



**Hamdard Institute of Medical Sciences &
Research and HAHC Hospital, New Delhi**

YEARLY REPORT-2024

RURAL HEALTH TRAINING CENTRE, MADANPUR KHADAR



RURAL HEALTH TRAINING CENTRE, MADANPUR KHADAR



Our motto
"CARE YOU CAN TRUST"

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Table: List of health education activities conducted at RHTC in the year 2024

Topic	Date
1. Exclusive Breastfeeding	03.01.2024
2. Project Mom's Plate	15.01.2024
3. Health Survey at Rohingya Camp	29.01.2024
4. World Cancer Day celebration	04.02.2024
5. Malnutrition	15.02.2024
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12. World Hypertension Day celebration	17.05.2024
13. Menstrual Hygiene Day celebration	28.05.2024
14. Blood Donation	14.06.2024
15. Sexually Transmitted Infections	27.06.2024
16. Organ Donation Week celebration	30.07.2024
17. Menstrual hygiene	31.07.2024
18. Enteric Fever	28.08.2024
19. Anganwadi visit	30.08.2024
20. Exclusive Breastfeeding	03.09.2024
21. Poshan Maah	10.09.2024
22. Balanced diet	13.09.2024
23. Measles	10.10.2024
24. World Hand hygiene day celebration	16.10.2024
25. Breastfeeding	29.10.2024
26. World antimicrobial awareness week celebration	18.11.2024
27. International day of elimination of violence against women celebration	25.11.2024
28. World AIDS day celebration	31.11.2024
29. Ophthalmology Health camp	04.12.2024
30. Diabetes	06.12.2024
31. Pulse Polio Campaign	08.12.2024
32. Contraception	31.12.2024

INTRODUCTION

Hamdard Institute of Medical Sciences and Research situated at Hamdard Nagar was formed in the year 2012. A year after its establishment, a Rural Health Training Centre (RHTC) was started at Madanpur Khadar to provide promotive and curative services to the population.

The RHTCs dedicated to deliver accessible and affordable healthcare services to the surrounding communities. The Centre operates under the Department of Community Medicine, Hamdard Institute of Medical Sciences and Research, New Delhi, with a primary objective to provide evidence-based and high-quality healthcare services that are both equitable and comprehensive.

The RHTC serves a total of 12 catchment areas, which includes Blocks - A, A1, A2, B1, C, C1, D, D2, E, Phase-3, Makki Masjid, and Bablu Diary, catering to an approximate beneficiary population of 1 lakh. The RHTC's annual report serves as a reflection of its efforts to deliver quality healthcare services to the rural population and highlights the milestones achieved during the year.



Google map link: <https://maps.app.goo.gl/Sd1pW28144b6rDIHS>

STAFF AT RHTC

S. No.	Name	Designation
1.	Dr. Farzana Islam	Professor & Head, Community Medicine
2.	Dr. Aqsa Shaikh	Professor, Community Medicine
3.	Dr. Kartikey Yadav	Assistant Professor cum In-charge, RHTC
4.	Dr Yasmeen Abdullah	Medical Officer
5.	Dr Ghanshyam Kataria	Medical Officer
6.	Ms. Sayma Khan	Public Health Nurse
7.	Ms. Anjum Khan	Medical Social Worker
8.	Mr. Shadab Ahmad	Medical Social Worker
9.	Ms. Mahjabi	Medical Social Worker
10.	Ms. Shabnam	Health Educator
11.	Mr. Mohammad Rizwaan	Health Inspector
12.	Mr. Sonu Bhagat	Laboratory technician
13.	Mr. Ajeem Akhtar	Attendant
14.	Mr. Gajender	Housekeeping
15.	Mr. Lokpal	Security Guard
16.	Mr. Ashif	Security Guard

In addition, Senior Residents, Postgraduate students & MBBS interns are also posted at the centre

STAFF AT RHTC



Dr Farzana Islam



Dr Aqsa Shaikh



Dr Kartikey Yadav



Dr Yasmeen Abdullah



Dr Ghanshyam Kataria



Ms. Sayma Khan

STAFF AT RHTC



Mr. Mohammad Rizwaan



Mr. Shadab Ahmad



Ms. Mahjabi



Ms. Anjum Khan



Mr. Sonu Bhagat



Mr. Ajeem Akhtar



Mr. Gajender



Mr. Lokpal



Mr. Ashif

SERVICES AT RHTC

The provision of accessible and affordable healthcare services is an essential component of sustainable development. In rural areas, where access to quality healthcare services is often limited, health training centres play a crucial role in providing essential healthcare services to the local population. The rural health training centre provides following range of services to provide quality healthcare to the local population and improve their health outcomes:

1. OPD Services

Different OPD services are provided at RHTC which include daily General OPD and an antenatal OPD conducted which includes basic examination, investigations and treatment. There is a specialist OPD on Thursdays run by a Gynaecology Resident from HAHC Hospital. Weekly special clinics include, a well-baby clinic, infertility clinic, adolescent clinic, and NCD clinic are conducted.

As part of the OPD services, patients are given physician consultation, examination, free medicines, laboratory investigations, counselling and referrals. The services being provided cater to a wide range of age groups and health conditions. A large number of daily patient footfalls testifies to the fact that the patients are greatly benefitted from the services.



Medical Officer and resident doctor examining the patient in the OPD

2. Immunization services

Immunization services are provided free of cost through Directorate of Health Services, GNCTD at the center on every Wednesday and Friday. All the vaccines under NIS are given to the children and adults are given Td immunization. There is a state-of-the-art cold chain equipment facility at the center for the smooth conduction of immunization activities.



Public Health Nurse (PHN) conducting the immunization session

3. Family planning services

The centre provides free family planning methods such as condoms, Copper T-380A, Mala-N, Antara injections, and emergency contraception, along with counselling to the eligible couples. In addition, the centre conducts various outreach activities in field practice areas to increase the uptake of family planning services. These initiatives are essential for promoting reproductive health and reducing the unmet need for family planning in the population.

4. Laboratory Services

At the Rural Health Training Centre, there is a well-equipped laboratory that provides a wide range of services, including basic investigations and beneficiaries can avail of these services at a subsidized cost.

Table: List of basic investigation facilities available

1.	Complete Blood Count and ESR
2.	Blood Sugar and HbA1c
3.	Urine routine and microscopy
4.	Urinary pregnancy test
5.	Stool microscopy
6.	Thyroid Function Test
7.	Sputum examination for TB bacilli
8.	PAP smear (for screening of cervical cancer)



Lab technician doing sample collection

5. Other services:

- a. IPD Services
- b. Free Medicine for beneficiaries after consultation
- c. Implementation of National Health Programs like Integrated Disease Surveillance Project, National Polio Surveillance Project, Measles Surveillance, Reproductive and Child Health, NACP
- d. Health camps and health talks
- e. Screening of HIV and ICTC Centre
- f. Counselling services
- g. Outreach activities
- h. School health services
- i. Public health research
- j. Family survey by the Medico-Social Workers
- k. Undergraduate teaching
- l. Data collection by MPH and MD students for Thesis
- m. Training of general nursing students



STATISTICS AT RURAL HEALTH AND TRAINING CENTRE-2024

SN	Parameter	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total
1	Total General OPD Footfall	1311	1286	1658	2395	6650
2	Total Antenatal Clinic Footfall	419	464	595	507	1985
3	Total Postnatal Clinic Footfall	30	54	36	8	128
4	Total Immunization Clinic Footfall	738	724	596	500	2558
5	Total Well Baby Clinic Footfall	237	25	114	145	521
6	Total NCD Clinic No. of Patient Screened Footfall	489	345	99	408	1341
6.1	Total New NCD Patient Diagnosed	77	142	233	54	506
7	Total Camp Footfall	84	0	128	187	399
8	Total Adolescent Clinic Footfall	105	90	84	74	353
9	Total STI Clinic Footfall	31	23	36	7	97
10	Total Infertility Clinic Footfall	126	100	77	55	358
OPD Total		3570	3111	3423	4286	14390

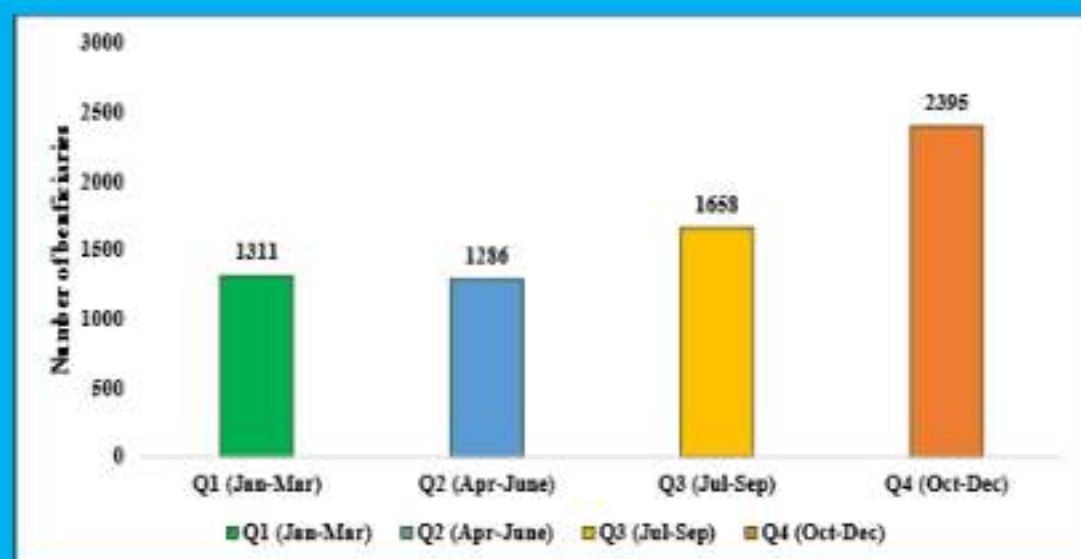


Figure: Quarterly number of patient footfall in the general out-patient clinic

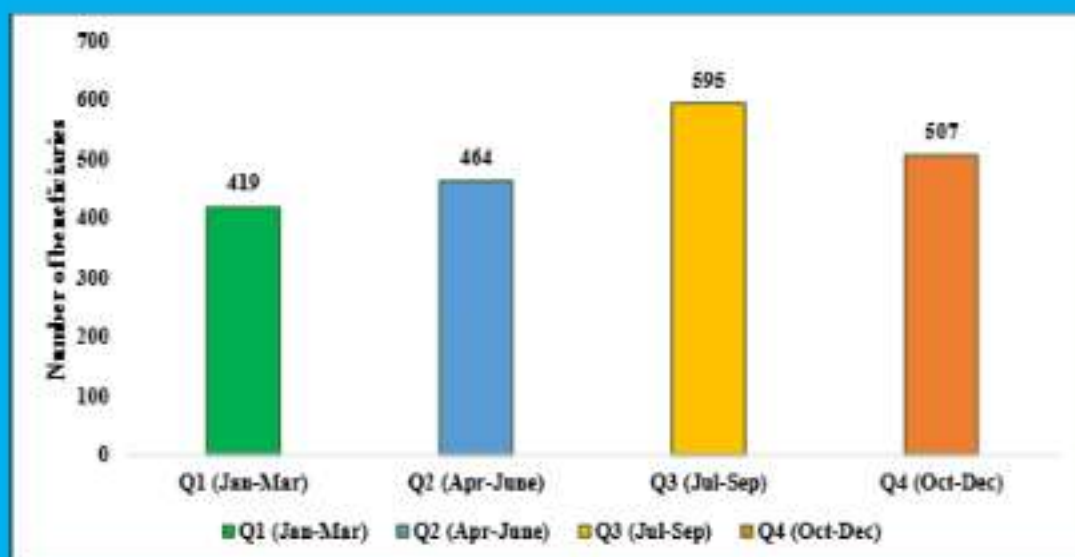


Figure: Quarterly number of patient footfall in the ante-natal clinic

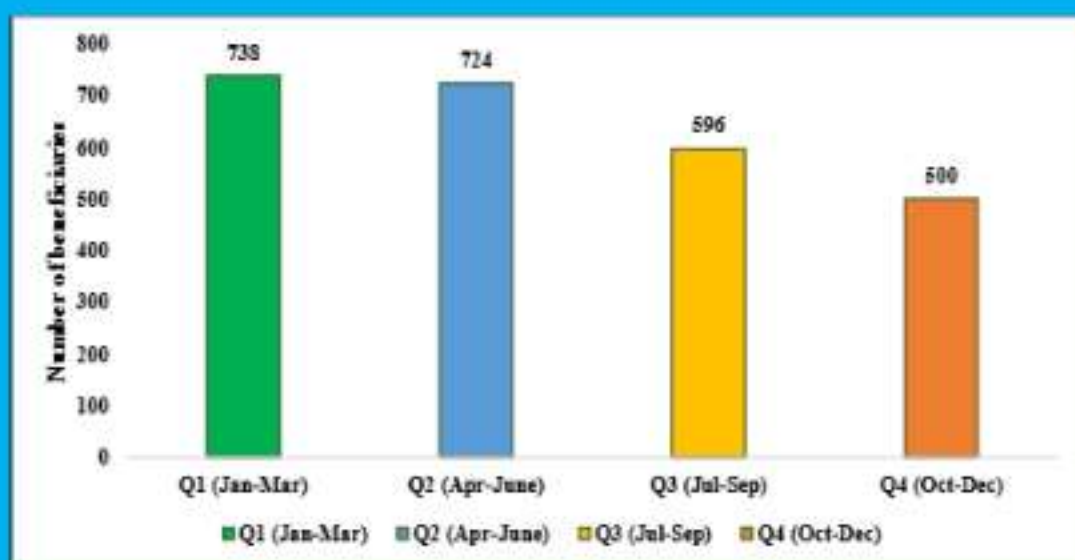


Figure: Quarterly number of children immunized at RHTC (2024)

Table: Quarterly contraceptive utilization at RHTC (Jan 2024-Dec 2024)						
S. No.	Parameter	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total
1	IUCD Insertions	3	1	4	4	12
2	ANTARA injections	15	12	7	7	41
3	OCP Adopters	61	72	84	31	248
4	Condom Adopters	22	15	45	31	111
Total		101	100	140	101	412

Table: Quarterly Revenue Generated at RHTC (Jan 2024-Dec 2024)						
S. No.	Parameter	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total
1	OPD	67560	63030	70350	71850	272790
2	Laboratory	25080	24630	29010	25230	103950
3	Day-care	4200	4050	2400	1800	12450
4	Minor procedure	9250	4970	4320	4140	22680
	Total (in Rs.)	115090	96680	106080	103020	418770

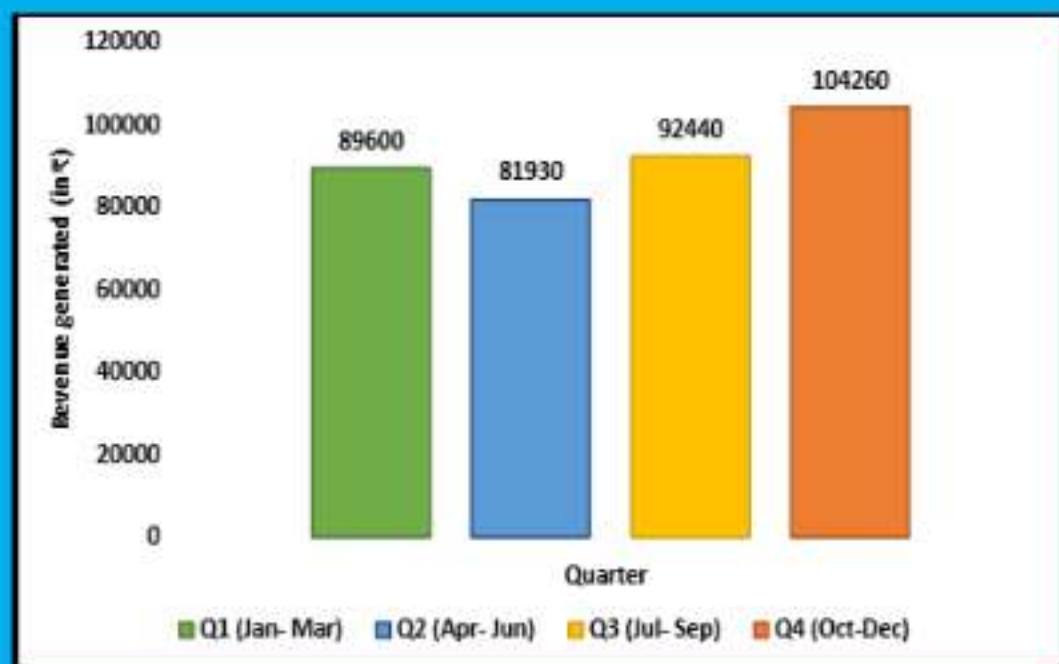


Figure: Quarterly revenue (in Rs.) generated from OPD at RHTC (2024)

Table: Quarterly distribution of other services at RHTC (Jan 2024-Dec 2024)						
S. No.	Parameter	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total
1	Indoor Admissions	28	27	16	10	81
2	Laboratory Registrations	449	529	562	471	2011
3	Minor Procedures	279	138	120	118	655
4	ICTC Registrations	0	154	138	0	292
5	Families Surveyed	162	156	30	180	528
6	Patients Referred to HAH Hospital	26	44	50	26	146
7	Health Talk conducted	8	7	10	8	33

HEALTH EDUCATION ACTIVITIES AT RHTC-2024

Rural Health Training Centre has taken up the obligation of community outreach and celebrated various health days and events throughout the year. These events were conducted to raise awareness and sensitize the community members about various health issues. The sensitization and awareness sessions were carried out by Medical Officers, postgraduate residents, interns, and health staff.

Table: List of health education activities conducted at RHTC in the year 2024

Topic	Date
33. Exclusive Breastfeeding	03.01.2024
34. Project Mom's Plate	15.01.2024
35. Health Survey at Rohingya Camp	29.01.2024
36. World Cancer Day celebration	04.02.2024
37. Malnutrition	15.02.2024
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45. Blood Donation	14.06.2024
46. Sexually Transmitted Infections	27.06.2024
47. Organ Donation Week celebration	30.07.2024
48. Menstrual hygiene	31.07.2024
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50. Anganwadi visit	30.08.2024
51. Exclusive Breastfeeding	03.09.2024
52. Poshan Maah	10.09.2024
53. Balanced diet	13.09.2024
54. Measles	10.10.2024
55. World Hand hygiene day celebration	16.10.2024
56. Breastfeeding	29.10.2024
57. World antimicrobial awareness week celebration	18.11.2024
58. International day of elimination of violence against women celebration	25.11.2024
59. World AIDS day celebration	31.11.2024
60. Diabetes	06.12.2024
61. Contraception	31.12.2024

Table: List of health camps conducted on special days at RHTC in the year 2024

Topic		Date
1.	Health Camp for adolescent Girls	02.03.2024
2.	Ophthalmology Health camp	04.12.2024
3.	Pulse Polio Campaign	08.12.2024

A glance at celebration of health-related days at RHTC in the year, 2024

WORLD CANCER DAY (4.02.2024)

- Presenters: Dr Eram and Dr Nazneen
- Topics discussed in the health talk:
 - Common cancers in India (Breast, cervical, lung, oral cancer)
 - Risk factors of common cancers
 - Prevention and screening modalities of common cancers



WORLD MALARIA DAY (24.04.24)

- **Presenters:** Dr. Yasmeen, MBBS interns
- **Topics discussed in the health talk:**
 - Causes and how it spreads
 - Symptoms and diagnosis of Malaria
 - Importance of early detection of Malaria



WORLD HYPERTENSION DAY (17.05.24)

- **Presenters:** Dr Samra(PG) and MBBS interns
- **Topics discussed in the health talk:**
 - Causes and risk factors
 - Dangers of uncontrolled hypertension
 - Prevention and management strategies



MENSTRUAL HYGIENE DAY (28.05.24)

- **Presenters:** Dr. Yasmeen, MBBS interns in collaboration with Team PLAN India
- **Topics discussed in the health talk:**
 - Common myths and misconceptions of periods
 - Importance of menstrual hygiene and consequences of poor menstrual hygiene
 - Types of menstrual hygiene products: pads, tampons etc. and it's proper usage and disposal
 - The Menstrual Hygiene Scheme and locations where they may get pads were clarified to the participants.



ORGAN DONATION WEEK (30.07.24)

- **Presenters:** Dr Alam (Senior Resident), Dr Asma Aftab (Senior Resident), Dr Aysha Bano (PG resident) and RHTC staff
- **Topics discussed in the health talk:**
 - Determining who can donate organs and what organs can be donated
 - Overview of the organization responsible for organ donation processes, misconceptions and facts related to organ donation
 - How to pledge for organ donation



RASHTRIYA POSHAN MAAH (10.09.2024)

- In its 7th phase, the Poshan Maah campaign focused on critical themes such as anaemia prevention, growth monitoring, effective service delivery through good governance and technology, "Poshan Bhi Padhai Bhi," and supplementary nutrition. To celebrate the campaign, a **health talk** was conducted in Block B Anganwadi Center.
- Beneficiaries included Anganwadi workers and Antenatal & lactating women and adolescent girls attended the session. Importance of nutrition in all age groups were discussed with focus on exclusive breastfeeding, complementary breastfeeding, iron rich, calcium rich and protein rich food diets. Information was also shared about healthy eating habits, such as eating a balanced diet and hand hygiene.



WORLD HAND HYGIENE DAY(16.10.2024)

- **Presenters:** Dr. Yasmeen, MBBS interns, health educators, medical social workers
- **Topics discussed:**
 - Audiences were explained that hand hygiene is one of the simplest and most effective way of preventing infections.
 - Key times to wash hands
 - Health talk was followed by an interactive demonstration of the steps of hand washing





WORLD ANTIMICROBIAL RESISTANCE WEEK(18.11.2024)

- Presenters: Dr. Yasmeen, MBBS Interns, MSWs
- Topics discussed:
 - Theme of the World Antimicrobial Week 2024 was "Antimicrobial: handle with care"
 - Causes of anti-microbial resistance and why it is a matter of serious concern
 - Prevention of anti-microbial resistance like: taking anti-microbials only when prescribed by the doctor, avoiding unnecessary antibiotic use, completing full course of antibiotics.





INTERNATIONAL DAY OF ELIMINATION OF VIOLENCE AGAINST WOMEN(25.11.2024)

- **Presenters: MBBS interns**
International Day for the Elimination of Violence Against Women is observed to raise awareness and take action to prevent gender-based violence
- **Topics discussed:**
 - Different forms of violence against women like physical, emotional, and psychological abuse
 - Health consequences of violence against women
- **Prevention of violence against women**



WORLD AIDS DAY(31.11.2024)

- **Presenters:** Dr Ganshayam, MBBS Interns, MSWs
A health session was conducted at RHTC, followed by a role play. Another session was conducted in an Anganwadi center.
- **Topics discussed:**
 - Mode of transmission of HIV
 - Preventive measures: practicing safe sex, avoid sharing needles, preventing mother to child transmission
 - HIV testing and diagnosis



A glance at health camps organized at RHTC in the year, 2024

ADOLESCENT HEALTH CHECK-UP CAMP(02.03.2024)

- A health camp was organized at RHTC for adolescent girls from Zakat House NGO, Batla house.
- Eighteen girls from the Zakat Foundation home came to our centre for check-up and a camp was organized for them.
- The children were screened for nutritional deficiencies, and anthropometry was done and symptomatic management was given.
- Children whose routine immunization were due were vaccinated. Free hemoglobin estimation was done for those who required it



OPHTHALMOLOGY HEALTH CAMP (08.08.2022)

- A free health camp was organised at RHTC in collaboration with the Ophthalmology department.
- Free hemoglobin test and Blood pressure measurement was done.
- The beneficiaries were provided with appropriate treatment, IFA supplementation, and counselling services.
- A total of 83 patients were screened for Non-communicable diseases and ophthalmological examination was done for 81 patients.



FIELD ACTIVITY (DECEMBER,2024)

- A pulse polio campaign was organized in RHTC where 114 children received Pulse

polio vaccination. The campaign was visited by a WHO team to review the records and cold chain management.



A glance at routine IEC, teaching and training activities conducted at RHTC in the year, 2024

PROJECT MOM'S PLATE WITH PLAN INDIA(15.01.24)

- **Presenters:** Dr. Yasmeen, Medical Social Workers, MBBS interns
- **Topics discussed in the health talk:**
 - Importance of proper nutrition in pregnant and lactating mothers
 - Awareness about malnutrition, its causes, and consequences
 - Nutritional requirements and diet to be consumed
 - Government nutrition programs for pregnant and lactating mothers



HEALTH TALK ON EXCLUSIVE BREASTFEEDING (03.01.2)

- **Presenters:** Dr Sarwar, Mrs. Kimi (MSW) , Mr. Shadab (MSW) and MBBS Interns
- **Topics discussed in the health talk:**
 - Importance of breastfeeding and its benefits on growth and development of child
 - Correct positioning and attachment during breastfeeding



HEALTH TALK ON MALNUTRITION(31.01.2022)

- **Presenters:** Dr Yasmeen, MSWs, Nursing Staff, MBBS interns
- **Topics discussed:**
 - Audience was introduced to the topic of malnutrition especially among children aged less than five years
 - An overview of causes of malnutrition was given
 - Important points like exclusive breastfeeding, complementary breastfeeding, balanced diet, proper hygiene and sanitation were covered
 - The growth monitoring charts and their interpretation were explained to the audiences in the mother and child protection cards.



HEALTH SURVEY AT ROHINGYAS CAMP(29.01.2024)



- A health survey cum sensitization session was conducted by RHTC team at Rohingya camp, Kanchan Kunj, Madanpur Khadar to identified the all suspected children for Measles due to outbreak of measles.

- An immunisation session was held at RHTC for the eligible beneficiaries from the

IMMUNIZATION SESSION FOR ROHINGYAS(28.02.2024)

Rohingya camp. A total of 20 children came for the session. The anthropometric measurements of the children were taken and immunisation was conducted



NUKKAD NATAK AND HEALTH TALK ON ANTENATAL CARE(15.03.2024)

- **Presenters:** Nursing staff of Ruffada Nursing College
- **Topics discussed:**
 - Audience was educated about the process of getting registered at a health center and routine check-ups, investigations, and vaccination.
 - Highlighted that regular ANC visits help in the early detection of complications and ensure a safe delivery and healthy baby.
 - Key components of ante-natal care: Nutrition, danger signs in pregnancy, birth Preparedness and Counseling
 - Maternity schemes like Janani Suraksha Yojana



HEALTH TALK ON MEASLES RUBELLA (MR) VACCINATION(29.03.2024)

- **Presenters:** Dr. Nazneen
- **Topics discussed:**
 - Introduction to measles and rubella diseases and it's complications.
 - Importance of MR vaccination and target age groups
 - Myths and misconceptions of MR vaccination



HEALTH TALK ON BREASTFEEDING (05.05.2024)

Presenters: Dr. Yasmeen, MBBS interns

• Topics discussed:

- Breast feeding, postnatal health issues of women, nutritional information for lactating mothers
- Physical and mental health care of women in their post-partum period
- Types of contraceptive methods and recommended contraceptives during lactation



HEALTH TALK ON BLOOD DONATION(14.06.2024)

- **Presenters:** MBBS interns
- A Health talk on Blood donation was organized by department of Pathology and Community Medicine, HIMSR with the help of interns. Blood grouping was done free of cost for all individuals.
- **Topics discussed:**
 - Importance of blood donation
 - Benefits to the donor and the community
 - Criteria for donating blood
 - Myths related to blood donation.



HEALTH TALK ON STI AWARENESS(27.06.2024)

- **Presenters:** Mrs. Kimmi, MBBS Interns
- **Topics discussed:**
 - Prevention of sexually transmitted diseases and treatment
 - Discussion on common infections generally observed in female patient
 - Modes of transmission, prevention and myths related to HIV/AIDS



HEALTH TALK ON MENSTRUAL HEALTH MANAGEMENT(31.07.2024)

- **Presenters:** Mrs. Kimi and MBBS interns in collaboration with "Plan India NGO"
- **Topics discussed:**
 - Physiology of menstruation, normal and abnormal events during menstruation
 - Maintenance of good menstrual hygiene, types of menstrual products and how to address these topics with their family members and children comfortably and respectfully

The members of the NGO then also distributed sanitary pads for the attendees. The participants had several questions and doubts which were addressed and the take home messages were emphasised.



HEALTH TALK ON ENTERIC FEVER(28.08.2024)

- **Presenters:** MBBS interns
- **Topics discussed:**
 - Causes and transmission of enteric fever
 - Symptoms and prevention of enteric fever
 - Steps of handwashing was demonstrated



ORIENTATION VISIT TO ANGANWADI CENTRE (30.08.2024)

An Anganwadi visit was conducted for MBBS students, 2021 batch at RHTC, Madanpur Khadar. The purpose of visit was to orient students about Anganwadi set up and services provided. The Anganwadi worker Mrs. Rekha explained about the services given to beneficiaries like non-formal education to 2-6 years children, mid-day meal for children and pregnant women.



HEALTH EDUCATION ACTIVITY AT AN ANGANWADI CENTRE(03.09.2024)

- **Presenters:** Mrs Kimi, MBBS interns
- **Topics discussed:**
 - A health session on breastfeeding was conducted regarding breast feeding and nutrition in lactating women and expecting mothers
 - Importance of exclusive breastfeeding
 - A summary of iron folic acid rich, calcium rich, protein rich food items



HEALTH TALK ON BALANCED DIET (13.09.2024)

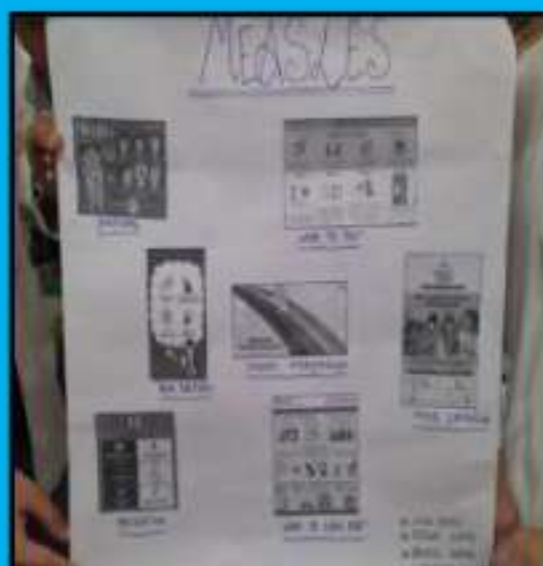
- **Presenters:** MBBS interns
- **Topics discussed:**
 - The key points for healthy food and good health were briefly explained to the attendees
 - Role of healthy diet in growth and development of children; improved infant, child and maternal health; stronger immune system, safer pregnancy and

childbirth, and how a balanced diet can lower the risk of non-communicable diseases.



HEALTH TALK ON MEASLES (10.10.2024)

- **Presenters:** Dr Yasmeen, MBBS interns
- **Topics discussed:**
 - Overview of measles virus and its global impact
 - Transmission of measles and its contagiousness
 - Symptoms and complications of measles
 - Prevention: good hygiene practices and cough etiquette



HEALTH TALK ON BREASTFEEDING (29.10.2024)

- **Presenters:** Dr Yasmeen, MBBS interns
- **Topics discussed:**
 - Benefits of breastfeeding both for baby and for the mother
 - Initiation of breastfeeding and exclusive breastfeeding
 - Breastfeeding positioning
 - Common breastfeeding challenges and solutions: sore/cracked nipples, breast engorgement



HEALTH TALK ON DIABETES (29.10.2024)

- **Presenters:** Dr Yasmeen, Dr Ghanshyam, MBBS Interns
- **Topics discussed:**
 - Risk factors of diabetes: modifiable and non-modifiable
 - Healthy eating habits and regular physical activity
 - Medication management: adherence to medications and regular monitoring of blood glucose levels
 - Complications of uncontrolled diabetes
 - Prevention of diabetes



HEALTH TALK ON CONTRACEPTION (31.12.2024)

- **Presenters:** MBBS interns, MSWs
- **Topics discussed:**
 - Different methods of contraception
 - Contraceptives provided at the cent
 - Importance of family planning
 - Myths related to vasectomy, Intra-uterine devices and other modes of contraception

