



**Health and Beyond Foundation**

# **The Year That Was...**

Annual Report 2018-19



*Sustainable Solutions for Health*



**Health And Beyond Foundation**  
*Sustainable solutions for Health*

# **Annual Report**

## **2018-19**

**The Year that Was....**

*We work towards a vision of sustainable  
solutions for health*

**Health and Beyond Foundation**

.....

**June 2019**



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## **List of Abbreviations**

AIDS – Acquired immunodeficiency Syndrome

BCC – Behaviour Change Communication

BCG – Bacille Calmette Guerin

BMI – Body Mass Index

CCI – Child Care Institutions

CTD – Central TB Division

ELM – Employer led Model

GFATM –Global Fund to fight AIDS,TB and Malaria

HABF – Health and Beyond Foundation

IT – Information Technology

MCH –Maternal & Child Health

MIS – Management Information System

MR – Measles - Rubella

NACO – National AIDS Control Organisation

NRHM – National Rural Health Mission

NSP – National Strategic Plan

NVBDCP – National Vector Borne Disease Control Program

PTCC – Partnership for TB Care and Control

RMNCH-A - Reproductive, Maternal, Newborn, Child and Adolescent Health

RNTCP – Revised National TB Control Program

SDG – Sustainable development goal

UNAIDS – Joint UN program on HIV/AIDS

WHO – World Health Organisation



## **Director's Desk**

Greetings from Health and Beyond Foundation. Taking forward our vision of providing sustainable solutions for health, we continue our efforts in reaching out to new communities and new areas of work.

Changing lifestyles, food habits and stressful work environment are seeing an increase in diseases such as diabetes, hypertension and cardiac illness. So also, mental and physical stress leads to depression and suicides adding to a poor health status and overall wellbeing. Mental health and wellbeing has largely been neglected by many countries including India. Stress appears early in life. Alcohol and drug addiction is often an attempt to deal with stress. The basic idea for promoting mental wellbeing is to intervene early and stop the appearance of risk factors such as stress and depression in daily life.

Every year, 10<sup>th</sup> October is observed as World Mental Health Day. Initiated in 1992, this day is observed, highlighting a specific theme as described by WHO for each year. The theme for 2018 is “ **Young People and Mental Health in a Changing World** “.

We in HABF, initiated Awareness programs among the graduate and post graduate students and the faculty in different academic institutions to reach out to the youth of the country. The response has been very encouraging and we plan to extend this program to many other institutions over the next few years. We are thankful to the partnering universities and the students who participated in such large numbers and provided necessary feedback in taking this forward.

In partnership with Miracle Foundation India, we continue our Medical mentoring program of Child Care institutions across many districts in Maharashtra and Tripura. We are happy to inform that due to this mentoring of the homes and the regular interactions with the children and staffs, a marked improvement has been noticed in the overall growth of the children and an improved nutritional status.

Immunisation against many vaccine preventable illnesses is very important for the health of a child. It was observed that many children in these CCIs remained unvaccinated. In support of the governments Mission Indradhanush (mass immunisation program), we are happy that Miracle Foundation entrusted us with the task for providing vaccination against 6 diseases to around 500 such children across many districts of Maharashtra. We are keen to explore partners in reaching out to other children in many other states, who remain unvaccinated.



I would like to thank all our partners and team members who have worked in delivering the successful results through our various activities. We continue with our mission to deliver health solutions to the marginalised and the unreached.

On behalf of the team in HABF

Best wishes

Dr. Shanta Misra



## About Us

**Health and Beyond Foundation (HABF)** is a Public Health and Social Development organisation and listed as a Section 25 company in India. This is established in 2011. The organisation comprises of a multidisciplinary team of professionals, highly experienced in working across all states in India. They include public health specialists, clinicians, nurses, infectious disease experts, nutritionists, social scientists, psychologists, trainers, documentation and communication specialists, program management specialists and M&E experts and alternative medicine experts. The team is well supported by an IT team, well versed in providing innovative IT enabled solutions for various health care needs.

Committed to a vision of “**Sustainable Solutions for Health**”, HABF team members have been involved with various health programs of the Government of India. Many members have served as Project Heads and Team leaders and Senior Managers in implementing large scale pan-India projects for various international agencies and donors.

Donor experiences include UN agencies, (UNICEF, UNAIDS, WHO, World Bank) bilateral donors (USAID, DFID), other international donors (BMGF, Clinton Foundation) and private organisations. (Futures Group, PATH, CARE etc.) Most projects have been in support of Government of India programs, (NACO, CTD, NRHM, NVBDCP, Indian Nursing Council etc.).

### Key Strength

Our approach is to provide the best of services which is cost-effective and locally relevant, while adhering to the good practice guidelines for holistic health and well-being.

We partner with different local organisations to complement our efforts in delivering the best of services for field level activities.

We are a member of large networks of civil society organisations in India facilitating access to partnering with the best of organisations in many remote locations and difficult to reach population groups.

We strive to align our work to complement the efforts of the Government of India towards the common sustainable development goals (SDGs)



## **Our expertise**

Our areas of expertise include HIV, Tuberculosis, Malaria, Vector borne & water borne diseases and other infectious diseases, reproductive health, maternal and child health, nutrition, mental health, other non-communicable diseases, sanitation and immunization.

Our services include a range of cross-cutting areas of public health planning, program management and implementation, skills training and capacity building, hospitals and health systems strengthening, monitoring and evaluation, research and assessment, studies, e-learning and IT enabled health solutions. Engaging and involving the corporate sector and the private health care providers have been integral to many of our activities under different projects. We have designed and implemented large scale, pan India computerised MIS covering many remote areas.

Our team members have been involved in the following large scale projects, while been engaged in different organisations

Global Fund Rd 7 –Nurses training on HIV and TB, together with the Indian Nursing Council

- a) 150,000 staff nurses and ANM were covered in a structured training across all states
- b) 70 Nursing institutions were strengthened as Training Centres of Excellence.
- c) Classroom training was further expanded to include a Supportive Supervision for hands on training
- d) E-learning package was introduced

Global Fund Rd 9 – Integrated Malaria Control Project (IMCP 2) together with the National Vector Borne Disease Program (NVBDCP)

- a) It covered 5661 villages in 49 districts in 7 NE states of India
- b) Rapid diagnosis and prompt treatment was provided by community health workers at the houses of community members and impregnated bednets were distributed
- c) A web-based MIS with data tracking and monitoring was established for the 1<sup>st</sup> time in the program.
- d) Project contributed towards moving from pre-elimination to elimination phase of Malaria in India

USAID supported PIPPSE for private sector engagement as support to NACO

- a) A unique Employer led model was established for the involvement of the private sector industries to support HIV/AIDS programs in their own constituencies
- b) Technical Support units were expanded to support the HIV prevention and targeted Intervention (TI) programs in different states





DFID TAST as support to NACO

- a) The program for HIV prevention among Injecting drug users was developed and opioid substitution therapy centers were established across the country
- b) Programs for transgender and other vulnerable communities were strengthened.

National Polio Surveillance Program

Technical Support Units for HIV

Clinton Foundation- Private healthcare providers training for HIV

- a) 80,000 private physicians were trained on HIV/AIDS
- b) NACO's ART program and the paediatric HIV program were strengthened

RMNCH+A

Other national health programs

## The Year that was

### Medical Mentoring in Child Care Institutions

**Miracle Foundation India** is a non-profit organization that brings life-changing care to orphaned and vulnerable children around the world.

Health and Beyond Foundation (HABF), in partnership and support from Miracle Foundation, India, is implementing a medical mentoring program for Child Care institutions, (Children homes) in different districts in Maharashtra. The program was initiated in April 2017. In the first year of the program, ending March 2018, a total of 5 homes covering 170 children were visited for medical monitoring.

For the year 2018-19, seven homes in Maharashtra and one home in Tripura were covered. A total of 12 mentoring visits were made across the homes. Around 350 children were medically examined and monitored. The districts covered were Sholapur, Sangli, Shirur, Nandurbar, Devrukh, Titwala and Bhaje in Maharashtra and Anwasha home, Agartala in Tripura.



*Medical Mentoring visits – Anwasha, Agartala, Tripura- Dr. Anut Debbarma*

The objective is to ensure the optimal global health for children in these homes covering access to clean water, nutrition, environmental cleanliness and health care interventions.

The HABF team undertake medical mentoring and monitoring visits in assigned children's home on periodic basis, audit the children's individual health records and provide guidance and follow up as needed and to ensure quality health standards as laid by Miracle Foundation India are implemented, keeping consistency of quality across the project. Monitoring the

nutrition of children is an important component of the program. The staff and children are also trained on different aspects of good health, nutrition and well-being.



Each visit is spread over 2 days. The schedule that are followed during the visits included the following –

1. Discussions with Miracle Foundation team, one day prior to the actual visit. These discussions focussed on the health status of individual children, based on previous records and any hand holding support that would be required. This helped the HABF team in better preparing for the visit.
2. Interactions with home staff – all issues are identified and details about the health and diet of the children are discussed.
3. Health check-up – all children and the staff undergo a general health check-up. Children are asked about daily practices on dental hygiene and WASH activities ( hand washing, cleaning clothes, bathing habits etc.). The check-up includes height and weight measures, dental check-up and any specific medical complaints. The BMI for each child is calculated and haemoglobin reports are checked. In addition, follow up discussions are done on any prescriptions by local doctor for any treatment of specific illness. Based on any medical complaints or illness, the child is further prescribed medication or referred to the local doctor or hospital for further investigations. The mental wellbeing of the child is also assessed during this check -

- up. Care is taken in maintaining the privacy and confidentiality of medical examination as per medical ethics and standards,
4. The premises and rooms of the children home is visited and observations noted down. Specific issues on infrastructure and facilities are discussed with the staff and children. This includes sleeping rooms, washrooms, dining area, kitchen and pantry.
  5. An open discussion is conducted with the children and staff and children are taught on hygiene, safe water, nutrition, and other areas of good health. Video clips are on the topics are also screened.
  6. The staffs are trained on correct ways of height and weight measurements, plotting of WHO growth charts, data entry and management and preparation of nutritious food.
  7. In certain cases and where possible, the local doctor is visited for any clarification and suggestions.



*Medical Mentoring in Childrens homes- Maharashtra*

**Some of the observations and improvements include the following –**

In all homes, all children, barring a few, were found to be cheerful and well-adjusted in their homes. They were attired in clean clothes, which were washed daily.

Improvements were observed in the hygienic practices of the children in almost all homes. Washing of hands before taking food became a routine practice and brushing of teeth before bedtime was also encouraged. Very few cases of dental caries and poor dental hygiene were observed.

Menstrual hygiene and related issues were discussed with the girls and specific complaints were examined and treated.



*Educational videos on Health and hygiene being shown to children during mentoring visits*

There was overall improvement in the children's health, with increase in Haemoglobin levels, increase in BMI through improved nutrition and overall wellbeing and completed immunisation status.

The staff was trained on nutrition and diet, proper storage and use of food and environmental hygiene and cleanliness.



*Staff in Childrens homes being oriented on proper storage of food grains and other items*



## ‘Catch up’ Immunisation Program for vulnerable children

The children at child care institutions are mostly orphans or semi-orphans, and their immunization history is unknown. They are being given the best protection through vaccines assuming each child to be unimmunized. Fully vaccinating the children will help ensure that they are safe from risk of several deadly diseases.

HABF in partnership and support from Miracle Foundation India initiated a project to cover all such children with a ‘catch up’ immunisation program in Maharashtra to cover all children who have missed out doses for 6 vaccine preventable diseases.

The overall objective is to build awareness among staff and children about immunization and provide essential vaccination as laid out in National Immunization Schedule of Government of India to all the children presently in the associated children homes under the project “Centre for Excellence”.



*Sensitisation of Children about immunisation and prevention of diseases- Dr. Dilip Vaswani, Regional Manager, HABF, Mumbai*

Around **520 children** were mapped out in **16 homes** in the districts of Aurangabad, Latur, Hingoli, Parbani, Nanded and Beed in the state of Maharashtra.

Initial awareness and sensitization programs were conducted among the children and staff followed by immunisation for the following diseases-

- **Measles – 1 dose(combined with Rubella)**
- **Rubella – 1dose (combined with Measles)**
- **Tetanus – one dose**
- **Typhoid – one dose**
- **Hepatitis B – 3 doses**



*Immunisation to Children – Dr. Dilip Vaswani, HABF Regional Manager, Mumbai*

By the end of March 2019, vaccinations were complete for MR, Typhoid and two doses of Hepatitis B in some of the homes. A total of 503 children were provided vaccination as per the governments National guidelines of **Mission Indradhanush**. A total of 12 homes were covered.

Vaccination Status - 31st March 2019								
Sl. No.	District	Home	MR	Hep B - 1	Hep B - 2	Hep B- 3	Typhoid	Tetanus
1	Aurangabad	Wasardi	58	38	38		58	
2		Vidhyadeep	72	72	60		64	
3		Yogeshwari	47	45	45		43	
4		Bhagwan Baba	98	83	76		98	
5	Latur	Gokul	24	24	24		29	
6	Beed	Govt. home,Beed	11	11	11		11	
7		Sahara, Georai	83	80	80		72	
8	Parbani	Govt.Home	24	24	21		24	
9	Hingoli	Swami Samarth	28	28	28		26	
10		Jyotiba Phule	11	8	8		8	
11		Saraswati	14	14	13		12	
12	Nanded	Sandhiniketan	33	30	24		16	
		TOTAL	503	457	428		461	

## **Awareness Programs on Mental Health and wellbeing**

Mental health, influences how you think, feel, and behave in daily life. Stress related depression and suicides has become an alarming reality in India, particularly among young adults.

Every year, **10<sup>th</sup> October is observed as World Mental Health Day**. Initiated in 1992, this day is observed, highlighting a specific theme as described by WHO for each year.

The theme for 2018 was - ***“YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD”***

HABF in partnership with different academic insittuitons/universities organised awareness and sensitization program on Mental health and wellbeing for undergraduate and post graduate students and faculty in line with the theme for 2018, of reaching out to students and young adults, The interactive sessions included various topics on addressing stress and promoting mental well being.

The 1<sup>st</sup> program in Mumbai with Department of Applied Psychology and counselling, University of Mumbai, Kalia was organised on 3<sup>rd</sup> October 2018. About 200 students and faculty participated in the program. The program was inaugurated by Dr. Ravindra Kulkarni, the Pro Vice Chancellor of the university. The issues of stress among young people, particularly students were highlighted and presentations and discussions conducted on addressing stressful conditions. Career counselling for students is a felt need as raised by the audience. Speakers included HABF staff, faculty from the university and other guest speakers.



*Inaugural Program on Mental Health Awareness  
Mumbai University*

*Pro VC – Dr. R. Kulkarni, CEO- HABF, Dr. S.N.Misra, HOD, Dept of Psychology,  
Dr. Gautam Gawali,*





*Participants at the Mumbai Mental Health awareness program*

All agreed that stress and mental breakdown leading to suicides is reaching alarming levels and such seminars and awareness programs need to be taken up across the country.

On 10<sup>th</sup> October, to observe World Mental Health Day, a similar awareness program was organised in Guwahati, in partnership with Department of Psychology, University of Guwahati. A batch of around 250 students and faculty participated in this program. The program was inaugurated by the Vice Chancellor of the university. The sessions opened up extensive discussions among the participants and young students expressed the need to address stress and guidance for pursuing relevant career options.



*World Mental Health Day Awareness Seminar, Guwahati*



The 3<sup>rd</sup> program on Mental Health and wellbeing was organised in New Delhi on 25<sup>th</sup> March 2019, in partnership with Rufaida College of Nursing, Jamia Hamdard University. The participants included around 300 nursing and other students. The focus of the session were more on addressing Stress and mental health. For this, therapy sessions and yoga demonstration were included in the program.



*Inaugural address by Prof. Manju Chhugani,  
Dean, College of Nursing, Jamia Hamdard Univ.*



*Session on Mind & Body Connection,  
Dr. Shanta Misra, Director, HABF  
Mental Health awareness program*

The feedback from this program suggested the following –

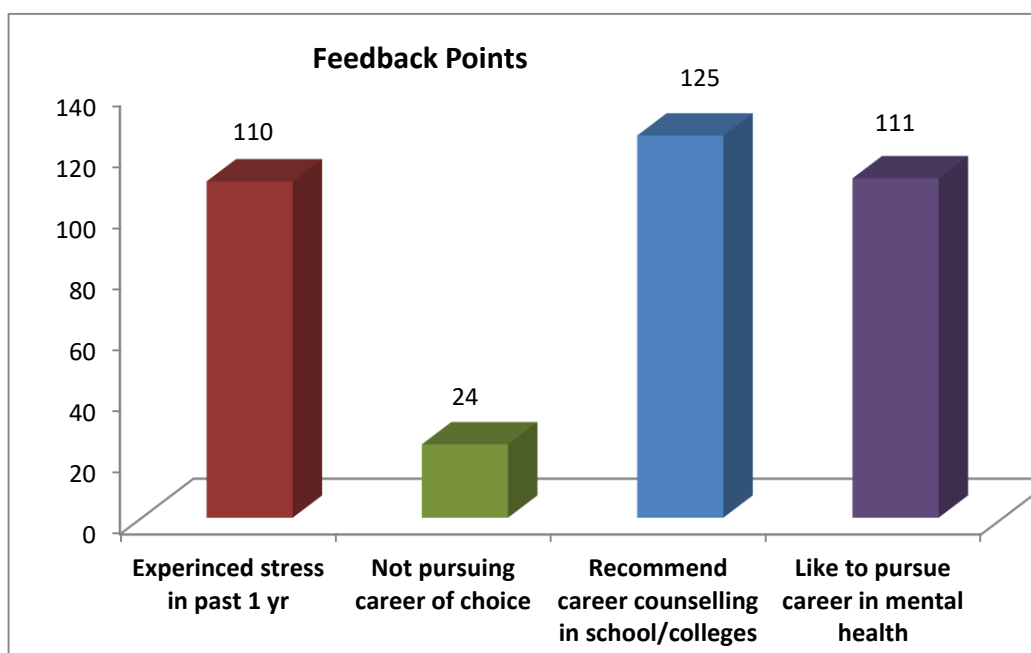
- **About 80% have experienced mental stress in the past 1 year**
- **About 18% of participants are not pursuing a career of their choice**
- **Almost 92% recommend career counselling sessions in school and colleges**

### Reasons for Mental Stress

- Due to career or job related issues – 63
- Low academic performance and failure to achieve targets – 64
- Poor Self - image -11
- Relationship issues – 11



*Participants for the Mental Health awareness program,  
Jamia Hamdard University, New Delhi*





## **Consultancy for developing and implementing an “Employer Led Model” (ELM) for TB care and prevention in Assam**

The Employer led Model (ELM) has been a successful program by NACO for engaging the private sector industry and other Public Sector undertakings (PSU) in HIV prevention and care.

Since 2017, HABF provided consultancy support to the Chennai based **REACH** (Resource Group for Education and Advocacy for Community Health) in replicating the ELM program for TB care and treatment.

This ELM program was replicated for TB care and treatment across the select tea gardens in the districts of Tinsukia and Dibrugarh of Assam and the mines of Jharkhand and Odisha.

In this program, the Tea Gardens owners and the Tea associations (private employers) were sensitized and supported for implementing TB prevention and treatment services for their employees, families and other communities working in these organisations. An agreement between the local government and the private sector ensured support for all free services from the government. Other costs of community awareness, mobilisation and care support services were provided by the private sector through their own funds. An operational guidelines on ELM and a training manual was developed. The medical staff and other stakeholders of the industry were trained. Exclusive reporting formats ensured that data from these industry sectors reached the government program for accessing the free diagnosis and treatment of RNTCP. The TB patients were also linked to the financial support from the government for nutrition. (Nikshay Poshan Yojna). This program facilitated the TB services to reach out to the unreached communities in these remote locations.

## **Knowledge Management of training resources**

### **(for social workers, psychologists and child protection professionals)**

Since February of 2018, HABF is supporting Miracle Foundation team in developing and translating various training materials on child protection and psychological wellbeing of children. These will be utilised in training of the communities for supporting the relocation and rehabilitation of orphans and vulnerable children within families.

The scope of work involves the coordination of translation, review and updation of the Knowledge Management portal (Bloom Fire) of Miracle Foundation with its various training



resources such Life Skills Education (LSE), House Parents (HP), Family Based Care (FBC), Child Rights & Child Protection training modules and other training resources of the organization.

During the last one year, HAB Consultants have facilitated the translation and proofreading of 70+ training resources under various categories (mentioned above), including the translation, transcription, editing and proof reading of many of the training videos in 8 Indian languages, namely Hindi, Bengali, Tamil, Telugu, Malayalam, Kannada, Marathi and Gujarati.

It involves working simultaneously in close coordination with 4 different translation agencies and 7 proof readers to accomplish the timely completion of the translation cycle.

We also ensure the quality and accurate proof reading of the 70+ training resources, including the video transcripts, in Hindi language.

The final translated version of the training resources was disseminated among the various teams in Miracle Foundation; the same were also uploaded on Bloom Fire- the Knowledge Management Portal, for the easy and continuous access for the entire Miracle Foundation team members working at the Pan India level.

Some of the translated LSE and FBC series module have been utilized for training of the internal staff such as Social Workers, Program Coordinators and the children residing in various Child Care Institutions in different states of India..

The Child Protection officers working in the District Child Protection Units (DCPU) in the states of Bihar, Jharkhand, Maharashtra and Gujarat were trained, under the project funded by UNICEF, based on the modules under the Child Rights and Child Protection series.





## **Acknowledgements**

We would like to thank our donors and partners, namely, Miracle Foundation India, University of Mumbai, Dept of Applied Psychology & Counselling, Guwahati University, Dept of Psychology, Destination, Guwahati, Jamia Hamdard University, New Delhi for their support in organising our programs.

We would like to acknowledge the support of all faculty, staff and other members of our partners for their cooperation.

## **Contact Us**

We are headquartered in Gurugram, (NCR) with staff and consultants located in different states.

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