



# Newsletter

(October-December 2022)

## Directorate of Health Services

Campal-Panaji-Goa

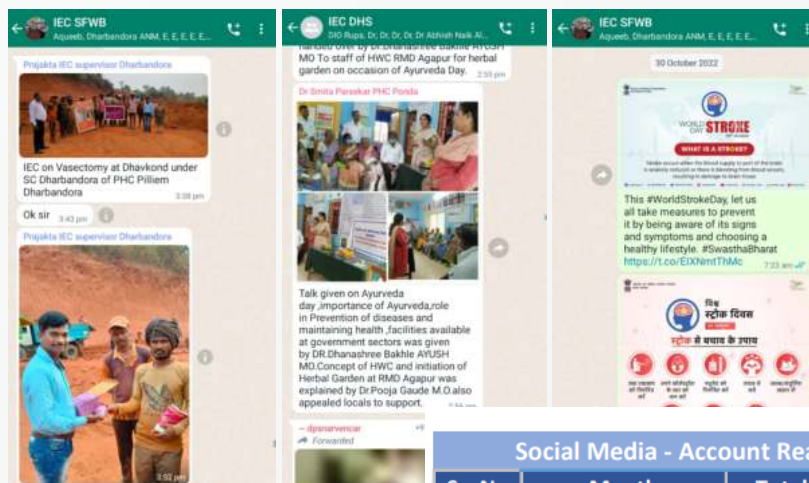
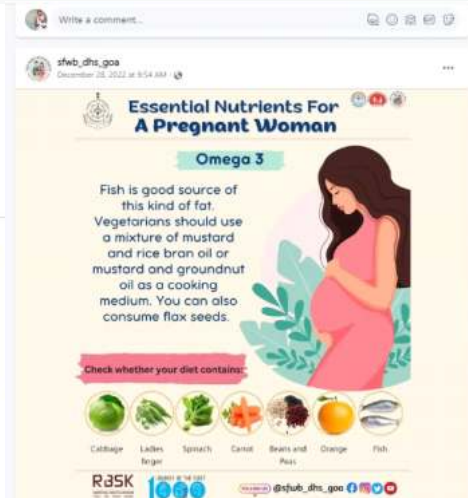
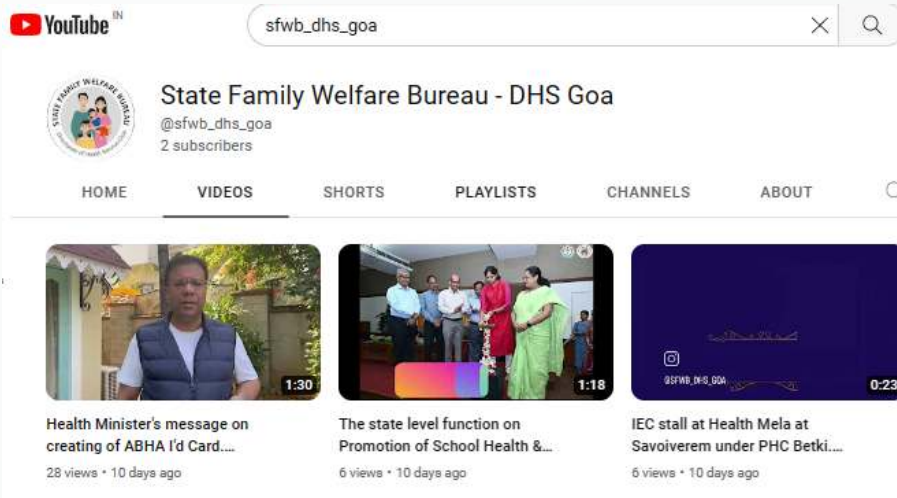
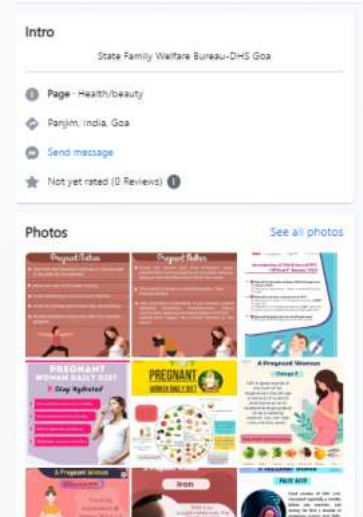


# SOCIAL MEDIA ACTIVITIES

## Social Media activities

Directorate of Health Services-Goa is handling the following social media handles on Facebook, Twitter, Instagram, YouTube Channel etc.

- Directorate of Health Services-Goa - **@DHS\_Goa**
- State Family Welfare Bureau, Directorate of Health Services-Goa- **@SFWB\_DHS\_Goa**



Various IEC activities, creative, videos etc. were forwarded in a various state IEC whatsapp groups where all the Health Officer/ Medical Officer Incharges/ IEC officials etc are added.

- IEC activities from various centres
- Digital images/ Creatives from State & MoHFW
- Videos from State & MoHFW

Social Media - Account Reach data compilation				
Sr. No	Month	Total Post	All Platform Reach	INSTAGRAM REACH
1	Nov-22	22	9800	5495.00
2	Dec-22	24	37360.00	17300.00

# STATE FAMILY WELFARE BUREAU

## Celebration of International Day of the Girl Child

Importance of girl child message was spread by organising **Kirtan Mahotsav** on the occasion on International Day of the Girl Child at Mahalaxmi Hall, Bandora by State Family Welfare Bureau, DHS, Goa in coordination with Gomantak Sant Mandal Sanchalit Kirtan Vidyalaya, Ponda and PHC Ponda. All together 13 girl students were participated and presented Kirtan on the importance of Girl Child.

Chief guest: Ms. Jyoti Kumariji, IAS, Collector for South Goa District; Smt. Sunita Sawant, Superintendent of Police, Crime Branch Investigation, Altinho Panaji; Dr. Geeta Kakodkar, Director, DHS; Judge Smt. Sionara Telles Laad, President for Child Court for the State of Goa & Smt. Deepali Naik, Director – DWCD expressed their views and thoughts during the occasion.



Similarly, Hari Bhakt Parayan Shri Suhas Vaze, Founder of Gomantak Sant Mandal Sanchaalit Kirtan Vidhyalaya – Ponda; Shri Harshad Kamat, President of Shri Mahalaxmi Devasthan Committee – Bandora; Dr. Rajendra Borkar, CMO; Dr. Uttam Dessai, State Immunization Officer; Dr. Smita Parsekar, Health Officer; Dr. Uma Sadekar, Lady Medical officer were present for the function.

The said function was compered by Mr. Rauji Palni, Health Educator-SFWB & vote of thanks proposed by Dr. Smita Parsekar, Health Officer & Adv. Pallavi Mulgaonkar, Legal Assistant (PCPNDT)

## Mass Media activities



Advertisement on KTCL buses



Billboard (Mobile Vehicle) advertisement on various RMNCHA+N topics hired by SFWB, DHS,Goa



IEC matter (flex) changed from old 40 hoardings installed by SFWB,DHS,Goa

# STATE FAMILY WELFARE BUREAU

## Scroll messages IEC Stall

The State Family Welfare Bureau, DHS, Goa had put IEC Stall during Red Ribbon Fest organised by Human Touch foundation on World AIDS Day. The following activities were conducted:-

- Quiz contest
- Entertainment games
- Song on the theme
- Gifts with DHS branding awarded to the winners
- Distribution of leaflets/pamphlets
- 



## Cyclothon/ Walkathon

The State Family Welfare Bureau, DHS, Goa has put IEC Stall during Red Ribbon Fest organised by Human Touch foundation on World AIDS Day. The following activities were conducted:-

- Quiz contest
- Entertainment games
- Song on the theme
- Branded prizes to the winners
- Distribution of leaflets/pamphlets
- 

## National Vasectomy Fortnight

State Family Welfare Bureau, Directorate of Health Services, Goa in collaboration with Goa Homoeopathic Board has conducted CME for Homoeopathic doctors on Vasectomy and Diabetes on the occasion of National Vasectomy Fortnight at Hospicio- South Goa District Hospital, Margao. Chief Guest, Shri Digamber Kamat, MLA, Margao constituency



## IEC on TV

Regular display of IEC creatives on TV installed at DHS and OPDs of some CHC/PHCs



## Magic Shows

Magic shows on RSKK were held in 35 schools all over Goa.

## Outdoor LED board

## Scroll messages



Scroll message advertisement on Local TV Channel



LED boards installed at 3 Hospitals

## Exhibition stall

Exhibition stall during Maha-Goa NeoCon 2022 were exhibited



## Audio wala bus stand

Audios on various health issues were played on selected KTCL busstands



## Vaccine Tray

Provided vaccine tray to the Immunization site for easy handling of vaccine cold chain



## Electronic & Print Media

continuous advertisements were released on Radio & newspaper on the occasion of various health days/ weeks etc.

## Printed IEC material

Printed & distributed paper posters, leaflets on Anemia Mukta Bharat & other topic to display at peripheral health centres, AWCs and in schools.



## MCP Cards

Mother & Child Protection Card (MCP) is one of the important tool to keep track record of pregnant mother & child. There are lot of IEC information put on this MCP Card.



## QMS for AEFI Surveillance

The state of Goa proposes to achieve certification in QMS for AEFI surveillance. In this regard self-assessment and peer assessment of peripheral government health centres have been completed by mid December 2022. State assessment will be done shortly.

## UWIN Implementation for Immunization services in health facilities of South Goa district:

After the success of eVIN (pillar-1) and CoWIN(pillar-2), MoHFW is rolling out the 3rd pillar for immunization services U-WIN. It is planned to be introduced for capturing data of immunization services such as vaccination of each pregnant women, birth doses of newborn and subsequent vaccination events with the features of individualized tracking of beneficiaries for vaccination status, digitalization of session planning, updating vaccination status on real time basis from the last mile of service delivery by vaccinator in phased manner for smooth roll-out.

Nationwide scale up of U-WIN will be done based on the learnings from the pilot phase. 65 pilot districts are selected. In the state of Goa, South Goa district is selected as pilot district.

Trainings have been held for both QMS in AEFI surveillance and UWIN portal for all Incharges/ Nodal Officer & vaccinators.



- State Task Force meeting on Routine Immunization was held at Secretariat on 28/10/2022

### Measles and Rubella Elimination:

Fever with Rash cases have to be actively searched for and reported to prevent any outbreaks of measles and rubella. The coverage of measles rubella vaccine is to be enhanced which will give protection against these diseases. syrup vitamin A to be given specially to children who are Malnourished to prevent outbreak of these cases

All HO's and MO's have been sensitized regarding same.



FP LMIS software training was conducted for ANMs/LHVs/DEOs on 21st October 2022 in North Goa and 28th October 2022 in South Goa.

A hands on training PPIUCD for Medical Officers was conducted on 28th, 29th & 30th November 2022 in South Goa District Hospital and on 7th, 8th & 9th December 2022 in North Goa District Hospital.



NSSK training was conducted on 18th November 2022 for Paediatricians & 23rd November 2022 for Medical Officers at SIHFW, Mapusa.

SAANS training was conducted on 13th & 14th December 2022 for Medical Officers at SIHFW, Mapusa



## Achievements

### Malaria

The state of Goa is in the Malaria Elimination phase expected to eliminate malaria by 2022-23, as the API (Annual Parasite incidence is the number of positive cases per one thousand population) in both the district is less than one. Goa has 34 PHC/CHC/UHC health centers, of these 17 peripheral health center are in the north and 17 peripheral health center are in the south. In the year 2022, 32 health centers (15 in North Goa & 17 in South Goa) have achieved zero indigenous transmission for malaria). Presently till date i.e. December 2022 all the health centres except PHC Candolim and PHC Colvale have achieved zero indigenous cases.

*IEC at Construction site*



*IEC in schools*



### Dengue and Chikungunya

Focal cases of Dengue and Chikungunya are reported all over Goa, in the year 2022 confirmed dengue cases are 443 and confirmed chikungunya cases are 106. This was possible due to the sustained preventive and control measures like source reduction drives, awareness activities, fever surveys, anti-larval, anti-adult measures etc.

*Source reduction methods*



## Status of Vector Borne Diseases in Goa (laboratory Confirmed cases)

Year	Malaria		J.E.	Dengue	Chikungunya	Filariasis
	PF	Total				
<b>2022</b>						
<b>October</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>74</b>	<b>6</b>	<b>0</b>
<b>November</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>26</b>	<b>0</b>	<b>0</b>
<b>December</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>34</b>	<b>0</b>	<b>0</b>

### Filaria

The state of Goa has completed three (3) TAS (Transmission Assessment Survey) in the year 2013, 2016 & 2019 after successful implementation of 8 rounds of Mass Drug Administration (MDA) for 8 years (2004-2011) and with a coverage more than 85% and microfilaria rate <1%.

Post MDA Surveillance like night blood survey of local as well as migrants, Home Based Management of Lymphedema patients, distribution of Morbidity Management kits to Lymphedema patients and special Morbidity Management Disability Prevention Clinic at GMC (Plastic surgery department)

State of Goa is awaiting elimination of filarial certificate from Government of India and also award for the achievement.





# NON COMMUNICABLE DISEASE CELL



## Eat Right Toolkit Training

Training on Eat right Tool Kit was conducted in the month of October for LHV,PHN EE,HE IEC Officers and RBSK doctors at SIHFW Mapusa Goa.

Dr. Manisha Kamat; Dr. Yogesh Desai; Dr. Kannaiya Sirsat & Shri. Umesh Kholkar were the resource person for the programme



Under NPCDCS Programme Hands on training on PAP Smear training in batches was conducted for Medical Officers of Health facilities in batches in the month of November.



Ayushman Bharat Health and Wellness Centers  
On the occasion of Universal Health Coverage Day 2022 held on 12th December 2022 at Varanasi, Uttar Pradesh, State of Goa received National award for 100% operationalisation of Health & Wellness Centres in the State of Goa. Award was received by Dr. Kedar Raikar at the hands of Chief Minister of Uttar Pradesh and Union Minister of Health, India.



Health Melas were conducted by Health & Wellness Centres on the occasion on Universal Health Coverage Day 2022. Theme for UHC Day 2022 this month was Diabetes and Hypertension screening, ABHA ID generation and teleconsultation



# NON COMMUNICABLE DISEASE CELL

## Swasth Mahila Sasth Goa Project

iBreast device training was conducted for Medical Officers, ANMs and staff nurses on 14th & 15th December 2022 by team of Yuvraj Singh foundation for North Goa & South Goa health facilities. Around 100 volunteers were screened for Breast cancer during the training session



## eSanjeevani OPD

eSanjeevani OPD training for Medical Officers was conducted on 21/12/2022 by team of CDAC Mohali, MoHFW on 21/12/2022. Total of 35 Medical Officers attended this training.



## National Programme for Health Elderly

Statistics/ reports of the `month: ...October, November & December 2022

IEC at State level:

On the Occasion of International Elderly Day activities like Painting competition, ball & basket game & Yoga session was conducted for inmates at Old Age Home Recolhimento De Serra, Altinho under National Programme for Health Care of Elderly.

International Elderly Day was celebrated at Old Age Homes by all the Health Facilities by organizing Geriatric Camp, recreational activities for inmates .



International Elderly Day was celebrated at North District Hospital, Mapusa by organizing Geriatric Camp, All specialist OPDs like Medicine, Ortho, ENT, Ophthalmic, Psychiatric etc were provided under one roof for geriatric patients

# NON COMMUNICABLE DISEASE CELL



A CME programme titled "Comprehensive Geriatric Care" held in the conference hall at Directorate of Health services for Medical Officers on 09/11/2022 to 11/11/2022. This CME is conducted in collaboration with various Department of Goa Medical College and Hospital Bambolim.

Upcoming activities (of next 45 days): Training on Comprehensive Geriatric Care for Medical Officers.



National Programme for Prevention and Control of Deafness (NPPCD)

Training: 1 day Training Programme for Medical Officers (South Goa) was held on Preventable Causes of Hearing Loss under National Programme for Prevention and Control of Deafness (NPPCD) on 23rd December 2022 at Conference Hall, Hospicio Hospital Margao Goa. Training.

1 day Training Programme for Medical Officers (North Goa) was held on Preventable Causes of Hearing Loss under National Programme for Prevention and Control of Deafness (NPPCD) on 12th December 2022 at SIHFW Mapusa.



National Programme for Trauma Care.

Training: Training was held on Road Safety on the occasion of 11th State Road Safety Week from 10th to 16th October 2022 for AYUSH Medical Officers and DHS staff

## National Tobacco Control Programme

Display of Hoardings at Prominent Places and Mobile Van Outreach Activity for Community Awareness were done by NTCP



# NON COMMUNICABLE DISEASE CELL

## I. Workshop on Handling Tobacco Addiction and Promoting Cessation for Public Health Dentists.

Workshop for Dentists doctors on how to counsel patients various counselling techniques and patients with tobacco addiction to educate them on various mouth cancers and promoting various methods of deaddiction by Professor Shri. Vithoba Mhalkar IPHB on 4th October 2022 at Conference Hall Campal Panaji Goa.



Various awareness activities were held in the field




**Training and Workshop** for Stake Holders/ Various Govt. Departments of North Goa District such as Legal Metrology, Police Department, Transport Department, Tourism Department, Civil Supplies, Goa Excise Department, Directorate of Food and Drugs, Directorate of Panchayat and NGO members. Delivered talk by. Dr. Shaheen Sayyed on Ill and Harmful effects of Tobacco use, Dr.AmitaKenkre on Oral Cancers and Counselling Dr. Devdatt Sail NGO member Talk on Section VI and VII of COTPA 2003. Mr. Roland Martins NGO Member Talk on Section IV and V of COTPA 2003.And Discussions and Quiz for the Participants, on 26th October 2022 total 60 participants attended the training programme.



### Expanded Range of Services at HWC

1. Care in Pregnancy and Child-birth.
2. Neonatal and Infant Health Care Services
3. Childhood and Adolescent Health Care Services.
4. Family Planning, Contraceptive Services and other Reproductive Health Care Services
5. Management of Communicable Diseases: National Health Programmes
6. General Out-patient Care for Acute Simple Illnesses and Minor Ailments
7. Screening, Prevention, Control and Management of Non-communicable Diseases
8. Care for Common Ophthalmic and ENT Problems
9. Basic Oral Health Care
10. Elderly and Palliative Health Care Services
11. Emergency Medical Services including Burns and Trauma
12. Screening and Basic Management of Mental Health Ailments

### Yearwise conversion of Health Centres

	<p><b>Year 2020-21</b> : converted <b>42</b> SCs as HWCs. <i>Cumulative HWCs = 102 HWCs (24 PHCs + 30 RMDs + 4 UHCs + 1 UHTC + 1 RHTC + 42 SCs)</i></p> <p><b>Year 2021-22</b> : converted <b>60</b> SCs as HWCs.</p> <p><b>Year 2021-22</b> : converted <b>39</b> SCs as HWCs.</p>
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**Branding** of 58 Ayushman Bharat-Health & Wellness Centres were in a RMD/PHC/UHC HWCs



**Following are the details of the activities monthwise from October to December 2022**

**OCTOBER 2022**

- PEP: 82 contacts were surveyed, out of which 81 contacts were found eligible and were administered with SDR(Single Dose Rifampicin).
- Special activities were conducted in 9 high risk areas wherein a population of 6709 was surveyed and 4 suspects were referred for confirmation.
- House to House surveys were conducted , in which a population of 56,374 was surveyed, 12 suspects were referred and 1 was confirmed for Leprosy.
- DPMR: 3 Self care kits were distributed.



**NOVEMBER 2022**

- PEP: 12 contacts were surveyed , all of which were found eligible and were administered with SDR.
- Special activities were conducted in 4 high risk areas, wherein a population of 2853 was surveyed and 4 suspects were referred for confirmation.
- House to House surveys were conducted in which a population of 72684 was surveyed , 7 suspects were referred for confirmation.
- DPMR activities: 1 self care kit was distributed.



**DECEMBER 2022**

- PEP: 57 contacts of newly detected cases were surveyed, out of which 53 were found eligible and were administered with SDR.
- Special activities were conducted in 7 high risk areas, in which a population of 6512 was surveyed . No suspects were detected.
- House to house surveys were conducted in which a population of 66363 was surveyed . 11 suspects were referred further for confirmation.



# NATIONAL ORAL HEALTH PROGRAMME

- **Speciality Centre:** We have a Specialty Centre at North Goa District Hospital, Mapusa which caters to specialist treatment like Orthodontics, Oral Surgery, Endodontics and Prothodontics. Specialists from Goa Dental College & Hospital visit the Centre to provide services to the public thus bringing specialist Dental services to their doorstep.
- **Oral Cancer Screening:** - Every month NCD camps are held to detect precancerous /Oral cancer lesions. These patients are treated at the centres or sent to higher centres for further management. ***During the period October to December 2022, 112 camps were held and 6421 patient were screened. Of these 170 precancerous lesions and 36 cases of oral cancer were detected.***
- **Tobacco Cessation Counseling:-** Patients in the OPD detected using tobacco are counseled to break the habit and stop use of tobacco. ***In the period October to December 2022 counseling was done for 927 patients.***
- **Camps:-** Camps are held in the village under the respective Health facilities. Patients are examined and recalled for further treatment to the Health facility. ***A total of 64 camps were held during October- December 2022 and 4716 patients examined.***
- **School Health Programme:-** Visits to school, anganwadis and old age homes are conducted twice a week for check up and early detection of Dental diseases. Those requiring treatment are referred back to the Health facility. ***83 schools and Anganwadis were visited in the period October-December 2022. A total of 5125 students were examined.***
- IEC activities were conducted to promote awareness of Dental Care.



Goa state bagged the 2nd place at National level for outstanding performance of National Oral Health Programme for the year 2021-2022

# INTEGRATED DISEASE SURVEILLANCE PROGRAMME

## INTEGRATED DISEASE SURVEILLANCE PROGRAMME

IDSP is a decentralised, District based Surveillance Programme, intend to detect early warning signals of impending outbreaks and help initiate an effective response in a timely manner.

Integrated Health Information Platform (IHIP)

- Reporting Portal of IHIP
- Syndromic Form – 99%
- Presumptive Form – 100%
- Laboratory Form – 97%

IHIP Portal helps to know outbreak at initial stage so that preventive measures to control outbreak initiated.

100% reporting of all the Syndromic, Presumptive and Laboratory forms.

IHIP Portal helps to know outbreak at initial stage so that preventive measures to control outbreak initiated.

## NATIONAL RABIES CONTROL PROGRAMME

- Celebrated “**WORLD RABIES DAY**” on 28th September, 2022.
- **Dog bite management** is done as per National guidelines
- **Capacity building and Training** is done for MO's and Staff Nurses.
- **Anti Rabies Vaccine** is given free of cost in all Government Health centers
- **Anti Rabies Immunoglobulins** are given in all Government Health centers





# NATIONAL PROGRAMME FOR CLIMATE CHANGE AND HUMAN HEALTH

Following Sentinel sites are identified for Surveillance to Assess impact of Air Pollution: District Hospital, North Goa District Hospital, South Goa.

Done activity on Cycling kit for participants '**PEDAL FOR WORK**' for cycle to travel for work to promote Health staff to use Cycle in order to reduce Carbon footprint and prevent Lifestyle disorder.

Celebration of "International Day of Clean Air and Blue Skies" under National Programme for Climate Change and Human Health (NPCCHH), DHS and distributed Jersey to students of Shri Kamakshi Devi Homeopathic Medical College and staff of PHC Shiroda.

Awareness talk on Air Pollution at South Goa District Hospital, Margao on 9<sup>th</sup> December 2022 and distribution of cycling kit.



## Pedal for Work

- NPCCHH has organised Pedal for Work activity for our health staff to motivate them to use cycle as a mode of transport while travelling to work.
- Activity period is from June 2022 to February 2023.
- Each participant/ cyclist has to track their activity on App and forward it to NPCCHH, DHS at the end of the activity in the month of March 2023.
- In three tasks staff can complete their activity > 200 KMS; 400 KMS OR 1000 KMS.
- Prizes will be awarded through lucky draw to the winners in a World Health Day function i.e on 7th April 2023.



# NATIONAL PROGRAMME FOR CONTROL OF BLINDNESS & VI

## Cataract Operations October December

<b>October</b>	1495
<b>November</b>	1608
<b>December</b>	1711
<b>Total</b>	<b>4814</b>

## Spectacles Distribution Oct December

<b>October</b>	131
<b>November</b>	89
<b>December</b>	98
<b>Total</b>	<b>318</b>



The above posters were printed and distributed to peripheral units

# NATION TUBERCULOSIS ELIMINATION PROGRAMME

The Revised Tuberculosis Control Programme was renamed National Tuberculosis Elimination Programme (NTEP) in the year 2020. The programme aims at TB elimination from the entire country by the year 2025, 5 years ahead of the Global SDG target.

The Honourable Prime Minister of India launched TB Free India campaign at 'Delhi End TB Summit' on 13th March 2018 which calls for a social movement focused on patient-centric and holistic care driven by integrated actions for TB Free India.

The NTEP aims at achieving the target of TB Elimination by focussing on 4 main pillars

## 1. DETECT

The State of Goa has moved to Upfront NAAT (Molecular testing) for the diagnosis of Tuberculosis from the year 2020.

The various services provided to detect TB cases at the earliest are as follows:

- Free diagnostic services for patients of both public and private sector are available across the State.
- There are 3 CBNAAT machines, 1 Mobile CBNAAT machine & 13 TruNAAT machines for molecular testing spread across various sites in the State.
- Intermediate Reference Laboratory providing Liquid Culture, LPA and DST facilities for both first and second line drugs is functional at Goa Medical College and Hospital.
- There are 24 Designated Microscopy Centres for follow up microscopy.
- Intensified case finding activities are carried out in the community at regular intervals for early diagnosis of patients.
- The sputum referral rate from PHIs is being monitored monthly.
- Contact screening of all patients is being carried out.
- Various IEC activities are being carried out to increase awareness within the community.
- Bi-directional screening of TB-Covid, DM, HIV, SARI/ILI is being carried out.
- Patient Provider Support Agency (PPSA)- Disha Foundation has been appointed to improve private sector notification.
- Schedule H1 reporting through FDA is obtained and the same is analysed to pick up any missed notifications.
- Outsourcing of X-ray facilities has been undertaken.

namely:

1. Detect all TB cases in the community at the earliest.
  2. Treat all TB cases with quality treatment, care & support.
  3. Prevent: Prevent the emergence of TB in susceptible populations
- Build: Build, strengthen & sustain an enabling environment for TB elimination

## 2. TREAT

- Free drugs are provided to patients of both Public as well as Private Sector.
- Treatment facilities are available at Goa Medical College, District Hospitals, Sub District Hospitals and all PHIs.
- There is a Nodal and District DRTB Centre for Management of Drug Resistant TB Cases.
- New Treatment Regimens containing novel drugs like Bedaquiline and Delamanid have been introduced for better treatment outcome.
- Monitoring is being carried out to ensure Treatment Initiation within 3 days.
- Digital monitoring systems like 99 DOTS have been rolled out to monitor treatment adherence.
- Nikshay Poshan Yojana- Rs 500/- per month is provided to all patients on treatment through Direct Benefit Transfer as Nutritional Support.
- Community support for TB patients has been rolled out. All the patients on treatment who have given consent for community support have been linked to donors. Food baskets are being delivered to the patients.
- All patients are screened for co-morbidities and the same are managed.
- Virtual Difficult to Treat TB Clinic has been launched to discuss the Difficult to Treat TB cases.
- Death audits are being conducted at regular intervals at Goa Medical College and the learnings are implemented to improve treatment outcome.
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# NATION TUBERCULOSIS ELIMINATION PROGRAMME

## Key Performance Indicators (Dec 2022)

Indicator	Achievement
Total Notification (Public)	429
Total Notification (Private)	82
Current cases	496
Treatment Initiated	474/496 (96%)
DM status Known	452/496 (91%)
HIV Status Known	466/496 (94%)
Treatment Success Rate (DST)	76%

1. Implemented to improve treatment outcome.
  - Availability of adequate drugs is ensured.
3. PREVENT
  - Chemoprophylaxis is being provided to contacts <6years and People living with HIV.
  - TB Preventive Treatment is in the process of being rolled out. Test and Treat policy has been adopted.
  - Various IEC activities are being carried out.
4. BUILD
  - Training and refresher trainings are

- carried out at regular intervals for all staff.
- CMEs are conducted for Government as well as private doctors on newer guidelines.
- Trainings through Swasth-e-gurukul platform
- Sensitization of Elected Representatives is being carried out
- Inclusion of TB related activities in Panchayat Development plan is in the process of being rolled out
- Awareness activities for school students.
- Awareness activities through Village Health and Sanitation Committees.



# NATION TUBERCULOSIS ELIMINATION PROGRAMME

Sr. No	District Name	Name of Urban Towns	Name of U PHC	Total slum population
1	North Goa	Mapusa	Urban Health Centre Mapusa	5590
2		Panaji	Urban Health Centre Panaji	12016
			PHC Chimbhel (Satellite Slum at Indiranagar)	9146
3	South Goa	Margao	Urban Health Centre Margao	10000
4		Vasco	Urban Health Centre Vasco	27397
			PHC Cortalim (Satellite Slum at Zuarinagar)	20000
<b>Total</b>				<b>84149</b>

Different activities conducted for women in slums and MAS activities

## The Urban Health and wellness Centers under FC-XV

North Goa		South Goa	
Sr. No.	Facility Name (H W C s)	Sr. No.	Facility Name (H W C s)
1	Bicholim	1	Cuncolim (Indus estate)
2	Valpoi	2	Canancona
3	Kuchelim	3	Sanguem (GPS Tarimol)
4	Karaswada	4	Ponda
5	Ganganagar	5	Curcholem
6	Gaunswada	6	Quepem
7	Sankhali	7	Fatorda
8	Ribander	8	Gogal Housin Board
9	Caranzalem	9	Monte Hill
10	Taleigao	10	Aquem
11	St.Inez	11	Chinchol
12	Mala	12	UHC Vasco
13	Pernem	13	Sada
		14	New Vaddem
		15	Vasco Baina



Dr Sushil Kumar Vimal,  
Deputy commissioner  
(NUHM),GOI visited UPHC  
Margao

# Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana (AB-PMJAY)

The flagship scheme of Hon'ble Prime Minister of India was launched in the State of Goa on 23rd September 2018, along with National launch. The objective of AB-PMJAY is to reduce catastrophic health expenditure, improve access to quality health care, reduce unmet needs and reduce out of pocket healthcare expenditures of poor and vulnerable families of the Socio-Economic Caste Census (SECC) 2011 database of the State.

**Eligibility Criteria:** The households included are based on the deprivation and occupational criteria of Socio-Economic Caste Census 2011 (SECC 2011) for rural and urban areas respectively. Any individual can check his/her eligibility under AB-PMJAY scheme by visiting the website i.e. [mera.pmjay.gov.in](http://mera.pmjay.gov.in) or [www.pmjay.gov.in](http://www.pmjay.gov.in).

### Salient features of the scheme:

- a.AB-PMJAY is the world's largest health insurance/ assurance scheme fully financed by the government.
  - b.It provides a cover of Rs. 5 lakhs per family
  - c.PM-JAY has defined 1,650 medical packages in Goa.
  - d.PM-JAY provides cashless access to health care services for the beneficiary at the point of service, that is, the hospital.
  - e.There is no restriction on the family size, age or gender.
  - f.Benefits of the scheme are portable across the country i.e. a beneficiary can visit any empanelled public or private hospital in India to avail cashless treatment
  - g.Over 10.74 crore poor and vulnerable entitled families (approximately 50 crore beneficiaries) are eligible for these benefits across India.
  - h.In the state of Goa, 36,431 families are eligible for the scheme. Out of which 9,808 families (26,594 individuals) have already been registered as on 10th January 2023.
  - i.A total of 37 public and private hospitals are empanelled the state of Goa.
- Various activities were carried out in the last couple of months to increase the awareness of the scheme in the state. Officials reached the ground level including PHC's, CHC's. Schools, Panchayats and even did door to door surveys to create awareness and identify and verify eligible beneficiaries for card creation. Same may be seen below:



# Ayushman Bharat Digital Mission (ABDM)

The nationwide rollout of Ayushman Bharat Digital Mission (ABDM) was announced by Hon'ble Prime Minister on 27 September 2021. It aims to develop the digital health infrastructure of the country.

It will make the data sharing easier across different stakeholders of the health system which will help clinicians and public health authorities make better decisions and provide timely interventions.

Benefits of ABDM

## 1. Benefit to the patient :

- Secure storage and access to own medical records and sharing with health care providers to ensure appropriate treatment and follow-up.
- Access to accurate information on health facilities and service providers.
- Tele-communication and e-pharmacy.

## 2. Benefit to the health care professional:

- Better access to access to patient's medical history (with the necessary informed consent) for prescribing more appropriate and effective health interventions.

## 3. Benefit to the Government

- Better access to data, enabling more informed decision-making by the Government.
- Better quality of data will enable advanced

analytics, usage of health-biomarkers and better preventive healthcare

- Better monitoring and appropriate decision-making to design and strengthen implementation of health programs and policies.

## Achievements

### 1. Health/ABHA IDs :

- ABHA IDs are generated during the registration of patients at both the District Hospitals.
- The GMK EMRI, which provides emergency management services also generate ABHA IDs of the patients.
- Till date 3,56,614 ABHA IDs have been created which corresponds to around 25% of the Goan population

### 2. Health Facility Registry (HFR):

- All the 290 Government hospitals are already registered under the HFR.

### 3. Health Professional Registry (HPR) :

- All the Health professionals working in public hospitals have been instructed to register under the HPR on priority basis.
- Till date 955 Health professionals including Doctors and Nurses have been submitted and been approved by the concerned councils.



Goa State received "Ayushman Utkrishtata Puraskar 2022" for Top Performing State For Maximum Saturation in Public Healthcare Facility Registry.



**Create ABHA in 1 minute**

All you need is

- AADHAAR NUMBER
- MOBILE NUMBER

**Health Records Anytime Anywhere**  
Store your health records digitally so that you can access and share as required

**Paperless Process**  
Get your medical information like lab reports, doctor prescriptions etc. digitally

**Freedom from Queues**  
Book online appointments and get queue-less OPD visit facility

**Easy Access**  
Get easy access to services from registered healthcare providers

**Teleconsultation Facility**  
Avail teleconsultation from verified healthcare professionals

7<sup>th</sup> Ayurveda Day is being celebrated on the occasion of Dhanwantari Jayanti across the state by all AYUSH OPDs & AYUSH Health & Wellness Centres. Several activities to create awareness regarding role of Ayurveda related various stages and walks of life. The Ministry of AYUSH had earmarked week-wise celebrations including Ayurveda Aahar, Ayurveda for General Well-being, Ayurveda for the Elderly etc. Activities were accordingly conducted in the periphery.

A state function was organized at GMC Auditorium Hall, Bambolim on 23<sup>rd</sup> October, 2022. It was graced by the presence of Hon. Minister of Health, Govt. of Goa Shri Vishwajit Rane and was also attended by Dean, Goa Medical College, OSD to the Hon. Health Minister, Principal of Ayurveda College, Director of Health Services. On this occasion 3

distinguished AYUSH Physicians namely; Dr. Geeta Patki, H.O.D. Streeroga and Prasuti Tantra and Dr. Sangram Keshari Das, H.O.D. Dravya Guna Dept. of Gomantak Ayurveda Mahavidyalaya and Research Centre, Shiroda and Dr. Bipin Salkar, Homeopathic Physicians practicing in Goa were felicitated at the hands of distinguished dignitaries.



A function 7<sup>th</sup> Ayurveda Day was also organized at CHC Sankhali which was graced by Dr. Pramod Sawant, Hon. Chief Minister of Goa to promote the spirit of Ayurveda Day in the state.

## 9<sup>th</sup> World Ayurveda Congress (WAC)

Close on the heels of the Ayurveda Day, the 9<sup>th</sup> World Ayurveda Congress (WAC) was organized in Goa between 8<sup>th</sup> – 11<sup>th</sup> Dec, 2022. In the outreach programme for the WAC the peripheral Centres under DHS conducted various sessions of awareness talks, camps etc. across the state. The AYUSH Physicians and doctors conducted various activities in the state.

Awareness regarding various therapies and treatments like Panchakarma, Ksharasutra, Viddha karma, Agni Karma, Cupping treatments for public benefit was highlighted in these programmes. Information regarding the various centres providing AYUSH health care especially the operationalization of new AYUSH Health & Wellness Centres was underscored for the public. A total of 124 camps were conducted under outreach programme with 12000+ beneficiaries for the same.

The WAC was received well by the public. The Valedictory function was graced by the Hon. Prime Minister of India, Shri Narendra Modi. In his august presence the Hon, Chief Minister of Goa, Dr. Pramod Sawant announced the establishment of a separate AYUSH Mantralaya for the state of Goa.





- National Quality Assurance Standards is a framework of Checkpoints & measuring elements to ensure Quality in care, service delivery, infection control, Bio Medical waste, documentation, etc.
- The facility conducts Self-Assessment & reported is sent on a quarterly basis to the state for review
- Continuous mentoring visits are done by the District Consultant to guide them in identifying the gaps and closing of gaps so that their scoring improves and they qualify for certification.
- A facility should score a minimum 70% or more to qualify as State Certified, followed by National Certification.
- Currently CHC Sankhali is a Nationally NQAS Certified facility with a score of 88%.

- PHC Chinchinim is a National Certified facility with a score of 88.05%
- SDH Ponda and PHC Darbandora National Assessment is done and are awaiting for results.
- State Assessment are done of North Goa District Hospital Mapusa, PHC Cansualim (Bedded PHC), PHC Navelim and PHC Corlim (Non Bedded PHC) and will be taken up for National Assessment.



Goa State received **"Ayushman Utkrishtata Puraskaar 2022"** for Top Performing State For Maximum Saturation in Public Healthcare Facility Registry.



Community Health Center, Sankhali becomes the first hospital in Goa to get the NQAS Certification in Private/Govt Sector; the CHC achieved 87% score in assessment based on quality of services provided

# IEC ACTIVITIES at Peripheral level

The various activities were conducted at peripheral level



Team from Directorate of Health Services-Goa had participated in the CLEAN-A-THON activity organised by Government of Goa at Miramar Beach 28th November 2022



Directorate of health services, Campal participated in Goa Sujonostav Mohostsav organized by Sarkari Karmachari Sanskrutik Manch, Goa at Ravindra Bhavan Margao for all Goa Government Employees on 29th and 30th October 2022. Health facilities/District Hospitals participated in various cultural events such as folk dance competition, Akash Kandil competition, Fashion show, Comedy skit, bottle painting competition, etc. Primary Health Centre Sanguem secured first place in folk dance competition and 1st consolation prize in Fashion show and trophy for maximum participation was secured by Directorate of Health Facilities.

### आयुष्मान भारत आरोग्य मेळाव्याचे उद्घाटन

भारत सरकारचे आरोग्य मंत्री नितीश कुमारे यांनी आयुष्मान भारत आरोग्य मेळाव्याचे उद्घाटन केले. या मेळाव्यात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या मेळाव्यात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या मेळाव्यात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल.

### भगतवाडा-काणकोणात मेगा आरोग्य शिबिर

आरोग्य मंत्री नितीश कुमारे यांनी भगतवाडा-काणकोणात मेगा आरोग्य शिबिर उद्घाटित केले. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल.



भगतवाडा-काणकोणात मेगा आरोग्य शिबिर उद्घाटित.



**खांडोळा : शिबिराच्या उद्घाटानंतर बोलताना मंत्री गोविंद गावडे. सोबत सरपंच विशांत नाईक, अध्यक्ष दिलीप नाईक, डॉ. ब्रेडा पिंटो.**

### खांडोळ्यात मोफत आरोग्य तपासणी

खांडोळा, ता. २ (प्रतिनिधी) : पत्राशीकडे लुकलेल्या प्रत्येक नागरिकाने किमान सहा महिन्यांनी आपली आरोग्य तपासणी करून घेणे गरजेचे आहे, असे मत कला आणि संस्कृती मंत्री गोविंद गावडे यांनी केले. वेतकी आरोग्य केंद्रातर्फे आयोजित शिबिरास सरपंच विशांत नाईक, पंच दिलीप नाईक, आरोग्य केंद्राच्या अधिकारी ब्रेडा पिंटो, उपसरपंच संजीवनी तळेकर, डॉ. स्नेहा बोरकर, स्मिता गावडे, शेखर चाडो उपस्थित होते. सूत्रसंचालन राज घाटवळ यांनी केले.



... has been awarded by Chief Minister of Jttar Pradesh Yogi Adityanath & Union inister of Health Mansukh Mandviya for ationalization of 201 Health and Wellness Centres in Goa

### शिरसई उपप्राथमिक आरोग्य केंद्रात वैद्यकीय शिबिर

शिरसई उपप्राथमिक आरोग्य केंद्रात वैद्यकीय शिबिर आयोजित करण्यात आले आहे. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल.



शिरसई उपप्राथमिक आरोग्य केंद्रात वैद्यकीय शिबिर आयोजित.



### दक्षिण गोवा जिल्हा इस्पितळ

दक्षिण गोवा जिल्हा इस्पितळात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या इस्पितळात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल.



### पैंगीण येथील आयुर्वेदिक आरोग्य शिबिराचा ७२ जणांना लाभ

पैंगीण येथील आयुर्वेदिक आरोग्य शिबिराचा ७२ जणांना लाभ मिळाला आहे. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल.

### दक्षिण गोंय जिल्हो हॉस्पिटलांत भलायकी शिबीर : 125 दुयेंतींनी घेतलो लाव



दक्षिण गोंय जिल्हो हॉस्पिटलांत भलायकी शिबीर आयोजित करण्यात आले आहे. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल.

View Article  
paper.dainikgontak.com

स्तर कॅन्सर तपासणीचा महिलांना मोठा लाभ : जस्मिना नाईक  
खांडोळा (प्रतिनिधी) : घुबरात पचाईतल्या स्तर कॅन्सर तपासणीसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल. या शिबिरात आरोग्य सेवा सुधारणेसाठी घेतले जाणाऱ्या उपायांचे अर्थबळ ठरवण्यात येईल.

# Deen Dayal Swasthya Seva Yojana

Presently DDSSY Scheme is being run departmentally through the TPA – MD India Health Insurance TPA Pvt. Ltd . Payments are made directly by the DDSSY Cell of the DHS.

A total of 447 medical procedures are covered under the Scheme. A total of 39 private hospitals and 8 Government Hospitals , 13 private Hospitals outside Goa have been empanelled.

Covid -19 treatment was included as 448 procedure under DDSSY for the period

from 05/05/2021 to 14/06/2021. Further, Government vide Order No. 23/20/2014-I/PHD/Part IV (A)/1326 dt 14/06/2021 denotified the treatment under the entry 448-Covid-19 under DDSSY Scheme.

The Budgetary provision for the Financial year 2022-2023 under the Head of Account: 2210 – Medical & Public Health, 80 – General, 800 – Other Expenditure, 25 – Din Dayal Swasthya Suraksha Yojana (P), 50 – Other Charges is Rs. 65.00 Crores.

Total active cards for policy year 2022-23 for period October 2022 to December 2022 is 294264 & 5177 no. of beneficiaries took benefit of the scheme. Total corpus received is Rs.30,04,80,289/- during the current Financial year and Rs. Rs.30,04,74,052/- utilized for of claims settled .

## Super Specialty treatments are covered under the scheme:

<u>Sr. No.</u>	<u>Nature of Sickness</u>	<u>Permitted ceiling limit for Treatment</u>
(i)	CAPD Dialysis	15000 P.M 15600 P.M
(ii)	Plastic surgery.	1.5 lakhs
(iii)	ICU, NICU, PICU, Trauma Care	1.5 lakhs
(iv)	CABG/PTCA(Angiography & Angioplasty)	1.5 lakhs
(v)	Open Heart Surgery (Valve replacement, MVR, VSD, ASD)	3.00 lakhs
(vi)	Kidney Transplantation	3.00 lakhs
(vii)	Neuro Surgery	3.00 lakhs
(viii)	Radio therapy/Chemotherapy(Cancer)	5.00 lakhs
(ix)	Cochlear implant	1.5 lakhs
(x)	Spastic child, cerebral palsy, skeletal deformities	1.5 lakhs
(xi)	And Bone Marrow Transplant	8.00 lakhs

@ Rs.1300 per Dialysis for 12 dialysis

or actual expenses  
Whichever is the least.

## MONTH WISE NUMBER OF PATIENTS & EXPENDITURE UNDER MEDICLAIM (2022-23)

Month	Total Number of patients	Expenditure Rs. in lakhs.
October	8	2,30,508/-
November	11	12,55,728/-
December	14	8,89,431/-
<b>Total</b>	<b>33</b>	<b>23,75,667/-</b>

## 15th CRM Team Composition - Goa

15th Common Review Mission team visited Goa between 4th to 11th November 2022. The following members were the part of the team

		Name	Designation	Organization
1	Team Leader	Dr. J N Srivastava	Advisor, QPS	NHSRC
2	Govt Officials/	Dr. Srinibash Sahoo	Research Officer	RARIM & MR
3	Other Ministry	Ms. Taijshee		
4		Ms. Manisha Verma	Consultant, WCD	NITI Aayog
5	Consultants (MoHFW/ NHSRC)	Dr. Aman Sharma	Consultant, HMIS	MoHFW
6		Dr. Devaki A	Consultant, QPS	NHSRC
7		Dr. Aakanksha Verma	Sr. Consultant, KMD	NHSRC
8	RCH	Mr. Muniraju SR	Consultant, HRH HPIP	NHSRC
9	Development Partners	Mr. Angshuman Moitra	Consultant, AH	MoHFW
10		Dr. Nadeem Akhtar	Senior Project Officer	UNDP, Chhattisgarh
11	Academic Institutions	Dr. Harshad P. Thakur	National Program Officer	JHPIEGO, Delhi
12		Dr. Varsha Tanu	Professor	TISS Mumbai
13	SHSRC	Dr. Manju Madhavan	Associate Professor	IHMHR Jaipur
			Research Officer	SHSRC Kerala



### District Hospital Index (Round II)

NITI Aayog initiated the 2nd round of the District Hospital Index for the reference period of 2020-21 and 2021-22, where the data verification of Health Management Information System (HMIS) indicators vis-a-vis their corresponding physical records were checked.

In view of the above, Mr. Kanishak, Assessor from IQVIA (Independent validation Agency) visited District Hospital, North Goa on 12th & 13th Dec. 2022 along with Shri. Satyajeet Patil, State Data Manager, NHM, DHS.

Mr. Amit Saxena, Project Lead, ePMU, HMIS-MoHFW along with Ms. Purnima Kerkar, District Data Manager, NHM joined the above team to visit, District Hospital, South Goa on 14th & 15th December 2022. HMIS data verification was carried out at both the Hospitals with support from District Hospital Officials.

Team also visited DHS office to brief Director of Health Services.



# VISITS / INSPECTIONS

## NHSRC team visit

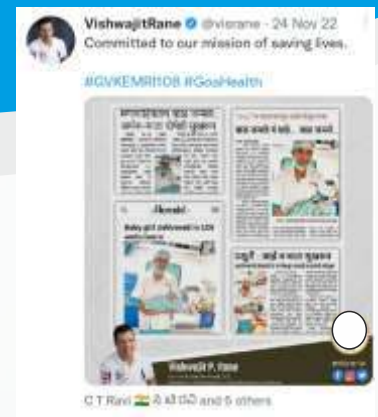
Dr.(Flt Lt).M.A.Balasubramanya, Advisor, NHSRC alongwith Dr. Vijaya Salkar and team visited Goa. The following activities were conducted by them:

- Visit to RMD HWCs Chorao
- Visit to SC HWCs Vante
- Visit to Jan Arogya Samiti (JAS) at HWC Chorao where they interacted with the JAS members and given necessary guidance.
- Visit to PHC HWC Dharbandora.
- Visit to Mahila Arogya Samiti (MAS) and interacted with thier members and given necessary guidance
- Visit to Dean, Goa Medical College
- Meeting with Health Secretary and submitted their report



# Tweets/ Facebook/ instagram posts etc

## Some of the important tweets



<https://dhsgoa.gov.in/>

<https://nhm.goa.gov.in/>



A one day National Maternal Health Workshop was scheduled in JW Marriott Hotel, New Delhi on 14th December 2022. The State of Goa was awarded the **Best Performing State in SUMAN Notification** in the Small State category: Dr. Rajendra Borkar, Chief Medical Officer, State Family Welfare Bureau, Directorate of Health Services, Goa received the award at the hands of Dr. Bharati Pravin Parwar, Hon'ble Minister of State for Health & Family Welfare, MOHFW, GOI.



# Health Days/ Weeks observance

Various Health Days/ Weeks/ Fortnight / Months were observed by various sections/ programmes under DHS

## IEC Stall

Ministry of Health & Family Welfare  
Government of India

Did you know ?  
Only 4% of Indians with serious illness have access to Palliative Care.

On occasion of  
**WORLD HOSPICE & PALLIATIVE CARE DAY 8 OCT 2022**

We invite you all involved in health profession to join us for an  
**ORIENTATION & AWARENESS ON PALLIATIVE CARE**

Join us to learn more about Palliative care and ways you can make it accessible to your patients.

Event Meeting Details  
Meeting ID: 863 8279 7823  
Passcode: 181022  
Saturday, 8th October 2022  
10:00 AM to 11:00 AM IST

Ministry of Health & Family Welfare  
Government of India

**WORLD MENTAL HEALTH DAY**  
10<sup>th</sup> October 2022

Let us make mental health & well-being for all a global priority

Government of Goa  
DIRECTORATE OF HEALTH SERVICES  
STATE FAMILY WELFARE BUREAU  
Campal-Panaji-Goa

Our time is now-  
Our Rights,  
Our Future

Celebrates  
**International day of the GIRL CHILD**  
11<sup>th</sup> October 2022

Ministry of Health & Family Welfare  
Government of India

**GLOBAL HAND WASHING DAY**  
15<sup>th</sup> October 2022

**Why is handwashing important?**  
Handwashing with soap is an easy, effective and affordable way to protect yourself from infections by removing pathogens from hands.

Ministry of Health & Family Welfare  
Government of India

**World Food Day**  
16<sup>th</sup> October 2022

**Better nutrition for Better health & Better life**

Our actions are our future. Eat well today for a healthier tomorrow!

Ministry of Health & Family Welfare  
Government of India

सुरक्षा के महत्वों पर ध्यान केंद्रित करें  
आघात से होने वाली क्षति से बचें

**विश्व आघात दिवस**  
17 अक्टूबर 2022

Ministry of Health & Family Welfare  
Government of India

**WORLD DAY STROKE**  
29<sup>th</sup> October

**WHAT IS A STROKE?**  
Stroke occurs when the blood supply to part of the brain is severely reduced or there is bleeding from blood vessels, resulting in damage to brain tissue

Ministry of Health & Family Welfare  
Government of India

**National Cancer Awareness Day**  
7<sup>th</sup> November

**CANCER CAN BE PREVENTED**

- Get vaccinated for Hepatitis-B
- Stay away from tobacco & alcohol
- Self-examination for breast cancer detection
- Regular screening for early detection of cancer
- Maintain personal hygiene
- Protect yourself from environment pollution
- Eat healthy diet increase intake of fruits & vegetables
- Stay physically active and maintain healthy weight

**ADOPT HEALTHY LIFESTYLE & STAY AWAY FROM RISK FACTORS**

Ministry of Health & Family Welfare  
Government of India

**World Immunization Day**  
10<sup>th</sup> November

Please Vaccinate your Child against all vaccine preventable diseases at your nearest Health Center

**VACCINATION SAVES LIFE  
VACCINATION IS FREE OF COST**

Ministry of Health & Family Welfare  
Government of India

**World diabetes day**  
14<sup>th</sup> November 2022

**RISK FACTORS OF DIABETES**

- Sedentary Lifestyle
- Family History of Diabetes
- High Blood Pressure
- High Cholesterol
- Excess Body Weight

Ministry of Health & Family Welfare  
Government of India

**World Pre Maturity Day**  
17 November 2022

**Some of the common causes of prematurity**

- Maternal health problems such as hypertension, diabetes, or infection
- Problems with the placenta or umbilical cord
- Multiple births (twins, triplets, etc)
- Smoking, alcohol use, or drug use during pregnancy
- Certain medications used during pregnancy
- Poor nutrition during pregnancy
- Stressful life events during pregnancy

Ministry of Health & Family Welfare  
Government of India

**CARE OF NEW BORN**

**Please Remember:**

- Keep the baby warm
- Start breastfeeding within 1 hr of birth
- Feed the baby only mother's milk
- Do not bathe the baby for the first 48 hours
- Keep the cord dry
- Keep baby away from sick people
- Special care if < 25 kg at birth

**Newborn Care Week**  
15-21 November 2022

Ministry of Health & Family Welfare  
Government of India

**This World AIDS Day, NACO pledges to address inequalities and help end AIDS as a Public Health threat**

**1097**  
Call or Text Free Helpline

Download NACO AIDS APP





## Days to be observed:

- 30<sup>th</sup> January 2023-Anti Leprosy Day
- 27<sup>th</sup> February 2023-National Deworming Day
- 20<sup>th</sup> March 2023- World Oral Health Day
- 24<sup>th</sup> March 2023-World TB Day

