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Road to School Program- Annual Progress Report 2020

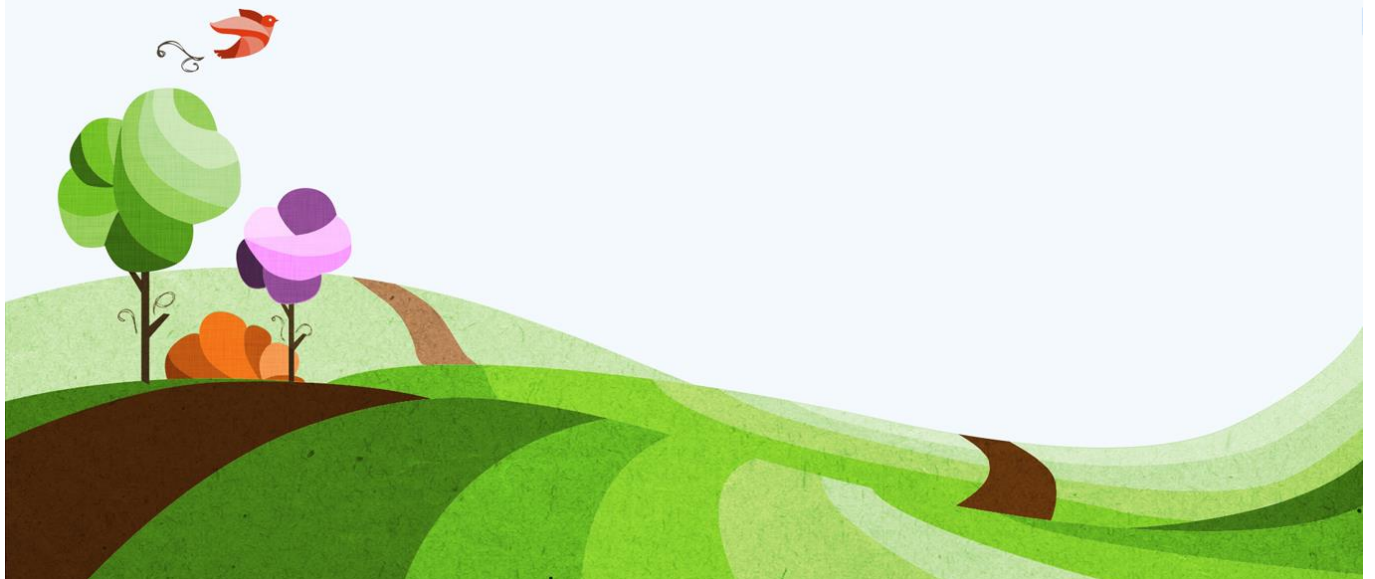


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Road to School Program, Khordha, Odisha

Annual Progress Report –2020

BACKGROUND

JSI and RT India Foundation, is collaborating with Learning Links Foundation (LLF), under the Road to School Project for improving health and wellness of ~10000 school students of 42 schools in Khordha district of Odisha. The programme has three broad components: Learning Enhancement Programme; Health and Wellbeing and Community Engagement.

To address this domain LLF has recruited 42 Resource Persons trained in how to enhance the learning gaps of the students in Maths, Odia & English. They are placed in all 42 primary schools across Khordha District. Additionally, 5 Community Mobilizers are placed in the villages to connect with the Community.

Through this project, JSI R&T India Foundation is supporting the Learning Links Foundation for improving the health and wellness of around 10,000 school students (6- 14 years) spread across 42 schools in Khordha district, Odisha. These children have been found to have poor health and hygiene and the project would make all efforts to improve the same through health and nutrition education.

From a health perspective, the age group of 6-14 years has been divided into two sub-groups for providing age appropriate counselling on relevant topics mentioned below:



6-10 years

- Communicable diseases such as sore throat, ear infection, urinary tract infection, skin infection, sinusitis & diarrhoea
- Deficiency diseases – Anaemia
- Dental problems
- Vision problems
- Malnutrition – underweight or overweight



10-14 years

- Injuries
- Anemia
- Malnutrition
- Communicable diseases - Diarrhoea, malaria, TB, Pneumonia
- Menstrual health related issues
- Self-harm

OBJECTIVES

- To aid early detection of communicable, non-communicable, disability, and deficiency diseases among school students and maintain health records of the same and to ensure that children get age-appropriate vaccination.
- To improve the awareness on health, nutrition & WASH as well as well-being among school children, their parents, teachers and local community.

PROJECT PROGRESS

Key Highlights

Overall during 2020 the project had three phases – Phase 1 Planning, and Tool Development, Phase 2 Project Implementation and Phase 3 Project Closure (Last Month).

The project was started in January 2020 and planned for operation over a period of two years. The preparatory activities took few months. All the project activities were planned in face to face to interaction mode, organization of immunization camps and health screening camps was going to be in the schools. When the field was ready for rolling out on ground activities, there was emergence of Covid 19 pandemic across the globe so also in India, and it severely affected the physical interventions due to lockdowns, restrictions on gatherings of people and closing down of the schools and schools are still shut.

However, even though there were enormous challenges, JSI team reviewed the project interventions and started planning of delivery of services through digital mode. And all activities were conducted in full commitment and dedication by JSI team in coordination with LLF during the year.

Baseline assessment for children was planned through digital mode. The data was entered and baseline assessment report was prepared. All the project related interventions were required to be reprogrammed to digital mode instead of face to face like Health and Nutrition education sessions for children, Health screening camps for children. This change led to re drafting of all the SOPs, training materials, Health check-up cards, engagement with doctors for Health screening so that they are compatible with digital mode etc.

All the project activities started in digital mode from September onwards. From November month onwards with little bit easing out of lockdown project activities were started in digital as well as face to face interaction mode for Off School Learning Spaces (OSLS) children. Community awareness activities were also initiated. Based on the baseline assessment report key areas for message delivery were identified and session plan was prepared for community awareness. JSI field team started taking sessions for parents during their visits to OSLS. JSI team also contacted MBBS doctors in the area for carrying out the digital health screening. We identified five doctors and drafted the Scope of work, Digital Health Check-up Card, Standard operating procedures while carrying out these digital health screening sessions. JSI also proposed for development of a Mobile/tablet based application for entering the health check-up details based on health card so that there is ease in data collection, tracking of children for follow up and also analysis of the health record of the children.

September on wards there had been incremental increase in number of children reached out through Health and Nutrition education sessions. The list of the children to be covered during the month was shared by LLF team. Based on the list shared, JSI team used to coordinate with LLF team to get a time slot for Health and nutrition sessions. Based on availability of children and RPs of LLF team a monthly tracker was prepared for name-wise tracking of children who will participate in the sessions. A team of 3 JSI project staff (2 Nutrition Coordinator and 1 Project coordinator) carried out the sessions. Total 917 digital sessions and 9 face to face sessions were carried out and round 2000 children completed three sessions and around 200 children had completed session 1 or session 1 and 2.

JSI proposed reprogramming of the activities in COVID 19 context shared the concept note and revised budget for the same. JSI team also submitted details on activities planned and activities completed as per the format shared by LLF team. JSI team submitted revised proposal with detailed activity plan and budget with monthly targets for each project activity for the next year as per the suggestions of LLF team. However, the revised budget for digital health screening through MBBS doctors was not approved by LLF team as well as second tranche of funds was not released by LLF. JSI team continuously followed up with LLF team via email, phone and digital meetings, however this restricted the

achievement of critical health screening service delivery component of the project through (digital) health camps. Lately both the team mutually agreed to close the project by 31st December 2020.

Nevertheless, the Project achieved substantially even in the COVID 19 pandemic with support from LLF staff and of course the students in particular. The details of the activities are as under.

Activity wise detailed update

On boarding of project team:

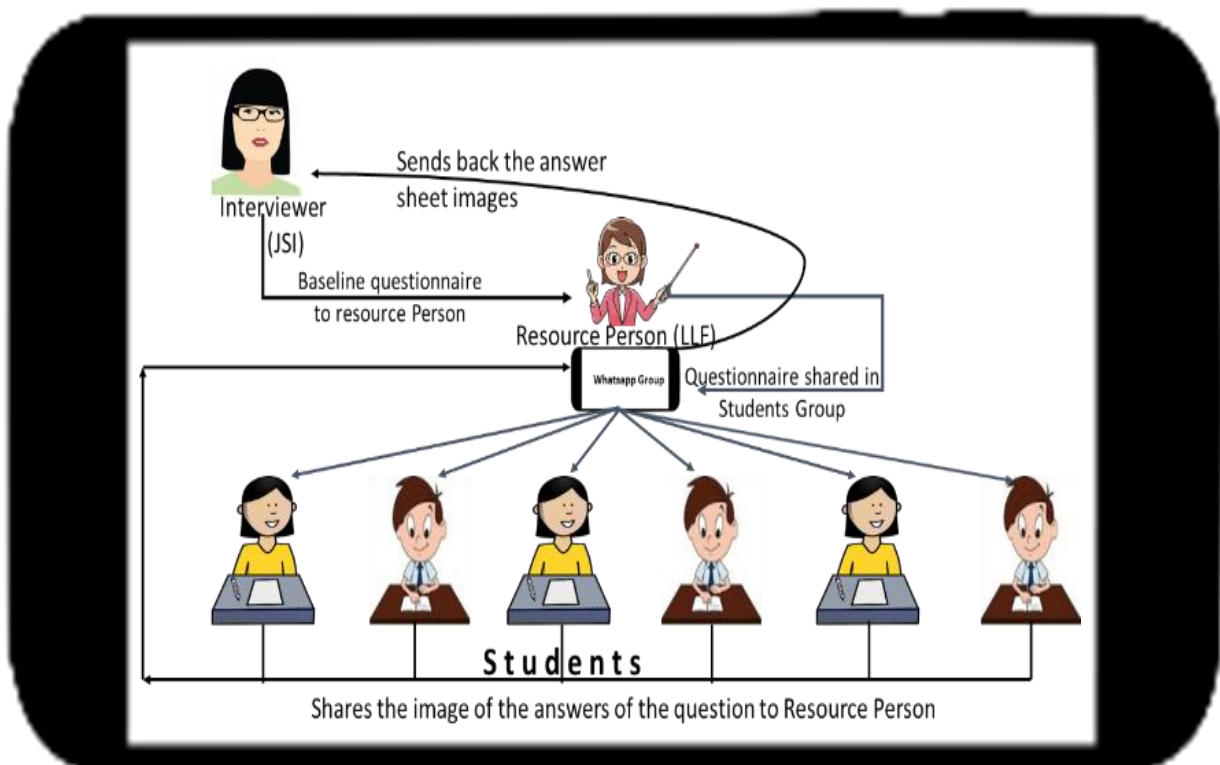
The Project was being implemented with the guidance of Director, Programme Development and Senior Technical Advisor of JSI at the Central Level with Admin, Finance and HR support from respective department and being implanted by a Project Coordinator and 2 Nutrition Coordinators in the field.

Operational Planning

The operational plan of the project included following activities.

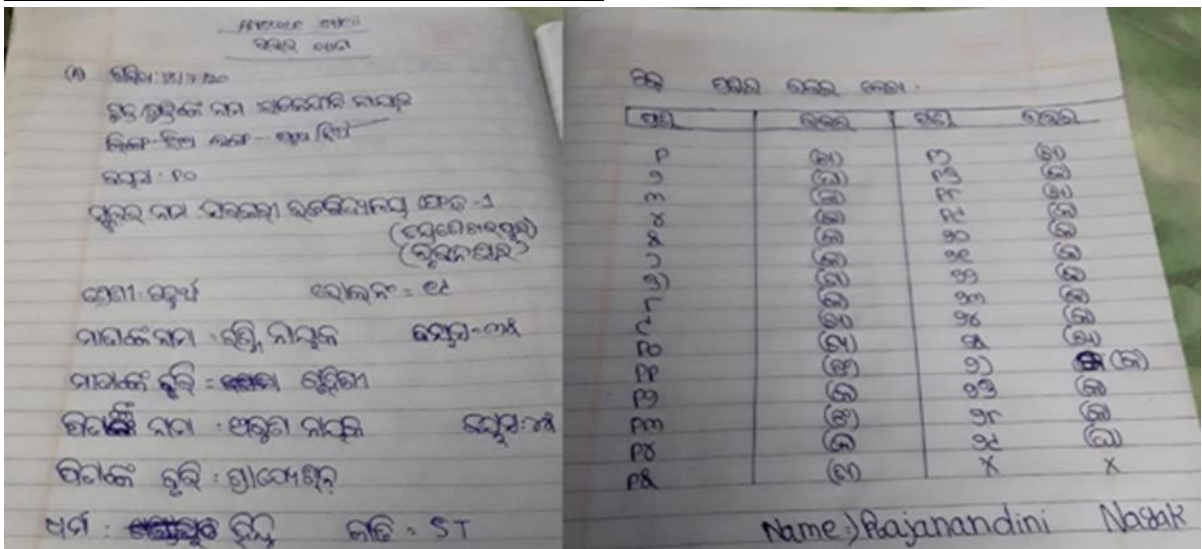
- Conceptualization of Baseline Study
- Development of tools for the study
- Development of health card and referral card
- Development of Learning materials on health and nutrition and translation in Odia.
- Development of Standard Operating Procedures for conducting the health camps
- Development of Micro-plans for health camps
- Four schools (BBC School for the Deaf, Rasulgarh Ashram School, Siripur Ashram School, Nayapalli Ashram School) selected for health camps by LLF team.
- Identification of Doctors for the heath camps.

Baseline Assessment



To understand the baseline levels of Knowledge and practices around Health, Nutrition, WASH, Psychological well-being data was collected using structure questionnaire for children of age group 6

to 9 years and 10 to 14 years in the month July to September. The data was collected in hard copies from the children through RPs and was entered in the excel sheet. A consultant was hired to carry out data analysis. The baseline assessment was drafted jointly by the consultant and JSI team. The final baseline assessment report was shared with LLF team on date 19 October 2020. The top line findings of baseline assessment report reveal that among the children of 6-14 years' age the dietary and physical activity related practices are not as per WHO recommendations.



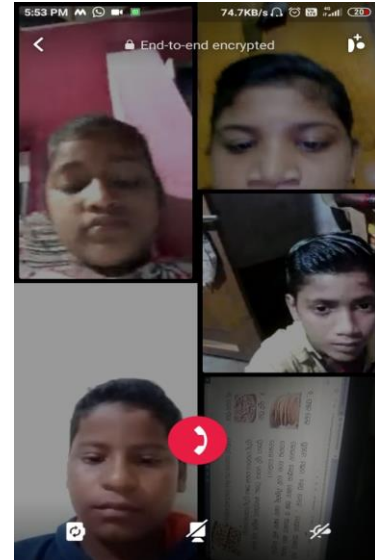
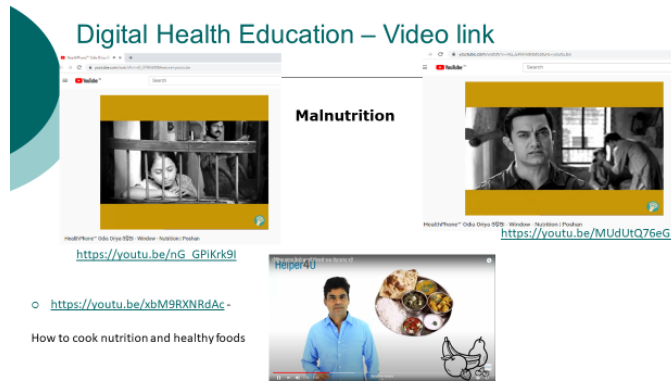
The children of 10-14 years' age group are practicing harmful behaviours such smoking bidi, ghutka and alcohol consumption.

They are facing psychological problems such as feeling loneliness, not able to cope with the comments of teachers, parents and peers. Girls in 10-14 year's age group are not aware about menstruation and safe menstrual hygiene practices.

The key recommendations based on the baseline findings are as follows:

Digital Health and Nutrition Education sessions with children

In order to conduct health and nutrition sessions during lock down and Covid-19 Pandemic, a digital education plan of the same was prepared in three 3 sessions. Each session was of 30 minutes. The focus of the health education was on nutrition that included - difference between healthy and unhealthy child, concept of nutrition, balanced diet, diet chart, home-made food, malnutrition and its causes, anaemia, and foods which are rich in iron and can prevent anaemia etc.



Post session assessment was conducted after each session and children were suggested to support their parents in preparing nutritious food. During sessions, along with power point presentations, video links were also being used.

Details of children covered through digital education classes are as follows:

Since September 2020 and till 25th December 2020, the coverage of students in digital health education classes and face to face is given in the table below.

Month	No. of Schools covered	No. of Students Planned	No. of Students completed 3 sessions	No. of digital sessions held	No. of students present in the sessions	Average Attendance
September	6	452	335	214	806	3.7
October	6	467	309	218	960	4.4
November (2 phases)	9 (6 + 3)	700 (505+195)	537	231	1264	5.4
December* till 25th	8 (also 3 schools of Phase -2 Nov)	769	415	247	1329	5.38
Total	29	2388	1596	910	4359	4.79

Besides there were around 200 students who attended either one or two sessions. The total coverage of students was around 75% of the given list. The sessions were being conducted in close coordination with LLF but actual coverage of children was dependant on the availability of Children and RP on the days planned for the sessions.

Off School Learning Spaces (OSLS) – Health and Nutrition Classes

As per the list provided by LLF, the project team undertook health and nutrition classes in 13 OSLS sites through field visits and also through digital sessions. The key highlights of the sessions are as follows:

- 405 Students Planned to be covered as per the list shared by LLF;
- Total 9 field visits and 7 digital sessions organised
- The coverage was 298 which is about 74% of the target



Community Awareness Programme

Based on the findings of the baseline assessment report, the project developed a concept paper on community awareness to cover the following issues:

- Health seeking behaviour
- Immunization
- Dietary Practices
- Physical activity
- Personal hygiene and harmful addictions

6 Community awareness sessions conducted in which 53 parents participated.



Digital Health Consultation and Screening

The project had given significant effort with technical inputs from JSI technical experts to develop the concept followed by a pilot digital consultation camp in September in which 11 students were consulted about their health issues. Among them 3 students (30%) were found to have issues of scabies, ear infection and vitamin deficiencies including anemia.

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SWOSTI
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 Bhubaneswar - 751 003
 Date : 25.9.20

Sonali Nayak
 11yr, Htel.

Temp. F
 Icterus -
 Parol -
 Pulse / Min.
 B.P. of Hg.

Throat
 Lungs
 Abdomen

Advice
 ① Otiflox Ear drops - 10 drops
 to instil 3 times daily
 after cleaning
 X 10 days
 ② Ulag Cardiol B ointment
 to apply 2 times
 ③ Syr Dextro -
 2ml 3 times daily
 after meal
 X 3 days

SAIRAM MEDICARE AND PHARMACEUTICALS
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4. FINDINGS OF CONSULTATION/EXAMINATION		Nose	Summary of all Health Conditions <i>The child is suffering multiple infection such as ear infection & scabies. The doctor is also diagnosed her as anemia. She has been prescribed medicine A B C D</i>	
Issue	Round-1	Oral Cavity Lips		
Skin • Scabies • Fungal infection • Follicular hyperkeratosis • Acne • Multiple boils • Dandruff • Pediculosis • Any other	<i>Scabies on her thighs</i>	Good		Good
Eye • Vit A deficiency signs • Pallor • Icterus • Refractive error- correction with spectacles required? • Any other		Good		Good
Ear • Otitis media (Acute/chronic) • Hole in tympanic membrane • Pain in ear • Blood discharge • Any other	<i>Water discharge from ear.</i>			
Overall (RS/CVS/Abdominal/CNS)			<i>The child is suffering from Anemia</i>	

Subsequent to the Pilot intervention followed by a meeting with LLF, following processes have been completed

- SoP and Checklist drafted.
- Digital Child Health Card finalized.
- 5 Doctors have been identified and their consent taken.
- Coverage plan prepared.

However, the activities couldn't be taken up due non approval of budget.

Special Month / Days Observations

- Government of India has designated month of September as the 'Nutrition Month'. During the nutrition education sessions, the concept of 'Home Made Nutritious Food' was promoted among the children and they were encouraged to use their leisure time to prepare food of their choice. They have been oriented to make Roti Pizza, Bread Pizza and Pan Cake. Many children have prepared food and shared pictures over WhatsApp..
- World Hand washing day was observed on 15th October 2020



- World Food Day was observed on 16th October with concept of 'Food Without Fire'



- Global Iodine Deficiency Day – 21st October: Organised Google meet with students and dissemination of information digitally to all children through RPs.’



- Children’s Day – 14th November - Observed with a theme of ‘*promote more physical activity among children*’: During sessions physical activity was promoted with a note.

Why Physical Activity is Important

Regular physical activity helps to develop child’s fundamental movement skills and also maintain healthy body. Physical activity helps to build healthy bones, muscles, heart and lungs. Children who exercise daily have greater self-esteem and better self-images. Participating in regular physical activity prevents or delays the development of many chronic diseases such as heart diseases, diabetes, obesity and hypertension etc.

Suggested Physical Activities for Children

Children were suggested for following physical activities: Yoga and Pranayama, Sports and Games (Outdoor)Football, Hockey, Cricket and any other peer games in the field, Skipping, walking and running etc.

Recording, monitoring and supervision

- Regular Coordination meetings with LLF were being organised involving – Programme Manager, Cluster Manager, Life Skill Coordinators and Resource Person
- The project has organised one to one meetings with NHM officials such as State Communication Specialist of Centre of Excellence, State Programme Manager of NUHM and IEC consultants of the NHM.
- Efforts were made on to establish linkages with Dept. of Education
- Monthly reporting formats have been developed for reporting of activities by NC to PC
- Monthly Child wise tracker is prepared to enter child wise data on participation of students in H&N sessions. The data is entered by NCs and cross verified by PC
- Daily activity performance by PC and NC is updated on whatsapp group
- Biweekly, Monthly review meetings are held with project team to understand the challenges and address the same.
- Supervisory visits done by PC to NC area where sessions are being held

Monthly Report Format

Name of the Nutrition Coordinator: Gitimayee Pattanaik

Reporting Month: November (Nov 1st -25th)

1. Health Education

1.1. Digital Health Educations - Planning vs Coverage

Sl. No.	Name of the school	Name of the BP	No of Children planned to be reached			Total Children completed all 1,2 and 3 sessions			No of Children who completed only one session	No of Children who completed only one and two sessions
			Video	Audio	Total	Video	Audio	Total		
1	Kapila Prasad U.G.LPS	Lipsa Swain	78	0	78 +4 (new)=82	51	0	51	10	1
2	Gopabandhu Project LPS	Pragati Parida	80	6	86 +14 (new)=100	78	0	78	0	0
3	Damana UGUP School	Suprava Sahoo	80	1	81	51	0	51	6	3
4	Unit -9 High school	Rasmita Sahoo	72	0	72	12	0	12	0	0
Total			310	7	355	192	0	192	16	4

Name of the School	Name of the BP	No of Children planned to be reached	No of children who covered	No of children who not reached	Remark / Observations
Kapila Prasad U.G.LPS	Lipsa Swain	82	62	20	
Gopabandhu Project LPS	Pragati Parida	120	78	42	

docs.google.com/spreadsheets/d/1FRACHeNs670UIE90bi8dwlTfYHz30LAlsoa51xMrlpg/edit?ts=5fa3f7d8@gid=897303009

NOV-RTS BBSR HEALTH EDUCATION TRACKER-NC

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STUDENT DETAILS										WEEK-1 (7-7 Nov)			WEEK-2 (9-14 Nov)			WEEK-3 (16-21 Nov)		
SR NO	STUDENT NAME	GEN ER	GR ADE	MODE OF TEACHING	GROUP CALL DAY	CHILDREN AVAILABL	STUDENTS PHONE NO	TIME	DATE	SESSI ON	TIME	DATE	SE SS	TIME	DATE	SE SSI		
1	SOMANATH PAIKA	M	2	VIDEO	THURSDAY	9:30 AM	8456066109	11.00am	5th Nov	ses-1	10.00am	12th Nov	ses-2	3.30pm	19th Nov	ses-3		
2	PRITAM RAJHI	M	2	VIDEO	THURSDAY	9:30 AM	8456066109	11.00am	5th Nov	ses-1	10.00am	12th Nov	ses-2	3.30pm	19th Nov	ses-3		
3	R.PRIYANKA RAO	F	2	AUDIO	THURSDAY	9:30 AM	9776103681											
4	RAJESH DAKUA	M	2	VIDEO	THURSDAY	9:30 AM	9777506015	11.50am	5th Nov	ses-1	11.45am	10th Nov	ses-2	3.30pm	19th Nov	ses-3		
5	BINAYAK SWAIN	M	2	VIDEO	THURSDAY	9:30 AM	7735838816	11.00am	5th Nov	ses-1	10.00am	12th Nov	ses-2	3.30pm	19th Nov	ses-3		
6	SANATANA BEHERA	M	2	VIDEO	THURSDAY	9:30 AM	9090769275	11.00am	5th Nov	ses-1	10.00am	12th Nov	ses-2	3.30pm	19th Nov	ses-3		
7	LUNA JATIKA	F	2	VIDEO	THURSDAY	10:30 AM	9348559127	11.00am	5th Nov	ses-1	10.00am	12th Nov	ses-2	3.30pm	19th Nov	ses-3		
8	CHINMAYEE SAHU	F	2	AUDIO	THURSDAY	10:30 AM	9237124484	11.00am	5th Nov	ses-1	3.50am	10th Nov	ses-2	3.30pm	19th Nov	ses-3		
9	SAITA BANJAN SETHI	M	2	AUDIO	THURSDAY	10:30 AM	9178655299	11.00am	5th Nov	ses-1	3.50am	10th Nov	ses-2			6.00		
10	SAI CHINTAMANI	M	2	AUDIO	THURSDAY	10:30 AM	7609052854											
11	SOMANATH PAIKA	M	3	VIDEO	WEDNESDAY	10:30 AM	8456066109	11.05am	4th Nov	ses-1	11.00am	11th Oct	ses-2	11.00am	18th Nov	ses-3		
12	LUNA BEHERA	F	3	VIDEO	WEDNESDAY	10:30 AM	9337652978	10.20am	3rd Nov	ses-1				11.45am	17th/21st	ses-2		
13	ADITYA HOTA	M	3	VIDEO	WEDNESDAY	10:30 AM	9938801903							7.45pm	21st Nov	ses-1,2		
14	SUBHRANSU	M	3	VIDEO	WEDNESDAY	10:30 AM	9668841849	11.05am	4th Nov	ses-1	11.00am	11th Nov	ses-2	11.00am	18th Nov	ses-3		
15	PANMAYEE	F	3	VIDEO	WEDNESDAY	11:30 AM	9348236503	11.05am	4th Nov	ses-1								
16	MARRIYAM JARIKA	F	3	VIDEO	WEDNESDAY	11:30 AM	9348559127	11.05am	4th Nov	ses-1	11.00am	11th Nov	ses-2	11.00am	18th Nov	ses-3		
17	SUBHAKANTA MAJIK	M	3	AUDIO	WEDNESDAY	11:30 AM	7846956413	11.50am	5th Nov	ses-1	11.00am	11th Nov	ses-2	11.00am	18th Nov	ses-3		

MASTER SHEET COVER SHEET Sheet1 VSS Nagar Damana - 1 Bandana Bramheswarpatna Explore

Way forward

- The project has been closed on 31st December 2020 with mutual agreement between JSI and LLF team
- A google drive folder has been prepared which has all the details related to project consisting of which is shared with LLF team as hand over.
 - All monthly work-plans and reports
 - Baseline assessment tools and report
 - Training materials developed for children
 - IEC materials developed for children
 - Health and nutrition education session Tracker sheets and monthly reports
 - Material developed for observation of days and awareness camp for parents
 - SoP and health card developed for Children Health Screening
 - Project Photographs