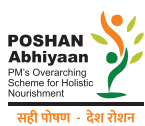
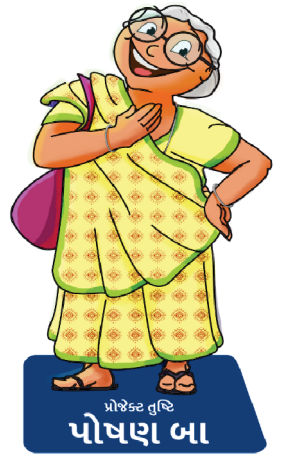


Project Tushti

COMPENDIUM OF INNOVATIONS



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Introduction

Malnutrition is characterised by inadequate or excessive nutrient intake, an unbalanced intake of vital nutrients, or poor nutrient use. Under-nutrition, overweight, and obesity are both part of the double burden of malnutrition. In middle-income countries, child malnutrition is a major issue and the leading cause of death among children. Due to mental disability, physical problems, and vulnerability to non-communicable diseases (specifically, acute respiratory syndrome), it raises the likelihood of acquiring anaemia and having academic difficulties.

According to the Global Nutrition Report 2021, there are 149.2 million stunted children, 45.5 million wasted children, 17 million children who suffer from severe wasting, and 20.5 million low birth weight babies. According to data from the National Family Health Survey-5, 32.1% of children under the age of five in India were underweight, 19.3% were wasted, 7.7% were seriously wasted, and 35.5% were stunted. In Gujarat, there are 39.9% stunted children under the age of 5, 25.1% wasted children, 10.6% severely wasted children, and 39.7% underweight children. In comparison to India, Gujarat has a higher prevalence of severe wasting. Between the National Family Health Survey (NFHS)-4 (2015–16) and NFHS-5 (2019–20), Gujarat saw a rise in the prevalence of severe wasting (from 9.5% to 10.6%) which poses a major challenge towards being a healthy state and a healthy nation.

According to NFHS-5 data, Devbhumi Dwarka, Gujarat, India, has 17.2% of severely wasted children under the age of five. For a health condition that impacts a child's health and wellbeing at various stages in turn affecting the normal development of a child not just physically but also mentally, requires a multi-pronged approach in order to tackle the same.

In order to address this menace of malnutrition nationally, a flagship programme- Prime Minister's overarching scheme for Holistic Nutrition was introduced to improve infant child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease) and longevity. Following in on the footsteps of this flagship programme, Devbhumi Dwarka embarked on a journey to make '**Kuposhan Mukta Dwarka**' a reality. In Devbhumi Dwarka, there are four blocks. According to the profile of the Devbhumi Dwarka District, it has one district hospital in Khambhaliya block, one sub-district hospital in Dwarka block, 4 Community Health Centres (CHCs), 5 Urban Health Centres (UHCs), 23 Primary Health Centres (PHCs), 169 sub-centres, 150 Health and Wellness Centres and 691 Anganwadi Centres. To provide young children with health, nutrition, education, and related services, Accredited Social Health Activists (ASHAs), Auxiliary Nurse Midwives (ANMs), and Anganwadi Workers (AWWs) are present at the village level, just like the rest of the state.

Project Tushti

Project Tushti is a unique partnership between the Government of Gujarat, Nayara Energy, JSI R&T India Foundation, and Indian Institute of Public Health Gandhinagar. It was initiated in December 2019 to address the situation of malnutrition in Devbhumi Dwarka district. Tushti focuses on the “First 1000 days” window through establishment of convergence between different departments at state, district, block, and village level to improve the quality of health and nutrition services provided from the Anganwadi Centres, particularly during Village Health Sanitation and Nutrition Days (VHSNDs). The project has promoted several innovative approaches such as: use of digital technology for promoting behaviour change, Poshan Vatika, PURNA Potli, Poshan Rath, Samakhya- a mobile application for capacity building of Frontline Workers, Nutrition Tele-counselling centre amongst others. Project also operationalizes Child Malnutrition Treatment Centres as well as technology enabled, digitized model Health and Wellness Centres providing SMART point-of-care diagnostics to perform vital check-ups for monitoring nutrition related parameters. The project works closely with ICDS Frontline Workers to undertake joint growth monitoring of children, track their progress, and increase the consumption of Take-Home Ration provided by the department.

Goal:

To reduce the prevalence of malnutrition among children under the age of 5 years to near zero levels and strengthen Health and Wellness Centres in the district of Devbhumi Dwarka, Gujarat.

Objectives:

Project Tushti has four strategic objectives, which are as follows:

1. To strengthen comprehensive nutrition improvement systems and practices by facilitating multi-sectoral convergent actions between various government departments.
2. To improve uptake of nutrition services for young children, adolescent girls, pregnant and lactating women in all 4 blocks of the district.
3. To promote positive behaviour change through a comprehensive Behaviour Change Communication (BCC) package.
4. To operationalise technology enabled, digitized and sustainable “Model Health and Wellness Centres” as well as Child Malnutrition Treatment Centres for improving health and nutrition indicators in vulnerable populations.

Uniqueness about Tushti:

From its initiation, the project has been considered to be a unique partnership between the Government of Gujarat, Nayara Energy and two leading organizations: JSI R&T India Foundation and IIPHG. Key parameters:

- Co-created with the Government of Gujarat and CSR team of Nayara Energy with complete buy-in.
- Project has adopted a multi-pronged approach to addressing malnutrition in Devbhumi Dwarka district of Gujarat.
- Activities are jointly planned and implemented with government stakeholders at state and district level and CSR team of Nayara Energy.
- Extensive use of Technology: Capacity Building, BCC and Health Check-ups.
- Unique tracking of beneficiaries and sharing of project progress during steering committee meetings.



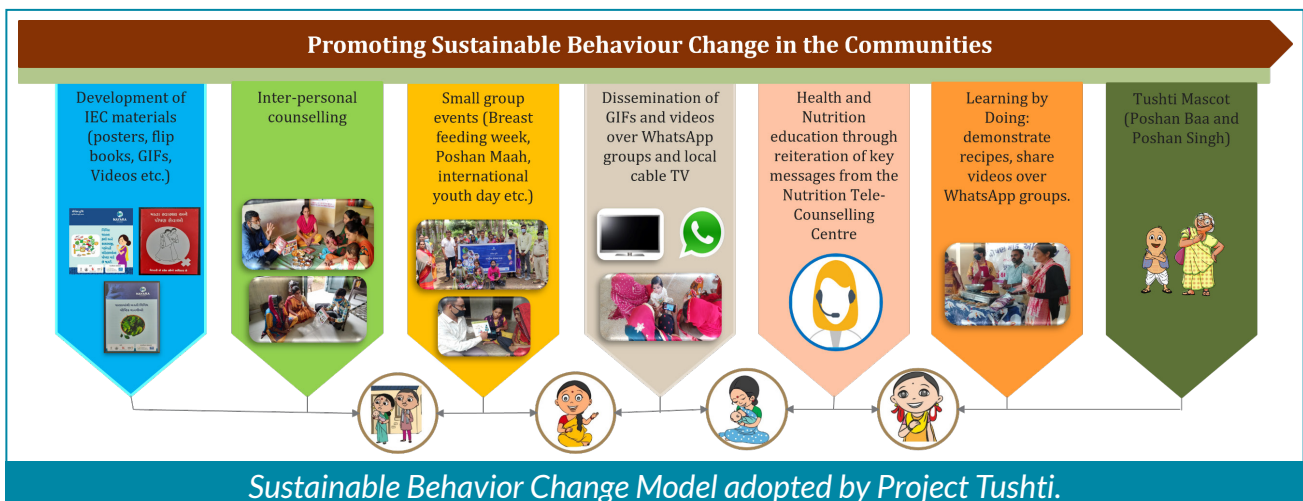
Innovations under Tushti

360° Approach to Behavior Change

Introduction:

A multi-pronged approach was used for promoting behaviour change in the communities. Various interventions were designed and launched to spread awareness among family members of underweight children, adolescent girls, pregnant and lactating women, details are provided in the below sections. In addition to face-to-face meetings, the project made extensive use of digital technology to reach out to the communities, particularly during COVID-19 pandemic.

Below is a sustainable behavior change model adopted by Project Tushti for communication:



IEC Material Developed in Collaboration with Frontline Workers under ICDS: To reach the community members and target group, Tushti team developed short animated videos, GIFs, and recipe books which were disseminated amongst the target group through cable TV, WhatsApp groups and during important events.

Poshan Baa and Poshan Singh: Poshan Baa and Poshan Sing represent Project Tushti’s behaviour change communication strategy among the target audience and create a buzz around nutrition in the communities.

Poshan Sakhi: “Poshan Sakhi” (first of its kind) is a two -way IVR Service wherein the beneficiary not only receives autogenerated calls and listens to the important information about nutrition but also has the option of making self-generated phone call to the toll-free number to listen to specific messages related to child, adolescent, and maternal nutrition, in Gujarati and Hindi, guided by a menu-based system.

Follow-up calls are also made through a dedicated tele-counsellor to the beneficiaries to reinforce messages and track progress.



Snapshot of Recipe Booklets, GIF and Poshan Sakhi.



Tushti Mascots-Poshan Ba and Poshan Sing launched by Board of Directors of Nayara Energy on 27th May 2022

Poshan Vatika

Introduction:

Poshan Vatika or Nutrition Garden is one of the means for community members to easily access fresh seasonal vegetables around the year. It helps families to save money on a monthly basis and also helps them in earning by selling the excess produce.

Poshan Vatika promotes dietary diversification, as the community members can grow a variety of vegetables and fruits and save out of pocket expenditure on vegetables and fruits. This is resourceful especially for women and children to prevent undernutrition and anemia. It takes a small place within the household premises, can be cultivated at a common place such as AWC, School or community garden/park.

Launch and Roll-Out:

In an attempt to complement the efforts of Poshan Abhiyan and to improve the dietary diversity among pregnant women, lactating mothers, adolescent girls and children 6 months to 5 years of age, Project Tushti initiated “Poshan Vatika” as an innovation at the household level. Poshan-Vatika kit (seeds, bio-pesticide, leaflet, card, and recipe booklet) was inaugurated on 17th February 2021 by the District Development Officer Shri. D. J Jadeja in the presence of ICDS-Program officer Mrs. Shraddha Trivedi, Dr. Raj Sutariya (Chief District Health Officer I/C), and representatives from Transchem Agritech Pvt. Ltd and Nayara Energy.



Inauguration of Poshan Vatika Kit by District Development Officer, Devbhumi Dwarka



Kit being distributed to beneficiary by Tushti Team

The kit distribution was done jointly with Anganwadi Workers. Family members as well as Anganwadi Workers were trained on various steps of developing Poshan Vatika to generate an interest. Beneficiaries were oriented on preparation of various nutritious recipes and were also provided a recipe book for the same.

Based on the success of first round, a second round was introduced to cover a large number of beneficiaries. Follow-up visits made by team Tushti helped the beneficiaries as well as team Tushti in monitoring the growth of Poshan Vatika.

Since its launch, the kit has been distributed to 2238 beneficiaries and 118 Anganwadi Centres of all four blocks of the district till September 2022.

Details of beneficiaries are:

- 223 Families of Severely Underweight Children
- 535 Families of Moderately Underweight Children.
- 384 Pregnant Women
- 347 Lactating Mothers
- 749 Adolescent Girls

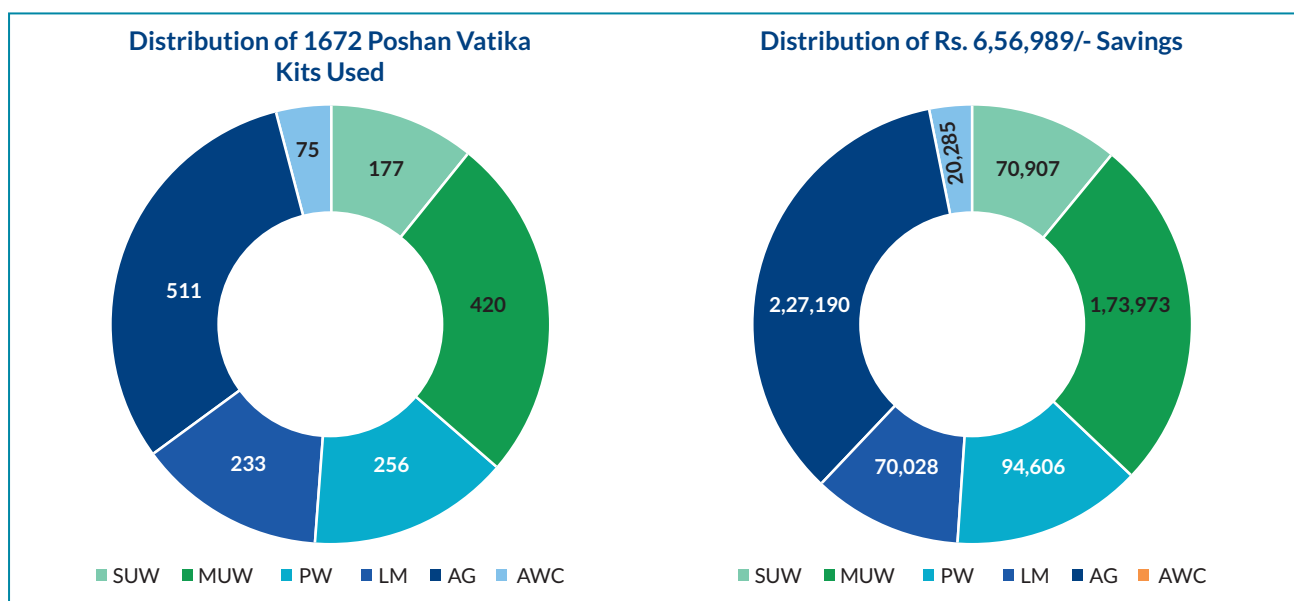
Process and Success of Poshan Vatika:

The beneficiaries were given seeds of 10 vegetables in first round: Spinach, Fenugreek, Amaranthus Leaves, Coriander, Carrot, Radish, Long Beans, Cluster Beans, Ladies Finger, and Beet Root; the second round contained 8 seeds of: Fenugreek, Spinach, Sponge Gourd, Inion, Okra, Tomato, Cowpea, and Cluster Bean. Regular home visits and phone calls were conducted to ensure the proper growth and maintenance of Poshan Vatika.

Of these 2238 families and 118 Anganwadi Centres, 1597 families and 75 Anganwadi Centres grew and produced vegetables and were able to save out of pocket expenses on vegetables in the trying times of Covid-19 pandemic as well as after the effects of pandemic had reduced.



Seeds being sown by beneficiary with the help of Anganwadi Worker



These **1672** beneficiaries saved an amount of **Rs. 6,56,989/-**. The **1597** families grew and produced a total of **47,75,968 kg** of vegetables and saved **Rs. 6,36,704/-**.

“We used to procure green vegetables from the village market which costed us Rs. 2500/- every month, but with Poshan Vatika in our own garden, we were able to save Rs. 1140/- every month including trips to village market.” – A family of Moderately Underweight Child from Bhanvad Block.

“Poshan Vatika saved us a trip to market during the time of Corona. We were also able to use the recipe booklet and make new recipes from freshly grown vegetables, big thanks to team of Project Tushti.” – A family of Severely Underweight Child from Dwarka.



Mr. Niraj Agrawal, JSI R&T India Foundation, Team from HCL Foundation and Tushti Team checking the growth of Poshan Vatika at beneficiary's house in Bhanvad

PURNA Potli

Introduction:

A good menstrual hygiene helps adolescent girls and women live a healthy life. Discussion on menstrual hygiene and its importance helps clarify the myths, and misconceptions, reduces the risk of infection, and improves attendance in school.

“PURNA Potli” was introduced, as an innovative approach in 2022. Set of 4 cloth sanitary pads (napkins) along with carry-on pouch and a user manual, Menstrupedia comic and 4 booklets on anemia has been provided to **295 adolescent girls**, (both school going and non-school going) of all four blocks of Devbhumi Dwarka District. Besides bridging the access gap to safe, economical, eco-friendly menstrual hygiene management products, the programme aims to break the taboo around the subject.



Adolescent Girls with PURNA Potli



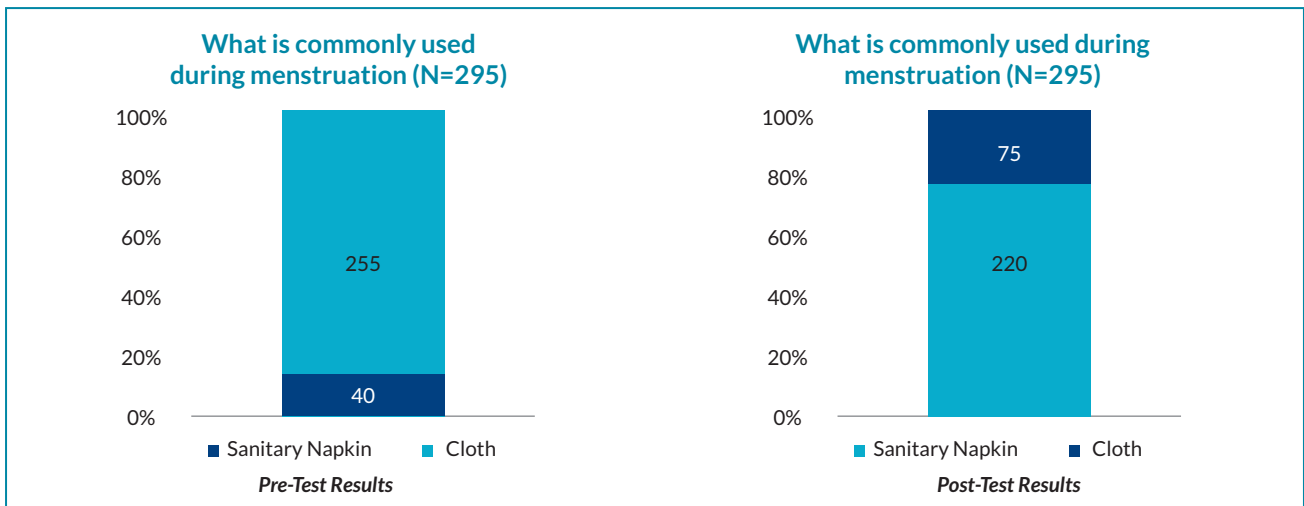
Demonstration on using cloth pad at Khambhalia

Cloth sanitary napkins have their uniqueness: they are eco-friendly as they reduce the use of plastic, they are pocket friendly as they can be reused, they help prevent any infections as they do not have any chemicals, have less toxins and are odour free.

Process:

A pre-test was conducted to assess the understanding of adolescent girls on female reproductive system, menstrual cycle, menstrual health, and hygiene. Joint orientation with ICDS functionaries (CDPO and Anganwadi

Workers) was conducted where all the necessary information on female reproductive system, menstruation, importance of menstrual hygiene, how to use sanitary cloth napkins, personal hygiene, symptoms and prevention of Anemia, importance of consumption of Iron Folic Acid (IFA) tablet, and importance of nutrition were discussed. Social taboos related to menstruation were also discussed. A post-test was conducted to know the status after 3 months along with the feedback on usage of cloth sanitary napkins provided to them.



The facilitators also cleared the doubts participants had regarding the IFA tablets and motivated them for regular/weekly intake of IFA tablets.

Purna Potli was distributed along with a demonstration on its use and directions on how to wash and dry the napkin after its usage. Purna Potli received a great response from the girls, and they were happy with it.

Voices from Adolescents:

“I got to know about menstruation and female reproductive system . And from now on to stay healthy, I will eat “purnashakti “ every day and also take IFA Tablets every week.” – Adolescent Girl from Vadaliya Sinhan.

- *“Best part of this cloth pad is its wings and press-button. Due to this, girls will feel more comfortable. Also, the session was very informative and girls liked it very much. Please provide this benefit to other girls too.” – Anganwadi Helper, Jadeshwar, Khambhalia*



Adolescent Girls receiving the PURNA Potli at Jadeshwar village, Khambhalia Block

- *“I learnt a lot about menstruation, especially my understanding of misconceptions. Thanks to this pad, even during menstruation, I will now be able to move around comfortably.” – Adolescent Girl from Jadeshwar, Khambhalia.*

- *“This “PURNA Potli” kit is very much informative and useful. Using the reusable pad will help in maintaining hygiene without spending money. Also, self learning books will help to increase the awareness about menstruation, personal hygiene and anemia. I hope after this session consumption of THR and IFA will be increased.” – Child Development Project Officer, Khambhalia-2.*

- **Muskaan**, 16 years old and one of the project beneficiaries, when asked about the requirement of water for washing the re-usable sanitary pad said that the water required was much less compared to the cloth that they were using and exclaimed that the pads are “Mast” (meaning excellent).

Supushti – A THR Recipe Book

Introduction:

In order to increase the nutrition status of children, adolescent girls, pregnant women and lactating mothers, the Government of Gujarat distributes packets of Take-Home Ration (THR) through Anganwadi Centre every month. The THR is a mixture of nutritious flours and various appetizing recipes which can be prepared using it. Matrushakti THR is for pregnant women and lactating mothers, Purnashakti is for adolescent girls, and Balshakti is for children between the age of 6 months to 5 years.

Intervention by Tushti:



Participants with Supushti Book

To create awareness and increase THR consumption and to motivate people, “Supushti” a recipe booklet using THR was developed by Project Tushti in collaboration with Frontline Workers of ICDS. This book caters to need of children between ages of 6 months to 5 years, pregnant women, lactating mothers, and adolescent girls through various innovative and nutritious recipes.

It contains a total of 30 nutritious recipes of which 14 can be prepared from Balshakti such as: Pudla, Vegetable Paratha and Methi-Drumstick Thepla; and 16 can be prepared from Purnashakti and Matrushakti such as: Patra, Vegetable Handvo and Purnavada. Recipes are demonstrated jointly with Anganwadi Workers during home visits and during events conducted by the project. **869** target beneficiaries received the Supushti book and used it for cooking healthy recipes.

Supushti Success Stories:

1) Name of the Beneficiary: **Beenaben Chandreshbhai Joshi**

Type of Beneficiary: Pregnant Woman

Date of receiving Supushti Booklet: 02/08/2021

Anganwadi Centre: 62, Kalavad, Bhanvad

Name of Anganwadi Worker: Ujiben Gagaliya

Beenaben was provided with Supushti booklet during one of the home visits by Tushti Field Officer. Before obtaining this booklet she only made Sheera and Raab from THR.



After the counselling by the Field officer and getting to know about various savoury and sweet recipes which can be prepared using THR through the booklet, she started using THR more and was happy to learn new recipes and methods of cooking.

With the help of this booklet, she tried making Methi Palak Thepla, Moringa Leaves Pakora, Moringa Leaves Puri etc.

2) Name of the Beneficiary: Revatiben Ketanbhai Parmar

Type of Beneficiary: Lactating Mother

Date of receiving Supushti Booklet: 02/08/2021

Anganwadi Centre: 44, Haripar, Khambhalia

Name of Anganwadi Worker: Bhavnaben P Lava



Revatiben is a resident of Haripar village and is a labourer by profession. She was provided with Supushti Booklet by Tushti Field Officer. She is a lactating mother; she has a son and is recently welcomed a baby girl. The Field Officer and Anganwadi Worker provided her counselling on importance of consuming THR and how its nutrient content can help her as well as her child's growth. They also did recipe demonstration at her home.

She said that before getting the Supushti booklet she only used to make Sheera and Raab, but now she makes various savoury and sweet recipes given in the book such as Purna Vada, Thepla, Cake, Ladoo,



Muthiya, Dhokla etc and uses moringa leaves to make them nutritious.

3) Name of the Beneficiary: Khushi Sanjaybhai Chauhan

Type of Beneficiary: Adolescent Girl

Date of receiving Supushti Booklet: 27/12/2021

Anganwadi Centre: 33, Sanakhala, Bhanvad

Name of Anganwadi Worker: Rekhaben Chauhan

Khushi and her friends visited the Anganwadi Centre on 24/12/2021 and during their visit they were counselled on making delicious and nutritious recipes from THR using the Supushti Book. They liked it very much and took the book home for themselves.





Before obtaining the book, she used to make only Raab and Sheero from the THR.

She did not like to eat sweet recipes and was not aware about the savoury recipes which can be prepared using THR. After getting the book she was able to make and try a variety of recipes such as Paatra, Vegetable Paratha, and Puri etc. This resulted in increased consumption of THR.

Khushi and her family members are happy that she can make use of Supushti booklet and has increased the consumption of THR. She is happy and thanks Tushti Field Officers for their help and guidance.

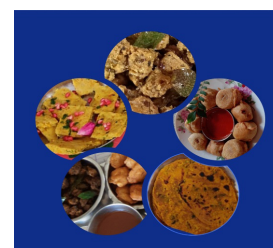
4) Name of the Beneficiary: Prince Dharmeshbhai Ramavat

Type of Beneficiary: Severely Underweight Child (SUW)

Date of receiving Supushti Booklet: 21/10/2021

Anganwadi Centre: 35, Nana Asota, Khambhalia

Name of Anganwadi Worker: Dakshaben Nimavat



Prince then aged 3 years and 11 months weighed only 11.2 kilograms which made him a Moderately Underweight Child. His parents are farmers by profession. He was underweight since birth and at the age of 1 and a half years, he had to undergo a treatment for abscess in his stomach, after which his weight never increased according to his age.

His family was given the Supshti book by Tushti Field Officer and they were counselled on its usage and importance as well as various recipes they can make from the book using THR. Before the book, they used to make sweet recipes such as Sukhadi and Sheero which was not liked much by Prince. But after getting this book, they tried making savoury recipes like Muthiya, Thepla, Patra, Dhokla, Daal Dhokli. This resulted in increase in consumption of THR and Princes nutrition status increased from being Severely Underweight to Moderately Underweight.

Prince's mother is happy that she can make use of Supushti booklet and is able to prepare healthy and nutritious meals for her child. This has led to decrease in the spending for packed food from outside which has helped them save their income. She is happy and thanks Tushti Field Officers for their help and guidance.



Community Feedback (During External Assessment):

"Earlier we used to mix the THR with water and give it to our children, that used to be quite bland. Now with the help of a recipe book, we prepare a variety of food, and this has created a taste among children. Lactating and pregnant women also enjoy the food" – Tejal, 23 years.

Child Malnutrition Treatment Centre

Introduction:

For the first time in Gujarat, under Project Tushti two Child Malnutrition Treatment Centres were set-up on a public private partnership to provide clinical management and reduce mortality among children with severe acute malnutrition, particularly among those with medical complications. The centres are at Sub-District Hospital Dwarka and Community Health Centre, Bhanvad. While the Zilla Panchayat provided necessary space, infrastructure, and treatment services for medical complications, Project Tushti supported building renovation, support for Nutrition Assistant and other Human Resources, therapeutic foods, counselling services and transport services for children and caregivers. For livelihood of mothers at CMTC, mothers are engaged in conducting activities for their daily wages and income. Activities like stone work in dupatta, traditional work in clothes which is locally available are being carried out. So far, till 15th March 2023, 90 SAM Children received treatment at CMTCs.

Various activities are conducted in CMTC such as counselling sessions on Health and hygiene, care taken of sick child, nutritious food for children, demonstration of nutritious recipes from Take home ration, cooking methods etc.



DDO Devbhumi Dwarka visiting CMTC Dwarka

Success Stories:

1) Name: Suhan Mamad Pateliya

Gender: Male

Age: 45 Months

Village: Rupen Bandar (Dwarka)



Before



After

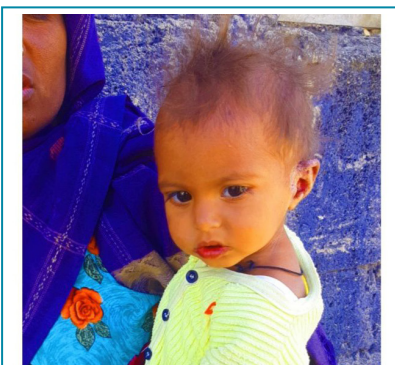
	Before	After
Weight	11.3 Kg	12.3 Kg
Height	95.6 CM	95.6 CM
Mid-Upper Arm Circumference (MUAC)	13 CM	13 CM
SD Score	-3 SD	-2 SD
Medical Condition	Anorexia	Cured

2) Name: Mansi Rupabhai Varsakhiya

Gender: Female

Age: 13 Months

Village: Bhimrana (Dwarka)



Before



After

	Before	After
Weight	5.4 Kg	5.9 Kg
Height	65 CM	65.3 CM
Mid-Upper Arm Circumference (MUAC)	11 CM	11 CM
SD Score	-3 SD	-2 SD
Medical Condition	Persistent Vomiting and Dehydration	Cured

3) Name: Jiya Bhaveshbhai Gohil

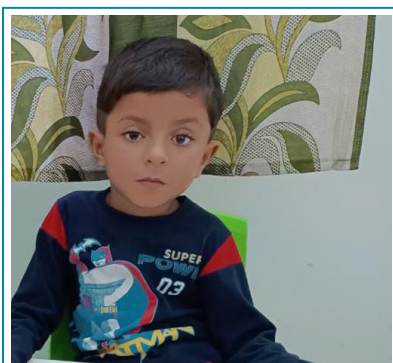
Gender: Female

Age: 50 Months

Village: Bhanvad



Before



After

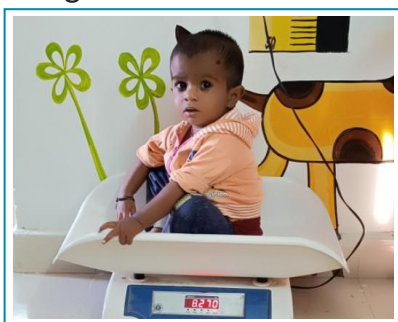
	Before	After
Weight	10.4 Kg	11.1 Kg
Height	92 CM	92 CM
Mid-Upper Arm Circumference (MUAC)	11.5 CM	11.8 CM
SD Score	-3 to -2 SD	-2 SD
Medical Condition	Development Delay	Improvement in Child's condition observed. Leg and hand movement seen

4) Name: Chirag Vallabhbhai Rathod

Gender: Male

Age: 21 Months

Village: Bhanvad

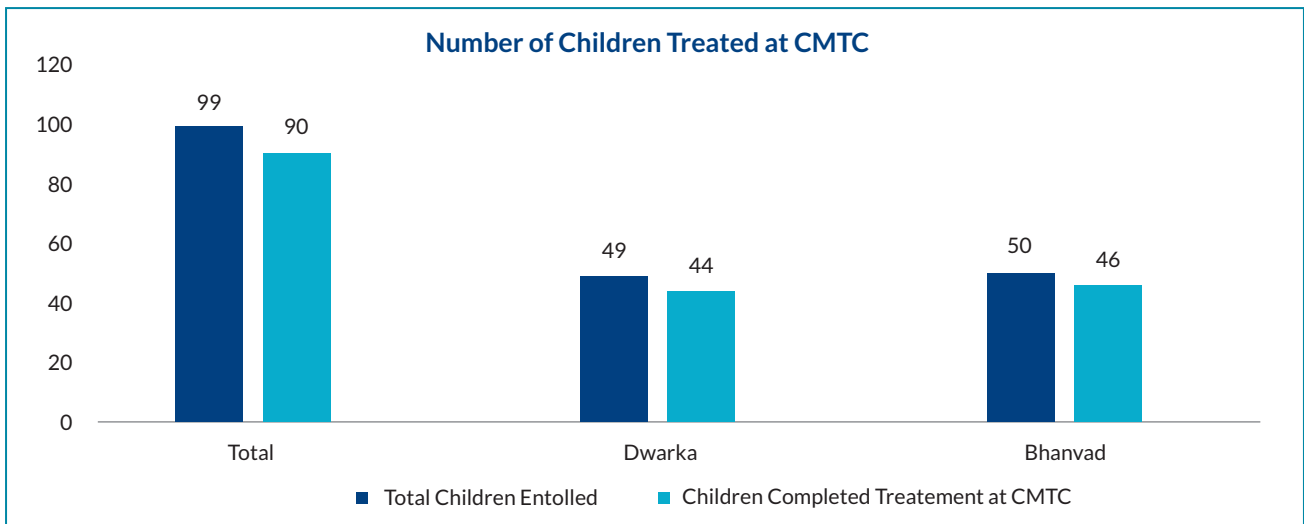


Before



After

	Before	After
Weight	7.6 Kg	8.2 Kg
Height	74 CM	74 CM
Mid-Upper Arm Circumference (MUAC)	12 CM	12 CM
SD Score	-3 to -1 SD	-2 to -1 SD
Medical Condition	Imperforated Anus	



Integration of Project TUSHTI Poshan Rath and CMTCs:

Poshan Rath played a pivotal role in not only helping in reaching out to children living in more remote and hard-to-reach areas, but also led to early identification and treatment of severe acute malnutrition without complications at community level. SAM children who were identified by Poshan Rath and had some form of medical complications, were referred to the CMTC at SDH Dwarka and CHC Bhanvad respectively.

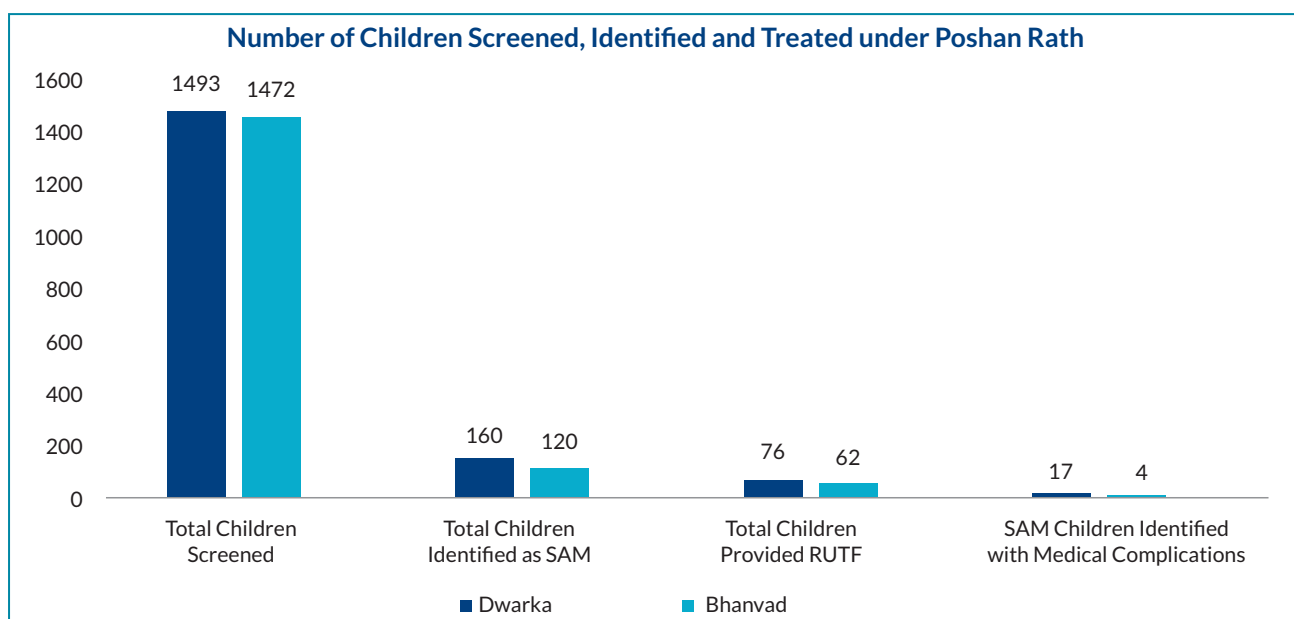


Poshan Rath

Introduction:

“Tushti Poshan Rath”- Malnutrition treatment on Wheels aimed to identify malnourished children and provide treatment at doorstep as per the guidelines of Government of Gujarat. Nutrition Assistant accompanied with Rath measures nutritional status of children as per the WHO standards either at Anganwadi Centre or at child’s home, counsels parents/guardians of malnourished children, provides Energy Dense Nutrient Supplement (EDNS), explains how and when to feed it to malnourished children.

Screening of **2965** children was conducted through Poshan Rath, of which **138** identified SAM children were treated with EDNS.





**Health screening
through KIOSK**

Health KIOSK

Introduction:



Project Tushti launched Health-Kiosk machines which are enabled with e-clinic software which collects and stores demographic details, complaints and associated with lab reports. The objective of this initiative was to strengthen the Health and Wellness Centres (HWC) by increasing accessibility to Maternal and Child Health (MCH) services, Non-Communicable Diseases (NCDs) screening & General Pathology tests. The system is configured with telemedicine systems as well as remote consultation with physicians or specialists. It provides primary health screening which promotes early diagnosis, treatment, or timely referral.

Location and Process:

District Development Officer of Devbhumi Dwarka inaugurated the KIOSK on 29th September 2020 in presence of Chief District health officer, Epidemic Medical Officer and other Health Functionaries of Devbhumi Dwarka and Nayara team. DDO Sir also narrated that, this initiative will play key role for early diagnosis and prompt treatment so that morbidity and mortality can reduce in Devbhumi Dwarka.



DDO Devbhumi Dwarka during launch of Health KIOSK



Project Tushti Team orienting pregnant women for using Health Kiosk machine to measure BP in Ran-PHC of Kalyanpur block, Devbhumi Dwarka District

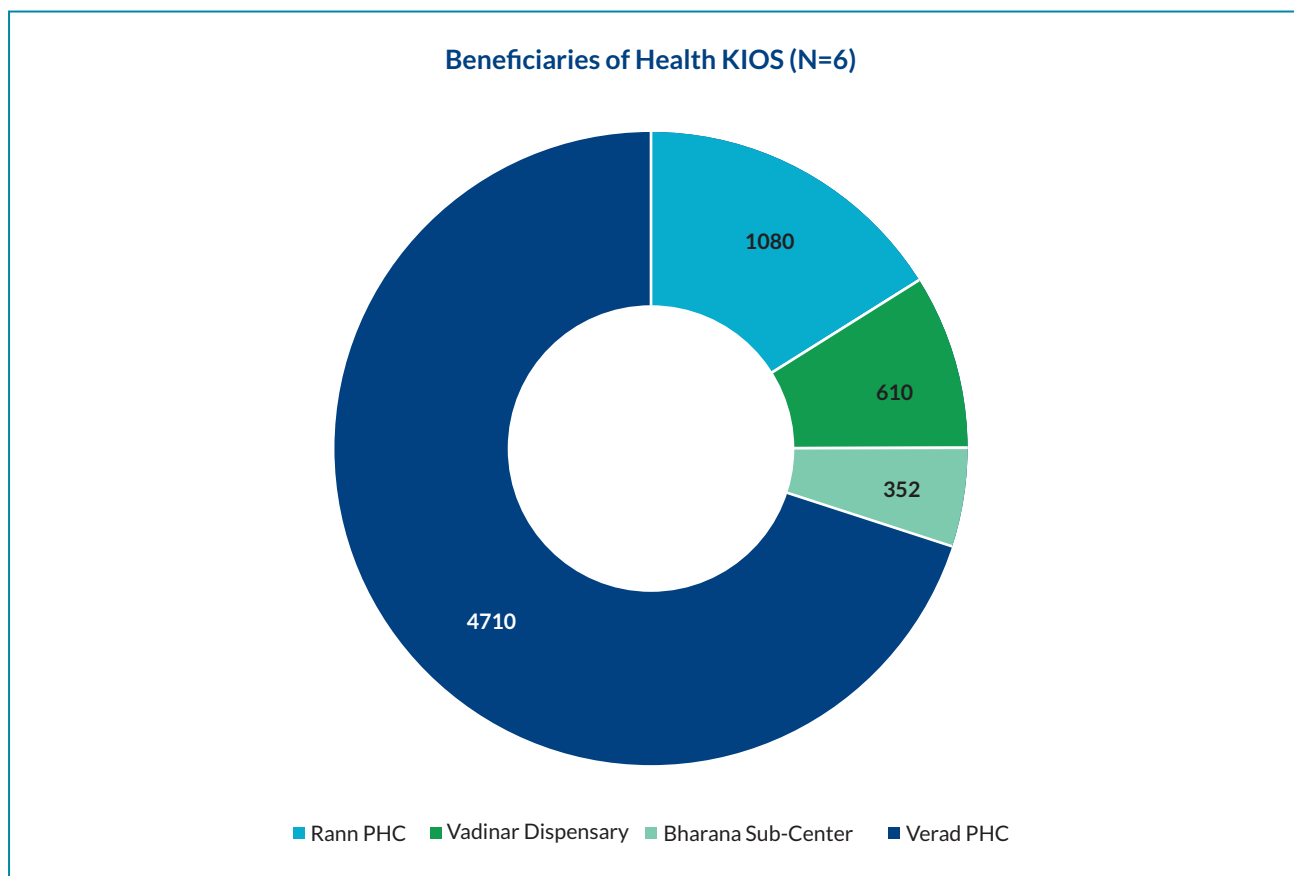
Four health kiosks, were set up, monitored, and supervised every month in the entire district by team Tushti one each in, Verad Primary Health Center, Bharana Sub-Centre, Vadinar Dispensary of Khambaliya Taluka and Ran-Primary Health Center (HWC) of Kalyanpur Taluka.

Major Tests Conducted through the KIOSK:

- 1.MCH tests: - Antenatal screening and Neonatal screening.
- 2.NCD tests: - cardiac screening, Pulmonary screening.

- 3. Dermatological screening: - common skin disease screening with dermatoscope.
- 4. Other Pathological tests: - blood count, malarial parasites, blood group identification, HIV status, urine test, HCG test for pregnancy.

As of 15th March 2023, a total of **6,752** beneficiaries took benefit of Health Kiosk facility. In Verad Primary Health Center-4710, Bharana Sub-Center-352, Vadinar Dispensary of Khambaliya Taluka-610 and Ran-Primary Health Centre (HWC)-1080 beneficiaries took benefit of Health Kiosk facility.



Samakhya – Mobile Training Application

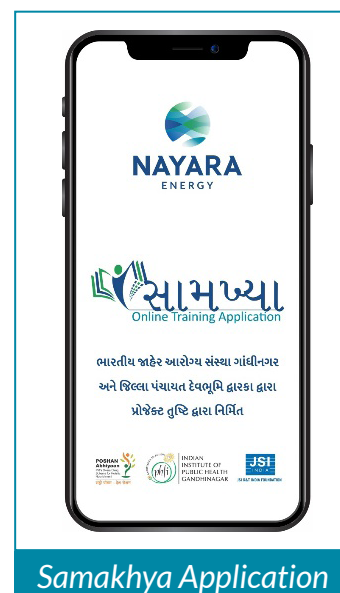
Introduction:

Project Tushti in Devbhumi Dwarka has come up with an innovative approach of mobile-based training application to strengthen the skill and to build the capacity of frontline health and ICDS staffs. The application was launched on 29 September 2020 by the District Development Officer in presence of Chief District Health Officer and representatives from Nayara Energy. The application aimed to strengthen the skill of district health and ICDS frontline workers. It helped in addressing the training needs effectively and thereby reinforcing programme implementation towards achieving project goal of reducing malnutrition in Devbhumi Dwarka.

Key Features of Application:

The application is open for Public Domain and available for latest Android operating system. This app can be utilized for scheduling, delivering training, and extending follow-up/ supervision support to the concerned users. Its key features include:

- Easy linkage between dashboard and online meeting platforms like GoToMeeting, WebEx among others for virtual training sessions.
- User based relevant training modules available and sharing of videos and Q&A rounds is also accessible to the user.
- An auto reminder notification will be given to the users profile for completion of training
- After completing each training module completion certificate will be generated and feedback.



Samakhya Application



Interface of Samakhya Application

Training Module Topics:

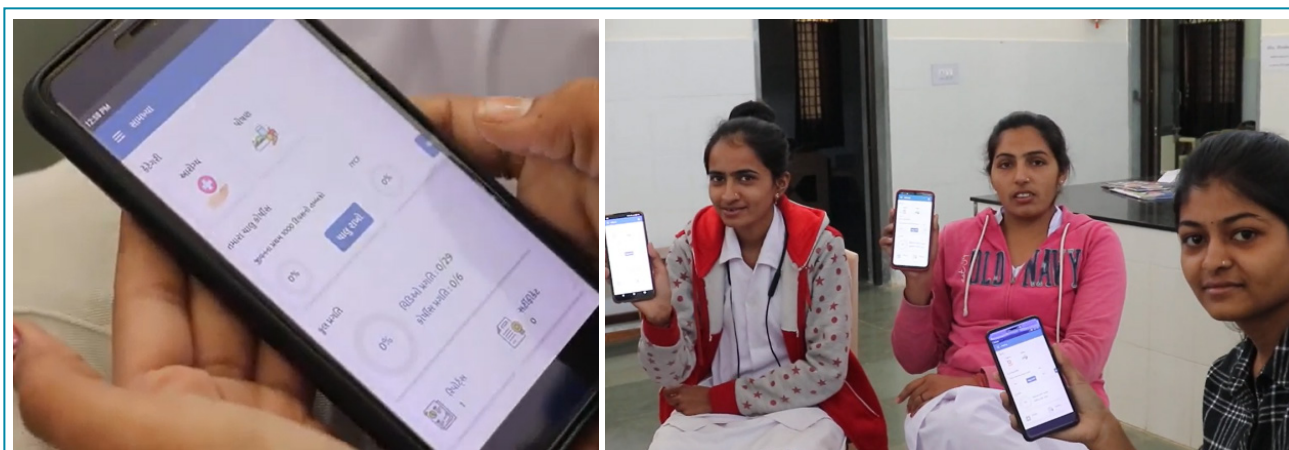
Short tutorials are integrated in the SAMKHAYA application such as:

1. Health & Nutrition
2. Life skills approach
3. Home-based care and IYCF practices,
4. Growth monitoring
5. COVID-19 related awareness messages

Samkhya Application is upgraded to 2.0. Unique features added in Samkhya Application:

- Improved and upgraded contents.
- White board animation with characters.
- Professional voiceover.
- Interactive features to test the comprehension of training at time and place of choice of field workers.

As on March 2023, capacity building of – 1525 supervisory, middle cadre and frontline health worker from health and ICDS team are using the application for training on different topics of public health. Oreintation about project Tushti, Samkhya application installation, SAM management, Menstrual Hygeine, Women Empowerment, Health communication, Counselling Techniques & Basics of Nutrition has been covered. Capacity building of different cader like.. ASHA, ANM, MO- PHC, MO-RBSK, MO-AYUSH, CHO, AW etc has been done.



Frontline Workers receiving training from the Application.

With the help of Samakhya Application, we are able to easily communicate with front line workers to enhance soft skills of them which ultimately lead to improved communication with stakeholders.



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