

SUMMER INTERNSHIP PROGRAM

At

NATIONAL INSTITUTE OF HEALTH & FAMILY WELFARE



From 1st May 2024 to 28th June 2024

A REPORT BY

MANIKA TEWARI

Master of Business Administration

(Hospital and Health Management)

2023-25

under the Mentorship of

DR. MAMTA CHAUHAN

Professor



राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान

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



आरोग्यम् सुखसम्पदा

The National Institute of Health and Family Welfare

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

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

Dated: 28/06/2024

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Dr. Manika Tewari, 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– "**Cultural Impact on Mental Health Among India's Aging Population: A Literature Review**" 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. Sarita Gautam.

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

प्रो. वी. के. तिवारी / Prof. V.K. Tiwari,

(Dr. V.K. Tiwari)

राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान /
The National Institute of Health and Family Welfare
मुनीरका, नई दिल्ली / Munirka, New Delhi-110067.
Dean of Studies

IIHMR University Faculty Mentor Approval

This is to certify that **Dr. Manika Tiwari** of academic year 2023-25 of **INSTITUTE OF HEALTH MANAGEMENT AND 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: 20/07/2024

A handwritten signature in blue ink, appearing to read 'Mamta', written over a faint circular stamp.

(Signature of Faculty Mentor)

Dr. Mamta Chauhan
Professor
IIHMR UNIVERSITY JAIPUR

NAME- DR. MANIKA TEWARI

 ROLL NO.- 1742 (MBA-HM28)

CULTURAL IMPACT ON MENTAL HEALTH AMONG INDIA'S AGING POPULATION: A LITERATURE REVIEW

FACULTY MENTOR- DR. MAMTA CHAUHAN

 INDUSTRY MENTOR- DR. SARITA GAUTAM

INTRODUCTION

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.

MISSION

To act as a think tank, catalyst & innovator for the 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 specialized services through inter-disciplinary teams

VISION

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

OBJECTIVES

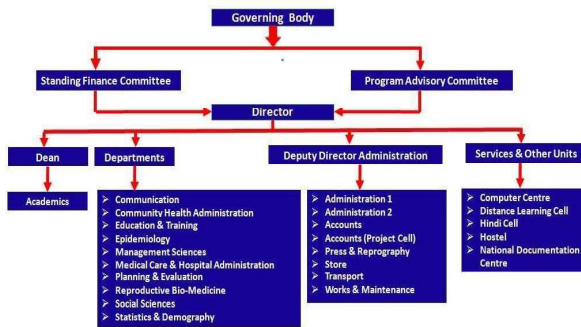
To understand and analyze the cultural and societal factors influencing the mental health of the aging population in India.

- Examine the impact of traditional family structures on the mental well-being of elderly individuals.
- Explore societal attitudes towards aging and their effect on mental health
- Identify stigma associated with mental health issues related to the elderly.
- Investigate the role of religion and spirituality in the mental health of the elderly.
- Assess the influence of urbanization and modernization on the mental health of the elderly.
- Provide recommendations for future research and policy development to improve mental health outcomes for the aging population.

BACKGROUND

The mental health of the aging population in India is a growing concern, deeply influenced by the country's rich cultural heritage. India's diverse cultural landscape, with its unique traditions, beliefs, and social norms, plays a vital role in shaping the mental health experiences of the elderly. Traditional family structures, like the joint family system, and deeply rooted religious and spiritual beliefs greatly affect how mental health issues are perceived and managed among older adults. Additionally, the rapid changes in society and urbanization are transforming these traditional structures, introducing new challenges and stressors for the elderly. Understanding these cultural dimensions is essential for developing effective mental health support and care for the elderly. Developing countries like India face a triple burden of disease: ongoing infectious diseases, a growing number of non-communicable diseases (NCDs) and increasing rates of injuries and disabilities. This situation is worsened by limited healthcare infrastructure, insufficient funding, and a shortage of healthcare professionals.

ORGANIZATION STRUCTURE



STUDY DESIGN:

This constitutes a comprehensive literature review involving numerous research articles and credible sources, providing a detailed analysis without any direct intervention

DATA SOURCES:

Existing research on the cultural aspects of mental health among India's elderly. Academic databases, including PubMed, Google Scholar, and JSTOR, focus on studies published in the last two decades.

STUDY RECOMMENDATIONS

- Enhancing cultural competence in mental health professionals.
- Promoting research and data collection specifically for mental health issues and geriatric population.
- Culturally tailored campaigns to promote awareness and reduce the stigmas
 - Modify social security legislation to better support the elderly
 - Home-based mental health care for the elderly
 - Support intergenerational programs to bridge gaps
 - Train mental health professionals to address spirituality and religiousness in practice.
- Use an intersectional approach when developing mental health policies and programs, to better address the root causes.

LEARNINGS DURING INTERNSHIP

- Ample opportunities for experience in the public sector.
- Secondary research experience
- Allowed me to polish my soft skills.
- Liaisoning and networking. Also allowed me to work with and under the supervision of experienced professionals and learn from them.
- A good exposure to national-level government organization.
- Along with the academic study, this internship helped me to put my skills and knowledge into practice.

USEFULNESS OF INTERNSHIP

- Comprehensive understanding of the operations and functions of the government sector.
- It helped me to develop and enhance various skills relevant to the government sector which include research, data analysis, developing recommendations, problem-solving abilities, communication, and networking.
- Gained invaluable insights on the various ongoing projects at NIHFW.

CONCEPTUAL AND APPLIED

CONCEPTUAL:

- Theoretical knowledge in national health programs, biostatistics, demography, and research methodology acquired at IIHMR was a crucial component for me in the internship journey.
- Tasked with analyzing and deriving insights from the available data to address specific issues or concerns and give suitable solutions for the same.

APPLICATION:

- Got the opportunity to apply theoretical knowledge to real-life scenarios and case studies, enhancing my practical skills in public health management, healthcare quality improvement, and reproductive and child health.
- Engaged in interactive sessions, presentations, panel discussions and seminars, which enhanced my practical exposure to emergintrends, best practices, and innovative approaches in the field.
- Attended orientation sessions in MCTFC Call Centre, Daksh-Skill Lab, Center of Health Informatics, SAKSHAM- LMIS, National Cold Chain and Vaccine Management Resource Centre (NCCVMRC) and Distance Learning cell which enhanced my understanding.

CHALLENGES FACED DURING INTERNSHIP

- Complex bureaucratic process, rigid organizational structure, and slow decision-making process
- Extensive file and paperwork.
- Getting used to the organizational norms and workplace standards.
- No exposure to live ongoing projects at the organization due to confidentiality issues.
- Opportunity for field visits were relatively low making it difficult to understand the onsite conditions .

RECOMMENDATIONS

- Strengthen collaboration with other organizations like NHRSC which can enhance the effectiveness and impact of research, training programs, and policy development.
- Create a platform to foster knowledge sharing & exchange among professionals, researchers, and policymakers in the field.
- Develop robust monitoring and evaluation frameworks to track the quality of training at state, district & peripheral levels.
- Involving interns in the ongoing projects while ensuring confidentiality.

SWOT ANALYSIS



Strength

Autonomous , Public Body, Funded by the Central Government, Access to vast public health data, Apex Institute, Widely recognised both in India and abroad



Weakness

Bureaucratic red tape, Extensive shortage of manpower, Overburdened departments and inadequate infrastructure can restrict the institution's ability to deliver quality services



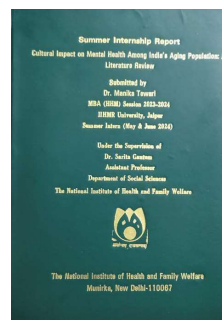
Opportunities

Effectively tap into the pool of young graduates in public health or health management. Building tie-ups with various universities in India & abroad.



Threats

Entry of parallel organizations within the campus under MoHFW like NHRSC & other public health institutions



REFERENCES

<http://www.nihfw.org>

Compiled Reporting Format

Name of the Organization: National Institute of Health and Family Welfare, Delhi

Area/ Department/ Project of Summer Internship Program: Research (Social sciences)

Name of the Student: Dr. Manika Tewari

Roll no: 1742

Stream: MBA-HHM

Activity Done	1) Meeting with my industry mentor led me to understand that our internship project was supposed to be a research work preferably secondary research or literature review keeping in mind the duration on the internship. a) Initially I had a few topics in a few issues in my mind for either secondary research or literature review. I discussed it with my mentors at the organization and IIHMR. b) An overview of the existing works on the topics leads me to shortlist my final topic of mental health of the aging population. c) Collect relevant data and research works related to the topic to find the research gaps in the existing work. Since this was a vast topic, I needed to find an aspect that needed to be explored more in the Indian context. d) Discussed theses with my mentors here at the university and NIHFV. This helped me narrow down the specific area for review which had relevant literature available and was of interest. e) This led to the final topic of my research project - “Cultural Impact on Mental Health Among India's Aging Population: A Literature Review” f) Reviewed the available relevant literature and reports especially applicable to the Indian subcontinent. The sources included PubMed, Google Scholar, Indian Journal of Psychiatry, etc. g) Also included many reports like the National Mental Health Survey, LASI report, and India Aging report by UNFPA. h) Defined the specific objectives of the study which were then explored and discussed in detail in the review. i) Wrote a detailed report on the above topic. Exploring the following- i) Impact of traditional family structures on the mental well-being of the elderly. ii) Societal attitudes towards aging and their effects on mental health. iii) Stigma associated with mental health issues and its implications.
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	iv) Role of religion and spirituality in the mental health of the geriatric population. v) Influence of urbanization and modernization. vi) Recommendations for future research and policy development to improve mental health outcomes of the aging population.
	2) Attended seminars and discussions by DHA (diploma in health administration) fellows at NIHFWS on varied topics- a) Digital technology in NCD management b) Disaster management in India c) National Oral Health Policy d) Migration & public health in India
	3) These discussions helped gave us a very expansive view of these topics as there were practicing health professionals from different states and specialties who debated and expressed viewpoints on the topic and relevant topics.
	4) Attended orientation sessions at NIHFWS for MCTFC call center, DAKSH- Skill Lab, CHI, SAKSHAM LMIS, NCCVMRC, and DLC programs. a) MCTFC call center – The orientation session was taken by Mr. Sharad. Mother and Child Tracking System (MCTS) in India is a name-based system designed to monitor the healthcare of pregnant women and children. Aiming to reduce maternal and newborn mortality and fertility rates, MCTS ensures timely and personalized healthcare by recording all health encounters and alerting healthcare professionals to any missed services. Additionally, MCTS operates a female-oriented contact center (number 10588) across 21 states, staffed by two doctors. This call center collects data and generates reports based on a Ministry-provided questionnaire. Overall, MCTS is a comprehensive and efficient system dedicated to improving the quality and outcomes of maternal and child healthcare. b) Daksh- skill lab- Dr. Geetanjali conducted the session. - The National Skill Lab at NIHFWS trains healthcare workers in India. It offers practical training in areas like maternal and child health, emergency care, and infection control. Advanced simulation rooms and tools, help improve skills and knowledge, strengthening health systems and supporting national health programs.

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| | <p>c) CHI (Center for Health Informatics)- The session was conducted by Mrs. Shruti Nigam. The session emphasized CHI's role in integrating technology and health data to improve healthcare in India. Key initiatives include maintaining health databases, deploying health information systems, and promoting health informatics research. We learned about the Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA), which offers free prenatal care on the ninth of every month to reduce maternal and infant mortality. Additionally, the Pradhan Mantri National Dialysis Programme (PMNDP) provides free dialysis services to underprivileged individuals. These programs aim to enhance healthcare quality and accessibility. The visit provided valuable insights into India's healthcare improvements through technology and well-structured programs.</p> <p>d) SAKSHAM-LMIS- The session was conducted by Dr. D.K. Yadav. SAKSHAM (Stimulated advanced knowledge for sustainable health management) is an innovative online learning and training initiative developed by the Ministry of Health and Family Welfare (MoHFW). During the COVID-19 pandemic, frontline workers received essential training via the Diksha Portal. Building on this experience, MoHFW decided to create its own dedicated portal for more tailored training solutions. Scopes of LMIS:SAKSHAM facilitates online learning and medical education for students, providing a robust platform for continuous professional development. The portal offers comprehensive online training programs for all health professionals working under the MoHFW. Training Management Information System (TMIS):Initially, TMIS recorded data from online training sessions conducted across different states. Now integrated with LMIS, TMIS not only tracks online training but also monitors offline training activities.Course Offerings:LMIS currently offers two types of courses:Public Health Courses: The portal hosts around 200 public health courses. Clinical Courses:In collaboration with the National Medical College Network (NMCN), LMIS offers more than 100 clinical courses. SAKSHAM is built on the MOODLE platform.</p> <p>e) NCCVMRC (National Cold Chain & vaccine management Resource Center)- Conducted by Prof. Renu Shekhawat. The National Cold Chain and Vaccine Management Resource Centre (NCCVMRC), established</p> |
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	in 2013 through a collaboration between the Ministry of Health & Family Welfare (MoHFW), NIHF, and UNICEF, plays a pivotal role in ensuring effective vaccine management and cold chain logistics in India. It has significantly enhanced the capacity and efficiency of the country's immunization supply chain. f) DLC (Distance Learning Cell)- The session was conducted by Dr. Dutta. The organization provides distance learning certification courses for applied epidemiology, public health nutrition, health communication,etc.
Linking theory (Classroom learning) with practice at your organization	• Research Methods (for the literature review) • Demography (Understanding the various articles and recognizing patterns) • Health policy and health care delivery systems • Digital health • National health programs • Organization behaviour • Epidemiology
Gaps identified in the working area.	• Interns cannot join in on any live projects due to confidentiality reasons which might give us a truer experience of working with the organization. • In Daksh-skills lab, the training sessions are only for government employees. These basic trainings should be decentralized and be given to all healthcare providers. • Other IMR and MMR there's no other way to judge the success of the skill lab program i.e., no proper evaluation and monitoring in place. • Penetration and security remains a challenge for CHI at the ground level. • SAKSHAM-LMIS isn't that well known even in the medical education sector for which it is specifically designed. • The courses offered by the DLC here are outdated now and need to be revised.
Suggestions for improvement	• There should be some alternative for live projects for interns. The organization should provide their laptops or systems to work to ensure data privacy and prevention of breach. • Other evaluation and monitoring programs should be developed to check in on the progress of the Skill lab programs and their ground level impact. • Better digital literacy would ensure CHI penetration and stronger state laws for data breach are needed to deter any such incident. • A more expansive and planned reach to the medical institutions informing about SAKSHAM-LMIS.

Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report: 1

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: Social Sciences

Name of the Student: Dr. Manika Tewari

Roll no:1742

Stream: MBA Hospital and HealthCare

Week no: 1

From 1/05/2024 **to** 3/05/2024

Activity Done	1. Research topic for literature review 2. Attending 2 seminars on disaster management in India and national oral health program 3. Reviewing the earlier literature reviews done by interns
Linking theory (Classroom learning) with practice at your organisation	1. The recent module of research methodology is being applied here practically 2. The national health programs critical review in the seminars
Gaps identified on the working area.	Nil
Suggestions for improvement	Nil

Plan for the next week	Meeting my supervisor in person to obtain guidance on my research project. And moving ahead with the research project.
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Dr. Manika Tewari

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: Social sciences

Name of the Student: Dr. Manika Tewari

Roll no:1742

Stream: MBA Hospital and HealthCare

Week no: 2

From: 6/05/2024 to 10/05/2024

Activity Done	1. Meeting with my supervisor Dr. Sarita Gautam regarding my research topic. 2. Discussion and literature review to narrow down on the the topic of research 3. Decided on my topic of research – mental health of ageing population and collected relevant literature 4. Attendant seminars by DHA (doctors in health administration) fellows on digital technology in NCD management in India. Elaborating e-sanjeevani and the challenges and opportunities of digital health tech in India.
Linking theory (Classroom learning) with practice at your organisation	1. Digital health our subject in last sem helped us in the critical review of the seminars. 2. The literature review is practice is quiet different and exhaustive but very satisfying than the theory part of it.
Gaps identified on the working area.	1. Interns aren't being included in the live projects due to confidentiality issues in govt projects so no 1st hand experience of a live project .
Suggestions for improvement	1. Inclusion of interns to be done to an extent so that it gives us more exposure.
Plan for the next week	Proceeding with my research project.

Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report:

Name of the Organisation: NIHFW

Area/ Department/ Project of Summer Internship Program: Social science

Name of the Student: Dr Manika Tewari

Roll no: 1742

Stream: MBA Hospital and Health Management

Week no: 3

From: 13/05/2024 to 19/05/2024

Activity Done	- REQUESTED ARTICLES BY VARIOUS PUBLISHERS RELATED TO MY TOPIC. - READ ARTICLES FOR MY LITERATURE REVIEW. - DISCUSSION REGARDING THE SOURCES OF ARTICLES WITH MY MENTOR. - ATTENDED ORIENTATION SESSION BY SHARAD SIR OF MCTFC CALL CENTER.LEARNED IN DETAIL WHAT THEY, HOW THEY DO AND WHOM THEY REPORT.
Linking theory (Classroom learning) with practice at your organisation	- RESEARCH ARTICLES READING AND SORTING BY THEIR DATE OF PUBLISHING AND INTERNALTIONAL OR NATIONAL ARTICLES RELATED TO RESEARCH METHODOLOGY
Gaps identified on the working area.	NIL
Suggestions for improvement	NIL
Plan for the next week.	- ATTENDING ORIENTATION SESSION OF SKILL LAB BY DR GEETANJALI MAM - WRITING SYPOPSIS FOR MY RESEARCH LITERATURE REVIEW.

Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report: 4

Name of the Organisation: National Institute of Health and Family Welfare, DELHI

Area/ Department/ Project of Summer Internship Program: Research (Social sciences)

Name of the Student: DR. MANIKA TEWARI

Roll no: 1742

Stream: MBA HOSPITAL AND HEALTH MANAGEMENT

Week no: 4

From: May 20, 2024 to May 24, 2024

Activity Done	• Writing synopsis for the research project at the institute and discussion with my supervisor. • Writing introduction for the research project and editing it. • Attended orientation program at DAKSH- skill lab by Ms. Pragya P. Dash. The skill lab had 2 facilitators on site for training. No ongoing trainings were going on that day. Got a brief of how the trainings take place, where and who all participate. The trainings were mainly focussed on reproductive and maternal health. • Attended seminar on “Migrant and Public Health in India” by DHA fellow at NIHFW
Linking theory (Classroom learning) with practice at your organisation	• Research methodology. • Health policy and delivery systems • Demography concepts came up in the research project
Gaps identified on the working area.	• Only the government appointed providers and no private providers are allowed to attend the skill lab. • Other than reduced MMR and IMR no other way to judge the success of the skill lab program i.e., no proper monitoring and evaluation system in place
Suggestions for improvement	• Inclusion of private providers in the skill lab trainings. • Well thought of evaluation systems in place for this program.
Plan for the next week	• Attending other orientation programs scheduled. • Furthering my research on my topic.

Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report: 5

Name of the Organisation: National Institute of Health and Family Welfare, DELHI

Area/ Department/ Project of Summer Internship Program: Research (Social sciences)

Name of the Student: DR. MANIKA TEWARI

Roll no: 1742

Stream: MBA HOSPITAL AND HEALTH MANAGEMENT

Week no: 5

From: May 27, 2024 to May 31, 2024

Activity Done	• Attended orientation session at CHI (Centre for health informatics) • Attended orientation session on LMIS (SAKSHAM) • Attended orientation session on NCCVMRC • Worked on my literature review project
Linking theory (Classroom learning) with practice at your organisation	• Research methodology. • Health policy and delivery systems • Demography concepts came up in the research project • Digital health • National health policy
Gaps identified on the working area.	• Penetration and security remains a challenge for CHI at the ground level • SAKSHAM isn't that well known even in the medical education sector for which its specifically designed.
Suggestions for improvement	• Working towards better utilization of SAKSHAM and CHI portals
Plan for the next week	• Discussing and submitting the initial draft of my literature review report to the supervisor

Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report: 6

Name of the Organisation: National Institute of Health and Family Welfare, DELHI

Area/ Department/ Project of Summer Internship Program: Research (Social sciences)

Name of the Student: DR. MANIKA TEWARI

Roll no: 1742

Stream: MBA HOSPITAL AND HEALTH MANAGEMENT

Week no: 6

From: June 3, 2024 to June 7, 2024

Activity Done	• Worked on my literature review project • Attended the orientation program for distance learning cell
Linking theory (Classroom learning) with practice at your organisation	• Research methodology. • Health policy and delivery systems • Demography concepts came up in the research project • Digital health • National health policy
Gaps identified on the working area.	• The courses of DLC need to be revamped.
Suggestions for improvement	• Working towards better courses
Plan for the next week	• Discussing and submitting the initial draft of my literature review report to the supervisor

Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report: 7

Name of the Organisation: National Institute of Health and Family Welfare, DELHI

Area/ Department/ Project of Summer Internship Program: Research (Social sciences)

Name of the Student: DR. MANIKA TEWARI

Roll no: 1742

Stream: MBA HOSPITAL AND HEALTH MANAGEMENT

Week no:7

From : June 10, 2024, to June 14, 2024

Activity Done	• Worked on my research project. Discussion on the findings of the literature review with my supervisor.
Linking theory (Classroom learning) with practice at your organization	• Research methodology. • Demography • National health policy
Gaps identified on the working area.	• none
Suggestions for improvement	• none
Plan for the next week	Finishing my literature review

Signature of the Student

Approved by the IIHMR University's Mentor

Weekly Report: 8

Name of the Organisation: National Institute of Health and Family Welfare, DELHI

Area/ Department/ Project of Summer Internship Program: Research (Social sciences)

Name of the Student: DR. MANIKA TEWARI

Roll no: 1742

Stream: MBA HOSPITAL AND HEALTH MANAGEMENT

Week no:8

From : June 17, 2024, to June 21, 2024

Activity Done	• Worked on my research project. On the findings.
Linking theory (Classroom learning) with practice at your organization	• Research methodology. • Demography
Gaps identified on the working area.	• none
Suggestions for improvement	• none
Plan for the next week	Finishing my literature review

Signature of the Student

Approved by the IIHMR University's Mentor

