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No. EDN-HE (21) B (15) 38/2020-POSHAN
Directorate of Higher Education
Himachal Pradesh

Dated: Shimla-171001 the September, 2022

To

All the Deputy Director of Higher Education
in Himachal Pradesh

Subject:- Regarding Convergence between Education and Health Department for implementation of various components under Rashtriya Kishor Swasthya Karyakaram at School Level.

Memo,

Please find enclosed herewith a copy of letter No. NHMHP-RKSK0GEN/1/2019-IEC-NPCB-RKSK (12221) 4660 dated 30th August, 2022 alongwith its enclosures received from the Mission Director, National Health Mission, Himachal Pradesh, Shimla-09, on the above cited subject.

In this context, you are, therefore directed to examine the matter and issue necessary directions/ instruction to all the Heads of Educational Institutions working under your jurisdiction to designate a Liaison Officer at District level in your respective district to coordinate with Health Department for better implementation of these programmes at school and community level under intimation to the quarters concerned as well as to this Directorate at the earliest.

05 SEP 2022

Addl. Director of Higher Education (A)
Himachal Pradesh, Shimla-1
September, 2022

Endst.No. Even dated Shimla-171001 the
Copy for information and necessary action to:-

1. The Director of Elementary Education, Himachal Pradesh, Shimla-1, with the request to issue necessary directions to the Deputy Director of Elementary Education for further compliance in the matter please.
2. The Mission Director, National Health Mission, Himachal Pradesh, Shimla-09, w.r.t. his letter referred to above.
- ✓ 3. The Technical Officer (Computer/IT Cell), Directorate of Higher Education, Himachal Pradesh with the request to upload the same on Departmental web site.
4. Guard file.

Addl. Director of Higher Education (A)
Himachal Pradesh, Shimla-1

152614/2022

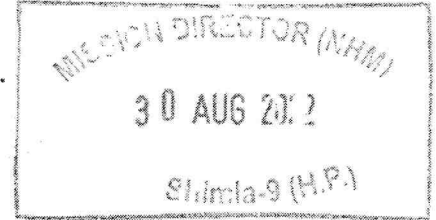
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No. NHMHP-RKSK0GEN/1/2019-IEC-NPCB-RKSK (12221) 4660
National Health Mission, Himachal Pradesh, Shimla-9.

To,

The Director Higher Education,
Directorate of Higher Education,
DPEP Bhawan, Lalpani, Shimla, H.P.-171001.



Dated: Shimla-171009, the August, 2022.

Subject: Regarding Convergence between Education and Health Department for implementation of various components under Rashtriya Kishor Swasthya Karyakaram at School Level.

Sir,

As you are aware that various components of Rashtriya Kishor Swasthya Karyakaram are being implemented at school level in coordination with Education Department to address the comprehensive health issue of adolescents. These programme covers adolescent group from class 6th to 12th enrolled in government/ government aided/ private schools (10 to 19 years). The various components of programme are such as celebration of Adolescent Health & Wellness Days, Menstrual Hygiene Scheme, Weekly Iron Folic Acid Supplementation, Peer Educator Programme, School Health and Wellness Programme. In addition, Adolescent Friendly Health Clinics named as Nayi Disha Kendras have also been established at District Hospital / Civil Hospital/ Community Health Centre level to provide adolescent health care services including de-addiction services to adolescents. The details of these various health components of programme are attached at Annexure 'A'.

You are requested to issue necessary directions/ instructions to Deputy Directors- Higher, Elementary of your department at district level to designate a Liaison Officer at district level to coordinate with Health Department for better implementation of these programmes at school & community level

Yours Sincerely,

Mission Director
National Health Mission, H.P.

Smt Rotu Saini

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Encl: As above

dated Shimla-171009 the

August,2022

Copy forwarded to:

- 1.The Director of Health Services, Himachal Pradesh for favour of information pls.
2. The Additional Director(Administration), Directorate of Higher Education, DPEP Bhawan, Lalpani, Shimla -171001 for information please.
- 3.The Chief Medical Officers- all districts for information and necessary action please.
- 4.The Regional Manager, MAMTA HIMC for coordination please.


Mission Director
National Health Mission, H.P.

152614/2022

Annexure 'A'

1. Adolescent Health Day (AHD)

Adolescent Health Day is one of the interventions under RKSK to improve coverage with preventive and promotive interventions for adolescents and to increase awareness among adolescents, parents, families and stakeholders about issues and needs related to adolescent health. The target beneficiaries are school going and out of school adolescents [(10 to 19 years) or (Class 6 to Class 12)]. General health check-up, Sanitary Napkins, IFA, Albendazole, anti-spasmodic tablets and contraceptives are given to adolescents. IEC material on topics like Nutrition, Sexual and reproductive health, Mental Health, Gender Based violence, Non Communicable Disease and Substance misuse is also made available at the venue.

Adolescent Health Day is organized in every block once every month on a convenient day in the senior secondary schools and high schools or at village level. The team comprising of the following staff of health department should hold the session of AHD- RBSK Mobile Health Team, Medical officer of PHC/CHC of the concerned area, Adolescent Health Counselors, Health Educator/FHW or any paramedic trained in adolescent health.

2. Menstrual Hygiene Scheme**Objective of the scheme:**

- To increase awareness among adolescent girls on Menstrual Hygiene
- To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.
- To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner.

From 2014 onwards, funds are now being provided to States/UTs under National Health Mission for decentralized procurement of sanitary napkins packs for provision to rural adolescent girls at a subsidized rate of Rs 1 for a pack of 6 napkins. The ASHA will continue to be responsible for distribution, receiving an incentive @ Rs 1 per pack sold and a free pack of napkins every month for her own personal use. Every year state government provides 4 crores for the procurement of sanitary napkins in the state.

3. Weekly Iron and Folic Acid Supplementation

The Programme was launched to meet the challenge of high prevalence and incidence of anaemia amongst adolescent girls and boys. WIFS is evidence based programmatic response to the prevailing anaemia situation amongst adolescent girls and boys through supervised weekly ingestion of IFA supplementation and biannual helminthic control.

Target groups

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- School going adolescent girls and boys in 6th to 12th class enrolled in government/government aided/municipal schools.
- Out of school adolescent girls.

Intervention

- Administration of supervised Weekly Iron-folic Acid Supplements of 100mg elemental iron and 500ug Folic acid using a fixed day approach.
- Screening of target groups for moderate/severe anaemia and referring these cases to an appropriate health facility.
- Biannual de-worming (Albendazole 400mg), six months apart, for control of helminthic infestation.
- Information and counselling for improving dietary intake and for taking actions for prevention of intestinal worm infestation. **4. Peer Educators Programme**

The adolescents in the community are covered through Peer Education (PE) Programme. The selected Peer Educators ensure that adolescents benefit from regular and sustained peer education covering all six themes of RKSK.

It is envisaged that this approach would facilitate the coverage of school going adolescents in community. The Programme is being implemented in Chamba, Mandi and Shimla district of Himachal Pradesh.

Under the PE programme, two peer educators (one boy and one girl) are selected each from 8th, 9th, 10th and 11th class in government schools.

Each *Peer Educator* forms a group of 15-20 boys or girls from school and conducts weekly one to two hour participatory sessions using PE kits. They also maintain a diary, including a brief overview of each session and the number of participants. They will sensitize adolescents towards their health and inform them about existing adolescent friendly health services, so that all the adolescents may optimally utilize it.

In total 3354 Peer educators will be selected from three districts of Himachal Pradesh.

5. School Health and Wellness Ambassador Initiative

The School Health Programme has been incorporated as a part of the Health and Wellness component of the Ayushman Bharat Programme of Government of India to strengthen the preventive and promotive aspects through health promotion activities. It is a joint initiative of Ministry of Health and Family Welfare and NCERT.

The programme was started with objective of providing age appropriate information about health and nutrition to the children in schools and promoting healthy behaviours among the children that they will inculcate for life.

The state of Himachal Pradesh has initially launched the program in six districts namely Chamba, Bilaspur, Sirmour, Una, Kangra and Mandi in FY 2021-22. In the first phase all the middle schools, higher secondary and

4	Kangra	Zonal Hospital Dharamshala	CH NagrotaBagwan
		Civil Hospital Kangra	CH Jawalamukhi
		Civil Hospital Baijnath	CH Indora
		Civil Hospital Nurpur	CH Thural
		Civil Hospital Fatehpur	CH Rehan
		Civil Hospital Palampur	CH Chadhiar
		Civil Hospital Dehra	CH Dadasiba
		Civil Hospital Shahpur	CH Bhawarna
		Civil Hospital Bir	CH Jawali
		CH Jaisinghpur	
5	Kullu	RH Kullu	CH Tegu behar
		CH Nirmand	CH Manali
		CH Banjar	CH Anni
6	Kinnaur	RH ReckongPeo	CHC Bhabanagar
		CHC Sangla	
7	Lahaul&Spiti	RH Keylong	CHC Kaza
8	Mandi	ZH Mandi	CH Sandhol
		CH Sundernager	CH Ratti
		CH Jogindernager	CH Padhar
		CH Sarkaghat	CH Kotti
		CH Dharampur	CH Ladbharol
		CH Karsog	CH Bagsaid
		CHC Baldwara	CH Janjehli
		CH Gohar	CHC Rohanda
		CHC Kataula	
9	Shimla	DDU ZH Shimla	CH Theog
		MGMMSG Khanari Rampur	CH Sarahan
		CH Junga	CH Nerwa
		CH Rohru	PHC Sanjauli
		CH Jubal	CHC Kotkhai
		CH Chopal	CH Nankhari
		CH Sunni	CHC Chirgaun
		CHC Kumarsain	
10	Sirmaur	CH Ponta Sahib	YSPGMC
		CH Dadahu	CH Rajgharh
		CH Sarahan	CH Shillai
11	Solan	CH Nalagarh	RH Solan
		CH Kandaghat	CH Arki
		CH Baddi	CH Parwanoo
12	Una	RH Una	CH Chintpurni
		CH Amb	CH Haroli
		CH Bangana	CH Daulatpur
		CH Gagret	CHC Basdehra

senior secondary schools have been included in the program. In FY 2022-23, the programme shall be implemented in Shimla and Lahaul&Spiti district. Two teachers, preferably one male and one female, in every school designated as "Health and Wellness Ambassadors" will be trained to transact health promotion and disease prevention information in the form of interesting activities for one hour every week. These health promotion messages will also have bearing on improving health practices in the state as students will act as Health and Wellness Messengers in the society. Every Tuesday may be dedicated as Health and Wellness Day in the schools.

6. Nayi Disha Kendra

Under RKSK, Adolescent Friendly Health Centers entail a whole gamut of clinical, counseling and referral services on diverse adolescent health issues ranging from sexual and reproductive health to nutrition, substance abuse, injuries, violence, non-communicable diseases and mental health issues at various level of health care facilities. These facilities are also providing De-addiction services, hence State proposed the name of these facilities as Nayi Disha Kendra.

A total of 101 facilities are notified as Nayi Disha Kendras in the state. These are established at Medical College/ Zonal Hospital/ District Hospital/ Community Health Centre. Nayi Disha Kendra is established in a separate room. In case of non-availability of separate room, the available room is sub-divided to create space. The physical appearance of Nayi Disha Kendra is important for creating an environment where beneficiaries feel comfortable. A typical health setup might not attract adolescents; a simple makeover is done with wall paint, colorful furniture, bright posters, IEC with appropriate health messages etc. Basic amenities like sitting arrangement clean drinking water and clean toilets are made available for the adolescents visiting the Kendra. All the clinical, counselling and referral services are provided by the trained staff of Nayi Disha Kendra. The timings of Nayi Disha Kendra are 9:30 to 4:00 pm (Monday to Saturday).

District-wise list of Nayi Disha Kendra :

Sr. No.	Name of District	List of Nayi Disha Kendra	
1	Bilaspur	RH Bilaspur	CH Jhandhuta
		CH Ghumarwin	CHC Ghawandal
		CH Berthin	
2	Chamba	CHC Sahoo	CHC Tissa
		RH Chamba	CH Chowari
		CH Dalhousie	CH Killar
		CH Kihar	CH Bharmour
3	Hamirpur	RH hamirpur	CH Tauni Devi
		CH Bhoranj	CH SujanpurTihra
		CH Nadaun	CH Barsar

17/04/22