

# INSTITUTIONAL UPDATE: COMPREHENSIVE PRIMARY HEALTH CARE

JULY-SEPTEMBER 2024

## KHPT's approach to Comprehensive Primary Health Care

Comprehensive Primary Health Care (CPHC) is a holistic approach to health and well-being, which encompasses all services and is delivered in partnership by an interdisciplinary team through a range of services and programs that are accessible, equitable, culturally appropriate, and effective. KHPT's goal is to design, implement, and sustain need-based urban and rural CPHC models to achieve Universal Health Coverage in select cities and rural areas in India.

## Government Engagement

### NHSRC publishes capacity-building manuals co-developed with KHPT

The National Health Systems Resource Centre (NHSRC) has published two sets of capacity-building manuals co-developed

with the KHPT. These are designed to enhance the role of Gram Panchayat elected representatives and Self-Help Group (SHG) members in advancing health initiatives at the local level. The set includes both

a facilitator's manual and a participant's manual. The manuals, titled 'Panchayati Raj Members and Health' focuses on empowering Gram Panchayat members to actively participate in health program planning and implementation. It highlights the importance of ensuring equity in health programs, aiming to make health a fundamental right for all. The participant's manual is available [here](#), and the facilitator's manual is available [here](#).



The Participants and facilitator manuals on Panchayat Raj Members and Health (left), Participants and facilitator manuals on Self-help groups in community action on health (right)

The 'Self-Help Groups in Community Action on Health' manuals aim to equip SHGs with holistic health perspectives and collaborative strategies, to become effective health catalysts in their communities and ensure that health programmes are tailored to meet local needs. The participant's manual can be accessed [here](#), and the facilitator's manual can be accessed [here](#).

### KHPT facilitates a session on role of PRI in Social Accountability at NIRDPR, Hyderabad

KHPT facilitated a session on the role of Panchayat Raj Institutions (PRI) in social accountability for better Maternal, Newborn and Child Health (MNCH) outcomes, as well as prioritizing vulnerability, at a training programme organised by the National Institute of Rural Development & Panchayat Raj, (NIRDPR) Campus Hyderabad. The training was held on July 25 as part of the national training programme to strengthen primary health care, with a focus on the Localization of Sustainable Development Goals (LSDGs) of a Healthy Village.

can be applied to their roles within their departments and organizations for greater involvement of PRIs in community health in line with LSDG goals. Ms Poornima BS, Deputy Director - Programme, CPHC, facilitated the session, which helped capacitate 30 resource persons from the Department of Rural Development and

Panchayat Raj (RDPR), faculty from the State Institute of Rural Development, and officials from Community-Based Organisations (CBOs) and Non-Government Organisations (NGOs) working on public health.



Ms Poornima BS, facilitating session (left), and participants from state institutes, CBOs and NGOs (right)

The training programme focused on the provision of insights and knowledge which

## The Development Commissioner of Karnataka reviews the Arogya Sangama project

Ms Uma Mahadevan, IAS, Development Commissioner, Additional Chief Secretary, Department of RDPR, Government of Karnataka and Dr Arundhati Chandrasekhar, IAS, Commissioner, Department of RDPR, Government of Karnataka, reviewed the Arogya Sangama project on September 9 at Vidhan Soudha, Bengaluru. During the meeting, KHPT and Johns Hopkins University (JHU) teams presented the findings of the quantitative baseline survey and a qualitative study conducted in Devadurga and Kollegala taluks of Raichuru and Chamarajanagara districts.

Ms Mahadevan suggested increasing the frequency of review meetings and called for the more periodic engagement of KHPT and JHU to ensure quarterly review meetings with the RDPR Department, adding that frequency can be increased during the project implementation phase.

## KHPT facilitates a session on Grama Arogya at state-level ToT organised by ANSSIDR, Mysuru

KHPT facilitated a two-day state-level Training of Trainers (ToT) session organised by Abdul Nazir Sab State Institute of Rural Development (ANSSIDR) in Mysuru on August 8 and 9 for 92 district resource persons from the Departments of Health & Family Welfare (HFW), Rural Development and Panchayat Raj (RDPR), Women and Child Development (WCD), and KHPT, under the Grama Arogya programme.

Dr Arundhati Chandrasekhar, IAS, Commissioner, RDPR, Government of

## NHSRC-ILC officials visit KHPT's urban sites in Mysuru and Bengaluru

A team from the National Health Systems Resource Centre (NHSRC), Ministry of Health and Family Welfare (MoHFW),



■ The NHSRC team in front of the Urban Primary Health Centre (left), and team talking with MAS & UHSNC members (right)

Government of India, including Dr G.B. Singh, Advisor; Dr Mridula Pandey, Senior Consultant; Dr Roopesh Gupta, Consultant; and Dr Chaithra Poonacha, Fellow, visited KHPT between September 16 and 18 to receive supportive supervision

and gain an in-depth understanding of the implementation process. They also met District Community Health Officers (CHO) and Bruhat Bengaluru Mahanagara Palike (BBMP) officials. The KHPT team presented the process/steps of the developing the



Comprehensive Primary Health Care (CPHC) service delivery assessment tool and Mahila Arogya Samiti (MAS), Urban Health and Nutrition Committee (UHSNC). The team also visited an Urban Primary Health Centre in Mysuru.

Karnataka, and Mr Mohan HL, CEO, KHPT, addressed the participants on the first day of the training on virtual mode to guide the planning and implementation of health interventions at Gram Panchayat level.

The resource persons were trained on



■ Dr Arundhati Chandrasekhar, IAS, and Mr Mohan HL, addressing the participants virtually

the various components of the Grama Arogya programme, including technical and programmatic aspects. Senior state officials took the sessions, included Dr Anil S, Joint Director, National Tuberculosis Elimination Programme (NTEP), who talked about the basics of TB and TB-free Panchayats; Dr Shridhar, Deputy Director, Nutrition, HFW, who took a session on undernutrition, anaemia and menstrual hygiene; and other senior official. At the end of the TOT, representatives of all three departments, along with KHPT's Grama Arogya Technical Support coordinator, had a group discussion to prepare the action plan for district TOTs and Gram Panchayat-level rollout training.

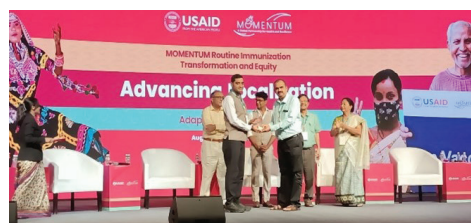
## Partner Engagement

### KHPT invited to USAID-MOMENTUM dissemination workshop at New Delhi

KHPT was invited to a dissemination and learning workshop in New Delhi to celebrate the achievements of MOMENTUM Routine Immunization Transformation and Equity (M-RITE) Project to increase COVID-19 vaccination rates among vulnerable and marginalized groups. The workshop, organized by USAID-MOMENTUM on August 21, focused on innovative interventions which adopted a localization strategy to provide COVID-19 vaccinations, as well as routine immunisations, to hard-to-reach communities. KHPT also set up a stall to showcase project achievements to donors, government officials and other implementation partners, through the

exhibition of IEC materials, manuals, case story compilations, videos and other best practice documents. KHPT had implemented the project between January 2021 – June 2023 in collaboration with the Health Department and the Department of Rural Development and Panchayat Raj, Government of Karnataka in 14 districts through campaigns, door-to-door visits, interventions in Gram Panchayats, engagement with community leaders,

partnerships with community organizations, and mobile van services. The interventions were designed for populations with limited access to health services, including school children and dropouts, elderly people, tribal groups, female sex workers, transgenders, MGNREGA workers, people with disabilities, migrants, and pregnant and lactating mothers. Mr Raghavendra T, Project Lead, and Mr Suresh Mahadevappa, Zonal Lead from KHPT, participated in the event.



■ Mr Raghavendra T, Project Lead, receiving a memento (left), and a visitor at the IEC exhibition stall (right)



## **KHPT facilitates in-house volunteering sessions for Wipro employees in Bengaluru**

KHPT facilitated an in-house volunteering session on August 8 for employees as part of Wipro Care's employee engagement and volunteering programme in Bengaluru. This is the second time KHPT has conducted a session for Wipro employees through Wipro Cares, which promotes employee participation in community engagement activities. Around 90 employees were given case stories highlighting important

public health issues, including hypertension, diabetes, positive parenting, preconception care, and health and hygiene. They worked in groups to develop Information, Education, and Communication (IEC) material on these

issues, including posters, skits, handouts, messages, and slogans, all designed to disseminate information to a broader audience. Dr Suresh Chitrapu, Deputy Director-IEC, facilitated the session.



■ Dr Suresh Chitrapu, facilitating session (left), and participants involved in brainstorming activity (right)

## **USAID team visits KHPT's urban working sites in Mysuru**



Ms Claret John, Agreement Officer's Representative (AoR), United States Agency for International Development (USAID)



■ Ms Claret John talking with TB Volunteer (left), and with Dr Shivashankar, Medical Officer (right)

visited the urban work site Vishweshwaraiah Nagar on August 23 in Mysuru, aimed to gain a comprehensive understanding of the urban TB Intervention and explore the specific roles played by MAS, UHSNC, and TB Volunteers in the TB-resilient ward initiative.

During her visit, she engaged with the field team, participated in MAS and UHSNC meetings, had discussions with TB volunteers and with Dr Shivashankar, Medical Officer of Vishweshwaraiah Nagar UPHC along with KHPT's senior management and field team.

## **Communications and Advocacy**

### **KHPT facilitates a session on Grama Arogya and TB Mukta Gram Panchayat at the state-level NTEP Conference in Shivamogga**

KHPT facilitated a session on the Grama Arogya program and TB Mukta Gram Panchayat (TBMGP) on August 14 at the Subbaya Institute of Medical Science (SUIMS) in Shivamogga. The Head of the Departments (HOD) and professors of medical colleges from Chikmagalur, Kodagu, Dharwad, Bijapur and Mandya districts attended along with Dr Shazia, WHO Consultant and National TB Elimination Program (NTEP) officials. The session focused on insights into the Grama Arogya programme, such as the programme objectives, focus areas, implementation

methodologies, key achievements, challenges and lessons learned, along with efforts to eliminate TB. The participants expressed in working with KHPT at the villages and GP level in their districts. Mr Suresh Mahadevappa, Zonal Lead, KHPT, facilitated the session.

### **Early insights from Arogya Sangama project presented at Bringing Evidence to Public Health Policy conference**

Dr Shalini Singh, a Senior Researcher at the Johns Hopkins Bloomberg School of Public Health, Johns Hopkins University (JHU), made an oral presentation of an abstract titled, "Negotiating Community, Gram Panchayat and Health Providers Dynamics

to Leverage Local Governance for Primary Health Care: Early Insights from the Arogya Sangama Project in Karnataka, India" at the Bringing Evidence to Public Health Policy (EPHP) conference on September 5. The presentation focused on formative research findings on strengthening local self-governance and fostering community-led health initiatives to enhance Health and Wellness Centre (HWC) services by the Gram Panchayat Task Forces (GPTFs) formed during the COVID-19 pandemic.

Dr Swaroop N, Dr Ambuja Kowlgi from KHPT, and Ms Uma Mahadevan, IAS, Development Commissioner, Additional Chief Secretary, Department of Rural Development and Panchayat Raj, GoK, are the co-authors of the abstract.

## **Community Engagement**

### **KHPT organises event for Eligible Couples in UPHC Singasandra, Bengaluru**

KHPT, in collaboration with SingasandraUPHC, organised an event for eligible couples (ECs) in Bengaluru, on August 24. The event aimed to reach out to eligible couples who aspire to have a baby and provide them with knowledge about preconception care (PCC), screening services, linkages for health/nutritional/

psychosocial risk factors, and counselling on the importance of PCC to ensure safe

parenthood. During the event, couples were provided with information and underwent



■ Couple playing game (left), and Couples participated in cooking competition (right)

health screening and referrals for higher services. Additionally, medical history, family history of genetic or chromosomal disorders, and menstrual history were also taken.

After the screening, couples participated in a game called “Moving Together,” designed to convey important messages about PCC. The game was facilitated by ASHA and the

Community Health Worker (CHW) of the project. During the game, couples received messages about safe and healthy parenthood. Couples were found to have normal screening results and given Albendazole tablets and Folic acid tablets. They were also counselled on the proper consumption and benefits of these tablets. Additionally, all the couples received counselling from a

special counsellor on PCC, the importance of nutrition, and creating an enabling environment for good parenting. A total of 22 couples took part in the event. The next step involves CHWs following up with individuals who have low Haemoglobin readings and providing them with necessary requirements like Albendazole tablets and Folic acid tablets.

## Voices from the Ground

“The Karnataka Government’s decision to introduce pre-primary classes in Anganwadi centres, including LKG and UKG, offers a crucial opportunity to support early childhood education. The resources, such as different types of toys and teaching aids provided by KHPT, will greatly benefit this initiative, enabling us to better serve underprivileged children and ensure they receive quality learning materials from the start”.

**-Hamsaveni**, Anganwadi Teacher of Kudlu Slum Quarters, Bengaluru.

## Success Story



### Transforming Health and Sanitation: A Success Story of a Mahila Arogya Samiti (MAS) in Bengaluru

Virat Nagar, located in the southern part of Bengaluru near Bommanahalli, Lake City, and Roopena Agrahara, is home to a vibrant women’s collective, the Mahila Arogya Samiti (MAS). There are two MAS groups, comprised of 17 dedicated women from each MAS selected based on a population of 2,500. These groups have taken the initiative to address pressing community health, nutrition, and sanitation challenges. Through training

and support from the Urban Primary Health Centre (UPHC) and KHPT, these women have become empowered to take collective action on issues related to drainage, mosquito infestation and garbage management, and have organised health screening camps for persons with hypertension and diabetes.

One of the key problems identified by these two MAS in their area was the lack of proper drainage, which led to stagnant water and created breeding grounds for mosquitoes. Members said this increased the risk of diseases such as dengue and malaria. Additionally, improper garbage segregation, particularly between dry and wet waste, contributed to unsanitary conditions and environmental degradation. The MAS also identified the need for better drinking water storage facilities for the community when visiting the local Namma Clinic. They also noticed that elderly individuals could not come to the Namma Clinic for the non-communicable disease (NCD) testing organised in their area, and Ayushman Bharat Health Account (ABHA) card registration.

The MAS conducted monthly meetings at the Namma Clinic, and members coordinated through WhatsApp and phone calls. They organized door-to-door awareness drives, met with officials from the city corporation Bruhat Bengaluru Mahanagara Palike (BBMP), and liaised with healthcare professionals to push for solutions to identified issues. In collaboration with the UPHC and KHPT staff, they engaged the community and local authorities to clean up the area, resolve drainage issues and mosquito problems, build a health camp for aged persons and promote proper waste management. These initiatives were undertaken for six months (March-August 2024).

Despite facing initial scepticism from their neighbours, who often teased them for “doing time pass”, saying “they do not have work to do until children return from school”, and “do not have small children to look after”, the MAS members remained determined in their work. As time passed, the community started to acknowledge and appreciate the hard work and dedication of the group. Many community members began seeking out the group to seek assistance in addressing their own health and sanitation issues. This transformation confirmed the MAS members’ hard work and strengthened their resolve to continue advocating for the community’s well-being.

One MAS member reflected on her personal growth, saying, “Before, I didn’t know how to approach people and government officials, even for small things like helping my neighbour with a mosquito issue. Now, I can easily approach the BBMP.” This empowerment represents the core success of the MAS, transforming women into community leaders capable of driving change for better health and living conditions in Virat Nagar. One of the beneficiaries stated, “In our Muslim community, women typically do not have the freedom to leave their homes. However, my family has been very supportive. Thanks to MAS, my family and my disabled son have been able to access a range of services such as ABHA card registration, healthcare facilities, and health education, which have been incredibly beneficial to us.”

The MAS members have thoughtfully developed a comprehensive plan for future activities, focusing on a variety of initiatives aimed at strengthening community engagement, promoting professional development, and creating positive impacts. These include resource mapping and gathering information on key individuals who can assist in resolving community issues.

Follow us on:     

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