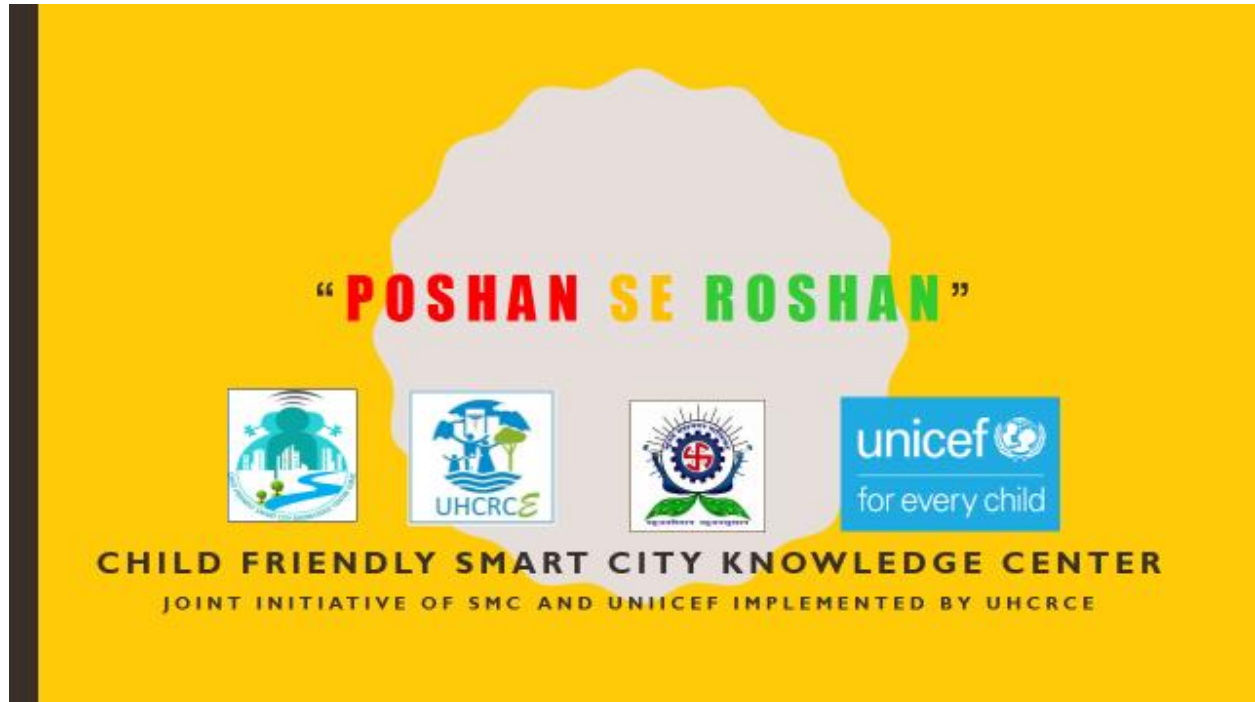


Activities Completed - Summary
POSHAN SE ROSHAN activity
(Under Child Friendly Smart City Knowledge Centre, Surat)

July 2019 to March 2020



CFSCCK, UHCRCE, Municipal school 160, Citylight , Surat, Gujarat, India, 395007
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Activities completed – Summary

Sr. No.	Activity	Outcome/ Remark
1	Preparatory activities	<ul style="list-style-type: none"> ▪ Consultant Nutritionist and Project coordinator (MSW) in place ▪ All 19 Targeted Intervention (TI) project partners in Surat city were contacted, oriented with objectives and activities to be planned under Poshan se Roshan. <ul style="list-style-type: none"> ○ Basic details of their project (average number of beneficiaries, age-gender wise distribution, number of counselors) were recorded. ○ The project scope was mapped, for example, 14 out of 19 reported that they don't include nutrition in their current counseling. ○ Their experience of nutritional needs and challenges among PLHIV was also documented in participatory methods. This information was used in preparation of dietary survey tools and upcoming training of counselors. ○ UHCRCE exchanged the formal partnership letter with all projects for smooth functioning of the project. ▪ Similar project orientation meetings were carried out with other relevant stakeholders like SMC-STD Care, ICDS, Civil hospital and SMIMMER hospital.
2	Training workshop of Master trainers	<ul style="list-style-type: none"> ▪ The training was conducted by Faculties associated with Kalavatisharan hospital, New Delhi as suggested by UNICEF. ▪ Total 15 Master trainers were trained. ▪ As per group's suggestion, UHCRCE also arranged the additional training of terrace gardening which will be helpful for MTs during training of other stakeholders.
3	Training workshop of counselors (3 batches)	<p>All three training workshops were completed in order to equip them for providing the nutritional guidance during Counseling of People living with HIV. Trainings were conducted by multi-disciplinary faculties of Master trainers.</p> <p>Total 68 counselors from ART centers, STD care UHCs, TI Projects PPTCT and ICTC were trained.</p> <p>Do's and don'ts of nutrition habits, specific tips for women and children, systematic screening, basics of anthropometry, healthy recipes, Immune booster foods, communication skills – such topics were part of training using variety of methods like flip charts, participatory group work, videos and presentations and hands on role plays.</p>

4	Training workshop of UHC Medical Officers (2 batches)	The Training workshops of UHC Medical Officers had been planned in order to sensitize them for the role of health centers in nutritional counseling of people living with HIV. 73 MOs were sensitized with basic need of nutrition for PLHIV, role of health centres and prevention counseling with flip charts already given to counselors. Smooth coordination is ensured. MOs were also explained scope of grass-root networking with the help of unique pilot initiatives taken at Vijayanagar health centre.
5	Training workshop of ICDS PO & CDPO	The Training workshop of 10 ICDS PO & CDPO was organized in order to sensitize them about PSR activities in city and importance of nutritional counseling of people living with HIV.
6	Training workshop of inmates of Jananidham	<p>Total 37 adolescent inmate girls of Jananidham participated in a one day training workshop. The workshop was conducted by Master trainers in adolescent friendly manner.</p> <p>The concepts of balanced diet, demerits of junk food, Dietary guidance for those on ARV, handwashing and food safety, peer education, life skills in nutrition – these topics were covered in participatory manner after understanding their current dietary practices. Girls were also encouraged to fill up the daily diary of self nutrition monitoring with their nutrition buddies.</p> <p>Anthropometry and medical check up of all girls were carried out along with subsequent guidance to Jananidham staff.</p> <p>12 Peer educators have been identified who will be trained in next phase of Poshan se Roshan.</p>
7	Training workshop of Jananidham Peer educators (2 sessions)	<p>12 Peer educator girls were identified in Jannaidham (Centre providing rehabilitative care to girls living with HIV). Identification criteria for girls was their leadership capacity, and their decision making-problem solving skills. Many of the peer educators already play role as “room monitors” at centre.</p> <p>Peer educator training sessions were organized in order to equip them for passing right messages of nutritional guidance to other girls – “recipient peers” Trainings were conducted by multi-disciplinary faculties of Master trainers. Trainings were conducted with sharing learning dialogues, flip charts, participatory activities and action plan mapping.</p> <p>The topics covered were - Do’s and don’ts of nutrition habits, specific tips for vulnerable phases like vacations and exams, healthy recipes, Immune booster foods, communication and other life skills and mental health. The concepts of balanced diet, demerits of junk food, dietary guidance for those on ARV, handwashing and food safety- these topics were revised.</p>

		<p>On special demand by girls, the topic of academic stress and nutrition habits was covered too. Each girl was assigned 5-6 peer recipients. Monthly meeting were supposed to be conducted by girls with recipients and as of now 2 such meetings have been carried out by peer educators. They were also provided with sample format for record keeping.</p> <p>During Corona virus lockdown, peer educators were contacted with video conferencing, they were allowed space to share their nutrition routine and explained specific do's and don'ts during current times.</p>															
8	Dietary practice study of HIV Positive and ART beneficiaries (Benchmark)	<p>In all, interviews of 379 people living with HIV were conducted to understand their dietary practices. Respondents included children, women in reproductive age group and pregnant women. Some interviews of men and 50+ women were also conducted for control comparison purpose.</p> <p>Data was entered in MS-Excel and preliminary analysis is going on to check data quality.</p> <p>Interviews covered the sections like socio-demographic information, pre-HIV, pre-ART and post ART food habits, 24 hour dietary recall, health and hygiene habits, physical – mental health status of patients, nutrition counseling needs and current knowledge and willingness to participate in different program activities.</p>															
9	Counselors practice study (Benchmark)	<p>Counselors practice study was designed to assess the proportion of cases dealt by counselors, their current service activities, their existing and required knowledge and skills for nutritional guidance. All UHC and TI project counselors participated in the study.</p>															
10	Nutrition counseling by counselors and their supportive supervision	<p>Counselors have started inclusion of nutrition in their routine counseling of PLHIV. The record is being maintained as systematic screening forms at health centres. A supportive supervision observation checklist is prepared and supervision of UHCs in South zone has been completed.</p>															
11	Secondary Data Analysis	<p>Secondary data was compiled from different sources –</p> <table border="1"> <thead> <tr> <th>Data source</th> <th>Reference year</th> <th>Quantum of patients</th> </tr> </thead> <tbody> <tr> <td>Civil NCH</td> <td>Jan'18 to Jul'19</td> <td>961</td> </tr> <tr> <td>SMIMER</td> <td>Jan'18 to Jul'19</td> <td>1336</td> </tr> <tr> <td>SRL-Surat-GMC</td> <td>Jul'18 to Jul'19</td> <td>23889</td> </tr> <tr> <td>Reliance ART</td> <td>Jan'04 to Aug'19</td> <td>3578</td> </tr> </tbody> </table> <p>Data analysis is completed with socio-demographic indicators like age, gender, geography as well as HIV specific</p>	Data source	Reference year	Quantum of patients	Civil NCH	Jan'18 to Jul'19	961	SMIMER	Jan'18 to Jul'19	1336	SRL-Surat-GMC	Jul'18 to Jul'19	23889	Reliance ART	Jan'04 to Aug'19	3578
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indicators like CD4 count, opportunistic infections, status of spouse, ART status etc.

Picture Gallery (Representative)



Counselors Training Batch ready to include nutrition



Counselors learning Anthropometry basics hands on exercise



Discussion on different healthy Recipes which can be shared with clients



Nutrition Problem solving group exercise



Patients dietary practice study



Counselors practice benchmark



Session on Balance diet at Jananidham



Nutrition guidance to adolescents girls at Jananidham