

RASHTRYA KISHOR SWASTHYA KARYAKRAM (RKSK)/ADOLESCENT HEALTH (AH)

Background: In order to ensure holistic development of adolescent population, the Ministry of Health and Family Welfare launched Rashtriya Kishor Swasthya Karyakram (RKSK) on 7th January 2014 to reach out to 253 million adolescents - male and female, rural and urban, married and unmarried, in and out-of-school adolescents with special focus on marginalized and undeserved groups . The programme expands the scope of adolescent health programming in India - from being limited to sexual and reproductive health, it now includes in its ambit nutrition, injuries and violence (including gender based violence), non-communicable diseases, mental health and substance misuse. The strength of the program is its health promotion approach. It is a paradigm shift from the existing clinic-based services to promotion and prevention and reaching adolescents in their own environment, such as in schools, families and communities. Key drivers of the program are community based interventions like, outreach by counsellors; facility based counselling; Social and Behavior Change Communication; and strengthening of Adolescent Friendly Health Clinics across levels of care.

Adolescent often do not have the autonomy or the agency to make their own decision. RKSK takes cognizance of this and involves parents and community. Focus is on reorganizing the existing public health system in order to meet the service needs of adolescents. Under this a core package of services includes preventive, promotive, curative and counselling services, routine check-ups at primary, secondary and tertiary levels of care is provided regularly to adolescents, married and unmarried, girls and boys during the clinic sessions.

Following that lunching program RKSK has been implementing in Manipur State. The program was implemented through one State Nodal Officer and a State RKSK/AH Consultant. The strategies of RKSK/AH are given below:

A. Community based intervention

- Peer Education (PE)
- Quarterly Adolescent Health Day (AHD)
- Weekly Iron Folic Acid Supplementary Programme (WIFS)
- Menstrual Hygiene Scheme (MHS)

B. Facility based interventions

Strengthening of Adolescent Friendly Health Clinics (AFHC)

C. Convergence

- With Health & Family Welfare – FP (incl. VHND) RBSK, NACP, National Tobacco Control Programme, National Mental Health Programme, NCDs and IEC.
- With other departments/schemes – WCD (ICDS, KSY, BSY, SABLA) HRD (AEP, MDM), Youth Affairs and Sports (Adolescent Empowerment Scheme, National Service Scheme, NYKS, NPYAD)

D. Social and Behaviour Change Communication with focus on Inter Personal Communication

PROGRAMS/ACTIVITIES TAKEN UP DURING THE YEAR 2014 TO 2018

Dissemination/Meeting/Workshop/Review: Program have been conducted every year at the State as well as at districts level from 2014-15 to 2017-18 financial years. It is to disseminate and enhance RKSK/AH programme guideline/strategies to all the CMOs, DFWOs, Nodal officers, SPMUs, DPMs, and DCMs.

Convergence meeting with partner departments: Weekly Iron Folic Acid Supplementation (WIFS) program was launched on 10th March, 2014 at Classic Hotel, Imphal. The first State Committee for Adolescent Health (SCAH) was held on 5th Nov, 2014 at Family Welfare Conference Hall. Some of the meeting agendas are: to subsumed the WIFS Advisory Committee to State Adolescent Health Committee (SCAH), to share various programs implemented under RKSK-Health, Education dept, Social Welfare Dept, NYK, YAS, MACS, RIMS & JNIMS. The meeting objective was to form a State Committee for Adolescent Health (SCAH) to work out together in addressing the issues related to adolescent and to avoid overlapping of the activities in the State. On 15th December, 2015 a State Level Convergence Committee meeting was held with Chief Secretary, Manipur in the Chair in his Office Chamber. The Committee after detailed discussion arrived at the following decisions:

1. To improve the implementation of WIFS programme, joint monitoring and supportive supervisory visit by the three (30 departments at all level (State, District & Block level)
2. Frequent visits to the schools by Block MOs, ANMs are needed especially on the WIFS day i.e. on Monday to convince the base line stakeholders.
3. Whenever supply & distribution order from the Health Department is issued, a copy of the order may be marked to the Principal Secretary, Social Welfare and Secretary, Education Department to enhance supply management.
4. All the State Nodal Officers of Education (S) & ICDS (Social Welfare) will be invited in the review meeting of WIFS.
5. A letter signed jointly by Principal Secretary (Social Welfare), Commissioner (Health & Family Welfare) & Secretary (Education) will be served to all the Deputy Commissioner's of the districts.
6. Sample draft letter was examined by all the members present and finalised.

On 28th December, 2016, State Committee for Adolescent Health (SCAH) was held in the Chamber of Principal Secretary, Social Welfare.

One Day State Level Convergence Workshop on "Weekly Iron Folic Acid Supplementation Programme (WIFS) was conducted by Medical Directorate at Hotel Imphal under the directive of Minister, Health & Family Welfare. The workshop was participated from Health, Education & Social Welfare departments to address the proper implementation of WIFS program in the State.

District level training on Weekly Iron Folic Acid Supplementation (WIFS) for school Nodal teacher in 2014-15

Sl. No.	District	No. of Teachers Trained	Batches
1	Bishnupur	152	5
2	Chandel	275	8
3	Churachandpur	330	7
4	Imphal East	301	11
5	Imphal West	260	9
6	Senapati	600	26
7	Tamenglong	300	10
8	Thoubal	532	13

9	Ukhrul	300	10
	TOTAL	3050	99

FACILITY BASED INTERVENTIONS

Adolescent Friendly Health Clinics (AFHC): Through Adolescent Friendly Health Clinics (AFHCs), counselling and curative services are provided at primary, secondary and tertiary levels of care on fixed days and fixed time with due referral linkages. Commodities such as Iron & Folic Acid tablets and non-clinical contraceptives are also made available in the clinics for the adolescents. Capacity building of service providers in the six thematic areas is vital for effective and successful implementation of RSK. AH Division of Ministry of Health and Family Welfare has initiated National Level TOTs for Medical Officers, ANMs/LHVs and Counsellors. Further these master trainers trained at national level will undertake state/district level training of service providers at district training sites.

State has identified all the District Hospitals (7 DHs), Community Health Centre (17 CHCs), and Primary Health Centres (45 PHCs) to run the Adolescent Friendly Health Clinics (AFHCs). In the DHs & CHCs the services of AFHCs will be provided every day during OPT hours. One day in a week at PHC for duration of 2 hours from 2 to 4 pm on every Friday.

List of AFHC in RSK Districts			List of AFHC in Non-RSK Districts		
Sl. No.	District	Name of the AFHC in the Districts	Sl. No.	District	Name of the AFHC in the Districts
1	Churachandpur (8)	District Hospital	1	Bishnupur (5)	District Hospital
2		CHC Parbung	2		CHC Moirang
3		PHC Saikot	3		CHC Nambol
4		PHC Sagang	4		PHC Thanga
5		PHC Singngat	5		PHC Ningthoukhong
6		PHC Behiang	6	Chandel (4)	District Hospital
7		PHC Thanlon	7		SDH Moreh
8		PHC Sinzawl	8		CHC Chakpikarong
9	Imphal East (11)	CHC Jiribam	9	Senapati (6)	PHC Komlathabi
10		CHC Sagolmang	10		District Hospital
11		PHC Akampat	11	CHC Kangpokpi	
12		PHC Bashikhong	12	CHC Mao	
13		PHC Keiraomakting	13	PHC Paomata	
14		PHC Heingang	14	PHC Maram	
15		PHC Sawombung	15	PHC Tadubi	
16		PHC Lamlai	16	Tamenglong (4)	District Hospital
17		PHC Yaingangpokpi	17		CHC Nungba
18		PHC Andro	18		PHC Noney
19		PHC Yambem	19		PHC Oinamlong
20	Imphal West (12)	CHC Wangoo	20	Ukhrul (4)	District Hospital (New)
21		CHC Sekmai	21		CHC Kamjong
22		PHC Mekola	22		PHC Lambui
23		PHC Khumbong	23		PHC Tallui
24		PHC Samurou			

25		PHC Mayang Imphal			
26		PHC Phayeng			
27		PHC Khurkhul			
28		PHC Sekmajin			
29		PHC Kakwa			
30		UHC Singjamei			
31		UHC Monsangei			
32	Thoubal (15)	District Hospital			
33		CHC Heirok			
34		CHC Yairipok			
35		CHC Lilong Haoreibi			
36		CHC Sugnu			
37		CHC Kakching			
38		PHC Nongpok Sekmai			
39		PHC Lilong			
40		PHC Hiyanglam			
41		PHC Leishangthem			
42		PHC Kakching Khunou			
43		PHC Charangpat			
44		PHC Pallel			
45		PHC Khongjom			
46		PHC Wangoo Leipham			

ToT at National Level on RKS training modules: The following officers have attended the Trainers of Trainees (ToT) at National Level for proper functioning of Adolescent Health Services in the State as well as in the Districts. List/name of the State Level Trainers who have attended the AFHS ToT training of Medical Officers (MO), ANMs/LHV & Counsellor are given below.

Sl. No.	RKS MO's ToT at NIHF, New Delhi (7 th to 10 th Oct) 2014	RKS ANMs/LHV ToT at NIHF New Delhi (13 th to 17 th April) 2015	RKS Counsellor's ToT at HIHT, Dehradun, Uttarakhand (14 th to 19 th Dec) 2015
1	Dr. R.K. Tilotama Devi, Principal Regional Institute of HFW Training Centre, Manipur	Dr. O. Sanahanbi, Principal Regional Health & Family Welfare Training Centre	Dr. Gyaneshor N. Psychiatric, Manipur Health Services
2	Dr. R.K Lenin, Professor & Head of department, Psychiatric, RIMS	N. Hemlata Devi, Public Health Nurse, RHFUTC	Dr. O. Sanahanbi, Principal Regional Health & Family Welfare Training Centre
3	Dr. Jasobanta Singh, Deputy Director, Paediatrician, Manipur Health Services	W. Basanti Devi, Health Education & Extension Officer, RHFUTC	Dr. R.K. Joymati Devi, SMO, School Health
4	Dr. Nitajani Devi, Asst Prof. O & G, JNIMS	M. Memcha Devi, Public Health Nurse, Senapati District	Dr. K. Shantibala, Professor & Head of department, Psychiatric, JNIMS

State Level Training of Medical Officers (MO), ANMs/LHV & Counsellors: At the State level seven (7) batches of Medical Officers (MOs) training on RKSJ modules have conducted from the year 2014 to 2018. Details of the training are given below:

2014-15

Particulars	3 days training of MO's	4 days training of ANMs/LHV
No. of batches	3	3
Date	18 th to 20 th , March 23 rd to 25 th , March 26 th to 28 th , March	5 th to 8 th , May 12 th to 15 th , May 19 th to 22 nd
No. of participants	81/90	88/90

2015 - 16

Particulars	4 days training of MO's	5 days training of ANMs/LHV
No. of batches	1	1
Date	1 st to 4 th March	7 th to 11 th , March
No. of participants	24/30	19/30

2016 - 17

Particulars	5 days training of Counsellors
No. of batches	1
Date	11 th to 18 th Jan
No. of participants	23/30

2017-18

Particulars	4 days training of MO's	5 days training of ANMs/LHV
No. of batches	2	2
Date	14 th to 17 th , May 21 st to 24 th , May	
No. of participants	44/60	

District Level Training of ANMs/LHV/MHWs on RKSJ training modules: At the District level sixteen (16) batches of training of ANMs/LHVs/MHWs on RKSJ modules for 4 RKSJ districts have conducted. Details of the program are given below.

2016-17

Particulars	Churachandpur	Imphal East	Imphal West	Thoubal
No. of batches	4	4	4	4
Date of Training	19 th to 23 rd , July	13 th to 17 th Sept	1 st to 5 th , Aug	26 th to 30 th , Aug
	19 th to 23 rd , July	14 th to 18 th Sept	2 nd to 6 th , Aug	27 th to 31 st , Aug
	26 th to 30 th , July	20 th to 25 th Sept	8 th to 12 th , Aug	3 rd to 7 th , Sept
	26 th to 30 th , July		9 th to 13 th , Aug	3 rd to 7 th , Sept
No. of participants	24+21+37+42	30+21+38+11	25+24+27+19	27+23+34+23
TOTAL	124	100	95	107

Other program attended under RKSJ program (State Level)

Sl. No.	Workshop on RKSJ Communication Integration Plan & Review of Adolescent Health Programs at Delhi (1 & 2 June) 2015	Regional Review Workshop for RKSJ at Kolkata (6 th * 7 th , Sept) 2016	National Review Meeting of AH in New Delhi (12 th & 13 th Oct) 2017	11 th IAAH World Congress at Aerocity New Delhi (27 th to 29 th , Oct) 2017
1	Dr. Heman Ibemcha Devi, State RKSJ Nodal Officer	Dr. Heman Ibemcha Devi, State Nodal Officer, RKSJ	Dr. Jubilee Wahengbam, State Nodal Officer, RKSJ	Dr. Jubilee Wahengbam, State Nodal Officer, RKSJ
2	Philazan Shangh Shimray, State RKSJ Consultant	Dr. Thaibema Yumdrembam, District RKSJ Nodal Officer, Imphal West	Philazan Shangh Shimray, State RKSJ Consultant	Dr. Heman Ibemcha Devi, State Nodal Officer, RKSJ
3		Dr. R.K. Kegenanba Singh, District RKSJ Nodal Officer, Thoubal		Dr. Sinam Sucheta Devi, State Nodal Officer, Family Planning
4				Philazan Shangh Shimray, State RKSJ Consultant, NHM

COMMUNITY BASED INTERVENTION

ToT at Regional Level on Peer Education (PE) Program: Peer Education (PE) programme have initiated in the State. The trainers are selected from 4 RKSJ districts for Trainers of Trainees (ToT) training at regional level. The following are the list of RKSJ District level trainers who have attended the PE ToT training at CINI, West Bengal, Kolkata.

Sl. No.	Churachandpur- 5 th batch (21 st to 25 th Sept) 2015	Imphal East – 1 st batch (17 th to 21 st Aug) 2015	Imphal West – 3 rd batch (7 th to 11 th Sept) 2015	Thoubal - 4 th batch (14 th to 18 th Sept) 2015
1	Dr. Jire L. Pudaite, MO, PHC Saikot	Dr. Th. Raikumar Singh, District ANO	Dr. Thokchom Shantajit, District ANO	Dr. Y. Nokul Singh, District ANO/MO CHC Heirok
2	Vung Mary, DCM	Dr. Nilakanta Singh MO PHC Keirao Makting & BFWO	Dr. Kh. Satyabala Devi, MO CHC Wangoi	Dr. W. Ruhini Kumar, MO Kakching Block
3	Dr. Zenbiaklun, MO, PHC Behiang	Dr. A. Ramananda, MO CHC Jiribam	Dr. Sebo Chani, MO i/c Haorang Sabal Block & CHC Sekmai	Dr. Mustaq Ali Mukta, MO Lilong Block
4	Dr. Donna V. Samte, MO, PHC Thanlon	Ananda Kumar, DCM	Dr. Ch. Ranjui MO Khumbong Block	Riaz Sheikh, DCM
5			Kanchan Mutum, DCM	H. Rishikesh Singh, DPM

ToT at District Level on Peer Education (PE) Program: Out of 4 RKSK Districts only Imphal West district have conducted the PE ToT training in 2016-17.

Churachandpur	Imphal East	Imphal West (8th to 13th, May) 2017	Thoubal
		46 ANMs are trained	

Training of Peer Educator at District Level: Out of 4 RKSK Districts only Imphal West district have conducted the PE training in 2016-17. Starting from 27th June, 2017

Name of Block	No. of PE to be selected	No. of PE selected	Trained PE
Haorang Sabal Block	424	417	413
Wangoi Block	568	564	556
Khumbong Block	324	324	230
Total	1316	1305	1199