workshop on "Master Trainers for the Training of Medical Officers in Immunization"*

# activities of the director

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

## INTERNATIONAL

- Director attended the Consultative meeting of PPD Partners Institutions”, organized by Partners in Population and Development (PPD), Dhaka, Bangladesh from 28th to 30th July at Dhaka, Bangladesh.

## NATIONAL

- Attended the “3<sup>rd</sup> Meeting of the Executive Committee of the National Nutrition Mission (NNM)” under the Chairpersonship of Smt. Renuka Chowdhury, Minister of State for Women and Child Development, organized by Ministry of Women and Child Development on 8<sup>th</sup> July at Vigyan Bhavan.
- Attended the “Pre-MTR Workshop” organized at Udaipur on 17<sup>th</sup> and 18<sup>th</sup> July.
- Acted as a subject expert in the “Meeting of the Standing Selection Committee for the interview of faculty positions of NEIGRIMS, Shillong”, on 23<sup>rd</sup> July, at Hotel Samrat, New Delhi.
- Meeting with Ms. Aradhana Johri, Joint Secretary (MOHFW) on “IMNCI” at MOHFW on 8<sup>th</sup> August.
- Attended the International Conference on ‘New Directions for Public Health Education in Low and Middle Income Countries’, organized by Public Health Foundation of India on 12<sup>th</sup> and 14<sup>th</sup> August at Hyderabad.
- Attended the “Second Meeting of Steering Committee for a Coalition for Sustainable Nutrition Security in India” on 13<sup>th</sup> August, at Hyderabad.
- Acted as an expert in the “National Workshop for Designing the Strategy for Advocacy and Implementation of ICF in the Country”, organized by Central Bureau of Health Intelligence on 21<sup>st</sup> and 22<sup>nd</sup> August at NIHFW.
- Inaugurated the workshop on “Strengthening Midwifery Practices for Safe Motherhood in India for State level Nursing Officers organized by Trained Nurses Association of India” at TNAI Headquarters, New Delhi on 25<sup>th</sup> August.
- Conducted “Field Visits to the State of Rajasthan during Mid Term Review of RCH II”, organized by Ministry of Health



*Professor Deoki Nandan was honoured with a Gold Medal and an Oration Award Certificate at the 9<sup>th</sup> World Congress and 17<sup>th</sup> National Conference on “REPRODUCTIVE and CHILD HEALTH” at Jaipur. He delivered an oration on “Maternal Mortality - present and future scenario” on 14<sup>th</sup> September 2008.*

and Family Welfare during 1<sup>st</sup> to 5<sup>th</sup> September and made the presentation for the same to the Principal Secretary at Jaipur.

- Attended “2<sup>nd</sup> Meeting of the Advisory Committee of Validation Laboratory for Nutritional Assessment of North-East and Other Inaccessible Population”, organized by Indian Council of Medical Research at ICMR Campus-II, Tuberculosis Association of India Building, New Delhi on 4<sup>th</sup> September.
- Attended a Workshop on “National Advocacy on Tobacco Control Laws and related issues in India”, organized by MOHFW at Hotel Ashoka, New Delhi on 9<sup>th</sup> to 10<sup>th</sup> September.
- Delivered ‘B. Mukherjee Oration’ at the National Conference organized by NARCHI, Kolkatta at Jaipur on 14<sup>th</sup> September.
- Attended the “Course Curriculum Meeting of IMNCI (F)” held at Agra on 18<sup>th</sup> September.
- Chaired the “1<sup>st</sup> Meeting of Health Account Number (HAN) Diary Proposal” on 22<sup>nd</sup> September at ICMR, New Delhi.
- Presided over the IAPSM (Pb.) chapter and Social Medicine Association jointly organized by LME on “Medical Education in the Era of Globalization” at Amritsar on 21<sup>st</sup> September.

# activities of the faculty : outside institute and country

Apart from their routine academic and administrative responsibilities, the faculty of the Institute participated in the activities quoted below:

## international training and consultancy :



Dr. Poonam Khattar attended “Certificate Training Programme on Global Tobacco Control” from 16<sup>th</sup> May to 4<sup>th</sup> July, at John Hopkins, Bloomberg School of Public Health, USA

Dr. Utsuk Datta attended “Global Leadership Programme on Tobacco Control” at Bloomberg School of Public Health, John Hopkins University, Baltimore, USA from 21<sup>st</sup> July – 1<sup>st</sup> August.



Dr. Utsuk Datta and Dr. Poonam Khattar attended a training programme on “Strengthening Human Resource for Health” at Harvard School of Public Health, Boston, USA from 11<sup>th</sup> – 22<sup>nd</sup> August.



Dr. V.K. Tiwari took a short term consultancy at Agha Khan Foundation Office at Tajikistan from 4<sup>th</sup> to 15<sup>th</sup> September. The consultancy involved data analysis of “quality of life assessment survey at Gorno-Badakshn, Tajikistan”. A manual for data analysis was also completed along with requisite training to team members in the office. The summary report of the data analysis was also completed and submitted to the office.

## meetings/workshops attended or conducted

### PROF. M. BHATTACHARYA

- Inaugurated the “6<sup>th</sup> Professional Development Course in Management, Public Health and Health Sector Reforms for District Level Senior Medical Officers” at State Institute of Health and Family Welfare, Mohali, Punjab on 7<sup>th</sup> July.
- Attended “Norway India Partnership Initiative (NIPI) meetings with NCHRC, WHO and UNICEF” on 9<sup>th</sup> of July and 15<sup>th</sup> September to share work plan of Child Health Resource Centre.
- Attended meeting on “Use of DBS in Surveillance 2008” held at NICD, New Delhi on 15<sup>th</sup> July 2008
- Attended a meeting of “India Health Sector Coordination Committee” under the Chairmanship of Secretary (H&FW) at Nirman Bhawan, New Delhi on 11<sup>th</sup> of August 08.
- Attended a Workshop on “Policy Analysis and Advocacy” at MCH Star, C/o Vistar, Safdarjung Enclave, New Delhi on 28<sup>th</sup> to 31<sup>st</sup> July
- Attended “Pre Surveillance Orientation and Planning Workshop” for RIs and Officers in Charge of Surveillance from 12<sup>th</sup> to 13<sup>th</sup> September 08.

### PROF. J. K. DAS

- Acted as a “Resource Faculty in Post Graduation Diploma in Health and Hospital Management Teleconferencing” at EMPC, IGNOU New Delhi. on 20<sup>th</sup> July.
- Attended two days Global Conference and Exhibition on “Fostering Quality Health Care for All” from 7<sup>th</sup> – 8<sup>th</sup> August at FICCI, Federation Houses, New Delhi.
- Awarded Dr. S. Radhkrishnan memorial award for National Teacher Honour at Shah Auditorium, Rajniwas Marg, Delhi on 4<sup>th</sup> September.

### PROF. A. M. KHAN

- Attended a National Consultative meet on “Safeguarding Rights of India” organised by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Govt. of India and Anugraha, New Delhi on 28<sup>th</sup> August.
- Attended a seminar on “Changing Needs of the Elderly” organised by Help Age India at India International Centre on 28<sup>th</sup> August.

### DR. M. M. MISRO

- Attended a meeting of the Advisory Committee of the “Validation Laboratory for Nutritional Assessment of North – East and other Inaccessible Population” at the ICMT campus IT Tuberculosis association of India Building on 4<sup>th</sup> September.

### DR. VIVEK ADHISH

- Attended the “National Workshop for Master Trainers for the Training of Medical Officers in Immunization” at NIHFWS from 9<sup>th</sup>-11<sup>th</sup> September.
- Attended the “Technical Committee for Adaptation of Deworming Guidelines for use to Prevent and Treat Iron Deficiency Anemia” under the Chairmanship of Prof. M. K. Bhan, Secretary Deptt. Of Biotechnology on 30<sup>th</sup> July.

### DR. U. DATTA AND DR. GYAN SINGH

- Attended “Annual Sentinel Surveillance meeting on HIV / AIDS” from 12 and 13 September. 08 at SIHFWS, Jaipur.
- Attended “TOT for trainers of Medical Officer of UP and Rajasthan on Routine Immunization” on 16<sup>th</sup> and 18<sup>th</sup> September at SIHFWS, Jaipur.

#### DR. Y.L. TEKHRE

- Participated in the training programme on '*Advocating for Reproductive Health and Rights*' at Naukuchiatal, Uttarakhand from 22<sup>nd</sup> to 30<sup>th</sup> July, 2008; jointly organized by Centre for Health and Social Justice (CHSJ), India, Population Leadership Program, University of Washington, Seattle USA, and SAHAYOG, Lucknow.
- Attended the Advisory Meeting At Directorate Health Services, Ministry of Health and Family Welfare, Govt. of India for "*Designing and Conducting Training Workshop for RNTCP State TB Officers in Planning and Implementing ACSM Activities*" on 9<sup>th</sup> July.

#### DR. NEERA DHAR

- Conducted a workshop on "*Interpersonal Communication and Stress Management*" for doctors dealing with clinical trials at Central Council For Research in Unani medicine, Ministry of Health and Family Welfare.

#### DR. POONAM KHATTAR

- Attended a "*Working Group Review Meeting and Finalization of Materials in Population Education*" held at National Council of Educational Research and Training, New Delhi from 5<sup>th</sup> to 6<sup>th</sup> August.

#### SHRI B.S. NEGI *Hindi Officer*

- Participated in the '*Hindi Day*' function celebrated by the Official Languages Department on 14<sup>th</sup> September at Vigyan Bhawan, New Delhi.

Prof. M. Bhattacharya, Dr. Vivek Adhish, Dr. Gyan Singh, Dr. Neera Dhar, Dr. Pushpanjali Swain and MD(CHA, DHA) students attended the Tenth JRD Tata Memorial Oration by Dr. Jamshed J. Irani, Director, Tata Industries Ltd. On "*Corporate Social Responsibility and Issues of Population Stabilization in India*" organized by Population Foundation of India on 22<sup>nd</sup> July at Lakshmi Pat Singhania Auditorium, PHD Chamber of Commerce and Industry, PHD House, New Delhi.

## guest lectures delivered

- Prof. Bhattacharya took a session on "**HIV and AIDS Scenario at Global, National and State Level NACP-III**" on 21<sup>st</sup> August at Star Grand Villa Plaza, East of Kailash, New Delhi.
- Prof. Bhattacharya delivered a guest lecture on '**HIV Surveillance**' at the World Congress and 17<sup>th</sup> National Conference of Reproductive and Child Health on 14<sup>th</sup> September at B.M. Birla Science and Technology Centre, Jaipur.
- Prof. A.M. Khan delivered a lecture on "**Decentralization in Health Care Delivery System- Role of PRI**" in Professional development Course at SIHFW, Mohali, Punjab on 23<sup>rd</sup> August.
- Prof. J. K. Das delivered lectures in various training programmes on "**Disaster Management**" conducted by Haryana Institute of Public Administration, Gurgaon and in Professional Development Course at SIHFW, Mohali, Punjab.
- Dr. T.G. Srivastava delivered lectures on "**Analytical Techniques on 9th August at IIT Roorkee**".
- Dr. Neera Dhar delivered lectures on "**Stress Management**" in Professional Development Course at SIHFW, Mohali, Punjab on 20<sup>th</sup> August and in Orientation Training Programme for MBBS graduates organized at SIHFW, Jaipur on 13<sup>th</sup> September
- Dr. Poonam Khattar delivered a lecture at National Council of Educational Research and Training (NCERT) on "**Health, Nutrition and Education –Key Determinants of Population Development**" on 2<sup>nd</sup> September.

## membership in selection committees

- Prof. Bhattacharya acted as a Member of Boards for Selection of Students for the Course of PGDMHM at IIMR, New Delhi.
- Prof. A. M. Khan participated as a selection committee member for faculty positions in School of Social Sciences, JNU on 27<sup>th</sup> August.

## papers reviewed / published

- Dr. Misro reviewed a paper from the International Journal on Current Women's Health Reviews (CWHR) for publication in the capacity of an Associate Editor for a Journal on 16<sup>th</sup> July. Two papers are accepted for publication in the Indian Journal of Physiology and Pharmacology, as listed below:
- Misro MM, Chaki SP, Chandra M, Maheswari A and Nandan D (2008) "**Release of copper from Cut 380A co-incubated with human semen and its effect on sperm function in vitro.** *Ind J Physiol and Pharmacol* 58:3-7"

- Saxena P, Misro MM, Roy S.Chopra K, Sinha D, Nandan D and Trivedi SS (2008) “Possible role of male factors in recurrent pregnancy loss. *Ind J Physiol and Pharmacol* 58:8-12”
- Dr. Vivek Adhish reviewed two papers for “*Indian Journal of Community Medicine*”
- Dr. T.G. Srivastava published a paper on Inter-national journal: “Use of biotin-streptavidin system for developing a viable, sense assay for haptan”. Seema Nara, Vinay Tripathi, Shail K.Chauhan Kariya, Tulsidas G.Shrivastav. *Talanta*, 2008; 77: 210-216.

Patent Granted : “Asynergistic storage stable composition”.

He also acted as a research guide to five summer trainees who successfully completed summer training their respective universities and to our Institute.

## acted as examiners

Prof. Bhattacharya, Prof. J.K. Das, Dr. Rajni Bagga, Dr. Vivek Adhish and Dr. Neera Dhar acted as Examiners in the PG Certificate Course in “Health and Family Welfare Management” and “Hospital Management” from 11<sup>th</sup> to 14<sup>th</sup> August and 31<sup>st</sup> July to 4<sup>th</sup> August respectively.

## expertise offered

- Prof.J.K.Das developed the draft curriculum and also was an expert in the meeting for Syllabus Development Committee of MCI “to develop syllabus for P. G. Degree and Diploma in Health Administration and Inclusion of this Subject in MBBS Curriculum” on 24<sup>th</sup> September.
- Prof. A.M.Khan acted as an expert in a study on “Social determinants of health” (WHO supported) University of Mahidol, in the month of August.
- Dr. Neera Dhar offered her expertise to Central Council for Research in Unani medicine in connection with designing a training course on “Interpersonal Communication and Stress Management” for doctors dealing with clinical trials. The course was conducted in collaboration with NIHFW in the month of July.

## rapid appraisal of health interventions : (Rahi - II)

Under the National Rural Health Mission (NRHM), many states are carrying out activities and also initiating innovations to deliver technical and institutional strategies in their programme implementation plans. National, state and district level programme managers wish to know how well these interventions/innovations are performing and, like to take up evidence based scale ups to institute corrective measures. In this direction, UNFPA in partnership with NIHFW is supporting capacity building of medical colleges and other health institutions on rapid appraisal of health interventions under NRHM in 18 high focus states of the country through RAHI project. During the first phase of this partnership, 12 research projects have already been completed.

During second Phase the institute has organized a five days workshop on capacity building on rapid appraisal of health interventions from 21<sup>st</sup> -25<sup>th</sup> July 2008, in which faculty from twelve medical colleges participated. In the workshop, they developed research proposals on priority programme issues that need research inputs leading to improvement in programme delivery. All these twelve research proposals have been approved and activities have already been initiated. Faculty and research staff members of the NIHFW are constantly providing their technical support in the projects.

## RCH ACTIVITIES

The consultants made visits to various states for monitoring the health facilities during the quarter.

## DISTANCE LEARNING COURSES

The Distance Learning Cell of NIHFW conducted the annual examinations for “Hospital Management and Health and Family Welfare Management” courses on 31<sup>st</sup> July – 4<sup>th</sup> August and 11<sup>th</sup> and 14<sup>th</sup> August respectively.

Due to an overwhelming response to the ‘Hospital Management Course’ the number of seats has been increased from 300 to 500 henceforth.

# other highlights

## RENOVATIONS

In order to update and modernize the varied facilities at the Institute, some structures of the Institute have been renovated. These include the Administration Section, Academic Section, Computer Centre, National Documentation Centre, Lecture Halls, Auditorium, Hostel and the Cafeteria.



## LANDSCAPING

In order to take care of aesthetic dimensions of health, considerable efforts have been made in the recent past to beautify the campus. Greenery in terms of the grass, permanent green plants, trees and flowers have been laid down all over the campus. Horticulture maintenance and development has been meticulously monitored to keep up with the changing moods of Delhi weather.



# news from administration

## RECRUITMENT: Group A Officers

- Dr. Rajesh Kumar, Lecturer (Immunology) with effect from 2.7.2008
- Dr. Ankur Yadav, Lecturer (Extn.Edu.) with effect from 4<sup>th</sup> of July 2008

## ON LIEN

- Dr. Geeta Bamezai, Reader, was relieved on lien with effect from 29.8.2008 for a period of two years to join as a Professor of Communication Research in IIMC, New Delhi.

## PROMOTION

- Sh. Shreepal, Driver from Gr. II to Gr I
- Sh. Hoshiar Singh from Class Room Attendant to Daftry
- Sh. Ram Gopal from Safai Karamchari to Data Processing Attendant

## REPATRIATION

- Smt. Rashmi Saxena, Dy. Director (Admn.) repatriated to her parent office on 31.7.2008.

## RETIREMENT



- Sh. Gabar Singh, Junior Library Attendant retired on 30<sup>th</sup> September, 2008.

## forthcoming training courses/workshops

Date	Courses
1st to 24th Oct 2008	Short course in “Epidemiological and Bio – medical Data Analysis using Statistical Software”
13th to 15th Oct 2008	“Orientation Training Course for CDOs/District Collectors” in NRHM
13th to 17th Oct 2008	Training programme For “Capacity Building of NGOs Engaged In Prevention and Management of HIV/AIDS”
13th to 24th Oct 2008	Training Course for “Paramilitary Forces in Health and Hospital Management”
14th to 17th Oct 2008	Training on “Web Based Data Entry for Annual Sentinel Surveillance for HIV Infection”
15th to 17th Oct & 17th to 19th Dec 2008	Workshop for Officials of “SPMSU and DPMSU of High Focus States to Exchange Their Experience and Address key Issues For Implementation of Interventions under NRHM”
20th to 24th Oct 2008	Training course on “IT application for Information Management in Medical Libraries”
21st to 22nd Oct 2008	“Media Advocacy for National Rural Health Mission : A Workshop for Media Professionals” in NRHM States
3rd to 7th Nov 2008	Training Course on “Logistics and Supply Management System in Health and Family Welfare”
3rd to 7th Nov 2008	Training course on “Health Systems Research”
3rd to 7th Nov 2008	Training – cum- Workshop on “Counselling Skills for Health Professionals”
17th to 21st Nov 2008 15th to 19th Dec 2008	Workshop on Research Methodology Using Qualitative and Quantitative Techniques
17th to 28th Nov 2008	Application of “Research Techniques in Reproductive Biomedicine”
18th to 21st Nov 2008	“Workshop on Quality Services under NRHM for Faculty of medical Colleges and Nursing Colleges of High Focus States”
24th to 28th Nov 2008	Management Development Programme on “Behavioural Skills for Senior Health Administrators”
24th to 29th Nov 2008 19th to 24th Jan 2009 2nd to 7th Feb 2009	Training of the “State and District Surveillance Teams on Integrated Disease Surveillance”
1st to 5th Dec 2008	Training Course on “Applied Health Economics and Financing”
8th to 13th and 15th to 20th Dec 2008	Training course on “GIS Health Management”
15th to 19th Dec 2008	Training Course on “Leadership Development in Health Sector”

## announcement

Community medicine departments of medical colleges, state institutes of health and family welfare and partner institutions, nursing schools/ colleges, mother NGO's are requested to become members of Public Health Education and Research consortium network and partnership.

Online Registration  
www.nihfw.org

### Editorial Board

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**Editor** : Dr. Neera Dhar

**Advisors** : Prof. M. Bhattacharya  
Prof. J.K. Das

**Assistant Editors** : Dr K. S. Nair  
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