

New Year Greetings!

Dear Friends,

We at KHPT have always believed that good health leads to happiness, and have been working tirelessly to achieve this goal. As we move towards the end of another year, I would like to take this opportunity to acknowledge our achievements, which would have been impossible without your constant hard work and support. I'd like to thank all of you for your consistent contributions to community health and well-being. KHPT looks forward to your continued association and commitment in the coming years. Wishing you all a year full of good health and happiness!

Mohan H.L.
(Managing Trustee)



Theme of the newsletter

“Communities Make the Difference”

“The AIDS response is not over, and barriers to human rights remain. HIV is still an epidemic of inequality, stigma, discrimination and violence,” said Winnie Byanyima, UNAIDS’ Executive Director on Human Rights Day.

That being true, more people living with HIV (PLHIV) now have access to treatment than ever before, with the people receiving treatment in the mid-2019 being 24.5 million.

A recent report by UNAIDS reaffirms KHPT’s belief that the engagement of people living with and affected by HIV - in decision-making and HIV service delivery - plays a key role in ensuring that more PLHIV gain access to treatment.

For more information, please visit:

https://www.unaids.org/sites/default/files/media_asset/power-to-the-people_en.pdf



PROJECT UPDATES



Theme: Tuberculosis

Project: Tuberculosis Health Action Learning Initiative (THALI)

THALI TB Champions attend national capacity-building workshop

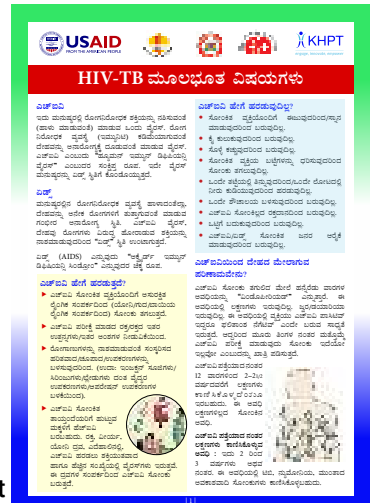
THALI TB Champions Kavitha and Abhi from Bengaluru were nominated to attend the Changemakers National Capacity-Building Workshop organized by REACH and the Global Coalition of TB Activists from November 5th to 7th. The Champions from Bengaluru Urban district shared their TB story and took part in group activities and discussions on advocacy, identifying stakeholders, and the consequences of stigma. The workshop facilitated interactions and experience-sharing with TB Champions across the country and helped them better understand their potential role in ending TB, through engagement with the RNTCP and other organizations working towards TB control.

KHPT and TB Alert India participate in TB partners’ stigma discussion

KHPT participated in a discussion on TB-related stigma organized by Abt Associates in New Delhi on December 9th, along with representatives from REACH, Alert India, the Union, the Global Coalition of TB Advocates, Global Health Strategies and USAID. The objective of the meeting was to develop a set of specific recommendations for the Central TB Division (CTD) on addressing TB-related stigma. The discussion was centred around developing a stigma mitigation plan based on partners’ collective research and experiences. KHPT will support the consolidation and documentation of the organizations’ experiences to be shared with the CTD.

Karnataka state RNTCP adapts THALI communication materials

The Karnataka state RNTCP in October decided to integrate THALI’s patient information brochure and community handout into its set of communication materials used for community awareness. The RNTCP will print and distribute the information brochure to TB patients and caregivers, which will allow them to understand the disease better and also mark their treatment adherence on the calendar incorporated into the design. The community brochures, which carry basic information on TB, will be distributed to ASHAs and Anganwadi teachers to disseminate further, and will also be used at other sensitization events.



THALI research team presents paper at International Science Symposium



Dr Rajaram, Research and M&E Specialist, THALI, presented a paper titled “Out-of-pocket medical expenditure and health-care seeking behaviour among newly diagnosed persons living with Tuberculosis in Hyderabad and Bengaluru cities, in South India” at the International Science Symposium on HIV and Infectious Diseases held in Chennai on October 13.



Theme: Nutrition

Project: Promoting and Strengthening Edible Oil and Milk Fortification in India

Rice Fortification study begins in Koppal

To tackle the problem of iron deficiency in children, St. Johns Research Institute (SJRI), Bengaluru, will be carrying out a study to scientifically evaluate the long-term efficacy of daily consumption of indigenously developed extruded micronutrient fortified rice in improving iron stores in school-



going children (6-12 years). The two-year study will be carried out with KHPT as the implementing partner and IIT Kharagpur providing the technology for manufacturing of Fortified Rice Kernel premix and blended micronutrient fortified rice. The study is funded by the Department of Biotechnology, Government of India, and will be implemented in Koppal district of Karnataka.



Theme: Adolescent Health and Education

Project: Sphoorthi

International Day for Elimination of Violence against Women observed in Koppal

143 leaders from Sphoorthi participated in a joint meeting of all cluster and district-level leaders in Koppal to observe the International Day of Violence against Women on Following a trek to Malemalleshwar hill and some entertaining activities by the girls, the Sphoorthi project staff spoke about the relevance of the day. A group discussion was conducted on the various types of violence girls face every day, why it happens, and how to stop it.

Sphoorthi girls participate in International Girl Child Day

International Girl Child Day (IGCD) was observed by 1047 girls in 43 villages of the Sphoorthi project area on October 11th. The day started with a rally and a stage program during which the girls shared their aspirations and dreams. In 32 villages, Samvadas (conversations) between the community leaders and other adolescent girls were organized. At Gondbal, Sphoorthi girls collectively handed over Rs 2000 to the mother of an adolescent girl who had incurred heavy debts to save her daughter from dengue. At Ojanhalli, they met with the district judge about the Sphoorthi project and how they have ensured that no girl drops out of school. At some places, Childline officials spread awareness about Childline services and answered doubts regarding access to the services. Other organisations like the District Legal Service Authority, Sarvodaya (an NGO), Kirloskar Industry, as well as elected members of the local Gram Panchayats, were present during the event.

Sphoorthi girls participate in model Children Gram Sabha

A model Children Gram Sabha was organised in all 32 gram panchayats of the 51 villages of the Sphoorthi project area. Children asked questions pertaining to infrastructure facilities such as benches, toilets, new room construction, which the Panchayat is obligated to fulfil. They also raised issues regarding the construction of a school compound so that the school premises can be locked to prevent people from using it for other purposes.

An ideal Children Gram Sabha was organised at Gondbal at which the minutes of the previous meeting were also discussed. The children representatives were seated with the concerned authorities. They reviewed the decisions of the previous meetings and assessed the reasons for decisions not implemented. The participants also raised issues of the menace of dengue which has threatened the lives of many children in the villages.

Sphoorthi leaders organize exposure visits for new group members

The Sphoorthi project organized exposure visits for parents and girls as a recreational and transformational exercise. The role model girls were given the opportunity to organize these visits with partial support from the project team. Between September and December, the role model girls organised visits to places like Sandur, Hampi, Anjandri hill, Gadag all by themselves. The leaders took full responsibility for planning, organising and financing for the trip. They have organised trips in 25 villages in which 400 new group members participated during the September-December period.



Theme: Non-Communicable Diseases (NCDs)

Project: Strengthening Continuum of Care of NCDs through an integrated urban health systems model in Mysuru, Karnataka

ASSOCHAM awards KHPT on World Diabetes Day

KHPT was awarded the Associated Chambers of Commerce and Industry of India's (ASSOCHAM) "Diabetes Awareness, Prevention and Wellness Award, 2019" on November 14th, World Diabetes Day. KHPT bagged the award for Best NGO for Diabetes Outreach Programs at an event in New Delhi for its pioneering work in community outreach and building a continuum of care model for Non-Communicable Diseases (NCDs) in Mysuru city. Sri Satyendar Jain, Honourable Minister of Health, Government of Delhi, presented the award to Dr Swaroop N, Deputy Director, KHPT.

KHPT showcases NCD work at Dasara exhibition in Mysuru

KHPT displayed its work on developing an urban health system based NCD continuum of care model at the world-famous annual Dasara Exhibition in Mysuru in December. With the support of the district Health Department and Mysuru Medical College and Research Institute, communication materials, games and activities developed by KHPT were showcased by field staff at a dedicated Kiosk at the exhibition. Key elected representatives, the District Commissioner of Mysuru, and the District Health and Family Welfare officer were among dignitaries who visited the kiosk. About 15000 people visited the stall during

KHPT receives grants for NCD model development in Mysuru

KHPT was awarded a seed grant by the Health Systems Transformation Platform (HSTP) to prepare a technical proposal for developing an urban health system based comprehensive primary health care model in Mysuru. KHPT, in partnership with HSTP and the Government of Karnataka, organized an initial stakeholder consultation workshop on December 8th to brainstorm on the model using an implementation research design approach.

KHPT also received a grant from the Medtronic Foundation to develop a patient-centric NCD care model led by contractual incentive-based community health workers, leveraging its experiences from the existing NCD continuum of care project in Mysuru. A two-day long visioning workshop was organized on December 17th and 18th in Bengaluru to discuss the proposed model.

ICMR invites KHPT to panel on NCD approaches

The Indian Council of Medical Research (ICMR) has adopted the implementation research approach, processes and tools of the KHPT's NCD continuum of care project for the National Task Force Project on NCDs among tribal populations across six states in the country. Dr Swaroop, Deputy Director, KHPT was invited as an expert panellist to the first meeting of principal investigators and subject matter experts on October 14th and 15th at the ICMR Headquarters, New Delhi.



Theme: HIV/AIDS

Project: Vihaan

KHPT participates in state-level events on World AIDS Day

KHPT senior team members participated in the state-level World AIDS Day program organized by the Karnataka State AIDS Prevention Society (KSAPS) on (date). The event was inaugurated by Sri. Somashekhar Reddy, MLA, Bellary Urban, Mr Rangayya, Project Director, KSAPS, Mr S.S. Nakhul, District Commissioner, Mr Nithish K., CEO, Zilla Panchayat, Bellary, Dr H.L. Janardhan, District Health and Family Welfare, Bellary, Dr Basareddy, District Surgeon, District Hospital Bellary, Dr Indrani, District Tuberculosis Officer, and DAPCU Officer, Bellary, among others. The District AIDS Prevention Unit (DAPCU) and DTO conducted World AIDS Day programs in all 30 districts. Staff of 36 Care and Support Centers (CSCs), including peer educators, ORWs Project Coordinators, and district level networks board members, participated in Jatha and stage programs.



The program highlighted the role of communities at a time of reduced funding and shrinking space for civil society, emphasizing the need for more efforts to mobilize communities to effectively address the barriers that prevent their active involvement in service delivery. Advocacy efforts by the communities is essential to enhance the responsiveness of policymakers and program implementers.

Vihaan and MAC AIDS organize cultural events for children living with HIV

KHPT's Vihaan and Place AIDS Program (MAC AIDS) jointly organised an event called "Me- A Champion" on (Date) in collaboration with the Karnataka Network for Positive People Living with HIV (KNP+). This two-day art and sports event was organized for Children Living with HIV to develop confidence and create opportunities for them to exhibit and explore their talents and skills.



The event also featured various activities aimed at building mutual trust between children and caregivers. The long-term vision of this event is to help children evolve into confident individuals who can subsequently create and operate platforms like the children's Parliament in a sustainable manner.



HR AND EMPLOYEE CORNER

New additions to the KHPT team

During the October-December quarter, we welcomed 22 staff in different capacities and 8 part-time health workers under various projects into the KHPT family.

Learning and Development Initiatives

5 staff members from KHPT were nominated to attend various learning and development training programmes within India.

Around 50 social work students from Bengaluru Central University, Post-Graduation program in Social Sciences and Humanities department underwent a 1-day orientation program in KHPT to understand the social sector and different public health programs which KHPT is implementing.

Internship

This quarter, we have 2 L.L.B. students from O P Jindal Global University, Sonapat in the Nutrition Project with KHPT. They are conducting a research on food provided by the PDS and how it is affecting those with NCDs like diabetes and hypertension. Post their research on the field, they will be making some policy recommendations to enhance the potential outcomes of the project.

Employee Engagement

As a part of the staff event, 'Men's Day' was celebrated on November 19th at the KHPT office. The theme of the celebration was 'Making a Difference for Men & Boys'.



Publications

- **STRIVE-Samata:** Huynh et al (2019); Exploring male adolescents' perceptions of gender relations in South India: A project ethnography of the Parivartan program: Journal of Health and Social Care; Link: <http://www.khpt.org/wp-content/uploads/2019/12/huynh-et-al-adolescent-boys-project-ethnography-2019.pdf>.
- **STRIVE-Samata:** Prakash et al (2019) Secular changes in child marriage and secondary school completion among rural adolescent girls in India; Journal of Global Health Reports; Link <http://www.joghr.org/article/joghr-03-e2019041>.
- **STRIVE-Samvedana Plus:** Javalkar et al (2019); Effectiveness of a multilevel intervention to reduce violence and increase condom use in intimate partnerships among female sex workers: cluster randomised controlled trial in Karnataka, India; BMC Public Health; Link: <https://gh.bmj.com/content/4/6/e001546>.