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GOVERNMENT OF INDIA

स्वास्थ्य एवं परिवार कल्याण मंत्रालय

MINISTRY OF HEALTH AND FAMILY WELFARE

रा. ज. स्वा. प्र. एवं अनु. संस्थान

NIPHTR

राष्ट्रीय जन स्वास्थ्य प्रशिक्षण एवं अनुसंधान संस्थान, मुंबई

National Institute of Public Health Training and Research, Mumbai

समाचार पत्रिका Newsletter

समाचार पत्रिका, संस्करण 2 / अक्टूबर 2022 - मार्च 2023
Newsletter, Issue 2 / October 2022 - March 2023



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संपादकीय



मुझे एनआईपीएचटीआर न्यूज़लेटर में एक मुख्य संदेश साझा करते हुए बेहद खुशी हो रही है, यह संस्करण 2023 की दूसरी छमाही में हुए उल्लेखनीय विकास को उजागर करने हेतु समर्पित है, जिसमें शैक्षणिक गतिविधियों, क्षेत्रीय गतिविधियों, अल्पकालिक प्रशिक्षण, सीएमई, अनुसंधान आदि पर आधारित जानकारी शामिल हैं।

मुझे यह घोषणा करते हुए खुशी हो रही है कि स्वास्थ्य संवर्धन एवं शिक्षा का 36वां बैच, सामुदायिक स्वास्थ्य देखभाल में स्नातकोत्तर डिप्लोमा का 13वां बैच एवं एमपीएच पाठ्यक्रम के पहले बैच का दूसरा सेमेस्टर शुरू हो चुका है। विशेष रूप से प्रथम उत्तरदाताओं के लिए हमारे कौशल आधारित प्रशिक्षण कार्यक्रम को इसके मूल्य और प्रभावशीलता को प्रदर्शित करने वाले विभिन्न संगठनों से जबरदस्त प्रतिक्रिया मिली है।

सार्वजनिक स्वास्थ्य अनुसंधान हमारे संस्थान के केंद्र में सबसे आगे रहता है। एमपीएच, पीजीडीसीएचसी और डीएचपीई के छात्रों ने क्षेत्र में सार्वजनिक स्वास्थ्य मुद्दों की एक विस्तृत श्रृंखला को संबोधित करते हुए अनुसंधान गतिविधियों में शामिल होने की पहल की है। हमारे समर्पित अधिकारी और संकाय सदस्य इन छात्रों को उनके अनुसंधान प्रयासों में लगातार मार्गदर्शन और सलाह प्रदान करते हैं। इसके अलावा हमने नई बाह्य परियोजना गतिविधियां (साथी, जीएफ और आईसीएमआर) शुरू की हैं एवं हमारे संस्थान के तीन शोध पत्र हैदराबाद में आयोजित प्रतिष्ठित अंतर्राष्ट्रीय कुष्ठ कांग्रेस 2022 में प्रस्तुत किए गए।

झारखंड में कुष्ठ रोग मानचित्रण हेतु जी.आई.एस एटलस की तैयारी एवं विकास के साथ-साथ एन.एल.ई.पी संकेतकों के अनुसार महाराष्ट्र राज्य में जिलों के स्तरीकरण में हमारे संस्थान की उपलब्धियों पर बेहद गर्व है। ई-एटलस को संबंधित राज्य प्राधिकरण के साथ साझा किया गया है ताकि कार्यक्रम संबंधी कार्रवाइयों को सुविधाजनक बनाया जा सके और यह सुनिश्चित किया जा सके कि हमारे काम का वास्तविक प्रभाव हो।

इसके अलावा, मुझे यह बताते हुए खुशी हो रही है कि हमारे डीएचपीई और पीजीडीसीएचसी छात्रों ने अपनी शैक्षणिक गतिविधियों के रूप में मनमोहक कठपुतली शो तैयार किये हैं। ये शो विभिन्न स्वास्थ्य संबंधी परिदृश्यों को खूबसूरती से चित्रित करते हैं, जिनमें स्वच्छता प्रथाओं को बढ़ावा देना, बीमारियों को रोकना, स्वस्थ व्यवहार को प्रोत्साहित करना और सार्वजनिक स्वास्थ्य को प्रभावित करने वाले सामाजिक मुद्दों को संबोधित करना शामिल है। ये कठपुतली शो एनआईपीएचटीआर फील्ड क्षेत्र में आयोजित किए जाते हैं, जो हमारे छात्रों की उल्लेखनीय प्रतिभा और समर्पण को प्रदर्शित करने हेतु एक मंच प्रदान करते हैं।

मैं स्वास्थ्य और परिवार कल्याण मंत्रालय, भारत सरकार के प्रशिक्षण प्रभाग को उनके अटूट समर्थन और मार्गदर्शन के लिए अपना आभार व्यक्त करता हूं, जो हमारी उपलब्धियों में सहायक रहा है। हमारे संकाय सदस्यों और हितधारकों का निरंतर समर्थन और सहयोग हमें अपने लक्ष्यों की दिशा में प्रयास करने के लिए निरंतर प्रेरित करता है हम इस न्यूज़लेटर को और भी व्यापक बनाने हेतु आपके सुझावों का उत्सुकता से स्वागत करते हैं।

डॉ. सुनिल विलासराव गिते,
निदेशक, एनआईपीएचटीआर, मुंबई-04

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Editorial



I am delighted to deliver a keynote message to all of you through the NIPHTR newsletter. This edition is dedicated to highlighting the remarkable developments that have taken place in the second half of 2023, encompassing updates on academic activities, short-term trainings, field activities, CME, research, and more.

I am pleased to announce that the second semester has commenced for the 36th batch in Health Promotion and Education, the 13th batch of the Post Graduate Diploma in Community Health Care, and the first batch of the MPH course. Notably, our skill-based training program for First Responders has received an overwhelming response from various organizations, demonstrating its value and effectiveness.

Public health research remains at the forefront of our Institute's focus. Students pursuing MPH, PGDCHC, and DHPE have taken the initiative to engage in research activities, addressing a wide range of public health issues in the field. Our dedicated officers and faculty members provide consistent guidance and mentorship to these students in their research endeavors. Additionally, we have initiated new extramural project activities (SAATHII GF and ICMR), and three research papers from our Institute were presented at the prestigious International Leprosy Congress 2022 held in Hyderabad.

We take immense pride in our Institute's achievements in the preparation and development of a GIS atlas for leprosy mapping in Jharkhand, as well as the stratification of districts in Maharashtra state according to NLEP indicators. The e-atlas has been shared with the relevant state authority to facilitate programmatic actions, ensuring our work has a tangible impact.

Furthermore, I am delighted to share that our DHPE and PGDCHC students have created captivating puppet shows as part of their academic activities. These shows beautifully portray various health-related scenarios, including promoting hygiene practices, preventing diseases, encouraging healthy behaviors, and addressing social issues that impact public health. These puppet shows are organized at the NIPHTR field area, providing a platform to showcase the remarkable talent and dedication of our students.

We extend our gratitude to the training division of the Ministry of Health and Family Welfare, Government of India, for their unwavering support and guidance, which have been instrumental in our achievements.

The continued support and cooperation of our faculty members and stakeholders inspire us to strive towards our goals. We wholeheartedly welcome your valuable suggestions to further enhance this newsletter, transforming it into a comprehensive repository of NIPHTR's remarkable accomplishments.

Dr. Sunil Vilasrao Gitte
Director, NIPHTR, Mumbai-04

A- Special Guest Visit

Visit of Professor Dr. Atul Goel, DGHS, at NIPHTR, Panvel Campus

On March 11, 2023, the Panvel campus of the National Institute of Public Health Training and Research (NIPHTR) had the honour of hosting Prof. Dr. Atul Goel, the Director General of Health Services at the Ministry of Health and Family Welfare (MoHFW) in New Delhi. A meeting was held in the conference room at NIPHTR Panvel, commencing with a warm introduction that allowed the NIPHTR officers and staff members to acquaint themselves with the distinguished Director General of Health Services (DGHS). Dr. Sunil V Gitte, the Director of NIPHTR, provided a comprehensive overview of the institute's initiatives, including its vision, mission, regular and skill-based courses, research activities, intramural and extramural projects, clinical and outreach activities, GIS mapping, and training programs.



During the meeting, Prof. Dr. Atul Goel, DGHS, shared valuable suggestions, highlighting the potential for NIPHTR to become a Center of Excellence in Public Health through collaborations with institutions such as NCDC, AIIPH Kolkata, and ICMR. He also proposed enrolling NIPHTR in the National Medical Library and emphasized the importance of collaboration with NCDC for field epidemiology.

Furthermore, Prof. Dr. Atul Goel engaged with students pursuing the Diploma in Health Promotion Education (DHPE) at NIPHTR and expressed appreciation for their impressive puppet show, a part of their training activity. To gain deeper insights into the institute, he visited various facilities on the NIPHTR campus, including Virtual Classrooms, Digital Library, Public Health Museum, Auditorium, Yellow Fever Vaccination Unit, Hostel, and Canteen in Panvel. To commemorate this auspicious occasion, Prof. Dr. Atul Goel, DGHS, led a tree plantation activity at the institute campus.



B- Special Training

ToT of Master Trainers for Targeted Interventions on HIV AIDS



The State level Master Trainers Training program was organized for implementation of Targeted interventions under the GFATM project by the NIPHTR Regional Kshamata Kendra for the state of Maharashtra and Goa during 6th to 9th February 2023 at NIPHTR Campus. The Training was organized in association with Solidarity and Action against the HIV infection in India (SAATHII).

The ToT was inaugurated by lamp lighting at the auspicious hands of Dr. Sunil Gitte, Director NIPHTR, Dr. Lokesh Gabhane, Joint Director TI MSACs and Ms. Smita Chougule, DD TI MDACs. Ms. Roshan Maisar, state Director, MH, TN, KL, SAATHII, and Mr. Arpan Bose, National program specialist-

Global Fund PR Blended Training. Dr. Sudhir Wanje, JD in his welcome address elaborated the objective and purpose of the Training of Trainers. He oriented participants about the methodology of the training.

Dr. Sunil Gitte, Director NIPHTR in his opening remark stated that, there is a need to intensify targeted interventions to reach the unreached population for the early detection and initiation of treatment for HIV/AIDS. In his speech he appealed the participants for active participation in the ToT.

Dr. Lokesh Gabhane, Joint Director, MSACs congratulated the participants for their involvement in the ToT and expected that the training will give a new insight to them to provide quality training to the Outreach workers and Peer Educators, who are the backbone of the TI project.

Ms. Smita Chougule, DD MDACs, Ms. Roshan Maisar, Mr. Arpan Bose also shared their thoughts on this occasion.

Dr. Shubhangi Baviskar, Deputy Commissioner paid vote of thanks.

Dr. Anoop Kumar Puri, Deputy Director General of NACO, honoured the function in an online mode. He urged the Master Trainers to enhance the capabilities of the Outreach Workers, enabling them to efficiently serve the community, reduce new infections, and reach the unreached population.



Outreach Workers (ORWs) Training for Targeted Interventions in HIV AIDS



The Regional Kshamata Kendra at NIPHTR organized capacity building training for HIV prevention service providers. Three batches of training were conducted for Outreach Workers to implement targeted interventions under the GFATM project for the Brihan Mumbai Corporation Area. The first batch of training took place from February 20th to 24th, 2023. The training commenced with the auspicious presence of Dr. Sunil Gitte, Director of NIPHTR, and Dr. Vijay Karanjkar, Additional Project Director of MDACS. Dr. Sudhir Wanje, Joint Director at NIPHTR, and Ms. Smita Chougule, Deputy Director (TI) at MDACS, were also present on this occasion.

The training program saw the active participation of 35 individuals, including female sex workers (FSWs) and transgender individuals (TGs) representing NGOs like Sankalp, Asha Mahila Sanstha Astha Parivar, Humsafar Trust, Shad, Disha, Shape India, Arpan, and others. Specially trained state-level Master Trainers conducted the sessions, providing valuable knowledge and skills. As part of the program, a half-day visit was arranged to Shape India, an NGO located in Chembur, to observe the field-level work of the Outreach Workers.

The successful organization of the training program was made possible through the diligent efforts of several individuals, including Dr. Sudhir Wanje, Joint Director; Dr. Shubhangi Baviskar, Deputy Commissioner and Program Manager; Mrs. Vanita Nachanekar, Regional Training Coordinator at SAATHII; NIPHTR KK Staff; Shri. Prathamesh Patil, Training Coordinator; Accounts Officer Abid Khan; NIPHTR faculty Shri Rajaram Gavade; and Shri. Shrinivas Mehetre.

Batch No.	Dates	Participants
Batch 1	20-24 February 2023	35
Batch 2	27 February to 03 March 2023	34
Batch 3	20-25 March 2023	30

Outreach Workers (ORWs) Training in Goa for Targeted Interventions in HIV AIDS

In coordination with Goa SACS and SAATHII, NIPHTR's Regional Kshamata Kendra organized a capacity building training program for HIV prevention service providers in Goa. The training was conducted from March 13th to March 17th at EDC House, Panjim.

A group of 30 dedicated outreach workers actively participated in the training, eager to enhance their skills and knowledge in HIV prevention services. The training commenced with a ceremonial lamp lighting, graced by the presence of Dr. Gokuldas Sawant. Dr. Shubhangi Baviskar, Deputy Commissioner and Programme Manager, joined the inauguration ceremony virtually, emphasizing the importance of the training program. Shri Umakant Sawant, Assistant Director IEC; Mrs. Sunita Arudra, Assistant Director Documentation; and Ms. Juenesh Fernandes, Assistant Director Youth Activity from Goa SACS, also attended the event, demonstrating their commitment to the cause.



The training program concluded by honoring all the Master Trainers, KK staff, and SAATHII for their valuable contributions. Shri Ramesh Rathod, Assistant Director TI; Shri Prathamesh Patil, Training Coordinator at Kshamata Kendra, NIPHTR Mumbai; and Abid Khan, Accounts Officer, dedicated their efforts to ensure the smooth organization of the training program. Their collective efforts played a crucial role in the success of the program, empowering the outreach workers with the necessary skills to make a difference in HIV prevention service.

C- Academic Activities

Health Education program by DHPE & PGDCHC



The students of the Diploma in Health Promotion Education and Post Graduate Diploma in Community Health Care organized a week long health promotion education program in the Ajivali village during 28th January to 3rd February 2023 on Adolescent's health needs, Environmental Sanitation, Non Communicable Diseases, Nutrition, Personal Hygiene etc.

The Health promotion education campaign was inaugurated by lamp lighting at the hands of Dr. Sunil Gitte, Director NIPHTR, Dr Sunil Nakhate, Taluka Health Officer, Dr. Suparna Khera, CMO (SAG), Dr. Sudhir Wanje, Joint Director, NIPHTR, Panchayat Members Shri. Dnyaneshwar Badhe, Shri Dnyaneshwar Baghit, Shri. Jagannath Sardekar, Dr. Prabhakar Patil Medical officer, Ajivali PHC. Dr. Shubhangi Baviskar, Deputy Commissioner, Dr. Amol Ade, CMO, Dr. Krishnaja, Medical Officer, and other faculty members of NIPHTR were also present on this occasion.

In the inaugural address, Dr. Sunil Gitte stressed the importance of healthy behaviour and the need for health education campaigns within the community. He congratulated the students for organizing the campaign and expected that the message would reach every member of the community.

Students organized a rally in the morning on Leprosy and TB. They also organized a health exhibition for the community. Students performed a puppet show for the community to provide health education, which was appreciated by the villagers.

During this four-day campaign, students organized various activities like health exhibitions, puppet shows, group meetings and interpersonal interactions in the various areas of the village and in the schools.



D- International Health Days

World Sanitation Day / Educational Activities of SHI

On November 18th, 2022, World Sanitation Day was observed with great enthusiasm. The day kicked off with a station cleaning drive at Sandhurst Road Railway Station led by students from the Sanitary Health Inspector (SHI) at 8:00 am. The students actively participated, demonstrating their commitment to promoting cleanliness and hygiene in public spaces.

In addition to the cleaning drive, an exhibition highlighting the importance of sanitation in public places was organized by the students. The exhibition showcased informative displays and interactive activities, aiming to raise awareness and educate the community about sanitation practices.

The program was inaugurated by Dr. Sunil Gite, Director of NIPHTR, Mumbai. The event was graced by the presence of local leaders, faculty members, staff, and students of NIPHTR, who all came together to support and contribute to the cause of sanitation. Their presence and involvement added to the significance and success of the program.

The program received an overwhelming response, with nearly two hundred people in attendance. The active participation and positive engagement of the attendees reflected the growing awareness and importance placed on sanitation in the community. The success of the program served as a reminder of the collective responsibility to prioritize cleanliness and hygiene, ultimately contributing to the overall well-being and health of individuals and the society as a whole



World TB Day

On March 24th, 2023, the World Tuberculosis Day was observed at NIPHTR, Mumbai, by organising an orientation session specifically aimed at the Outreach Workers in Mumbai. Dr. Sudhir Wanje, the Joint Director of NIPHTR, Mumbai, delivered an informative presentation during the session. He emphasized the increasing burden of tuberculosis (TB) and provided a comprehensive understanding of its causes, signs and symptoms, treatment, and prevention. Of particular importance, he highlighted that TB is a leading cause of death among individuals living with HIV. He stressed the significance of early detection of TB in all HIV-infected individuals. During the question-and-answer session, Dr. Wanje patiently addressed the participants' doubts and concerns. He actively engaged in discussions about the prevalent myths and misconceptions surrounding tuberculosis within the community and among various high-risk populations. Dr. Shubhangi Baviskar, DC, and Dr. Amol Ade, CMO, were also present during the session, further demonstrating the collective commitment to raising awareness and addressing tuberculosis effectively.

The orientation session proved to be a valuable platform for knowledge dissemination and clarification of doubts, ensuring that the Outreach Workers were well-equipped to address TB-related challenges in their respective communities. Mr. Sanjay Bhonge and Mrs. Nakusha Saindane played instrumental roles in organizing the successful orientation session, enabling meaningful learning and engagement for the participants.



First Responder Course for the ASHA workers in Panvel Taluka

The Institute is dedicated to providing skill-based training on First Responder techniques. This specialized training equips ASHA workers with essential skills such as bandaging, CPR, dressing wounds, and more. It also orients them on how to handle situations during disasters, ensuring they are well-prepared to respond effectively.

Over the past six months, the Institute organized training programs for ASHA Workers from the Panvel Taluka of Raigad District. Dr. Amol Ade, the Chief Medical Officer of the institute, took the lead in coordinating the program, with valuable assistance from Mr. Ganesh Chavhan, SWI.

The training sessions were conducted by esteemed professionals in the field. Dr. Sudhir Wanje, Joint Director; Dr. Suparna Khera, Chief Medical Officer (SAG); Dr. Shubhangi Baviskar(DC); Dr. Amol Ade, Chief Medical Officer; Dr. Krishnaja(MO); Mrs. Rosy Joseph, Sr.PHNO; Mrs. Asha Khandagale, Sr.PHNO; and Mrs. Tejaswini Meshram, PHNO, delivered sessions on various important topics, imparting their knowledge and expertise to the Asha workers.

To enhance the understanding of disaster preparedness and management, Mr. Rajendra Lokhande from the Disaster Management Cell of Brihan Mumbai Corporation conducted sessions dedicated to these crucial aspects.

The training programs aimed to equip the ASHA workers with the necessary skills and knowledge to respond promptly and effectively during emergencies, disasters, and other critical situations. By empowering them with these vital skills, the Institute strives to enhance the overall preparedness and response capabilities of the healthcare system, ultimately benefiting the communities they serve.

Batches Completed. From October 2022 to March 2023		
Sr.no	Dates	No. of participants
1	12th to 14th Oct. 2022	24
2	14th to 16th Dec. 2022	23
3	11th to 13th Jan. 2022	29
4	15th to 17th Feb. 2023	24
5	15th to 17th Mar. 2023	27
Total		127

“Sensitization Workshop for ICDS Functionaries”

Batches Completed. From Aug 2022 to March 2023		
Sr.no	Dates	No. of participants
1	24th August 2022	30
2	24th September 2022	31
3	4th November 2022	31
4	8th December 2022	33
5	22th December 2022	27
6	05th January 2023	30
7	10th March 2023	29
Total		211

The National Institute of Public Health Training and Research (NIPHTR) and Satya Sai Sanjeevani Centre for Child Heart Care, Kharghar, have been jointly organizing Sensitization Workshops on Maternal and Child Health Care for Anganwadi workers from the Panvel Block, in collaboration with the Integrated Child Development Scheme (ICDS), Panvel.

These workshops serve as platforms for experts from NIPHTR and Satya Sai Sanjeevani Hospital to provide comprehensive orientation to the participants. The sessions cover a wide range of

crucial topics, including Congenital Heart Disease in Children, Antenatal Mother Care, Essential Newborn Care, Malnutrition, Integrated Management of Neonatal and Childhood Illnesses, Growth Monitoring, and more. The aim is to enhance the knowledge and skills of the Anganwadi workers, enabling them to deliver effective healthcare services to the community. Since the initiation of these sensitization workshops, a total of 211 Anganwadi workers have received training. The participants benefit from the expertise and guidance provided by the experienced trainers, ensuring they are well-equipped to address the specific health needs of mothers and children in their respective areas. By facilitating these workshops, NIPHTR and Satya Sai Sanjeevani Centre, along with the support of ICDS, are actively contributing to the improvement of maternal and child health care services in the Panvel Block. The training provided not only enhances the capabilities of the Anganwadi workers but also helps in building a strong foundation for the overall well-being and development of the community.

BRIDGE Training of trainers (TOT)

The State Health Department, in collaboration with the Envision Institute of Development in New Delhi, organized a training program focused on Boosting Routine Immunization and demand generation. This crucial training program received sponsorship from UNICEF, highlighting the collective efforts to enhance immunization coverage and promote awareness about its importance.

Distinguished faculties from NIPHTR, namely Dr. Shubhangi Baviskar, Mrs. Rosy Joseph, Mrs. Asha Khandagale, and Mr. Sanjay Bhonge, were specifically identified by UNICEF as Lead Trainers for the National BRIDGE Training of Trainers (TOT). Their expertise and experience played a pivotal role in facilitating the training sessions, ensuring high-quality delivery and imparting valuable knowledge to the participants.



The training program comprised a total of 11 batches, held at the Health and Family Welfare Training Centers in Aurangabad, Nagpur, Pune, and Thane. The participants included District Level Medical Officers, Medical Officers from the District Training Teams, Trainers from HFWTCs, and Medical and Nursing Officers from Municipal Corporations representing Pune, Aurangabad, Nagpur, and Thane Divisions. The diverse range of participants ensured comprehensive coverage and representation from regions, promoting a holistic approach to improving routine immunization practices and generating demand for immunization services.

By organizing these training programs, the State Health Department, in collaboration with Envision Institute of Development and with the support of UNICEF, aims to strengthen the immunization ecosystem, empower healthcare professionals with the necessary knowledge and skills, and ultimately contribute to the overall well-being of the community by increasing immunization coverage rates and ensuring every child receives the benefits of routine immunization.

World AIDS Day

The National Institute of Public Health Training and Research (NIPHTR), Mumbai, organized a series of impactful activities and exhibitions in commemoration of World AIDS Day 2022. These events aimed to raise awareness about HIV/AIDS, promote safe practices, and encourage community participation in the fight against the disease. Here are the details of the exhibitions held at various locations:

1. On 1st December 2022, a health exhibition and condom distribution program took place at the Indian Oil Petrol Pump in New Panvel. The event was attended by the Director of NIPHTR, Mumbai, along with officials from NIPHTR and Indian Oil. A total of 37 students from DHPE (Diploma in Health Promotion Education) and PGDCHC (Post Graduate Diploma in Community Health Care) actively participated in the exhibition. During the campaign, 540 condoms were distributed to truck drivers and auto-rickshaw drivers, promoting safe sexual practices and raising awareness about HIV/AIDS prevention.

2. On 2nd December 2022, in collaboration with the Mumbai District AIDS Control Society, a health exhibition was held at the iconic Shri Chhatrapati Shivaji Maharaj Terminus. As part of this event, a team from the Mumbai District AIDS Control Society provided HIV testing services to commuters. The exhibition witnessed the participation of 15 students and 5 faculties from NIPHTR, Mumbai, who actively engaged with the visitors, disseminating information on HIV/AIDS prevention and highlighting the importance of early detection and testing.

3. A health exhibition and orientation program were conducted on 6th December 2022 at the Station Health Organization of the Army, located at Field Marshal Cariappa Lecture Hall in Colaba. Dr. Sunil Gite, the Director of NIPHTR, Mumbai, delivered an informative session on the components of the National AIDS Control Program, educating the audience about its objectives and strategies. Additionally, NIPHTR organized a comprehensive health exhibition, aiming to create awareness and disseminate accurate information about HIV/AIDS. A team of 15 students and 5 faculties from NIPHTR, Mumbai actively participated in this activity, engaging with attendees and addressing their queries.

4. Finally, on 9th December 2022, in collaboration with the Mumbai District AIDS Control Society, a health exhibition was organized at Andheri Railway Station. As part of this event, a team from the Mumbai District AIDS Control Society provided HIV testing services to commuters, promoting early detection and counseling. The exhibition witnessed the participation of 15 students and 3 faculties from NIPHTR, Mumbai, who actively interacted with visitors, emphasizing the significance of HIV/AIDS awareness and prevention.

These exhibitions, conducted in partnership with relevant organizations and with the active involvement of NIPHTR faculties and students, played a crucial role in disseminating accurate information, promoting safe practices, and raising awareness about HIV/AIDS within the community. By engaging with diverse audiences and offering testing services, these events contributed to the collective efforts in combatting HIV/AIDS and reducing its impact on individuals and society as a whole.



Awareness program on Makar Sankranti (Local Festival gathering)

16th January 2023, the National Institute of Public Health Training and Research (NIPHTR), Mumbai, in collaboration with Sree Sathya Sai Sanjeevani hospital Kharghar, organized a community outreach program at Ajivali Primary Health Center (PHC) in Panvel. The primary focus of the program was to raise awareness about leprosy, maternal and child health, and family planning services within the community. The program commenced with a poster exhibition, where students from the Sanitary Health Inspector (SHI) and Master of Public Health (MPH) showcased informative posters related to leprosy, maternal and child health, and family planning services. These posters served as visual aids to educate and engage the attendees.

In addition to the poster exhibition, maternal and child health (MCH) clinics were conducted by both NIPHTR and Sree Sathya Sai Sanjeevani hospital. This provided an opportunity for individuals to receive on-site healthcare services and consultations.

At 12 noon, the program continued with a traditional "Haldi Kum-Kum" function. Esteemed guests including Dr. Kranti Phadnis (Gynecologist, Sri Sathya Sai Sanjeevani hospital, Dr. Prabhakar Patil (Medical Officer, Ajivali PHC), Dr. Krishnaja N.P (Medical Officer, NIPHTR), and other faculty members from NIPHTR, Sree Sathya Sai Sanjeevani hospital, and Ajivali PHC were present to grace the occasion.

The program kicked off with a role-play performed by SHI students, highlighting the importance of preconception care and family planning services. The role-play depicted three eligible couples seeking advice regarding preconception care and family planning methods. It emphasized the significance of pre-conceptional folic acid intake and presented a cafeteria approach to family planning services. The different temporary and permanent family planning methods, including vasectomy and tubectomy, were explained to the couples based on their preferences.

Following the role-play, Dr. Kranti Phadnis delivered an informative talk on family planning services and antenatal care. She emphasized the importance of a healthy diet during pregnancy. In her speech, she showcased posters illustrating the advantages of a small family size and the issue of gender discrimination against the girl child. Mrs. Rupali, a social worker from Sree Sathya Sai Sanjeevani hospital, also addressed the attendees, advocating for reducing family size.

To conclude the awareness program, a "Haldi Kum Kum" function was organized. As it coincided with the festival of "Makar Sankranti," married women exchanged haldi (turmeric) and kumkum (vermilion powder) as a symbol of their married status. Healthy sweets were also distributed among the participants. Approximately 50 beneficiaries, including 33 antenatal mothers, attended the program. Refreshments were provided to all attendees, and the program concluded with a vote of thanks, expressing gratitude to everyone involved in making the event a success.



World Leprosy Day



Every year, the Institute takes the initiative to organize World Leprosy Day in their field practice area at Ajvali Primary Health Centre. This significant event serves as a platform to raise awareness and promote understanding about leprosy. The organizing committee, with the enthusiastic involvement of the students, ensures that the day is filled with informative and interactive activities.

One of the highlights of World Leprosy Day is the poster exhibition, which showcases compelling visuals and thought-provoking information about leprosy. These displays not only educate the attendees but also help dispel misconceptions surrounding the disease.

To enrich the experience and engage the audience, a series of engaging talks are carefully arranged. Their talks cover a wide range of topics, including the medical aspects of leprosy, social stigmas associated with the disease, and the importance of early detection and treatment.

A standout moment during the event was the eloquent delivery of the World Leprosy Day talks by Mrs. Asha Khandalgale. With her in-depth knowledge and compassionate approach, she captivated the audience and effectively conveyed the theme of the day. Her speech resonated with everyone present, highlighting the need for empathy, understanding, and support towards individuals affected by leprosy.

Overall, the combined efforts of students, faculty and speakers made World Leprosy Day a resounding success. The event served as a powerful platform to combat stigma, spread awareness, and foster a more inclusive and compassionate society.

Poster Exhibition and Health Education	At Ajvali PHC
Poster Exhibition and Health Education	Yellow Fever Vaccination Clinic at Khetwadi
Quiz Competition on Leprosy for students of NIPHTR	Panvel Campus
Rally and Poster Exhibition on leprosy	Ajvali Village

Special Campaign 2.0 for Swachhata in government offices



NIPHTR, Mumbai actively participated in the "Special Campaign 2.0" initiated by the Central government on 2nd October 2022, coinciding with Gandhi Jayanti. The objective of the campaign was to clear scrap, electronic waste, and obsolete files and documents from various institutions.

As part of the campaign, NIPHTR conducted a special cleanliness drive at both the Khetwadi and New Panvel campuses. Dedicated teams were assigned to identify and condemn obsolete electronic waste and files, ensuring proper disposal in accordance with environmental regulations.

The entire institute's premises, including water tanks, terraces, and the campus, underwent daily cleaning

to maintain a hygienic and tidy environment. Additionally, NIPHTR organized engaging activities such as rangoli and essay writing competitions for students enrolled in the Diploma in Health Promotion Education (DHPE), Post Graduate Diploma in Community Health Care (PGDCHC), and Sanitary Health Inspector courses. These activities aimed to foster a sense of responsibility towards cleanliness and promote creativity among the students.

The active participation of NIPHTR in the "Special Campaign 2.0" demonstrated the institute's commitment to environmental sustainability and maintaining a clean and healthy campus.

E- National Day

Republic Day Celebrations



The 74th Republic Day of India was celebrated with great enthusiasm and pride on 26th January 2023 at the picturesque New Panvel Campus of NIPHTR. The day began with the unfurling of the National Flag by Dr. Sunil Gitte, Director of NIPHTR.

In his address, Director extended warm greetings to all the seniors and staff members present, congratulating them on this significant occasion. He emphasized the importance of patriotism and unity in building a strong and progressive nation.

To add a touch of cultural splendour to the celebrations, a captivating cultural program was organized by the talented students representing various courses offered at the institute. They mesmerized the audience with their soul-stirring patriotic songs and captivating dance performances, showcasing their talent and love for the country.

The institute campus was adorned with vibrant decorations, highlighting the spirit of Republic Day. The credit for the beautiful decorations goes to Shri Shrinivas Mehetre and Shri Ganesh Chavan, who put in great efforts to create a festive ambiance that enhanced the joyous atmosphere of the day.

The celebration was graced by the presence of all the officers, faculty, and staff members, who contributed to making the event a memorable one. Their enthusiastic participation and support added to the patriotic fervor of the occasion.

In a special initiative to acknowledge and appreciate the hard work and dedication of the employees, Dr. Sunil Gitte introduced the "Best Employee of the Year" appreciation award. This aims to motivate and recognize officials who have made significant contributions. For the year 2023, the award was bestowed upon Mr. Shrinivas Mehetre, a Junior Artist, in recognition of his performance and commitment to excellence. The award was presented to him with honor and applause during the Republic Day celebrations, serving as a testament to his best work. The award was presented to him on the occasion Republic Day.



Appreciation for Best Employee

इतवार का दिन था.. हमारी सौभाग्यवती सारे घर को ठीक ठाक करने का मन बना लिया था. इसलिए पुराने बैग निकाल कर बैठी थी..

एक - एक कपडा, कागज, वस्तुएं बैग से बाहर निकल रहे थे..

तभी उसके हाथ एक गुडिया लगी.. वो अचंभित हो गई.. क्यों की वो गुडिया निकली थी.. मेरी बैग से.. जो मैं डीएचपीई के लिए मुंबई ले गया था, जबसे वापिस आया था वह बैग ऐसेही पड़ा था, क्यों की उसमे मेरे कोर्स के वक्त के सारे नोट्स एवं बाकी सारी चीजे थी, जिनका कोई काम नहीं था. सो हमने जैसे आये उसे खोला ही नहीं, और दराज में रख दिया था.

वह गुडिया, एक हाथ में पहनने वाली पुतली थी, कोर्स के वक्त स्वास्थ्य शिक्षा कार्यक्रम के लिए बनाई थी.

मैं इस सोच में डूबाही था की, पत्नी में मुझे तपाकसे पूछा अरे कहा से उठा लाये ये, हमने तो कभी अपने बच्चोंके लिए ऐसी गुडिया खरीदी नहीं थी.

मैंने कहा ,अरे वो हमारे कोर्स का हिस्सा था, हमें स्वास्थ्य शिक्षा कार्यक्रम के लिए बनाना था, ये गुडिया मैंने बनाई है. वो तो हक्काबक्का रह गई, घर में शर्ट के बटन को एक टाका न लगाने वाला इंसान कह रहा है उसने ये गुडिया बनाई ये सुनके. झूठ बोल रहे है.. वह बोली.

मैंने कहा, नहीं मैं झूठ नहीं बोल रहा. ...

मैंने उसे बताना शुरू किया ..

स्वास्थ्य शिक्षा के लिए अनेको माध्यमों का प्रयोग किया जाता है, हमारा यह कोर्स उसी के लिए था. उसके दौरान हमें समुदाय में जाकर, स्वास्थ्य शिक्षा कार्यक्रम प्रस्तुत करने थे. इस प्रशिक्षणमें हमें बताया गया था की, समुदाय के लोगो को जब स्वास्थ्य शिक्षा देनी होती है, तो हमें ऐसे साधनों का उपयोग करना चाहिए जिससे उनके मन में हमारे कार्यक्रम के प्रति रुचि निर्माण हो और वह ध्यान से हमारे सन्देश सुने.

हमारे यहाँ ज्यादातर स्वास्थ्य शिक्षा कार्यक्रमों में पोस्टर की प्रदर्शनी, वक्ता द्वारा भाषण, रैली, या ग्रुप में फ्लिपचार्ट जैसे साधन या समुपदेशन इन संवाद के तरीकोंका प्रयोग किया जाता है. जिसमे शायद ही कभी मनोरंजन होता है. आजकल के दौर में लोगों को इन माध्यमों से दिए गए स्वास्थ्य शिक्षा में रुचि नहीं होती. टिव्ही, व्हिडिओ, रेडिओ और सोशल मिडिया में हमेशा मनोरंजन करने वाले कार्यक्रम देख कर लोगोंका उनका रुझान ज्यादातर मनोरंजक कार्यक्रमों की तरफ होता.

अब एक स्वास्थ्य कर्मी ऐसे माध्यमों से लोगोंके लिए कोई कार्यक्रम कर नहीं सकता क्योंकि उसके लिए काफी संसाधनों की जरूरत होती हैं. अतः हमें ऐसे पारंपारिक माध्यम जिनसे मनोरंजन भी हो और, हसते खेलते लोगों को कहानियों के माध्यमसे स्वास्थ्य शिक्षा संबधित जागरूकता लानेवाले कार्यक्रम करने चाहिए.

और कठपुतली, या हाथ में पहनने वाली गुडिया या पुतली ये भी एक ऐसाही माध्यम है. क्यों की गुडिया हमारे जीवन का अभिन्न अंग है, जो बचपन में जब हमें कुछ भी नहीं समझ थी तब से हमारे साथ है. जब हम सभी एक बालक के रूप में थे तब उसी के उदाहरण देकर उसी को दोस्त बनाकर माँ-दादा-दादी हमें सारी अच्छी बातें सिखाया करते थे.

इसलिए गुडिया या हाथ में पहनने वाले पुतली से नाटिका प्रस्तुत कर स्वास्थ्य शिक्षा देना एक अनूठा और सबसे बेहतरीन तरीका है.

इसकी विशेषता यह है की इसे बनाने के लिए हमारे घर में आसानीसे मिलने वाले वस्तुओं से बना सकते है. जैसे प्लास्टिक की गेंद, पुराने मोझे, सूई धागा, बुनाई के

लिए प्रयोग में लाये जाने वाले ऊन के धागे, रंगीन पेन, बटन आदी. और इन्हें बनाना भी आसान होता है.

दूसरी विशेषता यह है, की गुडिया किसी भी की किरदार की बनाई जा सकती है, जैसे हमने कार्टून चैनेलो में देखा है की जानवर, पेड़, फूल, रेल का इंजन, या कोई फल सब्जी, रास्ता या बिल्डिंग भी किरदार के रूप में दिखते है उसी तरह से हम कोई भी किरदार पुतली के रूप में बना सकते है और

लोगोको कहानी की रूप में छोटी नाटिका प्रस्तुत कर सकते है. जिसमे गाने, कहानी, व्यंग, क्रोध करुणा जैसे सभी भावों को आवाज के माध्यम से

दिखा सकते है.

पुतलियों

की ये प्रस्तुति

लोगों के समक्ष बिलकुल उनके

सामने होती है, तो संवाद में

कोई अंतर नहीं रहता, लोग

एकदम पास से अच्छे से संदेश को सुन

सकते है और उसका आनंद भी ले सकते है.

यही सब बातें और व्यंगात्मक बोली कार्यक्रम को आकर्षक बनाते है, और बच्चे, युवा, या बड़े लोग आनंद से देखते है. इन्ही किरदारों के माध्यम से हम कहानी या गितोमे पिरोकर अपने स्वास्थ्य संदेश जब देते है तो लोग सुनते भी है और प्रेरित भी होते है.

अरे वाह ये तो बहोत ही सही है, बच्चों से लेके बुढो तक सभी लोग बहोत खुश होते होंगे फिर तो. हा बिलकुल क्यों की इसमें सारे भाव भावनाएं हम लोगों के सामने प्रस्तुत करते है तो वह उस कहानी को सुनेने में मग्न हो जाते हैं, और उसी दौरान स्वास्थ्य संदेश भी दे देते है. इस कहानी में अगर हम

कोई व्यंग करते भी है तो कोई भी व्यक्ति आहत भी नहीं होता उल्टा हसी

हसी सब स्वीकार करते है. बस एक छोटीसी कमी है, गुडियों के माध्यमसे की जाने वाली प्रस्तुति को हम बहोत बड़े ग्रुप के सामने नहीं कर सकते. इसमें सिर्फ दो हाथ और गुडिया का शीर्ष ये दोनों ही इस्तेमाल होते है, तो हमें सारी भाव भावनाएं अपने स्वरों के उतर चढाव, आवाज में बदलवा, इन्ही के द्वारा करना पड़ता है.

जो भी हो लेकिन नए ज़माने के माध्यमों के इस भीड़ में गुडिया जो हमारे जीवन की जन्म से संगिनी रही है उसके द्वारा प्रस्तुत की जाने वाली नाटिका हमें बहोत कुछ सिखाती भी है और प्रेरित भी करती है.



GIS Mapping of NLEP Indicators and Cases at Habitat and District level, Maharashtra and Jharkhand

The National Institute of Public Health Training and Research (NIPHTR) has undertaken a significant initiative by developing an informatics-based geographic information system (GIS) to analyse leprosy data in Maharashtra state. This comprehensive system provides a holistic view of the leprosy situation at the district and habitat levels. The State Government has generously shared five years' worth of data sets, enabling NIPHTR to conduct a detailed analysis.

In this endeavor, NIPHTR has meticulously mapped essential epidemiological indicators at the district level, covering the vast landscape of 44,629 villages in Maharashtra. This effort has resulted in the creation of the invaluable Atlas of Geo maps, which play a vital role in identifying disease hotspots at the habitat level. This information is crucial for selecting targeted interventions, especially for prioritizing new case detection drives, which are a key focus of the national program to eradicate leprosy.

One intriguing finding is that a relatively small number of village clusters bear the burden of the majority of leprosy cases in Maharashtra. These clusters serve as focal points and pose challenges in achieving the ambitious goals of the National Leprosy Eradication Program (NLEP). By identifying these recurring instances of the disease and highlighting specific significant villages, the atlas assists policymakers, planners, and program managers in developing focused control efforts. The visual representation provided by the atlas serves as a comprehensive reference, enabling decision-makers to gain a deeper understanding of the leprosy landscape and develop targeted interventions accordingly.

It is hoped that the state government will leverage the valuable insights and geo-tagged locations provided by the atlas to redefine resource allocation and prioritize targeted interventions. By strategically directing resources where they are most needed, Maharashtra can actively contribute to the national goal of achieving zero Child and zero deformity targets in the fight against leprosy.

Building upon their efforts in Maharashtra, NIPHTR has extended their GIS mapping initiative to Jharkhand State for the year 2021-22. The institute has successfully mapped 33,210 villages in Jharkhand, incorporating key variables and indicators relevant to the NLEP. The resulting atlas for Jharkhand provides a detailed depiction of disease hotspots at the habitat level, further assisting the state in identifying targeted interventions for new case detection drives and prioritizing the objectives of the national program. The presence of these clusters underscores the necessity for concentrated control efforts to achieve the goals set forth by the NLEP. The atlas developed by NIPHTR serves as a valuable visual reference, aiding policymakers, planners, and program managers in formulating effective strategies. It is hoped that the state will capitalize on the insights and geo-tagged locations provided by the atlas to redefine resource allocation and focus interventions accordingly. By doing so, Jharkhand can significantly contribute to the overarching targets of zero Child and zero deformity in the fight against leprosy.



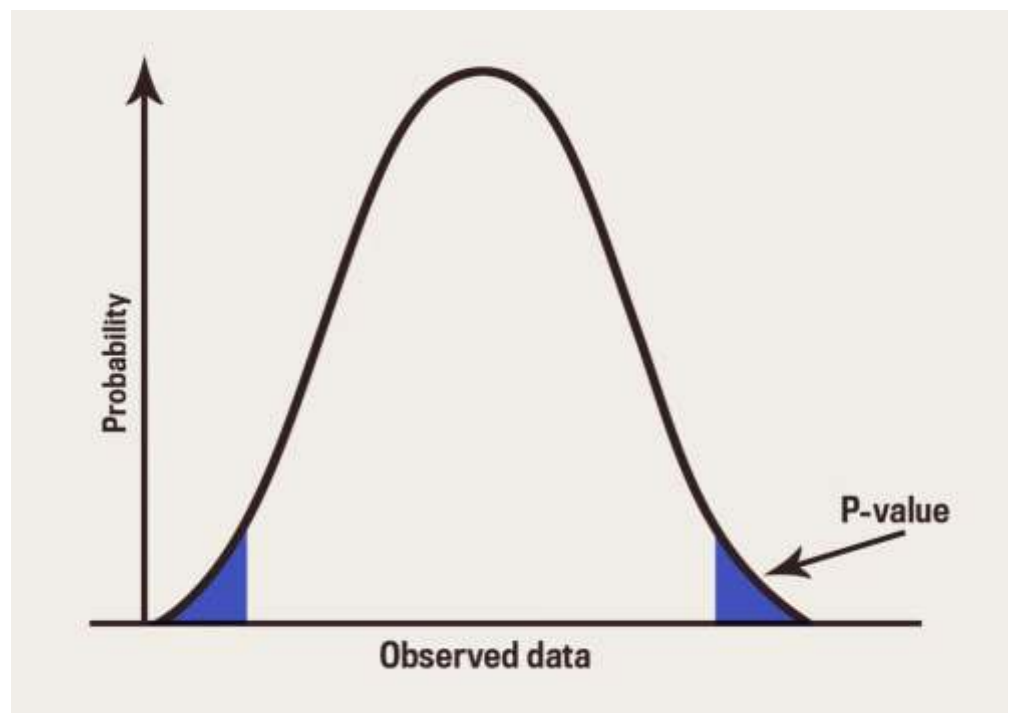
“A statistical measure used to determine the likelihood that an observed outcome is the result of chance.”

In statistics, the p-value is the probability of obtaining results at least as extreme as the observed results of a statistical hypothesis test, assuming that the null hypothesis is correct. The p-value serves as an alternative to rejection points to provide the smallest level of significance at which the null hypothesis would be rejected. A smaller p-value means that there is stronger evidence in favor of the alternative hypothesis.

- A p-value is a statistical measurement used to validate a hypothesis against observed data.
- A p-value measures the probability of obtaining the observed results, assuming that the null hypothesis is true.
- The lower the p-value, the greater the statistical significance of the observed difference.
- A p-value of 0.05 or lower is generally considered statistically significant.

P-values are usually calculated with the help of p-value tables or statistical software. These calculations are based on the assumed or known probability distribution of the specific statistic tested based on its type.

Mathematically, the p-value is calculated using integral calculus from the area under the probability distribution curve for all values of statistics that are at least as far from the reference value as the observed value is, relative to the total area under the probability distribution curve.



In practice, the significance level (1% or 5%) is stated in advance to determine how small the p-value must be to reject the null hypothesis. Because different researchers use different levels of significance when examining a question, a reader may sometimes have difficulty comparing results from two different tests. P-values provide a solution to this problem.

Slow and Steady, Towards Achieving Universal Oral Health Coverage

Dr. Mayuri Rakh, MPH Student, NIPHTR

The World Health Organization is working on the theme of 'Health For All' – So that everyone everywhere can attain the highest level of health and well-being.

Oral health has been neglected for too long at personal and political level. Therefore it does not fulfil the criteria of UHC, accessibility, affordability, and quality of oral care. Hence, the concept of UHC must encircle oral health as an important part of the health care delivery system.

Oral health care is largely a demand-led service rather than a well-planned service. As a result, it is poorly aligned with health needs of the local population. It is expensive as in most countries dental practice is predominantly provided by a private practitioner. This system, quite expectedly, focuses primarily on the treatment rather than preventive approach.

UHC is for "everyone." However, inequity in health care is a long-standing problem in India. Oral health also faces similar issues. Oral diseases are socially patterned and show strong social incline, affecting most vulnerable and disadvantaged population groups, over the life period.

Across the world, dental treatments are available only in tertiary healthcare facilities and hence are not always easily available. This has a major impact, especially on the socioeconomically backward or tribal population. Therefore, bringing oral health care to the grassroots level of the health system in India seems the only promising solution. Increasing the scope of healthcare workers such as the Anganwadi/ASHA workers to perform basic oral procedures could be a transitional measure.

Along with this strong backing is required to include basic and preventive dental care under UHC. Researchers must invent cost-effective interventions related to dental care. Prevention must be focused on policy making. Insurance policies should be made to cover all the basic dental treatments which will automatically reduce out-of-pocket expenditure and dental care affordable.

It can be argued that "oral health care" is not strictly universal. A one-size-fits-all approach cannot be adapted as the needs and resource availabilities of each country are different. Although the country has seen major improvements in vital health statistics over the years, many hands together will surely make dental care affordable for everyone. Hence, it would require a "trial and error" of various approaches to achieve the basic principles of oral health coverage.

As said by Vincent Van Gogh

"Great things are not done by impulse, but by a series of small things together"!



स्मृतियाँ - अक्टूबर 2022 - मार्च 2023



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