

INTERNSHIP
DONE AT
National Institute of Health and Family Welfare (NIHFW), Delhi
Organization Mentor: Dr. S. Ramchandra Rao

Submitted to :



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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 policymaking 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.

Vision

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

Mission

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 team.

Key Functions

1. **Training Program:** NIHFW 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: NIHFW 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: NIHFW 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

NIHFW 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 centre and telemedicine unit to support its training and research activities.

KEY ACTIVITIES UNDERTAKEN OTHER THAN THE DISSERTATION

During my dissertation, I had the opportunity to attend a series of academic seminars conducted by my mentor, **Dr. S. Ramchandra Rao**, at the **National Institute of Health and Family Welfare (NIHFW)**. These sessions provided in-depth insights into critical public health issues and enriched my understanding of the social dimensions of healthcare.

A brief overview of the key sessions is presented below

- Innovation in NHM in Bihar (9th May)

This seminar focused on recent innovations implemented under the National Health Mission (NHM) in Bihar. It highlighted successful interventions to improve maternal and child health, community participation, and the use of digital tools in health monitoring and delivery. The session provided insights into scalable models for improving healthcare access in underserved regions.

- Tuberculosis Overview and Prevention (16th May)

A comprehensive session addressing the current status of tuberculosis in India, its epidemiology, and the national efforts for its prevention and control. Key discussions included the Revised National Tuberculosis Control Programme (RNTCP), community-

level engagement, and the role of primary healthcare in early detection and treatment adherence.

- Intensified Mission Indradhanush in Bihar

This seminar provided an overview of the Intensified Mission Indradhanush (IMI), focusing on the state's efforts to increase immunization coverage, especially among children and pregnant women. Strategies discussed included micro-planning, inter-departmental coordination, and use of health data for monitoring progress.

- Climate Change and Child Development (11th April)

An enlightening session that explored the intersection of environmental changes and their impact on child health and development. Topics included the effects of air pollution, nutrition insecurity, and increased disease burden due to changing climate patterns, along with potential policy responses.

- Assistive Technology: Bridging Gaps, Transforming Lives (9th April)

This seminar emphasized the importance of assistive technologies in empowering individuals with disabilities. It showcased examples of low-cost innovations, integration of assistive devices in public health systems, and the role of inclusive policies in ensuring accessibility and equity in healthcare.

- Vulnerable Health Systems: Migrants and Refugees in India (2nd April)

A thought-provoking discussion on the fragile health systems catering to migrant and refugee populations in India. The session covered challenges such as lack of documentation, mobile populations, poor living conditions, and gaps in service delivery, with recommendations for strengthening inclusive healthcare frameworks.

- Health Conditions of Prisoners in India

This seminar addressed the often-overlooked health status of the incarcerated population in India. It highlighted issues such as overcrowding, mental health disorders, infectious diseases, and limited healthcare access in prisons. Policy-level solutions and recommendations for prison healthcare reforms were discussed in depth.

These seminars significantly broadened my perspective on public health priorities, vulnerable populations, and the innovative approaches being adopted at both policy and implementation levels across India. They also enhanced my understanding of the interdisciplinary efforts required to strengthen the health system.

Conclusion

The internship at NIHFWD, Delhi, was a transformative experience that offered a comprehensive understanding of public health policy, reproductive biomedicine, and the pivotal role of think tanks in shaping India's health landscape. The skills and insights gained will serve as a strong foundation for my future endeavors in health research and policy.