

About NIHF

NIHF is an autonomous institute, established in 1997 by combining NIHA and NIFP, acting as health promotion and family welfare program body that is regulated by ministry of health (under GOI).

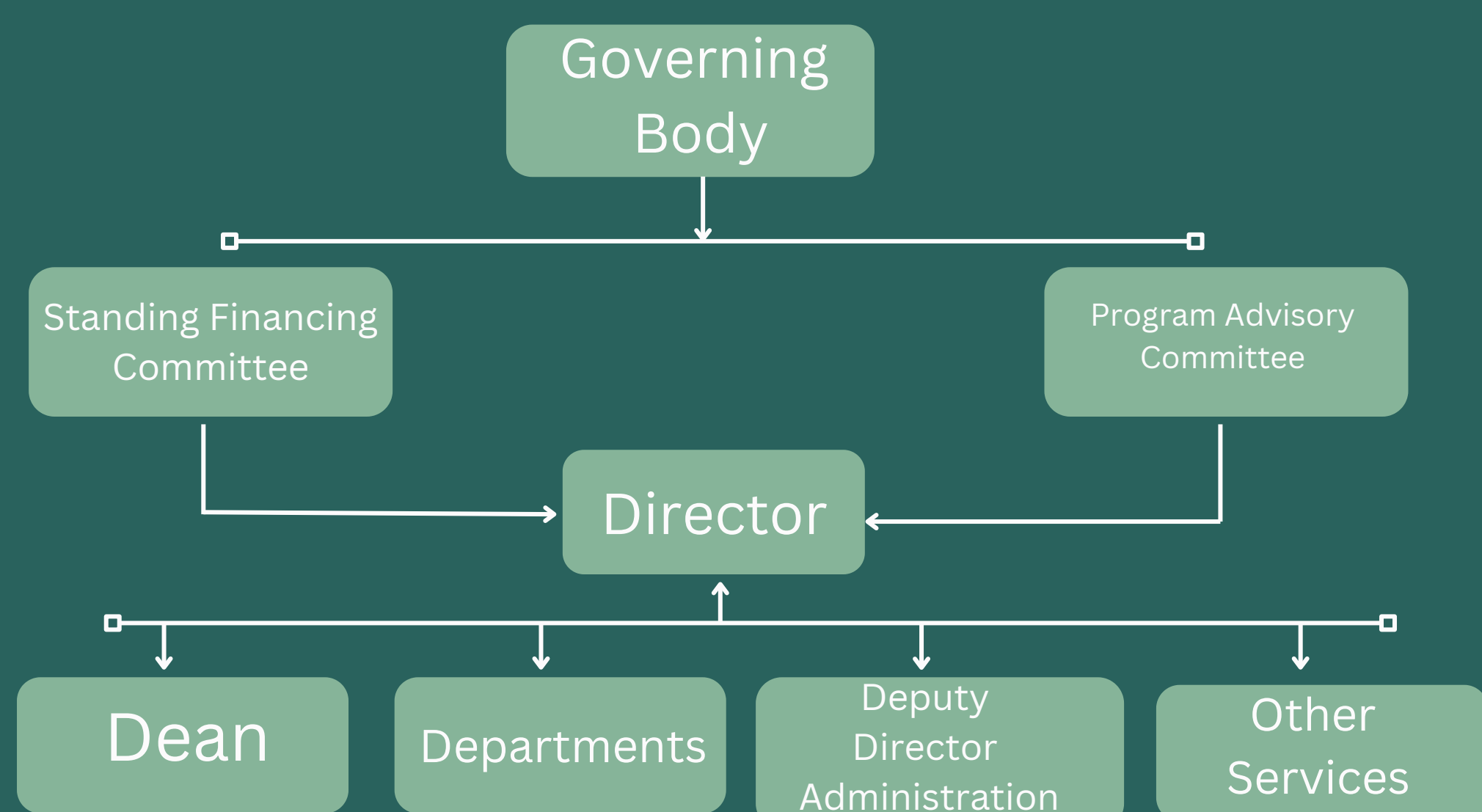
Mission

- NIHF is to be seen as an Institute of global repute in public health & family welfare management.

Vision

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

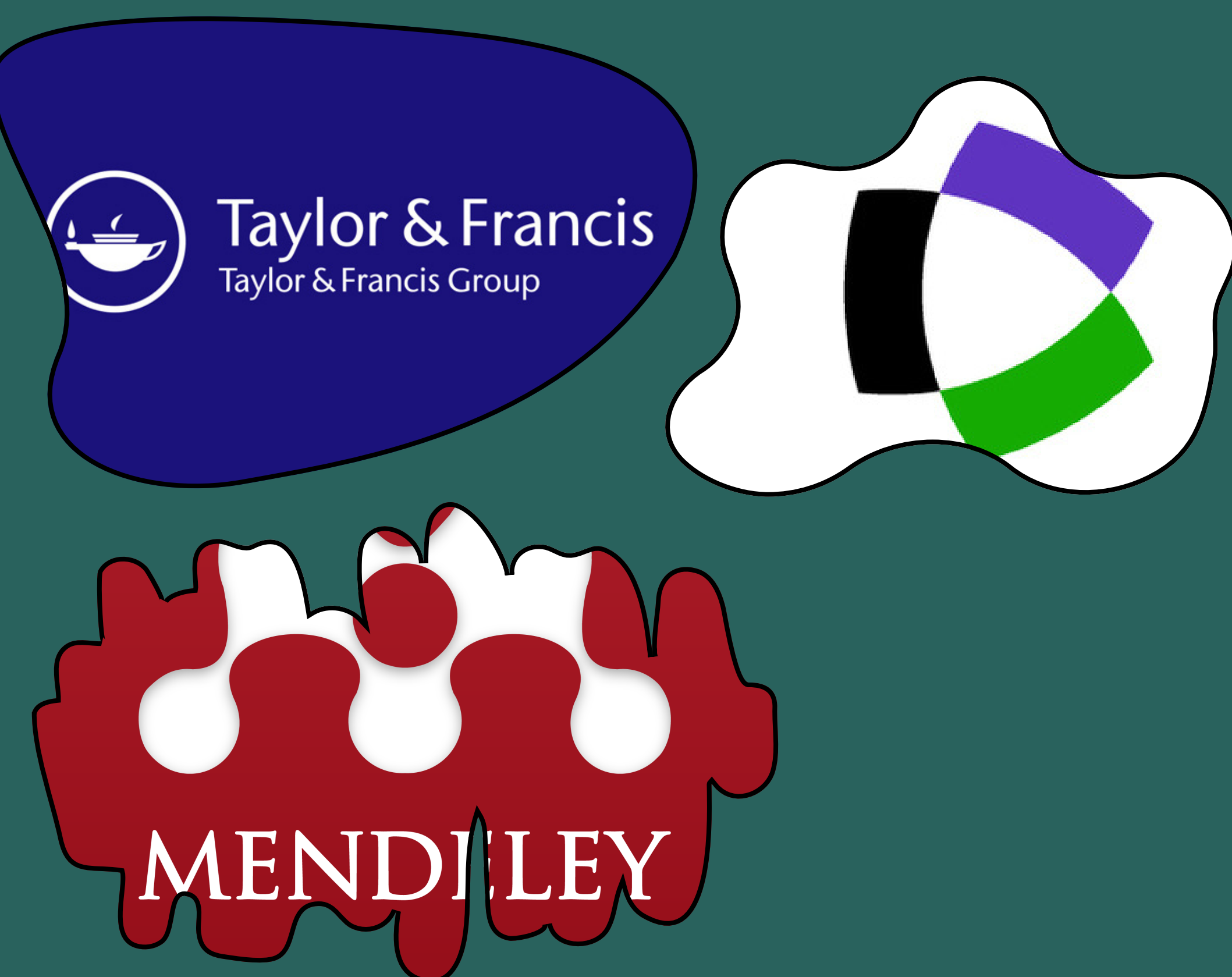
Organization Structure



Learning During Internship

A) Research Methodology

- Basics of Research Methodology.
- Making a Report, manuscript and article reading.
- Got to know about numerous journals eg Taylor Francis, Frontiers, Nature, etc.
- Importance of impact factors, predatory journals, citation and referencing software's.



B) Assignment

“A Study on Gut Microbiota Stealth Influence on Non-Communicable diseases”

- Numerous articles and evidences suggests a strong linkage of gut microbiome to the onset of many Non- Communicable diseases.
- Studies as shown that the Mortality rate due to NCDs are more(68%) than the Communicable diseases. (Institute of health and metric evaluation).

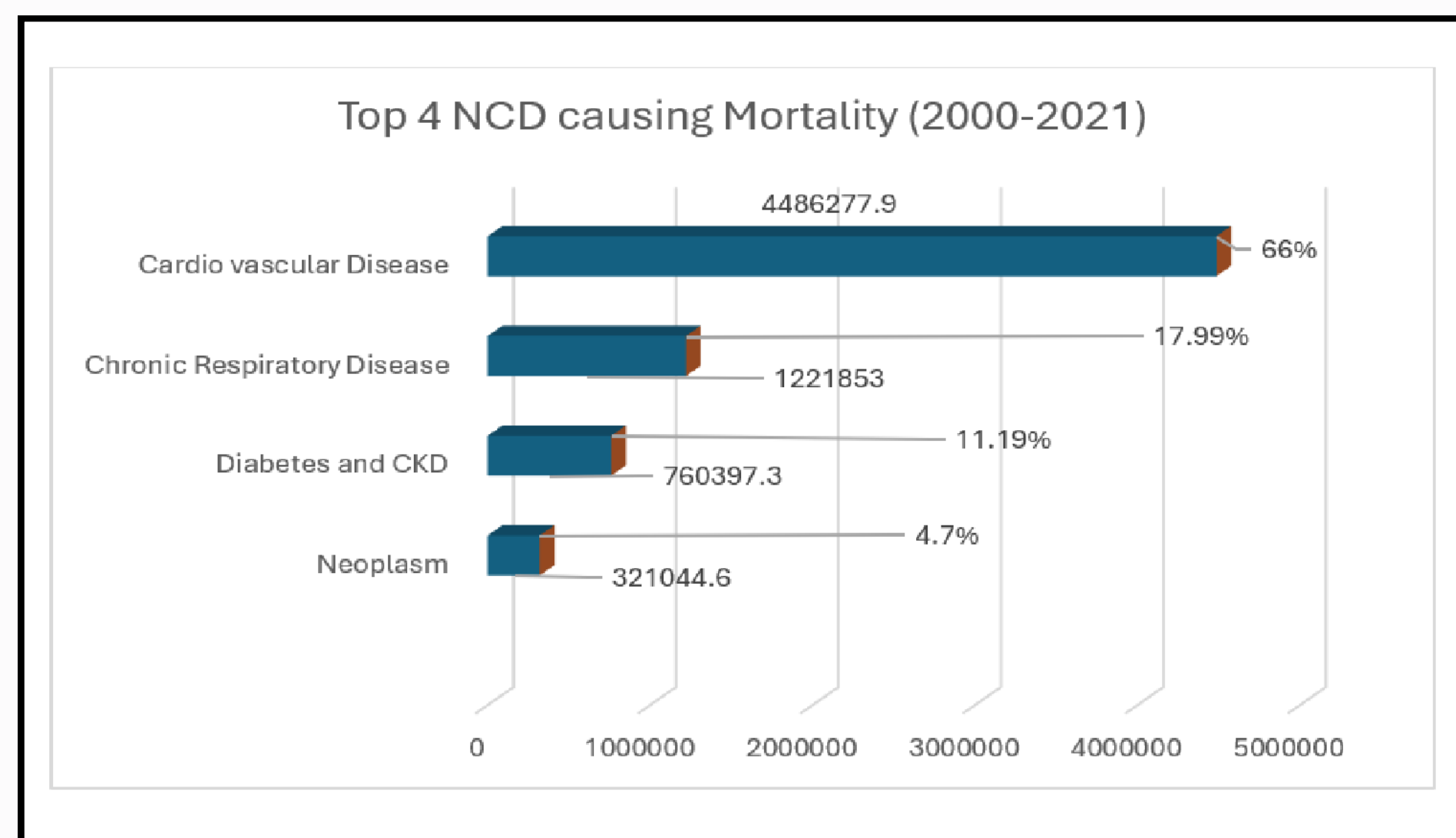


Figure 1- Top 4 NCDs causing mortality in India (IHME 2000-2021)

- Various studies show that Gut Dysbiosis first leads to Leaky gut syndrome causing bacterial toxins to enter blood circulation triggering systemic inflammation, imbalance of SCFA and Immune system causing NCDs like CVDs, IBD and especially Diabetes (Madhogaria et al 2022).
- Dysbiosis or Disturbance of normal gut microflora is caused due to various factors like Diet, Lifestyle changes, use of Antimicrobials, Pollution and Early exposure to environment (Figure 2).

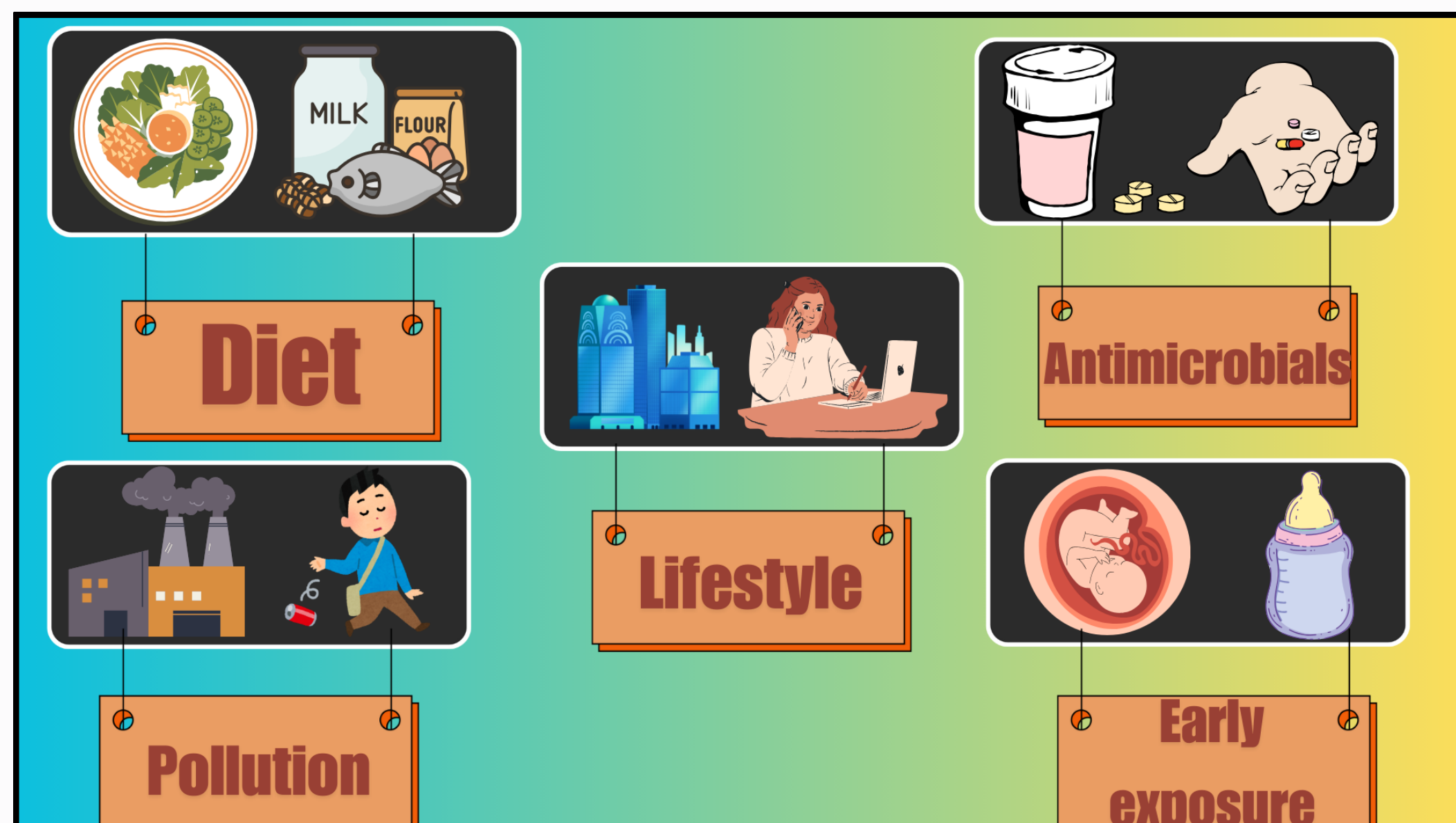


Figure 2- Various factors causing Dysbiosis of gut microflora

- This study also promote research in this specific field and also include the Indian perspective which was seen that less articles were present/published on Indian gut microbiome during literature review.
- Lastly the study also includes various methods and management of gut microbiota which lowers the probability if having NCDs in future and also promoting healthy life.

Value Addition

- Curriculum vitae writing, difference from biodata and Resume.
- Data Analysis
- Centre of Health informatics (CHI)
- ELISA
- IEC Making

SWOT Analysis

STRENGTH

- Reputation
- Expert Faculty
- Training Programs

WEAKNESS

- Funding
- Outdated Technology

OPPORTUNITY

- Collaboration with private institutes, NGOs, etc.
- Technological Advancement like AI

THREAT

- Competition with other bodies like NHSRC
- Health Crises
- Retention of skills

Theoretical Understanding v/s Practical Exposure

THEORY

- Research Methodology
- National Health Programs
- IEC

PRACTICAL

- Report and Manuscript writing.
- CHI
- Pamphlet Making
- Real time work in government setup.

Challenges Faces

- New exposure to data analysis field and topic.
- Lack of consistency.
- Difficulty in citation and final adjustment.
- No live Projects.

Usefulness of internship

- exposure to now work field and government work culture.
- Improvement in skills especially Technical skills.
- New connections at NIHF as well as at NHSRC.

Suggestions

- Utilization of the Department's Clinic for frequently to attain its full potential.
- Introduction of Live projects for the interns and compulsory Training programs.
- Advertisement for the awareness of Institute's clinic for family welfare.
- Annual Faculty Development sessions for enlighten about new technologies and advancement.