

INTERNSHIP REPORT

National Health Mission (NHM), Jaipur

Under the NCD Cell:
National Programme for Prevention and Control of Non-Communicable Diseases
(NP-NCD)

Submitted By

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INTERNSHIP REPORT

Introduction

This report provides a comprehensive overview of my internship experience at National Health Mission Jaipur. My internship period from March 10, 2025, to May 31, 2025. Throughout these three months, I was involved in various activities that allowed me to gain valuable insights and practical experience in the Organization.

Objectives of Internship

1. To understand the structure, functions, and operations of the National Health Mission (NHM), Jaipur.
2. To gain hands-on experience and practical knowledge in the Non-Communicable Diseases (NCD) department.
3. To familiarize with key government portals and software such as ASHA Soft and the NCD Portal.
4. To observe and understand the NCD guidelines at different levels of public health facilities.
5. To develop a deeper understanding of public health strategies, reporting, and monitoring mechanisms

Organization Profile

The National Health Mission (NHM) encompasses its two Sub-Missions, The National Rural Health Mission (NRHM) and The National Urban Health Mission (NUHM). The main programmatic components include Health System Strengthening, Reproductive-Maternal-Neonatal-Child and Adolescent Health (RMNCH+A), and Communicable and Non-

Communicable Diseases. The NHM envisages achievement of universal access to equitable, affordable & quality health care services that are accountable and responsive to people's needs. Continuation of the National Health Mission - with effect from 1st April 2017 to 31st March 2020 has been approved by Cabinet in its meeting dated 21.03.2018.

Six financing components:

1. NRHM-RCH Flexipool,
2. NUHM Flexipool,
3. Flexible pool for Communicable disease,
4. Flexible pool for Non-communicable disease including Injury and Trauma,
5. Infrastructure Maintenance and
6. Family Welfare Central Sector component.

Within the broad national parameters and priorities, states would have the flexibility to plan and implement state specific action plans. The state PIP would spell out the key strategies, activities undertaken, budgetary requirements and key health outputs and outcomes.

Services Provided by National Health Mission Jaipur:

1. Maternal & Child Health – ANC/PNC care, institutional deliveries, immunization, newborn care.
2. Non-Communicable Diseases (NCDs) – Screening & treatment for diabetes, hypertension, and cancers.
3. Communicable Disease Control – TB, malaria, dengue, leprosy prevention and treatment.
4. Family Planning – Contraceptive services, counseling, adolescent health programs.
5. Urban Health – Services through Urban PHCs and outreach in slum areas.
6. Health Infrastructure – Upgradation of PHCs, CHCs, and district hospitals.
7. Human Resource Support – Recruitment & training of doctors, nurses, ASHAs, etc.
8. Digital Health Tools – ASHA Soft, NCD Portal, HMIS, Telemedicine.
9. Emergency Services – Free ambulance (108), maternal & neonatal transport (104).
10. Awareness & IEC – Health promotion, behavior change communication (BCC)

Key Activities/ Projects Undertaken Other than Dissertation.

1. Worked in the Non-Communicable Diseases (NCD) department of NHM Jaipur.
2. Studied and understood NCD program guidelines, protocols, and implementation strategies.
3. Learned to use ASHA Soft for monitoring ASHA worker incentives and performance.
4. Gained hands-on exposure to the NCD Portal for patient data entry, tracking, and reporting.
5. Visited various public health facilities including PHCs, CHCs, and District Hospitals to observe NCD service delivery.
6. Observed the functioning of NCD clinics and the roles of healthcare staff in NCD screening and follow-up.
7. Conducted interviews with healthcare staff and patients to understand field-level challenges and improve communication skills.

Key Learnings from Internship

1. Developed a clear understanding of public health systems and departments under NHM.
2. Learned the practical application of NCD guidelines at ground level.
3. Gained technical knowledge of digital health platforms like ASHA Soft and the NCD Portal.
4. Improved interpersonal communication and interview skills by interacting with staff and patients.
5. Understood the importance of data management, patient tracking, and follow-up in NCD care.
6. Observed the coordination between different healthcare levels (PHC to District Hospital) for effective service delivery.