**Background Information Required for Approval of Thoubal District PIPs for 2013-14**

**F.M.R Code: B. 13 & 14 & B. 18 - PPP/NGOs/ Innovations/ New Initiatives**

**Activities Proposed:**

* **Name of the Activity: Public Health Club & Public Health Museum**
* **Whether New/ or being continued: New**
* **Achievements if continued from previous years: NA**
* **Justification:**

1. **Public Health club at thoubal district**

**Introduction**

As per census 2011, Thoubal had population of 420,517 of which male and female were 209,674 and 210,843 respectively. Most of the places of Thoubal district is rural areas and people mostly depend on agriculture for their livelihoods. Inspite of many health Institution in Thoubal, people are lack of awareness in the health sector. They are not aware of the advantages/ benefit given by the Indian government at health sector. There have been many cases of death due to the diseases which can be easily recovered.

For the welfare of the health condition of public in Thoubal district, a Public Health Club at the heart of the Thoubal district is needed. This Public Health Club can favorably influence the habits', attitude and knowledge relating to an individual and community. These clubs can modify our behavior towards the attainment of optimum health. Physical Education caters to provide physical fitness which an important component of wellness. Schools can also introduce clubs like Dance club, Aerobic club, yoga, swimming, obesity, weight gain club, wellness, cuisine clubs, laughter club, Nutritional Educational club etc.

Physical Education supplement the activities of this club by providing opportunities for physical exercise which activates pituitary glands and hypothalamus secreting '*feel good*' hormones. These hormones also have the capacity to reduce pains and improve the Sense of well being.

Wellness has been defined as the constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

Seven simple life style habits can significantly contribute to wellness.

* Sleeping 7-8 hours every night
* Eating breakfast everyday
* Not eating between meals
* Abstaining from sweets and fats
* Maintaining ideal body weight

***Objectives of the Public Health Club***

* To create Health Cards for each public
* To create a health newspaper at least twice a year/poster competition related to health issues
* To conduct surveys on health related concerns
* To organize 'health walks' as part of social campaigns
* To organize health fairs and immunization projects
* To tap the local resources in the community to arrange health talks
* To render service in any area affected by a disaster or a calamity
* To create health help line within the public to distress, cope with emotional and social behaviour and to clarify misconceptions regarding sexual and reproductive health
* To teach public techniques of yoga and meditation from an early age
* To inculcate in the public healthy and positive ways of living
* To teach health songs on various health topics
* Celebration of important days (World Health Day - April 7)
* Creating awareness regarding 'World No Tobacco Day' (May 31), 'World AIDS Day' (December 1) etc.

**Organizing and Governing Body:**

1. Deputy Commissioner
2. Chief Medical Officer
3. District Family Welfare Officer
4. District TB Officer
5. District Malaria Officer
6. District AIDS Officer
7. District Leprosy Officer
8. District Programme Manager

***Responsibilities of the Public Health Club***

* To organize all health relevant activities
* To act as a Resource Centre for the overall well being of public

***Human Resource (Manpower for running Health Club):***

For running a proper and success Public Health Club, it will be better to do PPP (Public Private Partnership) and required Honorarium/salary will be borne from the ***User Charges***. For every activity a fitness instructor is to be hired.

***Tentative Public Health Club Site:***

It will be more reliable and flexible if constructed near to the Public Health Museum, Thoubal District.

***Proposed construction:***

A completed Public Health Club with facilities like spacious gym, free weight area, group exercise & aerobic class, Cardio area, sports exercise place, Health conscious shop, Yoga centre etc.

1. **PUBLIC Health Museum at thoubal district**

**Introduction**

Pablo Picasso has written–“Give me a museum and I'll fill it”, it is nice to read and imagine about filling and developing a museum but when it comes to actually doing it, it really requires a lot of efforts and passion.

Inception of the Public Health Museum at Thoubal District will be the best example of it for the people of Thoubal.

**mission**

To act as think tank, catalyst and innovator for management of public health, related health and family welfare programmes by pursuing multiple functions of Education & Training, Research and Evaluation, Consultancy and Advisory Services as well as provision of specialised services through inter-disciplinary teams.

**Objectives**

* Information on status of public health in Thoubal.
* Information on history and different concepts related to public health.
* Information on medicinal patterns in different cultures.
* Information on policies and plans.
* Information on new inventions and discoveries in the field of public health.
* Information on milestones in the field of public health.
* Information on National Health Programmes.
* Information on National Rural Health Mission (beginning and achievements).
* Information on vector born diseases.
* Information on communicable diseases.
* Information on non-communicable diseases.
* Information on medicinal plants, uses and importance.
* Information on laboratory equipments.
* Display of major training and research outcomes.
* Myths and superstitions in public health.

**Framework** – The Public Health Museum idealises the following essential Public Health Services:

* **M**onitor - Health status to identify community health problems.
* **D**iagnose and investigate - Health problems and health hazards in the community.
* **I**nform, educate, and empower - People about health issues.
* **M**obilize - Community partnerships to identify and solve health problems.
* **D**evelop policies and plans **-** To support individual and community health efforts.
* **E**nforce - Laws and regulations that protect health and ensure safety.
* **L**ink **-** People to needed personal health services and assures the provision of health care when otherwise unavailable.
* **A**ssure - A competent public health and personal healthcare workforce.
* **E**valuate **-** Effectiveness, accessibility, and quality of personal and population-based health services.
* **R**esearch - New insights and innovative solutions to health problems.

**Tentative Galleries and Rooms**

1. Vector Born Diseases

* Malaria
* Dengue
* Filaria
* Chikanguniya
* Kala Azar
* Japani Encephalitis

1. Swine Flue
2. HIV/AIDS
3. Reproductive Health

* Family Planning
* Female Reproductive System
* Male Reproductive System

1. Vaccines
2. Mental Disorder
3. Hypertension
4. Obesity
5. Tobacco
6. Asthma
7. Ayurveda/ Unani/ Sidhha
8. Disaster Management
9. Blindness
10. Arthritis
11. Ayush
12. Cancer
13. Dental Problem
14. Diabetes
15. Tuberculosis
16. Yoga

**Organizing Body:**

The Museum will be operated under the supervision of District Health Society, Thoubal comprising of the following governing body:

1. Deputy Commissioner, Thoubal
2. Chief Medical Officer, Thoubal
3. District Program Manager, NRHM, Thoubal

**Human Resource:**

As desired by the Governing Body, the proposed Public Health Museum will be operated through PPP (Public Private Partnership) and the required salary /Honorarium for the staffs will be managed through the User Charges.

**Proposed Site:**

Public Health Museum will be best suited if constructed nearby NH-102 at Thoubal, Thoubal District.

* **Funding Proposed:**

1. **Public Health Club**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***sl.*** | ***Activities*** | ***equipments*** | ***amount*** | ***Remarks*** |
| ***1*** | Spacious Gym (with Mirror fixed on wall) | *Dumbbells, barbells* | 2,90,000/- |  |
| ***2.*** | Free Weight Area |
| ***3.*** | Group Exercise Class | *Spin Cycle, muscle training equipments* | 1,00,000/- |  |
| ***4.*** | Cardio Area/ Theatre | *Treadmills, rowing machines, elliptical trainers* | 6,00,000/- |  |
| ***5.*** | Sports facilities | *Boxing materials (glove, punching bag, hanger etc)* | 1,00,000/- |  |
| ***6.*** | Yoga centre | *Yoga materials(like toeless Yoga socks, Yoga Gloves, Yoga Body lifts, Yoga Bolster, Thirsty towels, Yoga Ball etc.)* | 2,00,000/- |  |
| ***7.*** | Health Shops | Foods item |  | PPP |
| ***8.*** | Health Instructor | 5 nos. |  | From User Charges |
| ***9.*** | Vehicle | 1 no. | 4,00,000/- |  |
| ***10.*** | Building Construction |  | 30,00,000/- |  |
| ***11.*** | Computer | 3 nos. | 1,50,000/- | For record maintenance |
| ***12.*** | Furniture |  | 2,20,000/- |  |
| **Grand Total =** | | | **50,60,000/-** |  |

1. **Public Health Museum**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl.** | **Particulars** | **Amount** | **Remarks** |
| 1. | Construction of Building (Museum) at Thoubal District | 35,00,000/- |  |
| 2. | Material on different Health sectors for Museum | 10,00,000/- |  |
| 3. | Computer | 50,000/- |  |
| 4. | Furniture for the staffs (i.e. table, almirah, chair etc.) | 1,00,000/- |  |
| 5. | Mobile Vehicle (Van) for Public Health Museum | 4,00,000/- |  |
|  |  |  |  |
|  | **Total =** | **50,50,000/-** |  |