



ANNUAL REPORT

April 2019-March 2020

Society for Community Health Awareness, Research and Action

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

Phone : 080-25531518 / 25630934

Email : admin@sochara.org | Website : www.sochara.org

Registered Office : No. 326, 1st Main, 1st Block, Koramangala, Bengaluru - 560 034



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Brief Summary :

SOCHARA continued most of its previous year activities. We have conducted more trainings to the community, associated with new organisations, and expanded community health nutrition work to rural areas of Madhya Pradesh and in Tamil Nadu on pilot basis. During this year we have supported activities of national and international networks working on health issues including Jan Swasthya Abhiyan (JSA) and Community of Practitioners on Accountability and Social Action on Health (COPASAH). The campaign against privatisation and commercialisation of health care continued and we have started health system observatory in rural areas of Tamil Nadu on pilot basis.

We also have changes at the SOCHARA's governance level. New president, secretary and executive committee has taken incharge and steering the activities of SOCHARA.

At the end of the year we had started responding to the pandemic COVID 19 through relief activities to the migrants and other marginalised communities in Karnataka, Madhya Pradesh and Tamil Nadu. We envisage COVID 19 will pose bigger challenges to all section of the community including civil society organisations, however SOCHARA committed to respond to the situation. The responses of SOCHARA to COVID 19 will manifest in many ways and have major alteration in our work for the year 2020-21.



Child friendly health education promotion meeting,
24th Sep. 2019



Facilitation to Dr. Chandra, ABGM August 2019

OBJECTIVE I : To create awareness on the principles and practice of community health among all people involved and interested in health and related sectors

SOCHARA continued its initiatives of community mobilisation, awareness and training on various aspects including community health approaches to water and sanitation, nutrition and health of the urban resettlement sites. Community sessions were conducted as follows:

- **Training program on hand washing** for the Maya bazar community living in lane 1 and 3, and 8 training programs for the lower primary school children in that locality. We also conducted similar training programs for the sanitary workers from 114,115 lanes, Jogupalya and Udani area. **Dental hygiene training program** was organised for the sanitary workers from 114, 115 lanes along with the workers from Washermenpet and Gowthampura area.
- awareness program on **cleanliness and hand washing through street play** for the lower primary school children in Maya bazaar area.
- **training program on dental hygiene** for lower primary school (7 training programs) and for people living in Maya bazar lane 4.
- **Five (5) training programs on menstrual hygiene** for girls studying in different grades of BBMP school. We also conducted training program in boy's high school in Washermenpet and Mayabazaar on **sanitation and hygiene**.
- A number of community training and awareness programs including topics on **waste management** (2 training programs living in lane 1, 2), on **vector borne disease and waste management** (7 training programs), **household water storage and treatment** for people living in lane 4 (1 training), and a training program on **domestic violence and mental health** for people living in lane 4 (a,b,c).
- **Two (2) livelihood workshops** and prior to that 4 **participatory planning workshops** for the community members.
- Training on food hygiene for pourakarmikas from ward no.115 (Washermenpet).
- Children's Day celebration for the lower primary school.
- During this year we initiated work in 21 new schools at Anekal, Washermenpet and Bangalore urban block.

- Between September 2019 to December 2019 we organised more than 140 training sessions on the components of water, sanitation and waster management in 24 schools in different part of our working area.
- In the resettlement colony of Gudapakkam, Chennai we conducted community meeting on strengthening of Primary Health Centre and *anganwadi* centre and awareness program on substance abuse during the month of June and July 2019.
- Initiated community nutrition activities in few villages of Tirupattur district, Tamil Nadu. SOCHARA member Dr. Chandra is supporting the initiative.
- Explored the possibilities of extending water, sanitation and health initiatives in selected schools and police clubs of Chennai. The team has done preliminary discussion and assessment of the situation in the identified school.
- Conducted training program on early childhood education and discussion meetings on national education policy in Perungudi, Chennai and in Theni with civil society activists and organisations.

COVID response – In the middle of March 2020 India has adopted lock down strategy to control the COVID19 pandemic. SOCHARA in all the three states where it has offices (Karnataka, Tamil Nadu and Madhya Pradesh) involved in helping the migrants by distributing rations, arranging shelters, transport and connecting them with government machinery and institutions for their livelihood.

Objective II : To promote and support community health action through voluntary as well as governmental initiatives and interested in health and related sectors

SOCHARA along with other civil society organisations and networks involved in mobilising communities for health action.

- Makkal Nalavazhvu Iyakkam (MNI) has developed **people's health demand charter for Tamil Nadu** prior to the general election in India. The charter was developed based on wider discussion among different set of communities and civil society organisations. This charter was widely disseminated via meetings at various districts and through media. The issues reflected in the charters are including, strengthening of health system, regulation of private health sector, community participation and accountability structures, disaster management, occupational health, NEET exams and alcohol free Tamil Nadu are the important issues. During this year SOCHARA facilitated 9 district meetings.



Figure 1 : Health System Observatory Planning meet at SEEDS Office, Dharmapuri - Feb2020

- **Health System observatory** – SOCHARA begun observatory of health care systems (both public and private health care systems) on a pilot basis in Chennai Urban (Nammlavarpur urban slum) and one Rural block of Dharmapuri (Pennagaram) to understand the community opinion on strengthening public health care system and creating awareness on regulating private health care system. In September 2019, ministry of Health and Family welfare, Govt. of India finalised patients' rights charter based on recommendations of National Human Rights Commission. The SOCHARA team has conducted numerous

community meetings in both the piloted area and reached 1235 community volunteers to make them aware of the patients' rights in private hospitals. The team developed handbills on patients' rights and distributed widely in the above field areas.

- Health system observatory initiatives continuing in rural areas of Dharmapuri district and expanded to Tiruppattur district also. Regular meetings of civil society organisations, Panchayat elected representatives and field level trainings were organised in the above two districts during the months of February and March 2020.

Nutrition Programme:

The nutrition programme of SOCHARA continues to progress in the different field areas in Bhopal city and in selected rural areas. The new slum field areas in Bhopal city selected in the previous year have been stable with no major changes in the target population. In addition, we have initiated work from June 2019 in certain areas in Shahpur block of Betul district, a rural area about 160 km from Bhopal city, with the initial help of a large local voluntary organisation by the name of Eklavya (working in the field of education). Here we have selected local workers from the same villages in our field areas. The population in this new field area is largely tribal and backward caste in nature. This year we had focused more on the areas we are working on directly.



Figure 2 :Community Volunteers meet on Privatization and Health Rights at Pennagaram Block Head at DEEPS office, March 2020.

Approach

The approach we have adopted is using workers from the communities in the field area to give health education to mothers, families and communities. These workers also work with the staff of the anganwadi to improve growth monitoring and other activities. This approach of using full-time workers to deliver health education to mothers, families and communities, as well as working with the anganwadis, is better accepted by the community, and has resulted in improved coverage. It has also improved the

quality of the work, particularly the health education of mothers, families and the community. This work is monitored carefully every month. The workers have been provided with health education materials (such as flash cards). We also propose to supply them with weighing machines to help them improve coverage of the growth monitoring work.

We have planned to expand the nutrition work to incorporate the 1000 days concept, in which nutrition care of the child starts at conception. Here we plan to ensure adequate antenatal care of pregnant mothers. This will lead to greater co-operation with the public health and nutrition programmes, and improve overall outcomes of our work.

The use of individual growth charts for each child has also improved the quality of growth monitoring. These are based on the charts used in the anganwadis, but are used to give direct feedback to mothers, apart from contributing to information and data about nutritional status.

The data continues to be analysed regularly by simple methods, as well as by the WHO Anthro, a statistical software.

We also plan to start community- based nutritional rehabilitation of children with severe acute malnutrition (SAM) without other complications.

Results of the nutrition initiative:

The following table shows the gradual reduction of malnutrition in our field areas:

Area	November 2018	July 2019	January 2020
Bhopal Slums (urban)	38%	25.8%	19.8%
Bhopal Slums (rural)	-	26.9%	24.8%



Figure 3: SOCHARA Intern Mr. Saravanan along with Suresh interacting with students and faculties at Kallakurichi on Election Manifesto

Objective III : To undertake research in community health policy issues, including strategies in community health care, health personnel training, integration of medical and health systems

- SOCHARA conducted field assessment study to understand challenges in Water and Sanitation health in 24 schools in Karnataka.
- SOCHARA mentored an intern to conduct “An Exploratory Enquiry on Menstrual Hygiene Practices among adolescent Girls at Maya Bazaar and Rajendra Nagar, Bangalore”.

The SOCHARA Institutional Scientific and Ethics Committee (SISEC) was reconstituted with Dr. Arvind Kasturi and Dr. Manjulika Vaz as Co-Chairs taking over from Mr. Abhijit Sengupta. New members were added including Dr. Susha Kadanguppe, Ms. Pushpa Achantha and Mr. Arvind Narain. The process of registering SISEC was started and followed up. Research proposals of Dr Rahul ASGR, Mr. Jack Fukushima and Dr Savithri were discussed and approved.

Objective IV: To evolve educational strategies that enhance the knowledge, skill and attitudes of persons involved in community health and development

During this year SOCHARA continued its training and other educational activities. These activities are ranging from mentoring the interns and students from different streams of educational sector, training to different organisations staff members and associates and mainstreaming the community health modules. Few activities are listed below.

Mentorship and training on community health for interns and students on placements. These student engagements are of a longer duration, with the process used deriving from the community health learning program. We had seven postgraduates pursuing MPH, Masters in Development, and MSW courses from various universities. One student scholar was on a nine month Fulbright scholarship from the USA. A dentist who was interested in public health interned to gain experience and learning. A law graduate student and two young students, one in school and one just starting graduate studies in the USA interned with us. They brought in a lot of energy and had a rich diversity of disciplinary backgrounds and expectations.

Mentoring interns from different stream of education on community health

Sl. No.	Name	Period	Qualification	Main study/work carried out during internship
1	Mr. Saravanan	15 th February to 15 th June, 2019	MPH - (JIPMER), Puducherry	Saravanan did his internship at Chennai, under the guidance of Drs. Thelma, Ravi and Mr. Suresh. He worked on the following issues: 1. Community work on alcohol and substance abuse and 2. Newspaper survey on medical negligence and health policy.
2	Ms. Ekta Mishra	5 th April to 4 th May, 2019	11 th Standard - Sophia High School, Bangalore	Ekta did her internship with Sochara, Bangalore office. She went for community visits & APD. She attended 2 day conference on "Sexual & Reproductive Rights: Social Movements & Legal Battles"
3	Dr. Nishitha Das	29 th April to 28 th May, 2019	Master in Development Management, Mysore	She did community visits and she did An Exploratory Enquiry on Menstrual Hygiene Management among Adolescent girls at Maya Bazaar and Rajendra Nagar.
4	Ms. Divya Manikandan	5 th May to 31 st August, 2019	Current freshman at the University of Michigan - Ann Arbor	She went for community visits to Maya Bazaar, Vannarpet, Bengaluru, interacted with the Community – she took some session on Hand wash hygiene for school children and did a presentation to the Pourakarmikas about the effects of Tobacco on teeth and oral hygiene etc. She did a study on Physical, Social, and Mental health of young adolescents in Mayabazaar.
5	Dr. Michelle Ashraf	11 th June to 11 th July 2019	BDS, graduate from Yenepoya University	She prepared Hand Hygiene module for students from grades 1-12. She also developing a module on Dental Hygiene. She developed educational aids such as tooth charts and large dental models, demonstrating how to brush teeth and what food can cause decay etc.,
6	Ms. Syeda Tamanna Yasmin	10 th July to 9 th August, 2019	BSW - The Assam Kaziranga University, Jorhat	During her internship she went for Community visits to Maya Bazar & participated in taking sessions for school children on dental, hand wash & menstrual hygiene.
7	Mr. Jack Fukushima	23 rd August 2019 to 24 th May, 2020	U.S. Fulbright-Nehru student Researcher	Jack conducted a research study on Malnutrition and NGO – Government collaboration titled "Uncovering Undernourishment in Rural India: A Qualitative Approach". The field work was through collaboration with the Bhopal, CPHE office team members. A mixed methods research approach was used. Presentations were made to the team and SISEC approval received.
8	Ms. Manisha Habeeb	25 th Nov to 27 th Dec, 2019	MSW in Public Health - Tata Institute of Social Sciences, Mumbai	Manisha made several community visits; attended a Lecture on Air Pollution in India. visited FRLHT for an orientation on medicinal herbal garden; undertook documentation of community planning meetings; planned and conducted a session on health and development effects of alcoholism for school children & community members.
9	Mr. Piyush Priyadarshi	25 th Nov to 27 th Dec, 2019	B.A. LLB (Hons) - NLU, Ranchi & MSW in Public Health - TISS, Mumbai	Piyush worked in collaboration with Manisha for the above activities, during which they shared responsibilities. Both participated actively in discussions on urban health issues and debriefing sessions.
10	Ms. Ranjini.T	21 st January to 7 th February, 2020	B.A.LLB - Christ Academy Institute of Law, Bangalore	Ranjini participated in sessions organized by Rajeev and did a lot of reading on health and law
11	Mr. Abhinaw Sharma	25 th February to 4 th April 2020	MPH (Social Epidemiology) - TISS, Mumbai	He visited from IYD and then stayed on. He undertook a community mapping in Maya Bazaar and interacted with community members and the team to understand urban health issues. Abhinaw and Jack wrote an article on the Science of Covid 19 as of mid March 2020 which was widely distributed. He had to fore close his internship on 16 th March, due to COVID lockdown.
12	Dr. Adithya Joshi	25 th February to 4 th April 2020	MPH (Social Epidemiology) - TISS, Mumbai	Adithya and Abhinaw worked together as a team. They made presentations and joined discussions

Apart from the above Ms. Megana, volunteered at CEU-SOCHARA for two weeks in June and July 2019.



Presentation by Mr. Jack Santoshi Fukushima, intern



Retreat team MEETING



Course conducted by SOCHARA for Diploma in Health Administration (DHA, SJNAHS) participants, 11th – 14th February 2020



Dr. Ravi Narayan takes session on primary care and outreach experiences on 12th April 2019



Dr. Thelma Narayan takes session for interns



AGBM Meeting, August 2019

Main streaming community health modules / approaches via short courses :

- Two days training sessions on public health system for PG students from Rajiv Gandhi University of Health Sciences (RGUHS) on 22nd & 23rd April, 2019.
- A one day '*Learning from primary health care experiences*' for young doctors from St. John's and other institutions was organised on 12th April with Dr's Randall Sequeira, Pravin Singarayar, Adithi Krishnamurthy, Sangeetha, Rodney and Carl Britto. This culminated in a follow up session at St. John's Medical College on '*Primary health care opportunities*' for PGs from various departments together with the Dean, Vice Dean, and some faculty members.
- Two full day sessions on 22nd and 23rd April for five MPH students from the Rajiv Gandhi Institute of Public Health (RGIPH) of Rajiv Gandhi University of Health Sciences (RGUHS) on health policy in India, policy making process, values in health systems, and community needs assessment.
- A full day learning cum planning session on '*Community Mental Health*' for senior staff from the Association of People with Disability on 7th May.
- Institute of Public Health (IPH) Annual Oration 2019 given by Dr. Ravi Narayan on '*Can a floor mopper become a tap turner off - reflection on a new public health paradigm*' on 30th August 2019.
- RGIPH 19 students (MPH – 2019 Batch), RGUHS spent two days at SOCHARA on 19th and 20th December 2019 as part of their foundation course to discuss values in public health systems; systems thinking and critical analysis; exploring the new community oriented public health.
- A group of 6 senior team members from the Basic Health Care Support Team of WBVHA (West Bengal Voluntary Health Association), visited SOCHARA for 3 days (10th to 12th December 2019) for a training programme on '*community health*' focussing on community action for health, performance assessment of community action, dialogue with health planners, implementation strategies including documentation, role of RMPs and a visit to the FRLHT on local health traditions and herbal medicines.
- A one week course was conducted at SOCHARA on the '*Mission Health Sector in the context of Health for ALL (HFA) & Universal Health*

Coverage (UHC)' for Diploma in Health Administration (DHA) students, SJNAHS, from 11th – 14th February 2020.

- SOCHARA along with SAMA organised two days' workshop on "Gendered understanding of Mental well-being" on 23rd & 24th April 2019, in Chennai.
- A session at St. John's Dept. of Community Health on '*The Community Health Decade*' through story telling for PGs and Faculty.
- The team participated in the planning towards a Travel Fellowship for young doctors who wish to be part of primary health care and community oriented health systems (initiated by the Tribal Health Initiative and a collective of rural hospitals with a mission). One event was a planning meet in THI in September. SOCHARA will play a supportive role in the learning process for these Travellers.
- Continued interaction with doctors in the leadership at St. John's National Academy of Health Sciences regarding outreach responses and supportive processes.
- Discussion with Dr. Hemant Shewade from the International Union Against TB and who is associated with Karuna Trust – regarding the fellowship being considered for MD Community Medicine Pgs.
- Discussion with Dr. Upendra Bhojani, the new Director of the Institute of Public Health regarding evolving work plans.

Learning facilitation sessions for SOCHARA staff members

- '*Child oriented health promotion*' session facilitated on 24th September, from 10-30 to 1pm for SOCHARA team and others.
- A journal club presentation was made by Ms. Syeda Tamanna Yasmin on 9th August 2019
- Ms. Divya and Dr. Michelle presented articles for the journal club on 'Harvest of Uteruses' and 'The HIV Act' on 28th August 2019
- Mr. Jack Fukushima presented an article at the journal club 6th November 2019 on 'Public Health as Culture'. He also made regular presentations from his research work.
- Ms. Lalitha from USIEF, Chennai Office spoke about the Fulbright Fellowships and opportunities on 6th November

- On 17th December Ms. Anusha Purshottam former Fellow and team member shared about the health care situation in Assam based on her work there at Piramal Swasthya
- A talk followed by discussion on “The Science and Design of Social Medicine Curricula in India and the US”, on 2nd January 2020 by Dr. Lalit Narayan, Assistant Professor of Medicine, George Washington School of Medicine and Health Sciences, Washington DC, USA.
- Supported Sanitation and Waste Management team- organized workshop and training for community workers, field training and health education in Maya Bazaar. Preparing voice modules for the phone-in program.
- Training session on maintaining SOCHARA website to communication team of SOCHARA organised on 12th July 2019 which covers the basics, tools, and structure of the website with the hands-on experience on content management tool.
- On 7th Nov 2019 SOCHARA organised a meeting on website replenishing structure along with staff members, experts and technical experts. SOCHARA is on the moving of developing integrated website which connects learning, communicating and resource mobilisation. Subsequent followup meetings are also organised for this purpose.
- Organised sessions for the full team and interns regarding SARS-CoV-2 and the Covid 19 pandemic with a focus on public health measures, personal protective measures and mental health components.
- Guided Dr. Abhinaw and Jack Fukushima to write a note on the Science of SARS-CoV-2 and Covid 19 which was widely disseminated.
- Senior mentors (Thelma Narayan and Ravi Narayan) give regular inputs and interactions with the staff members on regular basis and during the SOCHARA annual planning meeting.

Training programmes for allied civil society organisations

- Two days training for associates of Positive Women Network (PWN+) on health and health rights on 03rd and 10th June 2019.
- A Session on Health and best practices for domestic workers and labourers in shoe industries in and around Ambur, Tamil Nadu was organised by CIVIDEP and SOCHARA on 16th July 2019.
- two days workshop on Understanding of Water, Sanitation and Waste Management for MNI member organisations from across Tamil Nadu on 17th and 18th July 2019.
- SOCHARA's General body member and team members gave their inputs on medical education in National Education Policy in the consultation organised by Tamil Nadu Health Development Forum on 21st July 2019.
- A session on “people's health in peoples hand” as part of the two days workshop on disease and health care services organised by doctors net India. The workshop was organised on 27th & 28th July 2019 in Coimbatore.
- A training session on health and hygiene for school children from Sungabai Girls High School, Sowkarpet, Chennai on 31st July 2019.
- 3 days training camp on health and health rights in Tamil Nadu for 30 MNI volunteers. The camp was organised from 01st November to 03rd November 2019.
- two days training program on right to health, equity of health care and community action for health for the staff members of Human Rights Education and Protection Council (HREPC), Tirunelveli on 11th & 12th December 2019.
- Training session on “Information Communication Technologies and Social Media” to staff of Christian group of school at Perambalur was done on 19th Dec 2019.
- Training on Right to Health campaign to Tamil Nadu Science Forum members was organised at Sholinganallur, Chennai on 12th January 2020.
- Training on health and health rights to staff members of READ, Sathyamangalam was organised on 20&21st February 2020.
- IEC materials and 60 wall writings were done on Water, sanitation and health components at schools of Bengaluru.

The Community Health Learning Programme: A detailed meeting was held in end August 2019 on the Community health Learning Programme (CHLP) and Fellowships at SOCHARA – SOPHEA with an idea of recommencing this initiative. This provided very useful points for the next phase. A detailed report is available.

SOCHARA Sarai

There were several of visitors for extended conversations and interactions, including use of CLIC

- Dr. Randall Sequeira- community physician from Swasthya Swaraj exploring Adivasi health.
- Dr. Mohit physician and doctoral student from the Centre for Social Medicine and Community Health, JNU, New Delhi spent a couple of weeks based in SOCHARA for interviews at St. John's and in Sochara.
- Dr. Uma Raja, alumnus of St. John's Medical College.
- Dr. Kiran Kambhar, physician and doctoral student at Harvard University.
- Dr. Sriram Shyamsundar faculty member from UCSF who runs the HEAL fellowship for doctors from several having been inspired by the Sochara fellowship during his Fulbright placement here. Jack Fukushima worked with him and had many interactions with the Sarai during the year.
- Dr. Jyoti Puvilla from California.
- Dr. Rodney D'Cunha – exploring primary care with a focus on surgery.
- Dr. Mohana Parivalal currently doing an MPH at NIMHANS.
- Dr. Nazeela from Ramaiah Medical College.
- Dr. Dorothy from Institute of Public Health.
- Mr. David Wonky, medical student from the USA and Ful bright scholar based at Institute of Public Health (IPH).
- Mr. Vineet, Fulbright scholar based at IPH.
- Dr. Sushi Kadanaguppe and Ms Pushpa Achanta who have joined SISEC.
- Dr. Varsha Masilamani from AID Houston Texas.
- Mr. Abu Huraira Sheikh, Designer, interested in the social sector and linked to AID Bangalore after school '*Vismaya Kale*' interested in children's education and mental health.
- Mr. Gurumoorthy Mathrubhootham, engineer, social worker, entrepreneur, AID Bangalore and Jupiter CSR – exploring social sector opportunities and challenges.
- Mr. Sarvanan, Physician Assistant from Chennai, doing MPH at JIPMER, exploring post MPH community health options (interned with SOCHARA CEU in Chennai).
- Dr. Carl Britto, physician and Rhodes scholar from St. John's exploring role and potential of big data analysis at primary health care level.
- Aravindan and Abhirami of Doctor-net India, Coimbatore, previous contact of Sochara and AID Bangalore – exploring contacts for online support to clinical consultations for low income groups.
- Dr. Ravi Narayan was interviewed by Connie.
- Dr Narendra Mehrotra, a long term associate of SOCHARA, retired from CDRI Lucknow visited SOCHARA for discussions on 10th Dec. 2019 and joined the WBVHA group for the visit to FRLHT.
- Discussion and dialogue with Fr. John Thakekara from the Health Administration unit of St. John's on the Mission Health Sector, including meeting of his doctoral advisory committee at TISS.
- Ongoing dialogue with mid career health professionals on papers, creative research and training such as with Dr's Rakhal Gaitonde, Unnikrishnan Payapilli, Anurag Bhargava, Hemant Shewade.
- Dr. Priyadarsh from Shaheed Hospital, Chattisgarh on several issues including the HEAL India fellowship being planned, medico friend circle etc.
- Regular interaction with Sunil Mathew George a doctoral scholar in Canberra, Australia on 'Access to healthcare by Adivasi's in Attipadi, Kerala using a social determinants lens'. Ravi was interviewed as a key informant.
- Joined Guru for a meeting with MELA Foundation at their office on mental health for children and adolescents.

Objective V: To dialogue and participate with health planners, decision-makers and implementers to enable the formulation and implementation of community oriented health policies

- Dr. Thelma Narayan continued to be part of Advisory Group on Community Action (AGCA) of National Health Mission (NHM) which advises the Ministry of Health and Family Welfare, GOI on the community processes of health in India.
- Dr. Thelma Narayan attended a national technical and advocacy consultation on Universal Health Coverage Day on 12th December 2019 in Delhi on the theme '*Keep the Promise*' and participated in a Policy Lab panel discussion on Communitisation and Wellness in the context of Health and Wellness Centres.
- Intensive Community Action for Health (CAH) activities have been conducted in 10 districts of Madhya Pradesh since last year. SOCHARA continues to provide support to all communitisation processes of NHM. We have focused specially on Betul district. The CAH process was implemented in each district by the district health department. SOCHARA demonstrated CAH tools and provided a report card of health services.
- SOCHARA sent comments to the PHM WHO Watch group on the document on Traditional Medicine by WHO for the World Health Assembly.
- **COPASAH Global Symposium 2019** -The Community of Practitioners on Accountability and Social Action on Health (COPASAH) has been supported by SOCHARA since its inception. The forum organised a Global Symposium on Citizenship, Governance and Accountability in Health, between 15-18 October, 2019 in New –Delhi, India. SOCHARA was one of the official partners for this symposium, SOCHARA team members supported in many ways including as members of the planning and communication team. SOCHARA team supported and led the communication team during pre, during and post symposium (10th to 22nd Oct 2019).
- The Government of Madhya Pradesh had organized a national consultation on health rights (01st and 02nd November 2019). All grass-root and rights-based NGOs were invited to this consultation to understand the ground reality, state of health services, and strengthening of health systems. As a part of JSA, SOCHARA had participated in this consultation.
- Stakeholder's Meeting on Community-Based Management of Acute Malnutrition (CMAM) in Madhya Pradesh held on 12th February 2020. Women and Child Development Department of Madhya Pradesh in collaboration with Nutrition International and IPE Global, organized a meeting in Bhopal with all development partners who are working on nutrition issues. SOCHARA shared its field experience in urban and rural areas, and the management of malnutrition in this forum.
- SOCHARA organised dialogues on waste management with Hassan Zilla Panchayat and Bengaluru Urban Zilla Panchayat.
- Participated in the consultation organised by JSA on patients' rights on 27th November 2019.

Objective VI: To establish a library, documentation and interactive information centre in community health

The Silver Jubilee Museum and Archival Project (SJMAP)

- Prepared SOCHARA History notes concerning –
 - i) General Body Members of SOCHARA;
 - ii) Funding of SOCHARA since its inception; and
 - iii) SOCHARA linked organisations and incubated innovations.
- Bibliographies were prepared on –
 - i) Tribal Health and Development;
 - ii) SOCHARA's work related to the Bhopal disaster;
 - iii) Primary care and small hospitals practice;
 - iv) Child friendly health promotion materials
- Inputs to the team on the SOCHARA Website – its evolution and forward planning

Community Health Library and Information Centre (CLIC) :

- This year we received 72 books in CLIC in all three units of SOCHARA (Bengaluru, Chennai and Bhopal and renewed 16 journals / magazines in CLIC Main.
- Prepared 11 issues of Health Round-up and disseminated through SOCHARA Google group– Vol. 15 (4-6), April – June 2019; Vol. 15 (7-8), July – August, 2019; Vol. 15 (9), Sep. 2019; Vol. 15 (10), Oct. 2019; Vol. 15 (11), Nov. 2019; Vol. 15 (12), Dec. 2019; Vol. 16 (1), Jan. 2020; Vol. 16 (2), Feb. 2020.
- Completed stock verification of books in all 3 offices of SOCHARA.
- During this year we received donation of books from Dr. Mario Vaz; SAHAJ; Yeshoda Bhargava; Dr. Shirdi Prasad Tekur and Eddie Premdas. Our grateful thanks to them.

Publications and reports:

- An invited paper on the People's Health Movement for the Oxford Research Encyclopedia of Global Public Health was co-authored by Ravi Narayan with Claudio Shuftan, Brendan Donegan, Thelma Narayan, and Rajeev BR. This was peer reviewed and is published.

- A paper on the History of PHM was co-authored by Fran Baum, David Sanders and Ravi Narayan for the Saude em Debate.
- With love from garden – documentation of herbal / medicinal plants and trees in the SOCHARA campus by Dr. Rajeev B R.
- SOCHARA Annual Report 2018-19. P1-35.
- An Exploratory Enquiry On Menstrual Hygiene Management among Adolescent Girls at Maya Bazaar and Rajendra Nagar, Bengaluru (Internship Report from 29th April 2019 to 28th May 2019) by Nishitha Das, V-LEAD, Mysore. P1-30.
- Report of the Flexi Internship by Divya Manikandan (6th May 2019 – 28th August 2019), US. P1-15.
- SOCHARA Flexi-internship Report (11th June 2019 – 2nd Sep. 2019) by Michelle Ashraf. P1-6.
- Urban Fieldwork Report (25th November- 27th December 2019) by Manisha Habeeb, Tata Institute of Social Sciences, Mumbai. P1-23.
- Field Work Recordings (25th November- 27th December 2019) by Piyush Priyadarshi, Tata Institute of Social Sciences, Mumbai. P1-25.
- Final Report of internship by Ekta Mishra. P1.
- IPH Oration 2019 by Dr. Ravi Narayan on 'Can floor moppers become tap turners off - reflection on a new public health paradigm': <https://www.youtube.com/watch?v=XejbdYV52kl>

The summary report of the sessions on primary care and outreach experiences on 12th April 2019 held at SOCHARA and SJNAHS. This has been compiled and summarised by Dr. Ravi Narayan and Mr. Mahadeva Swamy from the notes of Nishitha, Carl, Aditi and others. P1-3

Objective VII: Networking and Solidarity with Civil Society organisations

- **Jan Swasthya Abhiyaan :** On 24th July and 28th November one of the team member attended the National Coordination Committee meeting of JSA. These meetings were primarily organised to strengthen the JSA secretariat functions and to discuss about the patients rights campaign.
- **(JSA-December -2019)** – SOCHARA is an active part of Madhya Pradesh JSA. Government of Madhya Pradesh is drafting the Madhya Pradesh Clinical Establishments (Registration and Regulation) Bill 2019, to be enacted as law, which will regulate clinical establishments in the state. This is a much needed initiative, as the Madhya Pradesh Nursing Home Act, 1979 was made when the private sector was not very large. In the last 30 years, due to a large expansion of the private sector, Govt. of India brought in the Clinical Establishment Act in 2010, with subsequent rules and guidelines in the following years to make this act effective. In the last year Jan Swasthya Abhiyan has contributed to the implementation of this Act in various other states. In M.P., JSA feels that it is the right time to repeal the Madhya Pradesh Nursing Home Act, and bring in a new law for the regulation of all clinical establishments. JSA would like to propose some modifications in the draft Madhya Pradesh Clinical Establishments (Registration and Regulation) Bill, 2019 to make it more effective and patient-oriented.
- One of the team members participated in the Travel Fellowship meeting held at Tribal Health Initiative, Sittilingi- on 19th September 2019.
- One of the team members participated in the APU-FRLHT meeting and launch of the book on LHT by Arima Mishra.
- One of the team members held meeting with Hasiru Dala on a possible health education camp for paurakarmikas on 17-January 2020.
- SISEC meetings- review and approval of research proposals of Dr Rahul ASGR, Jack Fukushima and Dr Savithri. Supported the SISEC registration process. Follow up with previous proposals.
- Was part of Yumetta Foundation's COVID-19 steering committee, Kannada and Telugu translation group.
- Supported SOCHARA's COVID-19 response-food relief and health education.
- Volunteered for Department of Public Information, Karnataka Government's COVID-19 response team.
- Part of SAHAY meetings with Sangama on Mental Health Program.
- One of the team members attended a regional stakeholder round-table meeting on working conditions in the leather sector in Tamil Nadu, held at Vellore on 23rd October 2019 and presented occupational health hazards in leather industries.
- SOCHARA team members and General body members attended and presented on memorial Lecture Series to Celebrate the life and works of the Eminent Jesuits late Fr Claude D'Souza SJ, late Fr Manu Alphonse SJ and late Fr Ambrose Pinto SJ. The meeting was held on 15th November 2019 at Loyola college, Chennai.
- SOCHARA team member conducted a training session and attended a training program on “right to health campaign” held in Tiruchy on 05th January 2020 organised by Tamil Nadu Science Forum.
- SOCHARA team member attended a workshop organised by CIVIDEP on Gender based violence at workplace held in Bengaluru from 28th & 29th January 2020.
- SOCHARA team members attended an all India conference organised by Mission Samridhi and presented community health approach held on 30th January to 01st February 2020.
- A team member attended a workshop organised by anti tobacco consortium on 02nd February 2020.
- A team member attended a round table on 'Working conditions and a Dialogue on Labour in Leather Industry' in Tamil Nadu by CIVIDEP in Chennai on 04th February 2020.
- A team member attended the medico friends circle annual meeting held at Sewagram- between 6 to 9th February 2020.
- SOCHARA team member attended a workshop on 'dare to care' campaign organised by Positive Women's Network (PWN+) held on 15th February 2020 in Chennai.
- SOCHARA team member attended formation of Sholinganallur residents association which carries health issues of the locality. The meeting held on 08th march 2020.
- A team member volunteered for the Department of Public Information, Karnataka Government's COVID-19 response team.

Other Trainings / Visits

- SOCHARA team members visited the WASH institute in Madurai on 17th June 2019.
- SOCHARA team member attended a training program on 'Promoting social cohesion and inclusion on social media' organised by IFES and Facebook in Bengaluru on 17th & 18th February 2020.

Solidarity through membership in committees / governance of other groups

- Dr. Thelma is currently Chair of the Advisory Committee of Caritas India CBR (community based rehabilitation) Forum and President of Collective Action for Basic Rights Foundation. She attended the CBR Forum General Body meeting on 8th & 9th April 2019. She is in regular contact with the team, visited for a team meet in September and chaired the two day Board Meeting on 4th and 5th November 2019.
- As a Director of Public Affairs Foundation (PAF) Dr. Thelma participated in Board meetings in August 2019 and January 2020.
- As a Trustee and Board Member of the Association of Persons with Disability (APD) Dr. Thelma participated in Trustees meeting and the Board meeting at APD on 18.09.2019 and 15th November. And in visits to the horticulture and spinal injuries rehabilitation unit at JBN Nagar. She is in touch with senior team members.
- As a member of the Institutional Research Ethics Committee of the National TB Institute (NTI) Dr. Thelma reviews proposals and participates in meetings. She is also members of the subcommittee for Severe Adverse Events in the national TB Vaccine study.
- She joined the SOCHARA Executive Committee meeting held on 21.12.2019 as a special invitee.
- Dr. Thelma is a General Body member of INSA India.
- SOCHARA team member is a General Body member of Tamil Nadu Forum for Creche and Childcare Services (TNFORCES), Rural Women Social Education Centre (RUWSEC), Tirukalukundram, Tamil Nadu and Executive Committee member of Tamil Nadu Health Development Association.
- The SOCHARA team is part of the National Coordination Committee of the Jan Swasthya Abhiyan (JSA) and part of the national convening group.
- SOCHARA is one of the hosting organisations of JSA secretariat and it is also hosting MNI secretariat.
- One of the team members was part of Yumetta Foundation's COVID-19 steering committee, Kannada and Telugu translation group.
- Participated in a national meeting by Carer Worldwide in NIMHANS and Chaired a session on the role of Carers in support persons with disability.

Human Resources

SOCHARA has a committed, talented, inter-disciplinary team, presently based in three clusters in Bangalore, Chennai and Bhopal. The following team members based in CHC- Bangalore, CHC –Chennai and CPHE Bhopal were the human resources during this reporting period (as on 31st March 2020).

TECHNICAL TEAM

Mr. Gurumoorthy	: Secretary and Coordinator (from 14th August 2019)
Dr. Thelma Narayan	: Interim Coordinator and Secretary (till 13th August 2019) and Senior Advisor - Academic and Policy Action
Dr. Ravi Narayan	: Senior Consultant
Dr. Ravi D'Souza	: Senior Consultant and Co-Coordinator, Bhopal Unit
Mr. Ameer Khan	: Co-Coordinator, Coordinator-CEU Tamil Nadu and Training and Research Associate
Mr. Prahlad I.M.	: Co-Coordinator and Training and Research Associate
Mr. Sayyed Ali	: Training and Research Assistant
Ms. Nidhi Shukla	: Training and Research Assistant
Mr. Suresh D	: Communication Officer and SIMS Manager
Mr. H.R. Mahadeva Swamy	: Information Officer
Dr. Nishitha Ayasha Ashraf	: Training and Research Assistant
Dr. Michelle Ashraf	: Training and Research Assistant

ADMINISTRATIVE TEAM – (Bengaluru - HQ)

Mr. V.N. Nagaraja Rao	: Administrative Officer
Mr. Mathew Alex	: Accountant
Ms. Maria Dorothy Stella	: Office Supervisor

SOCHARA has additional support staff in Bengaluru.

Mr. Hari Prasad Ojha	: Office Assistant
Mr. M.S. Joseph	: Office Assistant
Mr. Tulsi Chetri	: Office Assistant

And office helpers in Bangalore, Chennai and Bhopal

In Bhopal and Chennai offices admin, accounts and library work is managed by the technical team.

ADVISORS

Dr. Ravi Narayan - Community Health Advisor and Archivist, SJMAP

SOCHARA Members : Society members are also resource persons from multidisciplinary backgrounds with rich experience who are invited as and when required to support and advise regarding technical aspects and skill development of the new team. In addition some members actively support governance as members of the EC.

ADVISORS

Dr. Ravi Narayan - Community Health Advisor and Archivist, SJMAP

SOCHARA Members : Society members are also resource persons from multidisciplinary backgrounds with rich experience who are invited as and when required to support and advise regarding technical aspects and skill development of the new team. In addition some members actively support governance as members of the EC.

Governance and Administration

- During the year 2019-20 the Executive Committee meetings were held on : 13-07-2019; 31.8.2019 and 21.12.2019.
- Finance and Management Committee meetings were held on 19-9-2019; 27-11-2019.
- Transition review meeting was held on 28-5-2019.
- Team Review Meeting held on 1st and 2nd May 2019.
- A meeting to review SOCHARA committees was held on 23-7-2019.

Support and facilitation of leadership transition within SOCHARA. Thelma held the responsibilities again of Coordinator Secretary for a year following the previous AGBM, continuing till mid-August 2019. This involved engagement with programmes, administration and accounts on a regular basis, with functional responsibilities held by various team members. The SOCHARA EC meetings and AGBM were organized with finalization and printing of the Annual Report. Meetings of the senior team and the full team were held. Several meetings were held with Mr. Guru M in regard to his availability and interest in taking over the leadership of SOCHARA, in consultation with a very supportive and helpful group including the President Dr. Mohan Isaac, all Executive Committee members, the Co-Coordination and team. Key documents have been shared. A process of due diligence and of interaction with Mr. Mohan Bangarawamy and colleague, who undertook a structured process of understanding the organisation, was facilitated. The transition process has been smooth and positive.

Dr. Ravi Narayan actively participated with detailed comments on questions posed by Mr. Mohan Bangarawamy and colleague on the Story of SOCHARA in the process of leadership transition in SOCHARA to Mr. Guru M.

Executive Committee

1. Dr. Mohan Isaac - President (till 31-8-2019)
2. Dr. Pruthvish. S - President – from 31-8-2019
3. Dr. Chandra.P - Vice President (till 31-8-2019)
4. Dr. Denis Xavier - Vice President from 31-8-2019
5. Dr. Thelma Narayan - Secretary (till 31-8-2019)
6. Mr. Gurumoorthy. M - Secretary – from 14-8-2019
7. Mr. As Mohammad - Treasurer
8. Dr. Maya Mascarenhas - Member
9. Dr. Mani Kalliath - Member
10. Dr. Susanta Ghosh - Member

General Body Members

1. Dr. Thelma Narayan
2. Dr. Ravi Narayan
3. Mr. Sam Joseph
4. Ms. Vali Seshan
5. Mr. Abhijit Sengupta, IAS
6. Dr. Sunil Kaul
7. Dr. Shirdi Prasad Tekur
8. Mr. K. Gopinathan
9. Dr. H. Sudarshan
10. Dr. M.K. Vasundhara
11. Dr. Ravi D'Souza
12. Dr. N. Devadasan
13. Dr. Kishore Murthy
14. Dr. Madhukar Pai
15. Dr. Edward Premdas Pinto
16. Dr. Neela Patel
17. Dr. Anand Zachariah
18. Prof. Shanmuga Velayudhyam
19. Rev. Sr. Aquinas Edassery
20. Dr. K. Ravi Kumar
21. Dr. Muraleedharan V.R
22. Dr. Arvind Kasturi
23. Ms. Anjali Noronha
24. Dr. J. Ganthimathi

Honorary Members

1. Rev. Fr. John Vattamattam
2. Dr. D.K. Srinivasa
3. Mr. A. Arumugham

Finance & Management Committee (FMC)

1. Dr. Maya Mascarenhas – Chair
2. Mr. As Mohammad – Member
3. Mr. Gurumoorthy. M – Member

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A big 'thank you' for all the donors

SOCHARA

A Society that builds community health

Vision & Mission

SOCHARA is an interdisciplinary resource group of community health professionals utilizing multiple pathways to facilitate and promote the goal of Health for All.

- ⇒ It works through community action and partnerships, teaching and training initiatives, research, knowledge dissemination, policy advocacy and engagement with the public health system.
- ⇒ It focuses on public health system development, action on the social determinants of health and community action for health with a social justice perspective.

Objectives of SOCHARA

- To create awareness of the principles and practice of community health among all people involved and interested in health and related sectors.
- To promote and support community health action through voluntary as well as governmental initiatives.
- To undertake research in community health policy issues, including strategies in community health care, health personnel training, integration of medical and health systems.
- To evolve educational strategies that enhance the knowledge, skill and attitudes of persons involved in community health and development.
- To dialogue and participate with health planners, decision-makers and implementers to enable the formulation and implementation of community oriented health policies.
- To establish a library, documentation and interactive information centre in community health.