



Society for Community Health Awareness, Research and Action (SOCHARA)

Reaching the 25th Milestone in Our Community Health Journey



Looking ahead beyond the Silver Jubilee

ANNUAL REPORT
April 2015 - March 2016


“The quest for a people-oriented health system has to be a new vision, a new attitude of mind and a new value-orientation in health action intertwined closely with efforts to build an alternative socio-political-economic-cultural system in which health can become a reality for all people.” Community Health • In Search of Alternate Processes by Community Health Cell, 1987, SOCHARA, Republished in 2011.

Cover Photograph: Celebrating Fellows' Day with CHLP Fellows of Batch 12 at SOCHARA in Bengaluru, December 2015.



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INTRODUCTION – Coming together! Staying together

SOCHARA was registered on 16th April 1991. Eleven people came together with a shared conviction in the idea of SOCHARA being a platform to contribute to community health. This was an important step in a journey with earlier roots. A group of four persons initiated the Community Health Cell, a study-reflection-action experiment in 1984, guided by a wise council of three. Staying together, growing and making a small difference in the quest towards Health for ALL became possible with the support

and solidarity of many partners and fellow travellers. Multiple strategies evolved over the years. They grew around the six SOCHARA objectives. Society members, team members, community health fellows, alumni, like-minded spirits in government, civil society and academia, holding diverse views worked together. Difficult moments added both insight and strength.

This preparatory year for the silver jubilee encompassed multiple activities reported in this pages.



Figure 1: Cartoon depicting 'Building Community Health', Community Health Cell, Bengaluru.

The **Community Health Learning Programme (CHLP)** for health equity in India, conducted through the SOCHARA School of Public Health, Equity and Action (SOPHEA) was a major initiative anchored in Bengaluru. Batch 12 were the focus of the year with 9 men and 9 women full time participants from seven states in the country: Meghalaya, Madhya Pradesh, Orissa, Andhra Pradesh, Karnataka and Kerala. They came from multidisciplinary backgrounds, having completed a postgraduate degree. Several were from the discipline of social work, while others were trained in management, medicine, pharmacy, public health, dentistry and psychology. With the programme in the final year of phase three, a Dissemination Meeting was organised in December 2015 to share key learning from this phase with an audience drawn from academic, research and civil society work situations. The annual alumni and mentors meetings and a meeting of the Academic and Research Council (ARC) were linked to this meeting. It was an opportunity for community health fellows, members of the ARC and SISEC (SOCHARA Institutional Scientific and Ethics Committee), and participants from diverse backgrounds to meet each other and build community.

Mainstreaming SOCHARA experience in Public Health and Community Health Education during the year was significant. Sessions on health movements and

campaigns integrated with SOCHARA's perspective of equity and 'Health for All', were facilitated for institutions, organisations and groups located across three continents.

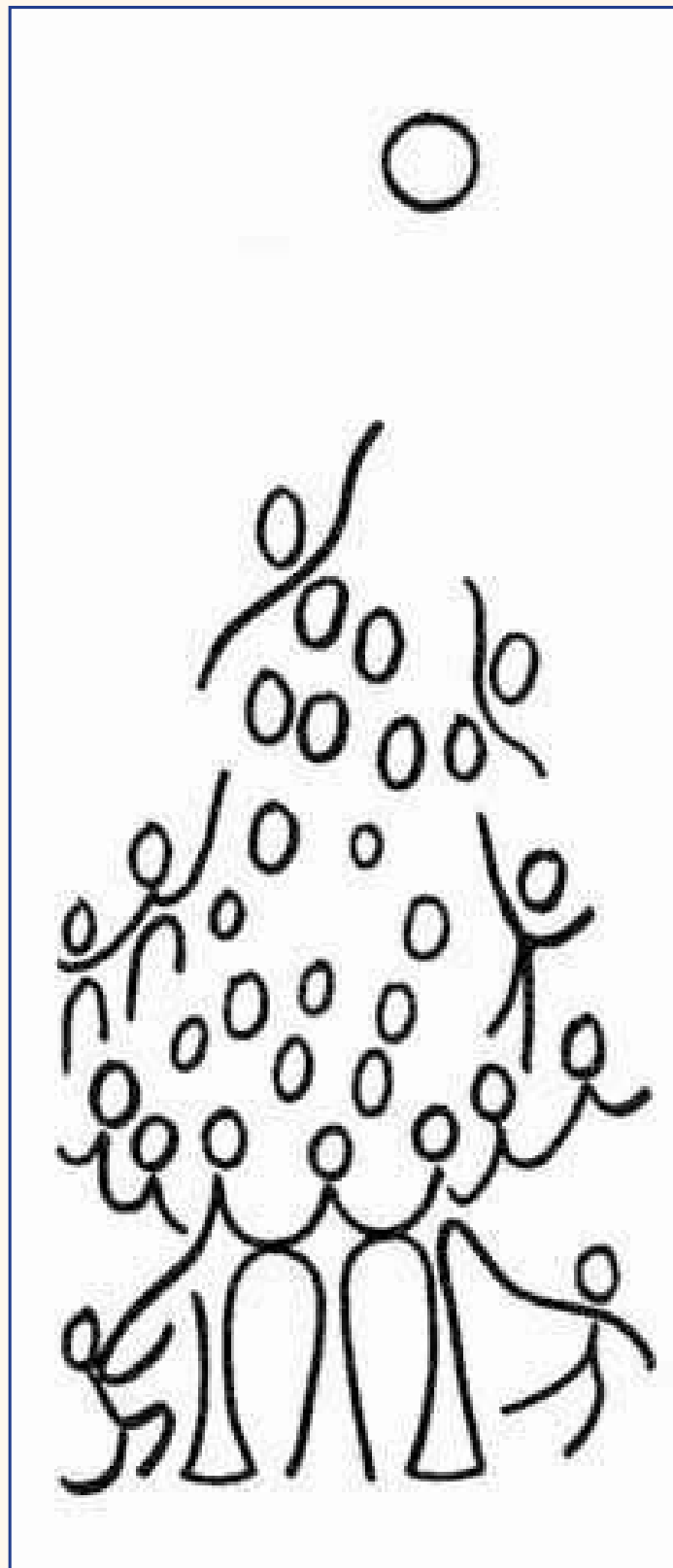
Other initiatives in focus were: environmental health, primary health care, strengthening the public health system, community action for health and child under-nutrition. **Environment and health** initiatives were carried out in all three states where SOCHARA clusters are established viz. Karnataka, Tamil Nadu and Maharashtra. Another focus in Maharashtra was on climate change. Karnataka and Tamil Nadu teams worked on **water and sanitation**. A **community health approach to the Swacha Bharat Mission's** agenda was included in a few places. The **strengthening of the public health system** was an advocacy issue of the *Makkal Nalavazhuvu Iyakkam* (MNI) the Tamilnadu chapter of *Jan Swasthya Abhiyan* (JSA). The JSA is the People's Health Movement in India, part of the global People's Health Movement (PHM). '**Community action for health**' in 6 *panchayats* in Dharmapuri district was a continuation of an earlier initiative with the public health system of the Tamil Nadu government. **Nutrition related work** was undertaken in Madhya Pradesh. The Women and Child Development Department (WCD) facilitated a proposal by the Madhya Pradesh cluster to work

with them in 10 districts, including Bhopal, with a letter of understanding. Policy process and capacity building continued through engagement with the National Health Mission at state and national level. **Networking** around mutual areas of interest with government agencies and civil society organisations continued.

Processes for **internal system strengthening** within the organisation have evolved since registration 25 years ago. With the development of SOPHEA through the third phase of the community health learning programme, the ARC, SISEC and web communication became stronger. This year saw preparations for a leadership transition through a collective process of internal reflection and dialogue. The change will take place during the coming year, 2016 at the time of the Annual General Body Meeting.

The Annual Report is organised and woven around the Objectives of the Society. SOCHARA

- Creates community health awareness
- Supports community health action
- Undertakes research in community health policy issues
- Evolves community health educational strategies
- Dialogues with planners on community health oriented policies
- Establishes community health library and information centres.



Source: Community Health Cell,
Shirdi Prasad Tekur

1. CREATE AWARENESS REGARDING THE PRINCIPLES AND PRACTICE OF COMMUNITY HEALTH

SOCHARA's efforts continued this year with particular focus on using a community health approach to address issues related to water and sanitation. In addition we engaged in advocacy and policy engagement as part of a broader collective effort in the country to strengthen the public health system and enable community action for health.

initiative by SOCHARA to strengthen two Primary Health Centers (PHC) and work on a few issues with the population covered by them in Srinivasapura Taluk and Mulbagal Taluk of Kolar district respectively. Financial support was by the corporate social responsibility funds of Quality Systems India Healthcare Private Limited



Photograph 1: The Art and Cultural Troop performing a Kalajatha as part of the campaign.

Community Health Awareness and approach to water and sanitation issues

Initiatives in Karnataka

a) The Kolar Comprehensive Primary Health Care (KCPHC) Initiative is an

(QSIH), a Bengaluru based software firm developing and marketing healthcare information systems that automate certain aspects of medical and dental practices. After preparatory discussions and field visits, the Directorate of Health and Family

Welfare, Govt. of Karnataka approved the initiative. Discussions with district bodies and officers including the District Health Officer, community members and NGOs helped develop the plan. This was conducted between January and March 2016.

A media campaign was planned as a part of the initiative to create community awareness on water, sanitation and health and increase knowledge of the *communitisation* component of the National Health Mission (NHM). Team SOCHARA felt that *Kalajathas* (street plays) would be a relevant medium of communication. The *Karnataka Jnana Vijnana Samithi* (KJVS), a group dedicated to increasing the scientific temper in the state and a long-time partner in the People's Health Movement, was selected as the implementing partner. Planning, developing the script and practicing for performances created energy. Community

members were informed about the *Kalajatha* a day prior to the event. Members of *Gram Panchayats* were involved in most villages, mobilising the community, arranging food and accommodation for the artists, many of whom were local college students. The performance combined songs and drama over an hour, highlighting the importance of sanitation in prevention of mosquito and house-fly borne diseases, together with the role of Village Health Sanitation and Nutrition Committees (VHSNC). Between 50-300 people joined each performance, and 21 villages in both PHC areas were reached. The *Kala Jatha* troupe also performed and were felicitated at the CHLP dissemination meeting in April 2016, at the St. John's open air amphitheatre, with the setting sun providing a backdrop.

b) Team members were active over several months, networking with partner organisations and the municipal



Photograph 2: Meeting with rural communities in Tamil Nadu to promote sanitation

corporation in Bengaluru, for a “**Health in Slums**” Symposium being jointly planned and organised in April by Professor Luc from the Netherlands, Bangalore Baptist Hospital, Manipal Medical College and SOCHARA.

Initiatives in Tamil Nadu

The SOCHARA team visited semi-urban areas near Thanjavoor orienting members of Self Help Group (SHG) members and communities on solid and liquid waste management. There was an interest to work on these issues. Audio visual aids on waste management in the local language were used. Waste segregation, low cost waste management technologies, converting waste to wealth, and local problems in waste collection were discussed. The group agreed to work on waste management, starting from their household by proper segregation, waste reduction and avoiding plastic bags in their homes.

The team visited Penagaram village in Dharmapuri district to understand local sanitation practices. Twenty community members were oriented on the importance of toilets, personal hygiene practices and construction of toilets using low cost technology with locally available materials.

The team visited nearby rural areas around Thanjavoor to understand the sanitation conditions. They found that out of 256 households, only 52 had toilets, and most men were not using them. Therefore, they

mobilised about 35 community members for a discussion on sanitation using the CLTS method of triggering activity through exercises. During the triggering activity the team felt most community members understood the problems associated with open defecation, gender, mental health, and cultural aspects. The community also agreed to achieve total sanitation by August 2016 by constructing toilets in each house and evolving a system for solid and liquid waste management. They requested technical support to construct low cost toilets.

Strengthening Village Health Water and Sanitation Committees (VHWSC) in selected villages of Dharmapuri continued this year. Regular field visits, meetings with VHWSC members, and the following specific activities were conducted.

A. Photo Voices to strengthen VHWSCS

One of the major activities was training VHWSC members to use the photo voices method to strengthen the health of their village. A team member facilitated this in two districts viz, Dharmapuri and Vellore through partner organisations DHVANI (Dharmapuri Voluntary Agencies Network Initiative) and DAS-CBR (D Arul Selvi Community Based Rehabilitation), Tirupattur.

A team member with Mr. S.Kamaraj and Mr. N. Velliangiri deputed by partner organisations participated in a national training on photo voices organised by COPASAH (Community of Practitioners of Social Accountability in Health) in January. Subsequently the facilitators trained VHWSC members in three selected Panchayats of Vellore and Dharmapuri districts on 17 & 18th March 2015. Fifteen VHWSC members were trained, and later utilised their skills in photography, presentation and dissemination. They engage in advocacy with the public service delivery systems for sustainable change.

B. Video Voices

COPASAH organised a workshop from July 2-4 in Vadodara. This was for experiential sharing in the use of Photo Voices, and to learn about Video Voices. The Tamil Nadu team who led the photo voices along with Ms. Saraswathy from DAS-CBR participated. Based on inputs received, the team plans to train VHWSC members on Video Voices from select Panchayats of Dharmapuri and Vellore districts, to strengthen community participation in the health sector.

C. Sanitation for all

As a follow-up to the Photo Voices process, sanitation was the theme identified for action by Pavalanthur Panchayat in

Pennagaram block, Dharmapuri district. There were multiple rounds of discussions and facilitation to motivate community members to build toilets by Mr. Suresh and Mr. Prahalad from SOCHARA. Based on this the community felt the need for a hands on training program on low cost usable toilets and sensitization program on safe water and total sanitation. On 21st and 22nd June SOCHARA and DHVANI jointly organised a training program for 32 Panchayat Raj members on “the role of PRIs in Safe Water and Total Sanitation”.

D. Field visits to strengthen the Community Action for Health (CAH) process

As part of continuing CAH field activities in Dharmapuri district, regular visits were made with the objectives of facilitating community action by supporting VHWSNC members in the field on identifying issues, discussing and resolving through planning and action. Six *panchayats* were covered with special focus on two *Panchayats*. Continuous efforts were made to organise them in the village by communicating the information to all the stakeholders of the project i.e. health system staffs (Medical Officer, Village Health Nurse, Health Inspector, Staff of the Integrated Child Development Scheme and Panchayati Raj Institutions), and NGO partners.



Photograph 3: A CAH meeting in Thiruvallur district of Tamil Nadu

Initiatives in Madhya Pradesh

The team in Madhya Pradesh continued to work on childhood under-nutrition and related issues of child health, sanitation, and immunization. Networking with other NGOs in the area of maternal health, advocacy and lobbying with the state government were the other activities by the team.

Other

- a. A meeting was organised by SOCHARA on 27th April 2015 to discuss the Nepal Earthquake and our response as part of the Bengaluru response. One of our short term community health fellows Ms. Yomri had gone for a month to

Kathmandu as part of a Bangalore response team, all of whom shared their experiences. SOCHARA team members donated a day's salary for the cause, to be routed through an NGO working



Photograph 4a: Yomri Dabi, CHLP Flexi Intern engages with children of Changu village, Nepal through games, dance, art and craft to enable them to express their feelings about the then-recent Nepal earthquake, April 2015

there. SOCHARA has responded to several disasters and learnt from them. A community networking approach is adopted as part of empowerment and sustainability.

b. Dr. Thelma gave a Keynote Address at an International Conference organised by the Dept. of Social Work, Loyola College, Chennai on 12th February 2016 on the Sustainable Development Goals and also took a session on Community

Health and Sustainable Development. This was widely attended by MSW students, faculty and NGOs, with lively discussion.

c. Dr. Thelma gave an Address on “The Unshackled Woman” on 12th March 2016 on the occasion of the 50th Jubilee of the Young Women’s Christian Association (YWCA) Bangalore City Branch. Those present were a committed and active group of women of all ages.



Photograph 4b: Yomri Dabi, CHLP Flexi Intern engages with children of Changu village, Nepal through games, dance, art and craft to enable them to express their feelings about the then-recent Nepal earthquake, April 2015

2. PROMOTE AND SUPPORT COMMUNITY HEALTH ACTION

The team undertook a variety of community health activities through different platforms. Besides continued focus on sanitation, we provided support to organising national and state level public hearings, and supported flood relief efforts, among others.

Action on water and sanitation

Initiatives in Karnataka

Team members of SOCHARA and 'Aa' Foundation a partner organisation, visited Upparalli village in Malur block in Kolar

district. The following activities were undertaken during the visit: 20 degree college volunteers had come to the village through Aa Foundation, through them around 200 plants were distributed to the community. The purpose of planting the saplings was to create awareness among the community on saving the environment. Masons and individuals from the community were trained on digging a pit for toilet construction. The team also had discussion with community and masons on the need for honeycomb structure toilet,



Photograph 5: Team members meet with community women to discuss sanitation in Malur, Kolar district of Karnataka

technical specification on foundations for toilets and toilet basin placement.

The foundation was laid for construction of 10 toilets. Local masons were trained using M-sand (crushed stone powder) instead of sand for the foundation, basement and superstructure construction part. The purpose of the using m-sand was that it is highly durable and less quantity is required for construction. Masons were trained on installation of the pan and P-Trap for one toilet construction. The team explained the importance of proper installation of P-Trap and toilet basin and discussed with masons and community regarding financial needs and number of days required for construction of toilets. They oriented masons for constructing the superstructure in a household. Regular follow-up was done by the team, along with local teachers and Gram Panchayat members.

'Aa' Foundation organised a one-day workshop on Environmental Sanitation and Community Health for elected representatives and school teachers of Aralere Gram Panchayat in Malur, Kolar district. Participants were oriented to the 'Swacha Bharath Mission', role of elected representatives and school teachers in improving sanitation conditions in the rural areas, public health impact of open defecation, and using appropriate technology for construction of low cost toilet models.

Community Health Approach promoting medicinal herbal gardening

One of the objectives of the KCPHC initiative was to improve the utilisation of services of the two selected PHCs viz. Addagal and Tayalur. Community members were trained on medicinal herbs in collaboration with the Foundation for Revitalization of Local Health Tradition (FRLHT), a long-time networking partner of SOCHARA. A capacity building programme for ASHAs, ANMs and Self Help Group members was conducted for 31 participants, of which 25 were community members. We received an overwhelming positive feedback from the participants. The women were extremely appreciative of the learning and felt they had gained a lot of knowledge regarding the use of medicinal plants and establishment of herbal gardens. Participatory methods for learning were used in the training.

For many women, this was their first opportunity to travel outside Kolar district. They described it as an 'enriching experience' and many asked for follow-up training as they felt that one day was not enough to learn about herbal gardening. The participants were also very enthusiastic about setting up the herbal garden in their own homes, if they were provided further

support. They promised to be present when the FRLHT team came to set up herbal gardens in their PHCs and increase awareness about the use of medicinal plants in their communities.

Following the training, herbal gardens were established in both PHCs. The FRLHT garden staff brought all the materials (plants, fertilizer, soil, wood for fencing) for the gardens from Bengaluru.



Photograph 6: Herbal Garden created in the campus of a Primary Health Centre

SOCHARA provided the fencing wire and water pipe. The plant selection and garden map were prepared to suit the soil/water/weather conditions of Kolar. Twenty-one medicinal herbs were planted.

Improving drinking water and sanitation facility in Higher Primary School, Addagal

Drinking water should be safe and potable. Kolar district is drought prone with less rainfall and the ground water used for

drinking has a high fluoride content. The team identified a school in Addagal village, Srinivaspura taluk and had conversations with the headmaster on the existing drinking water facility in the school. Based on his suggestion regarding the need for a water filter for drinking water for the children, we provided one unit of AQUAGUARD PRO (RO+UV+TDS regulator) water filter along with a steel container.

Toilet construction in 3 villages in Kolar districts

The SOCHARA team went to Aralere Gram Panchayat of Malur in Kolar district for discussions on toilet construction and mason training. Rotary Club has provided funds to 'Aa' foundation for construction of toilets in Aralere panchayat. Technical guidance on toilet construction and further training was provided by SOCHARA to Aa foundation. It was suggested to 'Aa' Foundation that providing money to



Photograph 7: Masonry training on Toilet Construction at Aralere village.

community is not helpful in achieving sustainability. Instead they could provide financial support to self-help groups as they will use it as a revolving fund (Interest free Loan) which can be encouraged for the construction of toilets.

During the meeting we had discussion with local masons for the construction of low cost toilet models as CLTS training has already happened in the village and mason training could be planned for the construction of low cost toilet model. Community members agreed to mobilize material for the construction. It was decided to construct 100 toilets in 3 villages in Phase-1. Initially the plan was for 10 toilets and based on the learning's we could change our plan on construction of other toilets. A collective decision was made on how to take this forward, and the roles of the each of the partners involved was clarified. It was decided that the community will take a lead role in the initiative. 'Aa' Foundation and SOCHARA will provide the technical support and guidance.

Elder Care

The team and community health fellows supported FEDINA in a protest on 1st October 2015 World Elders Day with regard to a programme serving hot meals to the elderly poor in Bengaluru, a programme that had been discontinued by the BBMP (Bruhat Bengaluru Mahanagara Pallike)

the city municipal corporation. FEDINA (Foundation for Educational Innovation in Asia), one of the early groups to organise the elderly poor, is a partner organisation. One of the CHLP alumni works with FEDINA and community health fellows are placed there. We have ongoing interactions on various issues.

Initiatives in Tamil Nadu

a. Fact finding on Tamil Nadu public health system's front line workers strike

In April, both the government doctor's association and Village Health Nurses' (VHN) association of Tamil Nadu had called a state - wide strike. In both association's the strike was triggered by the action taken by the public health department on their members working in Aalangudi Primary Health Centre (PHC), Tiruvaroor district. SOCHARA and Makkal Nalavazhvu Iyakkam (MNI) sent a team to Tiruvaroor to understand the situation. The team comprising Dr. Shanmuga Velayudham (General body member, SOCHARA), Mr. Ameer Khan, team member SOCHARA, Mr. Francis, member MNI, Mr. Jayavelu and Mr. Govi. Narayanasamy of CRPF Tamil Nadu. They met the local Village Health Nurses (VHN), male staff members, medical officers including the block medical officer of the Aalangudi block

PHC on 24th April 2015. The team wrote a fact finding report. Key recommendations include: the need for objective action by the public health department on both the VHN and the concerned PHC medical officer; taking larger level initiatives to avoid the occurrence of such incidents in other PHCs; requirement for a proper grievance redress mechanism to resolve complaints by its own staff etc. The report was submitted to higher officials in the state health department, Chennai. It was also circulated to many civil society groups.

b. Statement on Doctor's strike

In May, the private doctor's association and related hospitals called for one-day state wide strike in Tamil Nadu with a few demands. The government doctor's association also supported their strike. As a response to this, Makkal Nalavazvu Iyakkam (MNI) issued a statement to critique some of their demands such as abolishing the patient's rights to take legal action on doctors under the Schedule Caste Protection Act, police protection for all the private health care institutions etc. MNI also supported their demand for an increased role by the government regarding drug safety.

c. State Council for Protection of Child Rights (SCPCR)

The government body to protect child rights in Tamil Nadu organised a

consultation to formulate the policy to protect child rights in the state on 21st May 2015. A SOCHARA member was invited to present its view and recommendation on child health policy formulation. The suggestions included: strengthening health sub-centres, modification of the maternity benefit scheme, reduction of corruption and strengthening of village committees in health, school and in the Integrated Child Development Scheme. Many higher government officials from the health, social welfare and social defence department along with selected civil society representatives participated in this consultation.

d. Public hearing on the Right to Health by the National Human Rights Commission (NHRC) and Jan Swasthya Abhiyan (JSA)

JSA joined hands with the NHRC to conduct a series of regional public hearings on the Right to Health Care covering different states of the country. A similar exercise was undertaken earlier in 2004. As part of this initiative the JSA convened its National Coordination Committee meeting (JSA-NCC) on 7th & 8th June 2015 to discuss the modalities to organise this program. The proposed hearings intended to focus on both the public and private health care sector from a people's health rights perspective. In order to strengthen the public sector and to regulate

the private sector in health care, individual case studies, research papers and experts' opinion were to be collected and presented to the NHRC. For this purpose, the country was grouped into seven regions. Each region comprises of 4 to 5 states and the hearings were planned to be held between November 2015 to March 2016. However due to various reasons the western regional public hearing alone was held in the month of February 2016.

Despite the withdrawal of NHRC to organise the other regional public hearing, the MNI had carried out meetings at state and regional level with or without support of NHRC as it had done a lot of preparatory activities with the objective of hosting the public hearing

- **State level preparatory meetings**

Several meetings were held between July 2015 to March 2016 to discuss various activities related to the southern region public hearing. In these meetings orientation on the process, rationale behind JSA's involvement in the process, specific issues to be focussed in Tamil Nadu, potential alliances and strategy to conduct successful hearings including district level meetings, resource mobilisation, time line etc. were discussed.

- **Regional meetings**

Apart from the above state level meetings, regional and national meetings were

held to prepare for the hearing. Regional meetings were held in the following places; Chennai, Dharmapuri, Trichy, Coimbatore, Puducherry and Tirunelveli. Many civil society organisations representatives participated and shared issues which they want to highlight in the public hearings. In each meeting detailed plans were made to collect case studies for the public hearings.

In September 2015 the unit hosted the southern state regional preparatory meeting with representation from Kerala, Karnataka, Andhra Pradesh, Telangana, Tamil Nadu and Puducherry states along with the national coordinating team from SAATHI, Pune a partner organisation.

Over the months of September to November 2015 through coordinated efforts, the movement collected more than 22 case studies / testimonies, which were planned to be presented in the public hearing / dialogue scheduled in the month of December 2015. This was postponed due to the unprecedented floods in Chennai.

A SOCHARA team member participated in several meeting held from October 2015 to February 2016 at the national level in preparation of the public hearing organised by the JSA. Followed by which the SOCHARA-CEU team had meetings with the Tamil Nadu Health Secretary Dr. Radha Krishnan, I.A.S and with the Joint Secretary of NHRC Mr. Kochar I.A.S. in the December.

e. Support to the Tamilnadu Mental Health Forum

A group of interested individuals had started the mental health forum in Tamil Nadu to promote mental health rights in the state. Since the objective is of interest to SOCHARA the unit extended its support for its activities. One of the team members attended a brain-storming meeting held in the month of June at Loyola College, Chennai. Another team member of SOCHARA along with an intern helped in organising the mental health rally in Marina beach on the occasion of world mental health day on 10th October focusing on the theme “*Dignity in Mental Health*”. The program organised by the Mental Health Forum was well received by many sections of the community. On the same day another team member participated at a hall meeting at Dr. Janaki MGR Women’s College, which focused on the theme “*Mental Health as a right, mental health of children and the mental health care system*”.

f. Response to the December 2015 Flood in Tamil Nadu The flood and its impact

Severe spells of continuous heavy rain flooded most of Chennai city and large parts of the State.

Subways, hospitals, roads, airport, ground floor households, schools & collages, markets, hotels got flooded and entire localities were underwater for almost a week. More than 400 people were killed and over 18 *lakh* people were displaced with residents from Chennai, Kancheepuram and Tiruvallur districts. The estimated damages and losses reportedly range from 50,000 crores to 100,000 crores.

Chennai and Cuddalore were disconnected by all means of transport and communication for couple of weeks. Local volunteers/individuals rescued 15 lakhs residents marooned by floodwaters with the help of fishermen’s’ boat and NGOs and later aided by the national disaster response special force (NDRF). The affected people were all treated with humanity and unity, with all basic needs, foods and security immediately by the Tamilnadu people.

g. SOCHARA-CEU response to Chennai floods, December 2015

Since the 1991 Bangladesh Cyclone, SOCHARA has responded to major disasters in the country with a community health approach, and the SOCHARA-CEU, Chennai center was established as a response to the Tsunami disaster in 2004.

As soon as the team members were able to come out of their homes on 3rd and 4th December, the team got involved in relief



Photograph 8: A SOCHARA team member assessing the flood situation in Chennai.

activities in many possible ways. One of the team members had visited Tambaram, Puzal national highways to understand the damage and assess the need.

Nerkundram is one of the areas through which one of the three rivers COOVAM pass through (Adayar and Buckingham canal are the other two rivers/canals passing through Chennai). Many houses are built in the middle of the river in Nerkundram. Most of the houses were damaged along with this river channel. One of the team members was involved in the immediate rescue activities and later distributed relief materials which were collected by Dharmapuri Voluntary

Agencies Network Initiative (DHVANI), a partner organisation of SOCHARA.

Distribution of relief materials

Along with DHVANI members, the SOCHARA CEU team members distributed relief packets consisting of bed sheet, towel, toothpaste, tooth brush, saree, sanitary napkin, biscuit, rusk, bread and water pockets to few areas including Nerkundram, Vysarapadi (through local community group), Puzhal, Redhills, Ambattur and Ramapuram.

Support to AID INDIA: One of the team members supported AID INDIA in

packing and distributing the relief materials to local areas.

Support to Virukampakkam & Ramapuram: One of the team members along with the local community group was involved in the distributing the relief material which was collected by DHVANI and other agencies.

Medical Camp support: One of the team members along with a former team member of SOCHARA got engaged in the medical camps organised by the Aam Admi Party

(AAP) with the help of AYUSH doctors in the Mettukuppam, Koyambedu area in which a few hundreds of people were benefited. This was held during 14th & 15th of December.

Doctors For You (DFU) an organisation working in disaster affected areas in many parts of the south Asian countries had approached SOCHARA to avail volunteers for medical relief work, training and research. The DFY team headed by Mr Shan Deepan and his team member Ms. Pozhil



Photograph 9: A SOCHARA team member distributing relief material.

had detailed discussion with SOCHARA team on the ongoing relief work and future plans. The group explored opportunities to work along with the SOCHARA team. One of our CH Fellows Dr. Suresh worked with them for a while.

Networking with other organisations:

The team also connected other groups with TN-FORCES, REED, KOONJ, PWN+, consumer forums in Cuddalore district and Tanjai Seva Society for availing and donating relief materials.

Discussion on strengthening the volunteers in mental health work in disaster affected areas:

One of our team members along with a former team member had attended this meeting organised by SCARF and shared their experience of relief work.

Discussions on key issues: Sanitary workers were brought to Chennai from all over the state to clean up Chennai immediately after the floods. More than 10,000 permanent and temporary sanitary workers, overhead tank operators from villages were brought to Chennai. Their work was highly appreciated by the media and civil society groups, however welfare measures and preventive measures to protect their health was not addressed

adequately. This was also raised by the media and by civil society groups.

Makkal Nalavazvu Iyakkam organised a small group meeting on 23rd December to discuss the issues related to sanitary workers. The team planned to prepare a check list to collect information on the workers' health status and how they were treated during their work. Long term work to secure legal rights was also planned.

Discussion with TN-FORCES:

SOCHARA team had discussion with TN-FORCES on multiple occasions to assess the flood and relief work in various parts of the city and in Cuddalore.

Recovering of office space: The December 2015 floods in Tamil Nadu, adversely affected the office space, and functioning of the SOCHARA unit in Chennai too. The team there put in all its efforts to restore the office space and the normalcy of the functions of the unit.

Initiatives in Madhya Pradesh

Common Health workshop on maternal health & networking

Common Health (The Coalition for Maternal-Neonatal Health and Safe Abortion) is a membership based network of individuals and organisations from across the country. SOCHARA is a partner

in this network. The areas covered during the last one year were: Child nutrition and malnutrition, in Bhopal city and other districts of the state, through Fellows, NGOs and directly ourselves. Maternal health in Madhya Pradesh was promoted through participation and involvement in the Maternal Health Rights Campaign

(MHRC). Linkages with the Health Dept. and Women & Child Development Dept. of the Govt. of Madhya Pradesh; with other Civil Society Organisations were developed to address issues related to malnutrition. The team encouraged and supporting Fellows/alumni in their field areas in different districts of M.P. state.



Photograph 10: The Madhya Pradesh Health Commissioner at a workshop on maternal health in Bhopal organised by Common Health and SOCHARA



3. UNDERTAKE RESEARCH IN COMMUNITY HEALTH

This year, our research work included providing support to research efforts by other organisations, carrying out institutional reviews, and continued research engagement with a project focusing on climate change.

1. Institutional Reviews

- a. Work continued on the Review requested by the St. John's National Academy of Health Sciences (SJNAHS) chaired by Dr. Thelma Narayan. The **Final Report of the St. John's Medical College Golden Jubilee Review and Planning Process** was titled "**St. John's looks to the Future: Growing from strength to strength**". It had 240 pages plus some annexures. The almost two-year long intense process used a mix of methods for the review. The components included: a Historical Review; an overview and summary of previous evaluation reports of St. John's; a Review of Community Health in the first two decades; a review of documents, reports and secondary data regarding student intake; review of Social Teachings of the Church; questionnaires to Alumni Sister Doctors; In-depth interviews with Key Stakeholders; a special meeting on the Rural Bond Scheme; Focus

Group Discussions with undergraduate medical students from different batches; Visits to different parts of the institution; Review of environmental-ecological aspects of the campus by a team of staff, PGs and alumni; Participant observation at various meetings; Informal interactions with several alumni during the golden jubilee year and two AGBMs of the alumni association; overview of Facebook dialogue regarding SJNAHS for a period; a Vision Mission workshop with various stakeholders; a Questionnaire to all staff and postgraduates; Meeting with PG students in the college and hospital; Second meeting with UG medical students following a WhatsApp enquiry done by them; meeting with interns; several meetings of the Committee and of the Core Group. The Governing Board of SJNAHS, which had mandated the study, invited the Core Group to make a presentation of the key findings and recommendations. The final report was handed over to the Director SJNAHS, by the Core Group on 31st August 2015. This followed a few meetings held with the old and new Director of SJNAHS. A two-member committee was set up by SJNAHS to look into the

implementation of recommendations. This effort will need follow up.

- b. The **Report of the TISS Academic Review Committee** of which Dr. Thelma was a member was submitted in October 2015. This 116-page report was also the result of a lengthy process. The Tata Institute of Social Sciences (TISS) is a Deemed University under the University Grants Commission (UGC). The institute was a pioneer in introducing the discipline of Social Work in the country over 75 years ago. It has established itself as an important academic institution in social science. It grew and developed rapidly over the past decade. The School of Health Systems Studies (SHSS) flourished and higher degree courses in public health were added to the hospital and health administration programmes. The MSW programme also offers a public health concentration. After the review Dr. Thelma has been invited to be a member of the Board of Studies of the SHSS.

2. Ongoing Research

- a. Climate change in rural areas: Engagement with Watershed Organisation Trust (WOTR), Pune: The first phase of the study on vulnerability to heat stress in rural areas was completed in Jalna District,

Maharashtra. The report was completed by December, 2015 and an info brief has also been prepared. Preparations for the second quantitative phase are ongoing.

- b. A review of literature on the situation of air pollution in Bangalore was prepared- towards building awareness on the issue and advocating for reform in Bangalore

3. Research support to other organisations in solidarity

- a. Adithya provided technical inputs for reports prepared by Pesticide Action Network (PAN) India
- b. He provided technical inputs to paper written by employees of Society for Peoples' Action for Development (SPAD), Bangalore and these papers were submitted to an international conference.
- c. Cochrane Public Health Group: Adithya participated as a peer reviewer on a Cochrane review on an environmental health topic. His inputs were oriented towards the social, contextual, and ethical dimensions of environmental health, and were appreciated.
- d. He was a reviewer for the Journal of Ayurveda and Integrative Medicine (JAIM)



Photograph 11: A community level discussion on health and agriculture over the past 30 years as part of SOCHARA's collaboration with WOTR

- e. Dr. Thelma reviewed the Landscaping Document by Dr. R Venkatachalam of the Dept. of Public Health Dentistry, Amrita School of Dentistry, Kochi on “IECs in dental colleges in Kerala – an exploratory study.”
- f. SOCHARA team provided support to the Trans Disciplinary University for carrying out a base-line study on mother and child health with specific reference to the Traditional System of Medicine.
- g. Dr. Thelma Narayan is a member of the CAG (Consortium Advisory Group) of the PRIME (Programme for Improving Mental Health Care). This is a long term prospective inter-country study since 2011 supported by DFID. Dr. Crick Lund from South Africa and Dr. Vikram Patel from India are the Principal Investigators. CAG meetings are conducted through tele-conferencing.
- h. Dr. Thelma was an external examiner for a doctoral scholar Dr. Nilangi Sardeshpande at the Tata Institute of Social Sciences (TISS), Mumbai on 1st May 2015. Her thesis was on

“Understanding Women’s Access to and Experience of Hysterectomy in rural Maharashtra”.

- i. Ms. Rosalind Miller doctoral student from the London School of Hygiene and Tropical Medicine was based in SOCHARA during her field work with Dr. Thelma as her local guide from November 2014 – June 2015. She worked on “Effects of different organisational form on the functioning of the Indian pharmacies and the implications for public health.” Dr. Catherine Goodman her PhD supervisor from LSHTM visited her in April 2015 and made a presentation based on her research work.
- j. SOCHARA worked with HLFPPPT and KHPT on a bid for the USAID supported TB Free India Campaign, especially for the research component. This was not successful.
- k. Support was offered to Sr. Louisa Sebastian, Principal, Jyoti Nivas PU College for her doctoral study on “A study of organisational strategies and challenges in empowering women living with HIV-AIDS in Karnataka.” with Christ University.
- l. Interactions were held with Ms. Archana Divate doctoral student, JNU and her guide Dr. Rama Baru in regard to her study on “Growth, trends

and social characteristics of private medical colleges in India – socio-political dynamics in Karnataka and Maharashtra in September 2015.

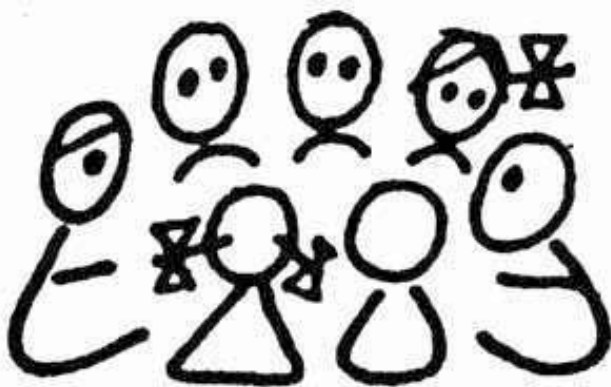
- m. Mr. VR Raman from the PHFI Governance Hub had a skype interview with Thelma for a PHM study on civil society engagement towards Health for All.

4. **VOICES research:** The purpose of the research is to strengthen village health committees by learning from its dynamics and functioning. The learning from the research is being continued during this period. SOCHARA was continuously involved in this research. Two of its members are supporting this process. During this year SOCHARA contributed to this process through 14 days of field visits which include, conducting 3 FGDs and 2 in-depth interviews, analysis of the data and writing the final Tamil Nadu state report of the research were the major activities.

5. A study on the functioning of evening OPD of Primary Health Centre’s (PHC) in Tamil Nadu was conducted in 78 PHCs across Tamil Nadu. Along with this data the functions of VHWSC in 52 panchayat data also were collected.

Data were analysed and short reports were prepared.

- 6. Support to Tribal Health Initiative (THI), Sittelingi, Dharamapuri district:** SOCHARA supported the FRLHT, which carried out a baseline survey on the traditional health practices in Tamil Nadu. Sittelingi is one of the research areas and THI is also long-time partner organisation of SOCHARA, they requested the support of SOCHARA in conducting Focus Group Discussions (FGD) among different groups. One of the team members visited to Sittelingi tribal areas in the month of July and conducted 4 interviews which included folk healers, women under antenatal care and recently delivered mothers, trained health volunteers and youth group.



Source: Community Health Cell,
Shirdi Prasad Tekur

4. EVOLVE EDUCATIONAL STRATEGIES IN COMMUNITY HEALTH

The Community Health Learning Programme (CHLP) entered into the third year of Phase 3 and saw many changes in intake and the profile of candidates applying for the programme. This year also saw an enhanced focus on the research skills and the encouragement of fellows to prepare research proposals to SOCHARA's Institutional Scientific and Ethics Committee (SISEC). The details of the CHLP's evolution this year are given below. We also continued to provide training initiatives through flexi-internships and block placements.

a. *Community Health Learning Programme (CHLP) of SOCHARA-SOPHEA Capacity Building for Health and Equity in India*

Phase- III- Year-3

1. Introduction

The CHLP was started in 2003, and SOCHARA is currently hosting the 12th batch of 18 full time fellows in 2015-16 at Bangalore. The programme has evolved over the last 12 years with constant feedback from the fellows, field placement organisations, society members internal and external review processes. The current

version of the programme is for a duration of one year, with six months of theoretical inputs and six months for field placement. The programme is multilingual, with a focus on perspective building, understanding community health and developing some skills for community health practice, with a focus on the social determinants of health. Admission criteria focused on equity principles by considering candidates from backward regions and social backgrounds in an effort to strengthen health in communities that need the most support.

2. Goal

To establish a civil society School of Public Health and Equity through clusters of professionals based in Bangalore, Chennai and Bhopal, facilitating the development of a critical mass of scholar activists in Community Health towards achieving 'Health for All'.

3. Objectives

1. To build the capacity of sixty professionals in community and public health in India (intake of 20 per year over a three-year period) for the Health for All goal and movement.

2. To conduct a post graduate level teaching program of a one-year duration in public health and community health with learning modules, resource materials, web based learning strategies, and field placements for experiential learning through community action.
3. To foster and develop the core competencies for community health and public health among the faculty team of learning facilitators, and the interns /fellows, through theoretical and experiential learning.
4. To build a Community Health Resource Network of practitioner scholar activists (a community of learning and practice) committed to an alternative Public Health paradigm based on a community health approach that has equity, rights, social determinants, and 'communitization' of the health system at the core.
5. To strengthen the community health learning and information centre (CLIC) which links and draws upon the rich resources of the community action, training, research, and policy advocacy facilitated by the alternative sector of community health and public health practitioners committed to Health for All.

4. Selection process and candidates background

A call for applications to the CHLP for the 12th batch of 20 fellows was announced on the SOCHARA website, DEVNET, and among network groups, friends of SOCHARA, colleges and other organisations in the beginning of November 2014. A total of 90 applications were received from across the country. After due diligence including a statement of purpose with the biodata, a referee check, discussions via skype, and phone calls, personal interviews were conducted for a shortlisted number of applicants by a three-member panel. Selection criteria with a grading scale are used to help decision making. In the social sciences only post-graduates are selected and for medicine and dentistry undergraduates are also taken. This is based on the number of years of collegiate education.

Finally 18 fulltime and 9 short term (ranging 4-7 months) participants were selected. The background of fulltime participants are as follows: The gender ratio for fulltimers was equal with 9 women and 9 men. They came from 3 northern and 3 southern states of India; viz. Meghalaya, Madhya Pradesh and Orissa and Andhra Pradesh, Karnataka and Kerala. While a majority came from a social work background, others came from diverse disciplines such as public health, dental sciences, pharmacy, business

administration, psychology, and law. Of the 9 short term participants, 7 were women and two men. They came from Arunachal Pradesh, Kerala, Karnataka Maharashtra, Meghalaya, Madhya Pradesh and Tamil Nadu. Their academic backgrounds were from social work, medicine, psychology and textile designing.

5. Planning

Besides the annual plan of action, micro-planning for specific components of this complex initiative was an important part of the CHLP. At the beginning of the year the CHLP team updated the reading list, competencies, outlines of pedagogy and evaluation methods for Batch 12. All team members actively contributed in the preparation of the reading list. The team also worked within the curriculum

with overall themes and sequencing and prepared schedules for collective teaching and learning programme and field learning programme that happened through network partners across the county. Approval and feedback on the curriculum from the Academic and Research Council (ARC) was received. The table below gives the calendar of events that the fellows of the batch 12 went through. The time for collective teaching learning and field work was divided equally. The team also planned the mentoring workshop, alumni workshop and specialized workshop for the fellows during the year. The collective teaching learning and field work was planned based on the structure that the CHLP evolved before the implementation. The same is given below:

Orientation Sessions	Field Work I	Collective Teaching-I	Field Work II	Collective Teaching-II	Field Work III	Terminal Sessions
Two Months	Two Months	One Month	Two Months	One Month	Two Months	Two Months

The Calendar of teaching learning for the period April 2015 to March 2016 for fellows of batch-12 is given below.

BATCH 12	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
	I Field "Work	I t Field "Work	I Collective	II Field "Work	II Field "Work	II Collective	III Field work	III Field work	Terminal Session	Terminal Session	III Field work *	III Field work*

*Third field work for 8 fellows who joined late

6. Collective teaching learning

First Collective teaching learning during this year April 2015 - March 2016

The first collective teaching learning of one month after the first two month field work in April and May for batch-12 was held from 1st June to 4th July, 2015. Themes covered during the four-week schedule are as follows: sharing and learning from the field, introduction to research, Health and Human Rights, Tuberculosis, Child Health, Communicable Diseases and Life Skills Education. During this period a two days specialized workshops on ‘Communication’

was organised on 22-23 June. Dr. Magimai Pragasam of Communication and Media for Empowerment, Research and Advocacy (CAMERA) from Chennai, who is also an ARC member, facilitated the workshop. He has a doctorate in communications and has many years of experience working with NGOs and in health. The second workshop on ‘People’s Participation for Health’ was organised from 29-30 June, 2016. Mr. Sam Joseph, former Director Action Aid facilitated this workshop. He is also a SOCHARA member. They also listened to life stories of Ms. Jennifer Liang from the ANT (Action on Northeast Trust), Dr.



Photograph 12: A session on life skills education

Prabir Chatterjee, Director, State Health Resource Center, Chhattisgarh and Ms. Reshma Valliappan, Red Door, a person living with Schizophrenia. There was lively interaction during all these sessions with persons from diverse backgrounds and rich in life experience from different states and geographies.

Second collective teaching learning

The second collective teaching and learning of four weeks was organised from 2nd to 30th September 2016. Themes covered during the collective are as follows: Preparation for field research, non-communicable diseases, equity in health, health technology and innovation and occupational health. SOCHARA team members and society members; Mr. Chandran, Mr. Mohammad and Dr. Mani Kaliath shared their life stories. During this collective the fellows made field visits to the Association of People with Disabilities and the Wellness Centre of NIMHANS. The only guest facilitator invited during this collective was Dr. G V Nagaraj, former Director of Health Services, Directorate of Health and Family Welfare, Government of Karnataka. He facilitated a session on 'safe motherhood and child survival'.

Final collective teaching learning

The third and final collective teaching learning of two months was organised from 2nd November 2015 to 8th February

2016. The themes covered during this 8-week collective were: the health system and its management, sharing of field work experience, data analysis and interpretation, social movements and social change, war and conflict, disaster and displacement, community action for health, right to health care, agrarian distress, social exclusion and universal health care. The following topics were covered as special competencies: knowledge translation, partnership and advocacy, leadership and monitoring and evaluation. A specialized workshop, level-II on Communication was organised from 18-19 January 2016 facilitated again by Dr. Magimai Pragasam of CAMERA.

7. Field learning programme

First field work

The fellows of batch-12 went for their field work 'community immersion' from 6th April to 29th May 2015 for 8 weeks. The fellows were sent to partner organisations /NGOs in different parts of India based on their areas of interest and language ability. The purpose of the first fieldwork was to enable the fellows to understand community dynamics. A framework evolved by SOCHARA known as 'Social, Economic, Political, Cultural and Ecological (SPECE)' was adopted to enhance the learning. The fellows went to the following projects in the country:



Photograph 13: Fellow's interact with Mr. Sathyu of Sambhavna Trust, in Bhopal

1. Vivekananda Girijana Kalyana Kendra (VGKK), Mysore, Karnataka
2. Swami Vivekananda Youth Movement (SVYM), Mysore, Karnataka,
3. Society for Peoples Action for Development (SPAD), Bengaluru, Karnataka
4. Mysore Area Rural Development Agency (MYRADA), Karnataka,
5. SAKHI Trust, Ballari, Karnataka,
6. SOCHARA Centre for Public Health and Equity (CPHE), Bhopal, Madhya Pradesh,
7. Tribal Health Initiative. Sittelingi, Tamil Nadu,
8. MUSKAAN, Bhopal, Madhya Pradesh,
9. Swasthya Swaraj Society-Kalahandi, Orissa,
10. ACCORD (Action for Community Organisation, Rehabilitation and Development) Nilgiris, Tamil Nadu,
11. Dr. T. M. Samuel Memorial Medical and Dental Centre, Kodur, Cuddapa, Andhra Pradesh
12. Emmanuel Hospital Association, Dehradun, Jharkhand.
13. Centre for Integrated Development (CID), Gwalior, Madhya Pradesh
14. Foundation for Educational Innovation in Asia (FEDINA), Bengaluru, Karnataka

15. SOCHARA Community Health Cell Extension Unit (CEU) – Chennai, Tamil Nadu

16. Bethany Society, Shillong, Meghalaya

17. Thanal, Thiruvananthapuram, Kerala

Impact of Community Immersion Programme

The community immersion programme enhanced the understanding among the fellows on various community dynamics. They became more confident in interacting with the community members. They learnt about the vision, mission and various strategies adopted by the field mentoring organisations. The field mentoring organisations supported, and were supported by the fellows in the areas of field action and research. Fellows who acquired knowledge and skills on a few specific areas such as communication and community participation through the specialized workshops could practice some of this.

Second field work

The second field learning of 8 weeks was organised between 6th July and 28th August 2015. The Objective of this field work was 'learning by doing'. The fellows were encouraged to participate in the ongoing regular activities of the project. Most of them went to same project as was their first field work. During the fieldwork fellows

focused on understanding community health approaches to public health problems such as malaria, solid waste management, adolescent health, child under-nutrition, women's health, child health, and workers health. Time and space was provided for them to share their learning with the other fellows and learning facilitators.

Third field work

The field learning was organised between 5th October and 20th November 2015. The objective of the field learning was to expose the fellows to the approach of evidence based advocacy. They were encouraged to either undertake a small field study or initiate an action on a health topic of their interest. The following topics were chosen by the fellows for their field study:

1. A study on the impact of drinking arsenic contaminated water on health status among the Kirdalli Tanda Village people, Yadgir district, Karnataka
2. A study on socio- economic and health states of *devadasi* women in Danapur village, and PK Halli village, Hospet taluk, Bellary district, Karnataka
3. An exploratory study on 'community culture' linked with maternal health, Yadgir district, Karnataka.
4. A study on availability and accessibility of health services for Soliga *adivasi's* (indigenous communities) in Mandare

- and Medaganene and Indiganatha villages Chamarajanagara district, Karnataka.
5. A study on health care seeking behaviour of Kondha *Adivasis* living in Kalahandi district, Odisha
 6. Perspectives of local traditional healers on oral health among the Gudalur *Adivasi* population in the Nilgiris Tamil Nadu.
 7. A study on factors affecting the nutritional status of children 0-3 years of age in Indiranagar, Bhopal, Madhya Pradesh
 8. A study on factors associated with and health impacts of domestic violence in Hospet Taluk, Bellari District.
 9. A study on the life skills and coping mechanisms of the Maleivasi youths resulting from seasonal migration in Sitteling, Tamil Nadu
 10. A study on health services utilization by *beedi* workers at Rahatgarh in Sagar District, Madhya Pradesh.
 11. An exploratory study on the Health impact of alcohol and tobacco consumption on tribal community, from B Matkere in HD Kote Block, Mysore District, Karnataka.
 12. A study of psycho-social effect on adolescent children of parental alcohol abuse in a slum community in Bhopal in Madhya Pradesh
 13. A study on the impact of physical domestic violence on adolescent emotional and behavioural health in a slum community in Bengaluru, Karnataka.
 14. A case study to understand the Foundation for Educational Innovation in Asia's (FEDINA's) work with the urban poor in Bengaluru, Karnataka
 15. A study on pharmacy practices of general practitioners/ polyclinics owned pharmacies in Durgabai Deshmukh colony, Amberpet Hyderabad, Andhra Pradesh
 16. A study on extent of and factor influencing treatment adherence among individuals utilising a primary healthcare centre in Th. Rampur Block, Kalahandi District Odisha.
 17. A study on "Practices of the Saharia Tribe to maintain their health in Gwalior district, Madhya Pradesh".
 18. A study on "Occupational Health Hazards Due to Mechanization of Tea Leaf cutting in Women tea plantations workers in Munnar- Kerala"
- 8. Participation in workshops, Seminar and visit to organisations**
- Attended a talk by Vidvan T.M Krishna on "The Voice in Music - The Many

Chords a Singer Strikes” organised by the Health & Humanities Division of St. John’s Research Institute, St. Johns National Academy of Health Sciences, Bengaluru

- Took part in *Bhoomi Habba* (Earth festival) celebrating Justice and Peace organised by Visthar, Bengaluru
- Attended the 3rd Naidu Memorial Event organised by Basic Needs India and Department of Social Work, St. Josephs College, Bengaluru
- Attended sharing of experience of Nepal disaster by Ms. Yomri, Mr. Manba and Mr. Karthik at SOCHARA-SOPHEA
- Participated in a workshop on Exploring Mental Health through Creativity organised by Ms. Reshma Valliappan at Atta Galatta, Bengaluru
- Participated in a meeting on the BBMP election manifesto organised by CIVIC at SCM house, Bengaluru.
- Attended a talk by Dr Bruce Lanphear MD, MPH titled, “Little things matter: impacts of toxins on the developing brain”
- Attended a talk by Robert Chambers on PRA (Participatory Rural Appraisal) at the United Theological College in Bengaluru.

- Participated in the meeting on burns policy at VIMOCHANA, Bengaluru
- National level workshop on Community Culture and Sanitation organised by SOCHARA, Bangalore
- Maternal & Neonatal Health Meeting co-organised by Common Health and SOCHARA, Bhopal.

Participated at the mfc (medico friend circle) meeting in Raipur, Chhattisgarh, the theme of the meeting was on Urban Health.

9. Organisational Visits

- Visited the Primary Health Centre, Dommasandra as a part of understanding the public health system in India.
- Visited Karunashraya a cancer hospice, Bengaluru
- Visited Mylasandra Anganwadi Centre as a part of understanding the Integrated Child Development Services
- Visited National Tuberculosis Institute and Tuberculosis unit of BBMP (Bruhat Bengaluru Mahanagara Pallike) – the urban local body in Bengaluru
- Visited Snehadaan a care centre for PLHIV/AIDS and Sneha School a school for children infected with HIV

- Visited FRLHT (Foundation for Revitalisation of Local Health Traditions)
- Visited Swanthana a care centre for girl child with special needs in Bengaluru

Visited Association for People with Disability (APD), Bengaluru

10. Mentoring

Efforts were made to strengthen the mentoring component of the programme which is one of the most important, sensitive and difficult components of the CHLP. Over eighty partner mentoring organisations have been identified across the country. Some are new partners and other are older partners with whom SOHCHRA has networking relationships on various issues. The fellows of batch-12 were placed with 14 organisations including the three clusters of SOCHARA. Field mentors from these organisations were identified, and oriented informally and formally to provide mentoring support in community health while the fellows were in the field. The team mentors provided the support to fellows during the collectives while they were in Bengaluru. The annual mentoring workshop brought together some of the field mentors and the team mentors to discuss the learning process and challenges of coordination and in the mentoring process.

The **alumni work shop** and **mentors workshop** organised concurrently on 7th December 2015 saw participation of alumni from five batches and served as a platform for networking. Both the days had keynote addresses which were well received by the participants. The keynote address delivered by Mr. Keshav Desiraju, Former Union Secretary, Health and Family Welfare, Government of India on The Health Situation in India. This was followed by a panel discussion on Integrating Mental Health with Primary Health Care that saw diverse views being expressed by the panellists followed up by discussions and debate based on questions raised by the audience. The mentors workshop had discussions around mentoring for community health with active participation of mentors in the sessions that were facilitated by resource persons. The alumni workshop had discussions around strengthening the network of alumni, and forming and sustaining alumni circles of interest. Decisions were taken about means of communication of between fellows and follow-up action in each state.

11. Flexi Fellows

This year the CHLP took flexi fellows in two categories viz. stipendary and non-stipendary. The details of the short term fellows with stipends are as follows: There were eight candidates selected under this category. Three of them came for



Photograph 14: Discussions taking place at the Alumni workshop in Bengaluru.

two months; two participated for three months, one each for four, five and seven months. They belong to social work, public health, psychology, medicine and textile designing background. The reason for this arrangement was the drop out from the full time fellowship by participants who got selected for further higher education etc.

There were 13 unpaid flexi interns taken during the year. Eight of them came for a period ranging from 1 to 6 months. Eight of them came for 1 month, two of them came for 1 ½ months, two more came for 3 months and one came for 6 months. They came from public health, anthropology, medicine, natural science, health sciences, development studies, public policy and computer science.

Both the paid and the unpaid interns came to SOCHARA to learn more about a specific area in community health and public health. While most of them came after visiting the website of SOCHARA a few of them were referred by friends and associates of SOCHARA.

12. Block Placements

Each of the academic programmes mentioned below has its objective for the field work. The students on block placement are guided accordingly for their field learning with the support of a SOCHARA team member. During the year the following six students were on block placement with SOCHARA. Three of them

were placed with the Bengaluru cluster, one with Chennai cluster and two with the Bhopal cluster.

13. Dissemination meeting

The **CHLP Dissemination Meet** on 8th December 2015 was organised as

	Name	Academic Background	Institution	Duration
1	Ms Celeste David	II Year BA student	Jyothi Nivas College	1 Month
2	Ms. Tenzin Nyima	MA Development Studies	Azim Premji University	1 ½ Months
3	Mr. Alfred Raju	MSW student	Christ University	2 Months
4.	Ms Sarayu Srinivasan	MA in Social Work (Public Health)	TISS, Mumbai	1 month
5.	Mr. Atul Prakash Maske	MA in Social Work (Public Health)	TISS, Mumbai	1 month
6.	Mr. Deepali Mistry	MA in Social Work (Public Health)	TISS, Mumbai	1 month

part of a two day CHLP event with meetings of alumni, mentors, ARC members (on day one) and partners. Participants came in large numbers with over 169 persons present. The day was filled with rich presentations and lively discussions with important issues being raised including the political positioning and process involved in teaching learning programmes for public health. The Keynote Address was delivered by Dr. S. Chandrasekhar Shetty, Former Vice-Chancellor of Rajiv Gandhi University of Health Sciences, Bengaluru. He focussed on the Right to Health and then reviewed the health and social indicators in the country over the past fifteen years which indicate a

number of challenges and slow progress. He recalled the evolution of the three year MPH Honour's Course conducted by the Rajiv Gandhi University of Health Sciences and other public health courses in India. Dr. Thelma made a presentation on 'Building Capacity for Health Equity in India: A Chronicle of the CHLP'. This was a programme conducted since 2003 based on sound principles of learning and has evolved through regular evaluations in an effort to be socially relevant and responsive to the needs of the community. It is an alternative approach using philosophical frameworks of social justice, health rights and democratic functioning. Feedback from ARC identified the seven themes that



Photograph 15: Participants in discussion at the Dissemination meet in December 2015

were discussed in ARC meetings such as identity, pedagogy, curriculum, assessment, accreditation, evaluation and research.. The SISEC experience of reviewing 11 proposals by CH fellows and six by team members and SOCHARA related persons was shared, Sharing of Mentors and Alumni Experience, and Looking back –Looking around - Looking forward for the CHLP in context of SOCHARA’s work wrapped up the day. The Bangalore Media Centre screened a pre-final version of the second CHLP video documentation, receiving useful feedback.

14. Mainstreaming

As part of **mainstreaming, which was an important component of the CHLP in**

Phase Three, team members continued teaching students of the Master of Public Health (Hons) at Rajiv Gandhi Institute of Public Health and Centre for Disease Control. Dr. Thelma was invited to speak at an IDRC panel sharing the CHLP experience in building capacity for health equity at the 22nd Canadian Conference on Global Health on “Strengthening Health Systems through Capacity Building” which was held in Montreal from 5-7th November 2015. There were 400 participants. These included faculty and post graduate students from different universities across Canada, and 100 participants from other countries. During this trip Dr Ravi and Dr Thelma as a part of mainstreaming process shared

the experiences of CHLP with varied audiences which include universities and public health academic institutions and health and development networks in USA, Canada and UK. Further details on mainstreaming are in the CHLP Phase Three Final Report.

15 Academic and Research Council (ARC)

The Academic Research Council (ARC) had its fourth and final meeting on 7th December 2015. One alumnus and one current fellow were invited to provide their critical feedback about their experience of the CHLP. Members had also earlier been sent the report of the mid-term review of the CHLP Phase Three. Members reviewed the changes in the flow of topics suggested in the last meeting. Experiences of recent collaborative research programmes were reviewed. The research component of the CHLP needs further attention. Based on the internal review process within the team in July 2015 it was felt that governance systems within SOPHEA can be further strengthened to ensure accountability and adequate good quality work performance by all team members. ARC members were thanked for their contribution to the development of SOPHEA and SISEC and the evolution and conduct of the third phase of the CHLP. They too appreciated and thanked SOCHARA for being part of this journey.

16. SOCHARA Institutional Scientific and Ethics Committee (SISEC)

The SISEC was set up under the School of Public Health Equity and Action (SOPHEA) set by SOCHARA during the third phase (2012-15) of the Community Health Learning Programme (CHLP) to strengthen the research initiatives of SOCHARA both by the faculty and fellows, particularly with regard to scientific rigor and ethical considerations. ARC members responded to the draft foundational document and Terms of Reference by SOCHARA for the establishment of SISEC helping to develop it further. The nine-member committee was formed by drawing experts from various disciplines required such as; Community Health, Ethics, Law, Social Sciences etc. from the SOCHARA network.

The Purpose and Role of SISEC

The purpose of constituting an institutional scientific and ethics committee is to *ensure a competent review of all scientific and ethical aspects in the research proposals submitted in an objective manner.* The SISEC reviews and approves all research proposals involving individual participants and communities with a view to safeguard the dignity, rights, safety and well-being of all actual and potential research participants. *The goal of the SISEC is to protect the health and well-being of each one of the research participants.*

The SISEC takes into consideration the scientific and social science basis and the cardinal principles of research while reviewing proposals. For the ethics review, principles of Autonomy, Beneficence, and Non-maleficence (do no harm) and Justice will be reflected upon. For this purpose, it looks into aspects of the voluntary informed consent process, getting approval from statutory bodies where needed, provision of adequate information to relevant stakeholders, risk benefit ratio, distribution of burden and benefit and provisions for appropriate compensation to all groups and classes in society, taking into account age, gender, economic status, culture, and ethnic considerations wherever required. The committee reviews the proposals before start of the study, as well as ensure that there is a monitoring mechanism for the research throughout the study until and after completion of the study, through appropriate well documented procedures for example regular reports, final reports and site visits (where possible) etc. The committee also examines compliance with all statutory and regulatory requirements, applicable guidelines and laws. In summary, the mandate of the SISEC is to review all research projects involving human persons and communities conducted at SOCHARA-SOPHEA, irrespective of the donor agency or the University affiliation. The role of SISEC can be modified

according to the evolving requirements of SOCHARA-SOPHEA.

A sub committee was formed to review the field studies of the fellows. The subcommittee has reviewed 18 proposals of the fellows of CHLP-batch 12. For the fellows this was a new experience as they did not have similar process in their previous Master's Degree programmes in University settings. The team mentors supported the fellows in preparing them to adhere to the scientific and ethical rigor required for their field studies. Besides this the SISEC reviewed the research proposal of Ms. Rebecca D Son, a Nehru Fulbright Fellow from DePaul University, Chicago, Illinois, USA from the Bachelor of Arts programme in International Studies and Certificate in Geographic Information Systems.

17. Team Development

Regular **CHLP team meetings** saw discussions centred on teaching learning facilitation, mentoring of fellows, development of modules and session plans, field placement for fellows, assessment and other day to day aspects of managing the CHLP. Senior advisors and team members guide and encourage the new team members to develop their skills further in the interactive teaching methodology and in the application of a community health approach.

Learning for fellows and faculty members was facilitated through meetings, seminars, lectures and workshops. The **Annual Team Retreat** held between 6th and 8th October 2015 at SOCHARA, Bengaluru had the participation of staff from all the three units of SOCHARA in Bengaluru, Bhopal and Chennai. The staff retreat was organised for discussing the role of SOCHARA in the present socio-political context with a focus on contribution of SOCHARA towards Health for All.

18. Video documentation

The second **video documentation** of CHLP was developed this year. Bangalore Media Centre (BMC), who had done the first video after we followed due processes of procurement, won the contract again. Development of the script took time with inputs by the senior team members and feedback from all CHLP team members. Various CHLP team members accompanied the video-documentation team during visits to alumni, mentors and fellows in three field mentoring organisations to facilitate the process of the video documentation. The video titled “*Campus without Walls*” was screened during the dissemination meet held in December 2015. Small changes were made based on feedback and the video has been finalised. It is used for all visiting groups of students.

19. End term Review

The end term external review of CHLP is under progress, this is being carried out as per the three-year plan. SOCHARA has identified Dr. Pruthvish S and Dr. Shalini Nooyi, Professor and Head and Professor of Community Medicine respectively of M S Ramiah Medical College and Research Institute. The reviewers have adopted a participatory method where they have had extensive interview and discussion with the team members, fellows, mentors and society members. All relevant CHLP documents were reviewed by them. Learning experiences and insights captured by the reviewers will help plan the next phase of the CHLP.

20. New staff

Ms. Anusha Purushotham graduate from the University of Texas, Dallas, USA with a Bachelor’s degree in Molecular Biology and minor in Computer Science, and three years experience in biomedical research and healthcare settings in the USA, joined SOCHARA as a CHLP flexi-intern and then completed the one year full time CHLP programme. She joined as a research and training assistant for six months as a replacement for Ms. Janelle deSa Fernandes who was on maternity leave.

b. Other training and workshops

Initiatives in Karnataka

1. **Punyakoti foundation**

Punyakoti foundation in Hospet, Ballari district organised one-day training programme for the elected representatives from Nagenahalligram panchayat. 15 elected representatives including Gram Panchayat president, Panchayat development officer, and gram panchayat secretary participated in the training programme. The members were given orientation on triggering community, Sanitation programmers in India, toilet technologies, appropriate low cost toilet technology and need for focus on individual toilets rather than community toilets and toilet usage. After the training programme gram panchyat members invited us to organise three-day training programme (CLTS and Mason training) at the community level and elected representatives and Punyakoti Foundation will be involved for the follow up activities.

A group of animators from Sakhi trust formed a *Grameena Mahila Okoota* in Danapura village which works extensively on restoring lakes and ponds through the employment guarantee scheme. A training programme was organised by Sakhi trust for the *okkuta* (federation) members on self-employment and restoring lakes, where a SOCHARA team member along with the fellows attended the programme.

2. Community Culture and Sanitation Workshop

SOCHARA, Bangalore unit organised a National Workshop on 'Community Culture and Sanitation' on July 23rd - 24th July, 2015 at SOCHARA in Bangalore. 29 participants and five resource persons participated. The workshop had objectives, and the following decisions were made by participants: (a) To evolve strategies to strengthen urban sanitation work, (b) Network with *Karnataka Jnana Vignayan Samithi* in all 30 districts of Karnataka, (c) Monitor sanitation network activities in Tamil Nadu and Karnataka, (d) Conduct an orientation program through Vimukthi in Belgaum for Panchayat Development Officer's from Chikkodi Block on Environmental Sanitation, (e) Conduct a gap analysis study on sanitation in Tamil Nadu, (f) Work on *Anganwadi* sanitation and Waste management in Bangalore Urban..

In Tamil Nadu

Training government officials on Accountability: The National Institute of Rural Development (NIRD) had organised a training program for the district managers on water and sanitation programme in Tamil Nadu. The SOCHARA-CEU team conducted a one-day training program for these managers in February, with the social accountability initiative in health as case study. Through these government employees, the social audit process is expected to be taken forward in Tamil

Nadu in the watershed management programmes.

Mentoring students and interns: During the year the CEU hosted two interns. One of them was Ms. Sharayu, a 2nd year MSW student from Tata Institute of Social Sciences who was posted for one month rural block placement from the last week of August to last week of September. The intern did field work in Pennagaram block under field mentorship of DEEPS, a long-time partner organisation of SOCHARA. She was involved in understanding the Community Action for Health process; strategies to strengthen the nutritional status of ante natal women and post-natal mothers; and NHRC's public hearing process.

The Unit also hosted Ms. Anu Maria, a CHLP Batch 12 intern for her first field placement from October to December, during which she concentrated on the public hearing process.

During the relief period of floods in Chennai and Cuddalore districts, Dr. Suresh, a CHLP flexi fellow who was interested in medical relief work was posted in Chennai unit to work with disaster affected communities in partnership with Doctors for You.

Media Interventions: SOCHARA is in constant touch with the media to create a critical awareness among the public on many issues impacting health. During the year SOCHARA-CEU member did the following intervention with media:



Photograph 16: Presentation on experience in Participatory Action Research by Mr. Sam Joseph at the Community Culture and Sanitation Workshop, at SOCHARA, Bengaluru, July 2015

1. Participated in a live television debate on “child safety” in Puthiya Thalaimurai Channel-2. A full coverage of the story on recent neo-natal deaths in Tamil Nadu in “doctor Kungumam” magazine was published.
3. Short commentary on neonatal deaths in “Thanthi TV”,
4. Sharing the views of patient’s rights in private hospitals in Deccan Chronicle newspaper and team member wrote an article on geriatric care and role of health system in Tamil Nadu in the magazine “Kunkumam doctor” in vernacular language covering the interventions of SOCHARA during this period.

The SOCHARA Chennai cluster organised a 2-day meeting at Dharmapuri with

elected representatives to discuss the water and sanitation situation and issues in Tamil Nadu. Thirty elected representatives participated. The topics covered included: Role of elected representatives through the *Panchayati raj* system (Water and Sanitation Project) and Swaccha Bharath Mission (SBM) and its progress.

In Madhya Pradesh

CHLP (Bangalore) Fellows Placement: 6 Fellows were placed in different slums of Bhopal, for community induction and orientation, as well as work in the areas of child care, nutrition, maternal health, social factors related to health and nutrition. The local CPHE team provided mentorship,



Photograph 17: Participants work in groups to highlight sanitation challenges in rural and urban settings and possible community-based solutions to these during the Sanitation Workshop.

orientation to the community, guidance, technical inputs and field support

Support to Interns and Young professionals: 2 post-graduate students of the Tata Institute of Social Sciences (TISS) were posted and supervised in Tamia block of Chhindwara district, and worked on different aspects of tribal health and nutrition. This was for a period of 5 weeks.

A public health student (Advanced Diploma in Public Health) of the Jamia Millia Islamia University of Delhi did her field posting with CPHE in Bhopal. She submitted to her university a dissertation titled “*A study on the nutritional status of children under five years and the factors affecting malnutrition: a case study of Bapu Nagar community in Bhopal, M.P.*”

A post-graduate student (MA in Social Development) of the Azim Premji University posted in Bhopal did a study on Maternal Health in Bapu Nagar and Gautam Nagar slums.

Technical Support to Mentoring / Partner Organisations:

The field activities of Muskaan were supported in different slums of Bhopal city. This involved visiting their field areas, interacting with their field staff, providing technical inputs from time to time.

In Karnataka

Mainstreaming the alternative in Masters level programmes

- a. Facilitated the module on “Environment and Urban Health” for MPH students at Interdisciplinary School of Health Sciences, University of Pune between August and November 2015.
- b. Facilitated lectures for MPH students from Rajiv Gandhi Institute of Public Health on environmental health (chemical exposure, energy, climate change, health impact assessment) on 17th and 21st of August
- c. “Environment and Health-exploring inter-linkages” module was accepted by the curriculum committee at Azim Premji University, and the course was offered for 4th term MA in Development Studies students from January, 2016. The programme ended in May, 2016. This is being co-facilitated by Adithya (SOCHARA) with Ms Stefi Barna (Senior Lecturer at APU).
- d. Participated as guest lecturer for discussion on Energy and Health for MPH students at PGI School of Public Health, Chandigarh on the 4th of September, 2015, and on 19th January, 2016 at Indian Institute of Public Health, Delhi, organised by Healthy Energy Initiative India

- e. Two-hour session conducted on Environment and Health for religious brothers at St Francis School, Bangalore on 2nd February, 2016 as part of their undergraduate programme
- f. Dr. Ravi Narayan participated in the Global Health System Symposium organised by Kasturba Medical College, Manipal in collaboration with McMasters and Maastricht University. He facilitated a session on Equity in Public Health. (April 2015)
- g. Dr. Ravi Narayan participated in a consultation at Azim Premji University on evolving a potential MA programme in Public Health. (May 2015)
- h. Dr. Thelma Narayan participated in a one-day planning meeting at Azim Premji University to plan a short course on Public Health Ethics. This was followed by another discussion with the APU team in SOCHARA.

5. DIALOGUE WITH HEALTH PLANNERS, POLICYMAKERS AND IMPLEMENTERS

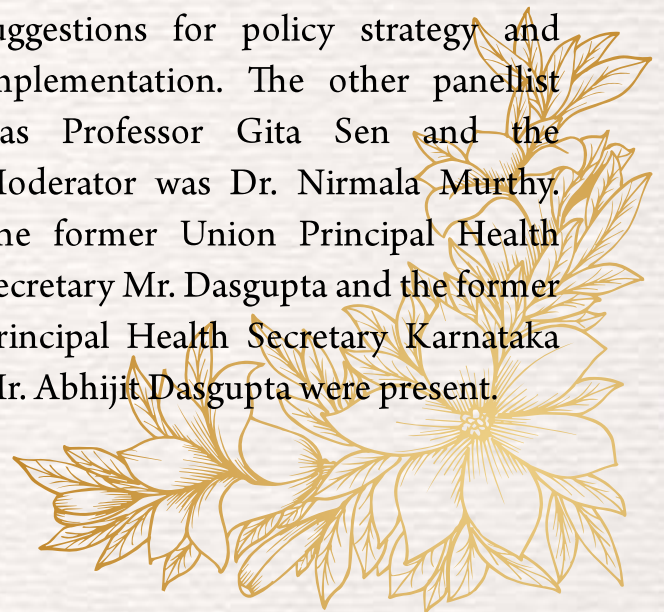
1. Dr. Thelma participated in meetings of the **Advisory Group for Community Action (AGCA)** of the National Health Mission in Delhi. The Community Action for Health (CAH) is an important part of communitisation of the public health system in India and promotes community based planning, monitoring and action for health through the village health and sanitation committees. She also participated in the AGCA Regional Consultation in Kolkatta on 3rd February 2016 during which she made the concluding remarks. Civil society and government participants from the North Eastern States, West Bengal, Bihar and Orissa shared the progress made in implementing the CAH in their states. There was a lot of energy and some innovations in some areas, as well as little action or stagnation in some states.
2. The **Bhopal CPHE** team interacted with senior officials of the Women & Child Development Department of the Government of Madhya Pradesh. We explained our approach

to undernutrition of children in the state. As a result, the Department has authorised and permitted CPHE to work with the ICDS programme in eight districts of the state. These districts are Chhatarpur, Sehore, Gwalior, Vidisha, Harda, Chhindwara, Betul, Khargone, Sheopur and Bhopal city. The inputs provided by CPHE include training to *anganwadi* staff, participation in growth monitoring activities, health education to mothers, management of malnourished children in the community and feedback to the ICDS staff. CPHE is also a member of the Mentoring Group for Community Action (MGCA) and participates regularly in meetings to discuss *communitisation* of various health programmes of the Govt, as well as community mobilisation and community action for health.

3. **State Council for Protection of Child Rights (SCPCR):** The government body to protect child rights in Tamil Nadu organised a consultation to formulate the policy to protect the child rights in the state in May. A SOCHARA member was invited to present views and recommendation on child health policy formulation. The member gave suggestions including strengthening sub centers, modification of maternity benefit scheme, reduction

of corruption and strengthening of village committees in health, school and Integrated Child Development Scheme. Many higher government officials from health, social welfare and social defense department along with selected civil society representatives had participated.

4. Dr. Thelma was invited to be a member of a sub-committee on Strengthening Primary Health Care in Karnataka, which is a part of the Karnataka Jnana Ayoga (State Knowledge Commission) which had its first meeting on 15th March 2016.
5. Dr. Thelma was a panellist in a discussion on “National Policy on Health and its Convergence on the Ground” at the Bangalore International Centre for a deeper understanding of the ‘holes’ in the national health policy (NHP), how implementation is working or not working, with suggestions for policy strategy and implementation. The other panellist was Professor Gita Sen and the Moderator was Dr. Nirmala Murthy. The former Union Principal Health Secretary Mr. Dasgupta and the former Principal Health Secretary Karnataka Mr. Abhijit Dasgupta were present.



6. ESTABLISH A LIBRARY, DOCUMENTATION AND INFORMATION CENTRE IN COMMUNITY HEALTH.

SOCHARA's Community Health Library and Information Centre (CLIC) has evolved to provide students, staff, and the general public, access to a substantial collection of resource material that would support and promote discussions, debates and wider efforts in building community health. The year saw considerable progress with further development of the website.

As an effort to promote discussion, debate and reflection on current and relevant

issues in community health, public health, and related issues CLIC provides access to resources to the public through various mediums. CLIC evolved gradually, in response to the priorities and issues that emerged. CLIC today provides a trusted, accessible and widely connected library and information service through the SOCHARA website; CLIC units in each of the centres in Bangalore, Chennai and Bhopal; and through regular updates like Health Digest and Health Round-up.



Photograph 18: Sochara's Community Health Library and Information Centre (CLIC)

CLIC- Bangalore: An Overview of the Collection

- 15,512 books on 50 main categories under 276 sub-themes
- 62 journals, newsletters and periodicals.
- 568 resource files on various themes
- 520 videos and documentaries
- 1221 posters on various themes
- Training materials on community health, public health and health - for distribution and sale. (Publications in English, Tamil, Kannada)
- Official reports, news releases, research papers, presentations, media and cartoons

- **Health Roundup-** 12 issues from April 2015 – March 2016
- **Health Digest-** 4 issues published from April 2015 – March 2016
- Mahadevaswamy attended the 8th Karnataka Health Sciences Library Association (KHSLA) conference held at St. John's National Academy of Health Sciences, Bangalore on 12th & 13th February, 2016
- He supports the documentation work of SJMAP (SOCHARA Silver Jubilee Museum and Archival Project).

SOCHARA Community Health Cell Extension Unit (CEU) - Chennai

During the year CEU further developed its Library and Information Centre. Many

magazines, journals and books were added and sorted in 3 shelves for easy access. This year the library unit witnessed an increased number of user's accessing the material, including outside members.

CEU- Chennai Collection details

939 Books on various categories (638 +301 added this year)

18 Journals, newsletters and periodicals (16 + 2 added this year)

20 Resource folders on various themes

38 Videos & Documentaries (CD & DVD format)

10 Posters

A CEU team member contributed to the SOCHARA Information Management System (SIMS) in the following way: As

a preparatory activity a brief policy note on SIMS and a project note on SJMAP was prepared and circulated to Society members and staff members. The policy note describes the concept of information management that evolved with the growth of the organisation, and the present context of contribution towards SOCHARA's objectives. It includes all the sectors like CLIC, Website (www.sochara.org), Publications, Documentation, Newsletters, SJMAP and online learning Media of SOCHARA under one roof. It also discusses the vision and strategies, with an implementation plan linking different components.

Website – www.sochara.org: From March 2016 responsibility for management of SIMS, including the website, was taken by a team member Mr. Suresh D from Mr. P. Chandran who was a part time consultant during the previous two years. In the later part of the year, a series of meetings were held with Mr. Prasad, KGLN, service provider and the SOCHARA team to discuss and understand about the website development, requirements, constraints, alternatives etc. A detailed review was done with Dr. Ravi & Mr. Mahadevaswamy to find the grey areas and block holes in the website content and these were listed for updates.

Newsletters: Support was extended to Mr. Chandran in designing a new layout for the March 2016 issue of the E-SOCHARA newsletter, which was released in the first week of April 2016.

Madhya Pradesh

The Resource Centre for Public Health at Bhopal has also initiated a process to further develop a library and information unit focusing on health and health system issues relevant to central India. The evolving library and information unit is a part of the overall Community Health Library and Information Centre (CLIC) in Bangalore.

The library at MP CPHE has a total of 1024 books which have been indexed as per the library catalogue. The language allocations of the Publications are in English (550) and Hindi (474). The collection of books cover thematic issues related to: agriculture, child health, community health, de-addiction, decentralization and governance, demography, development, disability, disaster, drug, Economics, globalization, management, nutrition, political science, public health, policy, reports, rights, sociology, women's health, women's rights etc.

7. NETWORKING WITH CIVIL SOCIETY ORGANISATIONS AND OTHERS

Networking has been of prominent focus for SOCHARA right from its inception and as such has strengthened its evolution over the past several years. This year we enhanced our network with the renewal of older links and the creation of newer links to organisations across the country. These have been highlighted below.

In Karnataka

- a. East-West technology, Bangalore has started work on sanitation in rural areas of Karnataka and they wanted to partner with SOCHARA. We had preliminary meetings with Dr. Ramesh (Head of Department) and Dr. Shashishekar, Associate Professor.
- b. Headstreams (HS) a Bangalore based civil society organisation focuses on education, school health and livelihood issues. They wanted to extend their community work at Malur taluk. As an initial process, they conducted a one-day meeting to prepare plan of action for one year (2015-16) on water, sanitation and waste management. Headstreams has agreed to work in two villages with support and guidance from SOCHARA.
- c. The MYRADA office in Chikkaballapura district was visited as our commitment to strengthen the Karnataka Sanitation Network (KSN). A team member conducted a meeting with the staff and discussed SOCHARA's activity on water and sanitation issues and how MYRADA can be a network partner to work together for this common cause.
- d. As a follow-up to the "Young Environmental Health Researchers Meet" conducted in January, 2015, an e-group was set up including the email id's of all attendees. Currently there are 25 members in this group.
- e. Urban Health and Climate Resilience Centre (UHCRC), Surat was visited to discuss their work on vector-borne disease surveillance, urban health and climate change vulnerability assessment
- f. Networked with MYRADA (Mysore Resettlement and Development Agency), Bangalore on the issue of agriculture and health related projects in Karnataka and surrounding areas. A visit was made to MYRADA's field projects in Kolar and Kollegal to learn about their projects and engagement model.

In Tamil Nadu

Support to the Tamil Nadu Hunger Project. This is a continuous activity of the team. DHVANI a partner NGO of SOCHARA is facilitating the process of advocacy and skill development training for elected women representatives. About 90 members have formed a federation called “MUZHAKKAM” from Pennagaram, Palacode and Thenkanikottai blocks of Dharmapuri district, TN. To continue this process, a district level meeting was organised at Palacode in April for federated members from all three blocks, with an agenda of developing a district wide campaign on certain issues. A team member facilitated the process and the federation decided to initiate a post card campaign against child trafficking, child abuse and saving the girl child. The federation also decided to disseminate the goals and functioning of the MUZHAKKAM federation including their efforts towards ensuring Health For All in their *Panchayats*. Follow up and block level meetings were held in all the three blocks and in Pennagaram block SOCHARA member attended the meeting and also shared the process of PHOTO VOICES carried out in Dharmapuri district.

Support to the campaign on ensuring a pension for all: Pension Parishat is a national campaign addressing the issue

of ensuring pensions for all with a special focus on unorganised workers. The campaign organisers called for a discussion in May 2015 to strengthen the campaign in Tamil Nadu, in which SOCHARA and MNI took part.

Meeting on coalition for maternal and sexual health rights in South India:

RUWSEC (Rural Women Social Education Centre) a long-time partner organisation of SOCHARA and MNI organised a meeting on maternal and sexual health rights in which SOCHARA participated in April 2015. The meeting was to map out organisations working on this issue and explore the feasibility of forming a coalition. Diverse groups working with different communities including women rights, transgender rights activists and academic institutions participated. A SOCHARA member was a panelist in the maternal health rights session.

In July the coalition organised a one-day meeting on young people’s Sexual and Reproductive Health Rights, in which a SOCHARA extended team member participated on behalf of the unit.

Evaluation of the ROOTS project:

One of SOCHARA’s members Dr. Shanmugavelayudham implemented a project called ROOTS to strengthen village level community institutions in health, education and child care sectors. A CEU

team member conducted the participatory evaluation of this project.

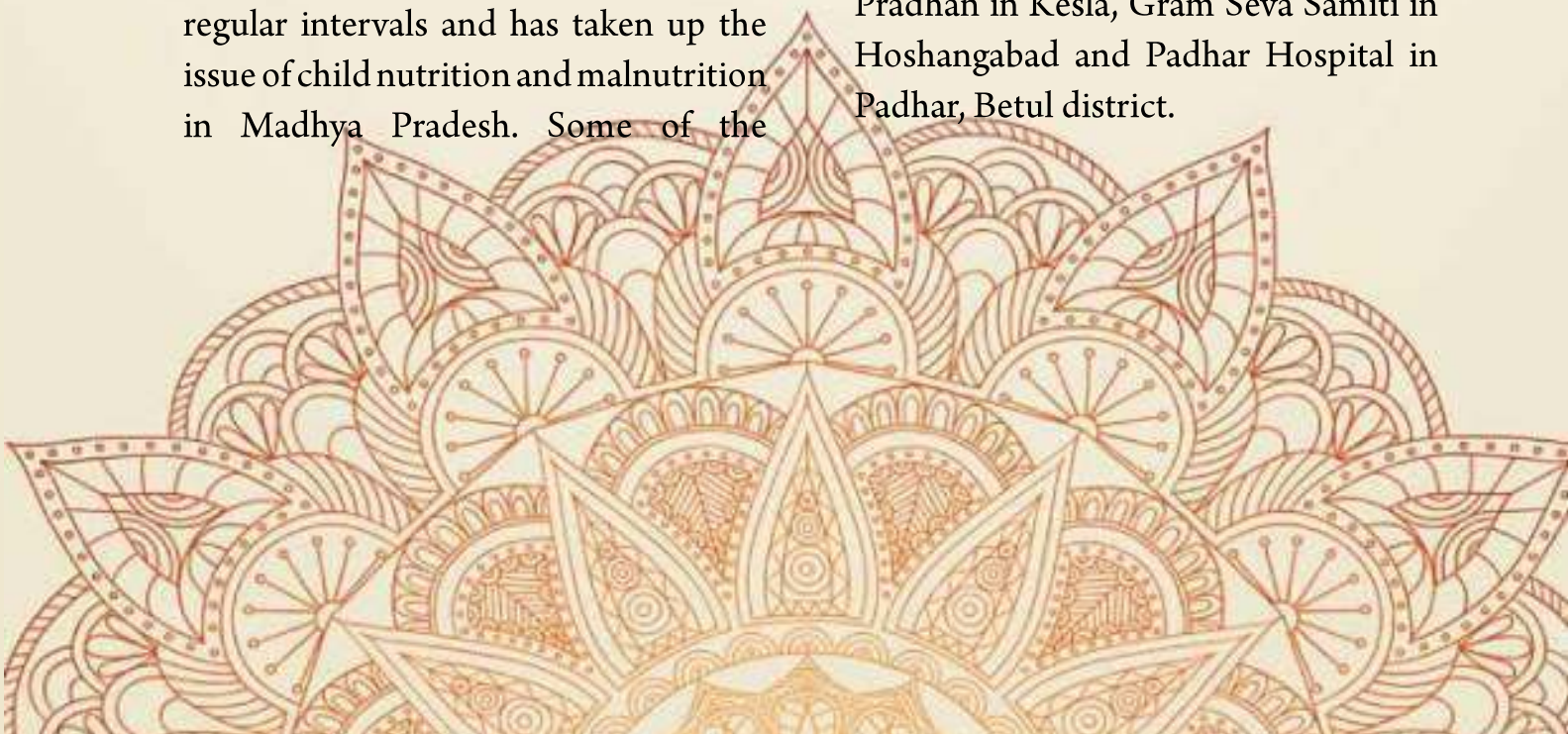
Support to state level consultation on women at workplace: The initiative by Campaign Against Negligence of Girl Child (CANG) to support women workers in seven different industries across Tamil Nadu is being supported by the unit from the inception of this initiative. In February the unit supported the network to organise state level consultation with presentation of testimonies from these industries and response by the expert panelists including Joint commissioner of labour department, Tamil Nadu. The event was held in Chennai.

In Madhya Pradesh

a. The Fellows Collective is a network of Community Health Fellows of the MPCHFP Bhopal and the CHLP Bangalore programmes. It has met at regular intervals and has taken up the issue of child nutrition and malnutrition in Madhya Pradesh. Some of the

Fellows are participating in CPHE's initiative on malnutrition in the state.

- b. The Maternal Health Rights Campaign has been functioning to take up and highlight issues of maternal health in Madhya Pradesh. The process of carrying out a maternal death review was explained and appropriate formats distributed to the members. The facilities and services available at sub-centres, primary health centres and community health centres for maternal health were explained and discussed.
- c. A paper on the basic facts on maternal health was written and circulated among the members.
- d. Like minded NGOs were visited to explore possibilities of working together in nutrition and other areas of public health. These NGOs included Pradhan in Kesla, Gram Seva Samiti in Hoshangabad and Padhar Hospital in Padhar, Betul district.



8. OPEN ENDED CATALYST ROLE

We have in this year enhanced community health awareness through our catalyst role on varied platforms and in different capacities. Some of these included an advisory role, efforts to mainstream alternative perspectives to addressing health and the creation of SOCHARA archives that document our history and evolution as an organisation.

In Karnataka

On a request from THANAL Dr Adithya and others from SOCHARA co-organised a workshop on impact of chemicals on child health with Pesticide Action Network, India “*Little Things Matter*”, session facilitated by Dr Bruce Lanphear of Simon Frazer University, at the St John’s Research Institute on the 5th of September, 2015.

Community Health Advisor

Dr. Ravi Narayan one of the co-initiators of SOCHARA and the first Coordinator-Secretary has been invited to be a resident community health advisor to support the team as a mentor and senior peer for planning and reviewing activities of team members and supporting events and initiatives including the Community Health Learning Programme, described earlier. He has been invited to play additional roles from 2014 ie as archivist

and ‘philosopher in residence’. During this year, he particularly focused on two key thrust areas which include: (a) engaging and mainstreaming with the public health system and with public health education to promote SOCHARA’s community health philosophy and perspectives and (b) building up gradually a more planned and accessible SOCHARA archival system for documents, files and other materials relevant to our history. A few key initiatives in both these areas are listed below:

Mainstreaming the Alternative

- a. Participated regularly, as member of Institutional Advisory Committee of the Rajiv Gandhi Institute of Public Health (RGIPH) to plan and review their MPH Honour Course which started from 2014.
- b. Facilitated sessions for the MPH Honors Course Student of RGIPH during the years on themes: public health values; right to health; UHC policy challenges and debate; capacity building in public health; and communitization
- c. Participation in sessions at APU (Azim Premji University), Masters Training in Development and Health (Role of PHM in Health Equity and Social Determinants of Health) – April 2015

- d. Facilitated the final statement of the People's Council for Education Task Force on '*Towards A Health Science Education Charter: Building an India Relevant Paradigm*', June 2015
- e. Was invited to deliver the 2nd Annual Public Health Lecture at the Post Graduate Institute of Medical Education and Research, Chandigarh (PGIMER). The title of the lecture was – '*Bringing the Public back into Public Health – Community into Public Health Systems: the emerging paradigm*' (July 2015).
- f. Participated in sessions on the People's Health Movement and Right to Health at Department of Community Medicine, MS Ramaiah Medical College, August 2015.
- g. Gave a skype based lecture on People's Charter for Health to the Tri – University Programme in Public Health (Maastricht, McMaster and Manipal) in November 2015
- h. Gave keynote address at National Workshop for Learning and Sharing in MNCH in February 2016, organised by the Karnataka Health Promotion Trust (KHPT) on the theme; '*Towards an India Relevant Public Health System: Discovering a new paradigm*'.
- i. Participated in the National Dialogue on Revitalization of Local Health Tradition organised by Azim Premji University in January 2016
- j. Participated as consultant advisor for the Health Chapter of the Human Development Report of Karnataka at a meeting in March 2016.
- k. Participated as key informant in various research initiative and dialogue during the year including: Health Policy Engagement and Movement Building (PHM – Susan Barria); Social Analysis and Political Economy of Private Medical Education in India (JNU – Ph D Study); Health Policy History and Reflections (Sujatha Rao, former Union Health Secretary).
- l. During a trip to USA in October 2015 – participated in interactive sessions along with Dr. Thelma Narayan, on Community Health in India organised by AID – Boston in MIT and by Albert Einstein School of Medicine at Montefiore Hospital in New York
- m. Visited Canada in November 2015 and gave a talk at the McGill Global Health Studies Course on the theme: From Alma Ata to Rio: Health for All to All for Health. Dr. Thelma also spoke at this meeting organised by Dr. Madhukar Pai a SOCHARA member. Ravi facilitated a lunchtime session on the People's Health Movement at the 2nd Canadian

Conference on Global Health at Montreal

- n. Organised and facilitated a full day Community Health Outreach workshop organised by the batch 1965 of St. John's Medical College at the Campus in December 2015. This was widely attended by UG and PG students together with faculty and alumni of the St. John's National Academy of Health Sciences and was very well received.
- o. Participated in a dialogue with Community Based Healers of Africa and India at the Foundation for Revitalization of Local Health Traditions (FRLHT) in September 2015.
- p. Facilitated several sessions for CHLP Batches in SOCHARA during the year on a wide range of themes including: understanding health sector; paradigm shift; social vaccine; disaster response; plural health system; vector borne

diseases; appropriate technology for PHC; equity and health; partnership and advocacy; participatory research

SOCHARA Archives

- a. During the year, various aides and instruments to understand the history and perspectives of SOCHARA were evolved including: a Sistory quiz; check list of technical themes and administrative systems in SOCHARA;
- b. The Silver Jubilee Museum and Archives Project (SJMAP) evolved and was operationalised during the year. Different sections are evolving around various themes. All audio-visual materials of the earlier era – slides, videos, OHP Sheets, posters, photographs and resource files and materials are being organised and classified for easier access.
- c. Active support was given to the website and the E-Newsletter.



9. ORGANISATIONAL FUNCTIONING

SOCHARA has established and continually made an endeavour to maintain an ethos of consultative, democratic functioning since inception. Meetings take place at various levels, with minutes written and documented. These are being archived, as we reach the twenty fifth year of SOCHARA, and the 32nd year of functioning since the Community Health Cell was established in January 1984. The policy making and governance functions rest with Society members, in collaboration with team members. Governance is an area needing continuing attention and feedback loops.

The General Body of the Society and Executive Committee

The **General Body members** of SOCHARA during 2015-16 are

1. Dr. M.K. Vasundhra
2. Mr. K. Gopinathan
3. Fr. Claude D'Souza
4. Dr. Ravi Narayan
5. Mr. Edward Premdas
6. Ms. Padmasini Asuri
7. Dr. Devadasan.N
8. Dr. Denis Xavier
9. Dr. Madhukar Pai
10. Dr. Ravi D'Souza

12. Dr. Neela Patel
13. Dr. Shirdi Prasad Tekur
14. Ms. Valli Seshan
15. Dr. H. Sudarshan
16. Dr. Susanta Ghosh
17. Dr. Muraleedharan
18. Mr. Abhijit Sengupta
19. Mr. Sam Joseph
21. Dr. S. Pruthvish
22. Dr. Anand Zachariah
23. Prof. Shanmugavelayudham
24. Dr. Sr. Aquinas Edassery
25. Mr. K. Ravi Kumar.

The Executive Committee members of SOCHARA during 2015-16 are:

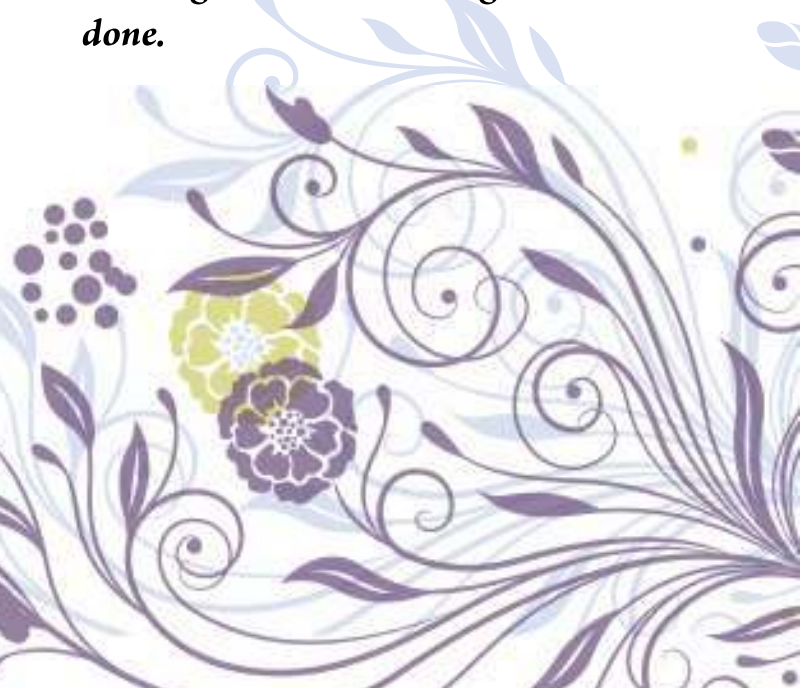
1. Dr. Mohan Isaac – President
 2. Dr. P. Chandra – Vice President
 3. Mr. As Mohammad – Treasurer
 4. Dr. Thelma Narayan – Secretary
 5. Dr. Mani Kalliath - Member EC
 6. Dr. Sunil Kaul- Member EC
 7. Dr. Kishore Murthy - Member EC
- The **Annual General Body Meeting** of the Society was held on 25th July, 2015. Twenty-two people attended the meeting including society members, SOCHARA associates and team

members. The Annual Report of 2014-15, Annual Action Plan for 2015-16 and Annual Financial Statement were presented to the General Body. At this meeting Dr. Thelma Narayan informed members that she will be completing six years as Secretary, SOCHARA at the next AGBM which is in the silver jubilee year and that she would like to hand over this responsibility by the next AGBM in 2016. This is the second stint as Secretary, as she has been the Secretary for eight years from 1998 to 2006. This was therefore a year of planning leadership transition.

- Society members participated in and supported many aspects of the work of the team.
- The **Executive Committee** of SOCHARA met five times during the year, 7th April 2015, 23rd May 2015 and 25th July 2015; 13th January 2016 and 22nd March 2016 to plan and review various aspects of the functioning and work undertaken by the Society, providing support and direction to the team as needed. Additional meetings were held in view of the Transition Process.
- The President SOCHARA Dr. Mohan Isaac and some other SOCHARA members with the EC initiated a process of meeting and interacting with all team members as part of the consultative,

democratic transition process. The first meeting on 19th January 2016 and second meeting on 21st March 2016 generated energy among team members to take organisational responsibility and to think long term. The open transparent process sensitive to the interests and needs of team members was appreciated by all. A five-year planning process is underway.

- *As we reach the silver jubilee of SOCHARA in April 2016 we remember and appreciate the fact that members of the Executive Committee, together with Society members since the inception of SOCHARA, have been an important anchor to the organisation in initiating new directions for our work in keeping with our mandate; sustaining it; establishing norms and policies; participating in meeting challenges and celebrating work well done.*



The SOCHARA Team 2015 -2016

1. Dr. Thelma Narayan	2. Dr. Ravi Narayan
3. Mr. As Mohammad	4. Dr. Ravi D'Souza
5. Mr. S J Chander	6. Mr. Prasanna Saligram
7. Mr. Ameer Khan	8. Mr. D Suresh
9. Dr. Adithya Pradyumna	10. Mr. I M Prahlad
11. Mr. Mahadevaswamy	12. Mr. Victor Fernandes
13. Mr. Naveen Pinto	14. Mr. Mathew Alex
15. Ms. Maria Dorthy Stella	16. Mr. Hari Prasad Ojha
17. Mr. Tulsi Chetry	18. Mr. M.S. Joseph
19. Ms. Janelle De Sa Fernandes	20. Mr. K J Kumar
21. Mr. Sayyed Ali	22. Dr. ASGR Rahul
23. Ms Anusha Purushotham	24. Ms. Nidhi Shukla
25. Mr. K U Sabu (Till 15 th May 2015)	26. Mr. Vinay Kumar Victor
27. Mr. P Chandran (Part Time)	

Team meetings and Skype meetings between clusters

- Team meetings in Bengaluru are held regularly and the CHLP team met weekly and more often whenever needed.
- Regular Skype meetings are held with the team members of both Tamil Nadu and Madhya Pradesh clusters (CEU Chennai and CPHE Bhopal). This helped in sharing of ideas, planning and providing feedback on both programmatic and administrative issues.
- A series of Internal Review and Reflection meetings were held in June-July 2015.
- The fifth annual team retreat was held from 6-8th October 2015 with a background note on Context and the Way Ahead. The team shared the enjoyable and challenging moments of the past year. We discussed 'community health in India – then and now' in

the context of a changing situation. Sustainability was looked at with a focus on ideas; the team; finances; and infrastructure. The 'work ahead' and 'tasks ahead' in the coming months were discussed, in the team clusters. The leadership transition process was raised, inviting participation.

- The Staff Welfare Fund (SWF) is run and managed independently by a staff committee. The AGBM of this SWF Committee was held on 17th April 2015. This is the nineteenth year of functioning of the SWF and several team members have taken loans in time of need. Picnics with families and a get together are also organised occasionally.

Strengthening financial and administrative capacities and systems

The **Finance and Management Committee (FMC)** meetings were held every 3rd Tuesday of the month to monitor and guide administrative, accounts and finance team. The FMC Chair Dr. Ravi Narayan supported by Mr. Gopinathan provided important inputs and guidance to the admin and accounts team. There is a need to further improve planning, prioritization and delegation of admin and accounts work.

The **Internal Auditors** M/s Philips Cherian & Associates, Koramangala, Bangalore, represented by Mr. Reny Philip undertook internal audits for the period April 2015 to June 2015; July 2015 to September 2015, October 2015 to December 2015, and January 2016 to March 2016.

The **Statutory Auditor** M/s G.S. Ravi Kumar and Company, Gandhinagar, Bangalore represented by Mr. G.S. Ravi Kumar conducted the statutory audit for the period 1st April 2015 to 30th September 2015 and 1st October 2015 to 31st March 2016. Audited reports were also provided to Misereor-KZE and other donor partners as per the requirements in the agreements.

Two **external financial system audits** were conducted this year as follows:

a) One was requested by the Sir Ratan Tata Trust (SRTT) Mumbai and conducted by **Sanjay Adithya and Associates, New Delhi**, from 11th January 2016 to 13th January 2016 represented by Mr. Amit Sinha and Mr. Mohit Singh Segar for the project period 1st December 2012 to 30th November 2015. They shared their report on 14th March 2016. A Compliance Report was sent on 24th March 2016.

b) A review of the financial management systems of SOCHARA was undertaken by **CPA Services India Pvt Ltd, Nodia**, represented by Ms. Sujatha Samal and Mr.

Abhijit Datta on behalf of FMSEF (Financial Management Service Foundation) from 1st February 2016 to 5th February 2016. This review was requested by Misereor – KZE and their report was sent to us 22nd March 2015 and a compliance report was sent on 12th April 2016.

Follow-up action is being taken.

The audited Annual Statement of Accounts 2015-16 is available on the website www.sochara.org.

A **Project Management Unit (PMU)** has been meeting regularly to review the project and financial aspects of the society. The **Procurement Committee** met when required.

The Secretary supported by concerned team members and the admin and accounts team developed grant proposals eg for the next phase four of the CHLP; revision of a tobacco control proposal, no cost extensions of some ongoing grants. Interaction with Programme Officers from Donor Partners also took place via e-mail, skype and in person.

The **Admin team held daily meetings** as is the practice.

Efforts were made by the Secretary to enhance the understanding and practice of a systems approach by the admin and

accounts team. This is a learning process and needs to be ongoing. Systematic planning of work by each individual team member, sub-unit and cluster is encouraged and is a requirement for proper organisational functioning. Inner learning for personal growth is also encouraged. Professional help is suggested whenever required.

Shifts of Office occurred in all three locations during the year. The CPHE office Bangalore shifted to the main building (359, 1st Main, 1st Block, Koramangala, Bengaluru 560034) in September 2015. The Bhopal CPHE office shifted in February 2016, to Centre for Public Health & Equity, E-7/17 Ashok Housing Society, Arera Colony, Bhopal – 462016, Madhya Pradesh. The CEU office in Chennai shifted in May 2016, to Community Health Cell – Extension Unit, Door No. 7C, 1st Floor, SKELDALE House, Rathinapuri Nagar, Koyambedu, Chennai – 600107, Tamilnadu. Team members spent a lot of energy in finding suitable accommodation and in making the shift.

MEMORANDUM OF UNDERSTANDING

An MoU was signed between SOCHARA and Christ University on 9th September 2015 with Dr. Thelma Narayan and Dr. Victor Paul as signatories, with witnesses from both organisations/ institutions. The MoU enables collaboration in teaching, research and related activities.

10. STAFF DEVELOPMENT

As part of the staff development process the following staff were encourage to attend various programme of their interest related to the focus area of work with SOCHARA:

1. Dr. Rahul ASGR attended the training on Qualitative Research in Trivandrum with Achuta Menon Institute of Public Health in the month of April in 2015.
2. Mr. Mahadeva Swamy attending the Karnataka State Health Library Association (KSHLA) conference held at St. John's National Academy of Health Science, Bengaluru in the month of February 2016.
3. Mr. Mathew Alex attended the one-day workshop on FCRA, Income Tax and Sales Tax organised by the Federation of Karnataka Chamber of Commerce and Industries (FKCCI) in the month of February 2016.
4. Mr. Ameer Khan wrote his PhD entrance exam at TISS Mumbai in the month of March 2016.
5. Mr. Prahlad I M attended a Qualitative Research Methodology workshop organised by the Kristu Jyothi College, Bengaluru in the month of March 2016.
6. Two of the team members of the CEU participated in the residential workshop on "culture and sanitation" workshop on 23rd to 25th July 2015 organised by SOCHARA.

One of the CEU team member also participated in the communication workshop conducted by Dr. Magimai of CAMERA.

11. PUBLICATIONS AND REPORTS

Reports

- a. Narayan T., Vaz M., *et al.*, 2015, *St. John's Looks to the Future: Growing from Strength to Strength*. Unpublished Golden Jubilee Evaluation Report for the St. John's National Academy of Health Sciences, pp 240, SOCHARA, Bengaluru, India

Journals

- a. Pradyumna, A., Guinto, R., 2016. Climate change and health. *The Lancet* 387, 430–431. doi:10.1016/S0140-6736(16)00171-9
- b. Pradyumna, A., 2016 a. Making those hard decisions – for people and the environment. *Indian Journal of Medical Ethics* 13, 59.

Invited article

- a. Narayan T, October 2015, *Community processes and Universal Health Coverage: The India experience- Potential and pitfalls in engaging a billion voices for health*. Written for the Governance Hub, Public Health Foundation of India (PHFI).

Blogs

- b. Pradyumna, A., 2016b. Making those bills count [WWW Document]. IHP. URL <http://www.internationalhealthpolicies.org/making-those-bills-count/> (accessed 3.3.16).

- a. Pradyumna, A., Decoster, K., 2015. The neglected rich [WWW Document]. IHP. URL <http://www.internationalhealthpolicies.org/the-neglected-rich/> (accessed 3.3.16).

- a. Pradyumna, A., 2015e. Are the “bad guys” somehow more sensitive about the need for urgent environmental action – at least on the screen? [WWW Document]. IHP. URL <http://www.internationalhealthpolicies.org/are-the-bad-guys-somehow-more-sensitive-about-the-need-for-urgent-environmental-action-at-least-on-the-screen/> (accessed 3.3.16).

- a. Pradyumna, A., 2015f. Health of NGOs in India [WWW Document]. IHP. URL <http://www.internationalhealthpolicies.org/health-of-ngos-in-india/> (accessed 3.3.16).

- a. Pradyumna, A., 2015g. An Environment year, if there ever was one [WWW Document]. IHP. URL <http://www.internationalhealthpolicies.org/an-environment-year-if-there-ever-was-one/> (accessed 3.3.16).

- a. Pradyumna, A., 2015h. An ethical dilemma for a young (environmental) health researcher: the trade-off between carbon footprint and education/networking [WWW

Document]. IHP. URL <http://www.internationalhealthpolicies.org/an-ethical-dilemma-for-a-young-environmental-health-researcher-the-trade-off-between-carbon-footprint-and-educationnetworking/> (accessed 3.3.16).

SOCHARA E-Newsletters

Bi-monthly e-newsletters were released between April 2015 - March 2016 as follows:

Vol.1 (2), May 2015 on International Workers Day

Vol.1 (3), July 2015 on World Population Day

Vol 1 (4), September 2015 on Mental Health

Vol 1 (5), November 2015 on World Toilet Day

Vol 2 (1), January 2016 on Climate Change

Vol.2 (2), March 2016 on the SOCHARA Silver Jubilee

These are circulated to 1079 subscribers on the CLIC SOCHARA g-mail group. Several team members and some community health fellows write for the newsletter. The e- newsletter was initiated and anchored by Mr. Chandran, supported by Mr. Mahadevaswamy and others.

The Website:

www.sochara.org is being developed as a repository of SOCHARA publications, reports, cartoons, photographs etc.



12. PARTICIPATION IN CONFERENCES, WORKSHOPS, SEMINARS, TRAINING AND CONSULTATIONS

- a. Seminar on environment and health: conducted at Institute of Public Health, Bangalore on 6th July 2015 where Adithya participated as a panellist and shared his journey in environmental health over the past 7 years. The audience included public health professionals and high school students.
- b. Medico-friend circle (mfc) mid-annual meet: at Hyderabad on 8th and 9th July 2015 – to discuss the topics of urban health and non-communicable diseases.
- c. Regional Consultation on Women's Role in Sustainable Development, organised by Swayam Shikshan Prayog (SSP) in Pune on the 3rd of December, 2015 attended by around 100 women's representatives of self-help groups from Marathwada region.
- d. Medico-friend circle (mfc) annual meeting held at Raipur, Chhattisgarh between February 19th and 21st, 2016 on the theme of urban health. Adithya was part of organising committee of this meeting. Issues such as waste management were also discussed. Team members and community health fellows from Batch 12 participated.
- e. Dr Adithya attended and contributed to a national level meet on climate change and health organised by Public Health Foundation of India, at Delhi on 26th October 2015.
- f. Dr Adithya was invited to an international consultation "Birth defects in India" conducted by Interdisciplinary School of Health Sciences, University of Pune, on 17th and 18th of March, 2016.
- g. Prahlad was a resource person at a Workshop on child rights organised by Aa foundation. He addressed the topic 'Right to sanitation and children'. 20 school children and 18 D.Ed college students participated. During the discussion matters related to social issues, gender and toilet access and use, and problems associated with the improper sanitation facility were addressed.
- h. Prahlad participated in a consultation on sanitation to deepen and enhance the community's understanding and strengthen WASH and healthcare organised by Water Aid a New Delhi based organisation on 8th February 2016 at the Amaltas Hall, India Habitat Centre, New Delhi. Public health experts,

organisations, network and campaigns working on health and related issues participated in the meeting.

- i. Dr. Ravi D'Souza participated in the Joint Monitoring Mission of the Govt. of India and the World Health Organisation, of the Revised National Tuberculosis Control Programme (RNTCP). This was the 5th such exercise which is conducted every three years. The review was conducted in two districts each of the states of Gujarat, Madhya Pradesh, Himachal Pradesh, Andhra Pradesh, Odisha, Meghalaya and Tripura. Different aspects of the RNTCP were evaluated, and important recommendations were made by the group of experts assembled for the exercise.
- j. CPHE team members actively participated in a workshop on Right to Free Medicines organised by PRAYAS. Dr. Ravi D'Souza explained the concepts of essential drugs and rational drug therapy.
- k. CPHE team members hosted and participated in a workshop on Maternal and Neonatal Health, organised by Common Health. During the workshop, there were sessions on maternal health in the region, accessing safe abortion services, rights-based contraceptive services, and the role of anaemia in maternal health. About 50 persons from Madhya Pradesh and the surrounding states participated in the workshop.
- l. CPHE team members (NS, SA) participated in a three-day workshop on Community Based Malaria Control, organised and hosted by the Community Health Department of the Christian Hospital, Bissamcuttack, Odisha.
- m. Nidhi Shukla from the CPHE team was a state-level trainer for the different training sessions of the National Health Mission and the Women & Child Development Dept. in Madhya Pradesh. Some of the technical subjects she covered were exclusive breast feeding, complementary feeding. Managerial subjects covered included supportive supervision and gender issues.
- n. Nidhi Shukla participated in a two-day workshop organised by Common Health in Pune which discussed maternal death review, contraceptive awareness, access, and use.
- o. Dr. Thelma was an invited participant at the Gulbenkian meeting on Mental Health at NIMHANS. With other commitments she participated on 13th November 2015.



13. MEMBERSHIP IN COMMITTEES/ GOVERNANCE OF OTHER GROUPS

- a. Dr. Thelma Narayan, Dr. Ravi D'Souza and Nidhi Shukla are a part of the state Mentoring Group for Community Action (MGCA), which is a part of the state NHM community monitoring mechanism. They attended and participated in the meetings held regularly in Bhopal.
- b. Dr. Thelma Narayan continued as a member of the Advisory Group on Community Action for Health (AGCA) of the National Health Mission, Ministry of Health and Family Welfare, Govt. of India.
- c. Mr. Samuel Paul (former Director IIM Ahmedabad) invited Dr. Thelma to join the Board of Directors of the Public Affairs Foundation (PAF), a Section 152 (5) and Rule 8 company under the Companies Act (for not for profit companies) which she has agreed to. PAF promotes Citizen's Report Cards across various sectors in India and in different countries as a public accountability mechanism. This was developed by the Public Affairs Centre (PAC) a sister concern. The Executive Director is Mr. Ravi Shankar Rao and the Board meets thrice a year.
- d. Dr. Adithya is a Steering Committee Member of Pesticide Action Network India.
- e. Mr. S J Chander is the member of the Institutional Ethics Committee of the Institute of Public Health (IPH) Bengaluru.

14. FINANCIAL SUPPORT PARTNERS

Donor Partners (Foreign)

1. Misereor - Katholische Zentralstelle für Entwicklungshilfe e. V. (KZE), Germany
2. Sarathy Foundation (SF), USA
3. International Development Research Centre (IDRC) Canada
4. Simon Fraser University, Canada
5. Foundation to Promote Open Society (FPOS), USA

6. Association for India's Development (AID-Boston, USA)
7. Friends of SOCHARA - Switzerland

Donor Partners (India)

1. Sir Ratan Tata Trust (SRTT), Mumbai
2. Public Health Foundation of India, (PHFI), New Delhi
3. Quality Systems Inc. - Q.S.I. Health Care, Bengaluru

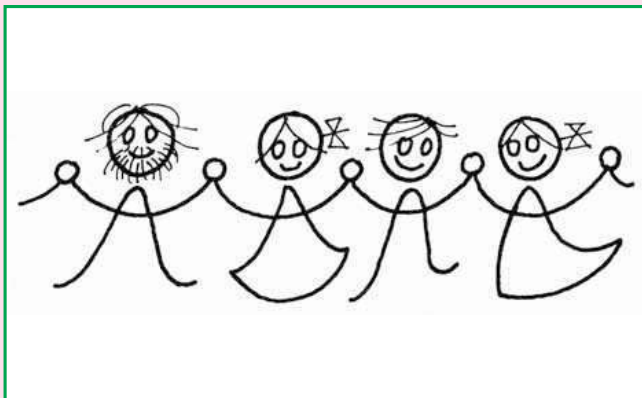
We thank all donor partners for their support, inputs and solidarity with our work

CONCLUSION

Throughout the course of the year, there has been a sense of solidarity and mutual support across the different and diverse groups that comprise the SOCHARA community. This has enabled the momentum of work around all the objectives of SOCHARA to be high. Just one objective namely evolving educational strategies in community health and the community health learning programme that developed in response to this has many complex components and activities, which involve coordinating with several partners. Work around all the other organisational objectives has also been undertaken. The relatively small team and large number of activities, has meant that everyone has been multi-tasking. Team members have worked across the objectives, activities and tasks, and have been trying to strengthen a systems approach to work. Members

of the executive committee, general body, academic and research council, and SISEC, all of whom function in an honorary capacity, have greatly helped in meeting challenges as they arose, and in supporting team members in their work. A collective, democratic and open approach to leadership transition was initiated, led by the EC. Team reflections and an internal review process feed into the transition. This process is leading up to meetings planned in April 2016 and over the next year on the occasion of the silver jubilee of SOCHARA.

There is a quiet confidence that the organisation, and each person involved with it, will continue to grow from strength to strength and contribute meaningfully to the larger collective efforts towards health and equity in India and globally.



Source: Community Health Cell, Shirdi Prasad Tekur





SOCHARA's CHLP Annual Alumni Meet and Dissemination Meet in December 2015, at St. John's National Academy of Health Sciences, Bengaluru.

Society for Community Health Awareness, Research and Action (SOCHARA)

**No. 359, 1st Main, 1st Block, Koramangala,
Bengaluru - 560 034 Karnataka, India**

Email: chc@sochara.org, admin@sochara.org

Website: www.sochara.org

Phone: +91-80-25531518, 25525372, 25630924

AUDIT STATEMENTS

***SOCIETY FOR COMMUNITY
HEALTH AWARENESS,
RESEARCH AND ACTION***

***AUDITED STATEMENT OF ACCOUNTS
FOR THE PERIOD ENDING
31ST MARCH 2016***

Audited by
G. S. RAVI KUMAR
Chartered Accountant,



***AUDITED STATEMENT OF
ACCOUNTS***

CONSOLIDATION

G. S. RAVIKUMAR.
CHARTERED ACCOUNTANT

No. 14/1, Sevakshetra Building,
1st Main, VI Cross, Gandhinagar,
Bangalore – 560 009.
Tel: 2226 7579 / 2226 1938

AUDITOR'S REPORT

To
The Managing Committee,
Society for Community Health Awareness, Research and Action,
No. 326, V Main, I Block, Koramangala,
Bangalore – 560 034.

1. We have audited the attached Statement of Affairs of **M/s. SOCIETY FOR COMMUNITY HEALTH AWARENESS, RESEARCH AND ACTION, BANGALORE**, as at **31st March 2016** and the **Income and Expenditure Account** for the year ended on that date. These financial statements are the responsibility of the Society's management. Our responsibility is to express an opinion on these financial statements based on our audit.
2. We conducted our audit in accordance with auditing standards generally accepted in India. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.
3. We further report that :-
 - a. We have obtained all the information and explanations, which to the best of our Knowledge and belief were necessary for the purpose of our audit;
 - b. The Statement of Affairs & Income & Expenditure Account dealt with the report are in agreement with the books of accounts;
 - c. In our opinion proper books of account as required by law have been kept by the Society so far as appears from our examination of those books;
 - d. In our opinion and to the best of our information and according to the explanations given to us, the said accounts give the information as required and give a true and fair view in Conformity with the accounting principles generally accepted in India;
 - i. In case of the Statement of Affairs, of the state of affairs of the Society as at 31st March 2016 and;
 - ii. In the case of the Income & Expenditure Account of the Excess of Expenditure over Income of the Society for the period ended on that date.

Place: Bangalore
Date: 23.08.2016

for G. S. RAVIKUMAR,
CHARTERED ACCOUNTANT



(G. S. RAVIKUMAR)
PROPRIETOR

G.S. RAVIKUMAR
Chartered Accountant
14, Sevakshetra Building,
1st Main Road, Gandhinagar,
BANGALORE - 560 009.



SOCIETY FOR COMMUNITY HEALTH AWARENESS RESEARCH AND ACTION, BANGALORE
BALANCE SHEET AS AT 31st March 2016

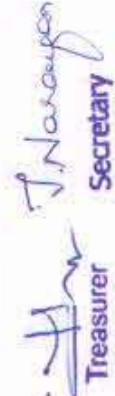
CONSOLIDATED ACCOUNT

LIABILITIES	SCHE DULE	As at 31/03/2016 (Rs.)	As at 31/03/2015 (Rs.)	ASSETS	SCHE DULE	As at 31/03/2016 (Rs.)	As at 31/03/2015 (Rs.)
CORPUS FUND :				FIXED ASSETS :			
Opening Balance	23	562,612.56	562,612.56	As per Schedule	5	708,316.19	890,764.01
ENDOWMENT FUND:				LOANS AND ADVANCES:			
Friends of SOCHARA, Switzerland - (MBS)	11	6,362,449.00	6,362,449.00	Program Advance to Public Health Resource Society (PHRS)	14	20,780.00	26,500.00
Addition during the year	12	3,322,242.00	9,684,691.00	Staff Advances	14	44,884.00	8,502.00
CORE PROJECT GRANTS CARRIED OVER:				Prepaid Expenses	30	2,200.00	-
As Per last Balance Sheet		9,079,775.83	9,079,775.83	Rental Deposit - Bhopal Office	26	86,000.00	-
Add: Transferred from I&E account		(1,089,379.60)	7,990,396.23	Rental Deposit - SOCHARA	26	430,000.00	619,000.00
				Electricity Deposit - SOCHARA Annex. (CHC)	26	880.00	880.00
CURRENT LIABILITIES:				Rental Deposit - CHC	26	10,000.00	2,280.00
Gratuity	28	1,427,887.50	1,353,960.00	Telephone Deposit - CHC (CHC)	26	2,280.00	2,280.00
Provision for Audit Fees	27	45,000.00	45,000.00				
Internal Audit Fees	27	650.00	69,200.00	CLOSING BALANCE:			
Contribution to Nepal Disaster Fund	23	24,072.00		Cash on hand	16	10,406.80	26,880.30
				Cash at Bank	18	241,171.30	727,420.58
TOTAL		19,735,309.29	17,472,997.39	FIXED DEPOSITS:			
				Corpus Fund	20	687,610.00	562,610.00
				Endowment Fund	20	9,678,051.00	6,361,498.00
				Gratuity Fund	20	1,353,960.00	1,168,662.50
				Project and General Funds	20	6,468,000.00	7,078,000.00
				TDS Receivable from Watershed	30	11,550.00	-
				TOTAL		19,735,309.29	17,472,997.39

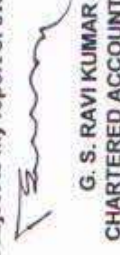
for Society for Community Health Awareness, Research and Action


President

PLACE: BANGALORE
 DATE : 23.08.2016


Treasurer

G.S. RAVIKUMAR
 Chartered Accountant
 14, Sevakshetra Building,
 1st Main Road, Gandhinagar,
 BANGALORE - 560 009.


G. S. RAVI KUMAR
 CHARTERED ACCOUNTANT

Subject to my report of even date



SOCIETY FOR COMMUNITY HEALTH AWARENESS RESEARCH AND ACTION, BANGALORE
INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD FROM 01.04.2015 TO 31.03.2016
CONSOLIDATED ACCOUNT

EXPENDITURE		SCHE- DULE	For the year ended 31/03/2016 (Rs.)	For the year ended 31/03/2015 (Rs.)	I N C O M E		SCHE- DULE	For the year ended 31/03/2016 (Rs.)	For the year ended 31/03/2015 (Rs.)
By	PROJECT EXPENSES-				CONTRIBUTION TO PROJECT				
"	Program Expenses	1	240,474.00	116,605.00	Community Action and Policy Advocacy				
By	Community Action and Policy Advocacy				Community Health Initiatives -KZE-321-900-1508ZG	8	3,918,353.20	2,610,336.40	
"	Community Action for Health(CAH)CEU,Chennai	3	428,076.00	1,271,456.00	Misereor (National BioEthics Conference)		-	800,300.00	
"	Chennai Local General	4	650.00	10,361.00	Foundation to Promote Open Society (FPOS-NBC)		-	1,283,520.00	
"	Community Health Initiatives -KZE-321-900 1508ZG	8	3,827,242.00	3,535,653.75	Community Health Fellowships Programme:				
"	Misereor (National Bio Ethics Conference)			800,300.00	Community Health Learning Programme - (SRTT)	2	5,436,000.00	2,600,000.00	
"	Foundation to Promote Open Society (FPOS- NBC)			1,227,153.00	International Development Research Centre (IDRC)	10	3,009,415.60	5,347,743.53	
"	Comprehensive Primary Health Care Project Expense	7	350,000.00	-					
By	Community Health Fellowships Programme:				Contribution received from Sarathy Foundation	9	1,019,779.00	1,810,933.00	
"	Community Health Learning Programme - (SRTT)	2	4,697,620.97	4,299,748.50	Comprehensive Primary Health Care Project	7	350,000.00	-	
"	Community health Fellowship Programme - NCE-SDTT	6	1,500.00	204.00	Community Health Research				
"	International Development Research Centre(IDRC)	10	5,261,972.60	5,571,233.15	Medical Tourism and Equity (SFU)			76,280.00	
By	Community Health Research				Friends of SOCHARA (MBS)			293,250.00	
"	Community Health Environment Skill (CHESS) AMRC			35,653.00	Grassroots & Voices(PHFI)	11	74,750.00	224,250.00	
"	Alcohol Tax Policy Study (PHFI)			61,974.00	Association for India Development- AID Boston	13	720,000.00	-	
"	Social Justice in Health, Research, Advocacy, Training and Action on Realising Health Rights (Ford Foundation NCE)				General Contribution				
"	Medical Tourism and Equity (SFU)			363,394.25	Mentoring Fees	23	69,000.00	56,500.00	
"	Community Health Environment Skill Share (GGF)			46,448.00	Sochara Annexe	23	42,550.00	159,300.00	
"	Grassroots and Voices (PHFI)			70,336.00	SOCHARA -other Contributions	23	413,746.49	400,134.00	
By	Community Health Initiatives				Contribution- Chennai local	23	1,680.00	20,000.00	
"	Promoting Public/Community Health in India (Sarathy Foundation)	9	1,099,643.00	643,776.00	Membership Fees	25	800.00	550.00	
"	Association for India Development (AID- Boston)	13	659,692.00	298,193.00	Income Tax refund received	29	13,592.00	-	
"	Friends of SOCHARA, Switzerland - (MBS)				Interest on Income Tax received	29	1,418.00	600.00	
"	Depreciation	5	201,352.82	313,535.88	BANK INTEREST:				
"	Provision for Internal Audit Fees	27	184,878.50	34,200.00	Bank Interest on SB A/c's	21	51,176.00	59,722.00	
"	Provision for Gratuity				Bank Interest on Fixed Deposits	22	751,462.00	540,183.00	
	Total:		16,963,101.89	18,924,474.53	Excess of Expenditure over Income		1,089,379.60	2,640,872.60	
					Total:		16,963,101.89	18,924,474.53	

for Society for Community Health
 Awareness, Research and Action

[Signature]
 Treasurer

[Signature]
 Secretary

[Signature]
 President

G.S. RAVIKUMAR
 Chartered Accountant
 14, Sovakshetra Building,
 1st Main Road, Gandhinagar,
 BANGALORE - 560 009.

Subject to my report of even date



G. S. RAVI KUMAR
 CHARTERED ACCOUNTANT

PLACE: BANGALORE
 DATE : 23.08.2016

SOCIETY FOR COMMUNITY HEALTH AWARENESS RESEARCH AND ACTION, BANGALORE
RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD FROM 01.04.2015 TO 31.03.2016
CONSOLIDATED ACCOUNT

RECEIPTS		SCHE DULE	For the year ended 31/03/2015 (Rs.)	For the year ended 31/03/2016 (Rs.)	PAYMENTS	SCHE DULE	For the year ended 31/03/2016 (Rs.)	For the year ended 31/03/2015 (Rs.)
To	OPENING BALANCE:							
"	Cash on Hand	15	26,880.30	24,697.30	PROJECT EXPENSES	1	240,474.00	116,605.00
"	Cash at Bank - SBM	17	727,420.58	573,731.05	Program Expenses			
"	Fixed Deposits - Corpus Fund	19	562,610.00	506,150.00	Community Action and Policy Advocacy	8	3,627,242.00	3,350,356.25
"	Fixed Deposits - Gratuity	19	1,168,662.50	1,002,600.00	Community Health Initiatives (KZE-321-900-1508ZG)			800,300.00
"	Fixed Deposits - SOCHARA	19	6,028,000.00	10,017,403.00	Misereor (National Bioethics Conference)	3	428,076.00	1,271,456.00
"	Fixed Deposit - CAH Project	19	350,000.00	-	Community Action for Health(CAH) CEU,Chennai	4	650.00	10,361.00
"	Fixed Deposit - SRTT Project	19	700,000.00	-	Chennai Local General			
"	Fixed Deposits- Endowment	20	6,361,498.00	-	Foundation to Promote Open Society (FPOS-NBC)	7	350,000.00	1,227,153.00
To	INTEREST FROM BANK				Kolar Comprehensive Primary Health Care Project			
"	Fixed Deposits	22	751,462.00	540,183.00	Community Health Learning Programme:			
"	Saving Bank Account	21	51,176.00	59,722.00	Community Health Learning Programme - (SRTT)	2	4,697,620.97	4,286,748.50
To	GENERAL CONTRIBUTION				Community Health Fellowship Programme - NCE-SDTT	6	1,500.00	148,510.75
"	Contribution - Mentoring Fees	23	69,000.00	56,900.00	Community Health Learning Programme - (IDRC)	10	5,261,972.60	5,571,233.15
"	Contribution - Sochara Annexe	23	42,550.00	159,300.00	Community Health Research			
"	Contribution Others- SOCHARA	23	413,746.49	400,134.00	Alcohol Tax Policy Study (PHFI)			61,974.00
"	Contribution - Chennai local	23	1,680.00	20,000.00	Community Health Environment Skill(CHES) AMRC			35,653.00
"	Contribution from Team members towards Nepal Disaster	23	24,072.00	550.00	Community Health Environment Skill(GGF)			70,336.00
"	Membership Fees	25	800.00	-	Social Justice in Health Research, Advocacy, Training and Action on realizing Health Rights (Ford Foundation) NCE			363,394.25
"	Contribution received from QSI for Kolar Comprehensive PHC Project	7	350,000.00	600.00	Medical Tourism and Equity (SFU)			46,448.00
"	Miscellaneous Income (Uncleared Chques)				PHFI - Grassroots and voices			224,250.00
"	Other Income				Community Health Initiatives			
"	Income Tax Refund	29	13,592.00	-	Promoting Public/Community Health in India (Sarathy Foundation)	9	1,099,643.00	643,776.00
"	Interest on Tax Refund	29	1,418.00	-	Friends of SOCHARA, Switzerland (MBS)			296,193.00
"	Contribution received from Friends of SOCHARA for Endowment Fund	12	3,322,242.00	6,362,449.00	Support to MP CPHE- Bhopal , (Association for India Development) - (AID Boston)	13	669,682.00	-
"	Sale Proceeds from Fixed Assets	29	1,050.00	-	Fixed Assets purchased	40	19,955.00	320,099.00
To	CONTRIBUTION TO PROJECTS :				Rental Deposit paid for CPHE Office in Bhopal			
"	Community Action and Policy Advocacy	8	3,918,353.20	2,610,336.40	Program advances paid	14	32,000.00	10,002.00
"	Community Health Initiatives-KZE-321-900-1508ZG				Staff Advances	14	95,000.00	25,000.00
"	Misereor (National Bioethics Conference)				Prepaid Expenses	30	2,200.00	-
"	Foundation to Promote Open Society (FPOS- NBC)				Gratuity Paid	27	110,951.00	-



SOCIETY FOR COMMUNITY HEALTH AWARENESS RESEARCH AND ACTION, BANGALORE
RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD FROM 01.04.2015 TO 31.03.2016
CONSOLIDATED ACCOUNT

RECEIPTS		SCHE DULE	For the year ended 31/03/2016 (Rs.)	For the year ended 31/03/2015 (Rs.)	PAYMENTS	SCHE DULE	For the year ended 31/03/2016 (Rs.)	For the year ended 31/03/2015 (Rs.)	2nd Page
To	<u>Community Health Learning Programme:</u>								
"	Community Health Learning Programme - (SRTT)	2	5,436,000.00	2,600,000.00	"		68,550.00	-	
"	International Development Research Centre (IDRC)	10	3,009,415.60	5,347,743.53	"		11,550.00	-	
	Contribution received from Sarathy Foundation	9	1,019,779.00	1,810,933.00	By				
To	<u>Community Health Research</u>				"		10,406.80	26,880.30	
"	Medical Tourism and Equity (SFU)				"		241,171.30	727,420.58	
"	PHFI - Grassroots & voices				"		562,610.00	562,610.00	
To	<u>Community Health Initiatives</u>				"		1,353,960.00	1,168,662.50	
"	Friends of SOCHARA, Switzerland- (MBS)	11	74,750.00	76,280.00	"		9,678,061.00	6,361,498.00	
"	Association for India Development (AID) Boston	13	720,000.00	224,250.00	"		1,600,000.00	700,000.00	
To	<u>ADVANCES:</u>				"		4,993,000.00	6,028,000.00	
"	Program advances	14	140,061.00	293,250.00	"		350,000.00	350,000.00	
"	Cash advances recovered from staff	14	102,000.00	-	"				
"	Rental Deposit refunded (CPHE Office)	26	125,000.00	-	"				
"	Staff Advance	14	1,500.00	-	"				
	TOTAL		35,514,718.67	34,819,920.28			35,514,718.67	34,819,920.28	

for Society for Community Health
Awareness, Research and Action

Subject to my report of even date



(Signature)
Secretary

(Signature)
Treasurer

(Signature)
President

PLACE: BANGALORE
DATE: 23.08.2016

G. S. RAVI KUMAR
CHARTERED ACCOUNTANT

G.S. RAVIKUMAR
Chartered Accountant
14, Sevashetra Building,
1st Main Road, Gandhinagar,
BANGALORE - 560 009.