



आरोग्यम् सुखसम्पदा

NIHFW Newsletter

National Institute of Health and Family Welfare
Vol. XVII, No. 2, April-June 2015

From Director's Desk



LAUGHTER, HEART AND HEALTH

Laughter, health and heart enjoy an amazing relationship. It is not merely the saatvik food, exercise and non-smoking that reduce the risk of heart disease and ensure good health. It supports physical, mental, emotional, social and spiritual health as well. Regular hearty laughter makes a difference. Laughter helps to cope up with pain; and gives relief, improves interpersonal relationships, and acts as a mood elevator. Physical exercise, right food and daily laughter, a few times, have already been recommended by many scientists. It is high time we practice it, master it, and inculcate it in our lifestyle.

Cardio-vascular diseases are now India's top killers. Laughter is a natural medicine. The statement that laughter is a powerful medicine for health and heart is not merely a quote but it is evidence-based. In 2009, cardiologists at the University of Maryland Medical Center in Baltimore found that laughter proved to be an important tool for preventing heart ailments. It

was reported that people having heart illness laughed 40 per cent less in comparison to the people in the same age-group with no heart disease. Jacobs, a clinical psychologist and spokesman for the American Heart Association, in his empirical studies, reported that **(Contd. on page-2)**



Google image

NIHFW Celebrates 1st International Day of Yoga

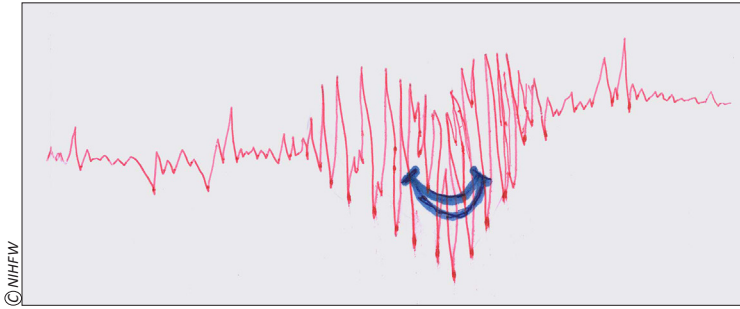


The Institute celebrated the 1st International Day of Yoga in the morning of 21 June 2015 on a lawn in its premise. Dr. (Ms.) Shellindeshwari, an Yoga specialist from the Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH), New Delhi, and her colleagues demonstrated and taught some yoga postures (asanas). On the following day, another indoor session of Yoga was conducted for the benefit of the staff where she taught some basic Yogas including Kapalbhathi that could be done in the office itself to stay distressed and fit. Employees in huge numbers attended the sessions. Prof. Jayanta K. Das, Director, NIHFW, also called the audience to practice Yoga on regular basis which in turn, would keep us healthy; and we could produce better results in our works. Dr. Poonam Khattar, Associate Professor, Department of Education and Training, coordinated the programme. Honouring the address of the Honourable Prime Minister of India, Mr. Narendra Damodardas Modi, in the United Nations' General Assembly **(Contd. on page-3)**

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and the nature. Yoga is an invaluable gift of ancient Indian tradition. It embodies the unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; and a holistic approach to health and well-being.

--- Mr. Narendra Damodardas Modi





(Contd. from page-1) people with certain personality types like those who are hostile and angry, have higher rates of heart disease.

Empirical evidence has indicated that laughter helps blood vessels. Research studies have shown that cardio-vascular health and emotions are closely related. Hostility, social isolation, depression, anxiety and anger are significantly

linked with heart diseases. A connection between laughter and healthy function of blood vessels was first discovered by researchers at the University of Maryland Medical Center. It was revealed that laughter increases the blood-flow by causing the inner lining of blood vessels- the endothelium, to dilate. It also revealed that change in the endothelium caused by laughter appears to be similar to the benefits of aerobic exercise or the use of cholesterol-lowering drugs like statins.

Suzanne Steinbaum, an Attending Cardiologist and Director of Women and Heart Disease at Lenox Hill Hospital, New York, claimed in 2013 that laughter helps in decreasing stress hormones, reducing artery inflammation and also increasing HDL- the good cholesterol. Laughter is a powerful medicine for protecting the heart. Similarly, laughter enhances antibody producing cells, which in turn, strengthens the immune system. Laughter activates the healthy immune system cells as a protection against damaged cells, and increases blood cell production to protect against infections. It also supports physical regeneration to protect against 'Burn out', increases the production of endorphins against chronic lack of interest in life, and lowers blood pressure that protects against future arterial problems. In 2009, Miller reported that we don't know yet why laughing protects the heart, but we know that mental stress is associated with impairment of the endothelium, the protective barrier lining our blood vessels. This can cause a series of inflammatory reactions that lead to fat and cholesterol build-up in the coronary arteries and ultimately to a heart attack.

Humour responses of 300 people have been compared in a study. One hundred fifty subjects were victims of a heart attack or had undergone coronary artery bypass surgery whereas the remaining half did not have any heart-disease. Multiple-choice and true/false answers were used to measure the extent that people laughed in certain situations, and their anger and hostility were also assessed. The finding revealed that people with heart-disease had responded less humorously to everyday life situations. They generally laughed less, even in positive situations; and manifested more anger and hostility. Dr. Steinbaum, spokeswoman for the American Heart Association's Go Red for Women Movement has said, "Once you start laughing, it forces you to feel better."

Additional University of Maryland studied the circulation in the blood vessels in two groups of subjects who watched different types of movies. One group watched the stressful segments of the war movie- Saving Private Ryan; while the others watched parts of a funny movie- Something about Mary. Among those viewed Saving Private Ryan, blood vessel lining constricted and circulation decreased whereas those who watched the more upbeat movie, it was found that their vessel lining got dilated and circulation increased.

There is a well known story of an American journalist, Norman Cousins and the author of the 1996 book- Anatomy of an Illness as Perceived by the Patient. He has gladly accepted that watching the comedies cured to a large extent his serious illness. He claims of laughter therapy recovery from an incurable disease. He has mentioned, "As a painkiller and analgesic, laughter- that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain free sleep." His connective tissues began to regenerate. By his laughter and humour, Cousins improved his health and continued to work as a top writer. Laughter acts as a panic blocker in dealing with a disease. It can be compared with a bullet proof vest.

Humour builds commitment, control and challenge. Humour contains stress and absorbs muscle tension. Laughter leads to relaxation and generates alertness. One cannot be tense while having a belly-laugh. Continued hearty laughter acts as an energizing force because it leads to deep breathing with diaphragm. Laughter is called 'internal jogging'. Lately, there has been an emergence of experts in the field of therapeutic

humour, pioneering the laughter therapy movement. Associations like Laughter Club International, and World Laughter Tour Inc. have been created at the global level. The first Sunday of May is celebrated as the World Laughter Day. A new theory of laughter evolved in Mumbai in India in the nineties pioneered by Dr. Madan Kataria which has spread widely and globally. The roots of this system lie in Hasya (laughter) Yoga, Sanskrit name of laughter.

It has been reported that healthy impact of laughter lasts for 24 hours. Hence, everyday laughter is a necessary condition for positive health and a good heart. Miller has advocated in 2013 to incorporate laughter into our daily activities, just as we do with other heart-healthy activities, such as taking the stairs instead of the elevator. We could read something humorous or watch a funny video and try to find ways to take ourselves less seriously.

However, there is a word of caution. According to Osho, it has to be understood that there are three types of laughter. The first is when you laugh at someone else. This is the most ordinary, the meanest and lowest. Vulgar; the second type of laughter is when you laugh at yourself. This is worth achieving and the third- the highest is not about anybody but just cosmic, that comes into being when the whole joke of cosmos is understood.

(Director thanks Prof. Neera Dhar, Head of the Department of Communication, for writing this piece.)



1st International Day of Yoga being observed in NIHF

(Contd. from page -1) (UNGA) on 27 September 2014, the United Nations' General Assembly (UNGA) on 11 December 2014 declared 21 June as the International Day of Yoga. Mr. Modi suggested 21 June, which is the Summer Solstice, as the International Day of Yoga because

the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world.

On 11 December 2014, India's Permanent Representative to UN, Mr. Asoke Mukherji, introduced the draft resolution in UNGA. The draft text received broad support from 177 Member States who adopted the text without a vote. This initiative found support from many global leaders. A total of 175 nations co-sponsored the resolution and had the highest number of co-sponsors ever for any UNGA Resolution of such nature.

National Health Portal (Centre for Health Informatics)

During the second quarter of 2015, National Health Portal (NHP) launched a mobile application- Blood Bank Near You on the occasion of World Blood Donor Day on 14 June 2015. This application facilitates the visitor in finding the nearest Blood Bank. On the portal, a dedicated section has been created for uploading information related to blood transfusion services, NBTC / NACO. On the occasion, National AIDS Control Organisation felicitated CHI for its notable contributions on Health Informatics. Prof. S. N. Sarbadhikari, Project Director-CHI, received a certificate of appreciation from Mr. K. B. Agarwal, Joint Secretary, NACO, for contributing technology for the promotion of Voluntary Blood Donation.

On the launch of International Day of Yoga on 21 June 2015 by Mr. Narendra Damodardas Modi, Hon'ble Prime Minister of India at Raj Path, New Delhi, NHP also launched the Yoga Portal. A large number of national users across India used NHP as a platform to upload images, videos, audio and other files.

CHI developed a new micro-site for International Day of Yoga that included load-testing, performance-testing and security-audit of the micro-site. It is also working to enhance the Content Management System (CMS) for stable and increased load capacity.



National Health Mission /Reproductive and Child Health-II

NIHF, as the Nodal Institute for training under NHM/RCH-II, has been coordinating and monitoring all the training programmes under NHM with the support of 22 Collaborating Training Institutions (CTIs) across the country.



During the quarter under report, the RCH unit reviewed the training programmes. Following this, it prepared the comments on the training component of the draft PIPs of 34 States/UTs for 2015-'16 for finalization and submission to MOHFW. Consultants from the Unit attended NPCC meetings concerning the PIPs and budget for the year 2015-16, conducted at Nirman Bhawan, MOHFW. Quarterly Progress Report (QPR) for the quarter January – March 2015 and the Annual Progress Report for the period April 2014 – March 2015 have been submitted to MOHFW with State-wise, level-wise, thematic-wise and category-wise analysis of training achievements.

Officials of the RCH unit visited various training sites and monitored the quality of training programmes using structured checklists. They also assessed the immunization training for MOs. The Finance Consultant visited one SIHF to assess and scrutinize the RCH-II accounts. In addition, one Consultant visited IPH Ranchi, Jharkhand; and trained a total of 71 trainees of DPMU in three batches. Two Consultants visited Telangana and Karnataka to impart TMIS Re-orientation Trainings.



National Monitoring of Mission Indradhanush (MI)

MOHFW, GOI, has launched Mission Indradhanush, a special drive to vaccinate all unvaccinated or partially vaccinated children and pregnant women under the Universal Immunization Programme (UIP), thereby protecting them against several vaccine preventable diseases. On behalf of MOHFW, RCH Consultants from NIHF undertook field

monitoring visits to 21 districts in 13 States in April 2015, 21 districts in 11 States in May 2015 and 17 districts in 8 States in June 2015, as National Observers.

Professional Development Course in Management, Public Health & Health Sector Reforms for DMOs

The ten-week duration Professional Development Course (PDC) for Management, Public Health and Health Sector Reforms for District Level Medical Officers is continued at 17 institutes in the country including NIHF.

In the next quarter, consultants from RCH Unit would attend NPCC meetings at Nirman Bhawan, MOHFW, for finalizing the approval of States/UTs PIPs and budget for the year 2015-16 for the remaining States/UTs. They will also prepare, validate and finalise the Comprehensive Training Plan (CTP) and Training Schedules for all the states for 2015-16. Focus of monitoring visits will be on skill up-gradation training and skill components with focus on high-priority districts.

Guest Lecture

Under the banner of New Frontiers in Public Health, a series of guest lectures are jointly organised by NIHF and National Health Systems Research Centre (NHSRC) from time to time. Dr. Alexander Rowe, Medical Epidemiologist, US Centre for Disease Control (CDC) and Prevention; delivered a lecture on The Health Care Provider Performance Review: A Systematic Review of the Effectiveness of strategies to Improve Health Care Provider Performance in Low and Middle-Income Countries, on 1 May 2015.

Training Courses and Workshop Organized

Sl. No.	Dates	Title	Coordinator	No. of Participants
1	13-17 April 2015	10th Batch Training of Medical Officers for ANMs under RKSK	Dr. Poonam Khattar	29
2	15 April 2015	Workshop on Carcinogenesis	Dr. Poonam Khattar	35
3	27 April-1 May 2015	Training Capsule on Hospital Management for Sr. Medical Officers of Border Security Force	Prof. A. K. Sood	15
4	27 April-1 May 2015	Pilot Batch Training of Effective Cold Chain and Vaccine Management Course (ECCVMC)	Dr. Sanjay Gupta	29
5	18-22 May 2015	Training Course on Hospital Management for Sr. Administrators and RMO of Cantonment Board Hospital	Prof. A. K. Sood	14
6	18-23 May 2015	Training of Cold Chain Technicians for Repair and Maintenance of ILR/DF	Dr. Sanjay Gupta	24
7	25-29 May 2015	Training Course on SBCC for IEC Officials of Himachal Pradesh and Haryana State under NHM	Prof. Neera Dhar	15
8	1-6 June 2015	Training of Cold Chain Technicians for Repair and Maintenance of ILR/DF	Dr. Sanjay Gupta	13
9	8-12 June 2015	Training Course on Capacity Building of Health Personnel in Health Promotion	Dr. Poonam Khattar	26
10	22-27 June 2015	Training for Cold-Chain Technicians for Repair and Maintenance of Non-CFC ILR/DF	Dr. Sanjay Gupta	27
11	29 June – 17 July 2015	Training course on Hospital Administration for Senior Administrators	Prof. A. K. Sood	22

Visitors to the Institute

The following visitors, majority of them are nursing students and faculty from various institutes, visited NIHF during April – June 2015:

Tehmi Grant Institute of Nursing Education, Ruby Hall Clinic, Pune; visited on 8 April 2015.

Terna Nursing College, Nerul, Navi Mumbai, Maharashtra; visited on 13 April 2015.

Pauls College of Nursing, Villupuram District, Tamil Nadu; visited on 16 April 2015.

Dr. Maulik Shah and Mr. Sabyasachi Chakrabarty from Delhi State AIDS Control Society; and Ms. Deepa Verma and Ms. Charu Sheela from IMRB, Delhi, visited on 16 April 2015.



Activities of the Director

All the activities organized in the Institute are held under the guidance and supervision of Prof. Jayanta K. Das. In addition to his involvement in the activities of the Institute; being a stalwart in the field of public health, he took part in the following meetings, discussions and workshops:

- As a Member, attended the Governing Board Meeting of International Institute of Health Management Research, Dwarka, New Delhi on 2 April 2015.
- Attended the briefing meeting of the World Health Organisation (WHO) and Government of India (GOI) Joint Monitoring Mission for Revised National Tuberculosis Control Programme (RNTCP), at Hotel Lalit, New Delhi on 10 April 2015.
- Attended the National Consultation on Risk Communication for Public Health Emergencies, organised by the World Health Organisation Country Office for India, in collaboration with the National Centre for Disease Control (NCDC), Ministry of Health and Family Welfare, at Hotel Imperial, New Delhi on 15 April 2015.
- Attended the 11th meeting of the Steering Committee for the National Health Portal (SCNHP) at MoHFW, Nirman Bhawan, New Delhi on 20 April 2015.
- As a member, attended the meeting of Board of Studies of University School of Medicine and Para Medical Health Sciences, Guru Gobind Singh Indraprastha University, New Delhi on 21 April 2015.
- Attended the regional meeting to review the Implementation of Global Fund Supported IMCP-II in seven North Eastern States, in Kohima, Nagaland on 22 April 2015.
- Conducted the Second Contact Programme of Hospital Management at the Institute of Health and Family Welfare, IHFW, Kolkata on 23 and 24 April 2015.
- Chaired the Fifth Meeting of the Institutional Review Board (IRB) for the year 2015-16 at the National Institute of Public Cooperation and Child Development, New Delhi on 2 May 2015.
- As an External Examiner for the Ph.D., took the viva at the International Institute for Population Sciences (IIPS), Mumbai on 6 May 2015.
- Attended the end of Project Event of Health Policy Project and chaired the session on Policy Unit, at India Habitat Centre, New Delhi on 12 May 2015.
- Attended the Media Launch of Award Scheme for Public Health Facilities, a National Initiative under NHM; and Release of Swachhata Guidelines for Public Health Facilities; Chaired by Mr. J. P. Nadda, Hon'ble Union Minister of Health and Family Welfare, at Vigyan Bhawan, New Delhi on 15 May 2015.
- As an External Examiner, took the viva for award of PG Degree in Community Medicine, at Guwahati Medical College, Guwahati on 18 and 19 May 2015.
- Attended the Expert Group meeting to discuss the early diagnosis and treatment of health problems arising due to arsenic in drinking water, in the Chamber of DGHS, Nirman Bhawan, New Delhi on 20 May 2015.
- On the Occasion of World No Tobacco Day on 31 May 2015, attended the National Consultation on Illicit Trade of Tobacco Products, at Hotel Le Meridien, New Delhi on 29 May 2015.
- As a Board Member, took the Interview for Consultant posts (Medical) for RCH training under NHM, at CINI, Kolkata on 2 and 3 June 2015.
- Visited Punjab for discussions and meeting with different stakeholders for the study, Adoption and Implementation of Clinical Establishment Act in India, on 4 and 5 June 2015.
- As the External Examiner, took the viva for award of MD in Community Medicine, at MGM Medical College, Indore on 6 June 2015.
- Attended the meeting to discuss relevant issues of Global Health Security Agenda, chaired by Mr. Anshu Prakash, Joint Secretary, MoHFW, on 8 June 2015.
- Attended the Expert Review Committee meeting for AFP case classification at WHO Office, R.K. Khanna Tennis Stadium, New Delhi on 10 June 2015.

- Chaired the Selection Committee for recruitment of Programme Coordinator and Consultants under the National Programme for Prevention and Control of JE/AES at the Directorate of National Vector Borne Disease Control Programme (NVBDCP), Nirman Bhawan on 15 and 16 June 2015.
- Visited Chennai for discussions and meeting with different stakeholders for the study, Adoption and Implementation of Clinical Establishment Act in India on 17 and 18 June 2015.
- As a member, attended the national review meeting of State Cold Chain Officers, at Hotel Lalit, New Delhi on 24 June 2015.
- Attended the meeting to discuss issues related to setting up Global Knowledge Hub on Smokeless Tobacco Products under the chairmanship of Shri C.K. Mishra, Additional Secretary and Mission Director (AS&MD) at MoHFW on 26 June 2015.
- As a member, attended the 11th Governing Board meeting of the National Health Systems Resource Centre (NHSRC), Chaired by the Secretary (H&FW), MoHFW, at Nirman Bhawan, New Delhi on 29 June 2015.

Forthcoming Training Courses

S.No.	Course Title	Coordinator(S)	Dates
1.	Training of Cold Chain Technicians in Repair and Maintenance of Ice Lined Refrigerator and Deep Freezers.	Dr. Sanjay Gupta	13th-18th July, 2015 14th-19th Sept., 2015
2.	Training of Cold Chain Technicians in Repair and Maintenance of Walk-in-Coolers (WICs) and Walk-In-Freezers (WIFs). (at NCCTC, Pune).	Dr. Sanjay Gupta Dr. Vithal Bandal	6th-11th, July 2015 27th July-1st August, 2015 24th-29th August, 2015 7th-12th September, 2015
3.	Training Course on "Social and Behaviour Change Communication (SBCC)" for the State IEC Officials under National Health Mission.	Prof. Neera Dhar	6th-10th July, 2015 13th-17th, July 2015
4.	Workshop/Training Course on Enhancements of Training Skills (Micro Teaching and Training AIDS) for Faculty Members of Training Institutes.	Prof. Neera Dhar	3rd-7th August, 2015
5.	Training on Operation of Walk in Cooler/Walk In Freezers.	Dr. Sanjay Gupta	10th-14 August, 2015
6.	Training-cum-Workshop on Counseling Skills for Health Professionals.	Prof. Rajni Bagga	24th-28th August, 2015
7.	Training Course on Curriculum Design and Evaluation for Faculty Members of Training Institutions.	Prof. A. K. Sood	7th-11th September, 2015
8.	Application of Research Techniques in Reproductive Biomedicine.	Prof. T.G. Shrivastav	7th- 18th September, 2015
9.	Training Course on Data Analysis using SPSS for Health and Demographic Research.	Dr. Pushpanjai Swain	14th-18th September, 2015

डॉ. भीमराव अंबेडकर की 124वीं जयंती



भारत रत्न डॉ. भीमराव अंबेडकर की 124वीं जयंती राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान में 17 अप्रैल 2014 को मनाई गई, उनके जन्म दिवस 14 अप्रैल 2014 को अवकाश दिवस घोषित किया गया था। संस्थान के प्रेक्षागृह (आडिटोरियम) में आयोजित कार्यक्रम में प्रोफेसर जयंत दास निदेशक, रास्वापक संस्थान ने भारतीय संविधान के मुख्य निर्माता को पुष्पांजलि अर्पित की (बाएं)। इस अवसर पर निदेशक महोदय प्रोफेसर जयंत दास, प्रोफेसर टी. बीर, डा. किरण रंगारी, श्री जगमेहर सिंह, श्री वी. पी. उप्रेती, डा. बी सी पात्रो एवं डा. गणेश शंकर श्रीवास्तव इत्यादि ने अपने विचार व्यक्त किए। प्रत्येक वक्ता ने यह माना कि भारत के संविधान निर्माण में बाबा साहेब डॉ. भीम राव अंबेडकर जी का महत्वपूर्ण योगदान रहा एवं उन्हीं के कारण प्रत्येक जाति एवं समुदाय के लोग स्वतन्त्रता एवं निष्पक्षतापूर्ण वातावरण में रह रहे हैं। कार्यक्रम का सफल संचालन श्री प्रेमपाल ने किया।

राजभाषा कार्यान्वयन समिति की बैठक

14 मई 2015 को संस्थान के बोर्ड कक्ष में निदेशक महोदय प्रोफेसर जयंत दास की अध्यक्षता में 'राजभाषा कार्यान्वयन समिति' की बैठक का आयोजन किया गया। बैठक में सदस्य-सचिव श्री अरविन्द कुमार द्वारा संस्थान के सरकारी कामकाज में हिंदी के प्रगामी प्रयोग के लिए वर्ष 2015-16 का वार्षिक कार्यक्रम प्रस्तुत किया गया, जिसे समिति ने अनुमोदित कर दिया। समिति द्वारा 31 मार्च 2015 को समाप्त तिमाही की अवधि में संस्थान के सरकारी कामकाज में हिंदी के प्रयोग संबंधी प्रगति की समीक्षा की गई। समिति द्वारा हिंदी पत्राचार की प्रतिशतता में वृद्धि के प्रयासों की सराहना की गयी।

Publications

- **Ghan Shyam Karol, B. K. Pattanaik and Jayanta K. Das:** Knowledge Test Development and Motivational Skill Assessment of Community Health Workers (ASHA) on Maternal and Child Health Care: A Micro Study in Rajasthan, India. International Journal of Maternal and Child Health, May 2015, p 71-79.
- **Giriraj Halkar:** Chapter- Librarians with Digital Libraries: Issues and Challenges, in the book- Library: A Growing Organism, edited by S. S. Salunke and D. M. Deshmukh. Prism Books, Jaipur, India, 2015, p 152-163.

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April-June, 2015

पदोन्नति

1. श्री गिरिराज हलकर, वरिष्ठ तकनीकी सहायक (प्रालेखन)
2. श्री रमेश चन्द्र, ग्रेनिंग मशीन प्रचालक से तकनीकी सहायक (प्रेस) पद के लिए।
3. श्री सुनील कुमार, फिडर से ग्रेनिंग मशीन प्रचालक पद के लिए।
4. श्री लखन लाल मीणा, ऑफसेट प्रैस हैल्पर से फिडर पद के लिए।
5. श्री राजेन्द्र कुमार, प्रयोगशाला परिचर से प्रयोगशाला सहायक पद के लिए।

सेवा निवृत्ति



प्रो. नीरज कुमार. सेठी,
30 अप्रैल 2015



प्रो. के. कलैवाणी,
30 अप्रैल 2015



एसो. प्रोफेसर
बीना खिलाडी,
30 अप्रैल 2015



श्री शिव सागर,
बहुकार्यकारी कर्मचारी,
31 मई 2015



श्री ओम दत्त त्यागी,
बहुकार्यकारी कर्मचारी,
30 जून 2015



श्रीमति देवी मदान,
बहुकार्यकारी कर्मचारी,
30 जून 2015

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