

**Central Health Education Bureau  
Directorate General of Health Services  
Ministry of Health and Family Welfare**

**INTERNSHIP PROGRAMME FOR PG STUDENTS OF  
MD & DIPLOMA - COMMUNITY HEALTH  
ADMINISTRATION**



**Co-ordinated by**

**Dr. G. Kausalya**

**Director CHEB**

**Dr. Gowri . N. Sengupta**

**ADG (Public Health)**

**Mr. Shashi Kant Yadav**

**Consultant (Social Science)**

**Venue: Central Health Education Bureau**

**Date: 31<sup>st</sup> August, 2021 to 3<sup>rd</sup> September, 2021**

This is the *first Internship Programme for PG students of MD CHA and DHA* conducted at Central Health Education Bureau (CHEB) from 31<sup>st</sup> August, 2021 to 3<sup>rd</sup> September, 2021. This initiative was collaboration between CHEB and National Institute of Health and Family Welfare (NIHFW). The NIHFW, an autonomous organization, under the Ministry of Health and Family Welfare, Government of India, which addresses a wide range of issues on health and family welfare from a variety of perspectives through the departments of Communication, Community Health Administration, Education and Training, Epidemiology, Management Sciences, Medical Care and Hospital Administration. The mandate of the CHEB is to educate the people about health plans and programmes, training health professionals, developing and supplying health education/IEC materials, conducting health behavioural research activities, providing technical assistance to government and non-government agencies in the field of health education and health promotion.

NIHFW agreed for having two groups of 2nd year MD/Diploma CHA and DHA Junior Residents trained in CHEB on health education along with hands-on experience, as CHEB has its mandate to promote Health Promotion and Health Education.

CHEB planned a detailed agenda for a four days training starting from 31<sup>st</sup> August, 2021 to 3<sup>rd</sup> September, 2021 for the first batch students. Agenda of the Internship programme is enclosed at **Annexure-1**. The same was shared with NIHFW and the Director/Dean was requested to attend the inaugural session. As an outcome of this Internship programme, students prepared a detailed report on the assigned topic for each group. The day wise schedule of the internship training was;

**Day-1:** Inauguration, brief presentation on CHEB and allocation of Topic and report submission

**Day-2 :** Group work (Work on developing/ preparation of report on assigned topics)

**Day-3 :** Progress so far- presentation, discussion and clarification on assigned topics

**Day-4 :** Final Presentation on the assigned topic by each group and submission of internship report

### **Day-1**

#### **Inaugural Session**

On the onset, Dr. Kanwar Sen, Additional DG, Prof. V. K. Tiwari, Dean NIHFW and Dr. G. Kausalya, Director CHEB were welcomed. The participants too were welcomed for the Internship programme at CHEB.

Following this Dr. G. Kausalya, Director CHEB addressed the participants and informed about the vast experience of CHEB in Health promotion and Health Education.

In continuation to this, Prof. V. K. Tiwari, Dean NIHFW addressed the students and informed them about this collaboration in a short period of time. He stated that this would be an opportunity for students to understand the work done by the CHEB especially with reference to Health promotion and Health Education. NIHFW would also be sending the second batch of students from 6<sup>th</sup> September to 10<sup>th</sup> September, 2021.

Thereafter, Dr. Kanwar Sen, Additional DGHS graced the gathering and shared his wisdom. Dr. Kanwar Sen talked about the importance of health education and health promotion. CHEB had done commendable work for educating the people about health plan, programmes and conducted training programmes and developed & supported in designing of IEC materials. This internship programme will give all of students an insight of importance of health promotion & health education.

At the end, vote of thanks was given by Dr. Gowri. N. Sengupta ADG (PH) where she specially thanked Dr. Kanwar Sen, Additional DGHS for his presence in the inaugural session of the programme. She expressed her gratitude towards Prof. V. K. Tiwari, Dean NIHFW for agreeing to send students to CHEB for internship training. Further, she acknowledged the leadership of Director, CHEB for taking up this internship programme.



After the inaugural session, Director and ADG, CHEB had a brief introduction with the students. Each student introduced themselves and shared about their course and future plans. Students also shared the objectives behind attending the internship programme and mentioned about their expectations from the training especially with reference to the health promotion and health education.

Director, CHEB briefed students about the genesis of the institution and different activities undertaken by this institute to promote health education. Thereafter, ADG, CHEB explained agenda for the next 4 days of training and what was expected from the students. At the end of

this interactive session with students ADG, CHEB shared 4 topics and explained the rationale behind choosing each of these topics.

**Selected topics for internship report:**

- i.** Health Promotion Initiatives: Up- gradation of CHEB as NIHP, Trainings, Research and development of IEC materials
- ii.** Developing an action plan for celebration of National Health Days from September 2021 to March 2022
- iii.** Creation of training hub at CHEB plan of action, Training needs assessment
- iv.** Critical Review of Telemedicine Facilities, GoI

The following assignments were given to the participants, and they were asked to visualize, think creatively, do some web search & literature review related to the assigned topics. The details of the topic allocated to groups are at **Annexure-II**. Each group were asked to submit a detailed report on the assigned topic along with suggestions /recommendations which would help in conducting similar initiatives in future;

| Sl. No. | Name of the participants     | Group    | Topic Assigned  |
|---------|------------------------------|----------|---|
| 1.      | <b>Dr. Athira K. R</b>       | <b>1</b> | Health Promotion Initiatives: Up- gradation of CHEB as NIHP, Trainings, Research and development of IEC materials |
| 2.      | <b>Dr. Rajan Kaushik</b>     |          |   |
| 3.      | <b>Dr. Vineet Gautam</b>     | <b>2</b> | Developing an action plan for celebration of National Health Days from September 2021 to March 2022               |
| 4.      | <b>Dr. Ngangom Kanchan</b>   |          |   |
| 5.      | <b>Dr. Chirag Gupta</b>      | <b>3</b> | Creation of training hub at CHEB plan of action, Training needs assessment  |
| 6.      | <b>Dr. Prashant Bhardwaj</b> |          |   |
| 7.      | <b>Dr. Abhishek Dixit</b>    | <b>4</b> | Critical Review of Telemedicine Facilities, GoI   |
| 8.      | <b>Dr. Sunny Sehgal</b>      |          |   |

At the end of the day members of the each group had a brainstorming session and prepared a presentation on the assigned topics.

| Group Number | Process for documentation/presenting report   |
|--------------|---|
| <b>1</b>     | Difference between Health Education – Health Promotion; CHEB- Current Mandate; Bhore committee recommendation for CHEB (Health Education); strategies/Activities (Divisions); CHEB-NIHP- Legs/Deficiency; NIHP- Strategies to be adopted; Objectives- Trainings in field of HP to be carried out. (Integration with current training programs conducted by CHEB and various other NHP);<br>Inter-sectoral coordination between ministries and within MoHFW; Research activities; Collaboration with other National level Institutes and Development |

|   |  |
|---|--|
|   | of IEC activities.   |
| 2 | Brief: About the importance of the National Health Day; Themes and Objectives; Relevant in the given time period (Sept 2021 to March 2022); Methodology- (i) Identify population at risk (Target population) and risk factors to be addressed; (ii) Activities to be planned (Past activities which may be relevant to the current theme as well as new activities) and (iii) Materials to be developed (To disseminate and distribute).   |
| 3 | <b><u>Training needs Assessment-</u></b> (Analysis; Synthesis; Implement; Assessment and Improvement).<br><b><u>Training Hub :</u></b><br>Data Scrutinization Personnel; Various Problem Areas; Special from various areas; Training of trainers; Materials: Internet, PPTs, Group work; Funds Allocation; Training of various personnel involved in National Health Programme; Discussions/ Seminars; Topics for various training programme; Training organised inside and outside CHEB' Training of every functionary related to Health; Training Calendar Development; Health Education and Health Promotion Training of all UPSC officers. |
| 4 | Identify all the current running telemedicine facilities running by GOI at different institutions/ hospitals etc; Identify strengths and weakness of each telemedicine platform; Gain insights from other popular telemedicine platform, by private players like Apollo Health, Home care services etc.<br><b>Recommendations :</b> <ul style="list-style-type: none"> <li>• Various modalities of telemedicine; ROL – Telemedicine by GOI; (Teleconsult + Homecare).</li> </ul>   |

### **Day-2**

As per the detailed agenda of the second day, the members of the each group worked as a team on the assigned topics. Each team divided the allocated assignment amongst their members, researched and reviewed literatures for preparing a report on assigned topic to them.

The students were continuously in touch with ADG, CHEB for guidance and clarification on the assigned topics.

### **Day-3**

The third day was most crucial day for the students, as they have to share the progress so far on the assigned topics. Each group had to present the procedure adopted by them during preparation of their topics. The process of reviewing the presented reports, content, adopted procedure and parallely overseeing their envisaged procedure submitted earlier for developing internship report by the group.

The team members requested to be allowed to use the 1<sup>st</sup> half of the day to prepare of their report, which would be presented to the ADG, CHEB.

Each group presented their report on the assigned topic and detailed out all process adopted during developing their reports. ADG & HEO, CHEB provided expert technical inputs on each presentation so that each team could revisit their presentation and give another thought before developing of the report.

The following are the highlights of report submitted by each group along with the suggested inputs to strengthen the same;

**Group- 1:** Dr. Athira K. R had presented her progress on “**Health Promotion Initiatives: Up- gradation of CHEB as NIHP, Trainings, Research and development of IEC materials**”.

| <b>Inputs on presentation</b>   |
|---|
| <ul style="list-style-type: none"><li>• Define Health education and health promotion</li><li>• Identify the areas for health promotion</li><li>• Use 5 pillar of Ottawa chapter</li><li>• The area of division needs to be elaborated and if possible make sub division for more clarity. .</li></ul> |

**Group- 2:** Dr.Veneet Gautam and Dr. Ngangom Kanchan had presented on “**Developing an action plan for celebration of National Health Days from September 2021 to March 2022**”.

| <b>Inputs on presentation</b>   |
|---|
| <ul style="list-style-type: none"><li>• List of National Health Day to be identified;</li><li>• Theme of each day in the last 3 years to be reviewed;</li><li>• Identify the key activities/innovation for celebration of each day</li><li>• Develop info-graphs with appropriate slogan as an example.</li></ul> |

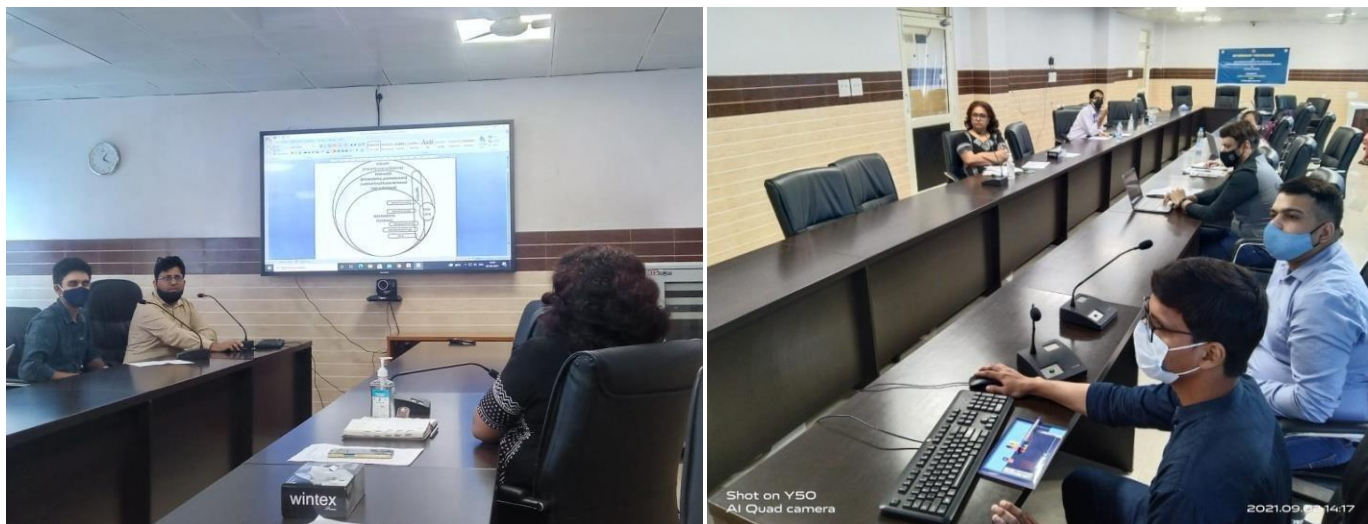
**Group- 3:** Dr. Chirag Gupta and Dr. Prashant Bhardwaj had presented on “**Creation of training hub at CHEB plan of action, Training needs assessment**”.

| <b>Inputs on presentation</b>   |
|---|
| <ul style="list-style-type: none"><li>• Group may conduct training need assessment i.e. kind of training required; what are the major ongoing trainings ; identify target groups; what kind of training CHEB should initiate; what kind of logistics would be required to undertake these trainings.</li><li>• Under management section, specify the technical and non- technical part (highlight with some examples)</li><li>• In the training section mention other important sectors for training.</li><li>• Include medical and non-medical areas for training.</li></ul> |

**Group- 4:** Dr. Abhishek Dixit and Dr. Sunny Sehgal had presented on “**Critical Review of Telemedicine Facilities, GoI**”.

| <b>Inputs on presentation</b>  |
|--|
| <ul style="list-style-type: none"><li>• Visit and review the E-sanjivini portal</li><li>• Identify the key areas and strategies effective for Telemedicine service</li><li>• Identify strengths and weakness of each telemedicine platform</li></ul> |





#### **Day-4**

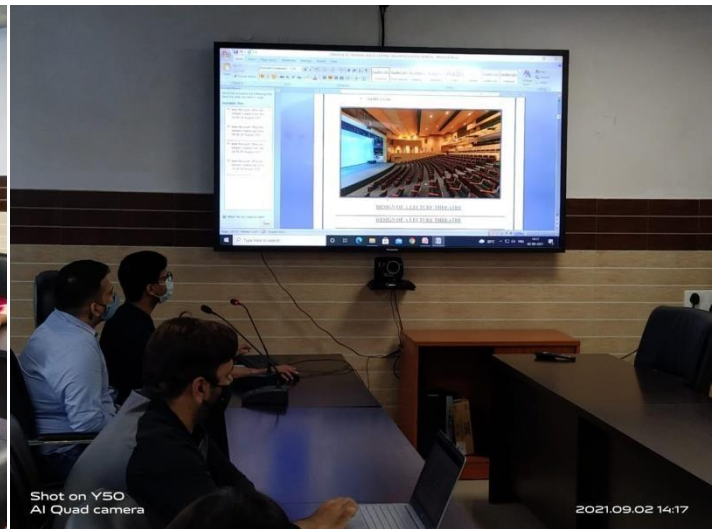
A brief final presentation was made by the each group, in presence of Director, ADG and HEO, CHEB. During the presentation lot of cross questions were asked by the CHEB officials. The students answered each question with justification and agreed to revert back on some of the queries and rectify the unanswered queries in their final report.

Group wise presentation were done and each group took approximately 45 minutes (approximately) to provide details of their process and highlights of their report on the assigned topic (final submitted reports of each group is at **Annexure-3**) .

| <b>Group No.</b> | <b>Highlights of the final presentation</b>  |
|------------------|--|
| <b>1</b>         | <ul style="list-style-type: none"> <li>➤ Adopted the strategies of health promotion as per Ottawa charter,1986</li> <li>➤ Conceptualized the need for <b>National Institute of Health Promotion(NIHP)</b> with objectives, strategies, various divisions of <b>training being mentioned</b></li> <li>➤ Suggested the structural framework of NIHP at different levels.</li> <li>➤ Suggested activities for oral health and NCDs</li> </ul>   |
| <b>2</b>         | <ul style="list-style-type: none"> <li>➤ Group focused on the National Health Day (Sep, 21 to March, 22) and come up with the plan for celebration of each day.</li> <li>➤ Reviewed the past three years activities of each NHD celebrated and specific activities executed.</li> <li>➤ Shared details in template with background, objectives, theme, target groups and possible activities for each day identified for awareness generation and people participation.</li> </ul>                                     |
| <b>3</b>         | <ul style="list-style-type: none"> <li>➤ Suggested steps for setting up a training hub and briefed about training management team- consisting of various personnel specialized in different fields</li> <li>➤ Group conducted need assessment and outlined some training courses.</li> <li>➤ Team envisaged 3 training programme i.e. <b>Master's in Public Health (MPH); Post Graduate Diploma in Public Health Management (PGDPHM) and Post Graduate Diploma in Hospital Management (PGDHM)</b> for CHEB.</li> </ul> |

4

- Report highlights the scope of Telemedicine. Telemedicine is the “New Normal” and it bridges the gap between people, physicians and health systems. IT is also an effective and sustainable solution for precaution, prevention and treatment to stop the spread of COVID-19
- An initiative in Telemedicine such as Asha Jyoti PGIMER, Chandigarh and Portable mobile Telemedicine Kiosk were mentioned.
- SWOT analysis of Telemedicine was detailed out.
- Legal aspect of Telemedicine has also been included in the report.





**Agenda****Internship programme for PG students of MD/Diploma CHA****Vanue: Central Health Education Bureau (CHEB)****Date: 31<sup>st</sup> August, 2021 to 3<sup>rd</sup> September, 2021**

| <b>Inaugural schedule</b>       |   |
|---------------------------------|---|
| <b>09.30 a.m. – 10.00 a.m.</b>  | <i>Registration</i>                                   |
| <b>10.00 a.m. - 10.10 a.m.</b>  | <i>Presentation of Bouquets</i>                       |
| <b>10.10 a.m. - 10.15 a.m..</b> | <i>Welcome address -Dr.G. Kausalya, Director CHEB</i> |
| <b>10.15 a.m. - 10.25 a.m.</b>  | <i>Address by Prof. V. K. Tiwari, Deanr NIHFW</i>     |
| <b>10.25 a.m. - 10.40 a.m.</b>  | <i>Key note address by Dr.Kanwar Sen, Addl. DGHS</i>  |
| <b>10.40 a.m. - 10.45 a.m.</b>  | <i>Vote of thanks ADG(PH) Dr.Gowri. N. Sengupta</i>   |
| <b>10.45 a.m. – 10.55 a.m.</b>  | <i>Group Photo and Tea Break</i>                      |

| <b>Sl. No.</b> | <b>Date/ Day</b>          | <b>Time</b>  | <b>Activities</b>  |
|----------------|---------------------------|--|--|
| 1              | 31.08.2021<br>(Tuesday)   | 11.30 a.m. - 11.45 a.m.<br>11.45 a.m. - 01.00 p.m.<br>01.00 p.m. - 02.00 p.m.<br>02.00 p.m. - 03.00 p.m.<br>03.00 p.m. - 04.00 p.m.<br>04.00 p.m. - 05.00 p.m. | Introduction of participants<br>Brief presentation on CHEB<br><b>Lunch break</b><br>Presentation continue<br>Discussion on the work and experience of students<br>Formation of 5 groups (2 students in each group) and assigned different topics for developing reports. |
| 2              | 01.09.2021<br>(Wednesday) | 09.30 p.m. - 05.30 p.m.  | Group work (Work on developing/preparation of report on assigned topics)   |
| 3              | 02.09.2021<br>(Thursday)  | 11.00 a.m. - 01.00 p.m.<br>01.00 p.m. - 01.45 p.m.<br>01.50 p.m. - 02.45 p.m.  | Progress so far- Each group share the progress of work on assigned topics<br><b>Lunch break</b><br>Discussion and clarification on the presentation (if any)<br><b>Day off</b>   |
| 4              | 03.09.2021<br>(Friday)    | 11.00 a.m. - 01.00 p.m.<br>01.00 p.m. - 01.45 p.m.<br>01.45p.m. - 02.45 p.m.<br>02.45p.m. - 03.30 p.m.   | Final Presentation on the assigned topic by each group<br><b>Lunch break</b><br>Finalization of report and submission<br>Concluding remarks by Director CHEB   |

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## Annexure-II


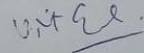
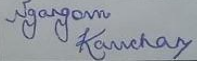
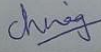
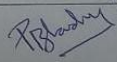
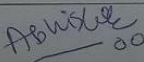
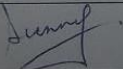
### List of the groups along with their details and allocated topics for internship report

Central Health Education Bureau  
Directorate General of Health Services

#### Internship Programme for PG students of MD CHA and DHA Junior Residents

Venue: Central Health Education Bureau

Date: 31<sup>st</sup> August, 2021 to 3<sup>rd</sup> September, 2021

| Sl. No. | Name of the participants | Course                               | Topic Assigned  | Contact No. | Email Ids                | Year of Passing MBBS | Signature   |
|---------|--------------------------|--------------------------------------|---|-------------|--------------------------|----------------------|---|
| 1.      | Dr. Athira K. R          | MD CHA, NIHFW (2 <sup>nd</sup> Year) | Health Promotion Initiatives: Up- gradation of CHEB as NIHP, Trainings, Research and development of IEC materials | 8281339813  | athira@nihfw.org         | 2017                 |    |
| 2.      | Dr. Rajan Kaushik        | MD CHA, NIHFW (2 <sup>nd</sup> Year) |   | 7015343496  | -                        | -                    |   |
| 3.      | Dr. Vineet Gautam        | MD CHA, NIHFW (2 <sup>nd</sup> Year) | Developing an action plan for celebration of National Health Days from September 2021 to March 2022               | 9990453501  | vineetmbbs@gmail.com     | 2011                 |    |
| 4.      | Dr. Ngangom Kanchan      | MD CHA, NIHFW (2 <sup>nd</sup> Year) |   | 9643491681  | drkanchan@nihfw.org      | 2018                 |    |
| 5.      | Dr. Chirag Gupta         | MD CHA, NIHFW (2 <sup>nd</sup> Year) | Creation of training hub at CHEB plan of action, Training needs assessment  | 9599283995  | drchirag@nihfw.org       | 2017                 |   |
| 6.      | Dr. Prashant Bhardwaj    | MD CHA, NIHFW (2 <sup>nd</sup> Year) |   | 9041452050  | prashantb@nihfw.org      | 2019                 |  |
| 7.      | Dr. Abhishek Dixit       | MD CHA, NIHFW (2 <sup>nd</sup> Year) | Critical Review of Telemedicine Facilities, GoI   | 9716810545  | contactdrdixit@gmail.com | 2018                 |  |
| 8.      | Dr. Sunny Sehgal         | MD CHA, NIHFW (Final Year)           |   | 9716264999  | drsun4u@nihfw.org        | 2016                 |  |