



ASSESSMENT OF WELLNESS ACTIVITIES UNDER HEALTH AND WELLNESS CENTRES IN JAIPUR



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NATIONAL HEALTH MISSION

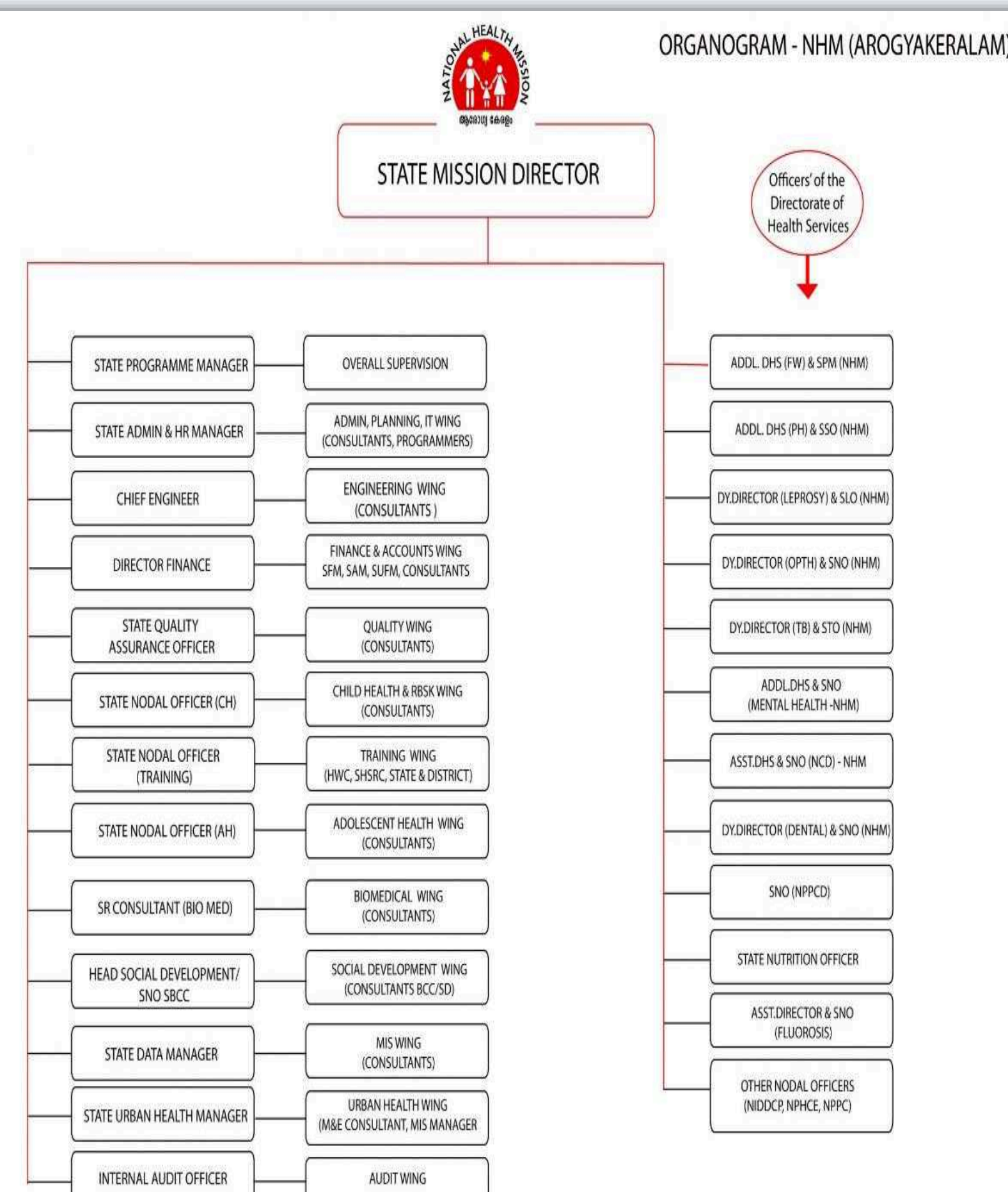
The National Health Mission (NHM) was launched by the government of India in 2005 subsuming the **National Rural Health Mission** and **National Urban Health Mission**.

It was further extended in March 2018, to continue until March 2020.

VISION

Attainment of Universal Access to Equitable, Affordable and Quality health care services, accountable and responsive to people's needs, with effective inter-sectoral convergent action to address the wider social determinants of health.

ORGANIZATION STRUCTURE



AYUSHMAN BHARAT-HEALTH AND WELLNESS CENTRES-

Ayushman Bharat (AB) is an attempt to move from a selective approach to health care to deliver comprehensive range of services spanning preventive, promotive, curative, rehabilitative and palliative care.

It has two components which are complementary to each other.

Under its first component 50,000 **Health & Wellness Centres (HWCs)** will be created to deliver Comprehensive Primary Health Care, that is universal and free to users, with a focus on wellness and the delivery of an expanded range of services closer to the community.

The second component is the **Pradhan Mantri Jan Arogya Yojana (PM-JAY)** which provides health insurance cover of Rs. 5 lakhs per year to over 10 crore poor and vulnerable families for seeking secondary and tertiary care

OBJECTIVE

To assess the implementation of wellness activities under HWC and suggest corrective measures.

METHODOLOGY-

STUDY DESIGN-It is a cross-sectional study conducted to evaluate and assess the health wellness activities implemented at health and wellness centers of Jaipur district. We randomly selected 42 Health Centres.

SAMPLE SIZE- 42 Health and Wellness facilities were randomly picked from Jaipur District. . Among them, 21 were urban primary health care centres, while 10 were rural Primary Health Centres and 11 Subcenters.

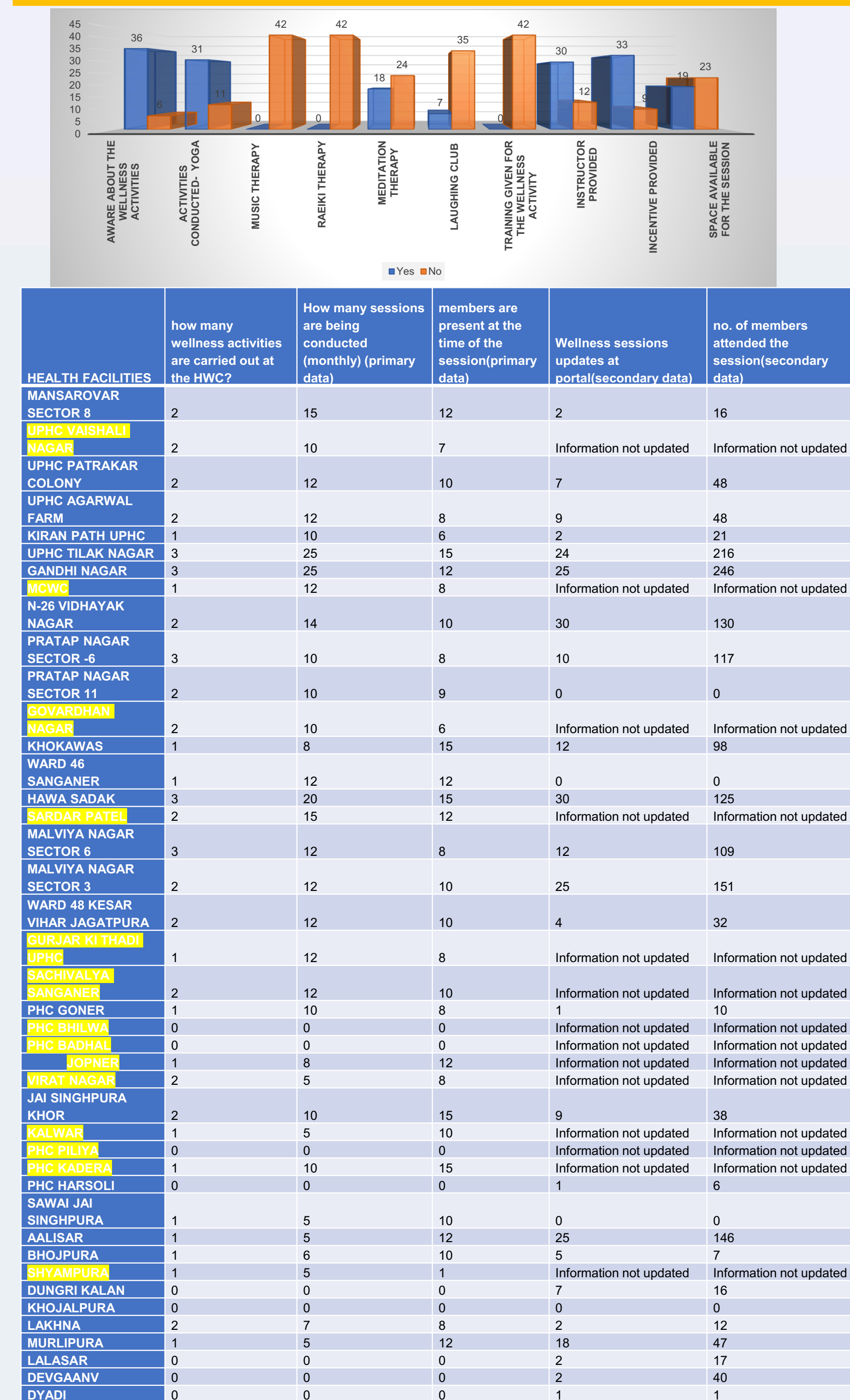
STUDY DURATION- Selected Health and wellness centers were visited between April-May 2022 and relevant data was collected.

DATA COLLECTION- Primary Data was collected from a **pre-formed Questionnaire** and secondary data was collected from HWC portal of April 2022.

Assessment regarding proper regulation of wellness activities was done via checking file records, asking people by forming questionnaires and via observations, short qualitative interviews of HWC staff namely Community Health Officers and medical officers were conducted.

ANALYSIS/STUDY TOOL-Data was entered and analyzed in Microsoft Excel (Microsoft office 365). Ethical approval from institutional ethical committee has been obtained.

ANALYSIS AND FINDINGS



Graphical Findings-

- 85% of the total health facilities are aware of the wellness activities that are being conducted.
- Out of the 42 facilities assessed yoga is the only wellness activity carried out at 31 facilities, rest meditation and laughing therapy are implemented at 18 and 7 health centers respectively.
- 71% facilities are provided the yoga instructor and given incentive.
- But the space available for such sessions to carry out is only at 19 facilities (i.e. only 42% facilities).

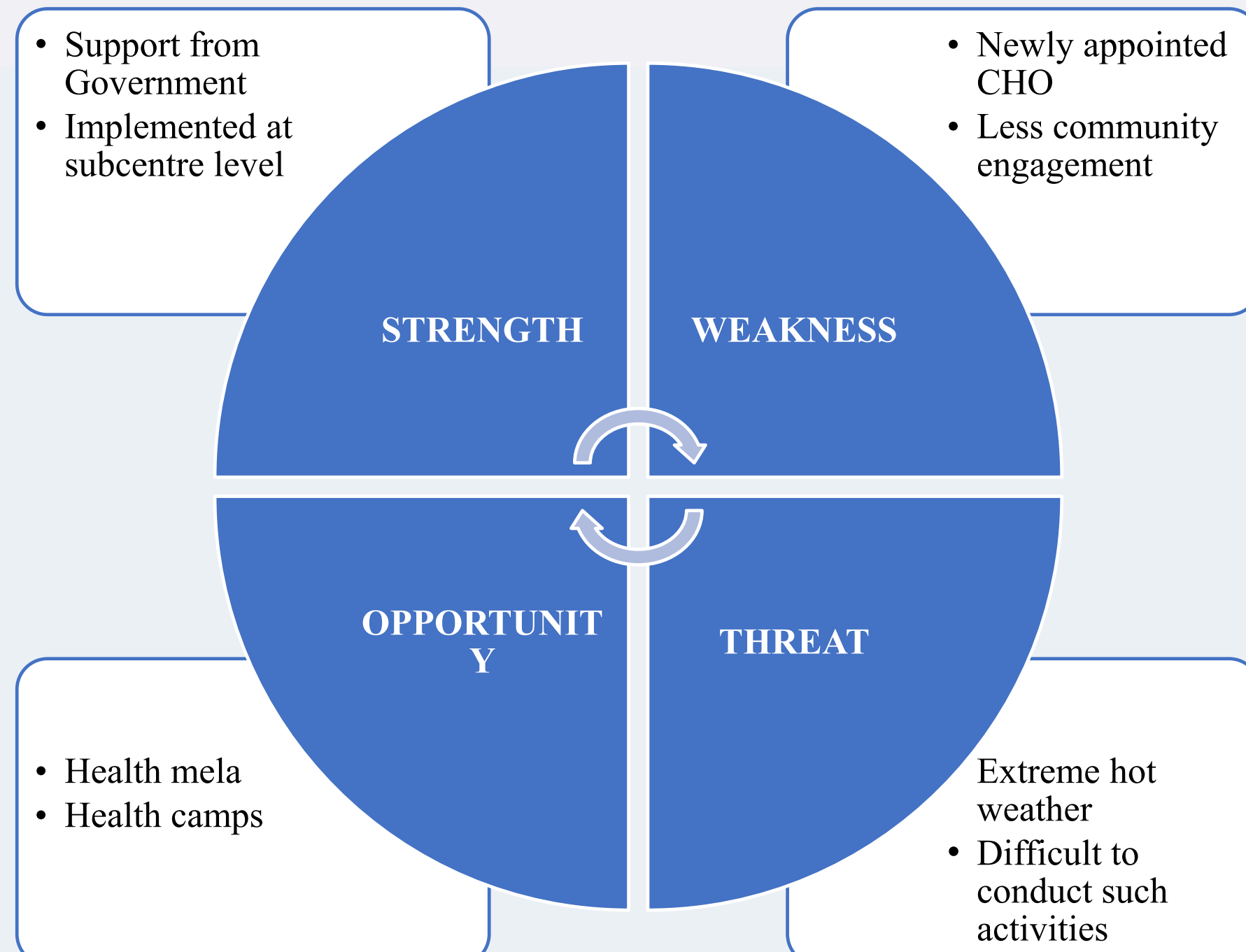
Findings-

Above tabular data has been obtained from primary data as well as secondary which states that 9 facilities have NO wellness sessions/activities conducted at their centres.

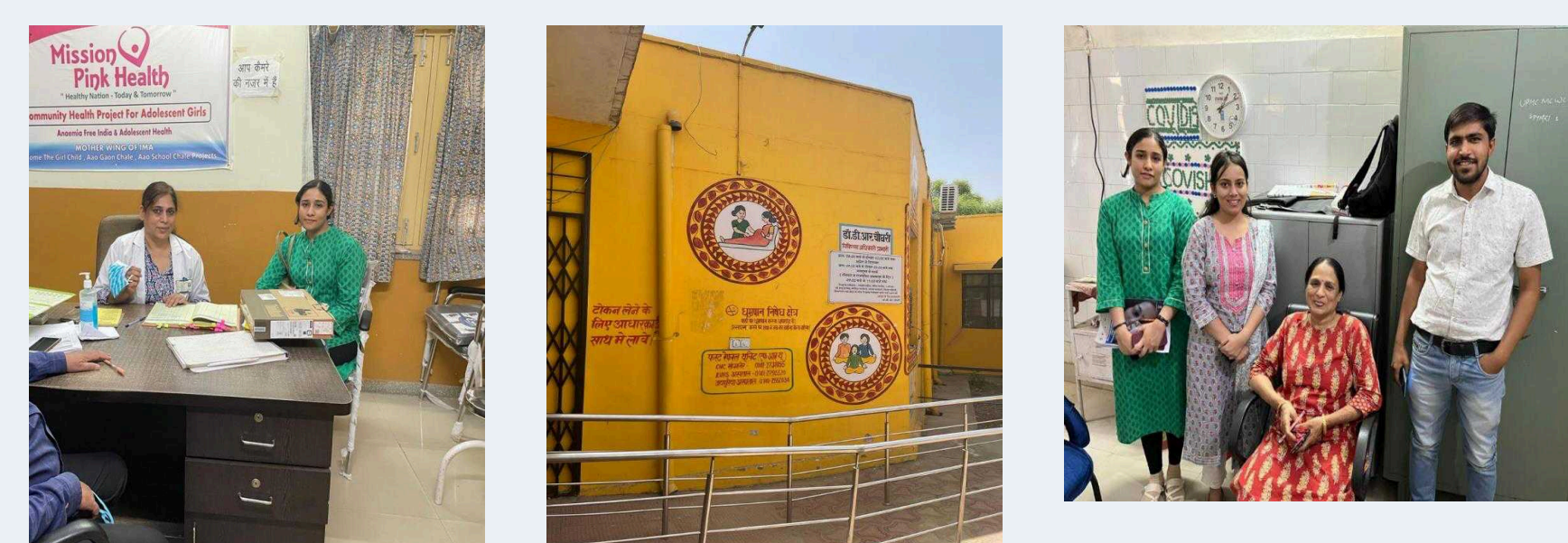
- 14 facilities have only ONE activity i.e. Yoga, implemented at their facility.
- 14 facilities conduct Two activities i.e. Yoga and Meditation.
- Out of the 42 facilities only 5 facilities i.e.12% have THREE wellness activities being carried out at their centres.
- Whereas no facility have raeiki or music therapy sessions.
- But there has been a vast difference with the primary data collected than the secondary data updated at the HWC portal.
- According to the primary data 9 have zero sessions conducted but there is data discrepancy at HWC portal as only 4 facilities have mentioned/ reported zero sessions being conducted.
- Same as 18 facilities reported to conducted around 1-10 sessions monthly but only 15 have reported at the portal.
- 13 facilities mentioned of conducting around 11-20 sessions last month but only 3 facilities reported it to the portal.

NOTE- Above 14 highlighted facilities had no data updated at the portal regarding the sessions, as daily entry data is not updated at the HWC portal at UPHC, at some places instructors are not appointed yet, some are devoid of proper space to conduct the sessions and at subcentre level newly appointed CHO's are still under training.

SWOT ANALYSIS



FIELD VISIT



LEARNING AND VALUE ADDITIONS

- The Internship provided me the opportunity to work in health care sector.
- Provided me the exposure to witness how a Health care centre works & interact with the Health workforce (MO, CHOs)
- Provided practical knowledge of Health Programs that run at a health care facility.

CHALLENGES FACED DURING THE STUDY

- Extreme hot weather made it difficult to conduct wellness sessions.
- CHOs were newly appointed and were not given the training to conduct such sessions
- Less Community engagement, people are not aware about these facilities
- Some facilities didn't have proper space to conduct health sessions. .

SUGGESTIONS

- Due to extreme hot weather conditions in states like Rajasthan, due to which it is sometimes difficult to gather people for such sessions, proper shades and greenery should be planned at the facility so that people come and join the sessions.
- To ensure proper space is available when a facility is converted to health and wellness so that all activities can be carried out.
- For community engagement, people should be given awareness about such sessions at public places.
- Daily updation of data on portal is required.
- As music is a good way to relieve stress and helps in release of happy hormones, facilities should encourage listening to soft music at the time of yoga sessions.
- To ensure instructors are appointed at a; HWCs to take the sessions.
- As some facilities are devoid of the space to conduct such sessions, these could be carried out in a nearby school on weekends.
- Not only yoga, simple exercises like walking, running and aerobics could also be implemented as a party of daily routine as it has benefits.



REFERENCES

- <http://nrhmrajasthan.nic.in/Overview.htm>
- [Ayushman Bharat – Health and Wellness Centres – Vikaspedia](#)
- <http://nhm.org.in>
- <https://eatrightindia.gov.in>
- <https://main.mohfw.gov.in/>