



The Year of the Mask....

Annual Report 2019-20



Stay safe, Stay healthy

HEALTH AND BEYOND FOUNDATION

Sustainable Solutions for Health

June 2020



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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
COVID19 – Corona virus Disease 2019
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

Dear Readers,

Greetings. The year 2020 has been a very difficult time for all of us across the globe. With the spread of the corona virus and the Covid19 pandemic, the world order has almost collapsed. Every aspect of our lives has been impacted. Critical care and support has been overwhelmed with unprecedented challenges and all medical and paramedical staff have been in the front line, with a call for duty, far beyond their regular working hours. We salute all such workers who are at the forefront and labelled the “Corona warriors”. We also pay our condolences to families of all who have lost their near and dear ones to this catastrophe. This year will solemnly be remembered as the **‘Year of the Mask’**.

Our team at Health and Beyond Foundation are contributing our efforts in the control and mitigation of the people affected by the pandemic. Some of our clinicians and Public health staff are actively engaged as **‘Corona warriors’**.

Our other activities in 2019 continued to contribute towards improving lives with better health and mental wellness programs. Our awareness seminars on mental wellness reached out to graduate students with emphasis on adopting better lifestyles and physical fitness. Our partnership with Miracle Foundation made new strides to improve children’s health and overall growth in different Child Care Institutions across Maharashtra. The medical mentoring program provided support to the staff in these Care homes for improving health and nutrition. We completed our task of providing vaccinations against 6 vaccine preventable illness to 517 children across different districts in Maharashtra. Though challenging, the experience has been very rewarding. We continue to provide coordination support for the 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.

With the Corona pandemic impacting regular lives in India towards the end of March, we decided to re-organise our ways of working. Our staff and



consultants continued to be engaged, by adopting 'Work from Home' culture and continued our support to our clients and stakeholders through the digital platform. We have initiated our Webinar series on Covid 19 and intend to reach out to communities and stakeholders with awareness and training programs on Covid 19 and other core areas of health and development. Be safe and stay healthy.

Dr. Shanta Misra



About Us

Health and Beyond Foundation (HABF) is a Public Health and Social Development organisation and listed as a Section 8 company in India. 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.



Activities

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. 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 undertakes 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. Interactions with home staff – all issues are identified and details about the health and diet of the children are discussed.
2. **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.

3. **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.
4. **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 on the topics are also screened.
5. **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.
6. **In certain cases** and where possible, the local doctor is visited for any clarification and suggestions.

The HABF team included the following –

1. Dr. S. N. Misra – Team Lead
2. Dr. Dilip Vaswani – Visiting Physician
3. Dr. Dipanjan Sujit Roy – Visiting Physician
4. Dr. Namrata Bijur – Visiting Physician
5. Mrs. Manasi Bhosale – Visiting Staff

Achievements

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.

In 2019-20, the following homes in Maharashtra were scheduled to be visited.

S. No	Name of Children's Home	Location	First visit (Proposed)	Second visit (Proposed)
1	Govt home- Solapur	Solapur	June 19	-
2	Govt home- Sangli	Sangli	June 19	-
3	Rukmabai	Nandurbar	Sept 19	March 20
4	Gokul	Devrukh	Oct 19	April 20
5	Mukta	Titwala, Thane	Aug 19	Feb 19
6	Samparc Bhaje	Bhaje (Pune)	June 19	Dec 19

Some of the observations 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.

Individual homes

- **SAMPRAC, Balgram, Bhaje**

A nicely maintained children care home for girls. The place has been renovated in areas that were highlighted in the previous visit. As noted in the earlier visits, staff is courteous and well-liked by children. There are 134 children in this care home and they are directly monitored by the Child Welfare Committee of Maval Taluka, Pune District.



Medical mentoring visit to SAMPRAC, Bhaje

- **Mukta Prakalp Balika Bhavan. Titwala, Thane**

All children showed improvement in their hemoglobin levels. BMI charts are well maintained and open cases are closed as appropriate. Overall maintenance of the premises is very good and clean. There were 26 children in this home.

- **Gokul, Devrukh, Ratnagiri**

All the girls happy and very well adjusted in the Home. None of the girls appeared anaemic. They have the Matrumandir hospital adjacent to the home. Doctors from this hospital take care of the children on a regular basis. The cleanliness and maintenance of the campus is good. Donations received are being properly utilized. This clearly shows the commitment and dedication of the trustees. All the rooms were well ventilated and illuminated.



Visit to Gokul, Devrukh

- **Rukmabai Balikashram, Nandurbar**

All children were healthy, happy and very well adjusted in the home. Though some children had a drop in their Hb levels, they are quite energetic. None of the children reported being sick or visited the hospital since last 2 months. Children have participated in various sports at division level, which were conducted at Nashik. They have won First place in Kho-kho and Running Race. They have won 2nd place in Essay competition. They won 3rd place in Cultural program competition. They have qualified for Divisional level singing competition, which will be held in Nashik in the coming month. It is being conducted by Care For You Organization. There were 51 children in this home.



Tracking the growth of children in Rukmabai Ballikashram, Nandurbar



Medical Check up - Nandurbar

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.



Completion of the immunization program in one home in Maharashtra

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”.

By end of August, the following numbers of children were immunized for the 6 vaccine preventable illness.

Vaccination Status 23 Aug 2019								
Sl. No.	District	Home	MR	Hep B -1	Hep B -2	Hep B-3	Typhoid	Tetanus
1	Aurangabad	Wasardi	58	38	38	35	58	56
2		Vidhyadeep	73	72	61	45	64	66
3		Yogeshwari	47	45	43	41	42	44
4		Bhagwan Baba	98	84	76	66	98	114
5	Latur	Gokul	24	24	24	24	29	37
6	Beed	Govt. home, Beed	11	11	11	11	11	7
7		Sahara, Georai	101	78	77	69	72	93
8	Parbani	Govt. Home	24	22	21	21	24	17
9	Hingoli	Swami Samarth	29	29	28	14	26	21
10		Jyotiba Phule	8	8	8		12	SHUT



11		Saraswati	14	14	13	13	12	11
12	Nanded	Sandhiniketan	30	30	24	21	16	0
		TOTAL CHILDREN	517	455	424	360	464	466

Awareness programs on Mental wellness

Mental wellness encompasses the spectrum of good health and is important for the long term management of many chronic illnesses. Good mental health is complementary to medication and for disease prevention and overall good health

Mental wellness is a positive state of mental health. It is more than the absence of mental illness.

Achieving good mental health will enable you to:

- Realise your own abilities,
- Cope with the stress and challenges of life,
- Engage in productive work,
- Contribute to your community.

Sustaining mental health requires time and effort. The more you invest in your mental health, the stronger it will become. The basic idea for promoting mental wellness is to intervene early and stop the appearance of risk factors such as stress and depression in daily life. These factors ultimately lead to more serious and chronic consequences leading to long term medical management.

The theme for 2019 is -

“PREVENTION OF SUICIDE”

HABF in partnership with different academic institutions/universities continued with organising awareness and sensitization program on Mental health and wellbeing for undergraduate and post graduate students and faculty in line with the theme for 2019.

The next batch of this awareness program was organised by Faculty of Nursing, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, in partnership with Health and Beyond Foundation on the 19th June 2019.

The faculty included the following experts –

1. Dr. Jyoti Sarin, Dean, Faculty of Nursing, Mullana
2. Dr. Shanta Misra, Director, HABF & Wellness Expert
3. Dr. Sandhya Gupta, Dept. of Mental Health, AIIMS, New Delhi
4. Dr. S. N. Misra, Public Health Specialist, HABF
5. Ms. Sukriti Singh, Dept. of Nutrition, Faculty of Nursing, Mullana

A total of 144 nursing students registered for the seminar.



Feedback

Almost 82% claimed to have experienced stress in the past one year, which is very high.

The reasons for stress mentioned are in the table below -

Mental Tension due to various reasons	88	63%
Not performing well & failure to achieve targets	42	30%
Relationship issues	18	13%
Poor self image	5	4%
Not pursuing career of choice	18	13%

Almost 38% of participants were keeping their stressful condition to themselves.

However, after the seminar, almost all agreed to share and discuss their stressful situation with others, such as family members, close friends and peers.

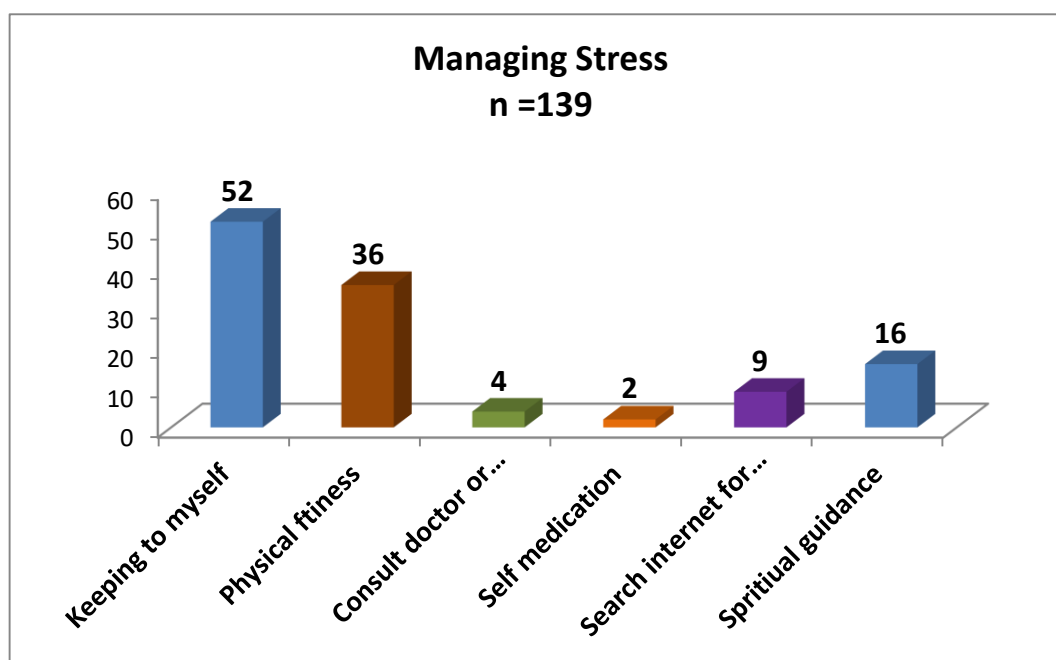
Majority of participants also agreed to support their friends and others in managing stress and depression.

Physical fitness, yoga and spiritual guidance also appeared as popular options among participants in combating mental stress and depression.

Almost 90% of participants recommend **career counselling** in schools and colleges.

A majority of participants showed interest and keenness in being involved in **mental health counselling** as part of their professional commitment.

Participants managed stress as mentioned in the chart below -





Awareness Seminar on Mental Wellness – Mullana, Ambala, June 19

Knowledge Management of training resources (for social workers, psychologists and child protection professionals)

The scope of Translation Coordination consultancy entails the coordination of translation, review and updating 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. The main role of HABF is to act as a bridge between translation agencies, Proof Readers and Miracle team and ensure high quality translated materials within the timeline.

Apart from the routine translation of fresh modules and formats in the requisite language(s), the responsibility also encompassed reviewing the original English content to assess the accuracy of the content, repeated/



identical content. These observations were conveyed and discussed with the client for appropriate corrections.

In depth analysis of the earlier translated modules was taken up for the purpose of enlisting the composition and formatting requirements (these aspects were not focused upon when the documents were translated earlier). The scope of work was discussed with various Translation agencies on board and quotation for the same was sought. The report containing the recommendations and the comparative costing was prepared and the client was guided to finalize the translation assignment.

Since this particular assignment was quite complicated, a detailed Work Order i.e. Word Count, number of pages and imaged needing composition and formatting as it varied for each file was prepared; further, providing the guidance to not only the translation agency, its DTP team, handholding of the proof-readers-starting from explaining them the different nature of the assignment and how the final reviewed document should look like, on continuous basis; and exchange of feedback between the translators and the proof readers etc. were some of the other tasks carried out.

HABF consultant, Ms Poornima Sharma was also engaged in sourcing and negotiating with few proof readers to take up the review and editing of the Gujarati training resources.

During this period, HAB Consultant facilitated the translation and proofreading of 60+ training resources under various categories (mentioned above) in 8 Indian languages, namely Hindi, Bengali, Tamil, Telugu, Malayalam, Kannada, Marathi and Gujarati.

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

The Consultant was also engaged in the quality and accurate proof reading/review of the 60+ training resources, in Hindi language.

The additional activities included

- Regular communication and coordination with the Training team based at the organization's headquarters at USA regarding the uploading the final translated modules on its knowledge portal- Bloom fire; many of the final

translated documents were also shared with different Miracle Foundation employees at an individual level on need basis.

- Updating the status sheet on Translation assignments, final documents uploaded on Bloom fire
- Documentation of the original English modules under the Life Skills Education and House Parents Training series – for all age groups and languages
- Preparation of the Translation Activities Budget with support from the client.
- Timely preparation, submission and processing of the translation and proof-reading invoices as raised by the translation agencies and the proof readers



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जीवन कौशल विकास कार्यक्रम सर्वे

जीवन कौशल विषय:

हे जीवन कौशल सभाएं प्रथम सदस्यिकरण अर्हें की पठपुस्तक सत्र अर्हें?

वर्षागत-

दिनांक:

	हो	माहिस	माही
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18

Unit Eighteen Annexures

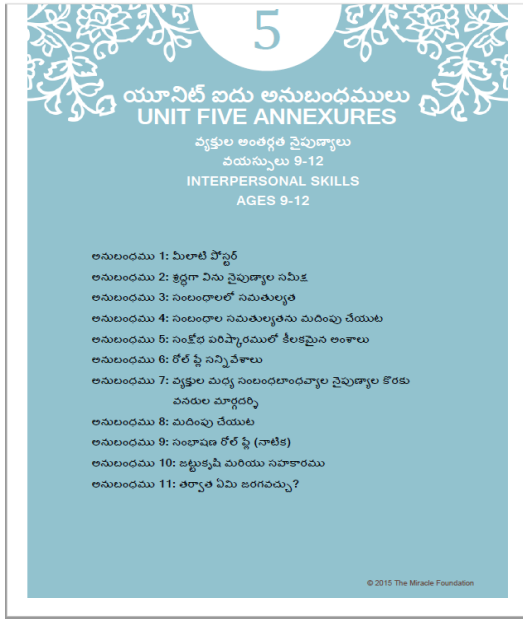
ಭಾಗ ಹದಿನೆಂಟರ ಅನುಬಂಧಗಳು

Bullying is Never Okay

ಬೆದರಿಕೆಯಿರುವ ಎಂದಿಗೂ ಸರಿಯಲ್ಲ

ಅನುಬಂಧ 1: ಬೆದರಿಕೆಯ ಸನ್ನಿವೇಶ
 ಅನುಬಂಧ 2: ಬೆದರಿಕೆಯ ಪಡೆನೆ ದರ್ಜೆಗಳು
 ಅನುಬಂಧ 3: ಬೆದರಿಕೆಯ ಪಡೆನೆ ಕಾರ್ಯಗಳು
 ಅನುಬಂಧ 4: ಬೆದರಿಕೆಯ ಪಡೆನೆ ದರ್ಜೆಗಳುಳ್ಳ ಉತ್ತರ ಮಾದರಿಗಳು
 ಅನುಬಂಧ 5: ಪ್ರಾಥಮಿಕ ಶಾಲೆಗಳಲ್ಲಿ ಬೆದರಿಕೆಯು





Webinars on Covid 19 pandemic

The Covid 19 pandemic impacted India from January 2020 onwards. Screening of passengers at all international airports, quarantine of positive cases and their contacts was initiated by the Government of India. Awareness about the infection and subsequent morbidity and mortality was initiated by the government health staff. Many civil society organisations joined hands with the government to spread the message and implement the practice of social distancing and other prevention measures. Addressing mental health issues and preventing panic among health workers and communities became a new challenge. With bombardment of information about this pandemic, It also became important to make people aware about myths and misconception about the disease.

Taking forward some of the messages around Covid19 prevention and management, HABF also utilised its Mental wellness programs to reach out to various sections of the society through structured webinars. In addition, HABF staff participated in different webinars as expert speakers.

The 1st such International Webinar was organised by the Odisha Society of Americas, Health and Wellness Group on Covid 19. Dr. S. N. Misra of HABF was an expert speaker from India. The discussions ranged from the spread of the



epidemic in different countries to prevention measures that need to be put in place. Participants included both from India and the USA.



Medium	Duration
Air	3 Hours
Fabrics	3 Hours
Wood, Copper	4 Hours
Cardboard	24 Hours
Plastic, Metal	3 Days

Medical Support Services

Many patients requiring tertiary care seek care in major tertiary hospitals in large metro cities in India. For many decades, and inspite of improvement in clinical facilities in many other cities and Tier 2 towns across the states, large number of patients, particularly, from Odisha, Bihar, Uttar Pradesh and Northeast states continue to register in major hospitals in Delhi (NCR), Mumbai, Bengaluru, Chennai or Vellore for access to better facilities.

Many such patients were being facilitated by our team in HABF. HABF decided to formalise this support and decided to facilitate such requests through our local staff in the states and making provisions for their admission in relevant hospitals and clinical guidance through our network of consultants of different specialities.

The 1st case was registered in the month of August 2019, where a patient with Chronic renal failure from Agartala, Tripura was provided support for admission in AIIMS, New Delhi and successfully treated.

We would be exploring such opportunities in other states, through our local networks of clinicians.



Acknowledgements

- Miracle Foundation, India
- Staff and Children in Child Care Institutions (CCI) and Centers of Excellence in Maharashtra
- REACH
- Odisha Society of Americas- Health and Wellness Group

Contact Us

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

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