

INTERNSHIP REPORT

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INTRODUCTION-

The National Institute of Health and Family Welfare (NIHFW) in Delhi is a premier institution under the Ministry of Health and Family Welfare, Government of India. Established in 1977, NIHFW serves as an apex technical institute for promoting health and family welfare programs in the country. It plays a crucial role in policy formulation, program implementation, research, and capacity building in the health and family welfare sectors.

Objectives

The primary objectives of NIHFW are:

1. **Training and Capacity Building**: To train health professionals and administrators to improve their skills and knowledge in health management, public health, and family welfare programs.
2. **Research and Evaluation**: To conduct research and evaluation studies that provide evidence-based inputs for policy-making and program implementation.
3. **Advisory Role**: To offer expert advice and consultancy services to central and state governments on health and family welfare matters.
4. **Information Dissemination**: To disseminate information through publications, seminars, workshops, and digital platforms, promoting awareness and knowledge sharing.

Key Functions

1. ****Training Programs****: NIHFWS conducts a variety of training programs for health professionals, including doctors, nurses, health administrators, and other personnel involved in health and family welfare services. These programs cover areas such as health management, reproductive health, epidemiology, health communication, and community health.
2. ****Research Activities****: The institute undertakes research in diverse areas related to health and family welfare, including public health issues, health systems research, operational research, and evaluation studies. These research activities aim to generate evidence for improving health policies and programs.
3. ****Consultancy Services****: NIHFWS provides consultancy services to government and non-governmental organizations, offering technical support in planning, implementing, and evaluating health and family welfare programs.
4. ****Advocacy and Policy Support****: The institute plays a significant role in advocating for health and family welfare policies and programs, providing technical inputs to the government for policy formulation and implementation.
5. ****Educational Programs****: NIHFWS offers educational programs, including postgraduate courses in health management, public health, and related fields. These programs are designed to build the capacity of health professionals and enhance their expertise.

Collaborations and Partnerships

NIHFWS collaborates with various national and international organizations, academic institutions, and research bodies to enhance its capabilities and impact. These collaborations help in sharing knowledge, resources, and best practices, contributing to the overall improvement of health and family welfare services in India.

Infrastructure and Facilities

The NIHFW campus in Delhi is equipped with state-of-the-art facilities, including lecture halls, seminar rooms, a library, research labs, and residential accommodations for trainees and faculty. The institute also has a dedicated computer center and telemedicine unit to support its training and research activities.

Conclusion

The National Institute of Health and Family Welfare in Delhi plays a pivotal role in strengthening the health and family welfare systems in India. Through its comprehensive training programs, research initiatives, and policy support activities, NIHFW contributes significantly to improving public health outcomes and enhancing the effectiveness of health and family welfare programs across the country.

KEY ACTIVITIES/ PROJECTS UNDERTAKEN OTHER THAN THE DISSERTATION

1. Journal Clubs Conducted at NIHFW

Every Wednesday or Friday various presentations are given by various students at NIHFW. Which includes MD students, DHA students, and PGDPHM students on different topics. The trainee attended four such presentations.

A. Under 5 child Mortality

The seminar focusing on Under-5 Mortality conducted by MD students from the National Institute of Health and Family Welfare (NIHFW) provided a rich analysis of the issues related to childhood mortality. Therefore, starting from this seminar social concern was explored in its breadth and concerning the interconnections between health crises related to nutrition, infectious diseases, inadequate health care, and socio-economic inequity. The MD students made convincing arguments with efficient facts, and results were put into detail regarding why it is high time for specific and multifaceted approaches toward the problem of under-five mortalities. Talks continued the relevance of community involvement, on the services focusing on maternal and child health care, and on the need to develop a sound healthcare system to increase the chances of deserving children getting quality care on time. The seminar called on all players to work together and embrace policies that have empirical evidence in the fight

against under-5 mortality as a positive way forward to enhancing the quality of children's future globally.

B. Integrated Healthcare and Integrative Medicine

We will aim to explore the topic of "Integrated Healthcare and Integrative Medicine" in our seminar to consider a cohesion of various techniques along with approaches used by doctors to sharpen the facets of improvement and efficiency in handling human health. It details the WHO's full definition of the term reflecting on its broad meaning and asserting on health as a multidimensional concept encompassing the physical, mental, and social domains. An analysis of integrated care is discussed concerning integration types, specifically, horizontal, vertical, and cross-sectoral integration, with an explanation of the need to have connected healthcare services to continuously and comprehensively manage the health of a population. The difference is made between the Western, or allopathic, medicine and the Eastern, or CAM, medicine and the relation between them as well as the relation of both to the patients. This elaboration proceeds to the concept of integrative medicine in India where the biomedical practices are incorporated with the Indian systems of traditional medicines under AYUSH to achieve the goal of WHOLENESS in the provision of medical services. In India, the example of the NIMHANS and the Department of Integrative Medicine at Safdarjung Hospital can be noted as evidence of the development of the institutionalization of integrative healthcare in the country, thus underlining how crucial it is necessary to integrate various systems of medicine to introduce effective changes to the sphere and to serve the patient in the best possible way.

C Disaster Management

The Disaster Management seminar that was organized by the MD students at the National Institute of Health and Family Welfare (NIHFW) covered every nook and corner of the disaster management spectrum. In today's seminar, the topic was dissected to show the complexities involved in disaster management to appreciate the broad spectrum of disasters that can occur in various parts of the world. In this regard, participants discussed issues that touched on risk assessment approaches, how emergency response plans were developed, and post-disaster management solutions. Conducting the seminar along with support of real life as well as theoretical case scenarios and examples, the importance of the concept of disaster risk reduction and preparedness was well emphasized as a way of improving preparedness and disaster coping mechanisms at individual, social, and institutional levels. This was based on cross-sectoral coordination with actors from governmental and non-governmental organizations, academic institutions, and the locals for all-inclusive disaster risk management. The chairman and members of the seminar mulled for more funding and support to the authorities to bolster disaster preparedness as it reviewed the vital and critical necessity of building strong communities that will enable them to improve on their response to disasters and impact on lives and sources of income.

D National Oral Health Program

The newly launched National Oral Health Programme or the NOHP proves to be an ambitious step to escalate the oral health standards of the country, according to the seminar conducted at the National Institute of Health & Family Welfare (NIHFW). The goals and aims of establishing NOHP therefore involve raising awareness on effective oral hygiene, the prevention of conditions that affect the teeth and jaws, and the incorporation of oral health care in other healthcare systems. Targeting a major social problem of poor dental care in India, the program successfully increases the access of population to the modern dentistry in district hospitals and hard-to-reach areas by deploying newly equipped departments. Besides offering care, NOHP implements the other three dimensions in which education is a key focus through campaigns for brushing, flossing, and dental checkups. Using synergy, NOHP mobilizes both private and public sector resources to improve the efficiency and effectiveness of the programs. For instance, the program's training activities involve not only dentists but also general healthcare personnel, creating strong connections with overall healthcare services. From this perspective, NOHP seeks to promote the wellbeing of a healthier population which shall especially help in improving the dental health of the nation, and thus ensure the construction of a happier nation.

2. Orientation Visits at Various departments of NIHFW

MOTHER AND CHILD TRACKING SYSTEM (MCTS)

The Mother and Child Tracking System (MCTS) is a name-based system that monitors the health care of pregnant women and children in India. Its goal is to minimise mother and newborn mortality and fertility rates by delivering timely and personalised health care. MCTS records all everyone's health encounters and informs health professionals and doctors to any missed services. MCTS also operates a female-oriented contact centre (number 10588), which serves 21 states and employs two doctors. The call centre collects data and generates reports using a Ministry-provided questionnaire. MCTS is a comprehensive and efficient system for improving the quality and results of maternal and child health care.

3. 20th Veda Prakasha Memorial Oration

The trainee attended 20th Veda Prakasha Memorial Oration which was held on 4th April 2024 at NIHFW. Which paid tribute to Dr. Veda Prakasha's extensive contributions to various fields, particularly child and maternal health. Dr. Veda Prakasha devoted his life to the development of human resources in India, working tirelessly until his last days to achieve this mission. Dr. Rajiv Bahl, Secretary to the Government of India, Department of Health Research, and Director General of the Indian Council of Medical Research (ICMR), delivered a significant talk during the oration. He discussed recent ICMR initiatives focusing on public health-relevant research, emphasizing the importance of continued investment and innovation in this area. Dr. Bahl drew a parallel with China, highlighting how substantial investments in research and development (R&D) have propelled the country's overall development. Dr. Bahl also highlighted India's remarkable achievements in space exploration, particularly the successful landing on the South Pole of the Moon by the Indian Space Research Organisation (ISRO). Despite facing resource constraints compared to countries like the United States, ISRO has made significant advancements, demonstrating that India can achieve great success with limited resources. This

serves as an inspiration for similar accomplishments in health research. Dr. Bahl outlined key problems that India faces in public health and the potential solutions through dedicated R&D. He emphasized the importance of addressing these issues through structured research initiatives, such as the establishment of Multidisciplinary Research Units (MRUs) and Model Rural Health Research Units (MRHRUs). The discussion also highlighted India's effective response during the COVID-19 pandemic. India excelled in various aspects, including rapid vaccine development, extensive testing, and efficient distribution of vaccines. The success during the pandemic underscores the potential for achieving significant advancements in health research and public health infrastructure.

4. Discussion on an article published in Education times:

On supervisors' advice the trainee read one of the articles that was published in education times on 3rd of June 2024. The article was 'How NMC plans to transform medical education'

The trainee provided her view on the latest policies of NMC to enhance the medical education which are under follows:

- The trainee believes that instead of increasing the seats in medical institutes the council should work on providing quality education by hiring good lecturers.
- The focus should be on reducing the large cost of medical education.
- The trainee has a critical view of online classes which the trainee believes doesn't allow students to concentrate appropriately.

5. Experiences at NIHFW campus:

The trainee was impressed by several aspects of the NIHFW campus:

- Each tree on the campus is labelled with its botanical name and uses, which was both informative and intriguing.
- The campus features a picturesque garden with a variety of flowers lining the pathways.
- Numerous cats roam the NIHFW campus, adding to its unique charm.
- The campus facilities, including toilets and drinking water stations, are exceptionally clean and well-maintained.
- The canteen offers affordable and delicious meals, with breakfast priced between 10Rs and 20Rs, and lunch ranging from 20Rs to 30Rs.

6. National documentation centre:

At the National Documentation Centre, an extensive collection of books, dissertations, and theses by NIHFW students is available. These resources provided valuable insights that significantly benefited the trainee's internship project. In addition to academic and fictional books, the library also offers a diverse range of Hindi and English newspapers for easy access. Furthermore, printing facilities are conveniently available within the library.

7. Other works:

The trainee engaged in a movie discussion on "Saheb, Biwi aur Gulam" with the supervisor, analysing the issues portrayed in the film such as caste system, position of widow, alcoholism, prostitution, zamindari, child marriage, honour killing, struggle for freedom from British raj.

The trainee also learned various formatting and editing techniques in MS Word, as well as effective file naming for submissions, with the help of the supervisor. Furthermore, the trainee gained valuable insights into different research referencing styles like APA7, which greatly facilitated the completion of the research study and report.

The trainee also learned to use SPSS with the help of supervisor for data entry and analysis.

- Review of National health accounts data, NSS 75th report, Health in India report, and Niti Aayog's reports on health financing indicators.
- Worked on the HWC List of EDLs- SCPHCs- State-wise mapping for drug categories.
- Follow up with the state leads regarding NQAS State status on - Operationalization, HR, and Funds; worked on AAM EDL for PHC.
- Filled Excel sheet regarding Funds for different segments approved in State ROP and verified the funding amount from State ROP.
- Worked on Job Aids for CHO on EPS.
- Tabulated NFHS 5 data on a few selected indicators for districts.
- Literature review on existing best practices on Quality Assurance & improvement interventions in LMIC countries including India.
- Conducted a thorough analysis of articles to identify areas lacking information and established criteria to uphold excellence within telemedicine.
- Incorporated suggestions and implemented modifications to the job aids based on feedback received.