

Celebrating Twenty Years of
Community Health Journeys and Public Health Action
1991 - 2011



sochara
building community health



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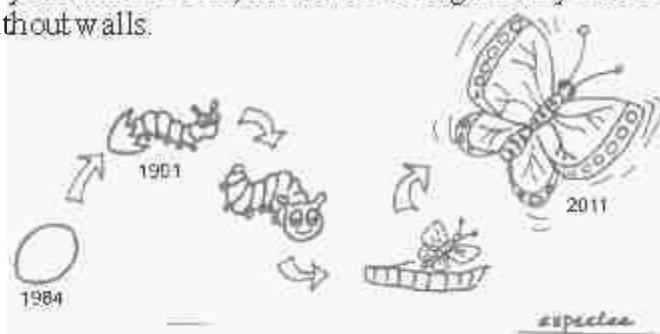
Laying the Foundation for Tomorrow's Dreams

Dreams are often the foundation on which one builds. The dream of inspiring more people from all walks of life, towards the Health for All goal, with a focus on the underprivileged and the marginalized, began in small steps.

The SOCHARA journey began when a few young doctors and allies from other professions dared to look beyond the world of medicine and medical care and attempted to evolve an alternative approach to health, care and well-being rooted in the community. Walking beyond the walls of a medical college into the unknown they laid the foundation of an innovative community of professionals and activists who facilitated community health and well being with an equity, rights and health determinants perspective.

SOCHARA is today a catalyst, creating networks and linkages, working with campaigns and movements that bring the “public” back into public health and the voice of the community into the public health discourse. The members of the society and the SOCHARA team are involved in community health action, policy advocacy, action research, learning facilitation and documentation at local, national, regional and global levels.

Twenty Years on, SOCHARA celebrates two decades of action, education, networking, research, dialogue and documentation on Community Health in India, as it evolves organically into a civil society 'School of Public Health, Equity and Action' without walls.



Celebrating People, Celebrating Lives

SOCHARA celebrates people, communities and lives through its action. Amidst all its partnerships, it is the support to communities, to community participation in action that change the lives of the people at the base, which it cherishes the most and promotes actively. Whether it is the workers in the unorganized sector, *dalits*, *adivasi* communities, women, street children, people with disability, persons with mental illness, urban slum dwellers, or pollution impacted communities - these constitute SOCHARA's world and its inspiration for action. It is this involvement with the hopes, courage, resilience and lives of the people at the community level that motivates the team and all the SOCHARA fellows.



Catalysing the Network

Using an innovative, experiential, participatory and alliance building approach to institutional development, SOCHARA today is an active network of over 200 community health professionals, resource persons, practitioners and activists held together by the SOCHARA identity and philosophy. Be they society members, team members, associates, field mentors, fellows, partners or friends, they are bound by their commitment to 'Health for All' and their commitment to making people and communities central to the change process.



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 the Society

- ◆ 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.

Source: SOCHARA Memorandum of Association, 1991

One Community - Many Clusters

What started as a small four member cell in 1984, took roots to form the SOCHARA plant in 1991. Today 20 years later, the SOCHARA tree has four main branches – with clusters of team members, fellows, field mentors and advisers linked to centres located in the Indian states of Karnataka, Tamil Nadu and Madhya Pradesh, spreading their work across the country and beyond.

Community Health Cell (CHC), Bangalore

Community Health Cell (CHC), Bangalore, was founded in 1984. Since over 25 years, CHC has promoted community health, based on social paradigms. It trains young health professionals and activists through its Community Health Learning Program (CHLP), helps strengthen voluntary organisations and activists in understanding cross cutting and inter-connected rights, and networks with various community based organisations to promote social justice in health and the right to health through policy advocacy and action.

Community Health Cell Extension Unit (CEU), Chennai

In 2004 as a response to the Tsunami that hit the shores of South India, SOCHARA sent a 'Tsunami Response Team' to Tamil Nadu. The team initiated disaster management and rehabilitation with a community health approach. Over the years, the team has transitioned to be a resource group on community health focused on community action for health. CEU connects civil society and the government of Tamil Nadu to create change. Today, the Community Health Cell Extension Unit is a credible and committed resource group in health chalking out different pathways towards realizing health rights.



Centre for Public Health and Equity (CPHE), Bangalore

CPHE Bangalore was launched by SOCHARA in 2008. Based on principles of the 'politics of engagement' it brings civil society and the Health for All movement perspectives into policy dialogue and practice at every level. It has initiated innovative community health educational initiatives and health action at multiple levels. It works to strengthen the public health system from below, make relevant health policy research and advocacy and improve public health education. CPHE promotes a paradigm focused on equity, rights, gender and the underlying social determinants of health. It supports a resource centre in public health and a community health fellowship programme with a public health system orientation in central India. CPHE is a place where young professionals are welcomed and inspired to join the "Health for All" movement.

Centre for Public Health and Equity (CPHE), Bhopal

CPHE Bhopal came into being in 2008 and has run the first two year community health teaching programme in Hindi for 20 fellows in Madhya Pradesh. It is catalysing a community health network in the state and evolving into a Madhya Pradesh Resource Centre in Public Health. This centre aims to consolidate and build on the experience of supporting public health policy processes and community action for health undertaken by SOCHARA over the years.



Key Initiatives and Partnerships

SOCHARA currently has the following key initiatives and partnerships from local to global level.

Community Health Action

⌘ Right to primary health care campaign, Karnataka

In Karnataka, CHC is involved with building civil society networks and in strengthening the right to health campaign in several districts of the state and in the urban metropolis of Bengaluru.

⌘ Community Action for Health, Tamil Nadu

In Tamil Nadu, CHC is the state nodal agency for Community Action for Health in six districts of the state with the state department of health and the National Rural Health Mission. It works with 5 district level civil society NGO partners, 100 community animators linked to Block NGO partners and 446 Village Panchayats, covering close to 4000 villages.

⌘ Supporting pollution impacted communities at various levels

In many parts of the country SOCHARA supports evidence gathering and advocacy by environmental groups working in communities affected by pollution.

Learning Facilitation

⌘ Nurturing Community Health Leaders, Bangalore

The SOCHARA community health learning programme facilitated by CHC in Karnataka and Tamil Nadu builds and nurtures the next generation of community health catalysts, facilitators and leaders. Reaching a multidisciplinary group, the fellowship harnesses youthful energy to nurture scholar activists who can promote social activism and become change agents. Today they are strengthening grassroots linkages and movements working in the areas of dalit empowerment, disability and mental health, child rights, right to food, and environment apart from community health initiatives. The fellowship enriches both the lives of the fellows and communities in the quest for equitable and just societies.

⌘ **Facilitating Community Health Practitioners, Bhopal, Madhya Pradesh (MP)**

The MP community health fellowship program facilitates the evolution of 20 young fellows into enthusiastic and optimistic community health practitioners' from civil society in MP working with the National Rural Health Mission. Over the first two years a public health network of fellows, field mentors, activists and public health resource persons has evolved which will make public health system development more community responsive and sustainable in the state.

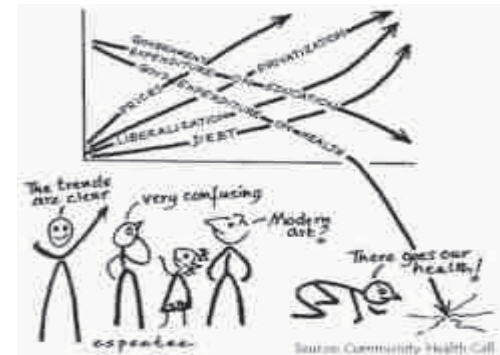
Action Research

⌘ **Comprehensive Primary Health Care**

From 2007-2010 CPHE SOCHARA hosted the Asian hub of the multi continent study titled 'Revitalising Health for All - Learning from Comprehensive Primary Health Care' - of the People's Health Movement conducted with the University of Ottawa, Canada and the University of Western Cape, South Africa. Research partners include BRAC and Gonoshasthaya Kendra in Bangladesh, Aga Khan University in Pakistan, Future Generations, Arunachal Pradesh and Emmanuel Health Association (with its hospital in Bihar) in India and a project on community health workers in Iran.

⌘ **Social Justice in Health**

From 2010 - 2013 CPHE –SOCHARA hosts a research, advocacy, training cum action initiative entitled 'Social Justice in Health' which is studying the framework and process of health movements and campaigns and the multiple pathways through which health and inter connected rights are realised.



Policy Research and Advocacy

Building on past policy engagements with the states of Karnataka, Orissa and Chhattisgarh the Society is deeply engaged presently with the:

- ⌘ **National Rural Health Mission**– National ASHA mentoring group, Advisory Group for Community Action (AGCA), Common Review Mission and some other tasks.
- ⌘ **Planning Commission**– Primary Health Care group, 12th Plan AYUSH Steering Group.
- ⌘ **Ministry of Health and Family Welfare, GOI**- National Mental Health Policy Group, Primary Health Care, Health and Human Resource Development, AYUSH and Public Health.
- ⌘ **Ministry of Health and Family Welfare, Tamil Nadu**- NGO Committee.

Support to The Health for All Movement

SOCHARA is deeply involved with the Peoples Health Movement, a global 'Health for All' movement at different levels which includes participation and facilitation in various spaces:

- ◆ **Jana Arogya Andolana (JAA–K)** - the movement in Karnataka
- ◆ **Makkal Nallavazhu Iyakkam (MNI)** - the movement in Tamil Nadu
- ◆ **Jan Swasthya Abhiyan (JSA)** - the movement in India
- ◆ **People's Health Movement (PHM)** - Global steering committee, host of global secretariat 2003- 2006.

SOCHARA is also linked to the three other initiatives of the People's Health Movement:

- ◆ **International Peoples Health University**- host of courses in India and also as faculty. Presently it has the largest number of IPHU Alumni among civil society institutions in the world.
- ◆ **Global Health Watch**- has contributed to all three alternative world health reports.
- ◆ **WHO Advocacy Circle**- facilitated WHO Advocacy Circle till 2007 and presently a SOCHARA fellow and extended team member is one of the WHO watchers.

Solidarity

Governance

SOCHARA is involved with the governance of the following:

- ⌘ National Health System Resource Centre (NHSRC)
- ⌘ Public Health Foundation of India (PHFI)
- ⌘ Basic Needs – India (BNI)
- ⌘ medico friend circle (mfc), India
- ⌘ Institute of Ayurveda and Integrated Medicine (I–AIM), Bangalore
- ⌘ Institute of Health Management Research (IHMR), Bangalore



Advisory Committee

- ⌘ National Tuberculosis Institute, Bangalore (Research Ethics Committee)
- ⌘ National Institute of Malaria Research (NIMR), Bangalore (Scientific Advisory Committee)
- ⌘ Regional Occupational Health Centre (ROHC) ICMR, Bangalore (Scientific Advisory Committee/Ethics)
- ⌘ Rural Women’s Social Education Centre (RUWSEC) (General Body and Medical Advisory Committee)
- ⌘ SATHI-CEHAT (Project Advisory Committee)
- ⌘ British Medical Journal (BMJ), UK – International Advisory Committee and Public Health Advisor



Shifting the Paradigm : Contribution to a ‘New Public Health’

Over the years SOCHARA has contributed to the dialogue on new directions and innovative alternatives to community health action and public health policy advocacy towards the Health For All goal. The most significant of these are:

1984 Community Health : An action oriented definition

“Community Health is a process of enabling people to exercise collectively their responsibility to their own health and to demand health as their right.

The Community Health approach involves the increasing of the individual, family and community autonomy over health and over the organization, the means, the opportunities, the knowledge and the supportive structures that make health possible”. (1)

1987 Community Health: A set of axioms

The axioms of community health include rights and responsibilities; autonomy; integration of health and development; building decentralized democracy; building equity and empowerment; building community; confronting a biomedical model with new attitudes, skills and approaches; confronting the health care super structure to be more community oriented; moving from technological fixes to new values and systems; and linking health to social justice movements. (1)

1989 Community Health: The paradigm shift focuses on:

- ♦ Individuals to communities.
- ♦ Physical and pathological to psychosocial, cultural, economic and political determinants.
- ♦ Drugs and vaccines to education and social processes.
- ♦ Social marketing and service provision to empowerment and autonomy building.
- ♦ People as patients to people and communities as active participants. (2)

1999 Need for Health as a Movement

“Finally, a strong countervailing health-oriented movement needs to be initiated by health and development groups, consumers and peoples' organizations, that will enhance the role of the community, patients, consumers and the people in the entire debate on reform in the health and medical sectors. Change has been directed and controlled too long by professionals, making the process subservient to professional needs, rather than to people's health needs”. (3)

2002 Health Movement as Globalization of Health Solidarity from Below

The health movement was first described by a SOCHARA coordinator as bottom up solidarity efforts in building initiatives to counter the negative impacts of globalization of economies and health systems from above. The same terminology is now being used by academics to describe PHM as a social movement from below. “The People's Health Movement and the People's Charter for Health provide a significant expression for alternatives “from below” to the present globalization, privatization and commercialization of health coming “from above”. (4)

2003 Community Health Learning Facilitation

From 2003, SOCHARA has pioneered various experiments of community health learning facilitation through formal and flexible fellowship linkages in phases. Five characteristics of these programmes are - the framework of interactive, participatory and experiential learning; social-economic-political cultural-ecological analysis; components of 'inside' (values) and 'outside' (societal) learning; communitization oriented learning; equity, rights, health systems and social determinants oriented learning. (5). These are being adopted by other fellowships as well.

2006 “The Social Vaccine”

“The concept of a 'Social Vaccine' includes cross cutting, horizontal and holistic initiatives and programmes for enhancing action within communities and health systems to address the social

determinants of health. This is a relatively new concept and metaphor and will protect people through prevention and promotion strategies against the commodification of health and health care”. (6)

2009 Expanding the Scope of Epidemiology in Public Health

“The scope and reach of epidemiology, which is an integral part of public health, must be expanded to include the study of social, cultural, economic, environmental, ecological and political determinants of health and constitute the keystone for the use of evidence for development of public health policy- WHO-SEARO Declaration”. (7)

2010 New Directions for Primary Health Care and Epidemiology

“Epidemiology will help the revival of primary health care if it:

- ◆ Moves from medical colleges and research laboratories to the community.
- ◆ Includes the social, economic, political, cultural and environmental analysis in epidemiological studies.
- ◆ Introduces equity, rights and gender analyses.
- ◆ Involves the community not as objects of research or as sources of data but as participants in evidence gathering. Understands evidence on social determinants as evidence for social and public health action.

This is the challenge before public health professionals and epidemiologists today.” (8)

Sources

1. The Red Book, CHC, 1987
2. Health Action (HAFA), 1989
3. Independent Commission for Health in India Report (ICHI), VHAI, 1997
4. Perspectives on Global Development and Technology, Harris and Seid, Brill, 2004.
5. National Workshop on Learning Programs, CHC, 2008
6. Social Vaccine - Global Forum for Health Research Forum 10, 2006 (www.phmovement.org)
7. WHO – SEARO, SEA-CD-190, 2009
8. WHO – SEARO, Epidemiology Conference, 2010

CLIC : Library for Health for All

Building Learning Communities and Knowledge Inspired Action

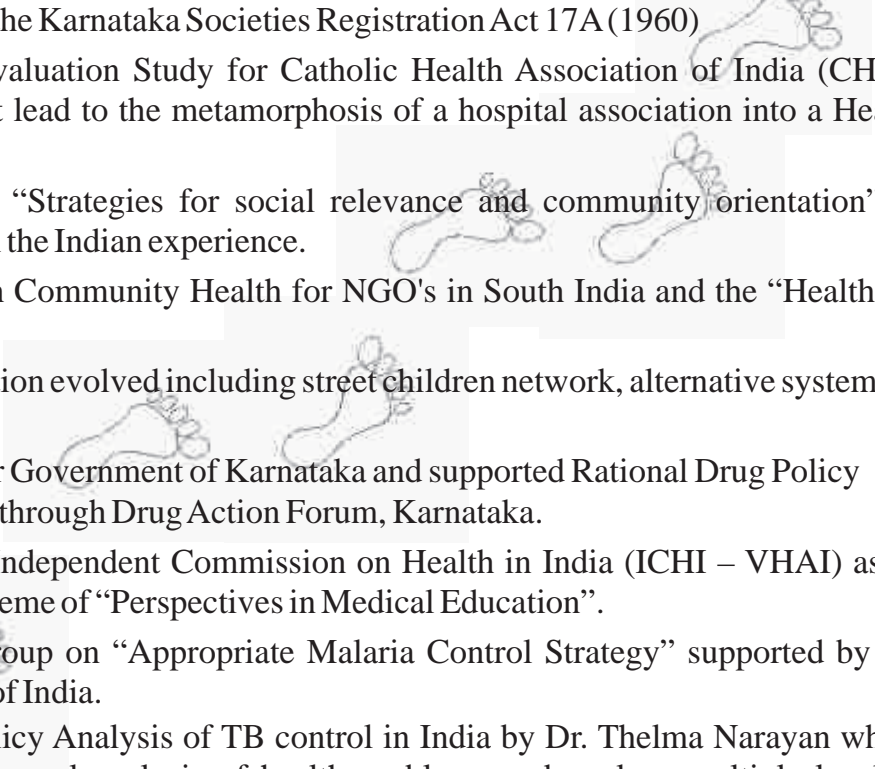
SOCHARA's Community Health Library and Information Centre (CLIC) evolved gradually, in response to the priorities and issues that emerged. CLIC today provides a trusted, accessible and widely connected library and information service through the SOCHARA website; CLIC units in each of the centres in Bangalore, Chennai and Bhopal; and regular updates - Health Digest and Health Round-up. Through its innovative use of technology, CLIC ensures that library users and information seekers have easy access to a rich array of relevant information and resources.

- ⌘ CLIC reaches out to all those interested in community health—students, academics, activists, service providers, researchers, trainers, issue raisers, and policy makers. The library continues to support, NGOs, civil society organisations, medical and nursing colleges, and activist professionals.
- ⌘ CLIC acts as SOCHARA's knowledge wing helping to preserve its technical, cultural and literary heritage, as well as providing trusted reference services, empowering individuals with knowledge and information as it continuously expands its collections.
- ⌘ CLIC also coordinates the SOCHARA website <http://www.sochara.org>, established in 2001 which has helped us reach new boundaries. A series of publications in English, Kannada and Tamil have also helped us disseminate our work and ideas.



Significant Milestones of the SOCHARA Journey

SOCHARA has traversed an alternative journey of which these are some of the key milestones.

- 
- 1991** Registered as a Society, under the Karnataka Societies Registration Act 17A (1960)
 - 1992** Completes Golden Jubilee Evaluation Study for Catholic Health Association of India (CHAI) including a policy Delphi that led to the metamorphosis of a hospital association into a Health Association.
 - 1993** Completes national study on “Strategies for social relevance and community orientation” of medical education, building on the Indian experience.
 - 1994** Initiates vernacular training in Community Health for NGO's in South India and the “Health for non-health groups” initiative.
 - 1995** New areas of action and education evolved including street children network, alternative systems of medicine and urban health.
 - 1996** Prepares Essential Drug list for Government of Karnataka and supported Rational Drug Policy and Rational Prescribing Practices through Drug Action Forum, Karnataka.
 - 1997** Contributes to Report of the Independent Commission on Health in India (ICHI – VHAI) as an institutional associate on the theme of “Perspectives in Medical Education”.
Facilitates National Expert group on “Appropriate Malaria Control Strategy” supported by the Voluntary Health Association of India.
 - 1998** Doctoral Thesis on Public Policy Analysis of TB control in India by Dr. Thelma Narayan which identifies multiple levels of causal analysis of health problems and evolves multiple level of solutions and control strategies.

Completes participatory review of SOCHARA which suggests two next steps– a national alliance for community health and a national resource centre in community health.

1999 Facilitates Women's Health Empowerment Training in six districts of Karnataka in collaboration with Ministry of Health, GOI, WHO country office and partners.

Hosts the International Poverty and Health Network meeting on 'Poverty and Health' leading to a declaration for advocacy with WHO and other International organizations.

2000 Participates in the mobilization for National Health Assembly, and the initiation of the People's Health Resource Books; district meetings and state assemblies; people's policy dialogues; People's Health Trains and the Kolkata Jan Swasthya Sabha/ National Health Assembly where the India People's Charter for Health evolved and the Jan Swasthya Abhiyan was launched.

Participates in the First People's Health Assembly in Savar, Bangladesh, where the Global People's Charter for Health emerged and the Peoples' Health Movement was born.

2001 Participates in the Karnataka Task Force on Health and Family Welfare to produce the report – Karnataka: towards Equity, Quality and Integration in Health with a focus on Primary Health Care and Public Health, with a draft state health policy.

2002 Facilitates the Integrated Health Nutrition and Family Welfare Services Development project for Karnataka (HNP Project) supported by the Department of Health and Family Welfare, Government of Karnataka.

Initiates the CHESS process – a series of Community Health Environment Skill Survey Share meetings to facilitate the collection of evidence for health impacts of environmental hazards at community level through a process of capacity building in “lay epidemiology”.

2003 Initiates the Community Health Fellowship Programme.

Participates in the Asian Social Forum, Hyderabad and hosts the Global People's Health Movement Secretariat on behalf of PHM India (till 2006).

Produces the Alma Ata Silver Jubilee publication on behalf of the Global PHM entitled "Health for All Now - Revive Alma Ata" - used as health rights text in several universities.

Evolved a Community Health Approach to Tackle Alcohol Related Problems (CHATA) through field work in some urban slums in coordination with a resource team from NIMHANS.

2004 Hosts the International Health Forum in Mumbai as a satellite conference of the World Social Forum in Mumbai, which evolves 'The Mumbai Declaration'.

Organises a Tsunami disaster response and the relief and rehabilitation process initiated leads to the CHC extension unit in Chennai.

The Karnataka State Integrated Health Policy is finally adopted by the State Cabinet to become policy after due process of dialogue.

Regional Public Hearing on the 'Right to Health' organised in Chennai with Jan Swasthya Abhiyan and National Human Rights Commission.

2005 Global PHM Secretariat based in SOCHARA organizes the Second People's Health Assembly in Cuenca, Ecuador; launches the first Global Health Watch report; supports the first International People's Health University course on Globalization and Health Equity in Cuenca University; and organizes the Research for Peoples Health encounter in Ecuador as satellite sessions of the Assembly.

Completes the External Evaluation of the State Health Resource Centre (SHRC) and the Mitamin programme in Chattisgarh.

Organises Tsunami Conference of PHM leading to 'The Chennai Declaration'.

- 2006** Participates in Task Forces on Medical Education; Indian Public Health Standards; ASHA mentoring group; and Advisory Group for Community Action of the National Rural Health Mission. Facilitates the South Asian Regional Conference on Traditional Medicine and Right to Health for All, supported by AIFO, Italy.
- 2007** Participates in the working group on Medical Education (subgroup on Education for Community Health) of the National Knowledge Commission.
- 2008** Contributes to three global publications of public health significance released during the year.
- i. Second Global Health Watch of the People's Health Movement.
 - ii. World Health Report 2008 – 'Primary Health Care–Now More than Ever' (planning and peer review).
 - iii. Report of the WHO Commission on Social Determinants of Health (facilitates civil society dialogue with commissioners and participates in knowledge network on measurement of evidence for policy (MEKN).
- Celebrates the Silver jubilee of the CHC experiment (started in 1984), with several publications, launch of a CD of learning materials, and an inspiring gathering celebrating, community health journeys.
- 2009** Starts the Madhya Pradesh Public Health Resource Centre and the Community Health Fellowship Program in Bhopal
- 2010** Completed conceptual framework and manual for Integrated Management of Public Health Programme at the District level – an initiative supported by the WHO SEARO and a network of public health and community health trainers in the country.
- 2011** The Governing Body and EC of SOCHARA strongly endorse the evolution of the SOCHARA School of Public Health, Equity and Action – as a Civil Society linked community oriented school with teaching units /clusters in Bangalore, Chennai and Bhopal and 20 fellows each in Bangalore and Bhopal.

SOCHARA School of Public Health, Equity and Action (SOPHEA)

The evolving SOCHARA School of Public Health, Equity and Action is dedicated to the education of a diverse group of researchers, activists, community builders, community health and public health professionals through a process inseparably linked to justice, equity, culture, community health interventions, and development, through teaching learning programs, research, and advocacy. This knowledge, acquired through community activities, and participation, lends itself to the improvement of health, respecting human rights and social justice through addressing in-equity, disease and disability.

The history and culture of advocacy and community empowerment runs deep in SOCHARA. Over the 20 years of work it has advocated and implemented research, education and a host of other important initiatives in community health. Realizing that public health must rest and grow on grounded evidence together with sustained community participation, the next steps are being taken.

The SOCHARA School of Public Health, Equity and Action will help public health professionals understand public health and the rigors of research, innovative techniques and methods to mediate the health concerns of communities, be involved with advocacy and policy engagements with governments, build leaders for community mobilization, analyze and support health and social movements as part of a larger collective journey towards health for all.

It is the case that among the SOCHARA members are not just health oriented doctors but also social scientists, epidemiologists, researchers who are advocates for health rights. They help in creating new policy and making existing policy more effective through their work within the politics of engagement with communities, governments and international bodies. Many of our members have helped shape health policies; initiated health care reforms; enhanced community participation; promoted social justice; and inspired action on drug policies, environment, water and sanitation.

Multidisciplinary Team

Over the years SOCHARA has brought together a multi-disciplinary and equity oriented team of community health and public health professionals supported by an administrative team, presently located in three clusters in **Bangalore, Chennai and Bhopal**. This team is supported technically by a larger SOCHARA network of society members, associates, field mentors, fellows and friends. The current team members representing the medical and public health stream, the social science stream, the allied health sciences, accounts and administration as of 1st February 2012 are shown below :

MEDICINE / PUBLIC HEALTH / AYUSH	ALLIED SCIENCE	ADMINISTRATION
<p>Thelma Narayan- Medicine Epidemiology, Public Health Policy</p> <p>Rakhal Gaitonde- Medicine, Preventive and Social Medicine</p> <p>Adithya.P- Medicine, Public Health</p> <p>Kumar Rohini Durbha- Ayurveda Nutrition, Yoga , Health Management</p> <p>Shilpa G. Ramakrishnappa- Dentistry, Public Health</p> <p>Deepak Kumaraswamy- Ayurveda, (Epidemiology)</p> <p>Ravi Narayan- Medicine, Public Health, Industrial Health , Preventive and Social Medicine</p>	<p>As Mohammad- Bio-statistics, Demography</p> <p>Prasanna Saligram- Management, International Health</p> <p>Prahlad. I.M- Environmental Science</p> <p>Lavanya Devdas- Literature, Child Rights & Law</p> <p>Suresh. D- Information Technology</p> <p>H.R.Mahadeva Swamy- Library Science</p> <p style="text-align: center;">SOCIAL SCIENCES</p> <p>Ameer Khan- Social Work</p> <p>Juned Kamal- Social Work</p> <p>Venkatesan. R- Sociology</p> <p>Bhagwan Singh Verma- Sociology</p> <p>Santosh J.S- Social Work</p> <p>Dhirendra Arya- Social Work</p>	<p style="text-align: center;">Administration Team</p> <p>Victor Fernandes, Maria Dorathy Stella, Mathew Alex. A, Pushpalata.B.</p> <p style="text-align: center;">Accounts Team</p> <p>Naveen Roshan Pinto Archana Shashidhar Pratibha Ramakrishnan</p> <p style="text-align: center;">Office Support</p> <p>Joseph.A, Hari Prasad Ojha Kamalamma, Vijaya, Sangeetha Joseph. M.S, Prakash Bhagirath</p>

Friends and Partners

SOCHARA has been supported by a wide range of individual donors and funding partners that have include central and state governments; Universities, and Education / Research groups; and Foundations and Trusts (both Indian and Foreign). This support has been for core grants, training and research projects and a wide range of other initiatives. The partners for the last five years (2007 to 2012) have included the following:

GOVERNMENT SUPPORT

Government of Tamil Nadu (CAH)

Government of Chhattisgarh (SHRC)

Government of Jharkhand

GOVERNMENT OF INDIA

Planning Commission

Ministry of Health and Family Welfare

National Rural Health Mission

National Health Systems Resource Centre

TRUSTS & FOUNDATIONS (INDIA)

Sir Ratan Tata Trust

Sir Dorabji Tata Trust

Jamsetji Tata Trust

Balamandir Research Foundation
and other Individual Donors

EDUCATION / RESEARCH GROUPS

Universities of Ottawa, Canada

Public Health Foundation of India

Global Forum for Health Research, Switzerland

British Medical Journal, UK

TRUSTS / FOUNDATIONS (FOREIGN)

KZE Misereor, Germany

Cordaid, Netherlands

Dag Hammarskjold Foundation, Sweden

Ford Foundation, USA

Association for India's Development, USA

Sarathy Foundation, USA

Norwegian Human Rights Fund, Norway

Mavis Tree, New Zealand

AMRC & Global Green Grant Fund-USA

AIFO, Italy

and other Individual Donors

The Circles of Friendship - Here and Everywhere

A significant and invaluable support to SOCHARA over the 20 years has been the development of a network of linkages, partnerships and a web of interactions based on trust, respect and friendship.

The Society members include public health professionals, epidemiologists', mental health professionals, social scientists and social workers and professionals from the disciplines of nutrition, management, statistics, pharmacology, law and from institutions as diverse as NIMHANS, St John's National Academy of Health Science, Karuna Trust, Action for the North East Trust (ANT) -Assam, Jan Swasthya Sahayog - Chhattisgarh, Holy Cross Rural Health Project – Hannur and Bangalore, Institute of Public Health - Bangalore and Basic Needs India - Bangalore, so on.

Field Mentoring organisations have included: Tribal Health Initiative, Sittilingi; Action for Community Organisation, Rehabilitation and Development (ACCORD)-Gudalur; Swami Vivekananda Youth Movement (SVYM)-HD Kote; Vivekananda Girijana Kalyana Kendra (VGKK)-BR Hills; Foundation for Revitalisation of Local Health Traditions (FRLHT)-Bangalore, State Health Resource Centre (SHRC), Chhattisgarh; Society for Education and Research in Community Health (SEARCH)-Gadchiroli; Prayas, Rajasthan; SATHI- CEHAT, Pune; MITHRA, Mission Hospital – Bissam Cuttack, Orissa; Child in Need Institute (CINI), Kolkata and Jharkhand, ANT, Assam, Association for People with Disabilities (APD) - Bangalore; Snehadan-Bangalore; Kerala Sastra Sahitya Parishad (KSSP)- Kottayam; THANAL -Trivandrum and over 18 civil society / NGO partners in Madhya Pradesh and many others.

Many other individuals have been associated with various aspects of our work as **Associates** and **Friends** and have established very collegial relationships of solidarity.

The newest but growing circle is our **Fellows** from 2003 who keep in touch and are involved in many aspects of our work from time to time all over the country.

We appreciate these circles of friendships - here and everywhere.

SOCHARA Pays Homage

Gratitude is not only the memory but the homage of the heart. SOCHARA pays homage to the memory of the many people who inspired us over the years and encouraged us with their involvement, wisdom, solidarity and support during their lives.

Dr. C. M. Francis

Dr. C. M. Francis was former Dean of medical colleges in Kerala and of St. Johns Medical College, Bangalore, and then Coordinator of the CMC-Vellore Continuing Education Department. When the founding members of SOCHARA, Dr's. Ravi and Thelma decided to spend a year of travel and reflection, to meet people in the emerging community health and alternative development network in the country and to explore roles and options beyond a medical college Dr. Francis understood and supported them in this quest. That year was 1982. Today, several years on, SOCHARA stands strong because of the assurance received to go against the waves of conformity.

Dr. Francis was the founding President of SOCHARA. He was also a senior consultant with CHC from 1994. His contributions to health management, ethics, policy engagement, and medical education encouraged CHC to look at health in a multi disciplinary way. He was a key member of the Karnataka Task Force on Health and Family Welfare when CHC was like the de-facto secretariat of that process. He helped CHC balance professional scholarship with humaneness and a strong value orientation. During the phase of his linkage with the society he also wrote the books on Medical Ethics and Hospital Administration.

Prof. George Joseph

Prof. George Joseph was Professor and Head of Department of Community Medicine at the All India Institute of Medical Sciences, New Delhi. When he retired he became one of the “three wise men” who advised and supported the co-initiators of CHC from 1984 to 1990 before the society was registered. He was very supportive of the CHC team as it evolved into a society and provided strong encouragement to understand the forces of globalization and its effects on health of the poor moving us to a new epidemiology. On the eve of the 1998 review of CHC he sent us reflections which were typical of his incisive wisdom on behalf of the poor and marginalized. He advised us to continue “to play the role of a think tank – laboratory of ideas” and to urgently “carry out a planned epidemiological study taking into account the fast changing health scenario” and “the impact of national policy and the political economy, certainly the impact of liberalization, privatization and globalization”. He wanted the study to be on behalf of “the poor and marginalized”, the “recipients of the crumbs being thrown at them by the extant health system which includes the blooming private sector”. His support and encouragement stimulated and provoked us throughout his linkage with SOCHARA.

Prof. V. Benjamin

Prof. V. Benjamin was a charismatic Professor of Community Medicine of Christian Medical College, Vellore, who moved beyond surgery and clinical medicine to help found and evolve the Community Health and Development Department of CMC-Vellore – better known as CHAD. He was inspired by the 'Ashram movement' inspired by Gandhi and he then inspired many CMC-Vellore-Alumni to Community Medicine by his sincerity and commitment to the cause. He joined SOCHARA later becoming its Vice President and President. He loved being in the community and in subsequent years was a consultant with CHC, supporting young professionals in community health action, campaigns and advocacy. He was always willing to travel to the most remote areas in spite of advancing age. He was deeply associated with the Drug Action Forum – Karnataka, the Medico Pastoral Association and the most inspiring feature of his life was that he ran a weekly clinic for patients affected by leprosy till the day before he passed away in 2005.

Prof. S. V. Rama Rao

Prof. Rama Rao was one of the few PHC medical officers who became Professor of Community Medicine in several medical colleges and later Dean of a medical college. He was the Professor and Head of the Department by Community Medicine of St. Johns Medical College, Bangalore. This was where the initiators of CHC received their foundational experience of a decade of community based action, teaching and research. After retirement he joined SOCHARA and continued to inspire and give practical advice. He took forward his commitment to community health by running school health programmes and evolving safe water and sanitation programmes with urban poor communities, Prof. Rama Rao's wise counsel ensured that CHC balanced community health action with community health policy advocacy and engagement at all levels and in all initiatives.

Dr. Ravi Kapur

Dr. Ravi Kapur well known community psychiatrist and epidemiologist was a SOCHARA member. He was a consultant with CHC on Community Mental Health, qualitative research socio-epidemiology, yoga and the culture of health. Dr. Kapur brought and shared his rich insights in Community Mental Health, Indian psychology and sociology and his concerns about globalization and unplanned development and their effects on mental health. He involved CHC very closely in his work as the Deputy Director of the National Institute of Advanced Studies (NIAS) with two significant initiatives on Decentralization and Health Policy and introducing innovative learning opportunities and the social paradigm to leadership initiatives by NIAS for CEOs and teachers. He offered insightful organizational development evidence and advice that helped CHC and SOCHARA as it grew in its outreach.

Dr . Pankaj Mehta

Dr Pankaj Mehta was a public health consultant and faculty member with M S Ramaiah Medical College and later the Manipal Academy of Health Sciences after completing his post graduation in Preventive and Social Medicine from CMC, Vellore. From the early 1990's when the society was formed, he became an active member and associate in initiatives including the evaluation of the Jan Swasthya Rakshak Scheme of the Madhya Pradesh Government; research initiatives supporting the health task force secretariat in Karnataka and regular feedback on training initiatives.

During the 1998 review he wrote “CHC has meant to me a refuge - a place to recharge - a place to visit, when spirits are down (but not out); to understand that we are not alone – that there are others who also are constantly questioning, trying to understand- fighting for rights for the voiceless - adding agendas if need be – but never - shying from the truth. It has also helped me to have faith in fellow human beings”.

Later when he moved to UNICEF, first based in Kolkotta and later in Kathmandu, Nepal, he continued to support SOCHARA actively through regular advice and prompt responses to communications. He fully supported the metamorphosis into a School of Public Health.

SOCHARA records with great sorrow the sudden untimely demise in 2011 of Dr. Pankaj Mehta and his wife Dr. Chaya Mehta, in the unfortunate air crash in Nepal. We shall miss his enthusiasm, advice and wise counsel.

Dr. Uma and Dr. K V Sridharan

Drs. Uma and K V Sridharan were a couple involved with the CHC – SOCHARA experiment as associates from the beginning. They were both regulars at all our community health forum meetings, offering their experience and enthusiastic involvement. Dr. Uma, a medical doctor, committed to working with the poor, was a creative community trainer evolving interactive, participatory methods of learning focused on neo-literate, indigenous and marginalized communities. Dr. Sridharan was a renowned social scientist well known for his experiments in teaching without walls and bringing formal social work education from institutional theory to learning from community praxis. His advice contributed to the interactive and field oriented framework of SOCHARA learning programmes. We remember and value the inspiration and solidarity they provided.

SOCHARA developed the idea of “**Rishis**”- where senior health professionals are offered a linkage in our Bangalore centre to be available to advise the next generation of community leaders and scholar activists, listen to their experiences, share their own experience based wisdom, promoting reflection and learning and supporting action initiatives. In the 20 year history of SOCHARA, these veterans were inspiring role models, We are indebted to those seeds of life, wisdom and knowledge that were sprinkled in every space of SOCHARA. In keeping with this tradition there are many men and women who continue this inter generational process.

Governance

The Society consists of a general body of members from multi-disciplinary backgrounds committed to community health and a seven member Executive Committee (EC) consisting of a President, Vice-President, Treasurer, Secretary-Coordinator and three additional members. The Society is the supreme authority and endorses all the decisions and developments of the Society. The executive committee looks after the work of the Society and provides the necessary superintendence and control. The list of current General Body members and EC is shown in the box.

General Body Members: 2011-12

1. Dr. M.K. Vasundhra- (President), Community Medicine
 2. Dr. Sr. Aquinas- (Vice President), Medicine
 3. Mr. K. Gopinathan- (Treasurer), Personnel Management
 4. Dr. Thelma Narayan- (Secretary), Epidemiologist
 5. Dr. Sunil Kaul- (Member-EC), Community Health
 6. Dr. Ravi D'Souza-(Member-EC), Public Health
 7. Mr. As. Mohammad- (Member- EC), Bio-Statistics
 8. Fr. Claude D'Souza, SJ- Social Scientist
 9. Ms. Valli Seshan- Development Trainer
 10. Ms. Padmasini Asuri- Nutritionist
 11. Dr. Ravi Narayan- Community Health/ Public Health
 12. Dr. Shridi Prasad Tekur- Child Health
 13. Dr. Mohan Isaac- Community Psychiatry
 14. Dr. K. Ravi Kumar- Public Health
 15. Dr. Paresh Kumar- Sociologist
 16. Dr. Mani Kalliath- Community Mental Health
 17. Dr. Madhukar Pai- Epidemiology
 18. Dr. H. Sudarshan- Community Health
 19. Dr. N. Devadasan- Public Health
 20. Mr. E. Premdas - Social Work / Law
 21. Dr. Denis Xavier- Pharmacology
 22. Dr. Neela Patel- Health Promotion
- Honorary Members:
1. Fr. John Vattamattom- Social Work
 2. Dr. D.K. Srinivasa- Preventive and Social Medicine
 3. Mr. A. Armugham- Chartered Accountancy.

PRESIDENTS

Dr. C.M. Francis - 1991-1998
Dr. V. Benjamin - 1998-2004
Dr. Mohan Isaac - 2004-2009
Dr. M.K.Vasundhra - 2010 onwards

SECRETARIES

Dr. Ravi Narayan - 1991-1993
Dr. Shirdi Prasad Tekur - 1993-1997
Dr. Ravi Narayan - 1997-1998
Dr. Thelma Narayan - 1998-2006
Mr. E. Premdas - 2006-2010
Dr. Thelma Narayan - 2010 onwards

VICE PRESIDENTS

Fr. Claude D'Souza - 1991-1998
Dr. Mohan Isaac - 1998-2004
Fr. Claude D'Souza - 2004-2009
Dr. Sr. Aquinas - 2010 onwards

TREASURERS

Mr. Armugham - 1991-1998
Dr. H. Sudarshan - 1998-2000
Ms. Padmasini Asuri - 2001-2006
Dr. H. Sudarshan - 2006-2008
Mr. K. Gopinathan - 2008 onwards

SOCHARA Units

SOCIETY FOR COMMUNITY HEALTH AWARENESS, RESEARCH AND ACTION (SOCHARA) ADMINISTRATION and ANNEXE

No. 359 (Old No. 367), 'Srinivasa Nilaya', 1st Main, 1st Block, Koramangala,
Bangalore - 560 034, Karnataka. Tel: +91-80-25630934 Email: admin@sochara.org

COMMUNITY HEALTH CELL

No. 85/2, 1st Main, Maruthinagar,
Madiwala, Bangalore - 560 068, Karnataka.

Tel: +91-80-25531518 / 25525372

Email : chc@sochara.org

CENTRE FOR PUBLIC HEALTH AND EQUITY

No. 27, 1st Floor, 6th Cross, 1st Main,
1st Block, Koramangala,

Bangalore - 560 034, Karnataka

Tel: +91-80-41280009 Email: cphe@sochara.org

COMMUNITY HEALTH CELL (EXTENSION UNIT)

No. 31, Prakasam Street,
T. Nagar, Chennai - 600 017, Tamil Nadu.

Tel : +91-44-45502438

Email: tnchc@sochara.org

CENTRE FOR PUBLIC HEALTH AND EQUITY

E8/74, Basant Kunj, Arera Colony,
Bhopal - 462 039, Madhya Pradesh.

Tel: +91-755-2561511

Email: cphebhopal@sochara.org

SOCIETY FOR COMMUNITY HEALTH AWARENESS, RESEARCH AND ACTION (SOCHARA) REGD. OFFICE

No. 326, 5th Main, 1st Block, Koramangala, Bangalore, 560034, Karnataka.



Team Retreat, 2011



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Building community health

Society for Community Health Awareness, Research and Action - SOCHARA

359, 1st Main, 1st Block, Koramangala, Bangalore - 560 034

Web: www.sochara.org