

SUMMER INTERNSHIP PROGRAM
at
NATIONAL INSTITUTE OF HEALTH AND FAMILY
WELFARE
NEW DELHI

From **01-MAY-2024** to **28-JUNE-2024**

A REPORT BY
NAVDEEP
Master of Business Administration
HOSPITAL AND HEALTH MANAGEMENT
2023-25

under the Mentorship of
DHIRENDRA KUMAR (Ph.D)
(Professor at IIHMR, Jaipur)



राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान

(स्वास्थ्य एवं परिवार कल्याण विभाग, भारत सरकार के अधीन एक स्वायत्तशासी संस्थान)



The National Institute of Health and Family Welfare

(An Autonomous Institute under Ministry of Health & Family Welfare, Government of India)

बाबा गंगनाथ मार्ग, मुनीरका, नई दिल्ली-110067

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Web Site: www.nihfw.org

F.No. A-33012/5/2007-Acad.

Dated: 28/06/2024

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Dr. Navdeep, currently enrolled in the MBA (Hospital and Health Management), student from IIHMR University, Jaipur has successfully completed her Summer Training/ Internship programme on the Project Report entitled– "**Proposal for Updating Display Boards on Institutes Premises**" at The National Institute of Health and Family Welfare, New Delhi for the period from 1st May, 2024 to 28th June, 2024 under the guidance of Dr. Dheeraj Shah.

Her conduct during the Summer Training Programme was good and I wish her a bright career ahead.


(Dr. V.K. Tiwari)
Dean of Studies

डीन ऑफ स्टडीज
Dean of Studies

राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
National Institute of Health & Family Welfare
बाबा गंगनाथ मार्ग मुनीरका, नई दिल्ली-110067
Baba Gangnath Marg Munirka, New Delhi-110067

प्रो. (डॉ.) धीरज शाह
एम.डी. डी.एन.बी. एफ.ए.एम.एम
निदेशक

PROF. (DR.) DHEERAJ SHAH
MD, DNB, FAMS
Director



राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार
THE NATIONAL INSTITUTE OF HEALTH AND
FAMILY WELFARE
MINISTRY OF HEALTH & FAMILY WELFARE
GOVERNMENT OF INDIA

Date : 28/6/2024

COMPLETION CERTIFICATE

This is to certify that Dr. Navdeep of MBA-HHM, 2023-25 of IIHMR University, Jaipur, has worked with our organization for her summer internship from May, 2024 to June, 2024.

The overall performance shown by him/her during the period was excellent good/average.

This certificate is being issued to meet the requirements of the IIHMR University

प्रो. (डॉ.) धीरज शाह
PROF. (DR.) DHEERAJ SHAH
निदेशक / Director
राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
The National Institute of Health & Family Welfare
मुनिरका, नई दिल्ली-110067 / Munirka, New Delhi-110067

IIHMR University Faculty Mentor Approval

This is to certify that *Dr. Navdeep* of academic year *2023-25* of *INSTITUTE OF HEALTH MANAGEMENT RESEARCH* has prepared a poster with respect to her summer internship held during *May-June 2024*.

She has carried out work as per the guidelines. Her poster is approved for presentation.

Date: *24th July, 2024*

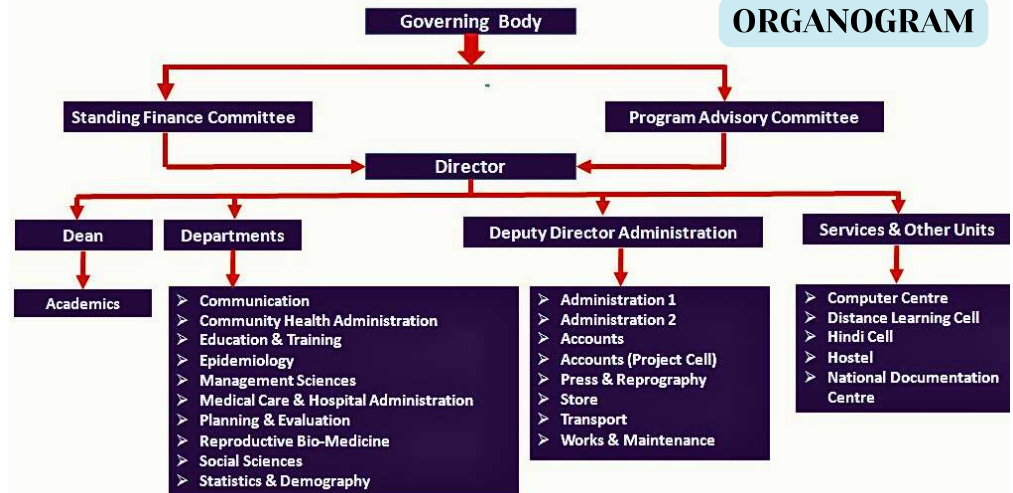
A handwritten signature in black ink, appearing to be 'Dhirendra Kumar', written over a horizontal line.

**Dr. Dhirendra Kumar (Phd.)
(University Professor)**

ABOUT THE ORGANIZATION

The National Institute of Health and Family Welfare (NIHFW), was established on 9th March 1977 by the merger of two national level institutions, viz. the National Institute of Health Administration and Education (NIHAE) and the National Institute of Family Planning (NIFP). The NIHFW, an autonomous organization, under the Ministry of Health and Family Welfare, Government of India, acts as an 'apex technical institute' as well as a 'think tank' for the promotion of health and family welfare Programmes in the country.

ORGANOGRAM



MISSION AND VISION

To act as think tank, catalyst & innovator for management of public health and related health & family welfare programmes by pursuing multiple functions of Education & Training, Research & Evaluation, Consultancy & Advisory services as well as provision of specialised services through inter-disciplinary teams

NIHFW is to be seen as an Institute of global reput in public health & family welfare management

- Expertise and Knowledge Base
- Government Support
- Training and Capacity Building
- Research and Publications
- Collaborative Networks

- Bureaucratic Hurdles
- Resource and Staffing Constraints
- Overburdened Departments

- Leverage the talent of recent graduates in public health or health management
- Health Policy Influence
- Expanding Training Programmes

- Funding Challenges affecting the scope and scale of research and evaluation projects
- Competition from other research and academic institutions in the sector

LEARNINGS

- Ample opportunities in public health sector
- Secondary research experience
- Polished soft skills
- Networking
- Skills and knowledge into practice

CHALLENGES FACED

- Complex bureaucratic process, rigid organizational structure
- very slow decision making process
- Extensive file and paper work

Sugar, Salt, and Fat Content in Commercial Infant Food Formulas in India.

Study Design

Descriptive Cross-Sectional Study

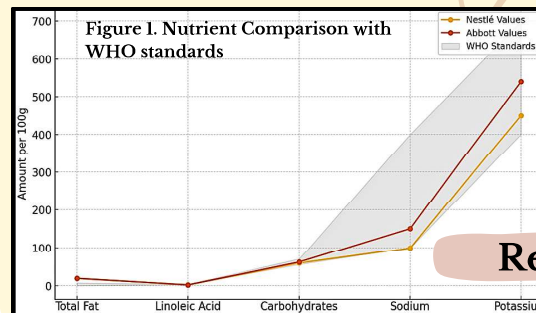
- Descriptive:** The study aims to describe the nutritional content (sugar, salt, and fat) in commercial infant food formulas available in India. It does not involve testing a hypothesis or examining the cause-effect relationship between variables.
- Cross-Sectional:** The data is collected at a single point in time. The study analyzes the nutritional content of various infant food products available during the period of data collection.

Objective

- Evaluate sugar, salt, and fat content in infant formulas (0-6 months and 6-24 months).
- Compare with national (FSSAI) and international (WHO) guidelines.
- Identify potential health concerns.

Methodology

- Data Collection:**
 - Utilize sources such as commercial databases, manufacturer websites, and grocery stores for information gathering.
- Product Categorization:**
 - Classify products based on age groups: 0-6 months and 6-24 months.
 - Categorize products according to their feeding purposes.
- Nutrient Content Analysis:**
 - Evaluate nutrient content by comparing it with the standards set forth by FSSAI and WHO guidelines.



Result

plan

Revision of modules of DLC

Reviewing existing study materials, identify outdated, invalid and inaccurate information and proposing necessary deletions.

Incorporating feedback and critical comments from subject matter experts to enhance the **quality and effectiveness** of the study materials

Ensuring the content is designed to be **accessible and appropriate** for distance learning programs, considering **diverse learners**



- Establish monitoring systems
- Utilize feedback
- Update display boards
- Implement floor plans

- Enhance library resources
- Revamp internship programs
- Enhanced distance learning modules - Innovative access methods

Weekly Report - 1

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office
(Director's Office)

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 1

From: 1/05/2024 to 3/05/2024

Activity Done	• Reported to Director's office. • Got assignment to update institute's IEC display material and prepare proposal to digitalise IEC display. • Visited NCCVMRC. • Attended conference on Disaster Management • Finalized research topic.
Linking theory (Classroom learning) with practice at your organisation	• Organization Behaviour • Planning
Gaps identified on the working area.	N/A
Suggestions for improvement	N/A

Plan for the next week	• Selection of IEC material for update. • Visit communication department. • Read research papers for literature review.
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Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report - 2

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office
(Director's Office)

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 2

From: 06/05/2024 to 10/05/2024

Activity Done	• Classified institution's area into different sections to select IEC's for each departments. • Visited communication's department for further guidance. • Selected some IEC from official govt. websites related to national health programmes. • Started literature review for research topic.
Linking theory (Classroom learning) with practice at your organisation	• Strategic Planning • Preparation and selection of IEC • Research Methodology
Gaps identified on the working area.	• Difficulty in writing synopsis due to lack of experience in research writing.
Suggestions for improvement	• In-depth literature review for better understanding. • Further selection of IEC.

Plan for the next week	• Final Selection of IEC material department wise. • Read research papers for literature review and prepare synopsis.
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Signature of the Student

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Weekly Report - 3

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office (Director's Office)/ Research Article.

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 3

From: 13/05/2024 to 17/05/2024

Activity Done	• Finalized IEC material department wise. • Read research papers for literature review. • Started working on synopsis. • Attended orientation session by Mr. Sharad for MCTFC Call centre. Learned about its full functioning.
Linking theory (Classroom learning) with practice at your organisation	• Research Methodology – synopsis designing.
Gaps identified on the working area.	• Difficulty in writing synopsis due to lack of experience in research writing. • No other learnings happening here in the institute as direct access to the working of institution is prohibited.
Suggestions for improvement	N/A

Plan for the next week	• Final Drafting of synopsis and submission for approval. • Visit to Skill Lab by Dr. Geetanjali.
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Signature of the Student

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Weekly Report - 4

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office (Director's Office)/ Research Article.

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 4

From: 20/05/2024 to 24/05/2024

Activity Done	• Submitted the final Proposal of IEC update to Dr. Dheeraj Shah (Director NIHFW). • Still working on Final Drafting of synopsis and submission for approval. • Visit to Skill Lab by Dr. Geetanjali – Learned about working of Skill Lab. • Planned research duration.
Linking theory (Classroom learning) with practice at your organisation	• Research Methodology – Research Proposal/Design
Gaps identified on the working area.	N/A
Suggestions for improvement	N/A

Plan for the next week	• Summarise the Research Papers and start writing the Introduction for research paper. • Visit to CHI by Mr. Gaurav Sharma.
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Signature of the Student

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Weekly Report - 5

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office
(Director's Office)/ Research Article.

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 5

From: 27/05/2024 to 31/05/2024

Activity Done	• Summarise the Research Papers and start writing the Introduction for research paper. • Visit to CHI by Mr. Gaurav Sharma. • Visit to LMIS by Dr. D.K. Yadav • Visit to NCCVMRC by Prof. Renu Shahrawat
Linking theory (Classroom learning) with practice at your organisation	N/A
Gaps identified on the working area.	N/A
Suggestions for improvement	N/A

Plan for the next week	• Market analysis of products to be done which are to be selected for research purpose.
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Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report - 6

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office
(Director's Office)/ Research Article.

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 6

From: 03/06/2024 to 07/06/2024

Activity Done	• Market analysis of products done which are to be selected for research purpose. • Attended distance learning session. • Attended hindi karyashala session.
Linking theory (Classroom learning) with practice at your organisation	• Data interpretation • Data compilation (biostatistics/ MS Excel classes)
Gaps identified on the working area.	N/A
Suggestions for improvement	N/A

Plan for the next week	• Data interpretation in depth with comparison to national and international guidelines.
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Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report - 7

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office
(Director's Office)/ Research Article.

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 7

From: 10/06/2024 to 14/06/2024

Activity Done	• Working on data analysis and interpretation
Linking theory (Classroom learning) with practice at your organisation	• Data interpretation • Data compilation (biostatistics/ MS Excel classes)
Gaps identified on the working area.	N/A
Suggestions for improvement	N/A

Plan for the next week	• Final draft completion for further proceeding • Report making for final submission in next 2 weeks
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Signature of the Student

Approved by the IIHMR University's Mentor

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Weekly Report – 8 and 9

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: NIHFW Administrative office
(Director's Office)/ Research Article.

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Week no: 8

From: 17/06/2024 to 28/06/2024

Activity Done	• Interpretation of data and conclusion of result. • Final referencing of report.
Linking theory (Classroom learning) with practice at your organisation	• Data interpretation • Data compilation (biostatistics/ MS Excel classes)
Gaps identified on the working area.	N/A
Suggestions for improvement	N/A

Plan for the next week	• Final submission of research report.
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Signature of the Student

Approved by the IIHMR University's Mentor

COMPILED REPORT

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: Proposal for Updating Display Boards on Institute Premises / Planning, Evaluation, Review and Updating DLC Modules in Stakeholder's Meeting / Research Article on Unveiling Nutritional Realities: Sugar, Salt and Fat Content in Commercial Infant Food Formulas in India.

Name of the Student: Dr. Navdeep

Roll no:1761

Stream: MBA Healthcare Management

Introduction

During the summer internship at the National Institute of Health and Family Welfare (NIHFW), various activities were performed that contributed significantly to both personal and professional growth. This report outlines the major tasks undertaken, the experiences gained, and the learnings achieved during this period.

Activity Done	• During the first week of my internship, I reported to the Director's office to receive my initial assignments. I was entrusted with the responsibility of updating the institute's IEC (Information, Education, and Communication) display materials and preparing a comprehensive proposal for the digitalization of these displays. To support this initiative, I conducted a visit to the National Cold Chain Management and Resource Centre (NCCVMRC). • Additionally, I attended a conference on Disaster Management, which provided valuable insights and networking opportunities relevant to my role. • By the end of the 1st week, I successfully finalized my research topic i.e. Sugar, Salt and Fat content in Infant Food Formulas Sold in Indian Market, establishing a clear focus for my ongoing work. • During the second week, the institution's area was classified into different sections to select appropriate IEC materials for each department. A visit to the communications department was made for further guidance on this task. Several IEC materials were selected from official government websites related to national health programs. • Additionally, the literature review for the research topic was initiated. Read 3 articles –1. <i>Sodium and Sugar in Complementary Infant and Toddler Foods Sold in the United States / (2017)</i>. 2. <i>Sodium, Sugar, and Fat Content of Complementary Infant and Toddler Foods Sold in the United States</i>. 3. <i>Maternal & Child Nutrition, Nutritional Composition of Processed Baby Foods Targeted at Infants from 0–12 Months</i>.
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	• During the third week, the IEC materials were finalized for each department. Extensive reading of research papers was conducted to aid in the literature review. Work on the synopsis was also initiated. • An orientation session led by Mr. Sharad for the MCTFC Call Centre was attended. About- <i>The Mother and Child Tracking System (MCTS)</i>, launched by the Government of India in December 2009, is a web-based portal designed to enhance health services for women and children. By tracking pregnant women and children, MCTS aims to reduce maternal, infant, and child mortality rates. It ensures comprehensive obstetric care, including antenatal, delivery, and postnatal services, and promotes full immunization for children. This system is intended to improve the quality of healthcare delivery and accelerate the reduction of mortality rates among mothers and children. • During the fourth week, the final proposal for the IEC update was submitted to Dr. Dheeraj Shah, Director of NIHFV. Progress continued on the final drafting of the synopsis, which is being prepared for submission and approval. • A visit to the Skill Lab was conducted under the guidance of Dr. Geetanjali, providing insights into its operations and functions. About- <i>The National Skills Lab - DAKSH at NIHFV</i>, established on March 9, 2015, by the Government of India in collaboration with LSTM, UK, and the Maternal Health Division of MOHFV, aims to enhance the skills of healthcare providers such as ANMs, LHVs, SNs, MOs, nursing supervisors, faculty, obstetricians, and paediatricians. The training focuses on reducing maternal and newborn mortality and morbidity by improving Skilled Birth Attendance (SBA) and Emergency Obstetric and Newborn Care (EmONC). The lab features four skill stations and one labor room, where trainees practice 35 basic skills over six days through mannequins, simulations, demonstrations, role plays, videos, and presentations. Training areas include antenatal, intra-natal, postnatal, and newborn care, family planning, infection prevention, complication management, adolescent counseling, and other RMNCH+A services. • 5th week saw significant progress in research activities. Research papers were thoroughly summarized, and work began on drafting the introduction for an upcoming research paper. • Mr. Gaurav Sharma led a visit to Center for Health Information (CHI), providing valuable insights. • Dr. D.K. Yadav headed the visit to LMIS - SAKSHAM is an initiative by the Ministry of Health and Family Welfare (MoHFV), Government of India, aimed at integrating all healthcare training programs into a unified learning platform. It functions as a central portal offering high-quality, current, globally applicable courses in the healthcare sector. SAKSHAM serves as a centralized repository for training resources and teaching materials, facilitating case-based learning. It also acts as a national database for healthcare professionals who have undergone training. • Prof. Renu Shahrawat's leadership during the visit to NCCVMRC provided expert perspectives that enriched the project's direction. About- NCCVMRC serves as the primary hub for research, training, planning, and policy initiatives related to immunization supply chains in India. It is designated as the secretariat overseeing Effective Vaccine Management (EVM) assessments and establishing specifications for cold chain equipment. The institute conducts capacity-building programs for program managers and policymakers across various levels.
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	<i>Additionally, NCCVMRC collaborates with the National Cold Chain Resource Centre (NCCRC) in Pune to deliver training programs for Cold Chain Technicians (CCTs).</i> • In week 6, a market analysis was conducted on products earmarked for research selection. This analysis aimed to identify suitable sample size for further study. • Participated in a two-day stakeholders meeting on May 21-22, 2024, <i>for the revision of course modules for the six PGDM courses offered by the National Institute Of Health And Family Welfare (Nihfw), Delhi through distance learning. This meeting was instrumental in understanding how the modules are meticulously planned, reviewed, and revised to ensure they align with the course objectives and learning outcomes. The NIHFW, recognized by the AICTE and approved by the Ministry of Health and Family Welfare, Government of India, has been at the forefront of educating and training health professionals for over four decades. Their PGDM courses specialize in- Health and Family Welfare Management, Hospital Management, Health Promotion, Public Health Nutrition, Applied Epidemiology, Health Communication.</i> • Attended hindi karyashala session. • During week 7, the focus was on data analysis and interpretation. This involved rigorously processing and making sense of collected data to derive meaningful insights and conclusions. Dedicated time to analyzing various datasets, employing statistical tools and methodologies to extract valuable information. This phase of work was crucial in gaining deeper understanding and drawing relevant conclusions that would contribute to the ongoing research objectives. Data analysis and interpretation was done under the supervision of my supervisor Dr. Dheeraj Shah, as it required expert assistance. • During weeks 8 and 9, the primary activities centered around interpreting data and drawing conclusions from the results obtained. Concurrently, efforts were made to finalize the referencing of the report, ensuring all sources and citations adhered to the required academic standards. These activities were crucial in synthesizing the research outcomes and preparing a comprehensive and well-supported final report.
Linking theory (Classroom learning) with practice at your organisation	☐ Organization Behaviour: • Theory X and Theory Y (Douglas McGregor): Understanding different management styles and their impact on employee motivation within public health organizations. • Herzberg's Two-Factor Theory: Exploring factors that contribute to job satisfaction and dissatisfaction among healthcare professionals. ☐ Planning: • Mintzberg's 5 Ps of Strategy: Analyzing different approaches to strategic planning in public health, considering perspectives, plans, patterns, positions, and ploys. • SMART Goals: Applying specific, measurable, achievable, relevant, and time-bound criteria to develop effective public health plans.

	☐ Strategic Planning: • SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats): Assessing internal and external factors affecting strategy formulation. ☐ Preparation and Selection of IEC (Information, Education, Communication): • Studying how new health practices or information are adopted among different population segments. • Social Marketing Theory: Applying marketing principles to promote health behaviours and communicate health messages effectively. ☐ Research Methodology: • Quantitative vs. Qualitative Research: Understanding the differences and when each is appropriate in public health research. • Ethical Considerations in Research: Applying principles like beneficence, justice, and respect for persons in designing and conducting studies. ☐ Research Methodology - Synopsis Designing: • Research Proposal Components: Structuring a synopsis or research proposal including background, objectives, methodology, and expected outcomes. • Literature Review: Synthesizing existing research to justify the need for and relevance of a public health research study. ☐ Data Interpretation: • Statistical Analysis: Applying biostatistics to interpret data gathered from public health studies. • Data Visualization: Using tools like MS Excel to present data in a clear and meaningful way. ☐ Data Compilation (Biostatistics/MS Excel Classes): • Descriptive Statistics: Summarizing data sets to gain insights into trends. • Regression Analysis: Identifying relationships between
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Gaps identified on the working area.	<u>Gaps identified on the working area</u> • In Organization’s Management and Administration ✓ Resource Constraints: Limited funding and budget allocations due to long approval procedures by government may restrict the institute's ability to expand its research scope or upgrade its infrastructure. Dependence on government funding and fluctuations in budget allocations pose a risk to sustained operations and program continuity. ✓ Bureaucratic Processes: Complex administrative procedures and bureaucratic hurdles could hinder operational efficiency and timely decision-making. ✓ Technological Risks: Risks associated with data security, privacy breaches, or disruptions in digital health systems that could impact service delivery and research integrity. • No other learnings happening here in the institute as direct access to the working of institution is prohibited. • In Research paper writing • Difficulty in writing synopsis due to lack of experience in research writing. • Research in complementary feeding and infant nutrition could benefit from exploring several key areas. • Firstly, there is a need to investigate how variability in manufacturing processes and ingredient choices influences the nutritional quality of commercial infant food formulas. Additionally, understanding effective strategies to expand infants' acceptance of diverse Flavors, especially those that are sour or bitter, during the complementary feeding phase could promote healthier eating habits. • Long-term studies are required to assess how early nutrition impacts the development of chronic diseases like diabetes and obesity throughout childhood and into adulthood. • Evaluating the impact of different caregiver education approaches on promoting optimal complementary feeding practices is crucial for improving caregiver knowledge and behaviours. • Furthermore, assessing the effectiveness of current regulatory standards in ensuring the nutritional adequacy and safety of infant food formulas globally would help identify gaps in enforcement or areas for improvement. • Finally, updating nutrient requirements and feeding guidelines for infants based on new evidence could enhance global recommendations and outcomes related to infant health and development.
Suggestions for improvement	• For Institution/ Organization ✓ Monitor and Evaluate Impact: Establish Monitoring Systems: Implement robust monitoring and evaluation frameworks to assess the impact of programs and research activities.

	Utilize Feedback: Use feedback mechanisms from stakeholders to continuously improve program quality and relevance. ✓ Update Display Boards: Replace outdated information with current topics and updated Information, Education, and Communication (IEC) materials from ongoing national health programs and recent public health developments. Propose the introduction of digital display boards or glow boards to enhance visual appeal and the quality of information presented. ✓ Implement Floor Plans: Install floor plans on each level of the institute to facilitate easy navigation for visitors, staff, and stakeholders. This initiative aims to improve understanding of departmental locations and enhance operational efficiency. ✓ Enhance Library Resources: Strengthen the National Documentation Centre (NDC) library by acquiring additional health-related books and resources. This will enrich research capabilities, support ongoing studies, and foster better outcomes in health education and dissemination. ✓ Revamp Internship Programs: Develop a detailed internship schedule outlining specific project involvements and skill development opportunities for interns. Enable interns to engage deeply within projects to gain practical insights and valuable skills relevant to their field of study. ✓ Enhanced Distance Learning Modules: Online Recorded Lectures: ○ Develop comprehensive distance learning modules featuring online recorded lectures delivered by subject matter experts. These lectures should cover essential topics in public health, research methodologies, health policies, and emerging trends. ○ Ensure lectures are accessible via a user-friendly platform that supports various devices, facilitating convenient access for students and professionals. ○ Ensure modules are regularly updated with the latest research findings, case studies, and best practices in public health to maintain relevance and effectiveness. Innovative Access Methods: Integrate innovative methods such as QR codes within the modules to provide quick and easy access to supplementary materials, quizzes, and interactive content related to the lectures. QR codes can link directly to additional readings, case studies,
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	or video demonstrations, enhancing learning engagement and depth of understanding. • For research paper related 1. Nutritional Optimization: Continuous efforts are needed to optimize the nutritional composition of infant formulas and cereals, particularly in reducing sugar content while maintaining adequate levels of essential nutrients. This aligns with global health guidelines and ensures optimal infant development. 2. Regulatory Compliance: Adherence to evolving regulatory standards, such as those set by FSSAI and WHO, requires ongoing monitoring and adjustment. Ensuring that products consistently meet these standards is crucial for consumer trust and infant health outcomes. 3. Consumer Education: Increasing awareness among caregivers about the importance of balanced nutrition in early childhood is essential. Educating parents about reading labels, understanding nutritional claims, and making informed choices is key to promoting healthy feeding practices. 4. Research and Innovation: Investing in research to better understand infant nutritional needs and preferences can drive innovation in product development. This includes exploring new ingredients, processing technologies, and formulation approaches to improve nutritional outcomes. 5. Health Disparities: Addressing disparities in access to quality infant nutrition products among different socio-economic groups and regions is critical. Ensuring affordability and availability of nutritious options for all infants is essential for equitable health outcomes. 6. Digital Influence: Managing the impact of digital media on infant feeding practices, including misinformation and marketing pressures, requires regulatory vigilance and consumer education efforts.
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Signature of the Student

Approved by the IIHMR University's Mentor

