



ৰাষ্ট্ৰীয় স্বাস্থ্য অভিযান, অসম



WORLD DIABETES FOUNDATION



The Champions behind Strengthening NCD (Diabetes and Hypertension) Services in Assam



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Training of ASHAs at Udalguri District



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NATIONAL HEALTH MISSION ASSAM



I am happy to note that the 'Strengthening NCD (Diabetes & Hypertension) Services in Assam' project under Piramal Swasthya and funded by the World Diabetes Foundation is releasing a Coffee Table Book on the resilient stories of the champions behind the project across 33 districts in the state.

The National Health Mission has been revolutionizing the healthcare landscape by promoting universal access to quality health services. At its core, this mission seeks to address the multifaceted dimensions of health, ensuring that no individual is left behind in the journey towards well-being. The initiative aims to enhance the preventive and curative aspects of NCD care and bolster the overall healthcare infrastructure in the state.

As we embark on this transformative journey, we acknowledge the invaluable support of all stakeholders – the government, healthcare providers, civil society organisations, community leaders, and the citizens of Assam. Together, we shall overcome the challenges posed by NCDs and build a healthier future for generations to come. The National Health Mission and the concurrent project on strengthening NCD services in Assam embody our unwavering commitment to the health and well-being of our people, reflecting a vision where healthcare is not merely a service but a fundamental right for every citizen.

I commend the entire team at Piramal Swasthya and World Diabetes Foundation for their concerted efforts in building robust systems and disseminating knowledge for strengthening NCD services.

May such initiatives serve as a model for effective healthcare interventions across the nation, fostering a legacy of good health and prosperity for all.

Assam
25 January, 2024

Dr. M.S. Lakshmi Priya, IAS

A Joint message from Piramal Foundation and World Diabetes Foundation



Dr. Shobha Ekka
Chief of Party
Tribal TB Initiative
Piramal Foundation



Leif Fenger Jensen
Managing Director
World Diabetes Foundation

At Piramal Foundation and World Diabetes Foundation (WDF), we firmly believe in the power of partnerships to drive meaningful change that can be scaled. As we navigate the complex landscape of NCDs, it is evident that no single organization or sector can tackle these issues in isolation. It requires a united front, bringing together diverse expertise, resources, and perspectives to create solutions that are contextualised and driven to innovate systems.

Our focus extends beyond diabetes to encompass a holistic approach to NCDs particularly on the preventive front. Through our partnerships, we have been strengthening public health systems, promoting awareness, facilitating early detection, and improving access to affordable quality care.

The project on strengthening NCD services in Assam has been in collaboration with National Health Mission, Assam and completed three immersive phases. The approach has been fostering advocacy and building the capacities of healthcare professionals and communities to lead the solutions. The latest phase from 2020-2024 kicked off at a crucial period during the Covid-19 pandemic. It focused on greater inclusion through digitally supported delivery mechanisms and community engagement. This has resulted in 3000+ health professionals trained, 76 peer groups, 78 Mobile Medical Units and over 1 million people screened for Type 2 Diabetes Mellitus and Hypertension in the state.

We have learned that collaborative initiatives can advocate for access to critical resources and mobilise communities to be informed, engaged and take ownership of their health. This includes demanding accountability to be provided quality health services. It has been a learning trajectory for us seeing the power of community-led action in strengthening mechanisms.

We extend an invitation to join us in our shared commitment to build inclusive public health systems for NCDs and pave the way for a healthier, more resilient world.

Together, we can.

ABOUT THE PROJECT

The Strengthening NCD (Diabetes and Hypertension) Services in Assam project implemented during 2012-2024 aimed to improve the management of Diabetes and Hypertension in Assam through enhanced service delivery, a strengthened health system and empowered communities. The project is being carried out through a collaboration among the National Health Mission in Assam, Piramal Foundation, and the World Diabetes Foundation.

Approach

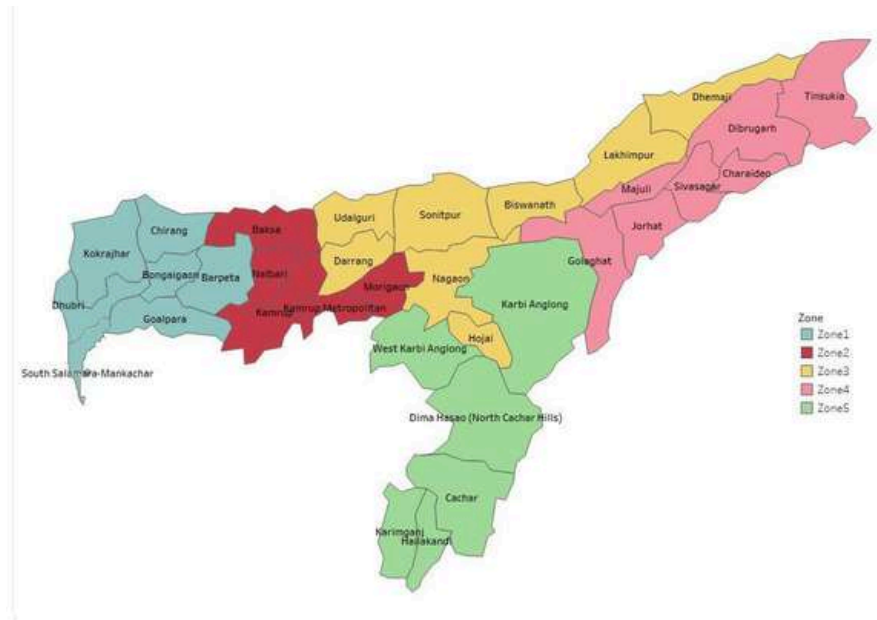
The project's interventions have been incorporated into a comprehensive model that addresses important NCD gaps and enhances access to high-quality NCD services in Assam. To facilitate the provision of high-quality, and accessible services, the project adopted a two-pronged approach.

I. Health System Strengthening

1. Strengthen service delivery at Primary Health Care Level.
2. Streamline supply chain Processes.
3. Build capacity of the health workforce.

II. Community Engagement

1. Strengthen the community action through Jan Arogya Samiti
2. Strengthen Peer Support Group



Map indicating the different zones in Assam where the 1166 health facilities (HWC & NCD) are divided into under the project

Zones	Number of Facilities
Zone 1	234
Zone 2	204
Zone 3	262
Zone 4	233
Zone 5	233



ABBREVIATIONS

AB- Ayushman Bharat

ANM- Auxiliary Nurse Midwife

ASHA- Accredited Socia Health Activist

CBAC- Community Based Assessment Checklist

CHO- Community Health Officer

CPHC- Comprehensive Primary Health Care

DPC- District Project Coordinator

DPMU - District Project Management Unit

HTN-Hypertension

HWC - Health & Wellness Centre

IEC- Information, Education & Communication

JAS- Jan Arogya Samiti

MMU-Mobile Medical Unit

MO-Medical Officer

MO (i/c)- Medical Officer In Charge

MPW- Multipurpose Worker

NCD- Non Communicable Disease

NHM- National Health Mission

T2DM- Type 2 Diabetes Mellitus



Pledge signing against Diabetes at Dima Hasao District on World Diabetes Day



SYSTEMS STRENGTHENING

RATANPUR AB-HWC, BARPETA- A KAYALKAP AWARDEE



Before



After

With the vision of transforming Ratanpur HWC into a robust centre, the District Project Coordinator, Mr. Kamal Krishna Baruah from the Piramal Swasthya-WDF team approached the concerned authorities to include the centre in the renovation list, prioritizing it in phases. In the process, essential supplies such as Glucometer, IEC materials, and CBAC were procured, and he regularly visited the center offering hands-on support.

A JAS preparatory meeting was conducted at the center, bringing exciting news as the HWC President announced a "PURE DRINKING WATER" project. With the dedicated efforts of the CPHC team and the support from NHM District and Block officials, the construction and overall improvements were successfully completed.

As a testament to the transformation, Ratanpur HWC earned the sixth rank in the state for the prestigious Kayakalp awards list 2022!

TEAM WORK IS THE DREAM WORK



Donghap Health and Wellness Center (HWC) faced a significant challenge due to the prolonged vacancy of the CHO position, which resulted in management difficulties. Despite being newly constructed, the HWC exhibited signs of neglect, including broken doors, cracked windows, and disorganized medicines. Upon discussing about the HWC's condition with the ASHA Supervisor, it was understood that the HWC fund had remained unutilized for several months.

Recognizing the urgent need for improvement, the Piramal Swasthya-WDF team initiated immediate engagement with the Assistant Civil Engineer and the Assistant Block Program Manager (ABPM) to resolve the issue.

Getting to quick action, the ABPM and Medical Officer-In Charge along with the team effectively utilized the untied funds to repair and improve the HWC.

Parikhit Chanda

AND THERE WAS LIGHT AFTER 11 YEARS...!

'Please pass me the bamboo fan'

This was a common sentence that bounced off the walls at Golai HWC in Ketetong Block, Tinsukia District.

Under the sweltering summer heat, the team would take turns using the hand fan. It had been eleven long years that the centre was yet to receive electrification. Deeply concerned, the District Coordinator from the Piramal swasthya-WDF team, Priyanka Das, along with the Community Health Officer (CHO) decided to submit an application highlighting the issue to the village panchayat and the Electricity Board.

In a matter of two months, the Golai HWC saw its ceiling and table fans swirl in motion for the first time. Shouts of joy erupted in the corridor!

'Whose turn is it for the hand fan now?' asked one of the voices.

Everyone burst out in loud laughter; the hand fan would always have a special place in their hearts.



BHEBELI HWC'S COMMITMENT TO IMPROVING HEALTHCARE



During a follow-up visit to Bhebeli Health and Wellness Center in Dhemaji, the Piramal Swasthya- WDF team discovered significant challenges, including a lack of human resources such as ANM, MPW, or SW, limited NCD screenings, inadequate CBAC form fill-ups, and low teleconsultations. Recognizing the urgent need for improvement, the team discussed with the district project manager and officer along with key stakeholders that resulted in the appointment of a deputy ANM and social worker.

Following a subsequent visit, the team observed enhanced efficiency and a surge in numbers, demonstrating the CHO's commitment to bolstering service delivery.

Bhebeli HWC is now equipped to organize more screening camps and implement a robust follow-up mechanism, extending its reach to far-flung regions, including remote riverbanks.

Sazzad Bin Aminur Rahim

REVITALIZING RURAL HEALTH: SYSTEM STRENGTHENING EFFORTS IN SIVASAGAR

The Piramal Swasthya-WDF team tackled crucial issues at Alikekuri HWC in Sivasagar, addressing the absence of human resources, unavailability of a CHO, and outdated NCD registers and micro plans. The facility lacked fundamental HWC elements such as identifiers, logos, and proper signage, eroding community trust.

Through ongoing discussions with stakeholders and the community, the team guided staff in implementing interventions and infrastructural upgrades. Consistent follow-ups and consultations resulted in a transformed center equipped with necessary logos, NCD micro plans, and Citizen Charters, reinstating faith in the HWC for community healthcare.

Diksha Sarma





COLLABORATIVE ENERGIES AT NISCHINTAPUR HWC

During the DPC's initial visit to Nischintapur HWC in April 2023, he discovered a lack of branding, outdated registers, and a dearth of informational materials. Mrs. Debolina Sharma, the CHO, expressed her struggle, citing a lack of support and training.

Thinking on his feet, the DPC had a discussion with the CHO, advising her to utilize untied funds for branding. He provided hands-on guidance for register maintenance, aided in NCD micro plan creation, and equipped her with essential IEC materials. The impact was tangible during his follow-up visit towards the end of the month.

Additionally, during the Nasha Mukta Abhiyan (tobacco-free campaign), the HWC actively contributed to creating awareness on the effects of tobacco consumption.



Amit Kumar Das



SYSTEMIC CHANGES AT HAJOWARI HWC

Hajowari Health and Wellness Center (HWC) faced a critical shortage of essential resources, including the NCD Micro plan, IECs, and NCD tracking bags. These lack of resources hindered the effective delivery of healthcare services to the community. Moreover, the newly appointed CHO struggled to manage the HWC efficiently due to the resource constraints and the need to establish a well-functioning system.

To address these challenges, the team organised a comprehensive orientation session for the CPHC team. The orientation covered a wide range of topics, including waste management, room arrangements, compound maintenance, meticulous record-keeping, and birth preparedness for expecting mothers.

Subsequent follow-up visits revealed tangible improvements in the functioning of the HWC. The CHO commended the CPHC team's dedication and hard work, which had resulted in a noticeable transformation in the delivery of healthcare services. The NCD District Nodal Officer also recognized the significant improvements made by the HWC and expressed appreciation for the collaborative efforts of the team.

Heguangheule Zanme



BEST PRACTICES TO STRENGTHEN NCD SERVICES AT MATIAKHANA HWC

Collaborating with the CHO at Matiakhana HWC in Tinsukia, the Piramal Swasthya-WDF team took the lead in enhancing service delivery. They initiated plans that included installing a referral points graph, an IEC Box at the facility's entrance gate, a dedicated area for senior citizens, and a designated breastfeeding zone with appropriate signage.

Additionally, an oral ORT corner with an examination bed and facility signagewere set up. Other essential tasks such as strategic placement of IEC materials, preparation of an ASHA-Wise file folder, development of a NCD Microplan, crafting and installing a suggestion box, and adding a condom box in the seating area for public convenience were also implemented.

Priyanka Das





Supportive Supervision Training for Block level officials at Karbi Anglong District

KNOWLEDGE EMPOWERS ASHAS TO TRANSFORM HEALTHCARE AT JARIGURI RUPOHI HWC



The Piramal Swasthya-WDF team conducted an orientation session at Jariguri Rupohi HWC for the CPHC team, including the CHO, ANM, and ASHAs. The session aimed to build the capacity in the documentation of the family folder and understanding the Community Based Assessment Checklist (CBAC).

ASHAs eagerly absorbed insights, learning about incentives tied to CBAC form completion and follow-up activities. Within a few months, the results became evident, with a significant increase in CBAC form submissions.

Empowered by knowledge and motivated by incentives, the ASHAs demonstrated newfound focus. Their enthusiasm has played a critical role in outreaching the community.

Sazzad Bin Aminur Rahim

EMPOWERING ASHAS TO COMBAT DIABETES & HYPERTENSION IN DIMA HASAO

To combat the growing burden of non-communicable diseases (NCDs) in Dima Hasao, Assam, the Piramal Swasthya-WDF team conducted a capacity-building workshop towards empowering ASHAs with the knowledge and skills to effectively screen, manage, and prevent NCDs.

In the last three years, 248 ASHAs from the district, including those from urban health centers participated and received comprehensive training on the identification and management of NCD risk factors, the use of standardized screening tools, and the importance of adherence to treatment plans.

The ASHAs were trained on effective communication strategies, and behavior change techniques to create awareness about NCDs among the most vulnerable populations.

Heguangheule Zanme





FORTIFYING SERVICE DELIVERY IN LANGLOKSO HWC

Langlokso Health and Wellness Center (HWC) faced a critical challenge due to the improper maintenance of records and services. This issue hindered the effective delivery of healthcare services to the community. Recognizing the need for improvement, the Piramal Swasthya-WDF team initiated a collaborative effort to address the challenges and revitalize the HWC.

To ensure sustainable improvement, the team conducted orientations for ASHA workers, and community mobilization meetings. The orientation sessions covered topics on record-keeping procedures, data management practices, and effective communication strategies.

With the newfound knowledge the HWC team demonstrated a renewed commitment to maintaining accurate and up-to-date records, ensuring timely service delivery, and driving a community-centered approach to healthcare.

Parikhit Chanda

STREAMLINING SUPPLY CHAIN OF NCD DRUG DISTRIBUTION IN KARBI ANGLONG

Karbi Anglong district faced a critical challenge due to a dysfunctional supply chain that hampered the distribution of crucial materials, particularly those related to non-communicable diseases (NCDs). The district medicine warehouse—the central hub—for medical supplies, exhibited a state of neglect, with disorganized storage, inadequate record-keeping, and a lack of proper inventory management. This resulted in delays and disruptions in the distribution of essential medicines and equipment, severely impacting the effectiveness of healthcare efforts in the district.

Recognizing the urgent need for improvement, the Piramal Swasthya-WDF team provided hands-on guidance to the warehouse staff, focusing on organizational techniques, inventory management practices, and record-keeping procedures. This training empowered the staff to maintain accurate records, streamline inventory control, and ensure the proper storage of NCD materials with direct deliveries to HWCs and PHCs.

Parikhit Chanda





Screening for Hypertension & Type 2 Diabetes Mellitus at Betnapara HWC



IN THE HEART OF CHIRANG: LEAVING NO STONES UNTURNED

What do you do when logistics come in the way of conducting a NCD screening camp? The team at Betnapara Health & Wellness Centre refused to take 'No' for an answer and transformed the roadside into an impromptu health camp.

With the assistance of Ms. Panchali Borthakur, CHO, the Piramal Swasthya-WDF team conducted orientation sessions on non-communicable diseases, provided screenings, and disseminated information about the services and preventions available at the HWC. The team's dedication and ability to innovate against the face of adversity showcased that any place can be a platform for health empowerment with co-operation and a dash of surprise! .

Karna Barman

ENHANCING SERVICE DELIVERY AT BORMUKALI HWC

In response to the challenge of low footfall for both OPD (Out Patient Department) visits and NCD screenings at Bormukali HWC, the Piramal Swasthya-WDF team took proactive measures by organizing a screening session on International Women's Day.

The aim was to raise awareness about NCDs and the range of services offered by the HWC. Following subsequent visits, a noteworthy increase of 55% in both OPD footfall and NCD screening numbers was observed, indicating increased proactive engagement of the community and regular screenings at the HWC.

Sazzad Bin Aminur Rahim





NCD SCREENING CAMP IN COLLABORATION WITH KARBI ANGLONG DISTRICT HOSPITAL

During the National Ayurveda Day, the Piramal Swasthya-WDF team in collaboration with the Karbi Anglong District Hospital, organised an NCD screening camp. The camp was inaugurated by the MLA of Diphu LAC, Sri Bidyasing Engleng, and resulted in the screening of 90 people.

During the camp, seven individuals were diagnosed with diabetes, while 12 were found to have hypertension. Follow-up patients were also provided with free NCD medications to ensure continuity of care.

Parikhit Chanda



NCD SCREENING PERFORMANCE OF HWCS IN UDALGURI DISTRICT

The Piramal Swasthya-WDF team in Udalguri District, were entrusted with the task of enhancing the NCD screening performance of the HWCs. The HWCs were falling behind in several areas such as unavailability of NCD-related equipment and insufficient training for CHOs, leading to poor performance.

To address these issues, the team implemented daily follow-ups, set screening targets for Comprehensive Primary Health Care (CPHC) teams, and monitored the process through daily WhatsApp updates. Through active monitoring of screening sessions, notable improvements were observed, with almost 70% of the set targets being achieved. This strategic approach and hands-on involvement, led to a substantial turnaround in Udalguri's NCD screening outcomes.

Abu Khayer Iftiker Hussain



NCD Screening camp at Manja, Karbi Anglong

DIARIES OF A DISTRICT COORDINATOR- SONITPUR

In the health landscape of Sonitpur District, a recurring issue emerged – a majority of healthcare facilities lay dormant in the AB-HWC portal's reporting, a silent victim of insufficient training support.

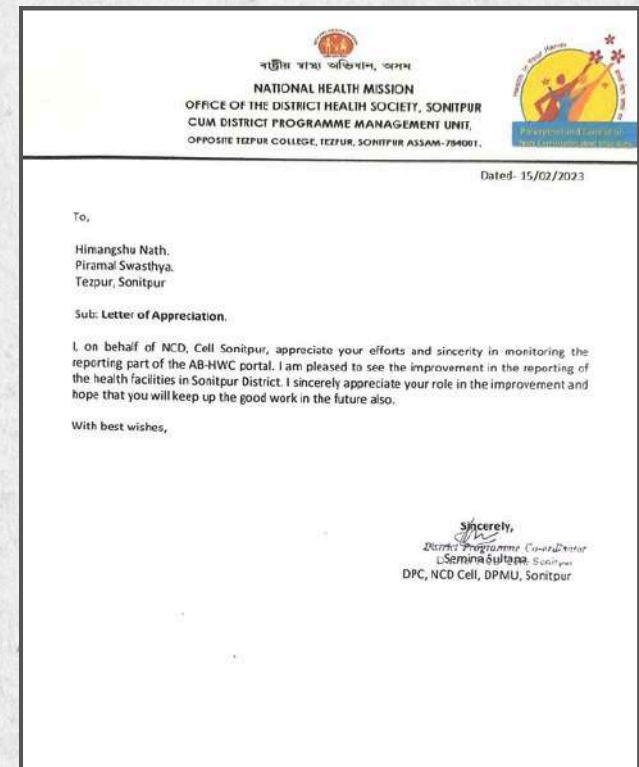
I, along with Ms. Semina Sultana, the dynamic DPC of Sonitpur took on the challenge to breathe life back into these facilities. Our strategy involved not just deliberations but digging deep into the causes of systemic failures. Solo and joint visits to identified facilities became the norm as we delved into the complexities of their challenges. What we uncovered was a range of obstacles – from non-accessibility to the AB-HWC portal to a lack of dedicated personnel, irregular CHO attendance, and a general ignorance of the reporting procedure.

To tackle this, profiles of facility and staff were revamped on the AB HWC portal, and at least two individuals from each facility were assigned for reporting duties. The transformation didn't happen overnight. Continuous follow-up and unwavering support were crucial elements of the strategy. Slowly but steadily, the facilities started to clear their backlog and brought their reporting up to date.

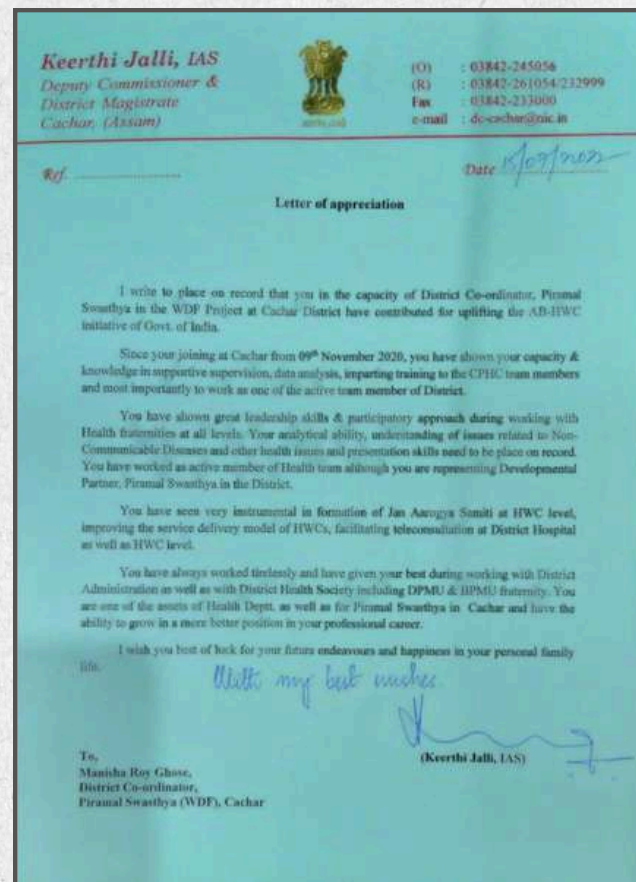
The most encouraging gesture was the heartfelt appreciation from DPC Sonitpur, recognizing our tireless efforts. The appreciation letter was not just as a token of gratitude but evidence of the collective triumph.

I have learned that determination, persistence and collaboration can go a long way to creating impact. In my case, it took two people and a team to redefine systems at a district level. Imagine what more can happen when more individuals and stakeholders come together!

Himangshu Nath



RECOGNITION OF TEAM'S WORK BY DISTRICT ADMINISTRATION



LETTER OF APPRECIATION RECEIVED FROM DC, CACHAR & JT DIRECTOR OF HEALTH SERVICES, DIBRUGARH, GOVT. OF ASSAM FOR OUR TEAM'S WORK IN STRENGTHENING OF HEALTH SYSTEMS

MRS MANISHA ROY GHOSE, DPC, PIRAMAL SWASTHYA WAS INSTRUMENTAL IN SETTING UP OF JAN AROGYA SAMITI (JAS) AND LEADING SUPERVISION TRAINING SESSIONS IN CACHAR



COMMUNITY ENGAGEMENT



CHO, District NCD Team, and Piramal Swasthya-WDF Team at Jan Arogya Samiti Training in Dima Hasao District

HOW A SUNNY SUNDAY IN MAY LED TO FORMING PATHARGAON HWC'S JAN AROGYA SAMITI !

Mr. Karna Barman, District Coordinator at DPMU, NHM in Chirang District embarked on the journey to set up the first Jan Arogya Samiti (JAS) in Sidli PBHC Block, a quaint area lush with areca trees standing tall over the clear, blue skies. In the absence of a JAS, the HWC was direly underfunded, and it severely impacted the infrastructure and to provide quality services to the community. Under Ayushman Bharat, an annual untied fund is provided Rs. 50,000 for SHC level AB-HWCs and Rs.1,75,000 for PHC level.

The first brainstorming session moderated by Mr. Barman discussed how to create a forum to introduce JAS to the community and invite their participation. There was a doubt about whether the community would be interested as financial incentives usually decided what was prime over what was necessary. The joint decision was to invite the village heads or Gaon Buras of the villages served under Pathargaon HWC, who would further invite 5 or more people from their villages.

The meeting was fixed for 22nd May 2022, a Sunday, an unusual day as the community considers it to be a day fully dedicated to rest and recreation. It would be almost blasphemous if someone were to suggest a Sunday to discuss or do anything which would involve physical labour or mental guesswork. Given the constraints in the stakeholder's schedule, Mr. Barman had to make do with what was handed.

On the D-day, the clock ticked close to noon and only four people had arrived- three ASHAs and the Community Health Officer. Mr. Barman anxiously looked at his watch...Did I anticipate wrong? Is no one going to turn up?

It was around 1 p.m. that people started showing up. "Of course!" thought Mr Barman. He had forgotten that people usually take lunch around that time, and this was when women folk found time to attend other engagements after finishing their mid-day household chores. There were fifteen people now!





The meeting ran smoothly with eager questions from the community to understand what their roles would be, what resources they could work with, who do they go to for doubts, and so on. After a two-hour discussion, Pathargaon HWC formed its Jan Aarogya Samiti with 10 founding members.

Piramal Swasthya-WDF's team, supported by the district NCD unit and CHO, successfully secured funds for infrastructural development. The JAS has been smoothly functioning with the HWC and even has a WhatsApp group among its members to facilitate communication. The committee meets on the third Saturday of every month, a joint call to never again hold a meeting on a Sunday!

Little did the residents of Sidli know that one unusual Sunday could engage the community to uphold health services in their community and make basic healthcare facilities accessible in their villages.

PROACTIVE SYNERGIES AT GANGLA HWC

In Udalguri District, the Gangla HWC faced a pressing need for a Joint Advisory Committee (JAS) meeting due to a confusion regarding the roles and responsibilities of its members. A meeting was convened with 17 participants, addressing HWC services, JAS benefits, roles, responsibilities, issues, and future plans. The CHO presented plans for infrastructure enhancements, including a boundary wall and a labor room with running water.

Following the meeting, HWC committee President Mr. Manuranjan pledged INR 18 Lakhs for infrastructure from the Bodoland Territorial region government. This commitment served as motivation for the members and marked a successful chapter in the strengthening of the system.

Abu Khayer Iftiker Hussain



ALL'S WELL AT KHERBARI HWC

Kherbari HWC faced a unique hurdle as it lacked a JAS committee due to an internal confusion on nominating members. This posed a challenge as NHM guidelines stipulates that only a Gaon Bura (Head of Village) could be nominated for the position of Chairperson. As the CHO, Monalisha Bora, grappled with this issue, the Piramal Swasthya-WDF team intervened.

Facing the initial challenge of gathering the dispersed committee members, they visited the HWC and conducted a meeting to explain the guidelines. After understanding the technicalities and further conversation, the JAS committee was successfully formed the following week. The team's adept negotiation skills facilitated the creation of a united community that would now lead solutions for the HWC.

Parikhit Chanda





COMMUNITY ACTION FOR ABAR ALI HWC

During a visit to Abar Ali HWC, the team engaged with JAS members, addressing the challenges of no electricity and drinking water facilities. In the discussion, Chairperson Mrs. Dimple Kutum pledged support from the Mising Autonomous Council to install these amenities.

In a subsequent follow-up visit, the facility now has both electricity and running water, with a newly renovated and painted appearance. The continuous efforts of the CHO and JAS committee have transformed the HWC, motivating the team to provide improved service delivery to the community.

Sazzad Bin Aminur Rahim





JOINT DIRECTOR OF HEALTH SERVICES
HAFLONG,
ASSAM.

SL.NO.	NAME	FROM	TO
1.	DR. DAYA RAM TERON M.B.B.S. A.M.S.	30.7.83 - 14.7.98	
	DR. (Mrs) ANALA MECH. M.B.B.S. D.M.C.H.A.M.S.	15.7.98 - 75.2000	
	IN CHARGE		
	ANALA MECH.	8.5.2000 - 31.3.03	
	D.M.C.H.A.S.		
	LABORTY	1.4.03 - 4.6.03	
	IN CHARGE		
		5.6.03 - 31.5.04	
	D.L.A.		
	IN CHARGE	1.6.04 - 31.7.06	
	SINGSON	1.8.06 - 20.5.07	
	IN CHARGE		
	ANALAI	21.5.07 - 20.7.2011	
		21.7.2011 - 19.8.2011	
		20.9.2011 - 30.4.2012	
		1.7.2012 - 9.7.2012	
		2012 - 3.4.2015	
		015 - 17.5.2013	
		13 - 30.6.2014	
		19.11.2014 - 18.05.2015	
		14.2022	
		2022	

WORLD DIABETES DAY
14th NOVEMBER 2023

NCD Awareness session conducted by Joint Director of Health Services at Dima Hasao District



REVAMPING CHEUNIGAON HWC

During a routine inspection of the Cheunigaon Health and Wellness Center (HWC), the Piramal Swasthya-WDF team discovered a lack of essential resources necessary for its proper functioning.



Discussions with Archana Saharia, the Block Program Manager, and Rijuana Sultana, CHO, highlighted issues such as inadequate service delivery, a non-functional Joint Advisory Committee (JAS), absence of essential medicines, and poor infrastructure leading to a lack of drinking water.



To address these concerns, the team, in collaboration with key stakeholders, including the Block Program Manager and CHO, initiated the formation of an effective JAS committee. Utilizing untied funds, they undertook infrastructure improvements and implemented necessary changes to transform the HWC into a fully operational facility.

Abu Khayer Iftiker Hussain

ENHANCING HEALTHCARE INFRASTRUCTURE AT BANGALJHORA HWC

The Piramal Swasthya-WDF team, aiming to engage with JAS members of Bangaljhora HWC organized a meeting with the support of the Community Health Officer (CHO). During the meeting, key issues were identified such as the absence of desks and chairs, boundary walls, and shortage of the running water system.

In collaboration with the JAS members, the team sought assistance from the VCDC chairman. The chairman pledged INR 3 lakhs for ground fixing during the rainy season, support for a boundary wall, and the provision of running water. The commitment from the VCDC chairman to support the community and improve the healthcare delivery of the HWC encouraged everyone to strive towards greater heights.

Karna Barman





A DAY WITH THE COMMUNITY AT NRIACHIBANGLO SC

In collaboration with NHM Assam, an awareness session on Maternal and Child health was conducted at Nriachibanglo SC. Located at Chaikam, a Zeme Naga village with the second most populated tribe of Dima Hasao district; the session was conducted at “Hangseuki-Male dormitory”.

The DME, NHM and Dr. Nahson Newme spoke on Antenatal Care (ANC), Immunization, importance of Institutional delivery with emphasis on reducing child and maternal mortality rate. The District Coordinator spoke on Gestational Diabetes Mellitus(GDM) with the theme, “ANC: To save Mother and Child from Diabetes”. She linked the importance of ANC in detecting and treating GDM and how it affects both mother and child. The role of a supportive family ecosystem was also emphasized.

The meeting was graced with the presence of the Gaon Burah (Village Head) and the two, Tingkupau-priest of the village, who encouraged and advised the villagers to listen and put the knowledge to practice. A total of 53 community people attended the event making it a close knitted, yet merry day.

Heguangheule Zanme





Zeme Naga dance at Chaikam village, Dima Hasao District

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Sarathi

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24x7 Health Information Helpline

আপোনাৰ স্বাস্থ্যসেৱা

আপোনাৰ গাঁওত



গাঁও স্বাস্থ্য সম্প্ৰসাৰণ আঁচনি



EMPOWERING DEORIGHAT WITH ESANJEEVANI TELECONSULTATION TRAINING

To meet the recognized need for training and orientation on the three critical drivers of digital health services : eSanjeevani OPD, eSanjeevani HWC, and teleconsultation; the Piramal Swasthya-WDF team organized an interactive session at Deorighat MPHC in Dhemaji District. The session included hands-on training and demonstrations, emphasizing the potential of these platforms for personalized virtual medical consultations.

The impact of this training became evident in subsequent follow-ups, revealing a noticeable increase in teleconsultation numbers. The community having experienced the advantages of eSanjeevani OPD, actively spread the word about its convenience and efficacy among other community members.

This not only promoted the potential of telemedicine but also played a crucial role in bridging the gap in healthcare access at Deorighat.

Sazzad Bin Aminur Rahim





NO MORE SUGAR - ACCESS TO QUALITY HEALTHCARE

Mr. Subahan Ali, a 50-year-old male patient from Amin Para Village of Udalguri District was facing a number of symptoms making him worried for his health. Hope arrived in the form of a Mobile Medical Unit, dedicated to reaching the outreached corners of rural areas.

During this visit in May'23, Mr. Ali seized the opportunity to screen his Random Blood Sugar sample, which was found to be 217 mg/dL, twice the normal level. Immediately, the ANM provided consultation to the Doctor through Telemedicine from the campsite. The MMU staff, after a thorough examination and personalized counseling on diabetes Management, prescribed the medicine to him, including dietary modifications and regular exercise.

With continued support from the MMU team, Mr. Ali diligently followed the prescription. During his subsequent visit in the month of June '23, the RBS count came down to 145 mg/dL. Over time, his blood sugar stabilized, and he experienced a significant improvement in his overall well-being wherein he continuously started visiting our campsite, and his recorded RBS during July '23, August '23 & January'24 was 150, 160, and 130 mg/dL. He regularly visits the camp on the 5th of every month to check his blood sugar level.

In his words, he shares:

“When I visited Sanjeevani MMU for the first time I was completely unaware that blood sugar needs to be checked regularly, Doctor Sir advised me to do regular check-ups and also gave me a complete diet list which I am following now. I am happy that I got a chance to interact with a Doctor in my village itself.

NCD AWARENESS AND SCREENING INITIATIVE IN JHARGAON HWC

The Piramal Swasthya-WDF team, in collaboration with the CHO and CPHC members of Jhargaon HWC, organized an awareness and NCD screening camp with a primary focus on community and children. The sessions were thoughtfully designed to disseminate knowledge on cultivating a healthy lifestyle, offering insights into yoga practices, emphasizing the importance of hand hygiene, discussing optimal food and nutrition choices, outlining NCD risk factors, providing guidance on NCD prevention, explaining the distinctions between healthy and unhealthy diets, and underscoring the significance of regular exercise for overall well-being.

Following the session, community members actively participated in NCD screening and received necessary medications. This not only increased awareness but also fostered a commitment among community members to undergo regular monthly health check-ups.

Abu Khayer Iftiker Hussain







Global Diabetes Walk in Dhemaji District

EMPOWERING YOUTHS THROUGH EDU-ENTERTAINMENT IN DEORIGHAT ADARSHA ME SCHOOL

With the aim of providing insights into diabetes and highlighting the significance of physical activities, the Piramal Swasthya-WDF team visited Deorighat Adarsha ME School to engage with the students. After delivering key information on non-communicable diseases, diabetes, and hypertension, the team organized a quiz competition centered around the theme "Know Diabetes and Stay Fit."

Taking on the roles of both Quiz Master and cheerleader, the Headmistress led the competition with five rounds that combined diabetes awareness with sports-related activities. Marking the end of the competition, the winners were acknowledged and rewarded.

Sazzad Bin Aminur Rahim





DIABETES AWARENESS MONTH
November 2022

Education to Protect Tomorrow

QUIZ COMPETITION

THEME:
KNOWING DIABETES
AND STAYING FIT

Venue: Deorighat Adarsha ME School
Date: 15th November 2022
Time: 10:30 AM

Quiz Competition on Diabetes held at Deorighat School

DIABETES AWARENESS AT GHILAGURI LP SCHOOL 2



The Global Diabetes Walk led the Piramal Swasthya-WDF team to Ghilaguri LP school 2 in Dhemaji district. The aim was to spread awareness on diabetes while engaging the students through a recitation competition.

30 enthusiastic students from classes 4 and 5 participated, while being cheered on by fellow students.



Recitation Competition at Ghilaguri L P School, Dhemaji District



Selfie Point to raise awareness on NCD, Dhubri District

ART AS A TOOL

Using a social and behavioral change approach, a street play was performed at the nearest weekly market in Shilikhaguri. This street play was organized in collaboration with the "Social Welfare department" of Lakhimpur District with the theme "Diabetes Education and Future Protection."



GLOBAL DIABETES WALK

In observance of World Diabetes Day, several districts, including the state capital of Assam, marked the occasion by hosting the Global Diabetes Walk to increase awareness about diabetes and encourage healthier lifestyles.

Diverse events and activities took place in Dhemaji, Karbi Anglong, Udalguri districts, and Guwahati, with a collective participation of 372 individuals, comprising community members, leaders, HWC, and CPHC members.

The initiative encompassed NCD screening camps, poetry competitions, as well as awareness sessions covering NCD detection, treatment, and the benefits of yoga and exercise.





GLOBAL DIABETES WALK
Walk with Purpose,
Beat Diabetes!

From Awareness to Action:
Beating Diabetes in 2023!

GLOBAL DIABETES WALK
Breaking Barriers,
Beating Diabetes: 2025
and Beyond!

GLOBAL DIABETES WALK
Knowledge is Power:
Taking Diabetes in 2023!

WALK
FROM AWARENESS TO ACTION
KNOW YOUR RISK

WALK
FROM AWARENESS TO ACTION
KNOW YOUR RISK

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YOGA AND MEDICATION: KEY TO JEETENDRA'S SUCCESS IN MANAGING DIABETES

The Global Diabetes Walk event at Sarihajan HWC extended a special invitation to the 'People Living with Diabetes (PLWD)' community. Jeetendra Terang, a 65-year-old diabetes patient, took the opportunity to share his journey with over 80 attendees at the event.

Mr. Terang had been grappling with symptoms such as frequent urination, thirst, and fatigue for a considerable period. His awareness on NCD screening at Sarihajan HWC began when ASHAs visited his home for CBAC (Community-Based Assessment Checklist) filling. Upon sharing his symptoms and discomfort, the ASHA recommended a diabetes test.

A positive diagnosis in November 2022 prompted him to participate in yoga sessions led by the CHO. Additionally, he was referred to Bokajan CHC to commence a medication course. Embracing a healthier lifestyle with daily yoga and medication resulted in positive changes within his body.

His inspiring story served as an inspiration at the GDW event, motivating the community to pursue a conscious lifestyle against diabetes.

Parikhit Chanda



A RALLY FOR DIABETES AWARENESS AND HEALTH WELLNESS

In commemoration of Global Diabetes Day, the Piramal Swasthya-WDF team initiated a dialogue involving the CHO, ANM, ASHAs, and key community influencers from Namgharia Health & Wellness Centre. This discussion led to organising an awareness rally within the community, about Non-Communicable Diseases (NCDs) and the services provided by the HWC.

Over 50 locals and community leaders actively participated in the rally, journeying from Namgharia HWC to Sekai Majgaon School and back. Engaging in discussions about diabetes awareness, the group shared insights on detection, control, and even offered tips on yoga and exercise. The event concluded with a screening camp, where participants underwent diabetes testing.

Sazzad Bin Aminur Rahim





Friendly football match between the medical team and Phulanikhat high school teamat Lakhimpur District

A FUSION OF HEALTH AND CULTURE:

Against the vibrant landscape of Udalguri, the second Northeast Diabetes Conference event "Jaagar" created a platform for facilitating conversation around health. The fusion of tribal art, culture, and health engaged the community to learn more about NCDs.

The team along with, CHO Miss. Poltuma Boro, and the school's head teacher organized art and yoga competitions, creating interactive sessions for sharing information on NCD. Amidst the festivities, knowledge sharing further invigorated the community to keep the momentum going.

Abu Khayer Iftiker Hussain



KNOWLEDGE BUILDING

LET'S TALK SUGAR
North East India Annual Diabetes Conference 2021
6th Oct. 2021 | 10.00am-4.30pm (IST) | Virtual
Announcing our Keynote Speakers

Speakers:
 Dr. Anand Goyal, IAS, Principal Secretary to the Government of Assam, Health and Family Welfare Department
 Dr. Lakshman S. IAS, Mission Director, National Health Mission, Assam
 Dr. Anil Kumar, Chairman, World Diabetes Foundation
 Dr. Anil Verma, Vice President and Chief Technology Officer, Piramal Swasthya
 Dr. Rajul Kumar Sarma, State Programme Officer, NCD, NEHA Assam, and Faculty, IMA Medical College & Hospital, Bongaigaon
 Anusha Parashar, Senior Manager (Research & M&L) at Piramal Swasthya
 Dr. Jan Van Der Berg, Chairman of Assam, Europe's largest health care insurance company
 Dr. Rishu Vaidikar, Senior Manager (NCD), Technical Support Unit (NCD), Maharashtra, India
 Dr. Anwesha S. Kaul, Health Specialist, UNICEF, Guwahati Field Office
 Dr. Sarojini Prasad Palit, Director of Perceptions, IAS/IGGS, India
 Dr. Abhi Krishnamurthy, Head, Public Health, Center of Excellence at Piramal Swasthya
 Dr. Anand Swaminath, Co-founder & CEO of Health Innovation Solutions
 Vinayak Handalka, Founder and CEO of Yousa
 Anam Basumaty, CEO, Seniors Eye Care Centre, Director of Administration, Barua Institute of Ophthalmic Sciences, Shillong, Meghalaya
 Dr. Sanjay Mehta MD, Secretary, RGGP, Assam
 Dr. Sunjith Barua, Secretary North Eastern Diabetes Society (NEDS)
 Meeta Sair, Programme Manager, World Diabetes Foundation
 Shilpa Dhar, Chief Manager (Special Projects) at Piramal Swasthya
 Dr. Apurva Nimesh, Chief Manager, Clinical Operations, Piramal Swasthya Management and Research Institute, Hyderabad

#Diabetesawareness **Registration Link** <https://tinyurl.com/LetsTalkSugarRegistration>

JAAGAR: AN AWAKENING
2nd NORTH EAST INDIA ANNUAL DIABETES CONFERENCE
THEME: NON-COMMUNICABLE DISEASES (NCDs) & TRIBAL HEALTH
DATE: 19th & 20th January '23
To join the Conference: Scan QR code with your mobile
Click here for Registration: <https://tinyurl.com/registration-with-jaagar>

A Jagar Series event
3rd North East India Annual Diabetes Conference
Prerana
20-21 Feb 2024
Taj Vivanta, Guwahati, Assam
To register, use the link or scan the code: tinyurl.com/379jcr5k
Organized under the 'Strengthening NCD (diabetes & hypertension) Services in Assam' project. It is an initiative of NHM Assam in partnership with Piramal Swasthya Management and Research Institute and World Diabetes Foundation.

Three annual conferences have been held under the project, each one highlighting a progression of the approaches to NCDs in Northeast India. The first two conferences were virtually held.

Let's Talk Sugar talked about diabetes in the region and innovative care models for diabetes and hypertension. Jaagar : An Awakening highlighted the knowledge and best practices around health particularly from a socio-cultural lens. The third conference Prerana will be an in-person event in Guwahati, Assam and bring together perspectives on multisectoral approaches to tackling NCDs and creating systems change.

Program Update: Strengthening NCD (Diabetes and Hypertension) in Assam

The project on strengthening NCD Services was initiated in the year 2012. What began as an initiative to create awareness on Diabetes and Hypertension for tribal and marginalised communities evolved into the second phase of scaling knowledge through advocacy, telemedicine services and community education during 2016-19.

The third phase was to be implemented during 2020-2024, the year 2020 being the peak of the Covid-19 pandemic. It was imperative that the third phase was designed with inclusion as the North star. With this vision, the team embarked on harnessing the energies of the community to kickstart the project.

The setting of Jan Aarogya Samitis (JAS) under the AB-HWC*programme greatly enhanced awareness and understanding of NCDs among the community. Additionally, through targeted educational campaigns, we collaborated extensively with learning institutions, the District Department of Sports and religious leaders to empower individuals, particularly the youth, in making informed lifestyle choices that can significantly impact their health outcomes. The creation of peer support groups also provided a space for conversation, a listening ear and sharing of experiences living with NCDs.

The project also places a strong emphasis on strengthening healthcare infrastructure. This involves not only upgrading diagnostic and treatment facilities but also ensuring that healthcare professionals are well-equipped with the knowledge and skills required to address the complexities of NCDs. Our team members have played a key role in setting up various Health and Wellness Centres across Districts—some of them from scratch—and facilitating the flows of knowledge for healthcare professionals. It gladdens me that their hard work is a part of the history of these centres and that, a gist of it has been captured through this Coffee Table Book.

To ensure that our services reach the last mile, the e-sanjeevani services under our project has leveraged its potential to streamline processes, enhance data management, and improve the overall efficiency of healthcare delivery.

*Ayushman Bharat Health and Wellness Centre

PROJECT OUTCOMES

1
million +

(>30 years) underwent
Risk Assessment for
T2DM and HTN*

1,33,233

individuals
diagnosed with
T2DM through
RBS**

69,470

provided telemedicine
consultations

1,02,008

no. of patients receiving
regular diabetes and HTN
care

76

peer support
groups for
Diabetes and HTN

2129

CHOs, MPWs,
ASHAs*** trained
annually on
supervision

9900

ASHAs trained annually
on DM & HTN modules

700

Jan Aarogya Samiti
members trained

1 139

HCPs received training
for NCD Management
through telemedicine
platform



Piramal Swasthya is focused on bridging public healthcare gaps by supplementing and complementing Government of India's vision to meet Universal Health Coverage. Piramal Swasthya is one of the largest not-for-profit organizations in India – in the primary public healthcare space with a focus on Maternal Health, Child and Adolescent Health, Non-communicable Diseases.

The World Diabetes Foundation (WDF), since 2002, has provided 170 million EUR in funding to 568 partnership projects in 118 countries. WDF-funded projects have responded to an urgent need in terms of putting diabetes on the agenda and strengthening efforts to prevent and capacity to treat diabetes in a large number of low- and middle-income countries

Anamaya is a multi-stakeholder collaborative committed to end preventable deaths among tribal and marginalised communities of India. Our multidisciplinary team engages with problems unique to tribal communities to co-create solutions that strengthen communities and public delivery systems alike.



Learn more about the project by scanning the QR



Random Blood Sugar Test underway at World Diabetes Day 2023, Dima Hasao

