

# Directorate of Health Services

Campal-Panaji-Goa

*Celebration of National Ayurveda Day*



*Cyclothon on World Diabetes Day*





## Rashtriya Poshan Maah (1-30 Sept)

The **POSHAN Abhiyaan** (National Nutrition Mission) PM's Overarching Scheme for Holistic Nourishment was formally launched by Hon'ble Prime Minister from Jhunjhunu, Rajasthan on 8th March 2018 to improve the nutrition status

of Children upto 6 years of age, Pregnant women and Lactating Mothers through specific targets for reduction in Low Birth Weight, Stunting, Under-Nutrition and prevalence of Anaemia over next three years.



The SFWB, DHS has conducted the following activities through various Health Centres:

- State rally was held at St. Michael Higher Secondary School, Taleigao. Flag off was done at the hands of Smt. Regha Pai, Dy. Sarpanch of VP Taleigao in the presence of Dr. Jose D'sa, Director of DHS and other dignitaries.
  - T3 camps (Talk, Test & Treat): anaemia detection camps
  - Handwashing demonstration
  - D2 camps (i.e. Defeat Diarrhoea), Canopy on diarrhoea & nutrition
  - Healthy recipe competitions
  - Talk in Schools/ PTA/ VHNDs
  - Rallies by peripheral units
  - Demonstrations
  - Cycle rally
  - Exhibitions
  - Quiz contest
  - Rangoli competitions
  - Special immunization drive
  - Videos/ images played on TV displayed at Health Centres OPD/ waiting area
  - Special Immunization drives in migrant/ slum/ reach to unreach areas
- All the activities alongwith photogrpahs were entered on Poshan Abhiyan portal*





## *International Girl Child Day (11 October 2019)*

The International Girl Child Day was celebrated on 11th October 2019 at Village Panchayat Hall Mayem under PHC Mayem. **Theme: Girl Force: Unscripted & Unstoppable.** Chief Guest: Shri Rajesh Patnekar, Hon. Speaker of

Goa Legislative Assembly other dignitaries Dr. Chandrakant Parab, CMO Special Cell – DHS Mrs. Sweta Parulekar, CDPO ICDS – Bicholim, Mrs. Kunda Mandrekar, Sarpanch V.P Mayem; Dr. Siddhi Kasar, MO I/c PHC Mayem.



### **Programme**

- Rally by Anganwadi children followed by welcome song performed by the students of Poira High School
- Inauguration of exhibition Stall with display of IEC material & spot prize distribution for spontaneous quiz session.
- Exhibition of Posters done by anganwadi workers & display of Articles written by Nodal teaches.
- Also displayed activities done by the Village Health, Sanitation & Nutrition Committee of Mayem, Narva, Chorao & Piligao for betterment of Girl Child for the year.
- Displayed short film on Beti Bachao Beti

Badhao.

- Talk on PCNDT Act. by Dr. Vaman Polle, Medical Officer.
- There was a short testimony of a Mother of five Girls, a father of three daughters giving positive opinion on having a girl child in the family.
- Prize ditribution ceremony.
- Address by Dignitaries followed by dance performance by the staff of PHC Mayem based on the theme.
- Vote of thanks by Mihir khorjuvekar (EE).

The function was attended by almost 300 people .



One day training programme on 'PC-PNDT Act' for various stakeholders which included Judiciary, Public Prosecutors, District Appropriate Authorities and other Districts Nodal Officers under PC-PNDT Act. was held on 12/10/2019 at The Fern Kadamba Hotel, Baiguinim, old Goa.

Justice Shalini Phansalkar Joshi, Retired Justice of Bombay High Court and Anuja Gutati, Ex-State Co-ordinator of United Nations Fund for Population Activities (UNFPA) were the resource persons. The programme was attended by 80 participants/stakeholders.



## *International Girl Child Day (11 October 2019)*

Sensitization programme on BBBP and PC-PNDT was conducted by PC-PNDT Cell from SFWB at various institutions/ govt offices are as follows

- Students of Institute of Nursing Education, Bambolim Goa on 4/10/2019
- Students of Cuncolim United Higher Secondary School, Cuncolim on 5/12/2019
- Students of Government Higher Secondary School , Sanguem on 10/12/2019
- Students of Shree Mallikarjun Vidyalaya Higher Secondary School, Canaconna on 12/12/2019
- Students of V.S.Laad Higher Secondary School, Dharbandora on 9/12/2019
- Employees of Captain of Ports on 6/12/2019
- Employees of Directorate of Social Welfare on 11/12/2019
- Employees of Goa Tourism Department on 18/09/2019



## *Observance of World Vasectomy Day & Service Delivery fortnight*

To emphasize on reviving male participation in family planning, Vasectomy fortnight is observed from 21st November to 4th December 2019 at PHCs/CHCs/UHCs, district & state level.

The slogan was:- ***“Purushon ki ab hai baari, parivar niyojan main bhagidaari”***

The vasectomy fortnight was divided into:- ***a) Mobilisation Phase - 21st November to 27th November & b) Service delivery phase - 28th November to 4th December***

*The following activities were organised:-*

- Counselling of couples on the basket of choices by frontline workers and facility staff.
- Facilities with counsellors had organized group counselling session to inform about various methods.
- Displayed banners at prominent sites.
- Talk/ counselling during VHNDs.
- Awareness generation activities by organizing programmes at health centres/hospitals/ sub centres.
- Identification, sensitization and registration of desirous couple for male contraception by ANMs and mobilizing them to District Hospital or Sub District Hospital for conducting vasectomy.
- IEC especially on male participation in FP and addressing myths involved with it should be displayed in all the health facilities.
- Vehicle mounted with billboard advertisement were hired and taken to the various parts in Goa especially in migrant/ reach to un-reach areas.



## *LAQSHYA*

Ministry of Health & Family Welfare launched LaQshya initiative with an aim for improving intra-partum and immediate postpartum care in the Labour Room Maternity Operation Theatre which is where the maximum maternal deaths and still births occur. LaQshya was launched in Goa in January 2018.

### **National Certifications under LaQshya in Goa**

- SDH Ponda labour room is ***‘LaQshya Certified with Conditionality’*** and Maternity Operation theatre is ***‘LaQshya Certified’***.
- GMC Labour room is ***‘LaQshya Certified with Conditionality’***.





## Regional Workshop on RCH & ANMOL

Regional Workshop on strengthening of RCH Portal, ANMOL & Allied initiatives for State Officials were held on 16-17 December 2019 at Hotel Fidalgo, Panaji.

Mr. Nagesh Kumar Singh, Director (MMPC); Smt. Seema Joshi, Dy. Director(MMPC), Dr. Jose D'sa, Director of Health Services; Dy.

Director of HS; CMO, SFWB; Consultants from MoHFW; Delegates from 15 States; other health officials from Goa attended the workshop. Also awarded prizes for varrious best performing states in which **Goa also got the prize for best performance in RCH Portal.**



## Orientation meeting on Anaemia Mukh Bharat

The National Iron Plus Initiative –NIPI (AMB) is a flagship scheme launched by the Ministry of Health and Family Welfare as a comprehensive programme of Iron and Folic Acid and Albendazole supplementation across life stages for combating the public health challenge of Anemia.

The National Iron Plus Initiative – NIPI (AMB) Programme is targeted for accelerating the annual rate of decline of anemia. It has 6 target groups of beneficiaries:

1) Children 6-59 months 2) Children 5-9 years; 3) Adolescent Girls and Boys 10-19 years (WIFS); 4) Women of reproductive age (15-49 years); 5)

Pregnant women; 6) Lactating women.

State of Goa has already initiated with IFA supplementation for WIFS, Pregnant and lactating women. It is extended with IFA supplementation for prevention of anaemia among children in age group 6-59 months and 5-9 years in the State.

Dissemination of Anemia Mukh Bharat was held on 1st October at Varanda Do Mar, Miramar Goa. Representatives from Ministry of Health and Family welfare, Delhi conducted the programme. All the Health Officers with Gynaecologist and paediatrician were also present.



## RKS & VHSNC Training

MO/ANM/ EE were trained in RKS & VHSNC by Advisory Group on Community Action Secretariat, MoHFW, New Delhi to have active community participation and better accountability.

• Shri. Sourabh Raj from CAS was the

resource person for training.

- Class room & field level training were held with active interaction with RKS & VHSNC members & beneficiaries.



Dr. Jose D'sa,  
Director of Health  
Services  
addressing the  
participants





## *Exhibition during Red Ribbon Festival*

Awareness through **exhibition stall** was held on 1st December 2019 at Orta de Gracias garden, panaji during Red Ribbon Festival organised by Human Touch. The following activities were held

- Spontaneous quiz
- Entertainment games
- Talk & counselling
- Printed Tshirts as gifts to the winners
- Distribution of leaflets/pamphlets etc
- Display of posters, standees
- Song on adolescent health



## *Advertisement on Bus Shelter*

Bus shelter advertisement on selected 5 bus shelters were given on topic RMNCH+A issues for the period of two months.



## *Launch of Newsletter (1st Edition)*

Launch of 1st Newsletter of DHS was held during AMB workshop at the hands of Secretary(health), Smt. Nila Mohanan; in the presence of Dr. Jose D'Sa, Director of HS and other dignitaries.



## *Billboards advertisement*

Hired **billboard mounted advertising** vehicle furnished with light and sound system for Immunization & Family Planning awareness will move all over Goa and will be stationed for one day at each CHC/ PHC/ UHC jurisdiction (especially in migrant areas like construction sites/ slum etc.). Late evening IEC activities also conducted by health staff with billboard vehicle.





## Measles elimination & Rubella Control Workshop

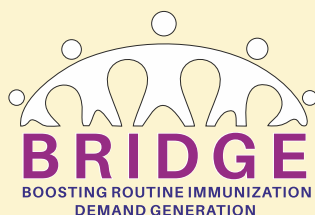
A workshop was held on 25 September 2019 at hotel Varanda Do Mar, Miramar, regarding strengthening of surveillance to meet elimination of Measles elimination & Rubella Control by 2023. Resource person were 1) Dr. Sandeep Shinde, SRTL, Maharashtra 2) Dr. Chetan Khade, SMO-Pune & 3) Dr. Hemant Kharnare, SMO-Goa. Dr. Jose D'Sa, Director of

Health Services; Dr. Geeta Kakodkar, Dy. Director; Chief Medical officers, Incharges of Health Facilities under DHS along with incharges of Central Government hospitals in Goa, Representatives from IAP & IMA and professors from GMC were amongst the participants.



## BRIDGE Training

All Health Educators, Extension Educators, IEC Supervisors & IEC officer were trained for Master Trainer in **BRIDGE (Routine Immunization Demand Generation)** at SIHFW, Mapusa and thereafter 300 Health Workers and 1250 Anganwadi workers were trained in cascade training which was conducted by master trainer in periphery.



## Integrated Disease Surveillance Programme

Dr Utkarsh Betodkar  
Epidemiologist

### IHIP Portal Training

IHIP Portal training for below mentioned category of staff were held as per the given dates:

- 11 Nov 2019-Staff Nurses and Pharmacists  
Total 36 participants & 15 Nov 2019 - Laboratory Technicians. Total 32 participants at the computer lab in SCERT Porvorim.
- 18 Nov 2019-RBSK/AYUSH Medical Officers at the Lecture hall 2 in SIHFW, Mapusa Goa. Total 22 participants





# Non Communicable Disease Cell

Dr Rupa Naik  
Chief Medical Officer

Launch of Mission Tobacco Free Goa held on 22 October 2019



Directorate of Health Services in association with Cipla Health Ltd launched the Mission Tobacco Free Goa (MTFG) Programme on 22nd October 2019 held at New Examination Auditorium Complex, Goa Medical College, Bambolim, Goa.

The Guest for the launch were Smt. Nila Mohanan Secretary Health, Smt. Hema Sardessai Emissary of Tobacco Free Goa, Dr Jose D'sa Director of Directorate of Health Services, Dr. Shivanand Bandekar Dean Goa Medical College, Dr. Ida De Noronha de Ataide Dean Goa Dental College, Smt. Jyoti Sardessai Director of Food and Drugs Administration, Dr. Shekhar Salkar Oncologist, NOTE India, Mr. Shivam Puri CEO Cipla Health Ltd, Mr. Charudutta Panigrahi, Director Public Policy, Cipla.

Under National Tobacco Control Programme (NTCP) Initiative two areas have been selected as pilot areas to make

Tobacco free i.e. Sal Village Panchayat under CHC Bicholim and Colva Beach under PHC Cansaulim.

Training and capacity building workshops and various awareness activities to educate and create awareness about harmful effects of tobacco use are carried out throughout the state of Goa.



Outreach activities

- **Mobile Counseling Centre's:** mobile exhibition cum counseling centers and provision of Nicotine Replacement Therapy (NRTs).
- **Youth Outreach:** Training of Teachers under Train the Teacher Program for Tobacco Cessation who in turn will educate adolescents in schools.
- **Tobacco Cessation camps** using Mobile Van: counseling awareness were provided in these camps.



IEC Activities





## World Heart Day – 29th September 2019

was observed on 29th September 2019 in various parts of the state. The health facilities were directed to conduct the following activities in areas under their jurisdiction:

- a. NCD Screening (BMI, Hb, blood sugar, blood pressure, cancer screening- oral, breast and cervical, ECG, etc.) of the staff.
- b. Screening at all health facilities, VHNDs and gram sabhas of the STEMI project video and other informative videos on Non Communicable Diseases.
- c. Organizing talk on causes, risk factors and symptoms of heart attack as well as diagnostic and treatment modalities available in Govt. hospitals under STEMI-Goa Project.
- d. Inviting 2-3 treated STEMI patients to share

their experiences with the general public.

e. Awareness activities on Eat Right & FIT India movements

f. Activities for workplace stress reduction: Laughter challenge; meditation program/yoga session; any other hobby competition.

g. Quiz on Healthy Lifestyle and harmful effects of tobacco for students of 8th and 9th standard studying in schools of their jurisdiction. (Winners were then called for a state level round in November)

h. In addition to these activities a marathon of 10km was organized by Goa Medical College in order to create awareness on cardiac disorders under the theme 'My Heart For Your Heart For All Our Hearts'



## World Diabetes Day & National Cancer Awareness Day

**'World Diabetes Day – 14th November and National Cancer Awareness Day – 7th November** was observed in various parts of the state with a view of creating awareness about the rising burden of diabetes and cancer and related morbidity and mortality.

The health facilities were directed to conduct the following activities in areas under their jurisdiction:

1. **Health Camp** targeting the Type 1 and Type 2 diabetes patients to be organized. Services to be provided in the camp are screening for complications (neuropathy, retinopathy, CVD, PVD), ECG, Routine blood investigations, HbA1c, Sputum for Tuberculosis, etc. Healthy refreshments to be served to the patients.

2. **Awareness Talk for the general public** on diabetes and emphasizing on four pillars of diabetes care - exercise, diet, medication (insulin techniques), regular monitoring and lifestyle management including the care givers.

3. **Awareness Talk in schools** by RBSK/Ayush doctors on Diabetes and healthy lifestyle.

In addition to these activities a **Cyclothon – 'Pedals Changing Diabetes'** of 10km was

organized along with Nova Nordisk Education Foundation on 15<sup>th</sup> November 2019. The cyclothon was flagged off by Health Minister of Goa, Shri. Vishwajit Rane at 6:30am. An international cyclist from Spain, Mr Brais Dacal was the Guest of Honour for the event.







## National Mental Health Programme

- Awareness activities conducted by District Mental Health Team
- DMHP regularly tried to work with vulnerable population in today's world, adolescents are facing challenges and hence training them in stress management is very necessary DMHP



conduct 'stress management workshops' for adolescents who are in school.

- Trainings for Medical officers under KIDS programme under Sanofi on Hypertension, cardiovascular disease and Cancer.





## *Other activities under NCDC*

### **International Day for Older Person:**

Providoria Old Age home Recolhimento De Serra at Althino was visited by the officials from NCDC, DHS. Various activities like group dance by school children, drawing competition, games were organised for the inmates of Old age home. Refreshments and token of appreciation were distributed to the inmates.



**A NCD screening camp was organized for DHS staff (+30 years)** on 24/10/2019 at Conference Hall, DHS. A total of 120 staff were examined for basic vitals, ECG, basic Ophthalmic examination, Breast examination, Specialist examination for patients suffering from NCDs, Gynaecological examination & Pap Smear.



**State level training for ANMs for using NCD Application on Tablet:** A one day hands on training was organized for the ANMs/MPHWs in Block wise batches on 11th, 12th, 13th, 14th & 15th November 2019 at SIHFW for North Goa Health facilities and at UHC Margao for South Goa Health facilities. The Master trainers from Tata Trust, Mumbai were present during the training.



**State level Quiz competition on NCDs for School Children** was organized on 25th Nov 2019 at DHS Conference Hall. Various quiz rounds were held for the five finalist schools. Prizes were distributed with token of appreciation for all the participants.





State of Goa is in the Elimination phase of Malaria expected to eliminate Malaria by 2020 with regards to this a new initiative of distribution of **LLIN's** (*Long Lasting Insecticide Nets*) has been started. In the first phase LLIN's have been distributed to all the Peripheral Health Units with Annual Parasite Incidence >1 (API = No. of Malaria Cases Positive for 1000 Population) and also Health Units with active foci.

LLIN's will be distributed at the construction sites for the construction workers, high risk population such as antenatal population, infants and in areas having high incidence of Malaria Cases.

Newly printed Leaflets regarding LLINS have been distributed to all the PHC/CHC/UHC to create awareness.

Sleeping under LLINS reduces the risk of man mosquito contact. It is an effective preventive measure for controlling all Vector Borne Diseases like *Malaria, Filaria, Japanese Encephalitis, Chikungunya, Dengue*. LLIN's will be distributed at the construction sites for the construction workers, high risk population such as antenatal population, infants and in areas having high incidence of Malaria Cases.



Advocacy workshops on Vector borne Diseases for various stakeholder, AWWs, Health staff, govt officers etc were held by various health centres. The shown picture is of PHC Betki where advocacy workshop has taken place under the guidance of Hon'ble Minister of Art & Culture and Local MLA Shri. Govind Gaude





## DPMR & Reconstructive Surgery

- 2 PALs (Persons Affected with Leprosy) with Grade II Deformity have successfully undergone Reconstructive Surgery at Goa Medical College in the year 2019-20 till December 2019.
- They have been paid an amount of Rs. 8000/- each and Goa Medical College has been paid Rs. 5000/- per each Reconstructive Surgery.
- MCR footwear and self care kits have been provided to all Grade 1 and Grade 2 deformity cases.

## Capacity Building

- Capacity Building of all the multipurpose workers and the supervisory staff is one of the key strategies of NLEP, Goa.
- Two batches of 30 ANM's each and 2 batches of 30 Supervisory staff have been

trained to detect hidden cases in the community.

## Special Activities in High Risk Areas

- Out of 132 special activities 129 special activities have been completed.
- The Prevalence rate has come down from 0.65 in July 2019 to 0.63 in November 2019.

## Chemoprophylaxis

- Post exposure prophylaxis is given to close contacts of all newly detected cases of leprosy. Total 904 contacts have been administered single dose Rifampicin (SDR).

## G2D Percentage per Million Population

- G2D percentage per million population has been brought down from 2.17 per million population to 0.63 per million population in the year 2019-20 till December 2019.

## National Programme for Control of blindness & Visionary Impacts

Dr Rupa Naik

Chief Medical Officer

### World Sight Day-10 Oct 2019

The world sight day was celebrated on 10th October 2019 with theme '**Vision First**' with focus on creating awareness among general public eye care, preventive and curative aspect of various problems. It was celebrated by organising screening camps with awareness booths displaying posters and IEC material particularly in rural areas for detection of various eye disorders, were suspected cases could be refer to nearest hospitals for better management and treatment. PHC's, CHC's, SDH and DHs, GMC took the opportunity to conduct awareness programme for the patients attending the Ophthalmic OPD.

### Aims and Objectives:

- Organizing screening camps in rural areas and referral;
- Creating awareness through the display of posters and IEC material for detection of various eye disorders.

- Walkathon/Rally/Awareness camps and involvement of healthcare personnel, teachers and school children in spreading the message on prevention of Blindness.
- Holding Poster/ Painting Competition, Slogan writing and Debates.
- World Sight Day is being observed on yearly basis across the country in order to intensify educational and motivational efforts to accelerate the awareness among the general public.
- Eye Checkup camps are also held for the general public and the public is also informed about the preventive aspects of corneal blindness as the major part of the problem is amongst young blinds in productive age group who lose their vision due to vitamin A deficiency along with malnutrition, injuries, infection, congenital and other factors.





- **Poshan Maah:** Several programmes were held to create awareness regarding role of AYUSH System in providing Maternal & Child Health
- **Interview** of on All India radio
- Awareness Programme with **talk** on diet & healthcare along with distribution of medicine
- **Medical Camp** on prenatal health and proper diet during pregnancy along with distribution of fruits.
- **Quiz Competition** on World Heart Day
- **National Seminar** on Panchabhautik Chikitsa organized in collaboration with Ayurveda Vyaspeeth, Goa Branch at Ravindra Bhavan Margao on the 13th October, 2019 with participation of Ayurvedic Physicians across the state
- **National Ayurveda Day:** State Level Function in the presence of Dr. Pramod Sawant Hon`ble Chief Minister Govt. of Goa and Shri. Vishwajit Rane, Hon`ble Health Minister, Minister Govt. of Goa followed by Guest Lecture by Dr. Gautam Khandeparkar, MD (Ayu.) on the theme "Ayurveda for Longevity"
- **Ayurvedic Camp** at Secretariat, Porvorim was conducted by AYUSH Cell. After consultation from Ayurvedic Physicians free medicines, diet & yoga consult were provided to the staff. More than 260 patients benefitted from the camp.
- **Poster Competition** conducted for all Health Centres with enthusiastic participation from 23 centres. Winners were given cash prizes – PHC Aldona (First), PHC Dharbandora (Second), PHC Siolim (Third) and five consolation prizes to CHC Canacona, CHC Pernem, PHC Curtorim, PHC Cortalim, PHC Loutolim. Incentives were given as appreciation to remaining participants.
- All Health Centres across Goa celebrated Ayurveda Day by conducting camps, giving lectures, conducting rangoli etc. competition and creating more awareness of AYUSH system in their respective jurisdiction.
- **Arogya Fair:-** AYUSH Cell participated in a three day Arogya Fair from the 30/11/2019 – 2/12/2019. There was a stall showcasing the names of Ayurvedic & Homoeopathic Physicians along with the different services provided at the Health Centres in their supervision. Other IEC Material and activities undertaken by AYUSH Cell were also exhibited to the public.
- **Ayurvedic & Homoeopathic Consultation** was made available to the visiting public along with medicines, diet & yoga advice
- **Talk** on lifestyle disorders and Ayurveda and also awareness talk on AYUSH system and services provided by the AYUSH Cell, DHS
- **Medical/ Health Camps:-** Several Medical and Health camps have been continually undertaken by the AYUSH Cell in different parts of the State in collaboration with local authorities and other active organisations with much success with respect to patient turn out and subsequent follow-up at AYUSH OPDs in respective areas. Some of them are mentioned below:
  - Ayurvedic Camp at Vade, Netravali
  - Ayurvedic Camp at Pratap Nagar, Dharbandora
  - AYUSH Camp on occasion of Navy Week in Vasco
  - Naturopathy Camp on occasion of Birthday of Shri. Shripad Naik, Hon. Minister for AYUSH (I/c)
  - Agni Karma Chikitsa Camp at Aquem, Margao .
  - AYUSH awareness lectures and camp were organized to Melvani Senior Citizen Forum at Mala, Panaji.
- **Up-gradation** of AYUSH OPDs
- **Inauguration** of AYUSH OPD at PHC Cortalim.
- **Opening of up-graded AYUSH OPD** at PHC Colvale.
- **Inauguration** of Herbal Garden at CHC Sankhali
- **Other Activities:** AYUSH Cell, DHS, Campal sponsored the First Prize for the DHS Cricket Premium league held at Peddem Ground, Mapusa and other sports activity conducted of recreation club of DHS.





# AYUSH Activities



Dr. Mahesh Verlekar, State Programme Manager for National AYUSH Mission on All India Radio



Poster competition for DHS staff on National Ayurveda Day



Celebrated of National Ayurveda Day at Secretariat Porvorim. Chief guest, Hon'ble CM, Dr. Pramod Sawant; guest of honour Hon'ble HM, Shri.Vishwajit Rane





**Revised National Tuberculosis Control Programme (RNTCP)** has organised various IEC activities to disseminate information about the disease in public. the activities were conducted at State level and also through various health centres/ sub centres.

- **TB awareness & TB Harega Desh Jeetega Campaign Programme** on Doordarshan Goa by Dr Govind Desai, District TB Officer, NTEP
- **Rangoli Competition** on “TB Harega

**Desh Jeetega campaign”.**

- **TB Active Case findings** campaign is going on in high risk areas of Goa.
- IEC activities on TB
- **TB Patients provider meeting** to motivate for TB treatment
- **TB awareness & screening** for Corporation city of panaji workers
- **Training** for Nodal Officer & MPHW/ANM in RNTCP





## Other activities

Various peripheral units (UHC/CHC/PHC/SDH/DH) conducts various IEC activities in the field (schools, Anganwadi centres, Panchayats, migrant places, reach to unreach areas etc) and in facility (OPD, Ward, waiting area etc.). Some of the unique/innovative activities are shown below:

1. **Plastic Mukht Bharat:** PHC Dharbandora did awareness activity in market area about Plastic Mukht Bharat.
2. Health camp on Diabetes
3. Role play on leprosy
4. Talk in VHNDs
5. Billboard advertisement: Day time it was stationed at roadside/ market area and in the evening it was taken to the migrant/ slum/ reach to unreach areas, where health staff from respective CHC/PHC/UHC had given talk on Immunization and Family planning.
6. Run on World Heart Day: UHC Vasco had organised Run at Baina beach to celebrate World Heart Day.
7. Wakathlon on World Heart Day: PHC

Betki had organised Wakathlon on World Heart Day to disseminate the information to keep healthy hearts through physical activities.

8. RMNCH+A counselling
9. Fancy dress competition for Anganwadi childrens on Poshan Maah with emphasis on prevention of Diarrhea, TB, Anaemia along with promotion of Breast feeding STEMI, PMJAY
10. Exhibition stall at various functions/ events
11. Poster competition
12. Innovative IEC poster & also wall painting at Sub Centre Moira
13. Bag designing competition had organised by PHC Aldona to disseminate message on Swachh Bharat & Beti Bachao Beti Padhao
14. 1st prize winning skit on Beti Bachao Beti Padhao presented in PHC Quepem by S.S.Angle Higher Secondary School, Canacona





## Other activities





# Media activity



## Ponda BDO: aganwadi workers should take a lead in Nutrition Mission



Recordings of TV shows namely **Youva Health** are ongoing in Higher Secondaries/ Colleges/ ITI etc. on the topic Adolescent Health (RKSK) & Beti Bachao Beti Padhao. The team from prudent media TV Channel is conducting following activities in a various identified institutions:

- Asking Spontaneous questions on RKSK in campus/ classroom to various students.
- The students answering maximum questions will be given printed T-shirts plus memento from Prudent.
- The recorded programme after editing is telecasted on Prudent Media TV Channel every Friday 9.30pm and also uploaded on YouTube. You can go to [Link for the programme is: https://www.prudentmedia.in/yuva-health/prudent-media-yuva-health-epi-1-03-january-20.html](https://www.prudentmedia.in/yuva-health/prudent-media-yuva-health-epi-1-03-january-20.html)



Health talk on All India Radio



Health talk on Doordarshan



## Days to be observed:

19th January 2020	-	Pulse Polio Immunization programme
31st January 2020	-	Anti Leprosy Day
10th February 2020	-	National Deworming Day
20th March 2020	-	World Oral Health Day
24th March 2020	-	World TB Day

*Proper Handwashing can protect*  
against the spread of many illnesses like  
*Typhoid, Dysentery, Diarrhoea, Jaundice, a flu,*  
*Parasitic worms etc.*

